

Have mercy on us.

V. Pray for us, O holy Saint Joseph,

R. *That we may be made worthy of the promises of Christ.*

Let us pray. Assist us, O Lord, we beseech Thee, by the merits of the spouse of Thy most holy Mother, that what our unworthiness cannot obtain, may be given us by his intercession with Thee, Who lived and reigns with God the Father in the unity of the Holy Spirit, one God, world without end.

R. *Amen.*

CATHOLIC PRAYERS

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Let us pray. O God, Who in Thine ineffable providence dost choose Blessed Joseph to be the spouse of Thy most Holy Mother, grant that as we venerate him as our protector on earth, we may deserve to have him as our intercessor in Heaven, Thou Who lived and reigns forever and ever.
R. Amen.

62. Litany of St. Joseph—Litany Two

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, spouse of St. Joseph, *Pray for us.*

Saint Joseph, confirmed in grace, *Pray for us.*

Saint Joseph, guardian of the Word Incarnate, *etc.*

Saint Joseph, favorite of the King of Heaven,

Saint Joseph, ruler of the family of Jesus,

Saint Joseph, spouse of the ever-blessed Virgin,

Saint Joseph, foster father to the Son of God,

Saint Joseph, example of humility and obedience,

Saint Joseph, mirror of silence and resignation,

Saint Joseph, patron of innocence and youth,

Saint Joseph, exiled with Christ into Egypt,

Saint Joseph, intercessor for the afflicted,

Saint Joseph, advocate of the humble,

Saint Joseph, model of every virtue,

Saint Joseph, honored among men,

Saint Joseph, in whom is the union of all Christian perfections,

Pray for us.

Lamb of God, Who took away the sins of the world,

Spare us, O Lord.

Lamb of God, Who took away the sins of the world,

Graciously hear us, O Lord.

Lamb of God, Who took away the sins of the world,

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.*

Saint Joseph, *Pray for us.*

Illustrious son of David, *etc.*

Light of the patriarchs,

Spouse of the Mother of God,

Chaste guardian of the Virgin,

Foster-father of the Son of God,

Watchful defender of Christ,

Head of the Holy Family,

Joseph most just,

Joseph most chaste,

Joseph most prudent,

Joseph most valiant,

Joseph most obedient,

Joseph most faithful,

Mirror of patience,

Lover of poverty,

Model of workmen,

Glory of domestic life,

Guardian of virgins,

Pillar of families,

Solace of the afflicted,

Hope of the sick,

Patron of the dying,

Terror of demons,

Protector of Holy Church, *Pray for us.*

Lamb of God, Who took away the sins of the world,

Spare us, O Lord.

Lamb of God, Who took away the sins of the world,

Graciously hear us, O Lord.

Lamb of God, Who took away the sins of the world,

Have mercy on us.

V. He made him the lord of His household,

R. *And prince over all His possessions.*



1. **Sign of the Cross**

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

2. **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.

3. **Apostles 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 went down to the dead. On the third day He rose again from the dead. He ascended to the heavens, and is seated at the right hand of God, the Father almighty, wherefrom He shall 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 .

4. **Nicene Creed**

WE believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father. Through him all things were made. For us men and for our salvation he came down from heaven: by the power of the Holy

Spirit he was born of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered, died, and was buried. On the third day he rose again in fulfillment of the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

5. **The 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.

6. **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.

7. **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.

— or —

LORD Jesus, Son of God, have mercy on me, a poor sinner.

— or —

and all ecclesiastical Orders in holy religion,
That Thou wouldst humble the enemies of Thy holy Church,
That Thou wouldst give peace and true concord to
Christian kings and princes,
That Thou wouldst grant peace and unity to all Christian people,
That Thou wouldst bring back to the unity of the Church
all those who have strayed from the truth,
and lead to the light of the Gospel all unbelievers,
That Thou wouldst confirm and preserve us in Thy holy service,
That Thou wouldst lift up our minds to heavenly desires,
That Thou wouldst render eternal blessings to all our benefactors,
That Thou wouldst deliver our souls and those of our brethren,
relations, and benefactors from eternal damnation,
That Thou wouldst give and preserve the fruits of the earth,
That Thou wouldst give eternal rest to all the faithful departed,
That Thou wouldst graciously hear us,
Son of God, *We beseech Thee, hear us.*

Lamb of God, Who took away the sins of the world,
Spare us, O Lord.

Lamb of God, Who took away the sins of the world,
Graciously hear us, O Lord.

Lamb of God, Who took away the sins of the world,
Have mercy on us.

Christ, hear us.

Christ, graciously hear us.

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Our Father, *etc. (silently).*

V. And lead us not into temptation,

R. *But deliver us from evil.*

61. **Litany of St. Joseph—Litany One**

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,

Saint Lucy,
Saint Agnes,
Saint Cecilia,
Saint Catherine,
Saint Anastasia,
All ye holy virgins and widows, *Pray for us.*

All ye holy men and women, saints of God,
Make intercession for us.
Be merciful,
Spare us, O Lord.
Be merciful,
Graciously hear us, O Lord.

From all evil, *O Lord, deliver us.*
From all sin, *O Lord, deliver us.*
From Thy wrath, *etc.*
From a sudden and unprovided death,
From the deceits of the devil,
From anger, hatred, and all ill-will,
From the spirit of fornication,
From lightning and tempest,
From the scourge of earthquake,
From plague, famine, and war,
From everlasting death,
Through the mystery of Thy Holy Incarnation,
Through Thy coming,
Through Thy Nativity,
Through Thy baptism and holy fasting,
Through Thy Cross and Passion,
Through Thy death and burial,
Through Thy holy Resurrection,
Through Thine admirable Ascension,
Through the coming of the Holy Spirit, the Paraclete,
In the Day of Judgment, *O Lord, deliver us.*

We sinners, *We beseech Thee, hear us.*
That Thou wouldst spare us, *We beseech Thee, hear us.*
That Thou wouldst pardon us, *We beseech Thee, hear us.*
That Thou wouldst bring us to true penance, *etc.*
That Thou wouldst govern and preserve Thy holy Church,
That Thou wouldst preserve our Apostolic Prelate

MY God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

8. **Act of Faith**

O MY God! I firmly believe all the sacred truths which Thy holy Catholic Church believes and teaches, because Thou has revealed them, Who canst neither deceive nor be deceived.

9. **Act of Hope**

O MY God! Relying on Thy infinite goodness and promises, I hope to obtain the pardon of my sins, assistance of Thy grace, and life everlasting, through the merits of Jesus Christ, our Lord and Savior.

10. **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.

11. **Act of Charity**

GOOD and merciful Savior, it is the desire of my heart to return Thee love for love. My greatest sorrow is that Thou art not loved by all men, and, in particular, that my heart is so cold, so selfish, so ungrateful. Deeply sensible of my own weakness and poverty, I trust that Thy own grace will enable me to offer Thee an act of pure love. And I wish to offer Thee this act of love in reparation for the coldness and neglect that are shown to Thee in the Sacrament of Thy love by Thy creatures. O Jesus, my sovereign good, I love Thee, not for the sake of the reward which Thou hast promised to those who love Thee, but purely for Thyself. I love Thee above all things that can be loved, above all pleasures, and in fine above myself and all that is not Thee, protesting in the presence of heaven and earth that I will live and die purely and simply in Thy holy love,

and that if to love Thee thus I must endure persecution and suffering, I am perfectly satisfied, and I will ever say with St. Paul: "Nothing shall separate me from the love of Christ.

O Jesus, Supreme Master of all hearts, I love Thee, I adore Thee, I praise Thee, I thank Thee, because I am now all Thine own. Rule over me, and transform my soul into the likeness of Thyself, so that it may bless and glorify Thee forever in the bode of the Saints. Amen.

12. The Magnificat (Canticle of Mary)

MY soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior for he has looked with favor on his lowly servant. From this day all generations will call me blessed, the Almighty has done great things for me, and holy is his name. He has mercy on those who fear him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich has sent away empty. He has come to the help of his servant Israel for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children forever.

13. Canticle of Zechariah

BLESSED be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David. Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant. This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life. You, my child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins. In the tender compassion of our Lord the dawn from on high will break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into

Saint James,
Saint John,
Saint Thomas,
Saint James,
Saint Philip,
Saint Bartholomew,
Saint Matthew,
Saint Simon,
Saint Thaddeus,
Saint Matthias,
Saint Barnabas,
Saint Luke,
Saint Mark,
All ye holy apostles and evangelists,
All ye holy disciples of Our Lord,
All ye holy innocents,
Saint Stephen,
Saint Lawrence,
Saint Vincent,
Saints Fabian and Sebastian,
Saints John and Paul,
Saints Cosmas and Damian,
Saints Gervase and Protase,
All ye holy martyrs,
Saint Sylvester,
Saint Gregory,
Saint Ambrose,
Saint Augustine,
Saint Jerome,
Saint Martin,
Saint Nicholas,
All ye holy bishops and confessors,
All ye holy doctors,
Saint Antony,
Saint Benedict,
Saint Bernard,
Saint Dominic,
Saint Francis,
All ye holy priests and levites,
All ye holy monks and hermits,
Saint Mary Magdalen,
Saint Agatha,

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.

V. Pray for us, O holy Mother of God,
R. *That we may be made worthy of the promises of Christ.*

Let us pray. Grant, we beseech Thee, O Lord God, that we Thy servants may enjoy perpetual health of mind and body, and by the glorious intercession of the Blessed Mary, ever Virgin, be delivered from present sorrow and enjoy everlasting happiness. Through Christ Our Lord. R. *Amen.*

60. Litany of the Saints

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, *Pray for us.*
Holy Virgin of virgins, *etc.*
Saint Michael,
Saint Gabriel,
Saint Raphael,
All ye holy angels and archangels,
All ye holy orders of blessed spirits,
Saint John the Baptist,
Saint Joseph,
All ye holy patriarchs and prophets,
Saint Peter,
Saint Paul,
Saint Andrew,

the way of peace.

14. 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 by his most Precious Blood.
Blessed be Jesus in the Most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
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.

15. 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.

16. Come, Holy Spirit

COME, Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your divine love.

V. Send forth your Spirit, they shall be created.
R. *And you will renew the face of the earth.*

Let us pray. O God, who by the light of the Holy Spirit, did

instruct the hearts of your faithful, grant by the same Spirit, that we may be truly wise and ever rejoice in your consolation. Through Christ our Lord. Amen.

17. Prayer for the Seven Gifts of the Holy Spirit

O LORD Jesus Christ Who, before ascending into heaven, did promise to send the Holy Spirit to finish your work in the souls of your Apostles and Disciples, deign to grant the same Holy Spirit to me that He may perfect in my soul the work of your grace and your love. Grant me the *Spirit of Wisdom* that I may despise the perishable things of this world and aspire only after the things that are eternal, the *Spirit of Understanding* to enlighten my mind with the light of your divine truth, the *Spirit of Counsel* that I may ever choose the surest way of pleasing God and gaining heaven, the *Spirit of Fortitude* that I may bear my cross with You I and that I may overcome with courage all the obstacles that oppose my salvation, the *Spirit of Knowledge* that I may know God and know myself and grow perfect in the science of the Saints, the *Spirit of Piety* that I may find the service of God sweet and amiable, and the *Spirit of Fear* that I may be filled with a loving reverence towards God and may dread in any way to displease Him. Mark me, dear Lord with the sign of your true disciples, and animate me in all things with your Spirit. Amen.

18. Morning Prayer

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.
Amen.

— or —

O LORD, support us all the day long on this troublous life until the shadows lengthen and the evening comes, and the busy

Mother most amiable,
Mother most admirable,
Mother of good counsel,
Mother of our Creator,
Mother of our Savior,
Mother of the Church,
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 peace, *Pray for us.*

Blood of Christ, freeing souls from Purgatory,
Blood of Christ, most worthy of all glory and honor, *Save 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.

V. Thou hast redeemed us, O Lord, in Thy Blood,
R. *And made of us a kingdom for our God.*

Let us pray. Almighty and Eternal God, Thou hast appointed
Thine only-begotten Son the Redeemer of the world, and willed
to be appeased by His Blood. Grant, we beseech Thee, that we
may worthily adore this Price of our salvation, and through its
power be safeguarded from the evils of this present life, so that
we may rejoice in its fruits forever in Heaven. Through the
same Christ Our Lord. R. *Amen.*

59. The Litany of the Blessed Virgin Mary (The Litany of Loreto)

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, *Pray for us.*

Holy Virgin of virgins, *etc.*

Mother of Christ,

Mother of divine grace,

Mother most pure,

Mother most chaste,

Mother inviolate,

Mother undefiled,

world is hushed, and the fever of life is over, and our work is
done. Then in your mercy grant us a safe lodging and a holy
rest, and peace at last.

— *John Cardinal Newman (1801-1890)*

— or —

WE pray, Lord, that everything we do may be prompted by
your inspiration, so that every prayer and work of ours may
begin from you and be brought by you to completion.

— *St. Benedict of Nursia (480-547)*

19. At the End of the Day

LORD Jesus Christ,

you have given your followers

an example of gentleness and humility,

a task that is easy,

a burden that is light.

Accept the prayers and work of this day,

and give us the rest that will strengthen us

to render more faithful service to you

who live and reign for ever and ever.

— or —

LORD,

we beg you to visit this house

and banish from it

all the deadly power of the enemy.

May your holy angels dwell here

to keep us in peace,

and may your blessing be upon us always.

We ask this through Christ our Lord.

May the all-powerful Lord grant us a restful night

and a peaceful death. Amen.

20. Parental Blessing of A Child

OUR help is in the name of the Lord.

R. *Who made heaven and earth.*

The Lord be with you.

R. And also with you.

Let us pray. Heavenly Father, bless N. and keep him (her) in your love and protection. Grant him (her) a good rest tonight [or a good day, a good journey, etc.] and send your angels to protect him (her). + In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

21. Before Meals

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

— or —

DEAR Jesus, we thank you for this food and ask you to bless it to our bodies, and our bodies to your service. Amen.

22. After Meals

WE give you thanks, almighty God, for all your graces and benefits, who lives and reigns now and for ever. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

23. For Faith

O LORD,
grant us faith,
the faith that removes the mask from the world
and manifests God in all things;
the faith that enables everything to be seen
in another light:
that shows us the greatness of God
and lets us see our own littleness;
that shows us Christ
where our eyes see only a poor person;
that shows us the Savior
where we feel only pain.
O Lord,
grant us the faith

Let us pray. Almighty and eternal God, consider the Heart of Thy well-beloved Son and the praises and satisfaction He offers Thee in the name of sinners; appeased by worthy homage, pardon those who implore Thy mercy, in the name of the same Jesus Christ Thy Son, Who lives and reigns with Thee, world without end. *R. Amen.*

58. Litany of the Most Precious Blood of Jesus

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.*

Blood of Christ, only-begotten Son of the Eternal Father,
Save us.

Blood of Christ, Incarnate Word of God, *Save us.*

Blood of Christ, of the New and Eternal Testament, *etc.*

Blood of Christ, falling upon the earth in the Agony,

Blood of Christ, shed profusely in the Scourging,

Blood of Christ, flowing forth in the Crowning with Thorns,

Blood of Christ, poured out on the Cross,

Blood of Christ, Price of our salvation,

Blood of Christ, without which there is no forgiveness,

Blood of Christ, Eucharistic drink and refreshment of souls,

Blood of Christ, river of mercy,

Blood of Christ, Victor over demons,

Blood of Christ, Courage of martyrs,

Blood of Christ, Strength of confessors,

Blood of Christ, bringing forth virgins,

Blood of Christ, Help of those in peril,

Blood of Christ, Relief of the burdened,

Blood of Christ, Solace in sorrow,

Blood of Christ, Hope of the penitent,

Blood of Christ, Consolation of the dying,

Blood of Christ, Peace and Tenderness of hearts,

Blood of Christ, Pledge of Eternal Life,

Heart of Jesus, of infinite majesty,
 Heart of Jesus, holy Temple of God,
 Heart of Jesus, Tabernacle of the Most High,
 Heart of Jesus, House of God and Gate of Heaven,
 Heart of Jesus, burning Furnace of charity,
 Heart of Jesus, Vessel of justice and love,
 Heart of Jesus, full of goodness and love,
 Heart of Jesus, Abyss of all virtues,
 Heart of Jesus, most worthy of all praise,
 Heart of Jesus, King and center of all hearts,
 Heart of Jesus, in Whom are all the treasures of wisdom
 and knowledge,
 Heart of Jesus, in Whom dwelleth all the fullness of the divinity,
 Heart of Jesus, in Whom the Father was well pleased,
 Heart of Jesus, of whose fullness we have all received,
 Heart of Jesus, desire of the everlasting hills,
 Heart of Jesus, patient and abounding in mercy,
 Heart of Jesus, rich unto all who call upon Thee,
 Heart of Jesus, Fountain of life and holiness,
 Heart of Jesus, Propitiation for our sins,
 Heart of Jesus, filled with reproaches,
 Heart of Jesus, bruised for our offenses,
 Heart of Jesus, made obedient unto death,
 Heart of Jesus, pierced with a lance,
 Heart of Jesus, Source of all consolation,
 Heart of Jesus, our Life and Resurrection,
 Heart of Jesus, our Peace and Reconciliation,
 Heart of Jesus, Victim for our sins,
 Heart of Jesus, Salvation of those who hope in Thee,
 Heart of Jesus, Hope of those who die in Thee,
 Heart of Jesus, Delight of all the saints, *Have mercy on 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.

V. Jesus meek and humble of heart,
 R. *Make our hearts like unto Thine.*

that inspires us to undertake
 everything that God wants
 without hesitation,
 without shame,
 without fear,
 and without ever retreating;
 the faith that fears
 neither danger, nor sorrow, nor death;
 the faith that knows how to go through life
 with calm, peace and profound joy,
 and that makes the soul completely indifferent
 to everything that is not you.

– *St. Charles de Foucauld (1858-1916)*

24. **Prayer to Always Seek God**

LORD, teach me to seek you,
 and reveal yourself to me when I seek you.
 For I cannot seek you unless you first teach me,
 nor find you unless you first reveal yourself to me.
 Let me seek you in longing,
 and long for you in seeking.
 Let me find you in love,
 and love you in finding.

– *St. Ambrose of Milan (340-397)*

25. **St. Patrick's Breastplate**

CHRIST be with me,
 Christ before me,
 Christ behind me,
 Christ in me,
 Christ beneath me,
 Christ above me,
 Christ on my right,
 Christ on my left,
 Christ where I lie,
 Christ where I sit,
 Christ where I arise,
 Christ in the heart of every one who thinks of me,
 Christ in the mouth of every one who speaks of me,

Christ in every eye that sees me,
Christ in every ear that hears me.
Salvation is of the Lord.
Salvation is of the Lord,
Salvation is of the Christ.
May your salvation Lord, be ever with us.
– *St. Patrick (389-461?)*

26. Before Study or Reading

GRANT to me, O merciful God,
that I might ardently love,
prudently ponder,
rightly acknowledge,
and perfectly fulfill all that is pleasing to you,
for the praise and glory of your Name.
– *St. Thomas Aquinas (1225-1274)*

27. Prayer for Hope

GOD of life,
there are days when the burdens we carry
chafe our shoulders and wear us down;
when the road seems dreary and endless,
the skies gray and threatening;
when our lives have no music in them
and our hearts are lonely,
and our souls have lost their courage.
Flood the path with light, we beseech you;
turn our eyes to where the skies are full of promise.
– *St. Augustine of Hippo (354-430)*

28. Prayer of St. Francis

LORD, make us the instruments of thy peace.
Where there is hatred, let us sow love;
where there is injury pardon,
where there is doubt faith,
where there is despair hope,
where there is darkness light,
where there is sadness joy.

Through Thy death and burial,
Through Thy Resurrection,
Through Thine Ascension,
Through Thine institution of the Most Holy Eucharist,
Through Thy joys,
Through Thy glory, *Jesus deliver us.*

Lamb of God, Who takest away the sins of the world,
Spare us, O Jesus.
Lamb of God, Who takest away the sins of the world,
Graciously hear us, O Jesus.
Lamb of God, Who takest away the sins of the world,
Have mercy on us, O Jesus.

V. Jesus, hear us.
R. *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 we may ever love Thee with all our heart, and in all our words and actions, and never cease from praising Thee. Make us, O Lord, to have both a perpetual fear and love of Thy holy name, for Thou never failest to govern those whom Thou foundest upon the strength of Thy love, Who livest and reignest, world without end. *R. Amen.*

57. Litany of the Most Sacred Heart of Jesus

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.*
Heart of Jesus, Son of the Eternal Father, *Have mercy on us.*
Heart of Jesus, formed by the Holy Spirit in the womb of the
Virgin Mother, *Have mercy on us.*
Heart of Jesus, substantially united to the Word of God, *etc.*

Jesus, Lover of chastity,
 Jesus, Lover of us,
 Jesus, God of peace,
 Jesus, Author of life,
 Jesus, Model of virtues,
 Jesus, zealous for souls,
 Jesus, our God,
 Jesus, our Refuge,
 Jesus, Father of the poor,
 Jesus, Treasure of the faithful,
 Jesus, Good Shepherd,
 Jesus, true Light,
 Jesus, eternal Wisdom,
 Jesus, infinite Goodness,
 Jesus, our Way and our Life,
 Jesus, Joy of Angels,
 Jesus, King of Patriarchs,
 Jesus, Master of Apostles,
 Jesus, Teacher of Evangelists,
 Jesus, Strength of Martyrs,
 Jesus, Light of Confessors,
 Jesus, Purity of Virgins,
 Jesus, Crown of all Saints, *Have mercy on us.*

Be merciful, *Spare us, O Jesus.*
 Be merciful, *Graciously hear us, O Jesus.*

From all evil, *Jesus, deliver us.*
 From all sin, *Jesus, deliver us.*
 From Thy wrath, *etc.*
 From the snares of the devil,
 From the spirit of fornication,
 From everlasting death,
 From the neglect of Thine inspirations,
 Through the mystery of Thy holy Incarnation,
 Through Thy Nativity,
 Through Thine Infancy,
 Through Thy most divine life,
 Through Thy labors,
 Through Thine Agony and Passion,
 Through Thy Cross and dereliction,
 Through Thy faintness and weariness,

May we seek not so much to be consoled as to console,
 not so much to be loved as to love.
 For it is in giving that we receive,
 it is in pardoning that we are pardoned,
 it is in dying that we awake to eternal life.
 – *St. Francis of Assisi (1182-1226)*

29. Prayer of Intercession

WATCH, dear Lord
 with those who wake or watch or weep tonight,
 and give your angels charge over those who sleep.
 Tend your sick ones, O Lord Jesus Christ,
 rest your weary ones, bless your dying ones,
 soothe your suffering ones, shield your joyous ones,
 and all for your love's sake.
 – *St. Augustine of Hippo (354-430)*

30. Prayer to St. Michael the Archangel

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 host, by the power of God, thrust into hell Satan and
 the other evil spirits who prowl about the world seeking the
 ruin of souls.

31. Prayer for Help Along the Way

MY Lord and my God,
 remove far from me whatever keeps me from you.
 My Lord and my God,
 confer upon me whatever enables me to reach you.
 My Lord and my God,
 free me from myself and make me wholly yours.
 – *St. Nicholas of Flue (1147-1187)*

32. Prayer for Perseverance

GIVE me, O Lord, a steadfast heart which no unworthy
 thought can drag downwards; an unconquered heart which no

tribulation can wear out; an upright heart which no unworthy purpose may tempt aside. Give me also, O Lord my God, understanding to know you, diligence to seek you, wisdom to find you, and a faithfulness that may finally embrace you through Jesus Christ, our Lord.

– *St. Thomas Aquinas (1225-1274)*

33. Prayer of Thomas à Kempis

GOD, our Father, we are exceedingly frail and indisposed to every virtuous and gallant undertaking. Strengthen our weakness, we beseech you, that we may do valiantly in this spiritual war; help us against our own negligence and cowardice, and defend us from the treachery of our unfaithful hearts; for Jesus Christ's sake.

– *Thomas à Kempis (1380-1471)*, author of
The Imitation of Christ

34. Prayer of St. Thomas More

GIVE US, Lord, a humble, quiet, peaceable, patient, tender and charitable mind, and in all our thoughts words and deeds a taste of the Holy Spirit. Give us, Lord, a lively faith, a firm hope, a fervent charity, a love of you. Take from us all lukewarmness in meditation, dullness in prayer. Give us fervor and delight in thinking of you and your grace, your tender compassion towards us. The things we pray for, good Lord, give us the grace to labor for; through Jesus Christ our Lord.

– *St. Thomas More (1477-1535)*

35. To Do God's Will

O GOD, may your will be done, not only in the execution of your commandments, counsels, and inspirations, which we ought to obey, but also in suffering and afflictions which befall us. May your will be done in us and by us in everything that pleases you.

– *St. Francis de Sales (1567-1622)*

XII added the title "Queen assumed into Heaven." Pope John Paul II has added "Mother of the Church."

(5) *the Litany of Saint Joseph*: The Litany of Saint Joseph was approved by Pope Saint Pius X in 1909.

(6) *the Litany of the Saints*: We know the Litany of the Saints in the modified form, as used in the Easter Vigil service. It is the oldest litany, and has existed in varied forms (content) since the times of St. Basil the Great (d. 379) and St. Gregory Thaumaturgus (The Wonder Worker, d. ca. 270). The cult of the saints, especially of the martyrs, began early in the life of the Church, and litanies in their honor varied from one area to another. Pope Pius V (1566-72) gave instructions for a uniform *Litany of the Saints* to be included in the liturgical books.

56. Litany of the Most 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 Spirit, *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, *etc.*

Jesus, King of glory,

Jesus, Sun of justice,

Jesus, Son of the Virgin Mary,

Jesus, most amiable,

Jesus, most admirable,

Jesus, mighty God,

Jesus, Father of the world to come,

Jesus, Angel of the great counsel,

Jesus, most powerful,

Jesus, most patient,

Jesus, most obedient,

Jesus, meek and humble of heart,

Today, while many litanies exist for private devotion, the official litanies approved for public recitation are limited to only six:

(1) *the Litany of the Holy Name of Jesus* was approved by Pope Sixtus V on July 11, 1587. Saint Bernardine of Siena (1380-1444) and Saint John Capistrano (1386-1456) were great preachers of devotion to the Holy Name of Jesus.

(2) *the Litany of the Sacred Heart of Jesus* was approved by Pope Leo XIII in 1899. Many of its invocations go back to Father J. Croiset (1656-1738). Of course, Saint Margaret Mary Alacoque had much influence on the spread of devotion to the Sacred Heart of Jesus because of Our Lord's revelations to her.

(3) *the Litany of the Precious Blood of Jesus* was approved by Pope John XXIII in 1960.

(4) *the Litany of the Blessed Virgin Mary (Litany of Loreto)* was approved by Pope Sixtus V in 1587. There are many origins claimed for *The Litany of Loreto*, some writers tracing it back to Apostolic times. Others refer back to Pope Sergius I (687) or to a Gaelic litany of the eighth century, or to Pope Saint Gregory the Great (590-604). The name of the litany comes from its association with the holy shrine of Our Lady of Loreto, Italy and the miraculous translation by angels of the Holy House of Nazareth to that place in 1294. The Litany was well-known there when Saint Peter Canisius had it printed and published at Dilligen, Germany in 1558 under the title, "*Letania Loretana*." This is the oldest known printed copy, and it gives the Litany substantially the same as what we have today. After Pope Saint Pius V's instructions in a *motu proprio* of March 20, 1571, there was a new version for a time which took invocations more directly from Scripture and the liturgy, but Pope Sixtus V approved the old form used at Loreto, and that is the one that has been handed down to us. Pope Pius VII, after returning to Rome from the Napoleonic captivity, added the invocation "Queen of All Saints." The titles "Queen of the Most Holy Rosary," "Queen conceived without original sin," and "Mother of Good Counsel" were added by Pope Leo XIII. During World War I, Pope Benedict XV added "Queen of Peace." When the dogma of the Assumption of Mary was defined in 1950, Pope Pius

36. [Before Mass] Prayer of St. Ambrose

LORD Jesus Christ,
 I approach your banquet table
 in fear and trembling,
 for I am a sinner,
 and dare not rely on my own worth
 but only on your goodness and mercy.
 I am defiled by many sins in body and soul,
 and by my unguarded thoughts and words.
 Gracious God of majesty and awe,
 I seek your protection,
 I look for your healing.
 Poor troubled sinner that I am,
 I appeal to you, the fountain of all mercy.
 I cannot bear your judgment,
 but I trust in your salvation.
 Lord, I show my wounds to you
 and uncover my shame before you.
 I know my sins are many and great,
 and they fill me with fear,
 but I hope in your mercies,
 for they cannot be numbered.
 Lord Jesus Christ, eternal king, God and man,
 crucified for mankind,
 look upon me with mercy and hear my prayer,
 for I trust in you.
 Have mercy on me,
 full of sorrow and sin,
 for the depth of your compassion never ends.
 Praise to you, saving sacrifice,
 offered on the wood of the cross for me and for all mankind.
 Praise to the noble and precious blood,
 flowing from the wounds of my crucified Lord Jesus Christ
 and washing away the sins of the whole world.
 Remember, Lord, your creature,
 whom you have redeemed with your blood.
 I repent my sins,
 and I long to put right what I have done.

Merciful Father, take away all my offenses and sins;
purify me in body and soul,
and make me worthy to taste the holy of holies.
May your body and blood,
which I intend to receive, although I am unworthy,
be for me the remission of my sins,
the washing away of my guilt,
the end of my evil thoughts,
and the rebirth of my better instincts.
May it incite me to do the works pleasing to you
and profitable to my health in body and soul,
and be a firm defense
against the wiles of my enemies.
Amen.

– *St. Ambrose (340-397)*

37. **[Before Mass] Prayer of St. Thomas Aquinas**

ALMIGHTY and ever-living God,
I approach the sacrament of your only-begotten Son,
our Lord Jesus Christ.
I come sick to the doctor of life,
unclean to the fountain of mercy,
blind to the radiance of eternal light,
and poor and needy to the Lord of heaven and earth.
Lord, in your great generosity,
heal my sickness, wash away my defilement,
enlighten my blindness, enrich my poverty,
and clothe my nakedness.
May I receive the bread of angels,
the King of kings and Lord of lords,
with humble reverence,
with the purity and faith,
the repentance and love, and the determined purpose
that will help to bring me to salvation.
May I receive the sacrament of the Lord's body and blood,
and its reality and power.
Kind God,
may I receive the body of your only-begotten Son,
our Lord Jesus Christ,
born from the womb of the Virgin Mary,

CLOSING PRAYER TO THE BLESSED SACRAMENT

AS this hour of adoration closes, O Jesus, I renew my faith and trust
in Thee. I am refreshed after these moments with Thee, and I count
myself among a privileged number, even as Thy disciples were, who
shared Thy actual Presence.

Realizing that my visit to Thee is of little avail unless I try to live a
better life and set a better example, I am resolved to go forth again
to my duties and my concerns with a renewed spirit of perseverance
and good will. In my daily life I will try to love and serve God well,
and love my neighbor also, for these two things go together. I will
try to be a true disciple, indeed. Help me, O Jesus, in this my
resolution.

Bless me, dear Lord, before I go. And bless not me alone, O Lord,
but all as well who are here present, and all who could not come,
especially the sick and the dying. Bless our homes and all the
children there. Bless all our life and the hour of our death.

Grant rest to the souls of the faithful departed, and bring them into
the light of Thy divine glory. So may we who have worshiped Thee
and been blessed here on earth, come to behold the radiant glory of
Thy unveiled Countenance in heaven forever and ever. Amen.

Sacred Heart of Jesus, Thy kingdom come!

Sacred Heart of Jesus, Thy kingdom come!

Sacred Heart of Jesus, Thy kingdom come!

For the Intentions of the Holy Father, to Gain Indulgences of the Holy
Hour: *Pray one Our Father, one Hail Mary, and one Glory be . . .*

*O Sacrament most holy, O Sacrament divine!
All praise and all thanksgiving, be every moment Thine!*

† IN the Name of the Father, and of the Son, and of the Holy Spirit.
Amen.

*Divine Heart of Jesus, convert sinners, save the dying,
set free the Holy Souls in Purgatory.*

FOR OUR DAILY NEGLECTS

ETERNAL FATHER, I offer Thee the Sacred Heart of Jesus, with all Its love, suffering, and merits:

First, to expiate all the sins I have committed this day and during all my life. *Glory be. . .*

Second, to purify the good I have done badly this day and during all my life. *Glory be. . .*

Third, to supply for the good I ought to have done, and that I have neglected, this day and during all my life. *Glory be. . .*

*O Heart of Love, I put all my trust in Thee,
for I fear all things from my own weakness,
but I hope for all things from Thy goodness.*

PERIOD OF SILENT ADORATION

FOR FINAL PERSEVERANCE

O JESUS, my Savior, my God, by Thy Sacred Heart, by the most pure Heart of the Virgin Mother, by whatever is pleasing to Thee in heaven and on earth, I beg and entreat Thee, grant me holy perseverance, grant me patience. Give me grace and courage that I may efficaciously employ the means which Thou hast given.

*Sweet Heart of Jesus, be my love.
Sweet Heart of Mary, be my salvation.
Sweet Heart of Jesus, be my love.
Sweet Heart of Mary, be my salvation.
Sweet Heart of Jesus, be my love.
Sweet Heart of Mary, be my salvation.*

and so be received into his mystical body and numbered among his members. Loving Father, as on my earthly pilgrimage I now receive your beloved Son under the veil of a sacrament, may I one day see him face to face in glory, who lives and reigns with you for ever. Amen.

– *St. Thomas Aquinas* ©. 1225-1275)

38. [After Mass] Of Self-Offering

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 you have given me. I surrender it all to you to be disposed of according to your will. Give me only your love and your grace; with these I will be rich enough and will desire nothing more.

– *St. Ignatius of Loyola* (1491-1556)

39. [After Mass] 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.

– *St. Ignatius Loyola* (1491-1556)

40. [After Mass] Prayer of St. Pius X

O LORD Jesus Christ,
let your passion be my strength
to sustain, guard, and protect me.
Let your wounds be my food and drink
to nourish, fill, and invigorate me.
Let the shedding of your blood
cleanse me of all my sins.
Let your death obtain eternal life for me
and your cross lead me to everlasting glory.
Let these constitute for me
refreshment and joy,
health and uprightness of heart
– *Pope St. Pius X (1835-1914)*

41. [After Mass] 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!

42. [After Mass] Litany of Humility

O JESUS, meek and humble of heart, *Hear me.*
From the desire of being esteemed, *Deliver me, O Jesus.*
From the desire of being loved, *Deliver me, O Jesus.*
From the desire of being extolled, *etc.*
From the desire of being honored,
From the desire of being praised,
From the desire of being preferred to others,

Most Sacred Heart of Jesus, pour in richest fullness Thy blessings
upon Holy Church, the Pope, and all the clergy; grant perseverance
to the just, conversion to sinners; enlighten the unbelievers; bless
our relatives, friends, and benefactors; assist the dying; deliver the
souls in Purgatory; and extend over all hearts the gentle dominion
of Thy love.

Lord Jesus, shelter our Holy Father the Pope, under the protection
of Thy Sacred Heart. Be Thou his light, his strength, and his
consolation.

PRAYER FOR PEACE

LORD, make me an instrument of Your peace!
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.
O Divine Master, 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,
it is in dying that we are born to eternal life.

By the sign of the Holy Cross, deliver us from our enemies, O our God!

FOR MERCY FOR THE HOLY SOULS IN PURGATORY

HAVE mercy, O gentle Jesus! on the souls detained in Purgatory.
Thou Who for their ransom didst take upon Thyself our human
nature and suffer the most cruel death, pity their sighs and the tears
shed when they raise their longing eyes toward Thee; and by virtue
of Thy Passion, cancel the penalty due to their sins. May Thy Blood,
O tender Jesus, Thy Precious Blood, descend into Purgatory to
solace and refresh those who there languish in captivity. Reach
forth Thy Hand to them, and lead them into the realms of
refreshment, light and peace. Amen.

soul may enter once for all into that most loving Heart, eager and ready to receive the greatest sinners, and from It may never more depart.

*Sacred Heart of my Jesus,
grant that I may ever love Thee more and more.*

FOR INCREASE OF DAILY HOLY COMMUNIONS

O JESUS, Who camest into this world to give to all the life of Thy grace, and Who, to preserve and sustain it, didst will to be the remedy of our daily infirmities, and our daily Food; humbly we pray Thee, by Thy Heart, all on fire for love of us, to pour out Thy Holy Spirit upon all, so that those who are unhappily in mortal sin may be converted to Thee, and recover the life of grace which they have lost; and those who by Thy gift still live this divine life, may every day, when they are able, approach devoutly to Thy holy table, where, in daily Holy Communion, receiving every day the antidote to their daily venial sins, and nourishing the life of grace in their hearts, and purifying more and more their souls, they may come at last to the enjoyment with Thee of eternal beatitude. Amen.

*Heart of Jesus, burning with love for us,
in flame our hearts with love of Thee.*

FOR THOSE IN THEIR LAST AGONY

O MOST merciful Jesus, Lover of Souls; I pray Thee, by the agony of Thy most Sacred Heart, and by the sorrows of Thy Immaculate Mother, cleanse in Thy Blood the sinners of the whole world who are now in their agony and are to die this day. Amen.

Heart of Jesus Agonizing, have mercy on the dying.

FOR THE HOLY FATHER

O GOD, the Shepherd and Ruler of all the faithful, look down with favor upon Thy servant, (name), whom Thou hast deigned to appoint the supreme Pastor of Thy Church; grant, we beseech Thee, that both his word and example may benefit those over whom he has been placed, so that together with the flock entrusted to his care he may attain unto life everlasting, through Christ our Lord. Amen.

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 ridiculed,
From the fear of being wronged,
From the fear of being suspected, *Deliver me, O Jesus.*
That others may be loved more than I,
Jesus, grant me the grace to desire it.
That others may be esteemed more than I,
Jesus, grant me the grace to desire it.
That in the opinion of the world,
others may increase and I may decrease, *etc.*
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,
Jesus, grant me the grace to desire it.
Amen.

– Cardinal Merry del Val (1865-1930)

43. [After Mass] Prayer of St. Thomas Aquinas

LORD, Father all-powerful and ever-living God,
I thank you,
for even though I am a sinner, your unprofitable servant,
not because of my worth but in the kindness of your mercy,
you have fed me
with the precious body and blood of your Son,
our Lord Jesus Christ.
I pray that this holy communion
may not bring me condemnation and punishment
but forgiveness and salvation.
May it be a helmet of faith
and a shield of good will.
May it purify me from evil ways
and put an end to my evil passions.
May it bring me charity and patience,

humility and obedience,
and growth in the power to do good.
May it be my strong defense
against all my enemies, visible and invisible,
and the perfect calming of all my evil impulses,
bodily and spiritual.
May it unite me more closely to you,
the one true God,
and lead me safely through death
to everlasting happiness with you.
And I pray that you will lead me, a sinner,
to the banquet where you,
with your Son and Holy Spirit,
are true and perfect light,
total fulfillment, everlasting joy,
gladness without end,
and perfect happiness to your saints.
Grant this through Christ our Lord.
Amen.

– *St. Thomas Aquinas* ©. 1225-1274)

44. [After Mass] 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,

which Thou didst suffer. I thank Thee for the love which
pierced Thee with such torture and shedding of Blood in order
to punish my wanderings and the guilty pleasures I have
granted to my passions. I offer to the Eternal Father all the pain
and love of Thy most sacred humanity, and I pray unto Him for
grace to weep over my transgressions with burning tears, and to
enable me to persevere in the good which I have begun, without
ever swerving again from my obedience to the commandments
of my God.

To the Wound of the Left Hand:

Holy Wound of the Left Hand of my Jesus, I adore Thee! I
compassionate Thee, O my Jesus, for that most bitter pain
which Thou didst suffer. I thank Thee for having in Thy love,
spared me the scourges and eternal damnation which my sins
have merited. I offer to the Eternal Father the pain and love of
Thy most sacred humanity, and I pray Him to teach me how to
turn to good account my span of life, and bring forth in it
worthy fruits of penance, and so disarm the angry justice of my
God.

To the Wound of the Right Hand:

Holy Wound of the Right Hand of my Jesus, I adore Thee! I
compassionate Thee, O my Jesus, for that most bitter pain
which Thou didst suffer. I thank Thee for Thy graces lavished
on me with such love, in spite of all my miserable obstinacy. I
offer to the Eternal Father all the pain and love of Thy most
sacred humanity, and I pray Him to change my heart and its
affections, and make me do all my actions in accordance with
the will of God.

To the Wound of the Sacred Side:

Holy Wound in the Side of my Jesus, I adore Thee! I
compassionate Thee, O my Jesus, for that most bitter pain
which Thou didst suffer. I thank Thee, my Jesus, for the love
which suffered Thy Side and Heart to be pierced, that the last
drops of Blood and Water might issue forth, making my
redemption to abound. I offer to the Eternal Father this
outrage, and the love of Thy most sacred humanity, that my

can no longer kiss Thy most Sacred Wounds, remember then those kisses which I now imprint on Thee, and have mercy on me. When my cold hands can no longer embrace Thy Cross, forget not the affection with which I embrace it now, and have mercy on me. And when, at length, my swollen and lifeless tongue can no longer speak, remember that I called upon Thee now.

Jesus, Mary, Joseph, to you I commend my soul. Amen.

Eternal Father, I offer Thee the Wounds of our Lord Jesus Christ to heal the wounds of our souls.

IN HONOR OF THE FIVE HOLY WOUNDS

AS I kneel before Thee on the Cross, most loving Savior of my soul, my conscience tells me it is I who have nailed Thee to that Cross with these hands of mine, as often as I have fallen into mortal sin, wearying Thee with my monstrous ingratitude.

My God, my chief and most perfect Good, worthy of all my love, seeing Thou hast ever loaded me with blessings, I cannot now undo my misdeeds, as I would most willingly, but I can and will loathe them, grieving greatly for having offended Thee Who art infinite Goodness. And now, kneeling at Thy Feet, I will try at least to compassionate Thee, to give Thee thanks, to ask of Thee pardon and contrition. Wherefore, with heart and lips I pray:

To the Wound of the Left Foot:

Holy Wound of the Left Foot of my Jesus, I adore Thee! I compassionate Thee, O my Jesus, for that most bitter pain which Thou didst suffer. I thank Thee for the love whereby Thou wast wearied in overtaking me on the way to ruin, and didst bleed amid the thorns and brambles of my sins. I offer to the Eternal Father the pain and love of Thy most sacred humanity, in atonement for my sins, all of which I detest with sincere and bitter contrition.

To the Wound of the Right Foot:

Holy Wound of the Right Foot of my Jesus, I adore Thee! I compassionate Thee, O my Jesus, for that most bitter pain

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 weaknesses
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 at 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.

– *Pope Clement XI*

45. [After Mass] To the Virgin Mary

MARY, holy virgin mother,
I have received your Son, Jesus Christ.
With love you became his mother,
gave birth to him, nursed him,
and helped him grow to manhood.
With love I return him to you,
to hold once more,
to love with all your heart,
and to offer to the Holy Trinity
as our supreme act of worship
for your honor and for the good
of all your pilgrim brothers and sisters.
Mother, ask God to forgive my sins
and to help me serve him more faithfully.
Keep me true to Christ until death,
and let me come to praise him with you
for ever and ever.
Amen.

crown are pressed into Thy adorable Head. My soul, thou canst never conceive the sufferings, the insults and indignities offered to our Blessed Lord during this scene of pain and mockery.

I therefore salute Thee and offer Thee supreme homage as King of Heaven and Earth, the Redeemer of the World, the Eternal Son of the Living God. O my afflicted Savior! O King of the World, Thou art ridiculed as mock king. I believe in Thee and adore Thee as the King of kings and Lord of lords, as the supreme Ruler of Heaven and Earth.

O Jesus! I devoutly venerate Thy Sacred Head pierced with thorns, struck with a reed, overwhelmed with pain and derision. I adore the Precious Blood flowing from Thy bleeding Wounds. To Thee be all praise, all thanksgiving, and all love forevermore.

O meek Lamb, Victim for sin! May Thy thorns penetrate my heart with fervent love, that I may never cease to adore Thee as my God, my King, and my Savior.

*Behold, O God, our Protector.
And look upon the Face of Thy Christ.*

LET us pray: O my beloved Savior, at sight of Thy most Holy Face disfigured by suffering, at the sight of Thy Sacred Heart so full of love, I cry out with St. Augustine: "Lord Jesus, imprint on my heart Thy sacred Wounds, so that I may read therein sorrow and love; sorrow, to endure every sorrow for Thee; love, to despise every love for Thee." Amen.

*We adore Thee, O Christ, and we bless Thee,
because by Thy holy Cross Thou hast redeemed the world.*

TO OUR LORD ON THE CROSS

MY Crucified Jesus, mercifully accept the prayer which I now make to Thee, for help in the moment of my death, when at its approach, all my senses shall fail me.

When, therefore, O sweetest Jesus, my weary and downcast eyes can no longer look up to Thee, be mindful of the loving gaze which I now turn on Thee and have mercy on me. When my parched lips

TO THE QUEEN OF THE HOLY ROSARY

O QUEEN of the most holy Rosary, in these times of brazen impiety, show again thy power, with the signs which accompanied thy victories of old, and from the throne where thou art seated, dispensing pardon and grace, in pity watch over the Church of thy Son, His Vicar, and every order of the clergy and laity, suffering in grievous warfare. Hasten, O most powerful destroyer of heresy, hasten the hour of mercy, seeing that the hour of judgment is daily challenged by innumerable offenses. Obtain for me, the lowest of men, kneeling suppliant in thy presence, the grace which may enable me to live a just life on earth, and reign with the just in heaven, whilst with the faithful throughout the world, O Queen of the most holy Rosary, I salute thee and cry out: Queen of the Most Holy Rosary, pray for us!

Sacred Heart of Jesus, I give myself to Thee through Mary.

TO JESUS ABANDONED

WITH Mary Immaculate, let us adore, thank, implore and console, the Most Beloved and Sacred Heart of Jesus in the Blessed Sacrament.

O Divine Jesus, lonely tonight in so many Tabernacles, without visitor or worshiper, I offer Thee my poor heart. May its every throb be an act of love for Thee. Thou art always watching beneath the Sacramental Veils; in Thy love Thou dost never sleep and Thou art never weary of Thy vigil for sinners. O lonely Jesus, may the flame of my heart burn and beam always in company with Thee.

*O Sacrament most holy, O Sacrament divine!
All praise and all thanksgiving be every moment Thine!*

VENERATION OF THE THORN-CROWNED HEAD OF JESUS

AND plating a crown of thorns, they put it upon His Head. They began to spit upon Him, and they gave Him blows. Others smote His Face and said: "Prophesy, who is it that struck Thee?"

O holy Redeemer! Thou art clothed with a scarlet cloak, a reed is placed in Thy Hands for a scepter, and the sharp points of a thorny

TO MARY, THE MOTHER OF GOD

46. 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, 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 and answer us. Amen.

47. Salve Regina (Hail, Holy Queen)

HAIL, Holy Queen, Mother of Mercy, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

48. The Church's Oldest Prayer to Our Lady

O MOTHER of God
we take refuge
in your loving care.
Let not our plea to you pass unheeded
in the trials that beset us,
but deliver us from danger,
for you alone
are truly pure,
you alone

are truly blessed.

49. The Angelus

The Angelus is traditionally recited three times a day: at 0600, 1200, and 1800.

- 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. . . .

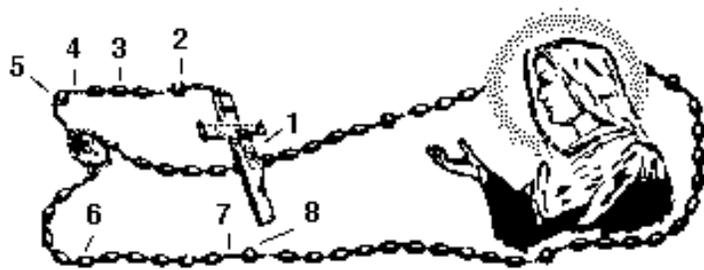
- V. And the Word was made Flesh.
R. And dwelt among us.

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.

50. The Rosary



believe them, O Sacred Heart of Jesus! The more impiety endeavors to extinguish our hopes of immortality, the more we shall trust in Thy Heart, sole hope of mankind! The more hearts resist Thy Divine attractions, the more we shall love Thee, O infinitely amiable Heart of Jesus! The more unbelief attacks Thy Divinity, the more humbly and profoundly we shall adore It, O Divine Heart of Jesus! The more Thy Sacraments are despised and abandoned, the more frequently we shall receive them with love and reverence, O most liberal Heart of Jesus! The more the imitation of Thy virtues is neglected and forgotten, the more we shall endeavor to practice them, O Heart, model of every virtue! The more the devil labors to destroy souls, the more we shall be inflamed with desire to save them, O Heart of Jesus, zealous Lover of souls! The more sin and impurity destroy the image of God in man, the more we shall try by purity of life to be a living temple of the Holy Spirit, O Heart of Jesus! The more Thy Holy Church is despised, the more we shall endeavor to be her faithful children, O Sweet Heart of Jesus! The more Thy Vicar on earth is persecuted, the more we will honor him as the infallible head of Thy Holy Church, show our fidelity and pray for him, O kingly Heart of Jesus!

O Sacred Heart, through Thy powerful grace, may we become Thy apostles in the midst of a corrupted world, and be Thy crown in the kingdom of heaven. Amen.

Praise and adoration ever more be given to the most Holy Sacrament!

SORROWFUL MYSTERIES OF THE ROSARY

Then add:

O GOD, Whose only-begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal salvation; grant, we beseech Thee, that meditating upon these mysteries in 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. Amen.

Lord, I thank Thee, that Thou didst die on the Cross for my sins.

beloved Son and upon the praise and satisfaction which He offers You in the name of sinners. In Your goodness, grant all people pardon when they seek Your Mercy, in the Name of Your Son, Jesus Christ, Who lives and reigns with You forever and ever. Amen.

Sacred Heart of Jesus, I believe in Thy love for me.

ACT OF CONSECRATION TO THE SACRED HEART OF JESUS

LORD JESUS, Redeemer of the human race, look down upon us humbly prostrate before Thee. We are Thine, and Thine we wish to be; but to be more surely united with Thee, behold each one of us freely consecrates himself today to Thy Most Sacred Heart. Many indeed have never known Thee; many, too, despising Thy precepts, have rejected Thee. Have mercy on them all, most merciful Jesus, and draw them to Thy Sacred Heart.

Be King, O Lord, not only of the faithful who have never forsaken Thee, but also of the prodigal children who have abandoned Thee; grant that they may quickly return to their Father's house, lest they die of wretchedness and hunger.

Be King of those who are deceived by erroneous opinions, or whom discord keeps aloof, and call them back to the harbor of truth and the unity of faith, so that soon there may be but one flock and one Shepherd.

Grant, O Lord, to Thy Church assurance of freedom and immunity from harm; give tranquility of order to all nations; make the earth resound from pole to pole with one cry: Praise to the Divine Heart that wrought our salvation; to it be glory and honor forever. Amen.

Sacred Heart of Jesus, Thy kingdom come!

ACT OF REPARATION

O SACRED HEART of Jesus, animated with a desire to repair the outrages unceasingly offered to Thee, we prostrate before Thy throne of mercy, and in the name of all mankind, pledge our love and fidelity to Thee!

The more Thy mysteries are blasphemed, the more firmly we shall

As a general rule the *Joyful Mysteries* are said on Monday and Saturday; the *Sorrowful Mysteries* are said on Tuesday and Friday; the *Glorious Mysteries* are said on Wednesday and Sunday; the *Mysteries of Light* are said on Thursday. (On Sundays of the Christmas season, the *Joyful Mysteries* are said. On Sundays of Lent, the *Sorrowful Mysteries* are said.)

1. Make the *Sign of the Cross* and say the *Apostles 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 sits 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.

2. Say the *Our Father*:

OUR FATHER, who art in heaven; hallowed by 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.

3. Say three *Hail Marys* (asking for the theological virtues of faith, hope and charity):

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.

4. Say the *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.

5. Announce the First Mystery; then say the *Our Father*.
6. Say ten *Hail Marys* while meditating on the Mystery.
7. After each decade say the *Glory be to the Father*.

The following prayer (requested by the Blessed Virgin Mary at Fatima) may also be said:

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who have most need of your mercy.

8. Announce the Second Mystery; then say the *Our Father*. Repeat 6 and 7 and continue with the Third, Fourth and Fifth Mysteries in the same manner. At the end of the Rosary, the following prayer may be said:

HAIL, Holy Queen, Mother of Mercy, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

The following prayers may also be said:

- 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 Thee, that meditating upon these 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. Amen.

God the Holy Spirit, *etc.*
 Holy Trinity, one God,
 Heart of Jesus, Son of the Eternal Father,
 Heart of Jesus, formed by the Holy Spirit in the Virgin Mother's womb,
 Heart of Jesus, united to the Word of God,
 Heart of Jesus, of infinite majesty,
 Heart of Jesus, holy temple of God,
 Heart of Jesus, tabernacle of the Most High,
 Heart of Jesus, house of God and gate of heaven,
 Heart of Jesus, glowing furnace of charity,
 Heart of Jesus, vessel of justice and love,
 Heart of Jesus, full of goodness and love,
 Heart of Jesus, abyss of all virtues,
 Heart of Jesus, most worthy of all praise,
 Heart of Jesus, King and center of all hearts,
 Heart of Jesus, keeper of the treasures of wisdom and knowledge,
 Heart of Jesus, where dwells the fullness of God,
 Heart of Jesus, in Whom the Father is well pleased,
 Heart of Jesus, in Whose fullness we have all received,
 Heart of Jesus, desire of the everlasting hills,
 Heart of Jesus, patient and rich in mercy,
 Heart of Jesus, fount of life and holiness,
 Heart of Jesus, bruised for our sins,
 Heart of Jesus, obedient unto death,
 Heart of Jesus, pierced by a lance,
 Heart of Jesus, source of all consolation,
 Heart of Jesus, our life and resurrection,
 Heart of Jesus, our peace and reconciliation,
 Heart of Jesus, victim for our sins,
 Heart of Jesus, salvation of those who hope in You,
 Heart of Jesus, hope of those who die in You,
 Heart of Jesus, delight of all the saints, *have mercy on us.*

Lamb of God, You take away the sins of the world, *spare us, O Lord.*
 Lamb of God, You take away the sins of the world,
graciously hear us, O Lord.
 Lamb of God, You take away the sins of the world, *have mercy on us.*

- V. Jesus, meek and humble of Heart,
 R. Make our hearts like unto Yours.

Let us pray: Almighty and everlasting God, look upon the Heart of Your

Thy love by Thy creatures. O Jesus, my sovereign good, I love Thee, not for the sake of the reward which Thou hast promised to those who love Thee, but purely for Thyself. I love Thee above all things that can be loved, above all pleasures, and above myself and all that is not Thee, protesting in the presence of heaven and earth that I will live and die purely and simply in Thy holy love, and that if to love Thee thus I must endure persecution and suffering, I am perfectly satisfied, and I will ever say with St. Paul: "Nothing shall separate me from the love of Christ."

O Jesus, Supreme Master of all hearts, I love Thee, I adore Thee, I praise Thee, I thank Thee, because I am now all Thine own. Rule over me and transform my soul into the likeness of Thyself so that it may bless and glorify Thee forever in the abode of the saints. Amen.

Heart of Jesus, have mercy on us and on our erring brethren.

TO CHRIST THE KING

O CHRIST JESUS, I acknowledge Thee King of the Universe. All that has been made has been created for Thee. Make full use of Thy rights over me. I renew the promises I made in Baptism, when I renounced Satan and all his pomps and works, and I promise to live a good Christian life; and especially I undertake to help, to the extent of my means, to secure the triumph of the rights of God and of Thy Church. Divine Heart of Jesus, I offer Thee my efforts to obtain that all hearts may acknowledge Thy Sacred Royalty, and that so the Kingdom of Thy peace may be established throughout the entire universe. Amen.

*Jesus, King and Center of all hearts,
through the advent of Thy kingdom, grant us peace.*

LITANY OF THE SACRED HEART OF JESUS

LORD, have mercy on us.
Christ, 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.*

THE JOYFUL MYSTERIES

1. THE ANNUNCIATION. When the archangel Gabriel invites Mary to be the mother of the Messiah, she responds with faith and obedience (*see Lk 1:26-38; Is 7:10-15*): "Rejoice, you who enjoy God's favor! The Lord is with you. Look! You are to conceive and bear a son, and you must name him Jesus."
2. THE VISITATION. Mary, full of the good news given to her, hurries to offer help and encouragement to Elizabeth, her kinswoman, who by God's favor is already six months pregnant with John the Baptist (*see Lk 1:41-50*): "Elizabeth said: 'Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honored with a visit from the mother of my Lord? Look, the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.'"
3. THE BIRTH OF JESUS. Our Blessed Lord, identifying with the poorest and humblest of his people, is born in a stable, while the angels announce to simple shepherds that man and God are reconciled (*see Lk 2:1-14; Mt 2:1-14; Gal 4:1-7*): "The Word became flesh, he lived among us, and we saw his glory, the glory of that he has from the Father as only Son of the Father, full of grace and truth."
4. THE PRESENTATION IN THE TEMPLE. In fulfillment of the law, Mary and Joseph bring their first-born son to the Temple to acknowledge him as a gift from God. There, Simeon, inspired by the Holy Spirit, recognizes him as the Light of the World (*see Lk 2:22-40*): "My eyes have seen the salvation which you have made ready in the sight of the nations; a light of revelation for the gentiles, the glory of your people Israel."
5. THE FINDING OF THE CHILD JESUS IN THE TEMPLE. By the age of twelve, Jesus understands that doing the work of the Father is always going to be more important than any other duty. The gifts of reverence and understanding of scripture show how much the Holy Spirit rested on him (*see Lk 2:42-52*): "Why were you looking for me? Did you not know that I must be in my Father's house?"

But they did not understand what he meant."

THE SORROWFUL MYSTERIES

1. **THE AGONY IN THE GARDEN.** Our Lord, oppressed by sorrow, betrayed by one of his chosen companions, waiting to be arrested and led to death, turns to heartfelt prayer, and accepts whatever is the Father's will (*see Mt 26:36-40*): "Father,' he said, 'if you are willing, take this cup away from me. Nevertheless let your will be done, not mine.' In his anguish he prayed even more earnestly, and his sweat fell to the ground like great drops of blood."
2. **THE SCOURGING.** Bound and helpless, though innocent, Jesus endures pain and humiliation, so that ever afterwards he can be a High Priest who has compassion with your darkest moments (*see Mt 27:24-26; 1 Pt 2:21-25*): "After having Jesus scourged, Pilate handed him over to be crucified."
3. **THE CROWNING WITH THORNS.** Intending only mockery, Pilate's soldiers produce one of the finest symbols of faith: a Savior King, crowned with sorrow for our sins (*see Mt 26:27-31*): "And they stripped him and put a scarlet cloak round him, and having twisted some thorns into a crown they put this on his head and placed a reed in his right hand. To make fun of him they knelt to him saying, 'Hail, king of the Jews!'"
4. **JESUS CARRIES THE CROSS.** Jesus, the Paschal victim, bears the wood of the sacrifice like a priest. On the way he meets many people who, one way or another, find a way to share his suffering (*see Mt 27:32*): "If anyone wants to be a follower of mine, let him renounce himself and take up his cross every day and follow me."
5. **THE CRUCIFIXION.** Jesus, the Sinless One, takes on himself the punishment for sin so that we might be forgiven. The Immortal One wrestles with Death so that we may have the fullness of life (*see Mt 27:33-50; Jn 19:31-37*): "Jesus gave a loud cry and breathed his last. And the veil of the Sanctuary was torn in two from top to bottom. The centurion, who was standing in front of him, had seen how he had died, and he said, 'In truth, this man was a Son of God' (*Mk 15:37-39*)."

I intercede with Thee for the Souls in Purgatory, especially for those who were most devoted to the Blessed Sacrament, and to Thy most holy Mother. I recommend to Thee also, all poor sinners. And lastly, my dear Savior, I unite all my desires with the desires of Thy most loving Heart. Thus united, I present them to Thy Eternal Father, and beg Him in Thy Name and for the love of Thee, to hear and answer them. —St. Alphonsus de Liguori

Jesus, meek and humble of Heart, make our heart like unto Thine.

ACT OF FAITH

O MY GOD! I firmly believe all the sacred truths which Thy holy Catholic Church believes and teaches, because Thou hast revealed them, Who canst neither deceive nor be deceived.

ACT OF HOPE

O MY GOD! Relying on Thy infinite goodness and promises, I hope to obtain the pardon of my sins, the assistance of Thy grace, and life everlasting through the merits of Jesus Christ, our Lord and Savior.

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.

*Jesus, I live for Thee; Jesus, I die for Thee;
Jesus, I am Thine in life and in death. Amen.*

ACT OF CHARITY

O GOOD and merciful Savior, it is the desire of my heart to return Thee love for love. My greatest sorrow is that Thou art not loved by all men, and, in particular, that my heart is so cold, so selfish, so ungrateful. Deeply sensible of my own weakness and poverty, I trust that Thy own grace will enable me to offer Thee an act of pure love. And I wish to offer Thee this act of love in reparation for the coldness and neglect that are shown to Thee in the Sacrament of

*I adore Thee every moment, O Living Bread from heaven,
Great Sacrament!*

OFFERING OF THE HOLY HOUR

MY JESUS, I desire to spend this hour with Thee, to console Thee, and to make some reparation by the love of my poor heart for the agony Thou didst suffer in Gethsemane. In that lone hour, Thou wast forsaken, and the creatures, whom Thou didst create to love Thee, loved Thee not. The weight of all our sins pressed on Thee, and mine as well; and for the sorrow which I caused Thee then by my sins, I will endeavor to repay Thee now by my love. Strengthen it, my Jesus, that it may in some small measure give Thee consolation.

*Sacred Heart of Jesus, strengthened in Thine agony by an angel,
comfort us in our agony.*

OPENING PRAYER TO THE BLESSED SACRAMENT

MY LORD Jesus Christ, it is Thy great love for men that keeps Thee day and night in this Sacrament, full of pity and love, expecting, inviting, and welcoming all who visit Thee. I believe that Thou art really present in the Sacrament of the Altar. From the depth of my nothingness, I adore Thee, and I thank Thee for the many graces Thou hast given me, especially for the gift of Thyself in this Sacrament, for the gift of Thy most holy Mother as my intercessor, and for the privilege of visiting Thee in this Church.

I now speak to Thy most loving Heart with a threefold intention: to thank Thee for the gift of Thyself, to atone for all the insults which Thy enemies heap upon Thee in this Sacrament, and to adore Thee wherever Thy Eucharistic Presence is dishonored or forgotten.

My Jesus, I love Thee with my whole heart. I am very sorry for my ingratitude to Thy infinite goodness. I now resolve with the help of Thy grace, never to offend Thee again. And, sinful as I am, I consecrate to Thee my entire self, my whole will, my affections, my desires, and all that I have. From now on, do with me and mine as Thou please. I ask for and desire only Thy love, final perseverance, and the grace to always do Thy holy will.

THE GLORIOUS MYSTERIES

1. THE RESURRECTION. By rising from the dead, Jesus showed himself to be truly the Holy One of God, and reveals to us that human nature is destined for life eternal with him, the first fruits of all those who have died (*see Mk 16:1-7; Jn 20:19-31*): "Why look among the dead for someone who is alive? He is not here; he has risen. Remember what he told you when he was still in Galilee – that the Son of man was destined to be handed over into the power of sinful men and be crucified, and rise again on the third day."
2. THE ASCENSION. When he ascends to heaven, Jesus finally enters into the glory of the victorious, risen Lord, and where he goes, the Church will follow, since the Church is his body, and he is its Head (*see Mk 16:14-20; Acts 1:1-11*): "May he enlighten the eyes of your mind so that you can see what hope his call holds for you, how rich is the glory of the heritage he offers among his holy people, and how extraordinarily great is the power that he has exercised for us believers; this accords with the strength of his power at work in Christ, the power which he exercised in raising him from the dead and enthroning him at his right hand, in heaven (*Eph 1:18-21*)."
3. THE DESCENT OF THE HOLY SPIRIT. When the Holy Spirit comes down on the disciples it transforms them, turning them into courageous witnesses to the resurrection. The Church still teaches and acts with the power of the Spirit, given to every member through faith and the sacraments of baptism and confirmation (*see Jn 14:23-31; Acts 2:1-11*): "They were all filled with the Holy Spirit and began to speak different languages as the Spirit gave them power to express themselves."
4. THE ASSUMPTION OF THE BLESSED VIRGIN MARY. At the point of death, Mary is taken up, body and soul, into heaven to share her Son's glory; and as a Mother, to intercede for the human race (*see Lk 1:41-50; Ps 45; Gn 3:15*): "Now I am going to tell you a mystery: we are not all going to fall asleep, but we are going to be changed, instantly in the twinkling of an eye . . . this perishable nature of ours must put on imperishability, this mortal nature must put on immortality (*1 Cor 15:51*)."

5. THE CORONATION OF THE BLESSED VIRGIN MARY. Closest to Christ in charity, faith and obedience, Mary, the humble daughter of Zion, is raised to the highest dignity in the Kingdom, and becomes the most glorious member of the communion of saints. As Queen of Heaven she continually praises God and prays for us sinners that, redeemed and sanctified, we may rejoice with her (*see Rv 12:1; Jdt 13:22-25*): "Now a great sign appeared in heaven: a woman, robed with the sun, standing on the moon, and on her head a crown of twelve stars."

THE MYSTERIES OF LIGHT

1. JESUS' BAPTISM IN THE JORDAN. As Christ descends into the waters, the innocent one who became "sin" for our sake (*cf. 2Cor 5:21*), the heavens open wide and the voice of the Father declares him the beloved Son (*cf. Mt 3:17 and parallels*), while the Spirit descends on him to invest him with the mission which he is to carry out.
2. THE FIRST OF JESUS' SIGNS. Jesus first sign, given at Cana (*cf. Jn 2:1-12*), thanks to the intervention of Mary, the first among believers, when he changes water into wine and opens the hearts of the disciples to faith.
3. THE PROCLAMATION OF THE KINGDOM. Jesus proclaims the coming of the Kingdom of God, calls to conversion (*cf. Mk 1:15*) and forgives the sins of all who draw near to him in humble trust (*cf. Mk 2:3-13; Lk 7:47-48*): the inauguration of that 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 (*cf. Jn 20:22-23*).
4. THE TRANSFIGURATION. The Transfiguration is believed to have taken place on 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" (*cf. Lk 9:35 and parallels*) 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.

HOLY HOUR

55. Holy Hour of Reparation

† In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

*O Sacrament most holy, O Sacrament divine!
All praise and all thanksgiving be every moment Thine!*

PRAYER TO THE HOLY SPIRIT

COME, O Holy Spirit, fill the hearts of Thy faithful and enkindle in them the fire of Thy love. Send forth Thy spirit, and they shall be created, and Thou shalt renew the face of the earth. O God, Who by the light of the Holy Spirit, didst instruct the hearts of the faithful, grant that in the same Holy Spirit we may be truly wise, and ever rejoice in His consolation. Through Christ our Lord. Amen.

Heart of Jesus, I put my trust in Thee!

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.

O Jesus in the Blessed Sacrament, have mercy on us!

ACT OF SPIRITUAL COMMUNION

MY JESUS, I believe that Thou art really present in the most Blessed Sacrament of the altar. I love Thee above everything else, and I long to receive Thee into my soul. I cannot now receive Thee in Holy Communion, but I beg Thee to come to me at least spiritually. I embrace Thee as already there, and unite myself entirely to Thee. Grant that I may never be separated from Thee!

moment; his good will is for a lifetime. / At nightfall, weeping enters in, but with dawn comes rejoicing. (Ps. 29, 2 to 6)

Pr.: Let us pray. Almighty and eternal God, on the edge of sadness when all seemed lost, You restored to us the Savior we thought defeated and conquered. Help us, we beg You, so to empty ourselves of self concern that we might see your hand in every failure and your victory in every defeat. These things we ask in the name of your Son, Jesus Christ, who lives and reigns forever with You in the unity of the Holy Spirit. Amen.

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

NOVENAS

51. Divine Mercy Novena

This Novena is recited the nine days preceding *Divine Mercy Sunday* (Second Sunday of Easter)—it begins on Good Friday and ends on Easter Saturday. The *Chaplet of Divine Mercy* may also be offered each day for the day's intention, but it is not strictly necessary to the Novena.

For the Chaplet, do the following (using rosary beads):

- 1) Begin with the *Sign of the Cross*, pray an *Our Father*, a *Hail Mary* and *The Apostles Creed*.
- 2) Then on the *Our Father* beads, say the following: "Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world."
- 3) On the 10 *Hail Mary* beads, say the following: "For the sake of His sorrowful Passion, have mercy on us and on the whole world." (Repeat steps 2 and 3 for all five decades.)
- 4) Conclude with (three times): "Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world."

FIRST DAY
Good Friday

For all mankind, especially all sinners.

MOST Merciful Jesus, whose very nature it is to have compassion on us to forgive us, do not look upon our sins, but upon our trust which we place in Your infinite goodness. Receive us all into the abode of Your Most Compassionate Heart, and never let us escape from it. We beg this of You by Your love which unites You to the Father and the Holy Spirit. Eternal Father, turn Your Merciful gaze upon all mankind and especially upon poor sinners, all enfolded in the Most Compassionate Heart of Jesus. For the sake of His Sorrowful Passion show us Your Mercy, that we may praise the infinite power of Your Mercy, forever and forever. Amen.

disciple of Jesus (although a secret one for fear of the Jews), besought Pilate that he might take away the body of Jesus. And Pilate gave permission. (Jn. 19, 33-34, 38a.)

KNEEL AND PAUSE

All: O my people, I will open your graves and have you rise from them, / and I will bring you back to your land. / Then you shall know that I am the Lord. / O my people! I will put my spirit in you that you may live. / You shall know then that I am the Lord. / I have promised it, / and I will do it, says the Lord. (Ezekiel 37, 12-14)

Pr.: Let us pray. Beloved Savior, You returned to the Father all that He had given You, so that He might restore all to You a hundred-fold in the glorious resurrection. Help us, we beg You, to give generously of ourselves in all that we do for You, so that like You we might be made perfect in a new resurrection. Amen.

FOURTEENTH STATION
Jesus is Laid in the Tomb

Pr.: We adore You, O Christ, and we praise You.

GENUFLECT

All: Because by your holy Cross You have redeemed the world.

Pr.: Joseph of Arimathea took the body of Jesus, and wrapping it in a clean linen cloth he laid it in his new tomb, which he had hewn out of rock. Then he rolled a large stone against the entrance of the tomb and departed. (Mt. 27, 59-60)

KNEEL AND PAUSE

All: I will praise you, O Lord, for you drew me clear and did not let my enemies rejoice over me. / O Lord, my God, I cried out to you and you healed me. / O Lord, you brought me up from the lower world; / you preserved me from among those going down into the pit. / Sing praise to the Lord, you his faithful ones, and give thanks to his holy name. / For his anger lasts but a

GENUFLECT

All: Because by your holy Cross You have redeemed the world.

Pr.: It was now about the sixth hour, and there was darkness over the whole land until the ninth hour. And the sun was darkened, and the curtain of the temple was torn in the middle. Jesus cried out with a loud voice and said, "It is finished. Father, into your hands I commend my spirit." Then, bowing his head, he died. (Lk. 23, 44 to 46; Jn. 19, 30b)

KNEEL AND PAUSE

All: My people, what have I done to you? / or in what have I offended you? / Answer me. / What more should I have done, and did not do? / I led you out of the land of Egypt, and you prepared a cross for me. / I opened the Red Sea before you, and you opened my side with a lance. / I gave you a royal scepter, and you have given me a crown of thorns. / With great power I lifted you up, and you have hung me upon a cross. / My people, what have I done to you, or in what have I offended you? / Answer me. (*from the Reproaches of Good Friday*)

All: 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.

THIRTEENTH STATION

The Body of Jesus is Taken Down From the Cross

Pr.: We adore You, O Christ, and we praise You.

GENUFLECT

All: Because by your holy Cross You have redeemed the world.

Pr.: When the soldiers came to Jesus, they saw that he was already dead so that they did not break his legs, but one of them opened his side with a lance, and immediately there came out blood and water. Joseph of Arimathea, because he was a

SECOND DAY

Holy Saturday

For the souls of Priests and Religious.

MOST Merciful Jesus, from whom comes all that is good, increase Your grace in men and women consecrated to Your service that they perform worthy works of mercy, and that all who see them may glorify the Father of Mercy who is in Heaven. Eternal Father, turn Your merciful gaze upon the company of chosen ones in Your vineyard—upon the souls of Priests and Religious - and endow them with the strength of Your Blessing. For the Love of the Heart of Your Son in which they are enfolded, impart to them Your Power and Light, that they may be able to guide others in the way of salvation, and with one voice sing praise to Your boundless Mercy for ages without end. Amen.

THIRD DAY

Easter Sunday

For all devout and faithful souls.

MOST Merciful Jesus, from the treasury of Your Mercy, You impart Your graces in great abundance to each and all. Receive us into the abode of Your Most Compassionate Heart and never let us escape from it. We beg this grace of You by that most wondrous love for the heavenly Father with which Your Heart burns so fiercely. Eternal Father, turn Your merciful gaze upon faithful souls, as upon the inheritance of Your Son. For the sake of His Sorrowful Passion grant them Your blessing and surround them with Your constant protection. Thus may they never fail in love or lose the treasure of the Holy Faith, but rather, with all the hosts of Angels and Saints, may they glorify Your boundless Mercy for endless ages. Amen.

FOURTH DAY

Easter Monday

For those who do not believe in God and those who do not yet know Jesus.

MOST Compassionate Jesus, You are the Light of the whole world.

Receive into the abode of Your Most Compassionate Heart the souls of those who as yet do not believe in You or do not know You. Let the rays of Your Grace enlighten them that they, too, together with us, may extol Your wonderful Mercy, and do not let them escape from the abode which is Your Compassionate Heart. Eternal Father, turn Your merciful gaze upon the souls who do not believe in Your Son, and of those who as yet do not know You, but who are enclosed in the Most Compassionate Heart of Jesus. Draw them to the light of the Gospel. These souls do not know what great happiness it is to love You. Grant that they, too, may extol the generosity of Your Mercy for endless ages. Amen.

FIFTH DAY
Easter Tuesday

For the souls who have separated from my Church.

MOST Merciful Jesus, Goodness Itself, You do not refuse light to those who seek it of You. Receive into the abode of Your Most Compassionate Heart the souls of those who have separated from Your Church. Draw them by Your Light into the unity of the Church, and do not let them escape from the abode of Your Most Compassionate Heart; but bring it about that they, too, come to glorify the generosity of Your Mercy. Eternal Father, turn Your Merciful gaze upon the souls of those who are separated from Your Son's Church, especially those who have squandered Your Blessings and misused Your Graces by obstinately persisting in their errors. Do not look upon their errors, but upon the love of Your Own Son and upon His Bitter Passion, which He underwent for their sake, since they, too, are enclosed in His Most Compassionate Heart. Bring it about that they may glorify Your great Mercy for endless ages. Amen.

SIXTH DAY
Easter Wednesday

For the meek and humble souls and the souls of little children.

MOST Merciful Jesus, You Yourself have said "Learn from Me for I am meek and humble of heart". Receive into the abode of Your Most Compassionate Heart all meek and humble souls and the souls of little

Pr.: Let us pray. Lord Jesus Christ, stripped of everything, You stood exposed to the jeers and contempt of the people whom You loved. Clothe us with genuine love of others, so that nothing we suffer may ever fill our hearts with hatred or bitterness. Amen.

ELEVENTH STATION
Jesus is Nailed to the Cross

Pr.: We adore You, O Christ, and we praise You.

GENUFLECT

All: Because by your holy Cross You have redeemed the world.

Pr.: When they came to Golgotha, the place called the Skull, they crucified Jesus and the robbers, one on his right and the other on his left. And Jesus said, "Father, forgive them, for they do not know what they are doing." (Lk. 23, 33-34; Jn. 19, 18)

KNEEL AND PAUSE

All: My God, my God, why have you forsaken me, / far from my prayer, far from the words of my cry? / O my God, I cry out by day, and you answer not; / I cry out by night, and there is no relief for me. / All my bones are racked. / My heart has become like wax melting away within my chest. / My throat is dried up like baked clay, my tongue cleaves to my jaws; / they have pierced my hands and my feet; / I can count all my bones. (Ps. 21, 2-3, 15-16, 17b)

Pr.: Let us pray. Lord and Savior, You have told us that we too must accept crucifixion if we are to accept resurrection with You. Help us to rejoice in the sufferings that come with the fulfillment of our daily duties, seeing in them the royal road of the cross to the resurrection. Amen.

TWELFTH STATION
Jesus Dies on the Cross

Pr.: We adore You, O Christ, and we praise You.

commands. Make me understand the way of your precepts, and I will meditate on your wondrous deeds. My soul weeps for sorrow; strengthen me with your words. (Ps. 118, 25 to 28)

KNEEL AND PAUSE

All: The Lord is my light and my salvation; / whom should I fear? / The Lord is my life's refuge; / of whom should I be afraid? / When evildoers come at me to devour my flesh, / my foes and my enemies themselves stumble and fall. / Though an army encamp against me, / my heart will not fear; / though war be waged upon me, even then will I trust. (Ps. 26, 1 to 3)

Pr.: Let us pray. Almighty and eternal God, You permitted your Son to be weakened, crushed, and profaned so that He might rise from the dead freed from the ravages of sin. Help us to accept our weaknesses and failings as forerunners of our glorious resurrection in union with your Son. Amen.

TENTH STATION

Jesus is Stripped of His Clothes

Pr.: We adore You, O Christ, and we praise You.

GENUFLECT

All: Because by your holy Cross You have redeemed the world.

Pr.: They gave Jesus wine to drink mixed with gall; but when he had tasted it, he would not drink. Then after they had crucified him, they divided his clothes, casting lots, to fulfill what was spoken through the prophet, "They divided my clothes among them, and upon my garments they cast lots." (Mt. 27, 34-35)

KNEEL AND PAUSE

All: Happy is the man whom God chastises! / Do not reject the punishment of the almighty. / For he wounds, but he binds up; he smites, but his hands give healing. / Insult has broken my heart, and I am weak; / I looked for comforters, and I found none. / Rather they put gall in my food, and in my thirst they gave me vinegar to drink. (Job 5, 17 & 18; Ps. 68, 21 & 22)

children. These souls send all Heaven into ecstasy, and they are the Heavenly Father's favorites. They are a sweet-smelling bouquet before the Throne of God; God Himself takes delight in their fragrance. These souls have a permanent abode in Your Most Compassionate Heart, O Jesus, and they unceasingly sing out a hymn of love and mercy. Eternal Father, turn Your Merciful gaze upon meek and humble souls and upon the souls of little children, who are enfolded in the abode which is the Most Compassionate Heart of Jesus. These souls bear the closest resemblance to Your Son. Their fragrance rises from the earth and reaches Your very Throne. Father of Mercy and of all Goodness, I beg You by the love You bear these souls and by the delight You take in them. Bless the whole world, that all souls together may sing out the praises of Your Mercy for endless ages. Amen.

SEVENTH DAY

Easter Thursday

For the souls who especially venerate and glorify Christ's mercy.

MOST Merciful Jesus, whose Heart is Love Itself, receive into the abode of Your Most Compassionate Heart the souls of those who particularly extol and venerate the greatness of Your Mercy. These souls are mighty with the very power of God Himself. In the midst of all afflictions and adversities they go forward confident of Your Mercy. These souls are united to Jesus and carry all mankind on their shoulders. These souls will not be judged severely, but Your Mercy will embrace them as they depart from this life. Eternal Father, turn Your merciful gaze upon the souls who glorify and venerate Your greatest attribute, that of Your fathomless Mercy, and who are enclosed in the Most Compassionate Heart of Jesus. These souls are a living Gospel; their hands are full of deeds of mercy and their spirits, overflowing with joy, sing a canticle of mercy to You, O Most High! I beg You O God: show them Your Mercy according to the hope and trust they have placed in You. Let there be accomplished in them the Promise of Jesus, who said to them that during their life, but especially at the hour of death, the souls who will venerate this fathomless Mercy of His, He, Himself, will defend as His Glory. Amen.

EIGHTH DAY
Easter Friday

For the souls who are detained in purgatory.

MOST Merciful Jesus, You Yourself have said that You desire mercy; so I bring into the abode of Your Most Compassionate Heart the souls in Purgatory, souls who are very dear to You, and yet, who must make retribution to Your justice. May the streams of Blood and Water which gushed forth from Your Heart put out the flames of Purgatory, that there, too, the power of Your mercy may be celebrated. Eternal Father, turn Your merciful gaze upon the souls suffering in Purgatory, who are enfolded in the Most Compassionate Heart of Jesus. I beg You, by the sorrowful Passion of Jesus Your Son, and by all the bitterness with which His most sacred Soul was flooded: Manifest Your mercy to the souls who are under Your just scrutiny. Look upon them in no other way but only through the Wounds of Jesus, Your dearly beloved Son; for we firmly believe that there is no limit to Your goodness and compassion. Amen.

NINTH DAY
Easter Saturday

For souls who have become lukewarm.

MOST Compassionate Jesus, You are Compassion Itself. I bring lukewarm souls into the abode of Your Most Compassionate Heart. In this fire of Your Pure Love let these tepid souls, who, like corpses, filled You with such deep loathing, be once again set aflame. O Most Compassionate Jesus, exercise the omnipotence of Your Mercy and draw them into the very ardor of Your Love; and bestow upon them the gift of Holy Love, for nothing is beyond Your power. Eternal Father, turn Your merciful gaze upon lukewarm souls who are nonetheless enfolded in the Most Compassionate Heart of Jesus. Father of Mercy, I beg You by the bitter passion of Your Son and by His three-hour agony on the Cross, let them too, glorify the Abyss of Your Mercy. Amen.

EIGHTH STATION
Jesus Meets the Women of Jerusalem

Pr.: We adore You, O Christ, and we praise You.

GENUFLECT

All: Because by your holy Cross You have redeemed the world.

Pr.: There was following Jesus a great crowd of people, and among them were some women who were bewailing and lamenting him. Jesus turning to them said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children." (Luke 23, 27-28)

KNEEL AND PAUSE

All: Come, all you who pass by the way, / look and see whether there is any suffering like my suffering, / suffering with which the Lord has afflicted me on the day of his blazing wrath. / At this I weep, my eyes run with tears: / far from me are all who could console me, / far away are any who might revive me. (Lam. 1, 12 and 16)

Pr.: Let us pray. Beloved Jesus, with tears of pity these woman of Jerusalem responded to You, broken, bruised, and beaten, on the road to Calvary. Deepen our faith, we beg You, so that we may see You in our brothers and sisters, bruised by our envy, beaten down by injustice, and broken by our greed and our indifference. Amen.

NINTH STATION
Jesus Falls a Third Time

Pr.: We adore You, O Christ, and we praise You.

GENUFLECT

All: Because by your holy Cross You have redeemed the world.

Pr.: I lie prostrate in the dust; give me life according to your word. I declared my ways, and you answered me; teach me your

to 17)

Pr.: Let us pray. Almighty and ever-loving God, we feel your love and understanding in the consolation and support we receive from one another. Give us, we beg You, the courage and dedication to sacrifice and suffer with those who are in need, the least of your people. Amen.

SEVENTH STATION
Jesus Falls the Second Time

Pr.: We adore You, O Christ, and we praise You.

GENUFLECT

All: Because by your holy Cross You have redeemed the world.

Pr.: It was our weaknesses that he carried, our sufferings that he endured, while we thought of him as stricken, as one struck by God and afflicted. But he was pierced for our offenses, crushed for our sins; upon him was the punishment that makes us whole, by his stripes we were healed. We had all gone astray like sheep, each following his own way; but the Lord laid upon him the guilt of us all. (Is. 53, 4 to 6)

KNEEL AND PAUSE

All: Though he was harshly treated, / he submitted and opened not his mouth; / like a lamb led to the slaughter or a sheep before the shearers, / he was silent and uttered no cry. / When he was cut off from the land of the living, and smitten for the sin of his people, / a grave was assigned him among the wicked and a burial place with evildoers, / though he had done no wrong nor spoken any falsehood. (Is. 53, 7 and 9)

Pr.: Let us pray. Lord Jesus Christ, You shared in our weaknesses and accepted our guilt. Grant us the favor of rejoicing over our human weaknesses, so that in all we do, Your strength, dwelling in us, may be shown to all others. Amen.

52. **Novena to the Holy Spirit for the Seven Gifts**

The novena in honor of the Holy Spirit is the oldest of all novenas since it was first made at the direction of Our Lord Himself when He sent His apostles back to Jerusalem to await the coming of the Holy Spirit on the first Pentecost. It is still the only novena officially prescribed by the Church. Addressed to the Third Person of the Blessed Trinity, it is a powerful plea for the light and strength and love so sorely needed by every Christian.

FIRST DAY

Holy Spirit! Lord of Light! From your clear celestial height, your pure beaming radiance give!

The Holy Spirit

Only one thing is important—eternal salvation. Only one thing, therefore, is to be feared—sin. Sin is the result of ignorance, weakness, and indifference. The Holy Spirit is the Spirit of Light, of Strength, and of Love. With His sevenfold gifts He enlightens the mind, strengthens the will, and inflames the heart with love of God. To ensure our salvation we ought to invoke the Divine Spirit daily, for "The Spirit helpeth our infirmity. We know not what we should pray for as we ought. But the Spirit Himself asketh for us."

Prayer

Almighty and eternal God, Who hast vouchsafed to regenerate us by water and the Holy Spirit, and hast given us forgiveness of our sins, vouchsafe to send forth from heaven upon us your sevenfold Spirit, the *Spirit of Wisdom and Understanding*, the *Spirit of Counsel and Fortitude*, the *Spirit of Knowledge and Piety*, and fill us with the *Spirit of Holy Fear*. Amen.

Say:

Our Father and Hail Mary ONCE
Glory be to the Father SEVEN TIMES
Act of Consecration (*see below*)
Prayer for the Seven Gifts (*see below*)

ACT OF CONSECRATION
TO THE HOLY SPIRIT

To be recited daily during the Novena

On my knees, before the multitude of heavenly witnesses, I offer myself, soul and body, to You, Eternal Spirit of God. I adore the brightness of your purity, the unerring keenness of your justice, and the might of your love. You are the Strength and Light of my soul. In You I live and move and have my being. I desire never to grieve You by infidelity to your grace, from the slightest sin against You. Mercifully guard my every thought and grant that I may always listen to your voice, watch for your light, and follow your gracious inspirations. I cling to You, and beg You, in your compassion, to watch over me in my weakness. Holding the pierced Feet of Jesus and looking at His Five Wounds, and trusting in His Precious Blood and adoring His opened Side and stricken Heart, I implore You, Adorable Spirit, Helper of my infirmity, so to keep me in your grace that I may never sin against You. Grant me the grace, O Holy Spirit of the Father and the Son, to say to You always and everywhere, "Speak Lord for your servant is listening." Amen.

PRAYER FOR THE SEVEN GIFTS
OF THE HOLY SPIRIT

To be recited daily during the Novena

O Lord Jesus Christ Who, before ascending into heaven, did promise to send the Holy Spirit to finish your work in the souls of your Apostles and Disciples, deign to grant the same Holy Spirit to me that He may perfect in my soul the work of your grace and your love. Grant me the *Spirit of Wisdom* that I may despise the perishable things of this world and aspire only after the things that are eternal, the *Spirit of Understanding* to enlighten my mind with the light of your divine truth, the *Spirit of Counsel* that I may ever choose the surest way of pleasing God and gaining heaven, the *Spirit of Fortitude* that I may bear my cross with You, and that I may overcome with courage all the obstacles that oppose my salvation, the *Spirit of Knowledge* that I may know God and know myself and grow perfect in the science of the Saints, the *Spirit of Piety* that I may find the service of God sweet and amiable, and the *Spirit of Fear* that I may be filled with a loving reverence towards God and may dread in any way to displease Him. Mark me, dear Lord with the sign of your true disciples, and animate me in all things with your Spirit. Amen.

brought Jesus to the place called Golgotha, a name meaning "the place of the skull". (Mk. 15, 20 to 22)

KNEEL AND PAUSE

All: With a loud voice I cry out to the Lord; / with a loud voice I beseech the Lord. / My complaint I pour out before him; before him I lay bare my distress. / When my spirit is faint within me, you know my path. / In the way along which I walk they have hid a trap for me. / I look to the right to see, but there is no one who pays me heed. / I have lost all means of escape; / there is no one who cares for my life. (Ps. 141, 2 to 5)

Pr.: Let us pray. Lord Jesus Christ, help us to see in the sufferings and shortcomings of our lives a share in Your Cross; strengthen and console us in the belief that we bear all things in union with You, who have taken upon Yourself even our guilt. Amen.

SIXTH STATION
Veronica Wipes the Face of Jesus

Pr.: We adore You, O Christ, and we praise You.

GENUFLECT

All: Because by your holy Cross You have redeemed the world.

Pr.: "Lord, when did we see you hungry, and feed you; or thirsty, and give you drink? And when did we see you a stranger, and take you in; or naked, and clothe you? Or when did we see you sick, or in prison, and come to visit you?" And answering the king will say to them, "Amen, I say to you, as long as you did it for one of these, the least of my brethren, you did it for me." (Mt. 25, 37 to 40)

KNEEL AND PAUSE

All: A faithful friend is a sturdy shelter; / he who finds one finds a treasure. / A faithful friend is beyond price, no sum can balance his worth. / A faithful friend is a life-saving remedy, such as he who fears God finds; / for he who fears God behaves accordingly, / and his friend will be like himself. (Sirach 6, 14)

FOURTH STATION
Jesus Meets His Afflicted Mother

Pr.: We adore You, O Christ, and we praise You.

GENUFLECT

All: Because by your holy Cross You have redeemed the world.

Pr.: Now there were standing by the cross of Jesus his mother and his mother's sister, Mary of Cleophas, and Mary Magdalene. When Jesus, therefore, saw his mother and the disciple standing by, whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home. (John 19, 25 to 27)

KNEEL AND PAUSE

All: To what can I compare you, O daughter Jerusalem? / What example can I show you for your comfort, virgin daughter Zion? / For great as the sea is your distress; / who can heal you? (Lam. 2, 13)

Pr.: Let us pray. O blessed Lord, at your passion a sword of sorrow pierced the loving heart of your mother as Simeon had foretold. Grant that we who look back on her sorrows with compassion might receive the healing fruits of your sufferings. Amen.

FIFTH STATION
Simon of Cyrene Helps Jesus to Carry His Cross

Pr.: We adore You, O Christ, and we praise You.

GENUFLECT

All: Because by your holy Cross You have redeemed the world.

Pr.: And when they had mocked Jesus, they took the purple cloak off and put his own clothes on him, and they led him out to be crucified. Then they forced a certain passer-by, Simon of Cyrene, coming from the country, to take up his cross. They

SECOND DAY

Come, Father of the poor; come, treasures which endure; come, Light of all that live!

The Gift of Fear

The gift of Fear fills us with a sovereign respect for God, and makes us dread nothing so much as to offend Him by sin. It is a fear that arises, not from the thought of hell, but from sentiments of reverence and filial submission to our heavenly Father. It is the fear that is the beginning of wisdom, detaching us from worldly pleasures that could in any way separate us from God. "They that fear the Lord will prepare their hearts, and in His sight will sanctify their souls."

Prayer

Come, O blessed Spirit of Holy Fear, penetrate my inmost heart that I may set You, my Lord and God, before my face forever. Help me to shun all things that can offend You, and make me worthy to appear before the pure eyes of your Divine Majesty in heaven, where You live and reign in the unity of the ever Blessed Trinity, One God world without end. Amen.

Say:

Our Father and Hail Mary ONCE
Glory be to the Father SEVEN TIMES
Act of Consecration
Prayer for the Seven Gifts

THIRD DAY

Thou, of all consolers best, visiting the troubled breast, dost refreshing peace bestow.

The Gift of Piety

The gift of Piety begets in our hearts a filial affection for God as our most loving Father. It inspires us to love and respect for His sake persons and things consecrated to Him, as well as those who are vested with His authority, His Blessed Mother and the Saints, the Church and

its visible Head, our parents and superiors, our country and its rulers. He who is filled with the gift of Piety finds the practice of his religion, not a burdensome duty, but a delightful service. Where there is love, there is no labor.

Prayer

Come, O Blessed Spirit of Piety, possess my heart. Enkindle therein such a love for God that I may find satisfaction only in His service and, for His sake, lovingly submit to all legitimate authority. Amen.

Say:

Our Father and Hail Mary ONCE
Glory be to the Father SEVEN TIMES
Act of Consecration
Prayer for the Seven Gifts

FOURTH DAY

Thou in toil art comfort sweet, pleasant coolness in the heat, solace in the midst of woe.

The Gift of Fortitude

By the gift of Fortitude the soul is strengthened against natural fear, and supported to the end in the performance of duty. Fortitude imparts to the will an impulse and energy which move it to under take without hesitancy the most arduous tasks, to face dangers, to trample under foot human respect, and to endure without complaint the slow martyrdom of even lifelong tribulation. "He that shall persevere unto the end, he shall be saved."

Prayer

Come, O Blessed Spirit of Fortitude, uphold my soul in time of trouble and adversity, sustain my efforts after holiness, strengthen my weakness, give me courage against all the assaults of my enemies, that I may never be overcome and separated from Thee, my God and greatest good. Amen.

Pr.: Let us pray. Father in heaven, your Son, Jesus Christ, still carries his Cross in his persecuted brothers and sisters throughout the world. Make us feel the needs of all persons so that we might as readily help them as we would help Jesus himself. Amen.

THIRD STATION
Jesus Falls the First Time

Pr.: We adore You, O Christ, and we praise You.

GENUFLECT

All: Because by your holy Cross You have redeemed the world.

Pr.: If the world hates you, know that it has hated me before you. If you were of the world, the world would love what is its own. Because you are not of the world, but I have chosen you out of the world, therefore the world hates you. Remember the word that I have spoken to you: No servant is greater than his master. If they have persecuted me, they will persecute you also. (John 15, 18 to 20)

KNEEL AND PAUSE

All: Why are your clothes red, / and your garments like those of the wine presser? / "The wine press I have trodden alone, / and of my people there was no one with me. / I trod them in my anger, and trampled them down in my wrath; / their blood spurted on my garments and I stained all my clothes. / I looked about, but there was no one to help, / I was appalled that there was no one to lend support; / so my own arm brought about the victory." (Is. 63, 2 to 5)

Pr.: Let us pray. O God, to free us from sin and weakness your Son, Jesus Christ, embraced his fearful passion and crucifixion. Strengthen us in our baptismal resolutions by which we renounced sin and Satan, so that through the passion of this life's sufferings we might rise to a new life of joyful service free of all selfishness. Amen.

KNEEL AND PAUSE

All: The kings of the earth rise up / and the princes conspire together against the Lord and against his Anointed. / I will proclaim the decree of the Lord; / the Lord said to me: / "You are my Son; this day I have begotten you. / Ask of me and I will give you the nations for an inheritance / and the ends of the earth for your possession." (Psalm 2, 2 & 7-8)

Pr.: Let us pray. All-powerful and eternal God, for proclaiming the truth your Son, Jesus Christ, is condemned to death by crucifixion. Stir up your love in our hearts so that we might be ever faithful to all that You have told us and fear nothing more than the loss of your friendship through sin. Amen.

SECOND STATION
Jesus Carries His Cross

Pr.: We adore You, O Christ, and we praise You.

GENUFLECT

All: Because by your holy Cross You have redeemed the world.

Pr.: And Pilate said to the Jews, "Behold, your king!" But they cried out, "Away with him! Away with him! Crucify him!" Pilate said to them, "Shall I crucify your king?" The chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified. And so they took Jesus and led him away, bearing the cross for himself. (John 19, 14 to 17)

KNEEL AND PAUSE

All: Who would believe what we have heard? / To whom has the arm of the Lord been revealed? / He grew up like a sapling before him, like a shoot from the parched earth; / there was in him no stately bearing to make us look at him, / no appearance that would attract us to him. / He was rejected and avoided by men, / a man of suffering, accustomed to infirmity, / one of those from whom men turn away, / and we held him in no esteem. (Is. 53, 1 to 3)

Say:

Our Father and Hail Mary ONCE
Glory be to the Father SEVEN TIMES
Act of Consecration
Prayer for the Seven Gifts

FIFTH DAY

Light immortal! Light Divine! Visit Thou these hearts of Thine, and our inmost being fill!

The Gift of Knowledge

The gift of Knowledge enables the soul to evaluate created things at their true worth—in their relation to God. Knowledge unmasks the pretense of creatures, reveals their emptiness, and points out their only true purpose as instruments in the service of God. It shows us the loving care of God even in adversity, and directs us to glorify Him in every circumstance of life. Guided by its light, we put first things first, and prize the friendship of God beyond all else. "Knowledge is a fountain of life to him that possesseth it."

Prayer

Come, O Blessed Spirit of Knowledge, and grant that I may perceive the will of the Father; show me the nothingness of earthly things, that I may realize their vanity and use them only for Thy glory and my own salvation, looking ever beyond them to Thee, and Thy eternal rewards. Amen.

Say:

Our Father and Hail Mary ONCE
Glory be to the Father SEVEN TIMES
Act of Consecration
Prayer for the Seven Gifts

SIXTH DAY

If Thou take Thy grace away, nothing pure in man will stay, All his good is turned to ill.

The Gift of Understanding

The gift of Understanding enables us to penetrate the meaning of the truths of our holy religion. By faith we know them, but by Understanding we appreciate and relish them. Our faith ceases to be sterile and inactive. Understanding inspires a mode of life that bears eloquent testimony to the faith that is in us. We begin to "walk worthy of God in all things, and increasing in the knowledge of God."

Prayer

Come, O Spirit of Understanding, and enlighten our minds, that we may know and believe all the mysteries of salvation; and may merit at last to see the eternal light in Thy Light; and in the light of glory to have a clear vision of Thee and the Father and the Son. Amen.

Say:

Our Father and Hail Mary ONCE
Glory be to the Father SEVEN TIMES
Act of Consecration
Prayer for the Seven Gifts

SEVENTH DAY

Heal our wounds, our strength renews; on our dryness pour Thy dew, wash the stains of guilt away.

The Gift of Counsel

The gift of Counsel endows the soul with supernatural prudence, enabling it to judge promptly and rightly what must be done, especially in difficult circumstances. Counsel applies the principles furnished by Knowledge and Understanding to the innumerable concrete cases that confront us in the course of our daily duty as parents, teachers, public servants, and Christian citizens. Counsel is supernatural common sense, a priceless treasure in the quest of salvation. "Above all these things, pray to the Most High, that He may direct thy way in truth."

Prayer

54. Stations of the Cross (Long Form of)

OPENING PRAYER

STAND

Pr.: Jesus came with his disciples to a country place called Gethsemani, and he said to them, "Sit down here, while I go over yonder and pray." Then he took with him Peter and the two sons of Zebedee, and he began to be saddened and exceedingly troubled. He said to them, "My soul is sad, even unto death. Wait here and watch with me." He went forward a little, and falling prostrate he prayed, saying, "Father, if it is possible, let this cup pass away from me; yet not as I will but as you will." (Mt. 26, 36 to 39)

KNEEL

All: Almighty and eternal Father, / accept our prayer of thanksgiving for your Beloved Son, our Savior and Lord. / As we recall his Sacred Passion / send the Spirit of Christ into our hearts, / we beg You, / so that whether we pray or work we might do all in union with Christ our Redeemer. / Amen.

FIRST STATION

Jesus is Condemned to Death

Pr.: We adore You, O Christ, and we praise You.

GENUFLECT

All: Because by your holy Cross You have redeemed the world.

Pr.: Again the high priest began to ask him, and said to him, "Are you the Christ, the Son of the Blessed One?" And Jesus said to him, "I am. And you shall see the Son of Man sitting at the right hand of the Power and coming with the clouds of heaven." But the high priest tore his garments and said, "What further need have we of witnesses? You have heard the blasphemy. What do you think?" And they all condemned him as liable to death. (Mark 14, 61 to 64)

"Many sins are forgiven thee, because thou hast loved much."

NINTH STATION

Third Fall of Jesus

O Lord! when weary upon life's long journey,
be Thou my strength and my perseverance.

TENTH STATION

Jesus Stripped of His Garments

My soul has been robbed of its robe of innocence;
clothe me, Lord, with the garb of penance and contrition.

ELEVENTH STATION

Jesus Nailed to the Cross

Thou didst forgive Thy enemies;
my God, teach me to forgive injuries and forget them.

TWELFTH STATION

Jesus Dies on the Cross

Thou art dying, Lord, but Thy Sacred Heart
still throbs with love for Thy sinful children.

THIRTEENTH STATION

Jesus Taken Down from the Cross

Receive me into thy arms, O Sorrowful Mother;
and obtain for me perfect contrition for my sins.

FOURTEENTH STATION

Jesus Laid in the Sepulcher

When I receive Thee into my heart in Holy Communion, O Lord,
make it a fit abiding place for Thy adorable Body. Amen.

Come, O Spirit of Counsel, help and guide me in all my ways, that I
may always do Thy holy will. Incline my heart to that which is good;
turn it away from all that is evil, and direct me by the straight path of
Thy commandments to that goal of eternal life for which I long.

Say:

Our Father and Hail Mary ONCE
Glory be to the Father SEVEN TIMES
Act of Consecration
Prayer for the Seven Gifts

EIGHTH DAY

Bend the stubborn heart and will, melt the frozen warm the chill, guide
the steps that go astray!

The Gift of Wisdom

Embodying all the other gifts, as charity embraces all the other virtues,
Wisdom is the most perfect of the gifts. Of Wisdom it is written, "All
good things came to me with her, and innumerable riches through her
hands." It is the gift of Wisdom that strengthens our faith, fortifies hope,
perfects charity, and promotes the practice of virtue in the highest
degree. Wisdom enlightens the mind to discern and relish things divine,
in the appreciation of which earthly joys lose their savor, whilst the
Cross of Christ yields a divine sweetness according to the words of the
Saviour: "Take up thy cross and follow me, for my yoke is sweet and my
burden light."

Prayer

Come, O Spirit of Wisdom, and reveal to my soul the mysteries of
heavenly things, their exceeding greatness, power, and beauty. Teach me
to love them above and beyond all the passing joys and satisfactions of
earth. Help me to attain them and possess them for ever. Amen.

Say:

Our Father and Hail Mary ONCE
Glory be to the Father SEVEN TIMES

Act of Consecration
Prayer for the Seven Gifts

NINTH DAY

Thou, on those who evermore Thee confess and Thee adore, in Thy sevenfold gift, descend. Give Them comfort when they die; give them life with Thee on high; give them joys which never end. Amen.

The Fruits of the Holy Spirit

The gifts of the Holy Spirit perfect the supernatural virtues by enabling us to practice them with greater docility to divine inspiration. As we grow in the knowledge and love of God under the direction of the Holy Spirit, our service becomes more sincere and generous, the practice of virtue more perfect. Such acts of virtue leave the heart filled with joy and consolation and are known as Fruits of the Holy Spirit. These Fruits in turn render the practice of virtue more attractive and become a powerful incentive for still greater efforts in the service of God, to serve Whom is to reign.

Prayer

Come, O Divine Spirit, fill my heart with Thy heavenly fruits, Thy charity, joy, peace, patience, benignity, goodness, faith, mildness, and temperance, that I may never weary in the service of God, but by continued faithful submission to Thy inspiration may merit to be united eternally with Thee in the love of the Father and the Son. Amen.

Say:

Our Father and Hail Mary ONCE
Glory be to the Father SEVEN TIMES
Act of Consecration
Prayer for the Seven Gifts

STATIONS OF THE CROSS

53. Stations of the Cross (Short Form of)

FIRST STATION

Jesus Condemned to Death

O Lord! so meek and uncomplaining, teach me resignation in trials.

SECOND STATION

Jesus Carries His Cross

My Lord, this Cross should be mine, not Thine; my sins crucified Thee.

THIRD STATION

Our Lord Falls the First Time

O Lord! by this first fall, never let me fall into mortal sin.

FOURTH STATION

Jesus Meets His Mother

O Lord! may no human tie, however dear,
keep me from following the road of the Cross.

FIFTH STATION

Simon the Cyrenean Helps Jesus Carry His Cross

Simon unwillingly assisted Thee; may I with patience suffer all for Thee.

SIXTH STATION

Veronica Wipes the Face of Jesus

O Lord! Thou didst imprint Thy sacred features upon Veronica's veil;
stamp them also indelibly upon my heart.

SEVENTH STATION

The Second Fall of Jesus

By Thy second fall, preserve me, Lord, from relapse into sin.

EIGHTH STATION

Jesus Consoles the Women of Jerusalem

My greatest consolation would be to hear Thee say: