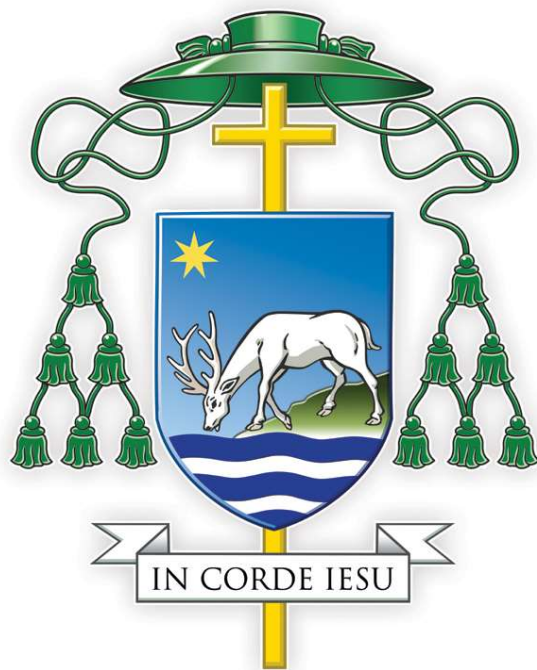


Lord I am not Worthy





# **LORD I AM NOT WORTHY**

**Prayers to help you prepare for Mass**

**Bishop Philip Egan**

Diocese of Portsmouth  
The Immaculate Conception of the Blessed Virgin Mary  
MMXXII

## CONTENTS

<b>Foreword</b>	<b>3</b>
<b>Prayers to say before Mass</b>	<b>4</b>
<b>Prayers Priests might say before Mass</b>	<b>7</b>
<b>Vesting Prayers</b>	<b>9</b>
<b>Prayers to say after Mass</b>	<b>12</b>
<b>Treasury of well-known Catholic Prayers</b>	<b>17</b>
<b>To the Blessed Virgin Mary, and the Angels and Saints</b>	<b>21</b>
<b>The Rosary</b>	<b>26</b>
<b>A Form of Morning Prayers</b>	<b>30</b>
<b>A Form of Night Prayers</b>	<b>31</b>
<b>Making a Visit to the Blessed Sacrament</b>	<b>34</b>
<b>How to go to Confession - In Three Easy Steps</b>	<b>40</b>
<b>Prayers Priests might say when hearing Confessions</b>	<b>43</b>
<b>Night Prayer of the Church</b>	<b>44</b>
<b>Alphabetical Index of Prayers</b>	<b>50</b>



*When the angels went away from them into heaven, the shepherds said to one another, "Let us go over to Bethlehem and see this thing that has happened, which the Lord has made known to us." And they went with haste and found Mary and Joseph, and the baby lying in a manger. And when they saw it, they made known the saying that had been told them concerning this child. And all who heard it wondered at what the shepherds told them. But Mary treasured up all these things, pondering them in her heart. And the shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told them." (Luke 2: 15-20)*

## FOREWORD

*Domine, non sum dignus*: 'Lord, I am not worthy that you should enter under my roof – but only say the word and my soul shall be healed.' These words, echoing the Roman centurion (Luke 7: 6-7), are one of my favourite prayers from Mass. They are the title of this booklet. I hope and pray you will like using it. It is intended to be a help to everyone, clergy and laity, in preparing for Mass and in making a thanksgiving afterwards. It will also be a remembrance of our diocesan Year of the Eucharist 2021-2022.

St. Therese of Lisieux said 'For me, prayer is a surge of the heart, a simple look toward heaven .. a cry of recognition and love, embracing both trial and joy.' The *Catechism of the Catholic Church* fills this out with a line from St. John Damascene: 'Prayer is the raising of one's mind and heart to God or the requesting of good things from God' (2559). In truth, of course, there is only one prayer: the prayer of Jesus to the Father by the power of the Holy Spirit. Our own prayers are like tuning in a radio. This is why we should always begin a time of prayer by asking the Holy Spirit to align us with Christ.

There are different types of prayer. We each pray in the best way we can and in a way we find effective. Yet this is where the Church's tradition of vocal prayer can be a help, especially when we are plagued with distractions. In this booklet, you will find many well-known prayers and others too. Its purpose is to help you prepare well for the worthy celebration of the Holy Eucharist. We do not need to recite all the prayers given, but like a bee seeking nectar, we should dip into this booklet, landing upon those prayers and Scripture we find helpful.

The booklet begins with Prayers to Say before Mass and Prayers to Say After Mass. Then there is a Treasury of Well-Known Catholic Prayers, with a suggested Form of Morning Prayer and of Night Prayer. This is followed by Making a Visit to the Blessed Sacrament and How to go to Confession. The booklet concludes with Night Prayer of the Church for Sundays.

May this booklet deepen your personal-passionate relationship with Jesus Christ our Lord and Saviour and through Him with the Father and the Holy Spirit. May it help you praise Him who died and rose again for us. Indeed, may He one day bring you to be with Him for ever in heaven.

+Philip  
Bishop of Portsmouth



## PRAYERS TO SAY BEFORE MASS

*'The Eucharist is the source and summit of the Christian life' (Catechism 1324). The whole of a Christian's daily life and practical charity flows from the Eucharist (source) and leads back to it (summit). It is the most important event each week (Sunday). Before setting off for Mass, therefore, we should familiarise ourselves with the Scripture Readings and the Collects. Pray on the way to Mass. Arriving early, try to spend some time quietly uniting yourself with Christ in His self-offering to the Father. Tell God a list of all your needs. To receive Communion, remember that we need to be in a state of grace, to have the right intention and to have kept the Eucharistic fast.*

### MY PURPOSE IN GOING TO MASS

I am going to Mass:

- to adore the Blessed Trinity, through, with and in Jesus Christ, as He offers Himself on the Cross to the Father through the Holy Spirit *(adoration)*;
- to give thanks to God for the many graces and blessings He has given us *(thanksgiving)*;
- to beg pardon for our sins and for the times we have failed to love God and our neighbour as we ought *(expiation)*; and
- to ask God for the many things, spiritual and material, that we need *(petition)*.

I am also going to Mass to meet, support and fulfil my duties towards the Christian community, to profess our common faith in the Triune God and to give a witness of faith to others.

### SCRIPTURE FOR REFLECTION

Jesus said 'Whoever feeds on my flesh and drinks my blood abides in me, and I in him. As the living Father sent me, and I live because of the Father, so whoever feeds on me, he also will live because of me.' *(Jn 6: 56-57)*

### PRAYER OF ST. AMBROSE

I draw near to the table of your most delightful banquet, dear Lord Jesus Christ. A sinner, I trust not in my own merit; but, in fear and trembling, I rely on your mercy and goodness. I have a heart and body marked by my grave offences, and a mind and a tongue I have not guarded well. For this reason, God of loving kindness and awesome majesty, I, a sinner caught by many snares, seek safe refuge in you. For you are the fountain of mercy. I would fear to draw near to you as my judge, but I seek you out as my Saviour. Lord, I show you my wounds, and I let you see my shame. Knowing my sins are many and great, I

have reason to fear. But I trust in your mercies, for they are beyond all numbering. Look upon me with mercy, for I trust in you, my Lord Jesus Christ, eternal king, God and man, you who were crucified for mankind. Have mercy upon me, you who never cease to make the fountain of your mercy flow, for I am full of sorrows and sins. I praise you, the saving Victim offered on the wood of the cross for me and for all mankind. I praise the noble Blood that flows from the wounds of my Lord Jesus Christ, the precious Blood that washes away the sins of all the world. Remember, Lord, your creature, whom you have redeemed with your own Blood. I am sorry that I have sinned, and I long to put right what I have done. Most kind Father, take away all my offenses and sins, so that, purified in body and soul, I may be made worthy to taste the Holy of holies. And grant that this sacred meal of your Body and Blood, which I intend to take, although I am unworthy, may bring forgiveness of my sins and wash away my guilt. May it mean the end of my evil thoughts and the rebirth of my better longings. May it lead me securely to live in ways that please you, and may it be a strong protection for body and soul, against the plots of my enemies. Amen.

### **THE SUSCIPE PRAYER**

*This prayer was said in the 1962 Missal by the priest at the preparation of the gifts. Here, it is adapted for use by everyone in the moments before Mass begins.*

Accept, O holy Trinity, this offering which we make to you in remembrance of the passion, resurrection and ascension of our Lord Jesus Christ, and in honour of blessed Mary ever Virgin, of blessed John the Baptist, of the holy Apostles Peter and Paul, and of all the Saints. May it bring honour to them, and to us salvation; and may those, whose memory we keep on earth, be pleased to intercede for us in heaven. Through Christ our Lord. Amen.

### **PRAYER OF ST. THOMAS AQUINAS**

Almighty and ever-living God, I draw near to the sacrament of your only-begotten Son, our Lord Jesus Christ. I come sick to the physician of life, unclean to the fountain of mercy, blind to the light of eternal brightness, poor and needy to the Lord of heaven and earth. So I ask you, most generous Lord: graciously heal my infirmity, wash me clean, illumine 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 such reverence and humility, such contrition and devotion, such purity and faith, and such resolve and determination as may secure my soul's salvation. Grant as I may receive not only the visible sign of the Lord's Body and Blood, but also all the reality and the power of the sacrament. Grant most kind God, that I may receive the Body of your only-begotten Son, our Lord Jesus Christ, which he received from the Virgin Mary, and may receive it in such a way that I become a loving part of his Mystical Body and counted among his members. O most loving Father, grant me your



beloved Son. While on this earthly pilgrimage, I receive him under the veil of this sacrament; so may I come at last to see him face to face for all eternity. For he lives and reigns with you for ever and ever. Amen.

### **PRAYER OF ST. JOHN CHRYSOSTOM**

I believe, O Lord, and I confess that you are truly the Christ, the Son of the Living God, Who came into the world to save sinners, of whom I am the chief. And I believe that this is your pure Body and your own precious Blood. Therefore, I pray you, have mercy on me and forgive my transgressions, voluntary and involuntary, in word and deed, known and unknown. And grant that I may partake of your Holy Mysteries without condemnation, for the remission of sins and for life eternal. Amen.

### **A PRAYER FOR THE PRIEST**

*This prayer is attributed to St. Thérèse of Lisieux*

O Jesus, Eternal Priest, keep all Your priests within the shelter of Your Sacred Heart, where none may harm them. Keep unstained their anointed hands which daily touch Your Sacred Body. Keep unsullied their lips purpled with Your Precious Blood. Keep pure and unearthly their hearts, sealed with the sublime marks of Your glorious priesthood. Let Your holy love surround them and shield them from the world's contagion. Bless their labours with abundant fruit, and may the souls to whom they have ministered here below be their joy and consolation, and in Heaven their beautiful and everlasting crown. O Mary, Queen of the clergy, pray for us; obtain for us many holy priests.

### **PRAYERS FROM MY FIRST PRAYER BOOK**

*Prayer for Help*

O Lord Jesus Christ, help me to make a good communion. Mary my dearest mother pray to Jesus for me. My Angel Guardian, lead me to the altar of God.

*Act of Faith*

My Lord Jesus Christ, I firmly believe that it is your body, blood, soul and divinity, which I am going to receive. You have said it and I am ready to die in defence of your truth.

*Act of Humility*

How can I approach your holy table, Lord Jesus – I, who have so often sinned against you? I do not deserve to receive you into my heart. The number of my sins makes me unworthy, but only say a word and my soul shall be healed.

*Act of Sorrow*

O my God, I am sorry and beg pardon for all my sins. I detest them above all things because they deserve your dreadful punishments, because they have crucified my loving Saviour Jesus Christ and most of all because they offend

your infinite goodness. I firmly resolve by the help of your grace never to offend you again and to avoid the occasions of sin.

### *Act of Hope*

O most loving and sweet Jesus, trusting in your goodness, I hope that when you come to me you will purify my body, draw my soul nearer to you and make me love you more and more dearly.

### *Act of Love and Desire*

O Lord Jesus Christ, present on the altar, I bow down before you. I adore you. I love you and I desire with all my heart to receive you. Jesus, come into my poor soul. Give me your Flesh to eat and your Blood to drink. Give me your whole self, Body, Blood, Soul and Divinity that I may live forever in you. O Divine Jesus, you love me so much as even to die to save me and to leave the Sacrament of the Holy Eucharist to feed me. I love you in return with my whole heart and above all things. Give me the grace to live and die in your love.

## **OTHER PRAYERS TO SAY**

Prayer to the Holy Spirit ... *p. 19*

The Morning Offering ... *p. 19*

Remember, O most loving Virgin Mary (Memorare) ... *p. 22*

Prayer to St. Joseph ... *p. 24*

## **PRAYERS PRIESTS MIGHT SAY**

*The following prayers were proposed by the Congregation for Clergy in 2008 for use on the World Day of Prayer for the Sanctification of Priests, now kept annually on the Solemnity of the Sacred Heart.*

## **SCRIPTURE FOR REFLECTION**

Jesus said 'Greater love has no one than this, that someone lay down his life for his friends. You are my friends if you do what I command you. No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you. You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you.' (*John 15: 13-16*)

## **PRIESTLY PRAYER**

Lord, You have called me to priestly ministry in a particular moment of history, as in the times of the first Apostles, when You desire that all Christians, and in a particular way Your priests might be witnesses to the wonders of God and the strength of Your Spirit. Allow me to be a witness to the dignity of human life, to

the grandeur of love, and to the power of the ministry which I have received. May my entire life be dedicated to You: for love, only for love, and for a higher love. May my commitment to celibacy born of Your mission, be a joyful and happy affirmation and a total dedication of myself to others in the service of Your Church. Give me strength in my weakness, and gratitude for my steadfastness. Holy Mother Mary, greatest and most wonderful mother of all time, grant that I may entrust my life to you each day. Mary, font of generosity and dedication, grant that I may be joined with you at the foot of the greatest crosses of the world, experiencing the redeeming pain of the death of your Son, so that I might enjoy the triumph of the Resurrection for eternal life. Amen.

### **A PRIEST'S DAILY PRAYER**

Almighty God, we pray that your grace may assist us in the ministerial priesthood to serve you worthily and devoutly, in complete purity, and in good conscience. And if we are unable to live our lives with such innocence, grant that we weep bitterly over the evil we have done. Grant that we may serve you ever fervently with a spirit of humility, with right intention of good will. We ask this through Christ our Lord. Amen.

### **A PRIEST'S PRAYER TO JESUS CHRIST**

O good Jesus, make me a priest after your own Heart.

Most beloved Jesus, with a singular benevolence you have called me from among thousands of men to follow you in the excellence of priestly dignity. I beg you for the divine strength to rightly fulfil my ministry. I implore you, Lord Jesus, to renew daily the grace given to me through the imposition of the hands of the Bishop. O most powerful doctor of souls, heal me so that I may not fall back into evil, that I may flee from every sin, and that I may do what is pleasing in your eyes until the hour of my death. Amen.

### **A PRIEST'S PRAYER FOR THE GRACE TO SAFEGUARD CHASTITY**

Lord Jesus Christ, spouse of my soul, delight of my heart and my soul, I fall on my knees before you, praying and fervently beseeching you to allow me to persevere and grow in the true faith each day. O sweet Jesus, grant that I may reject all impiety and that I may be a stranger to the carnal desires and earthly concupiscence which fight against my soul. Through your help, may I preserve my chastity unstained. O most holy and immaculate Virgin Mary, Virgin of virgins and most beloved Mother, purify my heart and soul each day, and obtain for me a holy fear of the Lord and a particular distrust of my own strength. St. Joseph, guardian of the virginity of Mary, keep my soul from all sin. All of you holy Virgins who unceasingly follow the divine Lamb, be solicitous to me a sinner, that I may avoid sin in thoughts, words, actions or omissions, and that I may never be far from the most chaste heart of Jesus.



## VESTING PRAYERS

*Before a priest celebrates Mass, he will typically pray a set of vesting prayers as a means of spiritual preparation. Before Vatican II, these prayers were obligatory. In recommending their continued use, the Dicastery for Divine Worship says that they “help in the priest’s preparation and recollection before the celebration of the Eucharistic sacrifice.” The prayers are a reminder of the promises made on the day of ordination, asking God for strength to remain faithful to them. They also call to mind the symbolism of the various liturgical vestments used.*

### **IF THE HANDS ARE WASHED**

Give strength to my hands, Lord,  
to wipe away every stain,  
so that I may be able to serve you in  
purity of mind and body.

*Da, Domine, virtutem manibus meis ad  
abstergendam omnem maculam: ut sine  
pollutione mentis et corporis valeam tibi  
servire.*

### **IF AN AMICE IS WORN**

Lord, set the helmet of salvation  
on my head  
to fend off all the assaults of the devil.

*Impone, Domine, capiti meo galeam  
salutis,  
ad expugandos diabolicos incursus.*

### **AS THE ALB IS WORN**

Purify me, Lord, and cleanse my heart  
so that, washed in the Blood of the  
Lamb, I may enjoy eternal joys.

*Dealba me, Domine, et munda cor  
meum: ut in sanguine Agni dealbatus,  
gaudiis perfruar sempiternis.*

### **AS THE CINCTURE IS TIED, IF USED**

Lord, fasten the cincture of purity  
around me and extinguish my earthly  
desires, so that the virtue of continence  
and chastity may dwell within me.

*Praecinge me, Domine, cingulo puritatis,  
et exstingue in lumbis meis humorem  
libidinis: ut maneat in me virtus  
continentiae et castitatis.*

### **AS THE STOLE IS WORN**

Lord, restore the stole of immortality,  
which I lost through the actions of our  
first parents, and although I am  
unworthy to approach your sacred  
mysteries, may I gain eternal joy.

*Redde mihi, Domine, stolam  
immortalitatis, quam perdi in  
praevaricatione primi parentis: et,  
quamvis indignus accedo ad tuum  
sacrum mysterium, merear tamen  
gaudium sempiternum.*

**(Deacons) AT THE DALMATIC**

Lord, vest me in the garment of salvation, the vestment of joy. May I always be surrounded with the dalmatic of justice.

*Indue me, Domine, indumento salutis et vestimento laetitiae; et dalmatica justitiae circumda me semper.*

**(Priests) AT THE CHASUBLE**

Lord, you have said:  
*My yoke is sweet and my burden is light.*  
Grant that I may carry your yoke well so as to obtain your grace.

*Domine, qui dixisti:  
Jugum meum suave est et onus meum leve: fac, ut istud portare sic valeam, quod consequar tuam gratiam.*

**(Bishops) AT THE PECTORAL CROSS**

Lord Jesus Christ, guard me from all the snares of every enemy, by the sign of your most holy Cross: and graciously grant to me, your unworthy servant, that as I hold before my breast this Cross, so may I ever keep in mind the memory of the Passion, and the victories of the Holy Martyrs.

*Munire digneris me, Domine Jesu Christe, ab omnibus insidiis inimicorum omnium, signo sanctissimae Crucis tuae: ac concedere digneris mihi indigno servo tuo, ut sicut hanc Crucem, Sanctorum tuorum reliquiis refertam, ante pectus meum teneo, sic semper mente retineam et memoriam passionis, et sanctorum victorias Martyrum.*

**(Bishops) AS THE MITRE IS WORN**

Place upon my head, O Lord, the mitre and helmet of salvation; that I may go forth unhindered against the snares of the ancient foe, and of all my enemies.

*Mitram, Domine, et salutis galeam impone capiti meo; ut contra antiqui hostis omniumque inimicorum meorum insidias inoffensus evadam.*



*Simeon blessed them and said to Mary his mother, "Behold, this child is appointed for the fall and rising of many in Israel, and for a sign that is opposed (and a sword will pierce through your own soul also), so that thoughts from many hearts may be revealed." (Luke 2: 34-35)*



## PRAYERS TO SAY AFTER MASS

*'Ite missa est – Go in peace, glorifying the Lord by your life.' These words invite us to grasp the relationship between the Mass and the mission of the Church in the world. Worship pleasing to God can never be a purely private matter, without consequences for our relationships with others: it demands a public witness to our faith. There is nothing more beautiful than to be surprised by the Gospel, by the encounter with Christ. There is nothing more beautiful than to know Him and to speak to others of our friendship with Him. Thus the love we celebrate at Mass, in which Christ lays down His life for us, is not something we can keep to ourselves. By its very nature it demands we share it with others through our actions, words, attitudes and way of life.*

### MY INTENTIONS IN LEAVING MASS

As I leave Mass, I intend:

- to please God and to be more united with Him by works of charity;
- to amend my life and to apply the Divine remedy of the Mass to my moral weaknesses;
- to be a true missionary disciple, by giving witness to my faith and influencing my family and friends, my work and my dealings with others; and
- to spend the rest of the day thanking God and reflecting on the words and action of the Mass.

### SCRIPTURE FOR REFLECTION

Jesus said 'When the Son of Man comes in his glory, and all the angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate people one from another as a shepherd separates the sheep from the goats. And he will place the sheep on his right, but the goats on the left. Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, saying, '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 welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.' *(Mt 25: 31-40)*

## **PRAYER OF ST. BONAVENTURE**

Pierce, O my sweet Lord Jesus, my inmost soul with the most joyous and healthful wound of your love, with true serene and most holy apostolic charity, that my soul may ever languish and melt with love and longing for you, that it may yearn for you and faint for your courts, and long to be dissolved and to be with you. Grant that my soul may hunger after you, the bread of angels, the refreshment of holy souls, our daily and supernatural bread, having all sweetness and savour and every delight of taste; let my heart hunger after and feed upon you, upon whom the angels desire to look, and may my inmost soul be filled with the sweetness of your savour; may it ever thirst after you, the fountain of life, the fountain of wisdom and knowledge, the fountain of eternal light, the torrent of pleasure, the richness of the house of God; may it ever compass you, seek you, find you, run to you, attain you, meditate upon you, speak of you and do all things to the praise and glory of your name, with humility and discretion, with love and delight, with ease and affection, and with perseverance unto the end; may you alone be ever my hope, my entire assistance, my riches, my delight, my pleasure, my joy, my rest and tranquillity, my peace, my sweetness, my fragrance, my sweet savour, my food, my refreshment, my refuge, my help, my wisdom, my portion, my possession and my treasure, in whom may my mind and my heart be fixed and firm and rooted immovably, henceforth and forever. Amen.

## **PRAYER OF ST. THOMAS AQUINAS**

I thank You, Lord, Almighty Father, Everlasting God,  
for having been pleased, through no merit of mine, but of Your great mercy alone, to feed me, a sinner and Your unworthy servant,  
with the precious Body and Blood of Your Son, our Lord Jesus Christ.  
I pray that this Holy Communion may not be for my judgment and condemnation, but for my pardon and salvation.  
Let this Holy Communion be to me an armour of faith and a shield of good will, a cleansing of all vices, and a rooting out of all evil desires.  
May it increase love and patience, humility and obedience, and all virtues.  
May it be a firm defence against the evil designs of all my visible and invisible enemies, a perfect quieting of all the desires of soul and body.  
May this Holy Communion bring about a perfect union with You, the one true God, and at last enable me to reach eternal bliss when You will call me.  
I pray that You bring me, a sinner, to the indescribable Feast where You, with Your Son and the Holy Spirit, are to Your saints true light, full blessedness, everlasting joy, and perfect happiness.  
Through the same Christ our Lord. Amen.

### **PRAYER OF ST. RICHARD OF CHICHESTER**

Thanks be to you, my Lord Jesus Christ,  
for all the benefits and blessings which you have given to me,  
for all the pains and insults which you have borne for me.  
O most merciful Friend, Brother and Redeemer,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly, day by day. Amen.

### **PRAYER OF ST. IGNATIUS LOYOLA**

Receive, Lord, my entire freedom.  
Accept the whole of my memory, my intellect and my will.  
Whatever I have or possess, it was you who gave it to me;  
I restore it to you in full,  
and I surrender it completely to the guidance of your will.  
Give me only love of you, together with your grace,  
and I am rich enough and ask for nothing more. Amen.

### **THE ANIMA CHRISTI PRAYER**

*This prayer, attributed to John XXII (d. 1334), has been popularised in the well-known Catholic hymn 'Soul of my Saviour.'*

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O Good Jesus, hear me.  
Within your Wounds hide me.  
Permit me not to be separated from you.  
From the wicked foe, defend me.  
At the hour of my death, call me and bid me come to you,  
That with your saints I may praise you, for ever and ever. Amen.

### **PRAYERS AFTER COMMUNION FROM MY FIRST PRAYER BOOK**

#### *Act of Faith*

O Jesus, I believe that I have received your Flesh to eat and your Blood to drink, because you have said it and your Word is true. All that I have and all that I am are your gift - and now you have given me your very Self.

#### *Act of Thanksgiving*

My Lord Jesus Christ, I thank you for your infinite goodness in giving yourself to me in Holy Communion. What shall I give you, dear Jesus, for all the graces you have given me?



### *Act of Adoration*

O Lord Jesus Christ, true God and true Man, I adore you present in my soul. You are my Lord, my God, my King, my Creator and my loving Redeemer.

### *Act of Offering*

My Divine Redeemer, receive my poor offering. You have given yourself to me and now let me give myself to you. I give you my body, that I may be chaste and pure. I give you my soul, that I may be free from sin. I give you my heart, that I may always love you. I give you every breath that I breathe, especially my last. I give you my self in life and in death that I may be yours for ever and ever.

### *Act of Love*

Most sweet Jesus, my Saviour, I love you with my whole heart. Make me love you more and more.

### *Act of Petition*

O Lord my God, I beg you to give me all the graces I need to live a good life for your sake and to spread the love of you wherever I go.

## **OTHER PRAYERS TO SAY**

The Divine Praises ... *p. 37*

Hail Holy Queen (Salve Regina) ... *p. 22*

Prayer for England ... *p. 23*

Prayer to St. Michael ... *p. 24*

Prayer to your Guardian Angel ... *p. 24*



*In those days Jesus came from Nazareth of Galilee and was baptised by John in the Jordan. And when he came up out of the water, immediately he saw the heavens being torn open and the Spirit descending on him like a dove. And a voice came from heaven, "You are my beloved Son; with you I am well pleased." (Mark 1: 9-11)*

## TREASURY OF WELL-KNOWN CATHOLIC PRAYERS

### SCRIPTURE FOR REFLECTION

Jesus said “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble” (*Mt 6: 25-34*)

### SIGN OF THE CROSS

*Each time we make the Sign of the Cross, we renew our profession of faith, invoke the Trinity, profess our belief in God and acknowledge the divine work of creation, salvation and sanctification. The Sign of the Cross is the Church’s chief sacramental; it “strengthens us in temptations and difficulties” (CCC 2157).*

In the Name of the Father, + and of the Son, and of the Holy Spirit. Amen. *In nomine Patris + et Filii et Spiritus Sancti. Amen*

### OUR FATHER

*The Our Father is the model Christian prayer, given by Jesus Himself to the Apostles when they asked Him to teach them to pray (cf. Mt 6: 9-13).*

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.

*Pater noster, qui es in caelis.  
Sanctificetur nomen tuum.  
Adveniat regnum tuum.  
Fiat voluntas tua sicut in caelo et in  
terra. Panem nostrum cotidianum da  
nobis hodie. Et dimitte nobis debita  
nostra sicut et nos dimittimus  
debitoribus nostris, et ne nos inducas in  
tentationem sed libera nos a malo.  
Amen.*

## **THE DOXOLOGY 'Glory be'**

*This 'Doxology' (lit. 'praise of God') goes back to the fourth century, when in praise of the Blessed Trinity, monks added it to the end of every psalm recited.*

Glory be to the Father, and to the Son,      *Gloria Patri, et Filio, et Spiritui Sancto.*  
and to the Holy Spirit, as it was in the      *Sicut erat in principio et nunc, et*  
beginning, is now, and ever shall be,      *semper, et in saecula saeculorum. Amen.*  
world without end. Amen.

## **APOSTLES CREED**

*The twelve articles of the Apostles' Creed, derived from the Old Roman Creed of the 2<sup>nd</sup> century used in the rites of baptism, is sometimes said at Mass in Lent and Easter and often in private prayers, especially in the recitation of the Rosary. For a commentary, see Catechism 185-1065.*

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 rose again from the dead;  
He ascended into Heaven  
and is seated at the right hand of God the Father Almighty;  
from thence He shall come to judge the living and the dead.  
I believe in the Holy Spirit,  
the Holy Catholic Church,  
the Communion of Saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen.

## **ACT OF FAITH, HOPE AND CHARITY**

*The three theological virtues of faith, hope and charity – the greatest of which is charity (1 Cor 13) - dispose us to live in a relationship with the Holy Trinity. They are the foundation of Christian moral activity (cf. Catechism 1812-1829). It is right that we pray constantly for these gifts of God to be deepened in our lives. These three simple prayers come from the old Penny Catechism.*

O my God, I believe in you and all that your Church teaches,  
because you have said it and your Word is true.  
O my God, I hope in you for grace and for mercy  
because of your promises, your mercy and your power.



O my God, because you are so good, I love you with my whole heart and for our sake, I love my neighbour as myself.

### **ACT OF CONTRITION**

*This short Act of Contrition expresses well the goodness of God, our sorrow for sin and a firm purpose of amendment, plus a prayer for God's assistance in the future.*

O my God, because you are so good,  
I am very sorry that I have sinned against you,  
but by the help of your grace, I will not sin again.

### **PRAYER TO THE HOLY SPIRIT**

*The Church invites us to call upon the Holy Spirit every day, especially at the beginning and the end of every important action (see Catechism 2670-2672).*

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

V/. Send forth your Spirit and they shall be created

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

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

### **MORNING OFFERING**

*The Apostleship of Prayer, the Pope's Worldwide Prayer Network, encourages us every morning to unite ourselves with Jesus and to make a self-offering, called 'The Morning Offering.' Through this prayer we ask the Father to make us available to the mission of his Son, offering him what we are and possess. We ask the Holy Spirit to open our hearts to the needs and challenges that confront humanity and the mission of the Church. Here is well-known form of this prayer.*

O Jesus, through the most pure Heart of Mary,  
I offer you all the prayers, the works, the sufferings and the joys of this day  
for all the intentions of your Divine Heart  
as a sacrifice in union with the Holy Mass.

### **PRAYER TO THE SACRED HEART**

O Sacred Heart of Jesus I implore  
the grace to love you daily more and more. *(said three times)*

### **GRACE BEFORE MEALS**

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

*Benedic nos + et haec tua dona  
quae de tua largitate sumus sumpturi.  
Per Christum Dominum nostrum.  
Amen.*

## **GRACE AFTER MEALS**

We give you thanks, Almighty God,  
for these and all your benefits,  
who livest and reignest,  
world without end. Amen.

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

*Agimus tibi gratias, omnipotens Deus,  
pro universis beneficiis tuis.  
Qui vivis et regnas in saecula  
saeculorum.*

*Amen*

*Fidelium animae, per misericordiam  
Dei, requiescant in pace. Amen.*

## **PRAYER AT THE STATIONS OF THE CROSS**

*This prayer was written by St. Alphonsus Liguori (d. 1787)*

I love you Jesus, my love above all things.

I repent with my whole heart of having offended you.

Never permit me to separate myself from you again.

Grant that I may love you always, then do with me what you will.

## **FOR A HAPPY DEATH**

*We should pray for a happy death, that is, one in the sacramental care of Mother Church with the Lord Jesus Christ at the centre and our family and friends supporting us with their prayers.*

Jesus, Mary and Joseph, I give you my heart and my soul.

Jesus, Mary and Joseph, assist me in my last agony.

Jesus, Mary and Joseph, may I breathe forth my soul in peace with you. Amen

Into your hands, O Lord, I commend my spirit.

Lord Jesus, receive my soul.

## **PRAYER FOR THE FAITHFUL DEPARTED**

*It is a holy and a wholesome thought to pray for the dead that they may be loosed from their sins. Our prayer for them not only helps them, but makes their intercession for us effective (cf. Catechism 958).*

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

May + they rest in peace. Amen.

*Requiem æternam dona eis, Domine,  
et lux perpetua luceat eis.*

*Requiescant + in pace. Amen.*

## TO THE BLESSED VIRGIN MARY, AND THE ANGELS AND SAINTS

### SCRIPTURE FOR REFLECTION

'Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing nearby, 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 to his own home.' *(John 19: 25-27)*

### HAIL MARY

*After the Our Father, the Hail Mary is the best-known prayer of the Church. The first part praises the Virgin Mary, using words spoken by the Angel Gabriel (Luke 1: 26-38) and St. Elizabeth (Luke 1: 42). Pope Urban IV 1261-1264) added the word 'Jesus.' The second half, a prayer to Mary, appeared in the 14<sup>th</sup> century.*

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.

*Ave Maria, gratia plena,*

*Dominus tecum.*

*Benedicta tu in mulieribus*

*et benedictus fructus ventris tui, Jesus.*

*Sancta Maria, Mater Dei*

*ora pro nobis peccatoribus,*

*nunc et in hora mortis nostrae. Amen.*

### THE ANGELUS

*This prayer, recited at 6 am, 12 noon and 6 pm, thanks God for the Incarnation and honours Mary who selflessly responded to God's will (Luke 1: 26-38).*

V/. The Angel of the Lord declared unto Mary.

R/. And she conceived by the Holy Spirit.

Hail Mary, full of grace ...

V/. Behold the handmaid of the Lord.

R/. Be it done unto me according to your word.

Hail Mary, full of grace ...

V/. *(with head bowed)* And the Word was made flesh.

R/. And dwelt among us.

Hail Mary, full of grace ...

V/. Pray for us, most holy Mother of God.

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

Let us pray. Pour forth, we beseech you, O Lord, your grace into our hearts, that, we to whom the incarnation of Christ, your Son, was made known by the message of an Angel, may by His Passion and Cross, be brought to the glory of His Resurrection. Through the same Christ our Lord. Amen.

## SALVE REGINA

*The Salve Regina is sung from Saturday after Pentecost until the first Sunday of Advent. It was popularised in the 12th century by the Cistercians, who used it as a processional hymn. St. Alphonsus Liguori (d. 1787) based his book, The Glories of Mary, on it, explaining how God gave Mary to mankind as the Gate of Heaven.*

Hail, Holy Queen, Mother of mercy,  
hail our light, our sweetness and our  
hope. To you do we cry, poor banished  
children of Eve. To you do we send up  
our sighs, mourning and weeping  
in this vale of tears. Turn then, most  
gracious advocate, your eyes of mercy  
towards us and after this, our exile,  
show unto us the blessed fruit of your  
womb, Jesus. O clement, O loving, O  
sweet Virgin Mary.

V/. Pray for us, O holy Mother of God.

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

*Salve Regina, Mater misericordiae;  
vita, dulcedo et spes nostra, salve.*

*Ad te clamamus, exsules filii Hevae,  
ad te suspiramus, gementes et flentes  
in hac lacrimarum valle.*

*Eia, ergo, Advocata nostra,  
illos tuos misericordes oculos  
ad nos converte.*

*Et Iesum, benedictum fructum ventris  
tui, nobis post hoc exilium ostende.*

*O clemens, O pia, O dulcis Virgo Maria.*

V/. *Ora pro nobis sancta Dei genetrix.*

R/. *Ut digni efficiamur promissionibus  
Christi.*

## THE REGINA CAELI

*In Eastertide, instead of the Salve Regina and of the Angelus, the Regina Caeli is said. This hymn is Franciscan in origin and praises Christ for conquering death and opening up the gates of Heaven for us.*

*Regina caeli laetare. Alleluia.*

*Quia quem meruisti portare. Alleluia.*

*Resurrexit sicut dixit. Alleluia.*

*Ora pro nobis Deum. Alleluia.*

Queen of Heaven, rejoice, Alleluia.

He Whom you were worthy to bear.

Alleluia. Has risen as He said. Alleluia.

Pray for us to God. Alleluia.

## THE MEMORARE

*This beautiful prayer is attributed to St. Bernard of Clairvaux (d. 1153)*

Remember, O most loving Virgin Mary, that it is a thing unheard of  
that anyone who ever had recourse to your protection,  
implored your help, or sought your intercession, was left forsaken.

Filled, therefore, with confidence in your goodness,

I fly to you, O Mother, Virgin of virgins.

To you I come; before you I stand a sorrowful sinner.

Despise not my words, O Mother of the Word,

but graciously hear and grant my prayer.



## PRAYER FOR ENGLAND

*Cardinal Wiseman (1802-1865), the first Archbishop of Westminster after the restoration of the hierarchy in 1850, asked that this prayer be recited frequently and at Benediction.*

O blessed Virgin Mary, Mother of God and our most gentle Queen and Mother, look down in mercy upon England thy Dowry and upon us all who greatly hope and trust in thee. By thee it was that Jesus our Saviour and our hope was given unto the world; and He has given thee to us that we might hope still more. Plead for us thy children, whom thou didst receive and accept at the foot of the Cross, O sorrowful Mother. Intercede for our separated brethren, that with us in the one true fold they may be united to the supreme Shepherd, the Vicar of thy Son. Pray for us all, dear Mother, that by faith fruitful in good works we may all deserve to see and praise God, together with thee, in our heavenly home.

## AVE REGINA CAELORUM

*This anthem is sung from the Feast of the Presentation to Holy Saturday. It first appeared in monastic use in the twelfth century in Germany and then in England. It depicts Mary reigning in heaven as the Queen of Angels.*

*Ave Regina caelorum,  
Ave Domina Angelorum,  
Salve radix, salve porta,  
Ex qua mundo lux est orta.  
Gaude, Virgo gloriosa,  
Super omnes speciosa,  
Vale, O valde decora!  
Et pro nobis Christum exora.*

Welcome, O Queen of Heaven.  
Welcome, O Lady of Angels Hail! thou  
root, hail! thou gate from whom unto  
the world, a light has arisen: Rejoice, O  
glorious Virgin, Lovely beyond all  
others. Farewell, most beautiful  
maiden, and pray for us to Christ.

## ALMA REDEMPTORIS MATER

*This anthem is sung from the First Sunday of Advent to the Feast of the Presentation. Mentioned in Chaucer's Canterbury Tales, it was composed by Herman Contractus (d. 1054), and was particularly popular here in England.*

*Alma redemptoris mater  
Quae pervia caeli porta manes  
et stella maris Succurre cadenti surgere  
qui curat populo  
Tu quae genuisti natura mirante  
Tuum sanctum genitorem  
Virgo prius ac posterius  
Gabrielis ab ore sumens illud ave  
Peccatorum miserere.*

O loving Mother of our Redeemer, gate  
of heaven, star of the sea,  
Hasten to aid thy fallen people who  
strive to rise once more.  
Thou who brought forth thy holy  
Creator, all creation full of wonder,  
Yet remain ever Virgin, taking from  
Gabriel's lips that joyful "Hail!":  
be merciful to us sinners.

## **PRAYER TO ST. JOSEPH**

*This nineteenth century prayer has been popularised by Pope Francis who referred to it in Patris Corde, the Apostolic Letter of 2020 announcing a Year of St. Joseph.*

GLORIOUS Patriarch Saint Joseph, whose power makes the impossible possible, come to my aid in these times of anguish and difficulty. Take under your protection the serious and troubling situations that I commend to you, that they may have a happy outcome. My beloved father, all my trust is in you. Let it not be said that I invoked you in vain, and since you can do everything with Jesus and Mary, show me that your goodness is as great as your power. Amen.

## **PRAYER TO ST. MICHAEL**

*This prayer was proposed by Pope Leo XIII in 1886 for use after Mass. St. Michael (lit. 'Who is like God') is the great warrior foe of Satan. He is the champion of God's people, and the guardian and protector of Holy Church (Rev. 12:7-9).*

Holy Michael, the Archangel, defend us in the day of battle.  
Be our safeguard against the wickedness and snares of the devil.  
May God rebuke him, we humbly pray;  
and do thou, O Prince of the Heavenly Host, by the power of God,  
thrust down to hell Satan and all wicked spirits  
who wander through the world for the ruin of souls. Amen.

## **PRAYER TO YOUR GUARDIAN ANGEL**

*'From infancy to death, human life is surrounded by the watchful care and intercession of the angels. Beside each believer stands an angel as protector and shepherd leading him to life' (Catechism 336).*

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

## **ANOTHER PRAYER TO YOUR GUARDIAN ANGEL**

O my good Angel, whom God has appointed to be my guardian,  
enlighten and protect me, direct me and govern me during this day/night.  
Amen



*On the third day there was a wedding at Cana in Galilee, and the mother of Jesus was there. Jesus also was invited to the wedding with his disciples. When the wine ran out, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "Woman, what does this have to do with me? My hour has not yet come." His mother said to the servants, "Do whatever he tells you." (John 2: 1-5)*



## THE ROSARY

*For centuries, Christians have found the Rosary a great help to prayer, meditation and union with God. Its twenty mysteries are focused on the birth, life, death and resurrection of Christ our Saviour and the salvation He has won for us.*

Sign of the Cross ... *p. 17*

The Apostles Creed ... *p. 18*

Let us pray for the gifts of faith, hope and charity:

Our Father ... Hail Mary (x3) ... Glory be to the Father ...

**FATIMA PRAYER** *(said after the Doxology at the end of each Mystery)*

O My Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those in most need of Thy mercy.

**THE FIVE JOYFUL MYSTERIES (Mondays and Saturdays)**

The First Joyful Mystery: The Annunciation of the Lord

*God asked Mary to be the Mother of His Son and she joyfully gave her consent. Let us pray for vocations to all states of life and ministry in the Church especially to the sacred priesthood, diaconate and religious life.*

The Second Joyful Mystery: The Visitation

*Mary visited her cousin Elizabeth and the child, John the Baptist, joyfully leapt in her womb. Let us pray for all who are pregnant and for the unborn child. Let us pray for respect for life, from conception to natural death.*

The Third Joyful Mystery: The Birth of Jesus Christ our Saviour

*God the Son joyfully took flesh and was born in Bethlehem, a place-name in Hebrew that means 'The House of Bread'. Let us pray for peace on earth, for an end to conflict and violence and for justice and reconciliation among all people.*

The Fourth Joyful Mystery: The Presentation of Jesus in the Temple

*Mary and Joseph joyfully dedicated their Child according to the demands of God's Law. Let us pray for all Christians that they may be more intentional disciples, offering their charisms, gifts and talents in Christ's service.*

The Fifth Joyful Mystery: The Finding of the Child Jesus in the Temple

*Jesus, having been lost, was joyfully found three days later, saying to Mary and Joseph: 'I must be about my Father's business.' Let us pray for all those who have lapsed or do not practice their faith that they may find their way to full communion in the Church.*

**THE FIVE MYSTERIES OF LIGHT (Thursdays)**

The First Luminous Mystery: The Baptism of Jesus in the Jordan

*The heavens opened, the Spirit appeared like a dove and the Father said: 'This is My Beloved Son: listen to Him.' Let us pray for all who are being baptised and*



*confirmed at this time and for all young Christians, that they may grow strong in faith.*

**The Second Luminous Mystery: The Wedding Feast of Cana**

*Jesus worked his first miracle, changing water into wine, and Mary left us the saying: 'Do whatever He tells you.' Let us pray for all married couples, for respect for Christian marriage and for all young families, especially any in difficulty*

**The Third Luminous Mystery: The Proclamation of the Kingdom**

*Jesus began preaching the Good News of salvation, calling us to conversion of mind, will and heart. Let us pray for the mission of the Church, and for the evangelisation and conversion of our country and its culture.*

**The Fourth Luminous Mystery: The Transfiguration**

*Jesus on Mount Tabor revealed His glory as God the Son and shewed us the risen humanity to which we are called. Let us pray for an outpouring of the gifts of the Holy Spirit upon us that we may grow in holiness and perfection.*

**The Fifth Luminous Mystery: The Institution of the Holy Eucharist**

*Jesus at the Last Supper established the Blessed Sacrament, thus ensuring His real and abiding Presence among us. Let us pray for a deeper love and respect for Jesus on our altars and for the worthy celebration of all the Sacraments.*

## **THE FIVE SORROWFUL MYSTERIES (Tuesdays and Fridays)**

**The First Sorrowful Mystery: The Agony in the Garden**

*Jesus sweated blood at the sorrow of his impending death but said to the Father: 'Let it be as You not I would have it.' Let us pray for all who are suffering sickness and disease, for the medical staff who care for them, for the aged, and for all who will die today.*

**The Second Sorrowful Mystery: The Scourging at the Pillar**

*Jesus was arrested, unjustly condemned and cruelly scourged, his Sacred Body being lashed for our sins. Let us pray for forgiveness for our sins, and for the sins of others, for true contrition and for a firm purpose of amendment.*

**The Third Sorrowful Mystery: The Crowning with Thorns**

*Jesus suffered violence, mockery and insult and to make fun of Him they said 'Hail King of the Jews!' We pray for prisoners and prison staff, for judges and lawyers, for those who are persecuted and for those who are vilified or wrongly accused.*

**The Fourth Sorrowful Mystery: The Way of the Cross**

*Jesus carried his own Cross through the streets to Calvary where stripped of his garments, he was painfully nailed to it. Let us pray for those carrying heavy crosses in their life: ill-health, addiction, financial worries and personal tragedy*

**The Fifth Sorrowful Mystery: The Crucifixion**

*Jesus dies on the Cross of Calvary, saying: 'Father, into Your hands I commend my spirit.' Let us pray for all our departed relatives, friends and benefactors and for ourselves that we might be blessed with a happy death.*

## **THE FIVE GLORIOUS MYSTERIES (Sundays and Wednesdays)**

The First Glorious Mystery: The Resurrection

*On Easter Day, Jesus rose gloriously from the tomb and appeared to Peter and the Apostles. Let us pray for those who do not believe in God or in heaven, and for those who struggle with their faith, that touched by the Holy Spirit they may be given the joy of faith.*

The Second Glorious Mystery: The Ascension

*After forty days, Jesus ascended into heaven, where He now sits in glory at the right hand of the Father. Let us pray for a merciful judgment for ourselves and for others and that we may always be merciful to others, especially to those in need.*

The Third Glorious Mystery: The Descent of the Holy Spirit

*upon Our Lady, St. Peter and the Apostles, when the glorious mission of the Church began. Let us pray for the holy father, for all bishops, priests and deacons, for the religious, for all the faithful of the Church and for the unity of all Christians in doctrine, life and worship*

The Fourth Glorious Mystery: The Assumption of Mary

*At the end of Her life, Mary was taken in glory into heaven. Let us pray for integral human development in our world, for care of the environment, for an end to poverty and a rightful sharing of the world's resources.*

The Fifth Glorious Mystery: The Crowning of Mary as Queen of Heaven

*and the glory of heaven in the communion of the angels and saints, when 'God will be all in all' (1 Cor 15: 28). Let us pray for ourselves that one day we shall be with God in heaven and for God's blessing on all our family and friends.*

Hail, holy Queen, Mother of mercy ... *(p. 22)*

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 by meditating on these mysteries in the most holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise. Through Christ our Lord. Amen.

For the intentions of the Holy Father: Our Father ... Hail Mary ... Glory be ...

Prayer to St. Michael the Archangel ... *(p. 24)*

May the Divine Assistance remain always with us,  
and may the souls of the faithful departed  
+ by the mercy of God rest in peace. Amen.

Sign of the Cross





*Now before the Feast of the Passover, when Jesus knew that his hour had come to depart out of this world to the Father, having loved his own who were in the world, he loved them to the end. During supper, when the devil had already put it into the heart of Judas Iscariot, Simon's son, to betray him, Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going back to God, rose from supper. He laid aside his outer garments, and taking a towel, tied it round his waist. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was wrapped round him. (John 13: 1-5)*

## A FORM OF MORNING PRAYERS

*St. Paul says we should 'pray at all times in the Spirit, with all prayer and supplication' (Eph 6: 18). But we cannot pray at all times if we do not pray at specific times, consciously willing it, and so "the Church proposes to the faithful certain rhythms of praying intended to nourish continual prayer. Some are daily, such as morning and evening prayer, grace before and after meals, the Liturgy of the Hours. Sundays, centred on the Eucharist, are kept holy primarily by prayer. The cycle of the liturgical year and its great feasts are also basic rhythms of the Christian's life of prayer. These are the special times of Christian prayer, both in intensity and duration" (Catechism 2698). A great time to pray is first thing in the morning. Here is a suggested format for our prayer.*

### MY INTENTIONS

As a disciple of Jesus Christ and a member of His Body the Church, I resolve:

- *daily* to offer the day and its work to God's service, and to spend some time in prayer, keeping the day appointed by the cycle of the liturgical calendar and dedicating Sunday to the Blessed Trinity, Monday to the Holy Angels, Tuesday to the Apostles, Wednesday to St. Joseph, Thursday to the Holy Eucharist, Friday to the suffering, passion and death of Jesus Christ our Saviour, and Saturday the Blessed Virgin Mary;
- *weekly* to keep Sunday as the Lord's Day, centring the day on Mass;
- *monthly* to go to the Sacrament of Reconciliation; and
- *yearly*, to undertake a Day of Recollection, a short retreat or pilgrimage.

### SCRIPTURE FOR REFLECTION

Jesus said 'I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!' *(Luke 11: 9-13)*

### FORMAT FOR MORNING PRAYER

The Sign of the Cross ... *p. 17*

The Morning Offering ... *p. 19*

Our Father ... *p. 17*

Hail Mary ... *p. 21*

Apostles Creed ... *p. 18*

Glory be ... *p. 18*



Come Holy Spirit ... *p. 19*

Act of Faith, Hope and Charity ... *p. 18*

Prayer to Sacred Heart ... *p. 19*

Prayer to your Guardian Angel ...*p. 24*

*If you are able, read and reflect upon the Gospel appointed for the Mass of the day and also on the Saint(s) commemorated this day.*

*Conclude by saying*

May the Lord bless us, + keep us from all evil,  
and bring us to everlasting life. Amen

## **A FORM OF NIGHT PRAYERS**

*Jesus often drew apart to pray in solitude, on a mountain, preferably at night (Catechism 2602). Praying at the end of the day is an opportunity to thank the Lord for the gift of another day and for the blessings He has given. In helping us review all the experiences of the day and the ways that God has been present, night prayer is also a preparation for a happy death. Here is a suggested format.*

### **MY INTENTIONS**

At the end of this day, as a disciple of Jesus Christ, I resolve:

- to thank God for the gift of this day
- to make an examination of conscience and to repent of sins committed
- to review the events of the day and to place it all in God's providence; and
- to resolve to live tomorrow as a new day with God's grace; and
- to place my soul in His protective hands during the night.

### **SCRIPTURE FOR REFLECTION**

'Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain any more, for the former things have passed away' (*Rev 21: 1-4*).

## **FORMAT FOR NIGHT PRAYER**

The Sign of the Cross ... *p. 17*

*Now make an Examination of Conscience. Afterwards, say*

Act of Contrition ... *p. 19*

Our Father ... *p. 17*

Hail Mary ... *p. 21*

Apostles Creed ... *p. 18*

Prayer for a Happy Death ... *p. 20*

Prayer for the Dead ... *p. 20*

Prayer to Guardian Angel ... *p. 24*

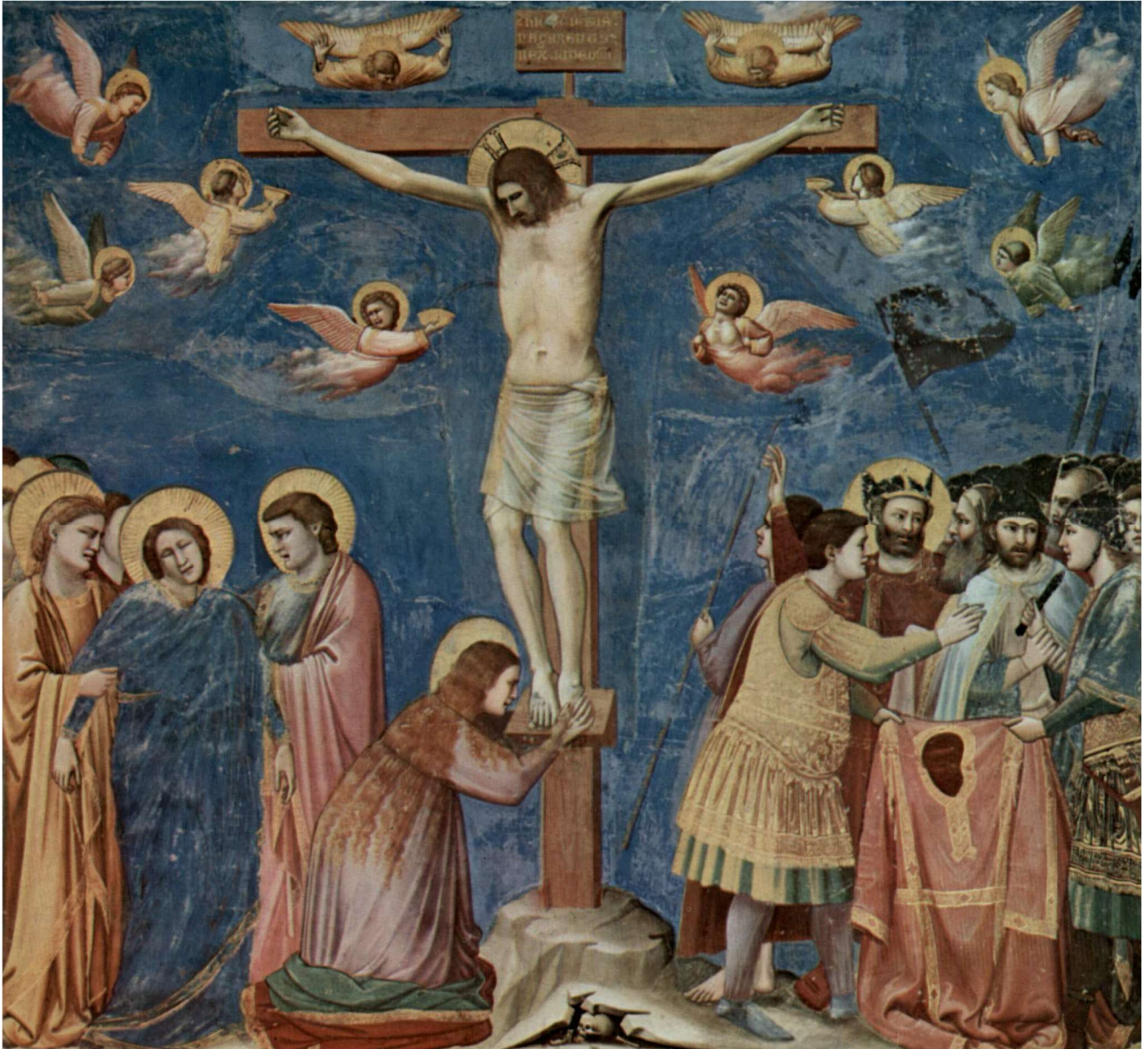
Glory be ... *p. 18*

Prayer to St. Michael ... *p. 24*

*If you are able, read and reflect upon the Liturgy appointed for the following day, including the life of any saint commemorated.*

*Conclude by saying*

May the Lord bless us, + keep us from all evil,  
and bring us to everlasting life. Amen



*One of the criminals who were hanged railed at him, saying, "Are you not the Christ? Save yourself and us!" But the other rebuked him, saying, "Do you not fear God, since you are under the same sentence of condemnation? And we indeed justly, for we are receiving the due reward of our deeds; but this man has done nothing wrong." And he said, "Jesus, remember me when you come into your kingdom." And he said to him, "Truly, I say to you, today you will be with me in Paradise." (Luke 23: 39-43)*

## MAKING A VISIT TO THE BLESSED SACRAMENT

*As a child, I was always taught, when entering church, to genuflect to the Tabernacle, as an act of reverence. I was taught too to make the Sign of the Cross when passing a Catholic church for the same reason. We were also encouraged to pay visits to church to spend time in prayer with the Lord. The Church encourages this practice of Eucharistic adoration, individually and communally, as an act of worship that enables us to experience the liturgy of the Mass more fruitfully. In this way, we can experience the meaning and the beauty of spending time with Jesus, whilst cultivating a sense of awe before His presence (Sacramentum Caritatis 67). Here is a format for a Visit to the Blessed Sacrament.*

To make a 'Holy Half Hour,' I would suggest:

- *Introduction and Adoration of the Blessed Sacrament – about 7 minutes. In your own words - there are some suggested prayers below*
- *Silent Meditation and 'Lectio Divina' - about 15 minutes.*
- *Resolutions, Praise and Thanksgiving – about 7 or 8 minutes*

### IN HONOUR OF THE BLESSED SACRAMENT

*After genuflecting, say three times:*

O Sacrament most holy, O Sacrament Divine,  
all praise and all thanksgiving be every moment thine.

*Once settled in your place, especially if making a Holy Half Hour, you might add:*

Sign of the Cross ... Our Father ... Hail Mary (*three times*) ... Glory be ...

Prayer to the Holy Spirit ... *p. 19*

Prayer of St. Ignatius Loyola ... *p. 14*

The Memorare ... *p. 22*

Prayer to St. Joseph ... *p. 24*

### PRAYER OF ADORATION

Lord Jesus Christ, I firmly believe that You are present, here on our Altar,  
in this most Blessed Sacrament of Your love,

that you hear me, that you see me  
and that you know all the secret motions of my heart,  
and I humbly and devoutly adore You. ...

I love You above all things and thank you profoundly  
and I give myself totally to you, body, blood, soul and all.

I repent with my whole heart of ever having offended You  
and beg your forgiveness for my sins.

I come to adore You, and ask Your grace to spend this time worthily and well. I  
offer You, through the most pure Heart of Mary,



all the prayers, the works, the sufferings and the joys of this day  
for all the intentions of Your Divine Heart, as a sacrifice in union with the Mass.  
And I ask for the grace of the Holy Spirit to transform me  
and to guide me today in all I think, say and do.

Listen now as I come before you and mention to you my needs

*(pause to mention your prayer intentions).*

I pray for vocations to every state of life and ministry in the Church,  
above all, for our seminarians and for vocations to the priesthood.

I pray for our priests and deacons, for the religious,  
for teachers, for parents and for the laity,

for our country, its politicians and policy-makers, and for peace.

I pray for those in need, the poor, the sick, the unjustly treated,  
prisoners, refugees, the dying and the faithful departed, especially for ...

I pray for all my family, for all my friends, for all who have asked my prayers.

Bless us all, dear Lord, and bring us one day to heaven,  
where You live and reign with the Father and the Holy Spirit,  
God, for ever and ever. Amen.

## **ADORE TE DEVOTE**

*This hymn is attributed to St. Thomas Aquinas*

Hidden here before me, Lord, I worship you,  
Hidden in these symbols, yet completely true.  
Lord, my soul surrenders, longing to obey,  
And in contemplation wholly faints away.

Seeing, touching, tasting; these are all deceived;  
Only through the hearing can it be believed.  
Nothing is more certain; Christ has told me so;  
What the Truth has uttered, I believe and know.

Only God was hidden when you came to die;  
Human nature also here escapes the eye.  
Both are my profession, both are my belief;  
Bring me to your Kingdom like the dying thief.

I am not like Thomas, who could see and touch;  
Though your wounds are hidden, I believe as much.  
Let me say so boldly, meaning what I say.  
Loving you and trusting, now and every day.

Record of the Passion when the Lamb was slain,  
Living bread that brings us back to life again;

Feed me with your presence, make me live on you;  
Let that lovely fragrance fill me through and through.

Once a nesting pelican gashed herself to blood  
For the preservation of her starving brood;  
Now heal me with your blood, take away my guilt;  
All the world is ransomed if one drop is spilt.

Jesus, for the present seen as through a mask,  
Give me what I thirst for, give me what I ask;  
Let me see your glory in a blaze of light,  
And instead of blindness give me, Lord, my sight. Amen.

### **PRAYER OF ST. JOHN HENRY NEWMAN**

I place myself in the presence of Him, in whose Incarnate Presence I am before  
I place myself there. I adore You, O my Saviour, present here as God and as  
man, in soul and in body, in true flesh and blood. I acknowledge and confess  
that I kneel before that Sacred Humanity, which was conceived in Mary's  
womb, and lay in Mary's bosom; which grew up to twelve, wrought miracles,  
and spoke words of wisdom and peace; which in due season hung on the cross,  
lay in the tomb, rose from the dead, and now reigns in heaven. I praise, and  
bless, and give myself wholly to Him, who is the true Bread of my soul, and my  
everlasting joy.

### **PRAYER TO CHRIST, LORD OF THE WORLD**

*This prayer was written by the theologian Pierre Teilhard de Chardin (d. 1955)*

O Glorious Christ,  
Influence secretly diffused in the heart of matter,  
and dazzling centre in which  
the countless number of fibres of the multiple come together,  
Power as implacable as the world and as warm as life,  
your forehead is of snow and your eyes are of fire.  
Your feet are more sparkling than gold in fusion  
and your hands imprison the stars.  
You are the first and the last,  
the one who died, the one who lives, and the one who rose again.  
You gather together in your exuberant unity  
all charms and all tastes, all forces and all states.  
It is you to whom my being called out with a desire as vast as the universe.  
You are truly: My Lord and my God.

## **LECTIO DIVINA (Meditation on a passage of Scripture)**

*There are three parts to this:*

- *preparation: in your own words ask the Holy Spirit to help you enter imaginatively into the scene of the Gospel and to encounter the Lord Jesus;*
- *lectio divina itself, reading carefully and rereading the passage, using the imagination to enter the time, place, weather, etc. and the scene. We imagine ourselves standing alongside the key players, noting how they/we feel. We begin a conversation with Jesus Himself about the scene. This leads into A-C-T-S, the four basic types of prayer, that is, Adoration, Contrition, Thanksgiving, Supplication (or petitions); and*
- *finishing by asking Jesus if there is anything He wants us to do. This may or may not lead to a resolution. End by thanking God for this time together.*

*Here is a suggested passage – but you could choose another.*

‘The next day again John was standing with two of his disciples, and he looked at Jesus as he walked by and said, “Behold, the Lamb of God!” The two disciples heard him say this, and they followed Jesus. Jesus turned and saw them following and said to them, “What are you seeking?” And they said to him, “Rabbi” (which means Teacher), “where are you staying?” He said to them, “Come and you will see.” So they came and saw where he was staying, and they stayed with him that day, for it was about the tenth hour. One of the two who heard John speak and followed Jesus was Andrew, Simon Peter's brother. He first found his own brother Simon and said to him, “We have found the Messiah” (which means Christ). He brought him to Jesus. Jesus looked at him and said, “So you are Simon the son of John? You shall be called Cephas,” which means Peter (*John 1: 35-42*).

### **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 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 Saint Joseph, her spouse most chaste.

Blessed be God in His angels and in His Saints.

## **SPIRITUAL COMMUNION**

*Here is a prayer based on a supplication by St. Alphonsus Liguori*

My Jesus, I believe that you are present in this Holy Sacrament of the Altar.

I love You above all things

and I passionately desire to receive You into my soul.

Since I cannot now receive You sacramentally,

come spiritually into my heart

so that I may unite myself wholly to You now and forever. Amen.

## **IN THANKSGIVING**

*Especially if making a Holy Half Hour, you may wish to add:*

The *Anima Christi* Prayer ... *p. 14*

Prayer of St. Richard of Chichester ... *p. 14*

Prayer for England ... *p. 23*

Prayer to St. Michael ... *p. 24*

Prayer to your Guardian Angel ... *p. 24*

## **ADOREMUS IN AETERNUM**

*Ant.* Let us adore for ever  
the Most Holy Sacrament.

*(Psalm 117)*

O praise the Lord, all you nations.  
Acclaim him all you peoples.  
For his merciful love  
has prevailed upon us  
and the Lord's faithfulness  
endures forever.  
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.

*Ant.* Let us adore for ever  
the Most Holy Sacrament.

*Ant.* *Adoremus in aeternum  
sanctissimum Sacramentum.*

*(Psalm 117)*

*Laudate Dominum omnes gentes:  
laudate eum omnes populi.  
Quoniam confirmata est super nos  
misericordia ejus:  
et veritas Domini manet in aeternum.  
Gloria Patri, et Filio,  
et Spiritui Sancto:  
Sicut erat in principio, et nunc et semper,  
et in saecula saeculorum.  
Amen.*

*Ant.* *Adoremus in aeternum  
sanctissimum Sacramentum.*

## **CONCLUSION**

*Before genuflecting and leaving church, say three times:*

O Sacrament most holy, O Sacrament Divine,  
all praise and all thanksgiving be every moment thine.





*They departed quickly from the tomb with fear and great joy, and ran to tell his disciples. And behold, Jesus met them and said, "Greetings!" And they came up and took hold of his feet and worshipped him. Then Jesus said to them, "Do not be afraid; go and tell my brothers to go to Galilee, and there they will see me." (Mt 28: 8-10)*

## HOW TO GO TO CONFESSION - IN THREE EASY STEPS

*The Sacrament of Reconciliation is the sacrament of conversion: "it makes present sacramentally Jesus's call to conversion" (CCC 1423). It is a beautiful, a life-changing encounter with the merciful Heart of Jesus, "usually followed by peace and serenity of conscience with strong spiritual consolation" (Council of Trent). If we have committed a serious sin, we should go to confession as soon as we can, but in general I would recommend once a month. Here is how to go to Confession – in three easy steps.*

### SCRIPTURE FOR REFLECTION

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just ; he will forgive us our sins and cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us. *(1 John 1: 8-10)*

### STEP 1. BEFORE CONFESSION

*Make the Sign of the Cross.*

*Ask the Holy Spirit to help you to make a good confession:*

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

V/. Send forth Your Spirit and they shall be created

R/. And You shall renew the face of the earth.

*Ask God for the grace to examine your conscience well:*

O my God, help me to see and know the condition of my soul honestly and humbly, and to make a sincere and truthful confession. Teach me true sorrow for my sins. Then in Your mercy, grant me Your forgiveness, Your grace and Your love. Amen.

*Examine your conscience – work out what is most serious. The Examination of Conscience below might help. Then, try to be truly sorry for your sins:*

O my God, because You are so good,  
I am very sorry that I have sinned against You,  
but, by the help of Your grace, I will not sin again.

### STEP 2. IN CONFESSION

*Many churches have 'confessionals' or 'Reconciliation Rooms.' Go into the confessional and either kneel or sit. Speak clearly and begin as follows:*

Bless me, father, for I have sinned.

It is *(weeks, months, etc.)* since my last confession and these are my sins.

*List your sins, beginning with the serious ones, and add at the end:*

For these sins and any others I cannot now remember, I humbly ask God's forgiveness, and penance and absolution from you, father.

*Listen to the advice the priest gives. He will give you a penance to perform (usually a prayer, work of charity or act of self-denial). He will then ask you to make an Act of Contrition. Say:*

O my God, because You are so good,  
I am very sorry that I have sinned against You,  
but, by the help of Your grace, I will not sin again.

*The priest will give you Absolution. Depart the confessional, leaving the door open for the next penitent.*

### **STEP 3. AFTER CONFESSION**

*First, thank God for his merciful love:*

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.

*Say the penance the priest gave you (if prayers), or decide when to perform it.*

*Then, say a prayer for the priest: e.g.*

Our Father, Who art in heaven, hallowed ...

*Resolve to try harder in future to love God and to love your neighbour:*

O my God, because You are so good,  
I wish to love you with my whole heart  
and for Your sake, to love my neighbour as myself.

*End with a visit to the altar or statue of Our Lady, to ask her help.*

### **AN EXAMINATION OF CONSCIENCE**

*One of the secrets of a good confession is a thorough examination of conscience. To see in a dark room we need a light. So pause and ask the Holy Spirit to shine the light of Christ in your heart and mind, that you may know your sins and make a good confession. The Ten Commandments really come down to two: love God, and love your neighbour as yourself.*

*1. Let us think first about how much or how little we love God:*

- Do I love God and love my faith as the most important thing in life? Or do I compromise? Do I sometimes exclude Jesus from my life? Do I love myself more than God and my faith - my own wishes and desires, my comforts and attitudes?
- Have I ever denied my faith, or hidden it to protect myself or my reputation? Or made fun of others for their faith? Have I always been faithful to the teachings of the Church – or do I place myself and my own opinions above those of the Church?
- Have I forgotten to pray? Or said my prayers badly, giving in to distractions? Could I have prayed more often and/or better? Do I tend to forget God during the day?



- Have I left it too long to go to confession? Did I fulfil my Easter duties last year? Have I ever received the Holy Eucharist irreverently or when I should have gone to confession first?
- Have I ever missed Mass on a Sunday or a Holyday?

*2. Let us consider how we treat others, how much or how little we love them:*

- Could I have been more helpful to others: parents, children, relations, friends, neighbours, business-partners? Have I set a good example to children in moral and religious matters?
- Have I ever been impatient, angry, rude, harsh, spiteful, sarcastic or wished another harm? Have I been drunk or behaved badly or set a bad example? Have I hurt anyone by speaking badly about them? Have I damaged another's good reputation by gossip or by unreasonable expectations? Have I told lies or betrayed secrets?
- What about purity? How truly caring am I to my spouse? Have I given her/him enough time? Have I always been faithful to my state of life? Have I acted impurely or looked at pornography?
- Have I been dishonest at work: with time, materials, expenses? Have I ever cheated or stolen anything without due restitution? Have I been two-faced in dealing with others? Am I overly materialist, not focused enough on eternal life? Am I truly concerned about promoting justice, peace, respect? Do I share enough with the poor?
- Have I truly loved others? Or have I wallowed in self-pity, brooded over injuries or refused to forgive? Have I been jealous of others? Or encouraged others to do wrong?

*3. Let us consider my virtues (good habits) and vices, where my life is going:*

- What is the basic direction of my life? Do I really try to love God and develop my spiritual life? Or not really? What are the fruits?
- Pride or Humility. Do I put myself forward too much? Am I becoming more self-absorbed - or more other-person centred?
- Envy or Mercy. Do I find other people's good fortunes irritating? Or do I pity their misfortunes and seek to help them?
- Anger or gentleness. How quickly and how often do I get angry?
- Avarice or Generosity. Do I seek more? Or am I happier when giving?
- Lust or Chastity. Do I allow lust to be kindled? Or do I seek chastity?
- Gluttony or Temperance. Do I ever practice mortification?
- Sloth or Diligence. Am I becoming more lazy? Or more hard-working?
- Sorrow or Patience. How negative and complaining am I? How positive am I and supportive?
- Am I making any progress? Or am I slipping backwards?
- Have I failed to do something that I ought to have done?



## PRAYERS PRIESTS MIGHT SAY

*The following prayers have been proposed by the Congregation for Clergy for use by priests before and after hearing confessions.*

### **PRIEST'S PRAYER BEFORE HEARING CONFESSIONS**

Grant to me, O Lord, that wisdom which stands beside Your throne, that I may know how to judge Your people with justice, and Your poor ones with equity. Let me so use the keys of the Kingdom of heaven that I may open to no one upon whom they should shut, nor close them to any for whom they should open. May my intention be pure, my zeal sincere, my charity patient, my labour fruitful. Let me be gentle without weakness, severe without harshness. Let me not disdain the poor; nor fawn the rich. Make me kind that I may attract sinners, prudent in questioning them, adroit in directing them. Grant, I beseech You, skill to lead them back from sin, zeal in confirming them in good, diligence in elevating them to better things. Grant me good judgement in answering questions, correctness in counselling. Give me light when things are obscure, wisdom when they are entangled, victory when they are difficult. May I myself be not lost. Amen

### **PRIEST'S PRAYER AFTER HEARING CONFESSIONS**

Lord Jesus Christ, sweet lover and sanctifier of souls, I pray You, through the infusion of the Holy Spirit, to purify my heart from every dissolute feeling or thought and to replace, through Your infinite compassion and mercy, everything in my ministry which may be a cause of sin, due to my ignorance or neglect. I commend to Your amiable wounds all the souls whom You have brought to repentance and sanctified through Your precious Blood so that You may guard them from every sin and keep in Your love all who fear You, promote in them each day more virtues, and bring them to everlasting life. Who live and reign with the Father and the Holy Spirit for ever and ever.

O Lord Jesus Christ, Son of the living God, receive this performance of my ministry with that surpassing love with which You absolved blessed Mary Magdalene and all sinners flying to You. Whatever in the administration of this Sacrament I may have performed negligently and unworthily, deign to supply and satisfy. I recommend to Your most Sacred Heart all and each who have now confessed to me, asking You to guard them from relapse. After the misery of this life lead them with me into the joys of eternal life.

## NIGHT PRAYER OF THE CHURCH

*The Liturgy of the Hours, the public prayer of the Church, is recited at seven points during the day. Its purpose is to sanctify the day, extending the fruits of the Lord's death and resurrection in the Eucharist. The key 'offices' are Morning and Evening Prayer (Lauds and Vespers). The little hours (Terce, Sext and None) are said in mid-morning, at noon and mid-afternoon. The Office of Readings can be said at any hour of the day. Here is Night Prayer (Compline), the last prayer of the day, to be recited before retiring to bed. The form is that for Sundays.*

### INTRODUCTION

O God, + come to our aid.

O Lord, make haste to help us.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and will be for ever. Amen. Alleluia.

*A brief examination of conscience may be made. Then*

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. Amen.

### HYMN

*Hymn 'Te lucis ante terminum' (transl. Benedictines of St. Cecilia's, Ryde)*

To you before the end of day,  
Creator of the world, we pray:  
In love unfailing hear our prayer,  
Enfold us in your watchful care.

Keep all disturbing dreams away,  
And hold the evil foe at bay.  
Repose untroubled let us find  
For soul and body, heart and mind.

Almighty Father, this accord  
Through Jesus Christ, your Son, our Lord:  
Who reigns with you eternally  
In your blest Spirit's unity.

## PSALMODY

*Ant.* Night holds no terrors for me sleeping under God's wings.

### *Psalm 91: Safe in God's sheltering care*

He who dwells in the shelter of the Most High,  
and abides in the shade of the Almighty,  
says to the Lord, "My refuge,  
my stronghold, my God in whom I trust!"

He will free you from the snare of the fowler,  
from the destructive plague;  
he will conceal you with his pinions,  
and under his wings you will find refuge.

His faithfulness is buckler and shield.  
You will not fear the terror of the night,  
nor the arrow that flies by day,  
nor the plague that prowls in the darkness,  
nor the scourge that lays waste at noon.

A thousand may fall at your side,  
ten thousand fall at your right:  
you it will never approach.  
Your eyes have only to look  
to see how the wicked are repaid.

For you, O Lord, are my refuge.  
You have made the Most High your dwelling.  
Upon you no evil shall fall,  
no plague approach your tent.

For you has he commanded his angels  
to keep you in all your ways.  
They shall bear you upon their hands,  
lest you strike your foot against a stone.

On the lion and the viper you will tread,  
and trample the young lion and the serpent.  
Since he clings to me in love, I will free him,  
protect him, for he knows my name.

When he calls on me, I will answer him;  
I will be with him in distress;  
I will deliver him, and give him glory.  
With length of days I will content him;  
I will show him my saving power.

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.

*Ant.* Night holds no terrors for me sleeping under God's wings.

### **READING**

They will see his face, and his name will be on their foreheads. And night will be no more. They will need no light of lamp or sun, for the Lord God will be their light, and they will reign for ever and ever. *(Rev. 22: 4-5)*

### **RESPONSORY**

Into your hands, Lord, I commend my spirit.

*Into your hands, Lord, I commend my spirit.*

You have redeemed us, Lord God of truth.

*I commend my spirit.*

Glory to the Father, and to the Son, and to the Holy Spirit.

*Into your hands, Lord, I commend my spirit.*

### **GOSPEL CANTICLE**

*Ant.* Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

*Canticle of Simeon (Luke 2:29-32)*

Now, you + dismiss your servant in peace,  
according to your word, O Master;

For my eyes have seen your salvation,  
which you prepared in the sight of all the peoples:  
A light for revelation to the nations,  
and the glory of your people Israel.

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.

*Ant.* Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

## CONCLUDING PRAYER

Let us pray.

Lord, we have celebrated today the mystery of the rising of Christ to new life. May we now rest in your peace, safe from all that could harm us, and rise refreshed and joyful, to praise you throughout another day. We ask this through Christ our Lord. Amen.

## BLESSING

May the all-powerful Lord + grant us a restful night and a peaceful death. Amen.

*An antiphon in honour of the Blessed Virgin Mary is now recited, either one of those on pp. 24-25 or the following:*

## SUB TUUM PRAESIDIUM

*This is the oldest prayer of all to the Blessed Virgin Mary, older even than the Hail Mary. It is said to have been prayed by Christians early in the third century, particularly by Roman sailors. It is still used extensively in the Eastern Catholic Churches and also in the liturgies of the Orthodox, Armenian and Coptic churches. "Russian mystics and the great saints of all the traditions advised, in moments of spiritual turbulence, to shelter beneath the mantle of the Holy Mother of God, pronouncing the invocation Sub Tuum Praesidium" (Pope Francis).*

*Sub tuum praesidium confugimus,  
Sancta Dei Genetrix.  
Nostras deprecationes ne despicias  
in necessitatibus nostris,  
sed a periculis cunctis libera nos semper,  
Virgo gloriosa et benedicta.  
Amen.*

We fly to Thy protection,  
O Holy Mother of God;  
Despise not our petitions  
in our necessities,  
but deliver us always  
from all dangers,  
O Glorious and Blessed Virgin. Amen.

## Acknowledgements

*Excerpts from the English translation of The Roman Missal, © 2010 International Committee on English in the Liturgy. Excerpts from The Liturgy of the Hours © 1975 International Committee on English in the Liturgy and from The Divine Office (London, Collins: 1974). Psalms from Abbey Psalms and Canticles (Washington, USCCB: 2020). Prayers from ed. M. Le Bas My First Missal (Birmingham, Goodliffe Neale Ltd: 1962). Other prayers found in the public domain or in A Simple Prayer Book (London, CTS: 1986). All illustrations from the Life of Christ by Giotto di Bondone (c. 1267–1337), found in the public domain on Wikimedia Commons.*

*My thanks to Canon PJ Smith for his help with printing and distribution.*

*Front cover: Detail from the Adoration of the Magi by Giotto di Bondone.*



*When the day of Pentecost arrived, they were all together in one place. And suddenly there came from heaven a sound like a mighty rushing wind, and it filled the entire house where they were sitting. And divided tongues as of fire appeared to them and rested on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues as the Spirit gave them utterance. (Acts 2: 1-4)*

## ALPHBETICAL LIST OF PRAYERS

<b>Act of Adoration (after Mass)</b>	<b>15</b>
<b>Act of Contrition</b>	<b>19</b>
<b>Act of Faith (after Mass)</b>	<b>14</b>
<b>Act of Faith (before Mass)</b>	<b>6</b>
<b>Act of Faith, Hope and Charity</b>	<b>18</b>
<b>Act of Hope (before Mass)</b>	<b>7</b>
<b>Act of Humility (before Mass)</b>	<b>6</b>
<b>Act of Love (after Mass)</b>	<b>15</b>
<b>Act of Love and Desire (before Mass)</b>	<b>7</b>
<b>Act of Offering (after Mass)</b>	<b>15</b>
<b>Act of Petition (after Mass)</b>	<b>15</b>
<b>Act of Sorrow (before Mass)</b>	<b>6</b>
<b>Act of Thanksgiving (after Mass)</b>	<b>14</b>
<b>Adore Te Devote (Hymn of St. Thomas Aquinas)</b>	<b>35</b>
<b>Adoremus in aeternum</b>	<b>38</b>
<b>After Hearing Confessions, Prayer (Priests)</b>	<b>43</b>
<b>Alma Redemptoris Mater</b>	<b>23</b>
<b>Angelus, The</b>	<b>21</b>
<b>Anima Christi Prayer, The</b>	<b>14</b>
<b>Apostles Creed, The</b>	<b>18</b>
<b>Ave Regina Caelorum</b>	<b>23</b>
<b>Before Hearing Confessions, Prayer (Priests)</b>	<b>43</b>
<b>Blessed Sacrament, A Visit to</b>	<b>34</b>
<b>Christ, Lord of the World, Prayer to</b>	<b>36</b>
<b>Compline (Night Prayer of the Church)</b>	<b>44</b>
<b>Confession, Act of Contrition</b>	<b>19</b>
<b>Confession, How to go to</b>	<b>40</b>
<b>Confessions, Prayer after Hearing (Priests)</b>	<b>43</b>
<b>Confessions, Prayer before Hearing (Priests)</b>	<b>43</b>
<b>Divine Praises, The</b>	<b>37</b>
<b>Doxology, The ('Glory Be')</b>	<b>18</b>
<b>England, Prayer for</b>	<b>23</b>
<b>Examination of Conscience</b>	<b>41</b>
<b>Faithful Departed, Prayer for the</b>	<b>20</b>
<b>Fatima Prayer</b>	<b>26</b>
<b>Glorious Mysteries of the Rosary</b>	<b>28</b>
<b>Glory Be...</b>	<b>18</b>
<b>Grace after Meals</b>	<b>20</b>
<b>Grace before Meals</b>	<b>19</b>
<b>Grace to Safeguard Chastity, Prayer for the (for Priests)</b>	<b>8</b>
<b>Guardian Angel, Prayers to your</b>	<b>24</b>
<b>Hail Mary</b>	<b>21</b>
<b>Hail, Holy Queen (Salve Regina)</b>	<b>22</b>
<b>Happy Death, Prayer for a</b>	<b>20</b>
<b>Holy Rosary, The</b>	<b>26</b>



<b>Holy Spirit, Prayer to the</b>	<b>19</b>
<b>How to go to Confession</b>	<b>40</b>
<b>In Thanksgiving</b>	<b>38</b>
<b>Jesus Christ, Prayer to (for Priests)</b>	<b>8</b>
<b>Joyful Mysteries of the Rosary</b>	<b>26</b>
<b>Lectio Divina (Meditation on a passage of Scripture)</b>	<b>37</b>
<b>Let us Adore for ever the Most Holy Sacrament</b>	<b>38</b>
<b>Lord's Prayer, The</b>	<b>17</b>
<b>Luminous Mysteries of the Rosary (Mysteries of Light)</b>	<b>26</b>
<b>Meditating on Scripture (Lectio Divina)</b>	<b>37</b>
<b>Memorare, The</b>	<b>22</b>
<b>Morning Offering</b>	<b>19</b>
<b>Morning Prayers, A Form of</b>	<b>30</b>
<b>Mysteries of Light of the Rosary</b>	<b>26</b>
<b>Night Prayer of the Church (Compline)</b>	<b>44</b>
<b>Night Prayers, A Form of</b>	<b>31</b>
<b>O Sacrament most holy</b>	<b>38</b>
<b>Our Father</b>	<b>17</b>
<b>Prayer for England</b>	<b>23</b>
<b>Prayer for Help (before Mass)</b>	<b>6</b>
<b>Priest, Prayer for the (before Mass)</b>	<b>6</b>
<b>Priest's Daily Prayer</b>	<b>8</b>
<b>Priestly Prayer</b>	<b>7</b>
<b>Regina Caeli, The</b>	<b>22</b>
<b>Rosary, The</b>	<b>26</b>
<b>Sacred Heart, Prayer to the</b>	<b>19</b>
<b>Salve Regina (Hail, Holy Queen)</b>	<b>22</b>
<b>Sign of the Cross</b>	<b>17</b>
<b>Sorrowful Mysteries of the Rosary</b>	<b>27</b>
<b>Spiritual Communion, Act of</b>	<b>38</b>
<b>St. Ambrose, Prayer of (before Mass)</b>	<b>4</b>
<b>St. Bonaventure, Prayer of (after Mass)</b>	<b>13</b>
<b>St. Ignatius Loyola, Prayer of</b>	<b>14</b>
<b>St. John Chrysostom, Prayer of (before Mass)</b>	<b>6</b>
<b>St. John Henry Newman, Prayer of</b>	<b>36</b>
<b>St. Joseph, Prayer to</b>	<b>24</b>
<b>St. Michael, Prayer to</b>	<b>24</b>
<b>St. Richard of Chichester, Prayer of</b>	<b>14</b>
<b>St. Thomas Aquinas, Prayer of (after Mass)</b>	<b>13</b>
<b>St. Thomas Aquinas, Prayer of (before Mass)</b>	<b>5</b>
<b>Stations of the Cross, Prayer at the</b>	<b>20</b>
<b>Sub Tuum Praesidium</b>	<b>47</b>
<b>Sucipe Prayer (before Mass)</b>	<b>5</b>
<b>Vesting Prayers (for Clergy)</b>	<b>9</b>
<b>Visit to the Blessed Sacrament</b>	<b>34</b>
<b>We fly to thy protection, O Holy Mother of God</b>	<b>47</b>

**A booklet to help you prepare for Mass and to make your thanksgiving afterwards, with a treasury of well-known Catholic prayers and devotions**