

### **MORNING PRAYER**

In the name of our Lord Jesus Christ I will begin this day. I thank you, Lord, for having preserved me during the night. I will do my best to make all I do today pleasing to You and in accordance with Your will. My dear mother Mary, watch over me this day. My Guardian Angel, take care of me. St. Joseph and all you saints of God, pray for me ... (followed by Daily Offering)



### **DAILY OFFERING**

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your sacred heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month.

### **EVENING PRAYER**

O my God, at the end of this day I thank You most heartily for all the graces I have received from You. I am sorry that I have not made a better use of them. I am sorry for all the sins I have committed against You. Forgive me, O my God, and graciously protect me this night. Blessed Virgin Mary, my dear heavenly mother, take me under your protection. St. Joseph, my dear Guardian Angel, and all you saints of God, pray for me. Sweet Jesus, have pity on all poor sinners, and save them from hell. Have mercy on the suffering souls in purgatory... (followed by an Act of Contrition)

### **ACT OF CONTRITION**

O my God, I am heartily sorry for having offended You and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance and to amend my life.

### **ACT OF SPIRITUAL COMMUNION**

My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You.

### **PRAYER BEFORE MEALS**

Bless us Oh Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ, Our Lord. Amen.

### **ANIMA CHRISTI**

Soul of Christ, make me holy. Body of Christ, save me. Blood of Christ, fill me with love. Water from Christ's side, wash me. Passion of Christ, strengthen me. Good Jesus, hear me. Within your wounds, hide me. Never let me be parted from you. From the evil enemy, protect me. At the hour of my death, call me. And tell me to come to you. That with your saints I may praise you. Through all eternity. Amen.

### **GUARDIAN ANGEL PRAYER - OLD**

O Holy Angel, attendant of my wretched soul and of mine afflicted life, forsake me not, a sinner, neither depart from me for mine inconstancy. Give no place to the evil demon to subdue me with the oppression of this mortal body; but take me by my wretched and outstretched hand, and lead me in the way of salvation. Yea, O holy Angel of God, the guardian and protector of my hapless soul and body, forgive me all things whatsoever wherewith I have troubled thee, all the days of my life, and if I have sinned in anything this day. Shelter me in this present night, and keep me from every affront of the enemy, lest I anger God by any sin; and intercede with the Lord in my behalf, that He might strengthen me in the fear of Him, and make me a worthy servant of His goodness. Amen.

### **PRAYER TO OUR LADY (MEMORARE)**

Remember, O most loving Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with this confidence, we turn to you, O Virgins of virgins, our Mother. To you we come, before you we stand, sinful and sorrowful. O Mother of the Word Incarnate, do not despise our petitions, but in your mercy hear us and answer us. Amen.

### **PRAYER TO THE HOLY SPIRIT**

Breathe into me Holy Spirit, That all my thoughts may be holy. Move in me, Holy Spirit, that my work, too, may be holy. Attract my heart, Holy Spirit, that I may love only what is holy. Strengthen me, Holy Spirit, that I may defend all that is holy. Protect me, Holy Spirit, that I always may be holy.

### **PRAYER TO THE HOLY SPIRIT**

Spirit of wisdom and understanding, enlighten our minds to perceive the mysteries of the universe in relation to eternity. Spirit of right judgment and courage, guide us and make us firm in our baptismal decision to follow Jesus' way of love. Spirit of knowledge and reverence, help us to see the lasting value of justice and mercy in our everyday dealings with one another. May we respect life as we work to solve problems of family and nation, economy and ecology. Spirit of God, spark our faith, hope and love into new action each day. Fill our lives with wonder and awe in your presence which penetrates all creation. Amen.

### **ROSARY PRAYERS**

O my Jesus, have mercy on us, forgive us our sins, save us from the fires of hell. Take all souls to heaven, especially those most in need of thy mercy. Amen. (said after every Glory Be to the Father)

### **THE ANGELUS**

V- The Angel of the Lord declared unto Mary.  
R- And she conceived of the Holy Spirit. (Hail Mary....)  
V- Behold the handmaid of the Lord.  
R- Be it done unto me according to thy word. (Hail Mary....)  
V- And the Word was made Flesh.  
R- And dwelt among us. (Hail Mary....)  
V- Pray for us, O Holy Mother of God.  
R- That we may be made worthy of the promises of Christ.  
LET US PRAY: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that, we to whom the Incarnation of Christ, Thy Son, was made known by the message of an Angel, may by His Passion and Cross, be brought to the glory of His Resurrection. Through the same Christ our Lord. Amen.

***Traditionally, the Angelus is said at 6 - 12 - 6.***

### **THE OUR FATHER**

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

### **HAIL MARY**

Hail Mary full of Grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of our death Amen.

### **GLORY BE TO THE FATHER**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now, and ever shall be, world without end. Amen.

### **THE DIVINE PRAISES**

Blessed be God. Blessed be His Holy Name. Blessed be Jesus Christ, true God and true Man. Blessed



be the Name of Jesus. Blessed be His Most Sacred Heart. Blessed be Jesus in the Most Holy Sacrament of the Altar. Blessed be the great Mother of God, Mary most Holy. Blessed be her Holy and Immaculate Conception. Blessed be her Glorious Assumption. Blessed be the Name of Mary, Virgin and Mother. Blessed be St. Joseph, her most chaste spouse. Blessed be God in His Angels and in His Saints.

### **THE APOSTLE'S CREED**

I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord: Who was conceived by the Holy Spirit, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven, is seated at the right hand of God the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

### **PEACE PRAYER OF ST. FRANCIS OF ASSISI**

Lord, make me an instrument of your peace;  
where there is hatred, let me sow love;  
when there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.  
Grant that I may not so much seek  
to be consoled as to console;  
to be understood, as to understand,  
to be loved as to love;  
for it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.

### **PRAYER OF ST. MICHAEL THE ARCHANGEL**

St. Michael the Archangel, defend us in the day of Battle; Be our safeguard against the wickedness and snares of the Devil. May God rebuke Him, we humbly pray, and do Thou, O Prince of the Heavenly Host, by the power of God, cast into Hell, Satan and all the other evil spirits, who prowl through the world, seeking the ruin of souls. Amen.

### **THANKSGIVING AFTER HOLY COMMUNION (PRAYER OF ST. THOMAS AQUINAS)**

I thank You, O holy Lord, almighty Father, eternal God, who have deigned, not through any merits of mine, but out of the condescension of Your goodness, to satisfy me a sinner, Your unworthy servant, with the precious Body and Blood of Your Son, our Lord Jesus Christ. I pray that this Holy Communion be not a condemnation to punishment for me, but a saving plea to forgiveness. May it be to me the armor of faith and the shield of a good will. May it be the emptying out of my vices and the extinction of all lustful desires; and increase of charity and patience, of humility and obedience, and all virtues; a strong defense against the snares of all my enemies, visible and invisible; the perfect quieting of all my evil impulses of flesh and spirit, binding me firmly to You, the one true God; and a happy ending of my life. I pray too that You will deign to bring me, a sinner, to that ineffable banquet where You with Your Son and the Holy Spirit, are to your Saints true light, fulfillment of desires, eternal joy, unalloyed gladness, and perfect bliss. Through the same Christ our Lord. Amen.

**POEM BY MOTHER TERESA** (It offers a good reflection the attitude that we should all have as we begin this New Year of grace. May it be for all of us a reminder of the challenge that Jesus places before us - to live our life for His Father's Kingdom and others)

**People are often unreasonable, illogical and self-centered:  
Forgive them anyway.**

**If you are kind, people may accuse you of selfish motives:**

**Be kind anyway.**

**If you are successful, you will win some false friends and some true enemies:**

**Succeed anyway.**

**If you are honest and frank, people may cheat you:**

**Be honest and frank anyway.**

**What you spend years building, someone could destroy overnight:**

**Build Anyway.**

**If you find serenity and happiness, they may be jealous:**

**Be happy anyway.**

**The good you do today people will forget tomorrow:**

**Do good anyway.**

**Give the world the best you have and it may never be enough:**

**Give the world the best you've got anyway.**

**You see, in the final analysis, it is between you and God.**

**It never was between you and them anyway.**