

## MORNING PRAYERS

*Kneel down and making the sign of the Cross, say:*

In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.  
Blessed be the holy and undivided Trinity, now and for evermore. Amen.

### AN ACT OF ADORATION

O Great God, the sovereign Lord of heaven and earth, I prostrate myself before Thee. With all the Angels and Saints I adore Thee, I acknowledge Thee to be my Creator and sovereign Lord, my first beginning and last end. I render to Thee the homage of my being and life. I submit myself to Thy holy Will, and I devote myself to Thy divine service this day and for ever.

*Then say the Our Father, Hail Mary, and the Apostles' Creed.*

### ACT OF FAITH

O My God, I firmly believe in one God in three Divine Persons – the Father, the Son, and the Holy Ghost; I believe in Jesus Christ, the true and only Son of God, who was born of the Virgin Mary, and died on the Cross for our salvation; I also believe all the sacred truths the Catholic Church believes and teaches, because Thou hast revealed them, who canst neither deceive nor be deceived.

### ACT OF HOPE

O My God, relying upon Thy goodness and promises, I hope to obtain pardon for my sins, grace to serve Thee in this world, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

### ACT OF CHARITY

O My God, I love Thee above all things, with my whole heart and soul, because Thou art infinitely worthy of love; I love also my neighbour as myself for the love of Thee: I forgive all who have injured me, and ask pardon of all whom I have injured.

*Make a firm resolution to avoid evil and to do good.*

Adorable Jesus! divine Pattern of that perfection to which we should all aspire, I will endeavour this day to follow Thine example: to be mild, humble, chaste, zealous, patient, charitable and resigned. Incline my heart to keep Thy commandments. I am resolved to watch over myself with the greatest diligence, and to live soberly, justly and piously, for the time to come. I will take care of my words, that I may not offend with my tongue. I will turn away my eyes, that they may not see vanity; and I will be particularly attentive not to relapse this day into my accustomed failings, but to struggle against them with Thy gracious assistance. Enlighten my mind, purify my heart, and guide my steps, that I may pass all my life in Thy divine service. Amen.

*Hail Mary thrice in honour of the Immaculate Conception of Our Blessed Lady.*

THE LITANY OF THE HOLY NAME OF JESUS

Lord, have mercy on us. *Christ, have mercy on us.*

Lord, have mercy on us.

Jesus, hear us. *Jesus, graciously hear us.*

God, the Father of Heaven, *have mercy on us.*

God the Son, Redeemer of the world, *have mercy on us.*

God, the Holy Ghost, *have mercy on us.*

Holy Trinity, one God, *have mercy on us.*

Jesus, Son of the living God, *have mercy on us.*

Jesus, splendor of the Father, *have mercy on us.*

Jesus, brightness of eternal light, *have mercy on us.*

Jesus, King of glory, *have mercy on us.*

Jesus, Sun of justice, *have mercy on us.*

Jesus, Son of the Virgin Mary, *have mercy on us.*

Jesus, most lovable, *have mercy on us.*

Jesus, most admirable, *have mercy on us.*

Jesus, mighty God, *have mercy on us.*

Jesus, Father of the world to come, *have mercy on us.*

Jesus, Angel of great counsel, *have mercy on us.*

Jesus, most powerful, *have mercy on us.*

Jesus, most patient, *have mercy on us.*

Jesus, most obedient, *have mercy on us.*

Jesus, meek and humble of heart, *have mercy on us.*

Jesus, lover of chastity, *have mercy on us.*

Jesus, lover of us, *have mercy on us.*

Jesus, God of peace, *have mercy on us.*

Jesus, author of life, *have mercy on us.*

Jesus, example of virtues, *have mercy on us.*

Jesus, zealous lover of souls, *have mercy on us.*

Jesus, our God, *have mercy on us.*

Jesus, our refuge, *have mercy on us.*

Jesus, Father of the poor, *have mercy on us.*

Jesus, treasure of the faithful, *have mercy on us.*

Jesus, Good Shepherd, *have mercy on us.*

Jesus, true light, *have mercy on us.*

Jesus, eternal wisdom, *have mercy on us.*

Jesus, infinite goodness, *have mercy on us.*

Jesus, our way and our life, *have mercy on us.*

Jesus, joy of Angels, *have mercy on us.*

Jesus, King of Patriarchs, *have mercy on us.*

Jesus, Master of Apostles, *have mercy on us.*

Jesus, teacher of Evangelists, *have mercy on us.*

Jesus, strength of Martyrs, *have mercy on us.*  
Jesus, light of Confessors, *have mercy on us.*  
Jesus, purity of Virgins, *have mercy on us.*  
Jesus, crown of all Saints, *have mercy on us.*  
Be merciful unto us, *spare us, O Jesus.*  
Be merciful unto us, *graciously hear us, O Jesus.*  
From all evil, *Jesus, deliver us.*  
From all sin, *Jesus, deliver us.*  
From Thy wrath, *Jesus, deliver us.*  
From the snares of the devil, *Jesus, deliver us.*  
From the spirit of uncleanness, *Jesus, deliver us.*  
From everlasting death, *Jesus, deliver us.*  
From the neglect of Thy inspirations, *Jesus, deliver us.*  
Through the mystery of Thy holy Incarnation, *Jesus, deliver us.*  
Through Thy Nativity, *Jesus, deliver us.*  
Through Thine infancy, *Jesus, deliver us.*  
Through Thy most divine life, *Jesus, deliver us.*  
Through Thy labours, *Jesus, deliver us.*  
Through Thine agony and passion, *Jesus, deliver us.*  
Through Thy Cross and dereliction, *Jesus, deliver us.*  
Through Thy faintness and weariness, *Jesus, deliver us.*  
Through Thy death and burial, *Jesus, deliver us.*  
Through Thy Resurrection, *Jesus, deliver us.*  
Through Thine ascension, *Jesus, deliver us.*  
Through Thine institution of the most holy Eucharist, *Jesus, deliver us.*  
Through Thy joys, *Jesus, deliver us.*  
Through Thy glory, *Jesus, deliver us.*  
Lamb of God, who takest away the sins of the world, *spare us, O Lord Jesus.*  
Lamb of God, who takest away the sins of the world, *graciously hear us, O Lord Jesus.*  
Lamb of God, who takest away the sins of the world, *have mercy on us, O Lord Jesus.*  
Jesus, hear us.  
Jesus, graciously hear us.

*Let us pray.* – O Lord Jesus Christ, Who hast said, "Ask and ye shall receive; seek, and ye shall find; knock, and it shall be opened unto you"; grant, we beseech Thee, to us who ask, the gift of Thy most divine love, that with all our heart, words, and works, we may love Thee, and never cease to praise Thee.

Make us, O Lord, to have a perpetual fear and love of Thy Holy Name; for Thou never failest to govern those whom Thou dost solidly establish in Thy love. Who livest and reignest for ever. Amen.

## PRAYER TO THE GUARDIAN ANGEL

Angel of God, my Guardian dear,  
To whom His love commits me here,  
Ever this day be at my side,  
To light and guard, to rule and guide. Amen.

### MORNING HYMN:

Jam lucis orto sidere...

*Breviary Hymn of St. Ambrose*

Now that the star of light has risen,  
Let us to God most humbly pray,  
To save us from all hurtful things  
In all our actions of the day.  
To bridle and restrain our tongue,  
That wordy war may not resound,  
To cover and protect our sight,  
From dangerous follies all around.  
To drive iniquity away,  
And purify our inmost soul,  
And by spare use of meat and drink,  
Our rebel passions to control.  
That, when the day has sped away,  
And He again the night shall bring,  
We may, through holy abstinence,  
With purity His glory sing.  
All glory to the Father be;  
All praise, eternal Son to Thee;  
All honour as is ever meet  
To God the holy Paraclete. Amen.

## PRAYER FOR CONSECRATION OF THE DAY

O Lord God, King of heaven and earth, may it please Thee this day to order and to hallow, to rule and to govern our hearts and our bodies, our thoughts, our words and our works, according to Thy law and in the doing of Thy commandments, that we, being helped by Thee, may here and hereafter worthily be saved and delivered by Thee, O Saviour of the world, who livest and reignest for ever and ever. Amen.

### MORNING OFFERING

O Jesus through the most pure Heart of Mary, I offer You all my prayers, works, joys and sufferings of this day, for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, and in particular for the intentions of the Holy Father the Pope. Amen.

## EVENING PRAYERS

*Kneel down and making the sign of the Cross, say:*

In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.  
Blessed be the holy and undivided Trinity, now and for evermore. Amen.  
Come, O Holy Ghost! fill the hearts of Thy faithful, and kindle in them the fire of Thy divine love.

*Let us place ourselves in the presence of God. Humbly adore Him:*

Great God, the Lord of heaven and earth! I prostrate myself before Thee. With all the Angels and Saints I adore Thee. I acknowledge Thee to be my Creator and sovereign Lord, my first beginning and last end. I render to Thee the homage of my being and life. I submit myself to Thy holy Will, and I devote myself to Thy divine service, now and for ever.

*Then say the Our Father and Hail Mary (thrice) in honour of the Immaculate Conception of Our Blessed Lady and the Apostles' Creed.*

## THE CONFITEOR

I confess to Almighty God, to Blessed Mary ever a Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, and to all the Saints, that I have sinned exceedingly in thought, word, and deed, through my fault, through my fault, through my most grievous fault. Therefore I beseech the Blessed Mary ever a Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, and all the Saints, to pray to the Lord our God for me.

## EXAMINATION OF CONSCIENCE

*Examine what sins you have committed this day by thought, word, deed or omission.*

## ACT OF FAITH

O My God, I firmly believe in one God in three Divine Persons – the Father, the Son, and the Holy Ghost; I believe in Jesus Christ, the true and only Son of God, who was born of the Virgin Mary, and died on the Cross for our salvation; I also believe all the sacred truths the Catholic Church believes and teaches, because Thou hast revealed them, who canst neither deceive nor be deceived.

## ACT OF HOPE

O My God, relying upon Thy goodness and promises, I hope to obtain pardon for my sins, grace to serve Thee in this world, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

## ACT OF CHARITY

O My God, I love Thee above all things, with my whole heart and soul, because Thou art infinitely worthy of love; I love also my neighbour as myself for the love of Thee: I forgive all who have injured me, and ask pardon of all whom I have injured.

## ACT OF CONTRITION

O My God, I am heartily sorry for having offended Thee, 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 Thee, my God, Who art all good, and deserving of all my love. I firmly resolve with the help of Thy grace, to confess my sins, to do penance, and to amend my life.

## THE LITANY OF THE BLESSED VIRGIN MARY

Lord, have mercy on us. *Christ, have mercy on us.*

Lord, have mercy on us.

Christ, hear us. *Christ, graciously hear us.*

God, the Father of Heaven, *have mercy on us.*

God the Son, Redeemer of the world, *have mercy on us.*

God, the Holy Ghost, *have mercy on us.*

Holy Trinity, one God, *have mercy on us.*

Holy Mary, *pray for us.*

Holy Mother of God, *pray for us.*

Holy Virgin of virgins, *pray for us.*

Mother of Christ, *pray for us.*

Mother of the Church, *pray for us.*

Mother of divine grace, *pray for us.*

Mother most pure, *pray for us.*

Mother most chaste, *pray for us.*

Mother inviolate, *pray for us.*

Mother undefiled, *pray for us.*

Mother most lovable, *pray for us.*

Mother most admirable, *pray for us.*

Mother of good counsel, *pray for us.*

Mother of our Creator, *pray for us.*

Mother of our Savior, *pray for us.*

Virgin most prudent, *pray for us.*

Virgin most venerable, *pray for us.*

Virgin most renowned, *pray for us.*

Virgin most powerful, *pray for us.*

Virgin most merciful, *pray for us.*

Virgin most faithful, *pray for us.*

Mirror of justice, *pray for us.*

Seat of wisdom, *pray for us.*

Cause of our joy, *pray for us.*

Spiritual vessel, *pray for us.*

Vessel of honour, *pray for us.*

Singular vessel of devotion, *pray for us.*

Mystical rose, *pray for us.*

Tower of David, *pray for us.*

Tower of ivory, *pray for us.*  
House of gold, *pray for us.*  
Ark of the covenant, *pray for us.*  
Gate of heaven, *pray for us.*  
Morning star, *pray for us.*  
Health of the sick, *pray for us.*  
Refuge of sinners, *pray for us.*  
Comfort of the afflicted, *pray for us.*  
Help of Christians, *pray for us.*  
Queen of Angels, *pray for us.*  
Queen of Patriarchs, *pray for us.*  
Queen of Prophets, *pray for us.*  
Queen of Apostles, *pray for us.*  
Queen of Martyrs, *pray for us.*  
Queen of Confessors, *pray for us.*  
Queen of Virgins, *pray for us.*  
Queen of all Saints, *pray for us.*  
Queen conceived without original sin, *pray for us.*  
Queen assumed into heaven, *pray for us.*  
Queen of the most holy Rosary, *pray for us.*  
Queen of Families, *pray for us.*  
Queen of peace, *pray for us.*  
Lamb of God, who takest away the sins of the world, *spare us, O Lord.*  
Lamb of God, who takest away the sins of the world, *graciously hear us, O Lord.*  
Lamb of God, who takest away the sins of the world, *have mercy on us.*  
Pray for us, O holy Mother of God. *That we may be made worthy of the promises of Christ. Let us pray.* – Grant that we thy servants, Lord, may enjoy unfailing health of mind and body, and through the prayers of the ever Blessed Virgin Mary in her glory, free us from our sorrows in this world and give us eternal happiness in the next. Through Christ our Lord. Amen.

#### PRAYER FOR THE FAITHFUL DEPARTED

O God! the Creator and Redeemer of all the faithful, grant to the souls of Thy servants departed the remission of all their sins: that through pious supplications they may obtain that pardon which they have always desired: Who livest and reignest world without end. Amen.

### PRAYER FOR A HAPPY DEATH

O God, who hast doomed all men to die, but hast concealed from all the hour of their death, grant that I may pass my days in the practice of holiness and justice, and that I may deserve to quit this world in the peace of a good conscience, and in the embraces of Thy love. Through the same Christ our Lord... Amen.

### PRAYER FOR PROTECTION DURING THE NIGHT

O Angel of God, to whose holy care I am committed by the divine Mercy, enlighten, defend and protect me this night from all sin and danger. Amen. Visit, we beseech Thee, O Lord, this habitation, and drive from it all the snares of the enemy. Let Thy holy Angels dwell herein to preserve us in peace; and may Thy blessing be upon us for ever, through Christ our Lord. Amen.

God the Father, bless us; Jesus Christ, defend and keep us; the virtue of the Holy Ghost enlighten and sanctify us this night and forever; and may the souls of the faithful departed rest in peace. Amen.

Bless, O Lord, the repose I am going to take in order to renew my strength, that I may be better able to serve Thee. O all ye Saints and Angels! but chiefly thou, O Mother of God! intercede for me this night and during the rest of my life, but particularly at the hour of my death.

May the divine assistance remain always with us. Amen.

### PSALM 129 - DE PROFÚNDIS

Out of the depths I have cried to Thee, O Lord; Lord, hear my voice.

Let Thine ears be attentive to the voice of my supplication.

If Thou, O Lord, shalt mark iniquities; Lord, who shall endure it?

For with Thee there is merciful forgiveness; and by reason of Thy law I have waited for Thee, O Lord.

My soul hath relied on His word; my soul hath hoped in the Lord.

From the morning watch even until night let Israel hope in the Lord.

For with the Lord there is mercy, and with Him plentiful redemption.

And He shall redeem Israel from all his iniquities.

Eternal rest grant unto them, O Lord. *And let perpetual light shine upon them.*

May they rest in peace. *Amen.*

*Let us pray* – O God, the Giver of pardon and Lover of man's salvation, we beseech Thee in Thy mercy to grant that our brethren, kinsfolk, and benefactors, who have passed out of this life may by the intercession of blessed Mary ever Virgin and of all Thy Saints, partake of everlasting bliss. Through Christ our Lord. Amen.