

## MORNING PRAYERS

As soon as you awake, think of God. Pray:

### 1. The Sign of the Cross

Then dress quickly and kneel down. Now say:

### 3. The Lord's Prayer

### 4. The Hail Mary

### 6. The Apostles' Creed

### 7. The Confiteor

### 8-11. The Acts of Faith, Hope, Love and Contrition.

If you have time also say the following prayers:

### 24. To the Blessed Virgin

My Lady, and my Mother, remember I am thine; protect and defend me as thy property and possession.

### 25. To St. Joseph

Saint Joseph, model and patron of those who love the Sacred Heart of Jesus, pray for us.

### 26. 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. God bless Father and Mother. God bless Brothers and Sisters, and all my friends. God bless me, and make me a good child.

### 27. For the Faithful Departed

Eternal rest give unto them, O Lord. And let perpetual light shine upon them. May they rest in peace. Amen.

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

### 1. The Sign of the Cross

## BEDTIME PRAYERS

Never go to bed without thanking God for all the benefits you have received during the day and during your whole life. Kneel down and pray:

### 1. The Sign of the Cross

### 3. The Our Father

### 4. Hail Mary

### 6. The Apostles' Creed

### 7. The Confiteor

### 2. The Glory Be.

Now think how you have acted during the day. Are there any big sins on your soul? Any little sins? Try to tell Jesus how sorry you are for all your sins, and say:

### 8. The Act of Contrition

### 28. Night Prayer

Jesus, Mary, Joseph, I give you my heart and my soul. Jesus, Mary, Joseph, assist me in my last agony. Jesus, Mary, Joseph, may I breathe forth my soul in peace with you.

O my God, bless my father, mother, and all my relatives and friends.

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Bless yourself with holy water and pray:

### 1. The Sign of the Cross

*"Love your enemies, and pray for those who persecute you."*

Matthew 5:44

## 1. Sign of the Cross

Making the sign with the right hand:

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

## 2. Glory Be

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

## 3. The 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.

## 4. The Hail Mary

Hail, Mary, full of grace!  
The Lord is with thee:  
Blessed art thou amongst 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.

## 5. Prayer to Guardian Angel

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

*"We ought always to pray and not to faint."*

Luke 18:1

## 6. 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 Ghost, 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, sitteth 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 Ghost, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

## 7. Confiteor

I confess to Almighty God, to blessed Mary ever-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 blessed Mary ever 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.

May the Almighty God have mercy on me, forgive me my sins, and bring me to everlasting life. Amen.

May the Almighty and merciful Lord grant me pardon, absolution, and remission of all my sins. Amen.

*“Whatsoever you ask when ye pray, believe that you shall receive: and they shall come unto you.”*

*Mark 11:24*

### **8. 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. Amen.

### **9. Act of Faith**

O my God! I firmly believe that Thou art one God in three divine persons, Father, Son and Holy Ghost;

I believe that Thy divine Son became man, and died for our sins, and that He will come to judge the living and the dead.

I believe these and all the truths which the Holy Catholic Church teaches, because Thou hast revealed them, Who canst neither deceive nor be deceived. Amen.

### **10. Act of Hope**

O my God! Relying on Thy almighty power and infinite goodness and promises, I hope to obtain pardon of my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

### **11. Act of Love**

O my God! I love Thee above all things, with my whole heart and soul because Thou art all-good and worthy of all love.

I love my neighbor as myself for the love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen.

### **12. Blessing Before Meals**

Bless us, O Lord, and these Thy gifts which we are to receive from Thy bounty, through Christ our lord. Amen.

### **13. Grace After Meals**

We give Thee thanks for all Thy benefits, O Almighty God, Who livest and reignest forever.

And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

### **14. Prayer Before Mass**

O my God, I am only a child; help me to be attentive, and to pray with all my heart during this holy Mass.

### **15. The Angelus**

The Angel of the Lord declared to Mary:  
And she conceived of the Holy Spirit.

*Hail Mary...*

Behold the handmaid of the Lord:  
Be it done unto me according to Thy word.

*Hail Mary...*

And the Word was made Flesh: And dwelt among us.

*Hail Mary...*

Pray for us, O Holy Mother of God, 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.

### **16. Peace Prayer**

*St. Francis of Assisi*

Lord, make me a channel of thy peace, that where there is hatred, I may bring love; that where there is wrong, I may bring the spirit of forgiveness; that where there is discord, I may bring harmony; that where there is error, I may bring truth; that where there is doubt, I may bring faith; that where there is despair, I may bring hope; that where there are shadows, I may bring light; that where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort than to be comforted; to understand, than to be understood; to love, than to be loved.

For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.

### **17. Prayer for Generosity**

*St. Ignatius of Loyola*

Lord Jesus, teach me to be generous; teach me to serve you as you deserve, to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labor and not to seek reward, except that of knowing that I do your will. Amen.

### **18. Take, O Lord**

*St. Ignatius of Loyola*

Take, O Lord, and receive my entire liberty, my memory, my understanding, and my whole will. All that I am and all that I possess, Thou hast given me: I surrender it all to Thee to be disposed of according to Thy will. Give me only Thy love and Thy grace: with these I will be rich enough, and will desire nothing more. Amen.

### **19. Come, Holy Spirit**

Come, Holy Spirit, fill the hearts of Thy faithful and enkindle in them the fire of Thy love.

*V. Send forth Thy Spirit and they shall be created.*  
*R. And Thou shalt renew the face of the earth.*

Let us pray. O God, Who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant us in the same Spirit to be truly wise, and ever to rejoice in His consolation. Through Christ our Lord. Amen.

### **20. Prayer to St. Michael**

St. 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 thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

### **21. Prayer of Abandonment**

*Charles de Foucauld*

Father, I abandon myself into your hands; do with me what you will. Whatever you may do, I thank you: I am ready for all, I accept all. Let only your will be done in me, and in all your creatures -I wish no more than this, O Lord. Into your hands I commend my soul: I offer it to you with all the love of my heart, for I love you, Lord, and so need to give myself, to surrender myself into your hands without reserve, and with boundless confidence, for you are my Father.

### **22. Prayer in Time of Need**

Jesus, I trust in you!

*“Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God.”*

*Philippians 4:6*