

The Secret of Sanctity



I am going to reveal to you the secret of sanctity and happiness. If every day for five minutes, you will keep your imagination quiet, shut your eyes to all the things of sense, and close your ears to all the sounds of earth, so as to be able to withdraw into the sanctuary of your baptized soul, which is the temple of the Holy Spirit, speaking to the Holy Spirit, saying:

O Holy Spirit, beloved
of my soul, I adore
You.

Enlighten, guide,
strengthen, and console
me.

Tell me what I ought to do;
and command me to do
it.

I promise to be submissive
in everything that You
ask of me, and to accept
all that You permit to
happen to me.

Only show me what is
Your Will.

If you do this, your life will pass happily and serenely. Consolation will abound even in the midst of troubles. Grace will be given in proportioned to the trial as well strength to bear it, bringing you to the Gates of Paradise full of merit.

This submission to the Holy
Spirit is **The Secret of
Sanctity.** —Cardinal Mercier

The need to invoke the Holy Spirit

The Holy Spirit, the breath of God that unites the Father and the Son, is the giver of all gifts, the sanctifier of all graces. It is difficult to comprehend why His help is not invoked more consistently by those who wish to be witnesses to Christ. The Holy Spirit helps us, despite opposition, to prove Christianity to a sinful world. —*Babsie Bleasdel, Trinidad*

Special Act of Sorrow

Forgive me my sins, O Lord, forgive me my sins; the sins of my youth, the sins of my age, the sins of my soul, the sins of my body; my idle sins, my serious voluntary sins, the sins I know, the sins I have concealed so long, and which are now hidden from my memory. I am truly sorry for every sin, mortal and venial, for all the sins of my childhood up to the present hour. I know my sins have wounded Your tender Heart, O my Savior, let me be freed from the bonds of evil through the most bitter Passion of my Redeemer. O my Jesus, forget and forgive what I have been. Amen.

An Act of Consecration to the Holy Spirit

Divine Spirit of light and love, I consecrate my mind and heart and will to You for time and for eternity. May my Mind be open to Your divine inspirations and to the teachings of the holy Catholic Church, whose infallible Guide You are. May my heart be filled with love of God and of my neighbor, and my will conformed to the will of God. May my whole life be a faithful imitation of the life and virtues of Christ our Lord to whom, with the Father and You, be honor and glory forever. Amen. —*St. Pius X*

Scripture references to the Holy Spirit

Isa. 11:1-2	Rom. 1:4	Gal. 4:6
Lk. 1:35	Rom. 5:5	Gal. 5:16-24
Lk. 3:16	Rom. 8:1-17, 26	Eph. 1:13-14
Jn. 3:3-8	Rom. 14:17	Eph. 5:17-18
Jn. 14:15-17	Rom. 15:13	I Thes. 5:16-22
Jn. 16:13	I Cor. 2:10-16	I Tim 1:6-7
Jn.20:22	I Cor. chpts 12-14	I Jn. 5:6-8
Acts chpts 1-4	II Cor. 3:4-18	Rev. 22:17

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 arose again from the dead; He ascended into heaven, and 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.**

LORD'S PRAYER

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 art 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

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.**

ANGELUS

(Traditionally prayed at rising, at Noon, and at 6 pm.)

V. The angel of the Lord declared unto Mary.

R. And she conceived by the Holy Spirit.

Hail Mary...

V. Behold the handmaid of the Lord.

R. Be it done to 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.**

MEMORARE

Remember, O most gracious 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, I fly unto you, O Virgin of virgins, my Mother. To you I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. **Amen.**

PRAYER TO ST. MICHAEL

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.**

THE STATIONS OF THE CROSS

Prior to each station, say the following prayer,

"We adore You, O Christ, and we bless You because by Your Holy Cross You have redeemed the World."

After a short meditation on the station (1-14) say;

1 Our Father
1 Hail Mary and
1 Glory Be.

1. Jesus is condemned to death.
2. Jesus is made to bear His Cross.
3. Jesus falls the First Time.
4. Jesus is met by His Blessed Mother.
5. The cross is laid on Simon of Cyrene.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus speaks to the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped and receives gall to drink.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the sepulcher.

THE MYSTERIES OF THE ROSARY

The Five Luminous Mysteries **NEW**
(Thursday)

1. The Baptism in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

The Five Joyful Mysteries
(Monday & Saturday)

1. The Annunciation: Humility
2. The Visitation: Charity
3. The Birth of Our Lord: Poverty, or detachment from the world
4. The Presentation of Our Lord: Purity of heart, obedience
5. The Finding of Our Lord in the Temple: Piety

The Five Sorrowful Mysteries
(Tuesday & Friday)

1. The Agony in the Garden: Contrition for our sins
2. The Scourging at the Pillar: Mortification of our senses
3. The Crowning with Thorns: Interior mortification
4. The Carrying of the Cross: Patience under crosses
5. The Crucifixion and Death of Our Lord: That we may die to ourselves

The Five Glorious Mysteries
(Sunday & Wednesday)

1. The Resurrection: Conversion of heart
2. The Ascension: A desire for heaven
3. The Coming of the Holy Spirit: The Gifts of the Holy Spirit
4. The Assumption of our Blessed Mother into Heaven: Devotion to Mary
5. The Coronation of our Blessed Mother: Eternal happiness