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BASIC PRAYERS

THE SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

THE LORD'S PRAYER

Our Father in heaven, holy be your Name, your kingdom come, your will be done on earth as in heaven
Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Do not bring us to the test but deliver us from evil. Amen.

HAIL MARY

Hail, Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your 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.

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer you 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, for the intentions of all my relatives and friends and in particular for the intentions of the Holy Father. Amen.

CONSECRATION TO THE BLESSED VIRGIN

My Queen and my Mother, I give myself entirely to you and in proof of my affection, I give you my eyes, my ears, my tongue, my heart, my whole being without reserve. Since I am your own, keep me and guard me as your property and possession. Amen.

ACT OF FAITH

O my God, I firmly believe that you are one God in three divine persons, Father, Son and Holy Spirit; I believe that your divine Son became man and died for our sins, and that he shall come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived.

ACT OF HOPE

O my God, relying on your almighty power and infinite mercy and promises, I hope to obtain pardon for my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

ACT OF CHARITY

O my God, I love you above all things, with my whole heart and soul, because you are all-good and worthy of all love. I love my neighbor as myself for the love of you. I forgive all who have injured me, and ask pardon of all whom I have injured.

PRAYER TO KEEP PRESENCE OF GOD

Lord, God Almighty, you have brought us safely to the beginning of this day. Defend us today by your mighty power, that we may not fall into any sin, but that all our words may so proceed and all our thoughts and actions be so directed, as to be always just in your sight. Through Christ our Lord. Amen.

PRAYER BEFORE A DAY'S WORK

Direct, we beseech you, O Lord, our actions by your holy inspirations, and carry them on by your gracious assistance, that every prayer and work of ours may begin always with you, and through you be happily ended. Amen.

ACCEPTANCE OF GOD'S WILL

In all things may the most holy, the most just, and the most lovable will of God be done, praised, and exalted above all for ever. Your will be done, O Lord, your will be done. The Lord has given, the Lord has taken away; blessed be the name of the Lord.

PRAYER TO THE GUARDIAN ANGEL

Angel of God, my guardian dear, to whom his love commits me here ever this day (night) be at my side, to light and guard, to rule and guide. Amen.

MIDDAY PRAYERS

ANGELUS

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 unto me according to your 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 you, O Lord, your grace into our hearts, that we to whom the incarnation of Christ, your 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.

R. Amen.

REGINA CAELI (for Easter Time)

V. Queen of heaven, rejoice! Alleluia.

R. For he whom you did merit to bear. Alleluia.

V. Has risen, as he said. Alleluia.

R. Pray for us to God. Alleluia.

V. Rejoice and be glad, O Virgin Mary. Alleluia.

R. For the Lord is truly risen. Alleluia.

Let us pray. O God, who gave joy to the world through the resurrection of your Son our Lord Jesus Christ, grant, we beseech you, that through the intercession of the Virgin Mary, his Mother, we may obtain the joys of everlasting life, through the same Christ our Lord. R. Amen.

EVENING PRAYERS

BRIEF EXAMINATION (every evening)

Make a brief examination of conscience before going to rest at night. Two or three minutes are enough.

• Place yourself in the presence of God recognizing his strength and your weakness. Tell him: "Lord, if you will, you can make me clean."

- Ask your guardian angel for light to acknowledge your defects and virtues: What have I done wrong? What have I done right? What could I have done better?
- Examine your conscience with sincerity:
Did I often consider that God is my Father? Did I offer him my work? Did I make good use of my time? Did I pray slowly and with attention?
Did I try to make life pleasant for other people? Did I criticize anyone? Was I forgiving? Did I pray and offer some sacrifices for the Church, the Pope and for all those around me?
Did I allow myself to be carried away by sensuality? By pride?
- Sorrow. Make an act of contrition asking our Lord's pardon.
- Resolution. Make a specific resolution for tomorrow:
Staying away from certain temptations.
Avoiding some specific faults.
Exerting special effort to practice some virtue.
Taking advantage of occasions for improvement.
- Pray three Hail Marys to the Virgin Mary asking for the virtue of purity for yourself and your loved ones.

PRAYERS AFTER MASS

SELF-DEDICATION TO JESUS CHRIST

Lord Jesus Christ, take all my freedom, my memory, my understanding, and my will. All that I have and cherish you have given me. I surrender it all to be guided by your will. Your grace and your love are wealth enough for me. Give me these, Lord Jesus, and I ask for nothing more.

PRAYER TO JESUS CHRIST CRUCIFIED

My good and dear Jesus, I kneel before you, asking you most earnestly to engrave upon my heart a deep and lively faith, hope, and charity, with true repentance for my sins, and a firm resolve to make amends. As I reflect upon your five wounds, and dwell upon them with deep compassion and grief, I recall, good Jesus, the words the prophet David spoke long ago concerning yourself: They have pierced my hands and my feet, they have counted all my bones!

THE UNIVERSAL PRAYER

Lord, I believe in you: increase my faith. I trust in you: strengthen my trust. I love you: let me love you more and more. I am sorry for my sins: deepen my sorrow. I worship you as my first beginning, I long for you as my last end, I praise you as my constant helper, and call on you as my loving protector. Guide me by your wisdom, correct me with your justice, comfort me with your mercy, protect me with your power. I offer you, Lord, my thoughts: to be fixed on you; my words: to have you for their theme; my actions: to reflect my love for you; my sufferings: to be endured for your greater glory. I want to do what you ask of me: in the way you ask, for as long as you ask, because you ask it. Lord, enlighten my understanding, strengthen my will, purify my heart, and make me holy. Help me to repent of my past sins and to resist temptation in the future. Help me to rise above my human weakness and to grow stronger as a Christian. Let me love you, my Lord and my God, and see myself as I really am: a pilgrim in this world, a Christian called to respect and love all whose lives I touch, those in authority over me or those under my authority, my friends and my enemies. Help me to conquer anger with gentleness, greed by generosity, apathy by fervor. Help me to forget myself and reach out toward others. Make me prudent in planning, courageous in taking risks. Make me patient in suffering, unassuming in prosperity. Keep me, Lord, attentive in prayer, temperate in food and drink, diligent in my work, firm in my good intentions. Let my conscience be clear, my conduct without fault, my speech blameless, my life well-ordered. Put me on guard against my human weaknesses. Let me cherish your love for me, keep your law, and come at last to your salvation. Teach me to realize that this world is passing, that my true future is the happiness of heaven, that life on earth is short, and the life to come eternal. Help me to prepare for death with a proper fear of judgment, but a greater trust in your goodness. Lead me safely through death to the endless joy of heaven. Grant this through Christ our Lord. Amen.

PRAYER TO ST. MICHAEL THE ARCHANGEL

Saint Michael the Archangel, defend us in battle; be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray. And do you, O prince of the heavenly host, by the power of God thrust into hell Satan and all the evil spirits who prowl about the world for the ruin of souls. Amen.

LITANY OF HUMILITY

O Jesus! meek and humble of heart,
From the desire of being esteemed,
From the desire of being loved,
From the desire of being extolled,
From the desire of being honored,
From the desire of being praised,
From the desire of being preferred to others,
From the desire of being consulted,
From the desire of being approved,
From the fear of being humiliated,
From the fear of being despised,
From the fear of suffering rebukes,
From the fear of being calumniated,
From the fear of being forgotten,
From the fear of being ridiculed,
From the fear of being wronged,
From the fear of being suspected,
That others may be loved more than I,
That others may be esteemed more than I,
That in the opinion of the world others may increase and I may decrease,
That others may be chosen and I set aside,
That others may be praised and I unnoticed,
That others may be preferred to me in everything,
That others become holier than I, provided that I may become as holy as I should.

Hear me
Deliver me Jesus

Jesus grant me the grace to desire it

GUIDE FOR A GOOD CONFESSION

Examination of Conscience

Examine your conscience. Recall your sins. Calmly ask yourself what you have done with full knowledge and full consent against God's Commandments.

The First Commandment: I am the Lord thy God. Thou shalt not have strange gods before me

*Have I performed my duties towards God reluctantly or grudgingly?

*Did I recite my usual prayers?

*Did I receive Holy Communion in the state of mortal sin or without the necessary preparation?

*Did I miss the one-hour Eucharistic fast?

*Did I fail to mention some grave sin in my previous confessions?

*Did I seriously doubt in matters of Faith?

*Did I seriously believe in superstition or engage in superstitious practices (palm-reading, fortune telling, etc.)?

*Did I put my Faith in danger by reading books, pamphlets, or magazines that contain errors or are contrary to Catholic faith and morals?

*Did I endanger my Faith by joining or attending meetings and activities of organizations contrary to the Church or to the Catholic faith (Protestant services, non-Catholic prayer-meetings, the Communist Party, Freemasonry, "weird" cults and other religions)?

*Have I committed the sin of sacrilege (profanation of a sacred person, place or thing)?

The Second Commandment: Thou shalt not take the name of the Lord thy God in vain.

*Did I try my best to fulfill the promises and resolutions that I made to God?

*Did I take the name of God in vain? Did I make use of God's name mockingly, jokingly, angrily or in any other irreverent manner?

*Did I make use of the Blessed Virgin Mary's name or the saints' names mockingly, jokingly, angrily or in any other irreverent manner?

*Have I been a sponsor in baptism and ceremonies outside the Catholic Church?

*Did I tell a lie under oath?

The Third Commandment: Remember to keep holy the Sabbath day.

*Did I miss Mass on Sundays or Holy days of obligation?

*Did I allow myself to be distracted during Mass, by not paying attention, looking around out of curiosity, etc.?

*Have I arrived at Mass so late without sufficient reason that I failed to fulfill the Sunday obligation?

*Did I generously help the Church in her necessities to the extent that I am able?

*Did I fast and abstain on the days prescribed by the Church?

*Have I done any work or business that would inhibit the worship due to God, the joy proper to the Lord's Day, or the appropriate relaxation of mind and body, on Sundays and Holy days of obligation?

The Fourth Commandment:

Honor thy father and thy mother.

(For Parents)

*Have I neglected to teach my children their prayers, send them to Church and give them a Christian education?

*Have I given them bad example?

*Did I neglect to watch over my children: the companions they have, the books they read, movies and TV shows they watch?

*Have I seen to it that my children made their First Confession and First Communion?

(For Children)

*Have I been disobedient towards my parents?

*Have I neglected to help my parents in their needs?

*Did I treat my parents with little affection or respect?

*Did I feel hurt and react proudly when they corrected me? Did I have a disordered desire for independence?

*Did I do my house chores?

*Did I quarrel with my brothers and sisters?

The Fifth Commandment: Thou shalt not kill.

*Did I easily get angry or lose my temper?

*Was I envious or jealous of others?

*Did I injure or take the life of anyone? Was I ever reckless in driving?

*Was I an occasion for others to sin with my conversations, dirty jokes, way of dressing, invitations to attend certain shows, lending them harmful books or magazines, helping them to steal, etc.? Did I try to repair the scandal done?

*How many persons did I lead to sin? What sins?

*Did I neglect my health? Did I ever attempt to take my life?

*Did I get drunk or take prohibited drugs?

*Did I eat or drink more than the sufficient amount, allowing myself to get carried away by gluttony?

*Did I participate in any form of physical violence?

*Did I consent or actively take part in direct sterilization ("tubal ligation," vasectomy, etc.)? Do I realize that this will have a permanent effect on my married life and that I will have to answer to God for its consequences?

*Did I consent, recommend, advise, or actively take part in an abortion? Am I aware that the Church punishes with automatic excommunication those who procure and achieve abortion? Do I realize that this is a very grave crime?

*Did I cause anyone harm with my words or actions?

*When someone offends me, do I desire revenge, harbor enmity, hatred or ill-feelings?

*Did I ask pardon whenever I offended anyone?

*Did I insult or tease others?

The Sixth and Ninth Commandments:

Thou shalt not commit adultery.

Thou shalt not covet thy neighbor's wife.

*Did I entertain indecent thoughts?

*Did I recall impure thoughts?

*Did I consent to evil desires against the virtue of purity, even though I may not have carried them out? Were there any circumstances that aggravated the sin: (the affinity with or the married state or the consecration to God of the person involved)?

*Did I engage in impure conversations? Did I start them?

*Did I look for fun in forms of entertainment that put me in proximate occasions of sin (some dances, immoral movies or shows, readings, bad company, houses of ill-repute)?

*Do I realize that I may already be committing a sin by putting myself in these occasions (sharing a room with a person of the opposite sex, being alone with a person of the opposite sex in circumstances that could lead to sin, etc.)?

*Do I take care of those details of modesty and decency, which are the safeguards of purity?

*Before going to a show or reading a book, do I try to find out its moral implications, so as not to put myself in immediate danger of sinning and in order to avoid distorting my conscience?

*Did I entertain impure feelings?

*Did I willfully look at immodest pictures or cast immodest looks upon myself or others? Did I willfully desire to commit such sins?

*Did I lead others to sins of impurity or immodesty? What sins?

*Did I commit impure acts? By myself through the practice of self-abuse which is a mortal sin? With someone else? How many times? With people of the same or opposite sex? Was there any circumstance of relationship, affinity, etc., which could have given the sin special gravity? Did these illicit relationships have any consequences? Did I do anything to prevent these consequences?

*Do I have friendships that are habitual occasions of sin? Am I prepared to break with them?

*In courtship, is true love my fundamental reason for dealing with the other person? Do I live the constant and cheerful sacrifice of not putting the person I love in danger of sinning? Do I degrade human love by confusing it with selfishness or pleasure?

*Did I engage in acts such as “petting,” “necking,” passionate kisses or prolonged embraces?
(For married people)

*Did I make improper use of marriage? Did I deprive my spouse of the marital right? Did I betray conjugal fidelity in desire or in deed? Did I use any birth control device before or after new life had already been conceived?

*Did I without grave reasons make use of marriage only in those days when offspring will not be engendered with the intention of avoiding conception?

*Did I take “the pill” or practice other artificial methods in order to prevent having children?

*Did I suggest their use to other people?

*Did I have a hand in contributing to the contraceptive mentality by my advice, jokes, attitudes, etc.?
(On abortion, sterilization, etc., see Fifth Commandment).

The Seventh and Tenth Commandments:
Thou shalt not steal.
Thou shalt not covet thy neighbor’s goods.

*Did I steal any object or amount of money? How much was it worth? Did I give it back; or at least, have the intention to do so?

*Have I done or caused damage to others’ property? To what amount?

*Did I harm anyone by deception, fraud, or coercion in business contracts or transactions?

*Did I spend beyond my means? Do I spend too much money unnecessarily due to whim, vanity, or caprice?

*Do I give alms according to my capacity?

*Am I envious of my neighbor’s goods?

*Did I neglect to pay my debts?

*Did I retain things found or stolen?

*Did I desire to steal?

*Am I diligent in my work and studies or do I give in to laziness or love of comfort?

*Was I greedy? Do I have an excessively materialistic view of life?

The Eighth Commandment:
Thou shalt not bear false witness against thy neighbor.

*Did I tell lies? Did I repair any damage that may have resulted as a consequence of this?

*Have I unjustly accused others?

*Did I sin by detraction, that is, telling the faults of others without necessity?

*Did I sin by calumny, that is, telling derogatory lies about others?

*Did I judge others rashly or have I suspected others falsely?

*Did I engage in gossip, back-biting, or tale-telling?

*Did I reveal secrets without due cause?

If you remember other serious sins besides those indicated here, mention them in your Confession.

Before Confession

Be truly sorry for your sins.

The essential act of Penance, on the part of the penitent, is contrition, a clear and decisive rejection of the sin committed, together with a resolution not to commit it again, out of the love one has for God and which is reborn with repentance.

The resolution to avoid committing these sins in the future (amendment) is a sure sign that your sorrow is genuine and authentic. This does not mean that a promise never to fall again into sin is necessary. A resolution to try to avoid the near occasions of sin suffices for true repentance. God’s grace in cooperation with the intention to rectify your life will give you the strength to resist and overcome temptation in the future.

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. Amen.

You may now go to Confession.

During Confession

You can begin your confession by making the sign of the cross In the name of the Father, and of the Son, and of the Holy Spirit. Amen. The priest urges you to have confidence in God saying:: May the Lord be in your heart and help you to confess your sins with true sorrow.

Either the priest or you may read or say by heart some words taken from the Holy Scripture about the mercy of God and repentance, e.g.: Lord, you know all things; you know that I love you (John 21:17).

Then, accuses yourself of your sins. You may begin, Blessed me father, for I have sinned.

You may continue with the time since your last confession: "My last good confession was . . ." (how many weeks, months or years approximately.)

Say the sins that you remember. Start with the one that is most difficult to say, after this it will be easier to mention the rest. If you received general absolution, tell this to the priest and the sins forgiven then.

If you do not know how to confess, feel uneasy or ashamed, simply ask the priest to assist you. Be assured he will help you make a good confession. Simply answer the questions without hiding anything out of shame or fear. Place your trust in God: he is your merciful Father and wants to forgive you.

If you do not remember any serious sins, be sure to confess at least some of your venial sins, adding at the end: "I am sorry for these and all the sins of my past life, especially for . . ." (mention in general any past sin for which you are particularly sorry, for example all my sins against charity, purity, etc.)

The priest gives you the opportune advice, imposes the penance on you, and invites you to manifest your contrition. You may say for example:: Lord Jesus, Son of God, have mercy on me, a sinner.

The priest gives you the absolution: Listen to the words of the absolution attentively: God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church, may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

At the end, answer, Amen.

The priest may continue: May the Passion of our Lord Jesus Christ, the intercession of the Blessed Virgin Mary and of all the saints, whatever good you do and suffering you endure, heal your sins, help you to grow in holiness, and reward you with eternal life. Go in peace.

Be willing to do the penance as soon as possible. This penance will diminish the temporal punishment due to sins already forgiven.

After Confession

- Give thanks to God for forgiving you again.
- If you recall some serious sin you forgot to tell, rest assured that it has been forgiven with the others, but be sure to confess it in your next Confession.

DEVOTIONS TO THE BLESSED VIRGIN MARY

THE HOLY ROSARY

Make the sign of the cross: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Apostles Creed

Recite the Apostles' Creed: I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again 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 the life everlasting. Amen.

Then, for an increase in the virtues of Faith, Hope and Charity say: Our Father . . . Three Hail Marys . . . Glory Be . . .

Now, begin the Mysteries of the day. Start each Decade by meditating on the Mystery. On the large bead say the Our Father. On the ten small beads say ten Hail Marys. Then recite the Glory Be.

At the end of every decade, one of the following prayers may be said:

O my Jesus, forgive us our sins, save us from the fire of hell, lead all souls to heaven, especially those who are in most need of your mercy.

or:

Mary, Mother of grace, Mother of mercy, shield me from the enemy and receive me at the hour of my death. Amen.

Each Decade is a contemplation of the life of Our Lord, witnessed by Mary—one aspect of the paschal mystery.

Joyful Mysteries:

Mondays, and Saturdays

1. The Annunciation (Luke 1:30-33)
2. The Visitation (Luke 1:50-53)
3. The Nativity (Luke 2:10-11)
4. The Presentation in the Temple (Luke 2:29-32)
5. The Finding of the child Jesus in the Temple (Luke 2:48-52)

Luminous Mysteries

Thursdays

1. Jesus' Baptism in the Jordan (Matthew 3:13-17)

Christ descends into the waters, the innocent one who became "sin" for our sake. The heavens open wide and the voice of the Father declares him the beloved Son, while the Spirit descends on him to invest him with the mission that is he is to carry out.

2. Jesus' self-manifestation at the wedding of Cana (John 2:1-12)

This is the first of the signs. Christ changes water into wine and opens the hearts of the disciples to faith, thanks to the intervention of Mary, the first among the believers.

3. Jesus' proclamation of the Kingdom of God, with his call to conversion (Mark 1:15)

Jesus forgives the sins of all who draw near to him in humble trust. He proclaims the inauguration of the ministry of mercy which he continues to exercise until the end of the world, particularly through the sacrament of reconciliation, which he has entrusted to his Church.

4. Jesus' transfiguration (Luke 9:28-36)

In Mount Tabor the glory of the Godhead shines forth from the face of Christ as the Father commands the astonished Apostles to "listen to him" and to prepare to experience with him the agony of the passion, so as to come with him to the joy of the resurrection and a life transfigured by the Holy Spirit.

5. Jesus' institution of the Eucharist, as the sacramental expression of the Paschal Mystery (Matthew 26:26-29)

Christ offers his body and blood as food under the signs of bread and wine, and testifies "to the end" his love for humanity (John 13:1), for whose salvation he will offer himself in sacrifice.

Sorrowful Mysteries

Tuesdays, and Fridays

1. The Agony in the Garden (Matthew 26:38-39)
2. The Scourging at the Pillar (John 19:1)
3. The Crowning with Thorns (Mark 15:16-17)
4. The Carrying of the Cross (John 19:17)
5. The Crucifixion and Death of our Lord (John 19:28-30)

Glorious Mysteries

Wednesdays and Sundays

1. The Resurrection (Mark 16:6-8)

2. The Ascension (Acts 1:10-11)
3. The Descent of the Holy Spirit on the Apostles (Acts 2:1-4)
4. The Assumption (Song of Songs 2:3-6)
5. The Coronation of the Blessed Virgin (Luke 1:51-54)

Hail Holy Queen

Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this exile show us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin 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. O God, whose only begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life, grant, we beseech you, that meditating upon the mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. Through the same Christ our Lord. R. Amen.

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 Spirit.

Have mercy on us.

Holy Trinity, one God.

Have mercy on us.

Holy Mary.

Pray for us

Holy Mother of God.

Holy Virgin of virgins.

Mother of Christ.

Mother of the Church.

Mother of divine grace.

Mother most pure.

Mother most chaste.

Mother inviolate.

Mother undefiled.

Mother immaculate.

Mother most amiable.

Mother most admirable.

Mother of good counsel.

Mother of our Creator.

Mother of our Savior.

Virgin most prudent.

Virgin most venerable.

Virgin most renowned.

Virgin most powerful.

Virgin most merciful.

Virgin most faithful.

Mirror of justice.

Seat of wisdom.

Cause of our joy.
Spiritual vessel.
Vessel of honor.
Singular vessel of devotion.
Mystical rose.
Tower of David.
Tower of ivory.
House of gold.
Ark of the covenant.
Gate of heaven.
Morning star.
Health of the sick.
Refuge of sinners.
Comforter of the afflicted.
Help of Christians.
Queen of angels.
Queen of patriarchs.
Queen of prophets.
Queen of apostles.
Queen of martyrs.
Queen of confessors.
Queen of virgins.
Queen of all saints.
Queen conceived without original sin.
Queen assumed into heaven.
Queen of the most holy Rosary.
Queen of the family
Queen of peace.
V. Lamb of God who takes away the sins of the world.
R. Spare us, O Lord.
V. Lamb of God, who takes away the sins of the world.
R. Graciously hear us, O Lord.
V. Lamb of God, who takes away the sins of the world.
R. Have mercy on us.

For the needs of the Church and of the Nation:
Our Father . . .
Hail Mary . . .
Glory Be . . .
For the (Arch)Bishop of this diocese and his intentions:
Our Father . . .
Hail Mary . . .
Glory Be . . .
For the holy souls in purgatory:
Our Father . . .
Hail Mary . . .
May they rest in peace. R. Amen.

BLESSED BE YOUR PURITY

Blessed be your purity,
May it be blessed for ever,
For no less than God takes delight,
In such exalted beauty.
To you, heavenly Princess,

Holy Virgin Mary,
I offer on this day,
My whole heart, life and soul.
Look upon me with compassion,
Do not leave me, my Mother.

VARIOUS PRAYERS

PERSONAL MEDITATION

Before: My Lord and my God, I firmly believe that you are here, that you see me, that you hear me. I adore you with profound reverence; I beg your pardon for my sins and the grace to spend this time of prayer fruitfully. My immaculate Mother, St. Joseph, my father and lord, my guardian angel, intercede for me.

After: I thank you, my God, for the good resolutions, affections, and inspirations that you have communicated to me in this meditation. I beg your help in performing them. My immaculate Mother, St. Joseph, my father and lord, my guardian angel, intercede for me.

SPIRITUAL READING

Before: Come, O Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit, and they shall be created.

R. And you shall renew the face of the earth.

Let us pray. O God, who has taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit we may be always truly wise and ever rejoice in his consolation. Through Christ our Lord.

R. Amen.

After: We give you thanks, almighty God, for all your benefits, who live and reign for ever and ever.

R. Amen.

V. May the Lord grant us his peace.

R. And life everlasting.

V. Amen.

BLESSING BEFORE MEALS

V. Bless us, O Lord, and these your gifts which we are about to receive from your bounty, through Christ our Lord.

R. Amen

(Add for midday)

V. May the King of everlasting glory make us partakers of the heavenly table. R. Amen.

(Add for evening)

V. May the King of everlasting glory lead us to the banquet of life eternal. R. Amen.

GRACE AFTER MEALS

V. We give you thanks, almighty God, for all your benefits, who live and reign for ever and ever.

R. Amen.

V. May the Lord grant us his peace.

R. And life everlasting.

V. Amen.

SOME ASPIRATIONS

A clean heart create for me, O God.

A contrite and humble heart, O God, you will not despise.

A poor and lowly servant am I.

All the glory for God.

For those who love God all things work together unto good.

For you, O God, are my strength.

He must increase, but I must decrease.
Here I am, for you did call me.
Holy Mary, our hope, seat of wisdom, pray for us.
Holy Mary, our hope, handmaid of the Lord, pray for us.
Holy Mary, star of the sea, help your children.
I can do all things in Him who strengthens me.
I do believe; help my unbelief.
I give you thanks for all your benefits, even the unknown ones.
In you, O Lord, I take refuge: let me never be put to shame.
Lord, increase our faith!
Jesus, Son of David, have mercy on me, a sinner!
Jesus, Jesus, always be Jesus to me.
Lord, you know all things, you know that I love you.
Lord, that I may see!
Lord, what do you want me to do?
Mother of fair love, help your children!
My Lord and my God!
Not as I will, but as you will.
Queen of apostles, pray for us.
Sacred Heart of Jesus, grant us peace.
Sweet Heart of Mary, prepare a safe way for us.
Show that you are our Mother.

SPIRITUAL GAME PLAN

Do you want to be a better Christian? The first of your battles will be entering into and remaining in the state of grace, avoiding any mortal sin; and, since you want to love God above all things you will also try not to commit venial sins.

The practice of some acts of piety throughout the day will help you to have a contemplative life in the midst of your daily routine. The most important thing is to be consistent in your daily schedule in your spiritual game plan so you will live as a child of God.

Daily

*Get up at a fixed time, as early as possible. Eight hours of sleep are enough. Usually, more than this or less than six hours of sleep may not be good.

*Offer your day to God through the intercession of Our Lady.

*Work with order and intensity during the day as a way of serving God. Set goals and establish priorities in order to develop a practical schedule. Sanctifying ordinary work is the goal of our life.

*Try to attend Mass, receiving Holy Communion, as often as possible. This is the best sacrifice we can offer to God.

*Before Holy Mass, and as a preparation, spend some time (15 minutes if possible) in mental prayer before the Blessed Sacrament.

*Pray the Angelus at noontime. (During Easter time, we say the Regina Cæli instead.)

*Pray the Rosary, if possible, with your family, offering each decade for a specific intention.

*Do some spiritual reading. Start with the New Testament or some well known spiritual books. Ten to fifteen minutes is sufficient.

*Make the brief examination of conscience at the end of the day before going to bed. Two or three minutes is enough.

Weekly

*Sunday is the Lord's day. Center all activities around the Holy Mass. It is also a family day—for rest and spiritual growth.

*If you do not receive Holy Communion every day, receive at least on Sundays and Holy Days of Obligation.

*Saturday is traditionally dedicated to the Blessed Virgin Mary. Honor her and say some special prayer such as the Hail Holy Queen.

Monthly

*Go to Confession at least once a month. It is the sacrament of joy. Pope John Paul II says: "God is always the one who is principally offended by sin—I have sinned against You—and God alone can forgive. He does so through the ministry of the priest in the sacrament of Penance, which is the ordinary way of obtaining forgiveness and remission of mortal sins. Every mortal sin must always be stated with its determining circumstances in an individual confession."

*Have spiritual guidance with a wise prudent and knowledgeable priest.

*Spend a few hours in recollection. Better before the Blessed Sacrament. Consider how you are directing your life toward God.

Yearly

*A few days of retreat are necessary for the soul in the same way that the body needs a vacation. Spend three days within the year in silence, talking only to God. A retreat is a yearly opportunity for conversion.

Always

*Stay in the presence of God. Try to please him in everything as a child tries to please his father.

*Thank God for the graces he constantly gives us.

*Do everything for the love of God: this is purity of intention. Always purify your intention. Make acts of contrition and atonement for yours sins and sins of others.

*Try to live as you would like to die. We shall die as we have lived.