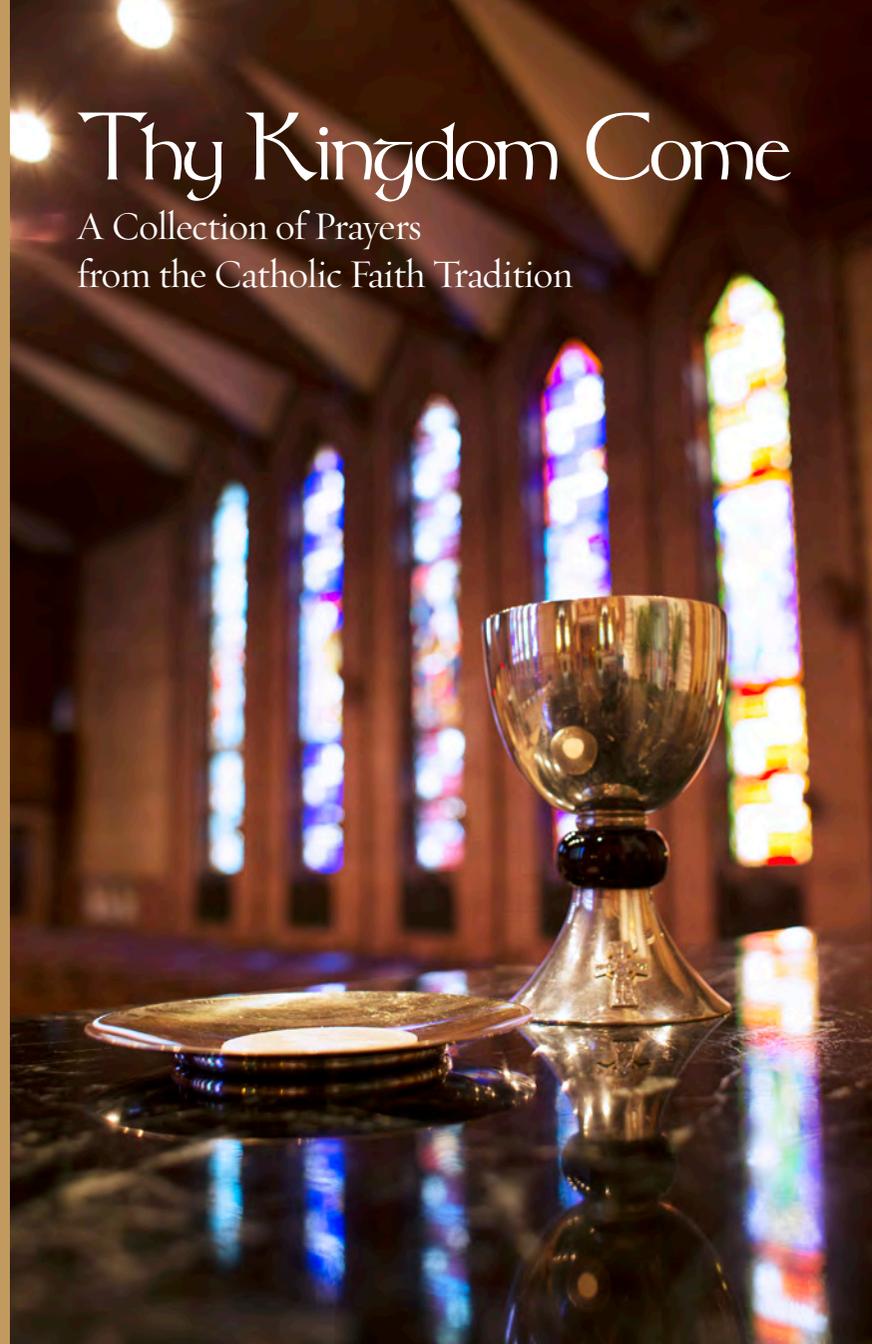


Thy Kingdom Come

A Collection of Prayers
from the Catholic Faith Tradition

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Acknowledgements

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Introduction

There are many good prayer books from which to choose. This publication represents a particular collection of prayers that were selected by Catholic university students and parishioners at Christ the King Parish in Tulsa, Oklahoma. It is my hope that this collection can be of benefit to other faithful women and men as they search for ways to encourage and express their faith in prayer each day.

Prayer is a deeply personal experience in which we rely upon the workings of the Holy Spirit to articulate the needs of the human heart. Prayer is not so much about words being spoken as it is an encounter with the Lord that is lived. This prayer book is an invitation to enter into that great saving mystery of divine conversation. These written prayers must not become the limits of that conversation; rather, they are meant to be an introduction to it.

Christian disciples are blessed with some excellent spiritual guides to help them express and experience prayer. These guides include the holy men and women, the saints, who have left us a great spiritual treasury. This book contains many of the prayers that inspired and formed their lives in heroic holiness; these prayers are reprinted herein so that their example may become your inspiration.

May the Lord bring to completion the good things already begun in each of your lives.

+ *Daniel Muegenborg*

Most Rev. Daniel H. Muegenborg
Auxiliary Bishop, Archdiocese of Seattle



Holy Redeemer Church, Vancouver

Traditional Prayers

Sign of the Cross

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

Lord's Prayer

Our Father who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on 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 there he will 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.

Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Hail Mary

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.



Ellen Boland

Proto-Cathedral of St. James the Greater, Vancouver

Fatima Prayer

O my Jesus, forgive us our sins and save us from the fires of hell. Lead all souls to heaven, especially those in most need of thy mercy.

Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we be made worthy of the promises of Christ. Amen.

Prayer to St. Michael the Archangel

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

Glory Be (Doxology)

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.



Holy Rosary, Church Seattle

Prayers Before Mass

“All the good works in the world are not equal to the Holy Sacrifice of the Mass because they are the works of men; but the Mass is the work of God. Martyrdom is nothing in comparison, for it is but the sacrifice of man to God; but the Mass is the sacrifice of God for man.”

—St. John Vianney

Prayer Before Mass

Most Holy Trinity, accept this sacrifice, accomplished once for all by the Divine Word, soon to become present on this altar by the hands of your priest. I unite myself to the intentions of Jesus Christ, Priest and Victim, that I may be entirely offered for your glory and for the salvation of humankind.

I intend through Jesus Christ, with Jesus Christ, and in Jesus Christ to adore your eternal majesty, to thank you for your goodness, to satisfy your offended justice, and to ask for your mercy for the Church, for my friends and family, and for myself. Amen.

Prayer of St. Thomas Aquinas (1225–1274)

Almighty eternal God, behold, I come to the sacrament of your Only Begotten Son, our Lord Jesus Christ, as one sick to the physician of life, as one unclean to the fountain of mercy, as one blind to the light of eternal brightness, as one poor and needy to the Lord of heaven and earth.

I ask, therefore, for the abundance of your immense generosity, that you may graciously cure my sickness, wash away my defilement, give light to my blindness, enrich my poverty, so that I may receive the bread of angels, the King of kings, the Lord of lords, with such reverence and humility, such contrition and devotion, such purity and faith, such purpose and intention, as are conducive to the salvation of my soul.

Grant, I pray, that I may receive not only the sacrament of the Lord's Body and Blood, but also all the reality and the power of that sacrament.

O most gentle God, grant that I may so receive the Body of your Only Begotten Son our Lord Jesus Christ, which he took from the Virgin Mary, that I may be made worthy to be incorporated into his Mystical Body and to be counted among its members.

O most loving Father, grant that I may at last gaze for ever upon the unveiled face of you beloved Son, whom I, a wayfarer, purpose to receive now veiled under these species: Who lives and reigns with you for ever and ever. Amen.

Prayer to the Blessed Virgin Mary

O most blessed Virgin Mary, mother of tenderness and mercy, I, a miserable and unworthy sinner, fly to you with all the affection of my heart and I beseech your motherly love, that, as you stood by your most dear Son while he hung on the Cross, so, in your kindness, you may be pleased to stand by me, a poor sinner, and all priests who today are offering the sacrifice here and throughout the entire holy Church, so that with your gracious help we may offer a worthy and acceptable oblation in the sight of the most high and undivided Trinity. Amen.

Prayer to St. Joseph

O happy man, St. Joseph, to you it was given to see and hear the God whom many kings longed to see but did not see, and longed to hear but did not hear. Not only that, but you were privileged even to bear God in your hands, to kiss him, to dress him and to watch over him!

V. Pray for us, St. Joseph.

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

Let us pray. O God, who has given us a royal priesthood, you found Blessed Joseph worthy to hold your only Son, born of the Virgin Mary, reverently in his hands and to carry him. Enable us, too, to serve at your holy altar with pure hearts and innocent lives so that today we may receive worthily the most holy Body and Blood of your Son, and may be found worthy of an everlasting reward in the world to come. Through the same Christ our Lord. Amen.

Prayer of St. Ambrose

(339–397)

I draw near, loving Lord Jesus Christ, to the table of your most delightful banquet in fear and trembling, a sinner, presuming not upon my own merits, but trusting rather in your goodness and mercy. I have a heart and body defiled by my many offenses, a mind and tongue over which I have kept no good watch.

Therefore, O loving God, O awesome Majesty, I turn in my misery, caught in snares, to you, the fountain of mercy, hastening to you for healing, flying to you for protection; and while I do not look forward to having you as Judge, I long to have you as Savior.

To you, O Lord, I display my wounds, to you I uncover my shame. I am aware of my many and great sins, for which I fear, but I hope in your mercies, which are without number.

Look upon me, then, with eyes of mercy, Lord Jesus Christ, eternal King, God and Man, crucified for mankind. Listen to me, as I place my hope in you, have pity on me, full of miseries and sins, you, who will never cease to let the fountain of compassion flow. Hail, O Saving Victim, offered for me and for the whole human race on the wood of the Cross. Hail, O noble and precious Blood, flowing from the wounds of Jesus Christ, my crucified Lord, and washing away the sins of all the world.

Remember, Lord, your creature, whom you redeemed by your Blood. I am repentant of my sins, I desire to put right what I have done. Take from me, therefore, most merciful Father, all my iniquities and sins, so that, purified in mind and body, I may worthily taste the Holy of Holies.

And grant that this sacred foretaste of your Body and Blood which I, though unworthy, intend to receive, may be the remission of my sins, the perfect cleansing of my faults, the banishment of shameful thoughts, and the rebirth of right sentiments; and may it encourage a wholesome and effective performance of deeds pleasing to you and be a most firm defense of body and soul against the snares of my enemies. Amen.

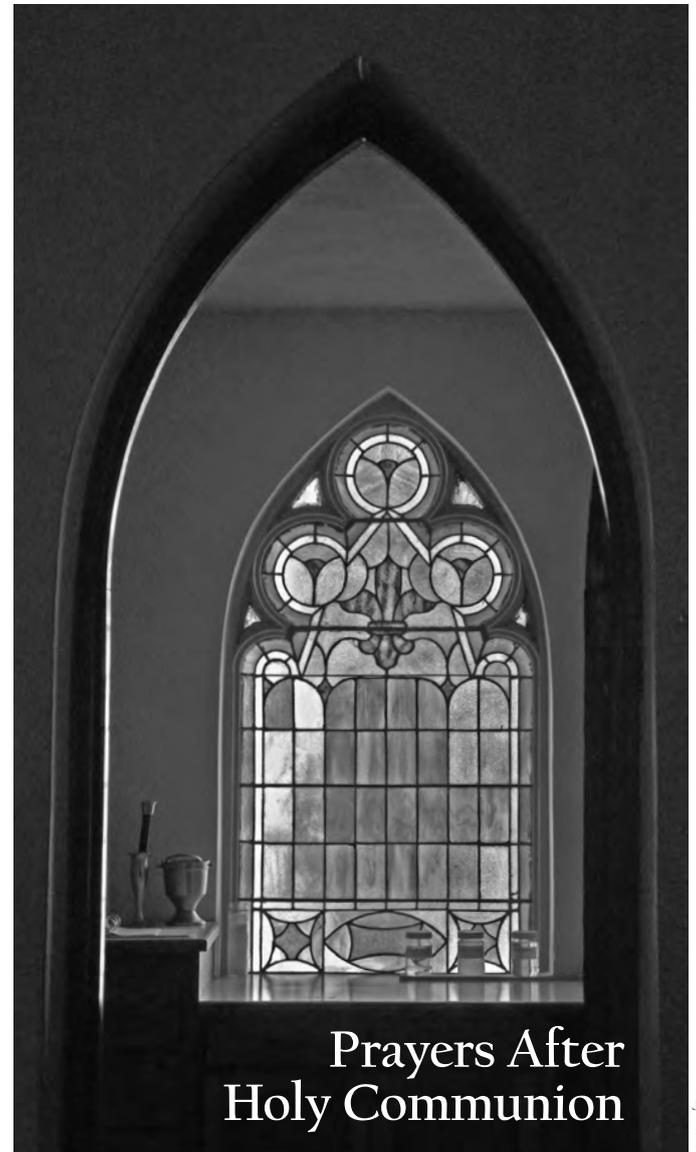
A Prayer for the Priest

O priest of God, say this Mass as though it were your first Mass, your last Mass, your only Mass. Amen.

Prayer Before Holy Communion

From the Byzantine Liturgy

O Lord, I believe and profess that you are truly Christ, the Son of the living God, who came into the world to save sinners, of whom I am the first. Accept me as a partaker of your mystical supper, O Son of God; for I will not reveal your mystery to your enemies, nor will I give you a kiss as did Judas, but like the thief I confess to you: Remember me, O Lord, when you shall come into your kingdom. Remember me, O Master, when you shall come into your kingdom. Remember me, O Holy One, when you shall come into your kingdom. May the partaking of your Holy Mysteries, O Lord, be not for my judgment or condemnation, but for the healing of soul and body. O Lord, I also believe and profess that this, which I am about to receive, is truly your most precious Body and your life-giving Blood, which, I pray, make me worthy to receive for the remission of all my sins and for life everlasting. Amen.



Prayers After Holy Communion

Prayer After Receiving Holy Communion

My Jesus, I love and adore you. You have come to me; I am one with you. I want you to remain with me forever, in this life and in the next. Thank you for allowing me to share your divine life. May I become more like you through this sacred food. Let me never take you for granted, but always pray for those whose lives are dark with sin and ignorance and selfishness. Let me remember, in the words of St. Paul, that “there, but for the grace of God, go I.” Each day, I can become more like you, O Lord. And each day I can pray for those who have never heard the Gospel, or who have heard it and rejected it. Amen.

Prayer of Thanksgiving After Holy Communion

My good Jesus, I pray you to bless me; keep me in your love; grant me the grace of final perseverance. Help me to become a saint. Safeguarded by you in soul and body, may I never swerve from the right road, but surely reach your kingdom, where, not in dim mysteries, as in the dark world of ours, but face to face we shall look upon you. There will you satisfy me with yourself and fill me with such sweetness that I shall neither hunger nor thirst forevermore, who with God the Father and the Holy Spirit lives and reigns, world without end. Amen.

Prayer After Holy Communion

Bl. John Henry Newman (1801–1890)

Dear Jesus, help us to spread your fragrance everywhere we go. Flood our soul with your spirit and life. Penetrate and possess our whole being so utterly, that our lives may be only a radiance of yours.

Shine through us, and be so in us that every soul we come in contact with may feel your presence in our soul. Let them look up and see no longer us, but only Jesus! Stay with us and then we shall begin to shine as you shine, so to shine as to be a light to others; the light, O Jesus, will be all from you; none of it will be ours; it will be you, shining on others through us.

Let us thus praise you the way you love best, by shining on those around us. Let us preach you without preaching, not by words but by our example, by the catching force, the sympathetic influence of what we do, the evident fullness of the love our hearts bear to you. Amen.

Spiritual Communion

When you are unable to receive the sacrament

My Jesus, I believe that you are present in the most holy Eucharist. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.



Courtesy St. Stephen the Martyr Parish

St. Stephen the Martyr Church, Renton

Prayer After Receiving the Eucharist

St. Thomas Aquinas (1225–1274)

Lord, holy Father, almighty and ever-living God, I thank you. For though I am a sinner and your unprofitable servant, you have fed me with the precious Body and Blood of your Son, our Lord Jesus Christ. You did this not because I deserve it, but because you are kind and merciful.

I pray that this Holy Communion may not add to my guilt and punishment, but may lead to forgiveness and salvation.

May it be for me the armor of faith and a shield of good will. May it purify me from evil ways and put an end to my base passions. May it bring me charity and patience, humility and obedience, and may it strengthen my power to do every kind of good.

May it be my strong defense against the deceit of all my enemies, visible and invisible. May it calm perfectly all my evil impulses, bodily and spiritual.

May it unite me more closely to you, the one true God; may it bring me full possession of the goal I am longing for.

And I pray that you will lead me, a sinner, to the magnificent banquet where you, with your Son and the Holy Spirit, are for all your saints the true light, total fulfillment, everlasting joy, gladness without end, exquisite delight, and most perfect happiness. Grant this through Christ our Lord. Amen.



St. Joseph Church, Vancouver

Prayers After Mass

Anima Christi

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 conceal me. Do not permit me to be parted from you. From the evil foe protect me. At the hour of my death call me. And bid me come to you, to praise you with all your saints for ever and ever. Amen.

Consecration to the Blessed Virgin

Most kind Mother, I consecrate to you my body which has just been honored and sanctified by the presence of your divine Son, my soul which has conversed with him, my heart which has loved him. O dearest Mother, may the words which I uttered be made acceptable to him through your intercession! And tell him the things which I should have said but was not able to express. Beseech him for your poor child. Receive and keep me in your heart; warm me, protect me, and guide me during this day, that I may faithfully serve your divine Son and please him in all my thoughts, desires, and actions. Amen.

Prayer to the Blessed Virgin Mary

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

Prayer of St. Bonaventure

(1221–1274)

Most sweet Lord Jesus, pierce my inmost heart with the most dear and most bracing wound of your love. Pierce it with true, serene, apostolic, and most holy charity, that my soul may ever yearn and melt with love for you and the desire to possess you. May my soul be drawn toward you and overwhelmed with the hope of entering your courts. May it long to be dissolved and to be with you.

Grant that my soul may hunger for you, the bread of angels and the food of holy souls, our supersubstantial bread, having in itself every sweetness and good taste, having the delightfulness of all that charms my heart. May my heart always long for you, and find its nourishment in you, on whom the angels long to gaze, and may my inmost heart be filled with the sweetness of your savor. May my heart thirst for you, the fountain of life and of wisdom and of knowledge and of eternal life, the torrent of pleasure, and the richness of the house of God.

May my heart always draw near to you, seek you, catch sight of you, be drawn to you, and arrive at your presence. May my heart think of you, speak of you, and do all things that it does for the glory of your name, with humility and care and affection and delight, with eagerness and with deep feeling, and with perseverance to the end. Thus may you alone always be my hope, all my confidence, my joy, my rest and my tranquility, my peace, all that charms me; my fragrance, my sweetness, my food, my nourishment, my refuge, my help, my wisdom, my portion, my possession, my treasure. In you may my mind and my heart be fixed and secure and rooted forever. Amen.

Prayer of Self-Dedication to Jesus Christ

Ascribed to St. Ignatius of Loyola (1491–1556)

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

Universal Prayer

Pope Clement XI (1649–1721)

Lord, I believe in you: increase my faith.
I trust in you: strengthen my trust.
I love you: let me love you more and more.
I am sorry for my sins: deepen my sorrow.

I worship you as my first beginning,
I long for you as my last end,
I praise you as my constant helper,
And call on you as my loving protector.

Guide me by your wisdom,
Correct me with your justice,
Comfort me with your mercy,
Protect me with your power.

I offer you, Lord, my thoughts: to be fixed on you;
My words: to have you for their theme;
My actions: to reflect my love for you;
My sufferings: to be endured for your greater glory.

I want to do what you ask of me:
In the way you ask,
For as long as you ask,
Because you ask it.

Lord, enlighten my understanding,
Strengthen my will,
Purify my heart,
And make me holy.

Help me to repent of my past sins
And to resist temptation in the future.
Help me to rise above my human weaknesses
And to grow stronger as a Christian.

Let me love you, my Lord and my God,
And see myself as I really am:
A pilgrim in this world,
A Christian called to respect and love
All whose lives I touch,
Those under my authority,
My friends and my enemies.

Help me to conquer anger with gentleness,
Greed by generosity,
Apathy by fervor.
Help me to forget myself
And reach out toward others.

Make me prudent in planning,
Courageous in taking risks,
Make me patient in suffering,
Unassuming in prosperity.

Keep me, Lord, attentive at prayer,
Temperate in food and drink,
Diligent in my work,
Firm in my good intentions.

Let my conscience be clear,
 My conduct without fault,
 My speech blameless,
 My life well-ordered.

Put me on guard against my human weaknesses.
 Let me cherish your love for me,
 Keep your law,
 And come at last to your salvation.

Teach me to realize that this world is passing,
 That my true future is the happiness of heaven,
 That life on earth is short,
 And the life to come, eternal.

Help me to prepare for death
 With a proper fear of judgment,
 But a greater trust in your goodness.
 Lead me safely through death
 To the endless joy of heaven.

Grant this through Christ our Lord. Amen.



Sacrament of Reconciliation

The sacrament of Reconciliation is also called the sacrament of Penance or confession.

The Catechism of the Catholic Church states: “The whole power of the sacrament of Penance consists in restoring us to God’s grace and joining us with him in an intimate friendship. Reconciliation with God is thus the purpose and effect of this sacrament. For those who receive the sacrament of Penance with contrite heart and religious disposition, reconciliation is usually followed by peace and serenity of conscience with strong spiritual consolation. Indeed the sacrament of Reconciliation with God brings about a true spiritual resurrection, restoration of the dignity and blessings of the life of the children of God, of which the most precious is friendship with God.”

Furthermore, the Catechism teaches us that this sacrament also reconciles us *with the Church*. Sin damages and can even break fraternal communion with the Christian community. The sacrament of Penance repairs and restores it.

Like all the sacraments, Reconciliation is a liturgical action. The sacramental elements common in the rite are these:

1. A greeting and blessing from the priest
2. The confession of sins
3. The assignment and acceptance of penance
4. Absolution
5. Blessing and dismissal
6. Fulfillment of the penance assigned by the priest

Before entering the sacrament of Reconciliation it is important to pray to the Holy Spirit to open your heart to help you know your faults as you examine your conscience. Pray also for the grace to humbly confess your sins. Most important is to pray with the understanding of the immeasurable love God has for you as a sinner and to joyfully accept the salvation Jesus earned for you on the Cross.

After the sacrament, try to spend a few moments in quiet prayer thanking God for the gift of forgiveness.

Most parishes have designated times when priests hear confessions. You will usually have the option to speak to the priest face to face or anonymously behind a screen. If it is not convenient for you to go at the regularly scheduled time or if it has been quite a while since you went to confession last, you may wish to call a priest and make an appointment when you can celebrate the sacrament without feeling rushed. You will find that in nearly every instance, priests will be delighted to accommodate your request.

“To those who have been far away from the sacrament of Reconciliation and forgiving love, I make this appeal: Come back to this source of grace; do not be afraid! Christ himself is waiting for you. He will heal you; and you will be at peace with God!”

— St. John Paul II



M. Laughlin

St. James Cathedral, Seattle

Going to Confession

When you meet with the priest, make the Sign of the Cross and say, “Bless me Father; I have sinned. My last confession was (when).”

The priest may lead you in a brief prayer or verse of Scripture. Then he will hear your confession. If you need help along the way, feel free to ask the priest. He is there to patiently guide you in the sacrament.

After you have confessed your sins, listen to any advice the priest may offer you in living a more fulfilling Christian life. Then he will ask you to perform a penance outside the confessional, usually to offer a prayer, read a Bible verse, perform an act of charity, or perhaps do something else appropriate.

The priest will then ask you to pray an act of contrition. You may choose to pray something as simple as: “Lord Jesus, Son of the Father, have mercy on me, a sinner.”

Or you may prefer a longer, traditional form:

“O my God, I am heartily sorry for having offended you; and I detest all my sins because of your just punishment. But most of all, because they offend you, my God, who art all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more, and to avoid the near occasions of sin. Amen.”

Or you may pray it in your own words, expressing your love of God and sorrow for the sins you committed while asking for pardon.

The priest then pronounces the words of absolution over you and dismisses you.

Examination of Conscience

The First Commandment

I am the Lord your God. You shall have no strange gods before me.

- ✦ Have I performed my duties for God reluctantly or grudgingly?
- ✦ Have I neglected my prayer life?
- ✦ Did I receive Holy Communion while conscious of mortal sin?
- ✦ Did I intentionally omit some grave sin in a previous confession?
- ✦ Did I seriously believe in or engage in superstitious practices (fortune-telling, horoscopes, tarot cards, etc.)?
- ✦ Do I reject matters of faith?
- ✦ Have I committed the sin of sacrilege (profanation of a sacred person, place or thing)?

The Second Commandment

You shall not take the name of the Lord your God in vain.

- ✦ Did I take the name of God in vain?
- ✦ Did I make use of God's name mockingly, jokingly, angrily, or in any other irreverent way?
- ✦ Did I make a mockery of holy persons, places or things?
- ✦ Did I tell a lie under oath?
- ✦ Do I try my best to fulfill the promises and resolutions which I make to God?

The Third Commandment

Remember to keep holy the Lord's day.

- ✦ Did I miss Mass on a Sunday or a holy day of obligation through my own fault?
- ✦ Do I present myself as a distraction to others at Mass by either my behavior or my attire?
- ✦ Do I contribute to the support of the Church?
- ✦ Do I fast or abstain on the days prescribed by the Church?
- ✦ Have I performed unnecessary work on Sunday?

The Fourth Commandment

Honor your father and mother.

For children:

- ✦ Have I been disobedient or disrespectful toward my parents?
- ✦ Have I neglected to help my parents in their needs?
- ✦ Have I been argumentative or insulting to my parents when they corrected me or even gave me a just reprimand?
- ✦ Do I quarrel with my brothers and sisters?
- ✦ Have I been disrespectful toward my teachers, employer, or anyone else with lawful authority over me?

For parents:

- ✦ Have I neglected to teach my children their prayers, send them to church, and give them a Christian education?
- ✦ Have I given them bad example?
- ✦ Have I allowed my children to read objectionable books or watch objectionable TV shows and movies; have I neglected to monitor the risky actions of my children?

- ✦ Have I seen to it that my children made their first confession and first Communion at the appropriate age prescribed by the Church?

The Fifth Commandment

You shall not kill.

- ✦ Did I easily get angry or lose my temper?
- ✦ Was I envious or jealous of another person?
- ✦ Did I provoke a fight or respond to someone else's aggression beyond reasonable measures of self-defense?
- ✦ Have I driven recklessly?
- ✦ Have I led others to sin?
- ✦ Did I abuse alcohol?
- ✦ Did I use illegal drugs?
- ✦ Have I mutilated myself or others?
- ✦ Have I insulted others?
- ✦ Have I teased anyone?
- ✦ Have I sought revenge?
- ✦ Have I been gluttonous?
- ✦ Have I refused to forgive anyone?
- ✦ Do I ask pardon whenever I offend anyone?
- ✦ Have I had an abortion?
- ✦ Did I do anything at all to encourage or participate in someone else's abortion?

The Sixth and Ninth Commandments

You shall not commit adultery.

You shall not covet your neighbor's wife.

- ✦ Did I entertain or recall impure thoughts?
- ✦ Did I engage in lewd or sexually graphic conversations?
- ✦ Did I dress modestly so as not to be an occasion of sin for others?
- ✦ Have I had sex outside of marriage or masturbated?
- ✦ Have I used artificial birth control?
- ✦ Did I "lead someone on" or flirt in a way to provoke sexual arousal?
- ✦ Did I use sex in my marriage as an attempt to manipulate my spouse?
- ✦ Have I lusted?
- ✦ Did I look at pornography in any form including books, stories, magazines, video, or the internet?

The Seventh and Tenth Commandments

You shall not steal.

You shall not covet your neighbor's goods.

- ✦ Did I steal someone else's money or property?
- ✦ Have I done or caused damage to others' property?
- ✦ Did I harm anyone by deception, fraud, or coercion in business contracts or transactions?
- ✦ Did I spend beyond my means?
- ✦ Did I give alms according to my capacity?
- ✦ Am I envious of my neighbor's goods?
- ✦ Am I diligent in my work or am I lazy?
- ✦ Was I greedy?
- ✦ Do I have an excessively materialistic view of life?

The Eighth Commandment

You shall not bear false witness against your neighbor.

- ✦ Did I tell lies? Did I repair any damage which may have resulted as a consequence of this?
- ✦ Have I unjustly accused others?
- ✦ Did I sin in detraction, that is, telling the faults of others without necessity?
- ✦ Did I engage in gossip, back-biting or tale-telling?
- ✦ Did I judge others rashly or suspect others falsely?
- ✦ Did I reveal secrets without due cause?



Holy Innocents Church, Duvall

Receiving the Sinner

St. Basil the Great (ca. 330–379)

O Lord and Master, I am unworthy both of heaven and of earth, because I have surrendered myself to sin, and become the slave of worldly pleasures. Yet, since you created me, and since you can shape me as you want, I do not despair of salvation; but made bold by your compassionate love, I come before you. Receive me, dear Lord, as you received the harlot, the thief, the tax collector and even the prodigal son. You love all people, so pour out your love upon me. Lift from me the heavy burden of sin, cleanse every stain of unrighteousness from me, and wash me white with the waters of holiness. Amen.

We Cannot Deceive You

William of St. Thierry (ca. 1085–1148)

Pardon us, O Lord, pardon us. We beg to shift the blame for our sins; we make excuses. But no one can hide himself from the light of your truth, which both enlightens those who turn to it, and exposes those who turn away. Even our blood and our bones are visible to you, who created us out of dust. How foolish we are to think that we can rule our own lives, satisfying our own desires, without thought of you. How stupid we are to imagine that we can keep our sins hidden. But although we may deceive other people, we cannot deceive you. And since you see into our hearts, we cannot deceive ourselves, for your light reveals to us our own spiritual corruption. Let us, therefore, fall down before you, weeping with tears of shame. May your judgment give new shape to our souls. May your power mold our hearts to reflect your love. May your grace infuse our minds, so that our thoughts reflect your will. Amen.

Reflecting Your Brightness

William of St. Thierry (ca. 1085–1148)

Loving you, O God, brings its own reward here on earth, as well as the eternal reward of heaven. And failure to love you, even when we can offer a thousand excuses, brings its own punishment. By becoming mirrors of your love, by wearing the mask of your likeness, and by allowing you to make us perfect, we can know the joy of heaven, even while we abide here on earth. Our consciences are sullied by our many sins; cleanse them, that we may reflect your infinite brightness. Amen.

A Seed of Love

St. Teresa of Ávila (1515–1582)

Although I have often abandoned you, O Lord, you have never abandoned me. Your hand of love is always outstretched towards me, even when I stubbornly look the other way. And your gentle voice constantly calls me, even when I obstinately refuse to listen. When the sins in my soul are increasing, I lose the taste for virtuous things. Yet even at such moments, Lord, I know I am failing you and failing myself. You alone can restore my taste for virtue.

There are so many false friends willing to encourage sin. But your friendship alone can give the strength of mind to resist and defeat sin. What a good friend you are, Lord! You are so patient, willing to wait as long as necessary for me to turn to you. You rejoice at the times when I love you, but you do not hold against me the times when I ignore you. Your patience is beyond my understanding. Even when I pray, my mind fills with worldly concerns and vain daydreams. Yet you are happy if I give only a single second of honest prayer, turning that second into a seed of love. O Lord, I enjoy your friendship so much, why is it not possible for me to think of you constantly? Amen.



St. John Bosco Church, Lakewood

Psalm 51

Miserere

Have mercy on me, God, in your kindness. In your compassion blot out my offense. O wash me more and more from my guilt and cleanse me from my sin. My offenses, truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done. That you may be justified when you give sentence and be without reproach when you judge. O see, in guilt was I born, a sinner was I conceived.

Indeed you love truth in the heart; then in the secret of my heart teach me wisdom. O purify me, then I shall be clean; O wash me, I shall be whiter than snow. Make me hear rejoicing and gladness, that the bones you have crushed may revive. From my sins turn away your face and blot out all my guilt. A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit. Give me again the joy of your help; with a spirit of fervor sustain me, that I may teach transgressors your ways and sinners may return to you.

O rescue me, God, my helper, and my tongue shall ring out your goodness. O Lord, open my lips and my mouth shall declare your praise. For in sacrifice you take no delight, burnt offering from me you would refuse; my sacrifice, a contrite spirit. A humbled, contrite heart you will not spurn. In your goodness, show favor to Zion; rebuild the walls of Jerusalem. Then you will be pleased with lawful sacrifice, holocausts offered on your altar. Amen.

Prayer of Firm Purpose of Amendment

St. Benedict (ca. 480–547)

O Lord, I place myself in your hands and dedicate myself to you. I pledge myself to do your will in all things: To love the Lord God with all my heart, all my soul, all my strength. Not to kill. Not to steal. Not to covet. Not to bear false witness. To honor all persons. Not to do to another what I would not wish done to myself. To chastise the body. Not to seek after pleasures. To love fasting. To relieve the poor. To clothe the naked. To visit the sick. To bury the dead. To help in trouble. To console the sorrowing. To hold myself aloof from worldly ways.

To prefer nothing to the love of Christ. Not to give way to anger. Not to foster a desire for revenge. Not to entertain deceit in the heart. Not to make a false peace. Not to forsake charity. Not to swear, lest I swear falsely. To speak the truth with heart and tongue. Not to return evil for evil. To do no injury: yea, even to bear patiently any injury done to me. To love my enemies. Not to curse those who curse me, but rather to bless them. To bear persecution for justice' sake. Not to be proud. Not to be given to intoxicating drink. Not to be an over-eater. Not to be lazy. Not to be slothful. Not to be a murmurer. Not to be a detractor.

To put my trust in God. To refer the good I see in myself to God. To refer any evil in myself to myself. To fear the day of judgment. To be in dread of hell. To desire eternal life with spiritual longing. To keep death before my eyes daily. To keep constant watch over my actions. To remember that God sees me everywhere. To call upon Christ for defense against evil thoughts that arise in my heart. To guard my tongue against wicked speech. To avoid much speaking. To avoid idle talk.

To read only what is good to read. To look at only what is good to see. To pray often. To ask forgiveness daily for my sins, and to seek ways to amend my life. To obey my superiors in all things rightful. Not to desire to be thought holy, but to seek holiness. To fulfill the commandments of God by good works. To love chastity. To hate no one. Not to be jealous or envious of anyone. Not to love strife. Not to love pride. To honor the aged. To pray for my enemies. To make peace after a quarrel, before the setting of the sun. Never to despair of your mercy, O God of mercy. Amen.

Complete Trust in God

St. Francis de Sales (1567–1622)

Do not look forward to the changes and chances of this life with fear. Rather, look to them with full confidence that, as they arise, God, to whom you belong, will in his love enable you to profit by them. He has guided you thus far in life. Do you but hold fast to his dear hand, and he will lead you safely through all trials. Whenever you cannot stand, he will carry you lovingly in his arms. Do not look forward to what may happen tomorrow. The same eternal Father who takes care of you today will take care of you tomorrow, and every day of your life. Either he will shield you from suffering or he will give you unflinching strength to bear it. Be at peace then, and put aside all useless thoughts, all vain dreads and all anxious imaginations. Amen.



All Saints Church, Puyallup

Litany of the Holy Name of Jesus

Lord, have mercy.	<i>Lord, have mercy.</i>
Christ, have mercy.	<i>Christ, have mercy.</i>
Lord, have mercy.	<i>Lord, have mercy.</i>
God our Father in heaven,	<i>have mercy on us.</i>
God the Son, Redeemer of the world,	(continuing)
God the Holy Spirit,	
Holy Trinity, one God,	
Jesus, Son of the living God,	
Jesus, splendor of the Father,	
Jesus, brightness of everlasting light,	
Jesus, king of glory,	
Jesus, dawn of justice,	
Jesus, Son of the Virgin Mary,	
Jesus, worthy of our love,	
Jesus, worthy of our wonder,	
Jesus, mighty God,	
Jesus, father of the world to come,	
Jesus, prince of peace,	
Jesus, all-powerful,	
Jesus, pattern of patience,	
Jesus, model of obedience,	
Jesus, gentle and humble of heart,	
Jesus, lover of chastity,	
Jesus, lover of us all,	
Jesus, God of peace,	
Jesus, author of life,	
Jesus, model of goodness,	
Jesus, seeker of souls,	
Jesus, our God,	
Jesus, our refuge,	
Jesus, father of the poor,	
Jesus, treasure of the faithful,	

Jesus, Good Shepherd,
 Jesus, the true light,
 Jesus, eternal wisdom,
 Jesus, infinite goodness,
 Jesus, our way and our life,
 Jesus, joy of angels,
 Jesus, king of patriarchs,
 Jesus, teacher of apostles,
 Jesus, master of evangelists,
 Jesus, courage of martyrs,
 Jesus, light of confessors,
 Jesus, purity of virgins,
 Jesus, crown of all saints,
 Lord, be merciful.
 From all evil,
 From every sin,
 From the snares of the devil,
 From your anger,
 From the spirit of infidelity,
 From everlasting death,
 From neglect of your Holy Spirit,
 By the mystery of your incarnation,
 By your birth,
 By your childhood,
 By your hidden life,
 By your public ministry,
 By your agony and crucifixion,
 By your abandonment,
 By your grief and sorrow,
 By your death and burial,
 By your rising to new life,
 By your return in glory to the Father,
 By your gift of the holy Eucharist,
 By your joy and glory,

Jesus, save your people.

(continuing)

Lamb of God, you take away the sins of the world.

Spare us, O Jesus.

Lamb of God, you take away the sins of the world.

Graciously hear us, O Jesus.

Lamb of God, you take away the sins of the world.

Have mercy on us, O Jesus.

V. Jesus, hear us.

R. Jesus, graciously hear us.

Let us pray. O Lord Jesus Christ, who has said, "Ask, and you shall receive; seek, and you shall find; knock, and it shall be opened unto you," mercifully attend to our supplications and grant us the gift of your divine charity that we may ever love you with our whole hearts and never fail to give you praise.

Give us, O Lord, a perpetual respect and love for your holy name, for you never cease to direct and govern by your grace those whom you instruct in the solidarity of your love, who lives and reigns, world without end. Amen.

Litany of the Sacred Heart of Jesus

Lord, have mercy.

Lord, have mercy.

Christ, have mercy.

Christ, have mercy.

Lord, have mercy.

Lord, have mercy.

God our Father in heaven,

have mercy on us.

God the Son, Redeemer of the world,

(continuing)

God the Holy Spirit,

Holy Trinity, one God,

Heart of Jesus, Son of the eternal Father,

Heart of Jesus, formed by the Holy Spirit

in the womb of the Virgin Mother,

Heart of Jesus, one with the eternal Word,

Heart of Jesus, infinite in majesty,

Heart of Jesus, holy temple of God,

Heart of Jesus, tabernacle of the Most High,

Heart of Jesus, house of God and gate of heaven,

Heart of Jesus, aflame with love for us,

Heart of Jesus, source of justice and love,

Heart of Jesus, full of goodness and love,

Heart of Jesus, wellspring of all virtue,

Heart of Jesus, worthy of all praise,

Heart of Jesus, king and center of all hearts,

Heart of Jesus, treasure-house of wisdom and knowledge,

Heart of Jesus, in whom there dwells the fullness of God,

Heart of Jesus, in whom the Father is well pleased,

Heart of Jesus, from whose fullness we have all received,

Heart of Jesus, desire of the eternal hills,

Heart of Jesus, patient and full of mercy,

Heart of Jesus, generous to all who turn to you,

Heart of Jesus, fountain of life and holiness,

Heart of Jesus, atonement for our sins,

Heart of Jesus, overwhelmed with insults,

Heart of Jesus, broken for our sins,

Heart of Jesus, obedient even to death,

Heart of Jesus, pierced by a lance,

Heart of Jesus, source of all consolation,

Heart of Jesus, our life and resurrection,

Heart of Jesus, our peace and reconciliation,

Heart of Jesus, victim of our sins,

Heart of Jesus, salvation of all who trust in you,

Heart of Jesus, hope of all who die in you,

Heart of Jesus, delight of all the saints,

Lamb of God, you take away the sins of the world.

Spare us, O Lord.

Lamb of God, you take away the sins of the world.

Graciously hear us, O Lord.

Lamb of God, you take away the sins of the world.

Have mercy on us.

V. Jesus, gentle and humble of heart.

R. Make our hearts like unto yours.

Let us pray. Almighty and everlasting God, graciously regard the heart of your well-beloved Son and the acts of praise and satisfaction which he renders you on behalf of us sinners; and through their merit, grant pardon to us who implore your mercy, in the name of your Son Jesus Christ, who lives and reigns with you in the unity of the Holy Spirit, God, world without end. Amen.

Litany to the Holy Virgin

Theodotus of Ancyra (5th century)

Hail, our desirable gladness;

Hail, O rejoicing of the churches;

Hail, O name that breathes out sweetness;

Hail, face that radiates divinity and grace;

Hail, most venerable memory;

Hail, O spiritual and saving fleece;

Hail, O mother of unsettling splendor, filled with light;

Hail, unstained mother of holiness;

Hail, most limpid font of the life-giving wave;

Hail, new mother, workshop of the birth;

Hail, ineffable mother of a mystery beyond understanding;

Hail, new book of a new Scripture, of which Isaiah tells,

And of which angels and men are faithful witnesses.

Hail, alabaster jar of sanctifying ointment;

Hail, best trader of the coin of virginity;

Hail, creature embracing your Creator;

Hail, little container containing the Uncontainable.

Litany of the Blessed Virgin Mary

Litany of Loreto (16th century)

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ, hear us.

Christ, graciously hear us.

God the Father of Heaven,

have mercy on us.

God the Son, Redeemer of the world, (continuing)

God the Holy Spirit,

Holy Trinity, One God,

Holy Mary,

pray for us.

Holy Mother of God, (continuing)

Holy Virgin of virgins,

Mother of Christ,

Mother of divine grace,

Mother most pure,

Mother most chaste,

Mother inviolate,

Mother undefiled,

Mother most amiable,

Mother most admirable,

Mother of good counsel,

Mother of our Creator,

Mother of our Savior,

Mother of the Church,

Virgin most prudent,

Virgin most venerable,

Virgin most renowned,

Virgin most powerful,

Virgin most merciful,

Virgin most faithful,

Mirror of justice,
 Seat of wisdom,
 Cause of our joy,
 Spiritual vessel,
 Vessel of honor,
 Singular vessel of devotion,
 Mystical rose,
 Tower of David,
 Tower of ivory,
 House of gold,
 Ark of the covenant,
 Gate of heaven,
 Morning star,
 Health of the sick,
 Refuge of sinners,
 Comforter of the afflicted,
 Help of Christians,
 Queen of angels,
 Queen of patriarchs,
 Queen of prophets,
 Queen of apostles,
 Queen of martyrs,
 Queen of confessors,
 Queen of virgins,
 Queen of all saints,
 Queen conceived without original sin,
 Queen assumed into heaven,
 Queen of the holy Rosary,
 Queen of families,
 Queen of peace,
 Lamb of God, you take away the sins of the world.
Spare us, O Lord.

Lamb of God, you take away the sins of the world,
Graciously spare us, O Lord.
 Lamb of God, you take away the sins of the world.
Have mercy on us.

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

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

Let us pray. Grant, we beseech thee, O Lord God, that we
 thy servants may enjoy perpetual health of mind and body,
 and by the glorious intercession of the Blessed Mary, ever
 virgin, be delivered from present sorrow and enjoy everlasting
 happiness. Through Christ our Lord. Amen.

Litany of St. Joseph

Lord, have mercy.	<i>Lord, have mercy.</i>
Christ, have mercy.	<i>Christ, have mercy.</i>
Lord, have mercy.	<i>Lord, have mercy.</i>
Christ, hear us.	<i>Christ, graciously hear us.</i>
God, the Father of Heaven,	<i>have mercy on us.</i>
God the Son, Redeemer of the world,	(continuing)
God the Holy Spirit, Holy Trinity, One God,	
Holy Mary,	<i>pray for us.</i>
St. Joseph,	(continuing)
Renowned offspring of David, Light of patriarchs, Spouse of the Mother of God, Chaste guardian of the Virgin, Foster father of the Son of God, Diligent protector of Christ, Head of the Holy Family, Joseph most just,	

Joseph most chaste,
 Joseph most prudent,
 Joseph most strong,
 Joseph most obedient,
 Joseph most faithful,
 Mirror of patience,
 Lover of poverty,
 Model of artisans,
 Glory of home life,
 Guardian of virgins,
 Pillar of families,
 Solace of the wretched,
 Hope of the sick,
 Patron of the dying,
 Terror of demons,
 Protector of Holy Church,

Lamb of God, you take away the sins of the world.
Spare us, O Lord.

Lamb of God, you take away the sins of the world.
Graciously hear us, O Lord.

Lamb of God, you take away the sins of the world.
Have mercy on us.

V. He made him the lord of his house.

R. And ruler of all his substance.

Let us pray. O God, who in your unspeakable providence didst vouchsafe to choose Blessed Joseph to be the spouse of your own most holy Mother, grant, we beseech thee, that we may deserve to have him for our intercessor in heaven, whom we reverence as our defender on earth: who lives and reigns, world without end. Amen.

Litany of the Saints

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us.

God, the Father of heaven,

God the Son,

Redeemer of the world,

God the Holy Spirit,

Holy Trinity, one God,

Holy Mary,

Holy Mother of God,

Holy Virgin of virgins,

St. Michael,

St. Gabriel,

St. Raphael,

All you holy angels and archangels,

St. John the Baptist,

St. Joseph,

All you holy patriarchs and prophets,

St. Peter,

St. Paul,

St. Andrew,

St. James,

St. John,

St. Thomas,

St. James,

St. Philip,

St. Bartholomew,

St. Matthew,

St. Simon,

St. Jude,

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, graciously hear us.

have mercy on us.

(continuing)

pray for us.

(continuing)

St. Matthias,
 St. Barnabas,
 St. Luke,
 St. Mark,
 All you holy apostles and evangelists,
 All you holy disciples of the Lord,
 All you holy innocents,
 St. Stephen,
 St. Lawrence,
 St. Vincent,
 Sts. Fabian and Sebastian,
 Sts. John and Paul,
 Sts. Cosmas and Damian,
 All you holy martyrs,
 St. Sylvester,
 St. Gregory,
 St. Ambrose,
 St. Augustine,
 St. Jerome,
 St. Martin,
 St. Nicholas,
 All you holy bishops and confessors,
 All you holy doctors,
 St. Anthony
 St. Benedict,
 St. Bernard,
 St. Dominic,
 St. Francis,
 All you holy priests and Levites,
 All you holy monks and hermits,
 St. Mary Magdalene,
 St. Agatha,
 St. Lucy,

St. Agnes,
 St. Cecilia,
 St. Anastasia,
 St. Catherine,
 St. Clare,
 All you holy virgins and widows,
 All you holy saints of God,
 Lord, be merciful,
 From all evil,
 From all sin,
 From your wrath,
 From a sudden and unprovided death,
 From the snares of the devil,
 From anger, hatred, and all ill-will,
 From the spirit of uncleanness,
 From lightning and tempest,
 From the scourge of earthquake,
 From plague, famine, and war,
 From everlasting death,
 By the mystery of your holy Incarnation,
 By your Coming,
 By your Birth,
 By your Baptism and holy fasting,
 By your Cross and Passion,
 By your Death and Burial,
 By your holy Resurrection,
 By your wonderful Ascension,
 By the coming of the Holy Spirit,
 On the day of judgment,
 Be merciful to us sinners,
 That you will spare us,
 That you will pardon us,
 That it may please you to bring us to true penance,

Lord, save your people.

(continuing)

Lord, hear our prayer.

(continuing)

Guide and protect your holy Church,
 Preserve in holy religion the pope, and all those in holy orders,
 Humble the enemies of holy Church,
 Give peace and unity to the whole Christian people,
 Bring back to the unity of the Church all those who are
 straying, and bring all unbelievers to the light of the Gospel,
 Strengthen and preserve us in your holy service,
 Raise our minds to desire the things of heaven,
 Reward all our benefactors with eternal blessings,
 Deliver our souls from eternal damnation,
 and the souls of our brethren, relatives, and benefactors,
 Give and preserve the fruits of the earth,
 Grant eternal rest to all the faithful departed,
 That it may please you to hear and heed us,
 Jesus, Son of the Living God,

Lamb of God, you take away the sins of the world.
 Spare us, O Lord!

Lamb of God, you take away the sins of the world.
 Graciously hear us, O Lord!

Lamb of God, you take away the sins of the world.
 Have mercy on us.

Christ, hear us.	<i>Christ, graciously hear us.</i>
Lord Jesus, hear our prayer.	<i>Lord Jesus, hear our prayer.</i>
Lord, have mercy on us.	<i>Lord, have mercy on us.</i>
Christ, have mercy on us.	<i>Christ, have mercy on us.</i>
Lord, have mercy on us.	<i>Lord, have mercy on us.</i>

Litany of Humility

Attributed to Rafael Cardinal Merry del Val (1865–1930)

O Jesus! meek and humble of heart,	<i>hear me.</i>
From the desire of being esteemed,	<i>deliver me, Jesus.</i>
From the desire of being loved,	(continuing)
From the desire of being extolled,	
From the desire of being honored,	
From the desire of being praised,	
From the desire of being preferred to others,	
From the desire of being consulted,	
From the desire of being approved,	
From the fear of being humiliated,	
From the fear of being despised,	
From the fear of suffering rebukes,	
From the fear of being calumniated,	
From the fear of being forgotten,	
From the fear of being ridiculed,	
From the fear of being wronged,	
From the fear of being suspected,	
That others may be loved	<i>Jesus, grant me the grace to desire it.</i>
more than I,	(continuing)
That others may be esteemed	
more than I,	
That, in the opinion of the world,	
others may increase and I may decrease,	
That others may be chosen and I passed over,	
That others may be praised and I go unnoticed,	
That others may be preferred to me in everything,	
That others may become holier than I,	
provided that I may become as holy as I should,	



Calvary Cemetery, Seattle

Devotional Prayers



The Rosary

1. While holding the cross, make the Sign of the Cross and then recite the Apostles' Creed.
2. On the first single bead, pray the Lord's Prayer.
3. On the next three beads, pray the Hail Mary for an increase of faith, hope and charity.
4. In the gap before the next single bead, pray the Doxology (Glory be...) and announce the first mystery. (There are four sets of mysteries, each containing five elements relevant to the life of Jesus and his mother. Those events are spelled out in the next few pages.)
5. On the next single bead, pray the Lord's Prayer.
6. On each of the next ten beads (together referred to as a "decade") pray the Hail Mary. Try to reflect on the mystery assigned to that decade.
7. In the gap at the end of the first decade, pray the Doxology (Glory be...) and the optional Fatima Prayer (O my Jesus...). Then announce the next mystery.
8. On the next large bead, pray the Lord's Prayer. (Each succeeding decade is prayed in a similar manner. As you pray, try to remain focused on the sacred event announced for the decade.)
9. At the end of the fifth mystery, following the final Doxology and the optional Fatima Prayer, conclude your Rosary with the Hail, Holy Queen and then the Sign of the Cross.

The Joyful Mysteries

*Traditionally prayed on Mondays, Saturdays,
and Sundays of Advent*

1. The Annunciation of the Angel Gabriel to Mary (Luke 1:26-38)
2. The Visitation of Mary to Elizabeth (Luke 1:39-45)
3. The Birth of Jesus in Bethlehem (Luke 2:1-20)
4. The Presentation of Christ in the Temple (Luke 2:22-32)
5. The Finding of Christ in the Temple (Luke 2:41-50)

The Sorrowful Mysteries

*Traditionally prayed on Tuesdays, Fridays,
and Sundays during Lent*

1. The Agony of Jesus in the Garden of Gethsemane (Mark 14:26-42)
2. The Scourging of Jesus at the Pillar (Mark 16:6-16)
3. The Crowning of Jesus with Thorns (Mark 15:16-19)
4. The Carrying of the Cross (Mark 16:20-25)
5. The Crucifixion and Death of Jesus (Mark 15:33-39)

The Luminous Mysteries

Traditionally prayed on Thursdays

1. The Baptism of Christ in the Jordan (Matthew 3:13-17)
2. The Wedding Feast at Cana (John 2:1-11)
3. Jesus' Proclamation of the Coming of the Kingdom of God (Mark 1-15)
4. The Transfiguration (Matthew 17:1-8)
5. The Institution of the Eucharist (Matthew 26:26-28)

The Glorious Mysteries

Traditionally prayed on Wednesdays and Sundays

1. The Resurrection of Christ from the Dead (John 20:1-10)
2. The Ascension of Christ into Heaven (Acts 1:1-11)
3. The Gift of the Holy Spirit: Pentecost (John 14:15-21)
4. The Assumption of Our Lady (John 11:17-27)
5. The Coronation of Our Lady and the Glory of All the Saints (Revelation 12:1-6)



St. Frances Cabrini Church, Lakewood

The Stations of the Cross

The Stations of the Cross

St. Alphonsus Maria de Liguori (1696–1787)

My Lord Jesus Christ, you have made this journey to die for me with love unutterable, and I have so many times unworthily abandoned you; but now I love you with my whole heart, and because I love you I repent sincerely for ever having offended you. Pardon me, my God, and permit me to accompany you on this journey. You go to die for love of me; I wish also, my beloved Redeemer, to die for love of you. My Jesus, I will live and die always united to you.

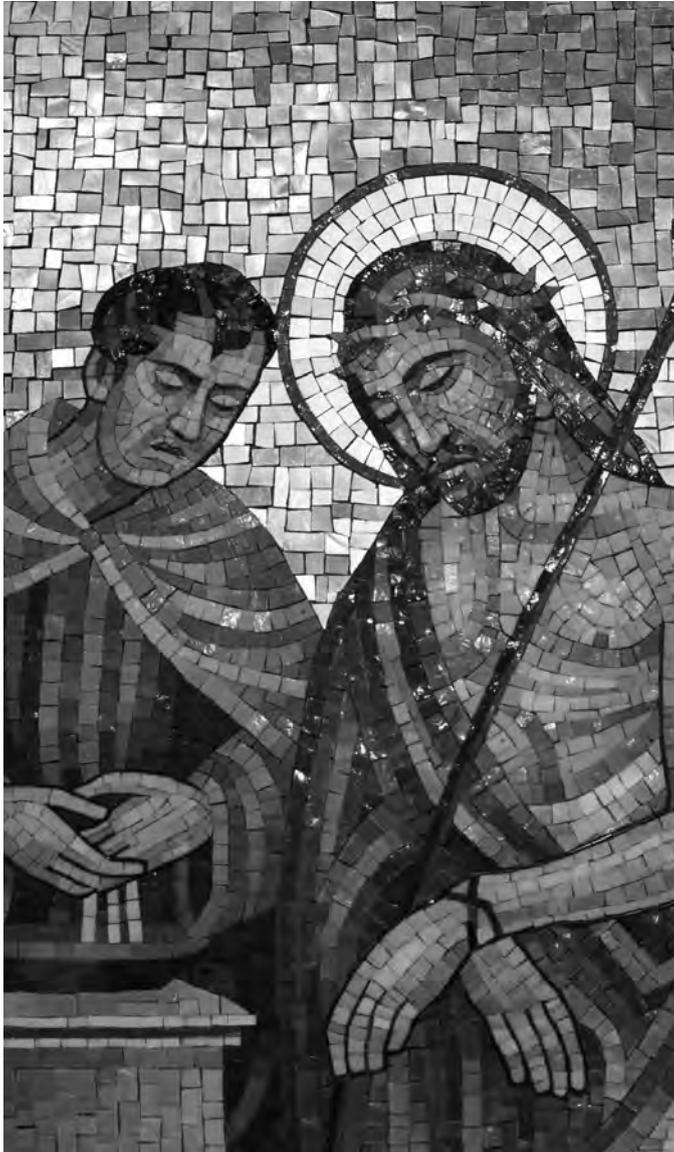
The leader announces each station in the customary way, while the people respond:

V. We adore you, O Christ, and we bless you.

R. Because by your holy Cross you have redeemed the world.



Joan Brand-Landkamer



St. Andrew Church, Sumner

Janis Olson

The First Station

Jesus is Condemned to Death

V. We adore you, O Christ, and we bless you. (genuflect)

R. Because by your holy Cross you have redeemed the world. (rise)

Leader: Consider how Jesus Christ, having been scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross. (kneel)

All: My adorable Jesus, it was not Pilate; no, it was my sins that condemned you to die. Because of this sad journey of yours, I beg you to help me on the journey that my soul is making toward eternity. I love you, Jesus, my love, more than I love myself. With all my heart I am sorry that I have offended you. Never let me be separated from you again. Grant that I may always love you, and then do with me what you will.

Our Father + Hail Mary + Glory Be

*At the Cross her station keeping
stood the sorrowful Mother weeping,
close to Jesus to the last.*



Janis Olson

The Second Station

Jesus Is Made to Bear the Cross

V. We adore you, O Christ, and we bless you. (genuflect)

R. Because by your holy Cross you have redeemed the world. (rise)

Leader: Consider how Jesus Christ, as he walked this road with the Cross on his shoulder, was thinking of you and offering for you to God the death he was about to suffer. (kneel)

All: My most admirable Jesus, I embrace all the tribulations that you have destined for me until death. Because of the pain you did suffer in carrying your Cross, I beg you to give me the strength to carry mine with perfect peace and resignation. I love you, Jesus, my love. I am sorry that I have offended you. Never let me be separated from you again. Grant that I may always love you, and then do with me what you will.

Our Father + Hail Mary + Glory Be

*Through her heart, his sorrow sharing,
all his bitter anguish bearing,
now at length the sword had passed.*



Janis Olson

St. Andrew Church, Sumner

The Third Station

Jesus Falls the First Time

V. We adore you, O Christ, and we bless you. *(genuflect)*

R. Because by your holy Cross you have redeemed the world. *(rise)*

Leader: Consider the first fall of Jesus. Loss of blood from the scourging and crowning with thorns had so weakened him that he could hardly walk. As soldiers drove on, he fell several times under the weight of the heavy Cross. *(kneel)*

All: My beloved Jesus, it is not the weight of the Cross, but the weight of my sins that makes you suffer so much. Because of this first fall, save me from falling into mortal sin. I love you, Jesus, with all my heart. I am sorry that I have offended you. Never let me offend you again. Grant that I may always love you, and then do with me what you will.

Our Father + Hail Mary + Glory Be

*Oh, how sad and sore distressed
was that Mother highly blessed
of the sole begotten One!*



Janis Olson

St. Andrew Church, Sumner

The Fourth Station

Jesus Meets His Afflicted Mother

V. We adore you, O Christ, and we bless you. (genuflect)

R. Because by your holy Cross you have redeemed the world. (rise)

Leader: Consider how the Son met his Mother on his way to Calvary. Jesus and Mary gazed at each other, and the woeful sight pierced their loving hearts with arrows of grief. (kneel)

All: My dearest Jesus, by the pain you did feel in this meeting, grant me the grace of being truly devoted to your holy Mother. My sorrowful Queen, obtain for me through your intercession an ever affectionate remembrance of the Passion of your Son. I love you, Jesus, my love. I am sorry that I have offended you. Never let me offend you again. Grant that I may always love you, and then do with me what you will.

Our Father + Hail Mary + Glory Be

*Christ above in torment hangs,
she beneath beholds the pangs
of her dying glorious Son.*



Janis Olson

St. Andrew Church, Sumner

The Fifth Station

Simon Helps Jesus to Carry His Cross

V. We adore you, O Christ, and we bless you. (genuflect)

R. Because by your holy Cross you have redeemed the world. (rise)

Leader: Consider how his persecutors, fearing that Jesus might expire from weakness on the way, when they wished to see him die the infamous death of the Cross, forced Simon of Cyrene to carry the cross after our Lord. (kneel)

All: My sweet Jesus, I do not wish, like the Cyrenean, to refuse the Cross; I accept especially the death that is destined for me, with all the pains that may accompany it. I unite it to your death and offer it to you. You died for love of me; I wish to die for love of you and to please you. Help me by your grace. I love you, Jesus, my love. I am sorry that I have offended you. Never let me be offend you again. Grant that I may always love you, and then do with me what you will.

Our Father + Hail Mary + Glory Be

*Is there one who would not weep,
whelmed in miseries so deep,
Christ's dear Mother to behold?*



Janis Olson

The Sixth Station

Veronica Wipes the Face of Jesus

V. We adore you, O Christ, and we bless you. (genuflect)

R. Because by your holy Cross you have redeemed the world. (rise)

Leader: Consider how the holy woman, Veronica, seeing Jesus in such distress, with his face bathed with sweat and blood, offered him a towel, and how, in drying himself with it, our Lord left his sacred image impressed upon it. (kneel)

All: My beloved Jesus, your face was beautiful before; yet, on this journey it no longer appears beautiful but disfigured with wounds and blood. Alas! My soul also was once beautiful, when it received your grace in Baptism, but I have since disfigured it with my sins. You alone, my Redeemer, can restore it to its former beauty. Do this by your Passion!

Our Father + Hail Mary + Glory Be

*Can the human heart refrain
from partaking in her pain,
in that Mother's pain untold?*



Janis Olson

The Seventh Station

Jesus Falls the Second Time

V. We adore you, O Christ, and we bless you. (genuflect)

R. Because by your holy Cross you have redeemed the world. (rise)

Leader: Consider how the second fall of Jesus under the Cross renews the pain of all the wounds in the sacred head and body of our afflicted Lord. (kneel)

All: My most gentle Jesus, how often have you forgiven me, and how often have I again fallen and offended you! Because of this new fall, give me the strength to persevere in your grace until death. Grant that in all the temptations that will assail me, I may always have recourse to you. I love you, Jesus, my love, with all my heart. I am sorry that I have offended you. Never let me offend you again. Grant that I may always love you, and then do with me what you will.

Our Father + Hail Mary + Glory Be

*Bruised, derided, cursed, defiled,
she beheld her tender child,
all with bloody scourges rent.*



Janis Olson

St. Andrew Church, Sumner

The Eighth Station

Jesus Speaks to the Women of Jerusalem

V. We adore you, O Christ, and we bless you. (genuflect)

R. Because by your holy Cross you have redeemed the world. (rise)

Leader: Consider how the women, seeing Jesus so distressed and dripping with blood as he walked along, wept with compassion for him. But Jesus said to them, “Weep not for me, but for your children.” (kneel)

All: My sorrowful Jesus, I weep for the offenses I have committed because of the punishment I deserve for them, but still more because of the displeasure they have given you, who has loved me so much. It is your love more than the fear of hell that makes me weep for my sins. My Jesus, I love you more than I love myself. I am sorry that I have offended you. Never let me offend you again. Grant that I may always love you, and then do with me what you will.

Our Father + Hail Mary + Glory Be

*For the sins of his own nation
she saw him hang in desolation
till his spirit forth he sent.*



Janis Olson

St. Andrew Church, Sumner

The Ninth Station

Jesus Falls the Third Time

V. We adore you, O Christ, and we bless you. *(genuflect)*

R. Because by your holy Cross you have redeemed the world. *(rise)*

Leader: Consider how Jesus Christ, weak and exhausted, fell for the third time, while the cruel executioners tried to make him walk faster, though he hardly had strength to move. *(kneel)*

All: Outraged Jesus, because of the weakness you suffered on the way to Calvary, give me enough strength to overcome all human respect and all my vicious inclinations, which have led me in the past to despise your friendship. I love you, Jesus, my love, with all my heart. I am sorry that I have offended you. Never let me offend you again. Grant that I may always love you, and then do with me what you will.

Our Father + Hail Mary + Glory Be

*O sweet Mother! font of love,
touch my spirit from above,
make my heart with yours accord.*



Janis Olson

St. Andrew Church, Sumner

The Tenth Station

Jesus is Stripped of His Garments

V. We adore you, O Christ, and we bless you. (genuflect)

R. Because by your holy Cross you have redeemed the world. (rise)

Leader: Consider how Jesus, in being stripped by the executioners, had his garments pulled off so roughly that his lacerated flesh was torn away with the cloth to which it adhered. (kneel)

All: My innocent Jesus, because of the pain you suffered then, help me to strip myself of all affection for the things of earth, that I may place all my love in you, who are more than worthy of all my love. I love you with my whole heart. I am sorry that I have offended you. Never let me offend you again. Grant that I may always love you, and then do with me what you will.

Our Father + Hail Mary + Glory Be

*Make me feel as you have felt;
make my soul to glow and melt
with the love of Christ, my Lord.*



Janis Olson

St. Andrew Church, Sumner

The Eleventh Station

Jesus is Nailed to the Cross

V. We adore you, O Christ, and we bless you. (genuflect)

R. Because by your holy Cross you have redeemed the world. (rise)

Leader: Consider how Jesus, thrown down on the Cross, stretched out his arms and offered to his Father the sacrifice of his life for our salvation. Then they nailed his hands and feet, raised the Cross, and left him to die in anguish. (kneel)

All: My despised Jesus, nail this heart of mine to your feet, so that I may always remain there to love you and never leave you again. I love you more than myself. I am sorry that I have offended you. Never let me offend you again. Grant that I may always love you, and then do with me what you will.

Our Father + Hail Mary + Glory Be

*Holy Mother, pierce me through,
in my heart each wound renew
of my Savior crucified.*



Janis Olson

The Twelfth Station

Jesus Dies on the Cross

V. We adore you, O Christ, and we bless you. (genuflect)

R. Because by your holy Cross you have redeemed the world. (rise)

Leader: Consider how your Jesus, after three hours of agony on the Cross, finally overwhelmed with sufferings, lets his body go, bows his head, and dies. (kneel)

All: O my loving Jesus, I tenderly kiss this Cross on which you died for me. I deserve, because of my sins, to die a miserable death. But your Death is my hope. By the merits of your Death, give me the grace to die, embracing your feet and burning with love of you. Into your hands I commend my soul. I love you with all my heart. I am sorry that I have offended you. Never let me offend you again. Grant that I may always love you, and then do with me what you will.

Our Father + Hail Mary + Glory Be

*Let me share with you his pain,
who for all our sins was slain,
who for me in torments died.*



Janis Olson

The Thirteenth Station

Jesus is Taken Down from the Cross

V. We adore you, O Christ, and we bless you. (genuflect)

R. Because by your holy Cross you have redeemed the world. (rise)

Leader: Consider how our Lord, after he had died, was taken down from the Cross by two of his disciples, Joseph and Nicodemus, and laid in the arms of his afflicted Mother, who held him tenderly. (kneel)

All: O Mother of sorrow, for the love of this Son, accept me as your servant and pray to him for me. And you, my Redeemer, since for me you died, allow me to love you, for I want you alone and nothing more. I love you, my Jesus, and I am sorry that I have offended you. Never let me offend you again. Grant that I may always love you, and then do with me what you will.

Our Father + Hail Mary + Glory Be

*Let me mingle tears with you,
mourning him who mourned for me,
all the days that I may live.*



Janis Olson

St. Andrew Church, Sumner

The Fourteenth Station

The Body of Jesus is Laid in the Tomb

V. We adore you, O Christ, and we bless you. *(genuflect)*

R. Because by your holy Cross you have redeemed the world. *(rise)*

Leader: Consider how the disciples carried away our Lord's body for burial, while his holy Mother went with them and arranged it in the sepulcher with her own hands. Then they closed the tomb, and withdrew. *(kneel)*

All: O my buried Jesus, I kiss this stone that encloses you. But you rose from there on the third day. I beg you, by your Resurrection, to make me rise with you in glory on the last day, so that I may always be united with you in heaven, to praise you and love you forever. I love you and I am sorry that I have offended you. Never let me offend you again. Grant that I may love you, and then do with me what you will.

Our Father + Hail Mary + Glory Be

*By the Cross with you to stay,
there with you to weep and pray,
is all I ask of you to give.*

Leader: Jesus Christ crucified.

All: Have mercy on us.

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

All: Amen.

Chaplet of Divine Mercy

St. Maria Faustina Kowalska (1905–1938)

Recite one Our Father, one Hail Mary, and the Apostles' Creed. Then, on the Our Father beads of the rosary, say:

“Eternal Father, I offer you the Body and Blood, Soul and Divinity of your dearly beloved Son, our Lord Jesus Christ, in atonement for our sins and those of the whole world.”

On the Hail Mary beads, say:

“For the sake of his sorrowful Passion, have mercy on us and on the whole world.”

At the conclusion of each decade, three times recite:

“Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.”



Ray Menze

Eucharistic Adoration and Benediction

Exposition

After the minister exposes the Blessed Sacrament according to the ritual, an appropriate hymn is sung.

*O Salutaris Hostia
Quae caeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.

Uní trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria. Amen.*

O saving Victim, opening wide,
The gate of heaven to man below!
Our foes press on from every side;
Thine aid supply, thy strength bestow.

To thy great name by endless praise,
Immortal Godhead, One in Three;
O grant us endless length of days,
In our true native land with thee. Amen.

Adoration

There follows a suitable period of adoration, consisting of moments of silence, which may also be accompanied by Scripture readings with a homily or a brief exhortation, litanies, prayers, or hymns.

Benediction

Toward the end of Eucharistic adoration, the minister, kneeling, incenses the Blessed Sacrament according to the custom, while an appropriate hymn is sung.

*Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui.*

*Genitori, Genitoque
Laus et iubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio. Amen.*

Down in adoration falling,
Lo! the sacred Host we hail,
Lo! o'er ancient forms departing
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.

To the everlasting Father,
And the Son who reigns on high
With the Holy Spirit proceeding
Forth from each eternally,
Be salvation, honor blessing,
Might and endless majesty. Amen.

The minister then sings (or says) the verse, and the people respond:

V. You have given them bread from heaven. (Alleluia.)
R. Having all sweetness within it. (Alleluia.)

The minister stands and continues:

Let us pray. Lord Jesus Christ, you gave us the Eucharist as the

memorial of your suffering and death. May our worship of this sacrament of your Body and Blood help us to experience the salvation you won for us and the peace of the Kingdom, where you live with the Father and the Holy Spirit, one God for ever and ever. Amen.

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 St. Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen.

Reposition

The minister then reposes the Blessed Sacrament according to the customary ritual. There may follow an appropriate hymn or acclamation.

Holy God, we praise thy name;

Lord of all, we bow before thee!

All on earth thy scepter claim,

All in heaven above adore thee;
Infinite thy vast domain,
Everlasting is thy reign.

Hark! the loud celestial hymn
Angel choirs above are raising,
Cherubim and seraphim,
In unceasing chorus praising;
Fill the heavens with sweet accord:
Holy, holy, holy Lord.

Act of Consecration to the Sacred Heart of Jesus

St. Margaret Mary Alacoque (1647–1690)

I give myself and consecrate to the Sacred Heart of our Lord Jesus Christ my person, my life, my actions, my pains and sufferings, so that I may be unwilling to make use of any part of my being save to honor, love, and glorify the Sacred Heart. It is my unchanging intention to be all his and to do all for love of him. I renounce at the same time with all my heart whatever can displease him.

I, therefore, take you, O Sacred Heart, for the only object of my love, the protector of my life, the pledge of my salvation, the remedy of my weakness and inconstancy, the atonement for the faults of my life, and the secure refuge at the hour of my death. Be then, O Heart of goodness, my justification before God the Father, and turn away from me the punishment of his just anger. O Heart of love, I put my confidence in you, because I fear everything from my own sinfulness and weakness. I hope for all things from your mercy and generosity.

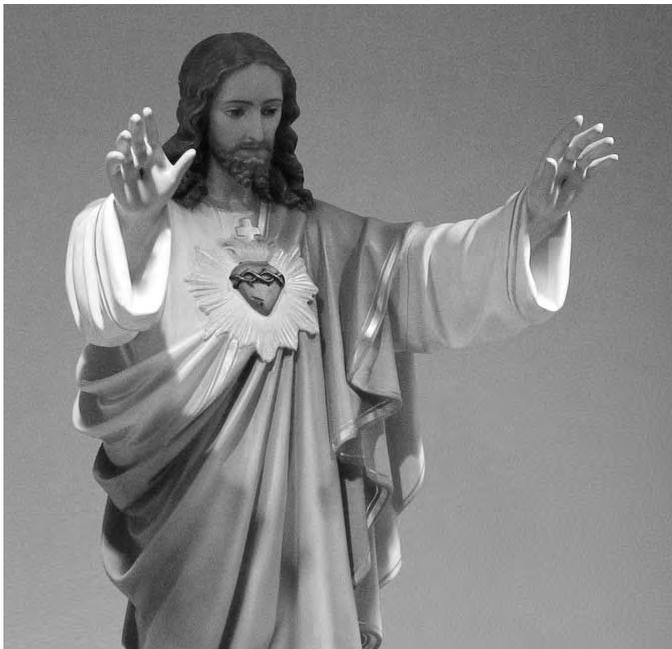
Destroy in me all that can displease or resist your holy will.

Let your pure love impress you so deeply upon my heart that I may never forget you or be separated from you. May my name, by your loving kindness, be written in you, because in you I desire to place all my happiness and all my glory in living and dying in very bondage to you. Amen.

Prayer to the Sacred Heart of Jesus

Bl. John Henry Newman (1801–1890)

Most sacred, most loving heart of Jesus, you are concealed in the Holy Eucharist, and you beat for us still. Now, as then, you say: “With desire I have desired.” I worship you with my best love and awe, with fervent affection, with my most subdued, most resolved will. For a while you take up your abode within



Courtesy Sacred Heart Parish

Sacred Heart Church, Battle Ground

me. O make my heart beat with your heart! Purify it of all that is earthly, all that is proud and sensual, all that is hard and cruel, of all perversity, of all disorder. So fill it with you, that neither the events of the day, nor the circumstances of the time, may have the power to ruffle it; but that in your love and your fear, it may have peace. Amen.

A Prayer for Divine Mercy

From the Diary of St. Maria Faustina Kowalska (1905–1938)

O greatly merciful God, Infinite Goodness, today all mankind calls out from the abyss of its misery to your mercy — to your compassion, O God; and it is with its mighty voice of misery that it cries out. Gracious God, do not reject the prayer of this earth's exiles!

O Lord, Goodness beyond our understanding, who are acquainted with our misery through and through, and know that by our power we cannot ascend to you, we implore you, anticipate us with your grace and keep on increasing your mercy in us, that we may faithfully do your holy will all through our life and at death's hour.

Let the omnipotence of your mercy shield us from the darts of our salvation's enemies, that we may with confidence, as your children, await your final coming — that day known to you alone. And we expect to obtain everything promised us by Jesus in spite of all our wretchedness. For Jesus is our Hope:

Through his merciful Heart as through an open gate we pass through to heaven. Amen.

O Sacrament Most Holy

To be prayed in the presence of the Eucharist

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

Prayer Before the Blessed Sacrament

Richard Cardinal Cushing (1895–1970)

O Jesus our Lord and our God, creator and ruler of the vast universe, we lovingly adore you, hidden so humbly beneath the appearances of the fragile host.

We thrill to reflect that as we kneel before the Blessed Sacrament, we are not venerating a relic, but worshipping the infinite God.

We rejoice that the Blessed Sacrament is not merely a holy thing, but a living Person — the same Christ who died for us on Calvary but who loved us so much that he wanted to remain with us forever.

Dear sacramental Savior, when you rose gloriously from the tomb you showed your infinite power. But when you remain silently in the tabernacle you show your infinite love.

Like the caravan of wise men who worshiped you in Bethlehem under a dazzling star, during the Eucharistic crusade we adore you under the flickering sanctuary lamp. We cannot bring the gifts of the Magi, but we lay at your feet our hearts and souls, our very lives.

Bless our Holy Father and the Church throughout the world. Bless those who suffer persecution for your sake, and those who preach your Gospel to the distant lands. Bless our priests, sisters and brothers and increase their numbers. Bless our

families and our dear departed loved ones, the sick and the shut-ins, those who have wandered from your fold and those who are groping for the truth.

You were the first Communion of our childhood; be also the last Viaticum of our old age. But in between, may you ever be our daily bread, so that holy Communion on earth may be for each one of us a sweet foretaste of an eternal union with you in heaven. Amen.

Prayer Before the Blessed Sacrament

Bl. John Henry Newman (1801–1890)

I place myself in the presence of him in whose Incarnate Presence I am before I place myself there. I adore you, O my Savior, 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. Amen.



Prayers to the
Blessed Virgin Mary

St. James Cathedral, Seattle

Hail Mary

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.

Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we be made worthy of the promises of Christ. Amen.

Tota Pulchra Es

You are all beautiful, Mary, and there is no original stain in you. Amen.

Memorare

Inspired by St. Bernard of Clairvaux (1090–1153)

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Totus Tuus

St. Louis de Montfort (1673–1716)

I am all yours, and all that is mine is yours, O Virgin, blessed above all. Amen.

Sub Tuum Praesidium

Ancient prayer to the Blessed Mother (3rd century)

We fly to your patronage, 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.

O Domina Mea

St. Aloysius Gonzaga (1568–1591)

O my Lady, O my Mother! To you I offer my entire self, and so that I may be devoted and worthy, I consecrate to you today my eyes, my ears, my mouth, my heart, my whole self. Since, therefore, I am yours, O good Mother, preserve me, defend me as your own. Amen.

You Are Fair, O Mary

You are fair, O Mary: the original stain is not in you. You are the glory of Jerusalem. You are the joy of Israel. You are the great honor of our people. You are the advocate of sinners. O Mary, Virgin most prudent, Mother most merciful, pray for us. Intercede for us with our Lord Jesus Christ. Amen.

Prayer to Our Lady of Good Counsel

Pope Pius XII (1876–1958)

O Holy Virgin, to whose feet we are led by our anxious uncertainty in our search for and attainment of what is true and good, invoking you by the sweet title of Mother of Good Counsel, we beseech you to come to our assistance, when, along the road of this life, the darkness of error and of evil conspires toward our ruin by leading our minds and our hearts astray.

O Seat of Wisdom and Star of the Sea, enlighten the doubtful and the erring, that they be not seduced by the false appearances of good; render them steadfast in the face of the hostile and corrupting influences of passion and of sin. O Mother of Good Counsel, obtain for us from your Divine Son a great love of virtue, and, in the hour of uncertainty and trial, the strength to embrace the way that leads to our salvation. If your hand sustains us, we shall walk unharmed along the path indicated to us by the life and words of Jesus, our Redeemer; and having followed freely and securely, even in the midst of this world's strife, the Sun of Truth and Justice under your maternal Star, we shall come to the enjoyment of full and eternal peace with you in the haven of salvation. Amen.

Prayer to the Most Blessed Virgin Mary

From Pastores Dabo Vobis, St. John Paul II (1920–2005)

O Mary, Mother of Jesus Christ and Mother of priests, accept this title which we bestow on you to celebrate your motherhood and to contemplate with you the priesthood of your Son and of your sons, O holy Mother of God.

Mother of Christ, to the Messiah-priest you gave a body of flesh through the anointing of the Holy Spirit for the salvation of the poor and the contrite of heart; guard priests in your heart and in the Church, O Mother of the Savior.

O Mother of Faith, you accompanied to the Temple the Son of Man, the fulfillment of the promises made to the fathers; give to the Father for his glory the priests of his Son, O Ark of the Covenant.

O Mother of the Church, in the midst of the disciples in the upper room you prayed to the Spirit for the new people and their shepherds; obtain for the Order of Presbyters the full measure of gifts, O Queen of the Apostles.

O Mother of Jesus Christ, you were with him at the beginning of his life and mission, you sought the Master among the crowd, you stood beside him when he was lifted up from the earth consumed as the one eternal sacrifice, and you had John, your son, near at hand; accept from the beginning those who have been called, protect their growth, in their life ministry accompany your sons, O Mother of Priests. Amen.

Prayer of Entrusting the Church to Mary, Mother of God

*On the anniversaries of the Ecumenical Councils of
Constantinople and Ephesus, St. John Paul II (1920–2005)*

O Mother of men and peoples, you know all their sufferings and their hopes. You maternally feel all their struggles between good and evil, between the light and the darkness which shake the world.

Receive our cry, directed in the Holy Spirit straight to your Heart and, with the love of the Mother and Handmaid of the Lord, embrace the individuals and peoples which most look for this embrace, together with the individuals and peoples to whose trust you attend in a particular way. Take the entire human family under your maternal protection. With outflows of affection, O Mother, we entrust it to you. May the time of peace and liberty approach for all, the time of truth, justice, and hope. Amen.

Prayer to the Mother of Consolation *St. John Paul II (1920–2005)*

O Virgin Most Holy, be the sole and perennial consolation of the Church which you love and protect! Console your bishops and priests, missionaries and religious who have to enlighten and save modern society, which is difficult and sometimes hostile!

Console Christian communities by giving them the gift of numerous and solid priestly and religious vocations!

Console all those who are invested with authority and responsibility, civil and religious, social and political, so that they may always and only have the common good and integral development of man as their goal, in spite of difficulties and defeats! Console the so many families of those who have emigrated, the unemployed, the suffering, those who bear wounds in their bodies and souls caused by dramatic emergency situations; the young, especially those who find themselves abandoned and deprived of confidence for so many sad reasons; all those who feel ardent need in their souls for love, for altruism, for charity, for forgiving, who cultivate high ideals of spiritual and social gains! O Mother of Consolation, console us all, and let all understand that the secret of happiness lies in goodness, in always faithfully following your Son, Jesus! Amen.

An Act of Consecration to Mary Immaculate, Patroness of the United States of America

Proclaimed under this title in 1846

Most Holy Trinity: Our Father in Heaven, who chose Mary as the fairest of your daughters; Holy Spirit, who chose Mary as your spouse; God the Son, who chose Mary as your Mother; in union with Mary, we adore your majesty and acknowledge your supreme eternal dominion and authority. Most Holy Trinity, we put the United States of America into the hands of Mary Immaculate in order that she may present the country to you. Through her we wish to thank you for the great resources of this land and for the freedom which has been its heritage.

Through the intercession of Mary, have mercy on the Catholic Church in America. Grant us peace. Have mercy on our president and on all the officers of our government. Grant us a fruitful economy born of justice and charity. Have mercy on capital and industry and labor. Protect the family life of the nation. Guard the innocence of our children.

Grant the precious gift of many religious vocations. Through the intercession of our Mother, have mercy on the sick, the poor, the tempted, sinners — on all who are in need. Mary, Immaculate Virgin, our Mother, patroness of our land, we praise you and honor you and give ourselves to you. Protect us from every harm. Pray for us, that acting always according to your will and the will of your Divine Son, we may live and die pleasing to God. Amen.

The Angelus

Traditionally prayed at 6 a.m., 12 p.m., and 6 p.m.

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

Behold the handmaid of the Lord: Be it done unto me according to thy word. Hail Mary...

And the Word was made flesh: And dwelt among us. Hail Mary...

Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

Let us pray. Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the Incarnation of Christ, thy Son, was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection, through the same Christ our Lord. Amen.

Regina Coeli

From the Easter Vigil to Pentecost

Queen of Heaven, rejoice, alleluia.

For he whom you did merit to bear, alleluia.

Has risen, as he said, alleluia.

Pray for us to God, alleluia.

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

R. For the Lord has truly risen, alleluia.

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



Church of the Assumption, Bellingham

Occasional Prayers

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.

Prayers for the Morning

Hear, O Israel:

the Lord is our God, the Lord is one!

Blessed is his glorious kingdom for ever and ever!

Blessed are you,

Lord our God, ruler of the universe,
opening the eyes of the blind.

Blessed are you,

Lord our God, ruler of the universe,
clothing the naked.

Blessed are you,

Lord our God, ruler of the universe,
setting captives free.

Blessed are you,

Lord our God, ruler of the universe,
guiding our footsteps.

Blessed are you,

Lord our God, ruler of the universe,
taking the sleep from my eyes
and the slumber from my eyelids.

Act of Faith

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

Act of Hope

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

Act of Love

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

For Those Searching for God

St. Anselm of Canterbury (1033–1109)

O Lord my God, teach my heart this day where and how to see you, where and how to find you. You have made me and remade me, and you have bestowed on me all the good things I possess, and still I do not know you. I have not yet done that for which I was made. Teach me to seek you, for I cannot seek you unless you teach me, or find you unless you show yourself to me. Let me seek you in my desire, let me desire you in my seeking. Let me find you by loving you, let me love you when I find you. Amen.

Come, Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created, and you shall renew the face of the earth.

Let us pray. Lord, by the light of the Holy Spirit, you have taught the hearts of the faithful. In the same Spirit help us to relish what is right and always rejoice in your consolations. Through Christ our Lord. Amen.

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.

Grace After Meals

We give you thanks, Almighty God, for these and all your benefits, you who live and reign forever and ever. Amen.

Te Deum

St. Nicetas of Remesiana (ca. 335–414)

You are God; we praise you;
You are the Lord; we acclaim you;
You are the eternal Father;
All creation worships you.

To you all angels, all the powers of heaven,
Cherubim and Seraphim, sing in endless praise:
Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.

The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.

Throughout the world the holy Church acclaim you:
Father of majesty unbounded,
your true and only Son, worthy of all worship,
and the Holy Spirit, advocate and guide.

You, Christ, are the king of glory,
the eternal Son of the Father.
When you became man to set us free
you did not spurn the Virgin's womb.

You overcame the sting of death
and opened the kingdom of heaven to all believers.
You are seated at God's right hand in glory.
We believe that you will come and be our judge.

Come then, Lord, and help your people,
bought with the price of your own blood,
and bring us with your saints
to glory everlasting. Amen.

Prayer for the Gifts of the Holy Spirit

O Holy Spirit, bestow upon all of us who are discerning our vocations, your holy gifts. Enlighten our understanding that we may know you. Give us wisdom that your will may be clear to us. Grant us the gift of counsel that we may always perceive what is right. Inspire us with the spirit of learning that we may penetrate more deeply into your truth. Give us the spirit of piety and the fear of the Lord, so that we may revere you and, should we fail, we may quickly repent and revere you in all we do, think or say. Fortify us and give us courage to answer your call to the priesthood, religious life or lay service. Look with compassion upon us, O Holy Spirit, and grant us the favor we seek in this novena request. Amen.

Prayer in Honor of My Guardian Angel

Heavenly Father, I thank your infinite goodness for having entrusted me to an angel to guard and guide me from the moment my soul came forth from your creative hands.

I also thank you, my guardian angel, for accompanying me daily on the journey to my heavenly Father.

Your holy inspirations, your continual protection against spiritual and material dangers, and your powerful prayers to God give me great comfort and sure hope. Amen.

Guardian Angel Prayer

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

God's Care

Bishop Fulbert of Chartres (ca. 970–1028)

How brief is our span of life compared with the time since you created the universe. How tiny we are compared with the enormity of your universe. How trivial are our concerns compared with the complexity of your universe. How stupid we are compared with the genius of your universe. Yet during every minute and every second of our lives you are present, within and around us. You give your whole and undivided attention to each and every one of us. Our concerns are your concerns. And you are infinitely patient with our stupidity. I thank you with all my heart, knowing that my thanks are worthless compared with your greatness. Amen.

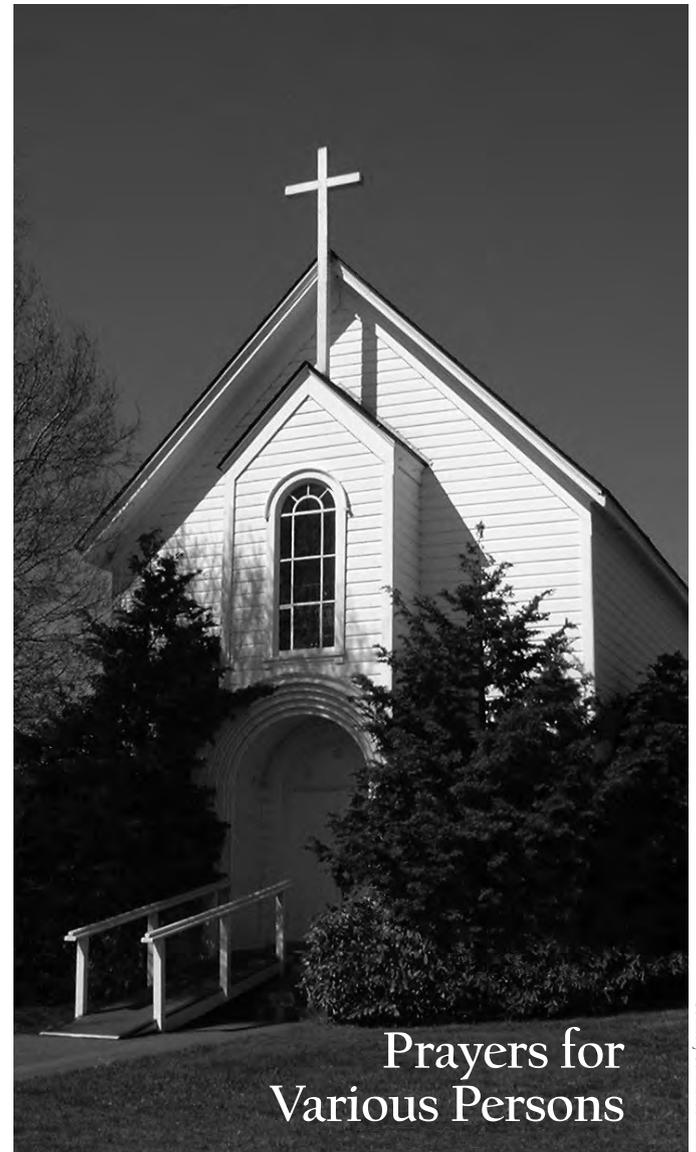
True Friend

St. Claude de la Colombière (1641–1682)

Jesus! You are my true friend, my only friend. You take a part in all my misfortunes; you take them on yourself; you know how to change them into blessings; you listen to me with the greatest kindness when I relate my troubles to you, and you have always balm to pour on my wounds. I find you at all times; I find you everywhere, you never go away: if I have to change my dwelling, I find you there wherever I go.

You are never weary of listening to me, you are never tired of doing me good. I am certain of being beloved by you, if I love you; my goods are nothing to you, and by bestowing yours on me, you never grow poor; however miserable I may be, no one nobler or cleverer or even holier can come between you and me, and deprive me of your friendship; and death, which tears us away from all other friends, will unite me forever to you.

All the humiliations attached to old age, or to the loss of honor, will never detach you from me; on the contrary, I shall never enjoy you more fully, and you will never be closer to me than when everything seems to conspire against me to overwhelm me and to cast me down. You bear with all my faults with extreme patience, and even my want of fidelity and my ingratitude do not wound you to such a degree as to make you unwilling to receive me when I return to you. O Jesus, grant that I may die praising you, that I may die loving you, that I may die for the love of you. Amen.



Prayers for
Various Persons

Courtesy St. Francis Parish

St. Francis Church, Friday Harbor

Prayer for the Pope

V. Let us pray for N., the pope.

R. May the Lord preserve him, give him a long life, make him blessed upon the earth, and may the Lord not hand him over to the power of his enemies.

V. May your hand be upon your holy servant.

R. And upon your son whom you have anointed.

Let us pray. O God, the Pastor and Ruler of all the faithful, look down, in your mercy, upon your servant, N., whom you have appointed to preside over your Church; and grant, we beseech you, that by both word and example, he may edify all those under his charge; so that, with the flock entrusted to him, he may arrive at length unto life everlasting. Through Christ our Lord. Amen.

Prayer for Priests

Richard Cardinal Cushing (1895–1970)

O almighty and eternal God, look upon the face of thy Christ, and for love of him who is the eternal High Priest have pity on thy priests. Remember, O most compassionate God, that they are but weak and frail human beings. Stir up in them the grace of their vocation which is in them by the imposition of the bishop's hands. Keep them close to thee, lest the enemy prevail against them, so that they may never do anything in the slightest degree unworthy of their sublime vocation.

O Jesus, I pray thee for thy faithful and fervent priests; for thy unfaithful and tepid priests; for thy priests laboring at home or abroad in distant mission fields; for thy tempted priests; for thy lonely and desolate priests; for thy young priests; for thy aged priests; for thy sick priests; for thy dying priests; for the souls of thy priests in purgatory.

But above all I commend to thee the priests dearest to me: the priest who baptized me; the priests at whose Masses I assisted and who gave me thy Body and Blood in Holy Communion; the priests who taught and instructed or helped me and encouraged me; all the priests to whom I am indebted in any other way, particularly (your priest's name). O Jesus, keep them all close to thy heart, and bless them abundantly in time and in eternity. Amen. Mary, Queen of the clergy, pray for us; obtain for us many and holy priests. Amen.

Prayer for Teachers

Heavenly Father, who promised that all those who instruct others in the ways of holiness will shine as stars for all eternity, fill our hearts and minds with true knowledge and the art of teaching. Give us patience and understanding, justice and prudence, humility and fear of the Lord. Grant us wisdom and charity so that with a pure and holy love of God we ourselves may enjoy all these gifts and impart them to our pupils. Teach our children to be obedient to your laws and docile to your inspirations. Let them be instruments of your peace in their homes, in our land, and in the family of nations as becomes children of the sons of God in the Mystical Body of Christ. May the blessings of your sevenfold gifts be in all who teach and in all who learn through the Holy Spirit who is the Love of the Father and the Son, our Lord Jesus Christ. Amen.

Prayer for Students

Richard Cardinal Cushing (1895–1970)

O eternal Father and Incarnate Word, through the gifts and the fruits of your Holy Spirit, enlighten and perfect my intellect, will, and affections that in all things I may be what your divine Wisdom intended me to be: a bearer of Christ to

others. Illuminate, therefore, my intellect with supernatural faith. Strengthen my will with supernatural hope, and inflame my heart with your divine love.

Create in me Christ-like ideals, attitudes, appreciations, and habits that will enable me to think, judge, and act so as to be like your immaculate mother, a bearer of Christ to others. Give me the necessary skills and docility to earn an honest living. Give me prudence to direct and guide my understanding and justice to regulate my will in respecting the rights of others.

Give me the temperance to control my desires and appetites. And give me fortitude to defend and practice your Way, your Truth, and your Life, thus being like St. Joseph, a bearer of Christ to others. Teach me to be modest and chaste with myself and others. May I be joyfully respectful and obedient to my parents, teachers, ecclesiastical and civil authorities. Thus by your grace will I grow in the stature of Christ, in wisdom and age, and be a bearer of him to others.

O Most Holy Trinity, dwelling in my soul, make me realize that I cannot thus live without the supernatural life of grace that comes through my frequent reception of the sacraments, through my offering with the priest of the Holy Sacrifice of the Mass, through my daily prayers, and through sacrifice and self-discipline on my part.

Through your grace only will I, therefore, put on the image of Christ so that through him, and with him, and in him, I shall advance the peace of Christ in the reign of Christ, and be an eternal bearer of him to all my brothers and sisters. Amen.

Prayer for My Family

Protect my family, Lord, from every adversity. I ask you, through the intercession of Blessed Mary, ever virgin. With

total trust I lift my heart to you. Mercifully and kindly protect us and deliver us from all that would harm us as a family. Through our Lord Jesus Christ. Amen.

Prayer on Behalf of One's Enemy

St. Thomas More (1478–1535)

Almighty God, have mercy on N., and on all who bear me evil will and would do me harm, and on their faults and mine together. By such easy, tender, merciful means as your own infinite wisdom can best devise, vouchsafe to amend and redress and make us saved souls in heaven together. Where we may ever live and love together with you and your blessed saints, O glorious Trinity, for the bitter passion of our sweet Savior Christ. Amen.

Prayer for Church and Civil Authorities

Archbishop John Carroll (1735–1815)

We pray thee, O almighty and eternal God, who through Jesus Christ hast revealed thy glory to all nations, to preserve the works of thy mercy, that thy Church, being spread through the whole world, may continue with unchanging faith in the confession of thy name.

We pray thee, who alone art good and holy, to endow with heavenly knowledge, sincere zeal, and sanctity of life, our chief bishop, Pope N., the vicar of our Lord Jesus Christ, in the government of his Church; our own bishop, N., all other bishops, prelates, and pastors of the Church; and especially those who are appointed to exercise amongst us the functions of the holy ministry, and conduct thy people into the ways of salvation.

We pray thee, O God of might, wisdom, and justice, through

whom authority is rightly administered, laws are enacted, and judgment decreed, assist with thy Holy Spirit of counsel and fortitude the president of these United States, that his/her administration may be conducted in righteousness, and be eminently useful to thy people over whom he/she presides; by encouraging due respect for virtue and religion; by a faithful execution of the laws in justice and mercy; and by restraining vice and immorality. Let the light of thy divine wisdom direct the deliberations of Congress, and shine forth in all the proceedings and laws framed for our rule and government, so that they may tend to the preservation of peace, the promotion of national happiness, the increase of industry, sobriety, and useful knowledge, and may perpetuate to us the blessing of equal liberty.

We pray for his/her excellency, the governor of this state, for the members of the assembly, for all judges, magistrates, and other officers who are appointed to guard our political welfare, that they may be enabled, by thy powerful protection, to discharge the duties of their respective stations with honesty and ability.

We recommend likewise, to thy unbounded mercy, all our brethren and fellow citizens throughout the United States, that they may be blessed in the knowledge and sanctified in the observance of thy most holy law; that they may be preserved in union, and in that peace which the world cannot give; and after enjoying the blessings of this life, be admitted to those which are eternal.

Finally, we pray to thee, O Lord of mercy, to remember the souls of thy servants departed who are gone before us with the sign of faith and repose in the sleep of peace; the souls of our parents, relatives, and friends; of those who, when living, were members of this congregation, and particularly of such as are

lately deceased; of all benefactors who, by their donations or legacies to this Church, witnessed their zeal for the decency of divine worship and proved their claim to our grateful and charitable remembrance.

To these, O Lord, and to all that rest in Christ, grant, we beseech thee, a place of refreshment, light, and everlasting peace, through the same Jesus Christ, our Lord and Savior. Amen.

Prayer for the Game of Life

Richard Cardinal Cushing (1895–1970)

Dear God, help me be a good sport in the game of life. I don't ask for an easy place in the lineup. Put me anywhere you need me. I only ask that I can give you 100% of everything I have. If all the hard drives seem to come my way, I thank you for the compliment. Help me to remember that you never send a player more trouble than he can handle with your help ...

And help me, Lord, to accept the bad breaks as part of the game. May I always play on the square no matter what others do ... Help me study ... THE BOOK so I'll know the rules ...

Finally, God, if the natural turn of events goes against me and I am benched for sickness or old age, help me accept that as a part of the game, too. Keep me from whimpering that I was framed or that I got a raw deal. And when I finish the final inning, I ask for no laurels; all I want is to believe in my heart, I played as well as I could and that I didn't let you down. Amen.

Prayers for the Sick

God our Father, your Son accepted our sufferings to teach us the virtue of patience in human illness. Hear the prayers

we offer for our sick brother/sister. May all who suffer pain, illness, or disease realize that they have been chosen to be saints and know that they are joined to Christ in his suffering for the salvation of the world. We ask this through Christ our Lord. Amen.

Father in heaven, grant N. comfort in his/her suffering. Give him/her courage when afraid, patience when afflicted, hope when dejected, and when alone assure him/her of the prayerful support of your holy people. We ask this through Christ our Lord. Amen.

Responsory for All the Faithful Departed

V. Eternal rest grant unto them, O Lord.

R. And let the perpetual light shine upon them.

V. May they rest in peace.

R. Amen.

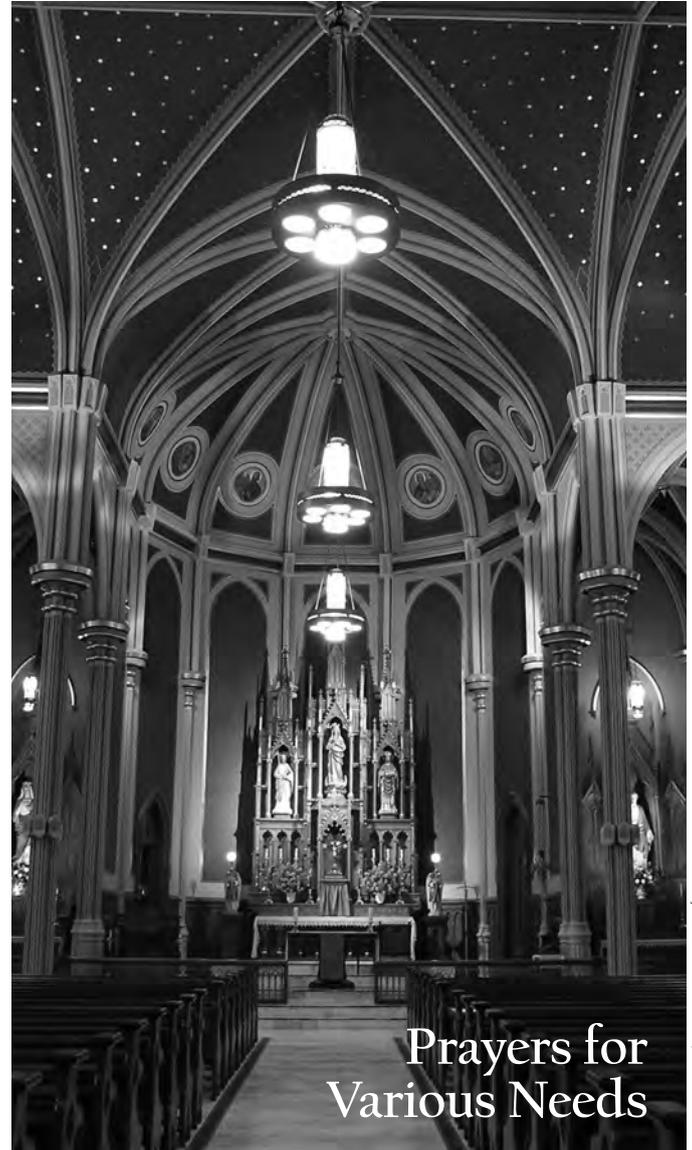
V. May their souls and the souls of all the faithful departed through the mercy of God rest in peace.

R. Amen.

Prayers When Someone Has Died

Eternal rest grant to him/her, O Lord, and let perpetual light shine upon him/her. Amen.

Loving and merciful God, we entrust our brother/sister to your mercy. You loved him/her greatly in this life; now that he/she is freed from all its cares, give him/her happiness and peace for ever. The old order has passed away; welcome him/her now into paradise where there will be no more sorrow, no more weeping or pain, but only peace and joy with Jesus, your Son, and the Holy Spirit for ever and ever. Amen.



Prayers for Various Needs

A Prayer for Right Living

By an unknown Confederate soldier (composed ca. 1861–1865)

I asked for strength that I might achieve; I was made weak that I might learn humbly to obey. I asked for health that I might do greater things; I was given infirmity that I might do better things. I asked for riches that I might be happy; I was given poverty that I might be wise. I asked for power that I might have the praise of men; I was given weakness that I might feel the need of God. I asked for all things that I might enjoy life; I was given life that I might enjoy all things. I got nothing that I had asked for, but everything that I had hoped for. Almost despite myself, my unspoken prayers were answered; I am, among all men, most richly blessed. Amen.

Guidance

St. Thomas More (1478–1535)

Good Lord, give me the grace, in all my fear and agony, to have recourse to that great fear and wonderful agony that thou, my sweet Savior, hadst at the Mount of Olivet before thy most bitter Passion, and in the meditation thereof, to conceive ghostly comfort and consolation profitable for my soul.

Almighty God, take away from me all vainglorious minds, all appetites of mine own praise, all envy, covetousness, gluttony, sloth, and lechery, all wrathful affectations, all appetite of revenging, all desire or delight of other folks' harm, all pleasure in provoking any person to wrath and anger, all delight of exprobration or insult against any persons in their affliction and calamity.

And give me, good Lord, a humble, lowly, quiet, peaceable, patient, charitable, kind, tender, and pitiful mind, with all my works, and all my words, and all my thoughts, to have a taste of thy Holy, Blessed Spirit.

Give me, good Lord, a full faith, a firm hope, and a fervent charity, a love to the good Lord incomparable above the love to myself; and that I love nothing to thy displeasure, but everything in an order to thee.

Take from me, good Lord, this lukewarm fashion, or rather key-cold manner of meditation, and this dullness in praying unto thee. And give me warmth, delight, and quickness in thinking upon thee.

And give me thy grace to long for thy holy sacraments, and especially to rejoice in the presence of thy very blessed Body, sweet Savior Christ, in the Holy Sacrament of the Altar, and duly to thank thee for thy gracious visitation therewith, and at this high memorial, with tender compassion, to remember and consider thy most bitter Passion. Amen.

Discernment

Pedro Arrupe SJ (1907–1991)

Grant me, O Lord,
to see everything now through new eyes,
to discern and test the spirits
that help me read the signs of the times,
to relish the things that are yours,
and to communicate them to others.
Give me the clarity of understanding
that you gave Ignatius.

Self-Abandonment

Jean-Pierre de Caussade SJ (1675–1751)

O my God, when will it please you to give me the grace of remaining habitually in that union of my will with your adorable will, in which, without our saying anything, all is said, and in which we do everything by letting you act? In this perfect union of wills we perform immense tasks because we work more in conformity with your good pleasure; and yet we are dispensed from all toil because we place the care of everything in your hands, and think nothing but of reposing completely in you — a delightful state which even in the absence of all feelings of faith gives the soul an interior and altogether spiritual relish. Let me say then unceasingly through the habitual disposition of my heart: “*Fiat!* Yes, my God, yes, everything that you please. May your holy desires be fulfilled in everything. I give up my own which are blind, perverse, and corrupted by that miserable self-love which is the mortal enemy of your grace and pure love, of your glory and my own sanctification.”

Holy Heart

St. Thomas More (1478–1535)

Lord, grant me a holy heart that sees always what is fine and pure and is not frightened at the sight of sin, but creates order wherever it goes. Grant me a heart that knows nothing of boredom, weeping, and sighing. Let me not be too concerned with the bothersome thing I call myself. Lord, give me a sense of humor and may I find happiness in life and profit for others.

Serenity Prayer

Reinhold Niebuhr (1892–1971)

God, give me grace to accept with serenity the things that cannot be changed, courage to change the things which should be changed, and the wisdom to distinguish the one from the other.

Living one day at a time, enjoying one moment at a time, accepting hardship as a pathway to peace, taking, as Jesus did, this sinful world as it is, not as I would have it, trusting that you will make all things right, if I surrender to your will, so that I may be reasonably happy in this life, and supremely happy with you forever in the next. Amen.

Courage

St. Ignatius of Loyola (1491–1556)

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

Unity

Father, I praise you and bless you for sending your Son. I thank you for bringing your people together, for making us one flock, for giving us one Shepherd. Take away our pride, our guilt. Make our divisions cease. Grant us unity in faith, oneness in hope, and communion in love. Grant us the peace you promised, through Christ our Lord. Amen.

Prayer for Peace

St. John XXIII (1881–1963)

Lord Jesus Christ, who are called the Prince of Peace, who are yourself our peace and reconciliation, who so often said, “Peace to you,” grant us peace. Make all men and women witnesses to the truth, justice, and brotherly love. Banish from their hearts whatever might endanger peace. Enlighten our rulers that they may guarantee and defend the great gift of peace. May all the peoples of the earth become as brothers and sisters. May longed-for peace blossom forth and reign always over us all. Amen.

Prayer for Justice and Peace

Pope Pius XII (1876–1958)

Almighty and eternal God, may your grace enkindle in all of us a love for the many unfortunate people whom poverty and misery reduce to a condition of life unworthy of human beings. Arouse in the hearts of those who call you Father a hunger and thirst for justice and peace, and for fraternal charity in deeds and in truth. Grant, O Lord, peace in our days, peace to souls, peace to families, peace to our country, and peace among nations. Amen.

Prayer for Religious Vocations

Archdiocese of Seattle

God our Father, you call each of us to use our gifts in the Body of Christ. We ask that you inspire those whom you call to priesthood, diaconate, and consecrated life to courageously

follow your will. Send workers into your great harvest so that the Gospel is preached, the poor are served with love, the suffering are comforted, and your people are strengthened by the sacraments. We ask this through Christ our Lord. Amen.

Prayer Before Sleep

Bless, O Lord, the repose I am about to take, that with renewed strength I may be able to serve you faithfully: Jesus, Mary, and Joseph, I give you my heart and my soul. Jesus, Mary, and Joseph, assist me in my agony. Jesus, Mary, and Joseph, may I breathe forth my soul in peace with you. Rising under the protection of Jesus, Mary, and Joseph, and armed with the sign of the holy Cross. In the name of the Father and of the Son and of the Holy Spirit. Amen.

Prayer for God’s Mercy

St. Catherine of Siena (1347–1380)

Merciful Lord, it does not surprise me that you forget completely the sins of those who repent. I am not surprised that you remain faithful to those who hate and revile you. The mercy which pours forth from you fills the whole world. It was by your mercy that we were created, and by your mercy that you redeemed us by sending your Son. Your mercy is the light in which sinners find you and good people come back to you. Your mercy is everywhere, even in the depths of hell where you offer to forgive the tortured souls. Your justice is constantly tempered with mercy, so you refuse to punish us as we deserve. O mad Lover! It was not enough for you to take on our humanity; you had to die for us as well. Amen.

Insight

Origen (ca. 184–253)

May the Lord Jesus touch our eyes, as he did those of the blind. Then we shall begin to see in visible things those which are invisible. May he open our eyes to gaze, not on present realities, but on the blessings to come. May he open the eyes of our heart to contemplate God in Spirit, through Jesus Christ the Lord, to whom belong power and glory through all eternity. Amen.

Peace at Last

Bl. John Henry Newman (1801–1890)

May he support us all the day long, till the shades lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done! Then in his mercy may he give us a safe lodging, and a holy rest, and peace at last!

Day by Day

St. Richard of Chichester (1197–1253)

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. Amen.

Prayer for Knowledge of Scripture

Origen (ca. 184–253)

Lord, inspire us to read your Scriptures and to meditate upon them day and night. We beg you to give us real understanding of what we need, that we in turn may put its precepts into practice. Yet we know that understanding and good intentions

are worthless, unless rooted in your graceful love. So we ask that the words of Scripture may also be not just signs on a page, but channels of grace into our hearts. Amen.

Prayer of Daily Service

St. Paul VI (1897–1978)

Make us worthy, Lord, to serve our fellow men throughout the world who live and die in poverty and hunger. Give them through our hands this day their daily bread, and by our understanding love, give peace and joy. Amen.

The Ship of Life

St. Basil the Great (ca. 330–379)

Steer the ship of my life, Lord, to your quiet harbor, where I can be safe from the storms of sin and conflict. Show me the course I should take. Renew in me the gift of discernment, so that I can see the right direction in which I should go. And give me the strength and the courage to choose the right course, even when the sea is rough and the waves are high, knowing that through enduring hardship and danger in your name we shall find comfort and peace. Amen.

Prayer for the Gift of Modesty

Joseph Cardinal Bernardin (1928–1996)

Grant us, O Lord, the gift of modesty. When we speak, teach us to give our opinion quietly and sincerely. When we do well in work or play, give us a sense of proportion, that we be neither unduly elated nor foolishly self-deprecatory. Help us in success to realize what we owe to you and to the efforts of others, in failure to avoid dejection, and in all ways to be simple and natural, quiet in manner and lowly in thought, through Christ our Lord. Amen.

The Mission of My Life

Bl. John Henry Newman (1801–1890)

God has created me to do him some definite service; he has committed some work to me which he has not committed to another. I have my mission — I may never know it in this life, but I shall be told it in the next. ... I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good; I shall do his work; I shall be an angel of peace, a preacher of truth in my own place, while not intending it, if I do but keep his commandments and serve him in my calling.

Therefore I will trust him. Whatever, wherever I am, I can never be thrown away. If I am in sickness, my sickness may serve him; in perplexity, my perplexity may serve him; if I am in sorrow, my sorrow may serve him. He does nothing in vain. ... He knows what he is about. He may take away my friends, he may throw me among strangers, he may make me feel desolate, make my spirits sink, hide my future from me — still, he knows what he is about.

Seeking to Abide in God

From the Leonine Sacramentary (5th century)

Grant us, O Lord, not to mind earthly things, but to love things heavenly; and even now, while we are placed among things that are passing away, to cleave to those that shall abide; through Jesus Christ our Lord. Amen.

A Martyr's Prayer

St. Ignatius of Antioch (ca. 35–107)

I am God's wheat. May I be ground by the teeth of the wild beasts until I become the fine wheat that is Christ's. My passions are crucified, there is no heat in my flesh. A stream flows murmuring inside me; deep down in me it says: Come to the Father. Amen.

Spiritual Growth

Ephesians 3:14–21

I kneel before the Father, from whom every family in heaven and on earth is named, that he may grant you in accord with the riches of his glory to be strengthened with power through his Spirit in the inner self, and that Christ may dwell in your hearts through faith; that you, rooted and grounded in love, may have strength to comprehend with all the holy ones what is the breadth and the length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. Now to him who is able to accomplish far more than all we ask or imagine, by the power at work within us, to him be glory in the Church and in Christ Jesus to all generations, forever and ever. Amen.

Let Me Know Myself and Know You

St. Augustine (354–430)

Lord Jesus, let me know myself and know you
and desire nothing save only you.

Let me hate myself and love only you.

Let me humble myself and exalt you.

Let me think of nothing except you.

Let me die to myself and live in you.

Let me accept whatever happens as from you.

Let me banish self and follow you,
and ever desire to follow you.

Let me fly from myself and take refuge in you,
that I may deserve to be defended by you.

Let me fear for myself, let me fear you,
and let me be among those who are chosen by you.

Let me be willing to obey for the sake of you.

Let me cling to nothing save only to you,
and let me be poor because of you.

Look upon me, that I may love you.

Call me that I may see you,

and forever enjoy you. Amen.

God of My Life

Karl Rahner SJ (1904–1984)

Only in love can I find you, my God. In love the gates of my soul spring open, allowing me to breathe a new air of freedom and forget my own petty self. In love my whole being streams forth out of the rigid confines of narrowness and anxious self-assertion, which make me a prisoner of my own poverty and emptiness. In love all the powers of my soul flow out to you, wanting never more to return, but to lose themselves

completely in you, since by your love you are the inmost center of my heart, closer to me than I am to myself.

But when I love you, when I manage to break out of the narrow circle of self and leave behind the restless agony of unanswered questions, when my blinded eyes no longer look merely from afar and from the outside upon your unapproachable brightness, and much more when you yourself, O Incomprehensible One, have become through love the inmost center of my life, then I can bury myself entirely in you, O mysterious God, and with myself all my questions.

God's Grandeur

Gerard Manley Hopkins SJ (1844–1889)

The world is charged with the grandeur of God.

It will flame out, like shining from shook foil;

It gathers to a greatness, like the ooze of oil
Crushed. Why do men then now not reckon his rod?

Generations have trod, have trod, have trod;

And all is seared with trade; bleared, smeared with toil;

And wears man's smudge and shares man's smell: the soil
Is bare now, nor can foot feel, being shod.

And for all this, nature is never spent;

There lives the dearest freshness deep down things;

And though the last lights off the black West went

Oh, morning, at the brown brink eastward, springs —

Because the Holy Ghost over the bent

World broods with warm breast and with ah! bright wings.

God's Glory and Humanity's Dignity

Psalm 8

O Lord, our Lord, how glorious is your name over all the earth! You have exalted your majesty above the heavens. Out of the mouths of babes and sucklings you have fashioned praise because of your foes, to silence the hostile and the vengeful. When I behold your heavens, the work of your fingers, the moon and the stars which you set in place — what is man that you should be mindful of him, or the son of man that you should care for him? Yet you have made him little less than the angels, and crowned him with glory and honor. You have given him rule over the works of your hands, putting all things under his feet: all sheep and oxen, yes, and the beasts of the field, the birds of the air, the fishes of the seas. O Lord, our Lord, how glorious is your name over all the earth!

Prayer Before Study

St. Thomas Aquinas (1225–1274)

Creator past all telling, you have appointed from the treasures of your wisdom the hierarchies of angels, disposing them in wondrous order above the bright heavens, and have so beautifully set out all parts of the universe. You we call the true fount of wisdom and the noble origin of all things. Be pleased to shed on the darkness of mind in which I was born the twofold beam of your light and warmth to dispel my ignorance and sin. You make eloquent the tongues of children. Then instruct my speech and touch my lips with graciousness. Make me keen to understand, quick to learn, able to remember; make me delicate to interpret and ready to speak. Guide my going in and going forward, and lead home my going forth. You are true God and true man, and live for ever and ever. Amen.

Unity

Lord Jesus Christ, at your Last Supper you prayed to the Father that all should be one. Send your Holy Spirit upon all who bear your name and seek to serve you. Strengthen our faith in you, and lead us to love one another in humility. May we who have been reborn in one baptism be united in one faith under one Shepherd. Amen.

Prayer to Christ Crucified

Look down upon me, good and gentle Jesus, while before your face I humbly kneel. And with burning affection I pray and beg you to fix deep in my heart lively sentiments of faith, hope, and love, true contrition for my sins, and a firm purpose of amendment. I contemplate with great love and pity your five most precious wounds, pondering over them within me, while I call to mind the words which David the prophet said concerning you, my Jesus: "They have pierced my hands and my feet; they have numbered all my bones."

Prayer of Trust in God's Will

Dietrich Bonhoeffer (1906–1945)

O God, early in the morning I cry to you. Help me to pray and to concentrate my thoughts on you; I cannot do this alone. In me there is darkness, but with you there is light. I am lonely, but you do not leave me. I am feeble in heart, but with you there is help. I am restless, but with you there is peace. In me there is bitterness, but with you there is patience. I do not understand your ways, but you know the way for me. ... Restore me to liberty, and enable me so to live now that I may answer before you and before men. Lord, whatever this day may bring, your name be praised. Amen.

Forgiveness of the Ill-Willed

Written by an unknown prisoner in Ravensbrück concentration camp and left on the body of a dead child

O Lord, remember not only men and women of good will, but also those of ill will. But do not remember all the sufferings they have inflicted on us: Remember the fruits we have bought, thanks to this suffering: our comradeship, our loyalty, our humility, our courage, our generosity, the greatness of heart which has grown out of all this; and when they come to judgement let all the fruits which we have borne be their forgiveness.

For Those We Love

St. Ambrose of Milan (339–397)

Lord God, we can hope for others nothing better than the happiness we desire for ourselves. Therefore, I pray you, do not separate me after death from those I tenderly loved on earth. Grant that where I am they may be with me, and that I may enjoy their presence in heaven after being so often deprived of it on earth. Lord God, I ask you to receive your beloved children immediately into your life-giving heart. After this brief life on earth, give them eternal happiness. Amen.

For a Pure Heart

St. Thomas Aquinas (1225–1274)

Give me, O Lord, an ever watchful heart which no subtle speculation may ever lure from you. Give me a noble heart that no unworthy affection shall ever draw downward to earth. Give me a heart of honesty that no insincerity shall warp. Give me a heart of courage that no distress shall ever

crush or quench. Give me a heart so free that no perverted or impetuous affection shall ever claim it for its own. Amen.

For Enlightenment

St. John of the Cross (1542–1591)

Awaken and enlighten us, my Lord, that we might know and love the gifts you are always pouring out in us, and that we will come to understand that you have moved to bestow favors on us and have remembered us. Amen.

Complete Your Work

Bl. John Henry Newman (1801–1890)

Complete your work, O Lord, and as you have loved me from the beginning, so make me love you to the end.

The House of My Soul

St. Augustine (354–430)

The house of my soul is too small for you to enter: make it more spacious by your coming. It lies in ruins: rebuild it. Some things are to be found there which will offend your gaze; I confess this to be so and know it well. But who will clean my house? To whom but yourself can I cry, “Cleanse me of my hidden sins, O Lord, and for those incurred through others, pardon your servant”? I believe, and so I will speak. You know everything, Lord. Have I not laid my own transgressions bare before you to my own condemnation, my God, and have not you forgiven the wickedness of my heart? I do not argue my case against you, for you are truth itself; nor do I wish to deceive myself, lest my iniquity be caught in its own lies. No, I do not argue the case with you, because if you, Lord, keep score of our iniquities, then who, Lord, can bear it?

Contrition of Soul

St. Teresa of Ávila (1515–1582)

Although I have often abandoned you, O Lord, you have never abandoned me. Your hand of love is always outstretched towards me, even when I stubbornly look the other way. And your gentle voice constantly calls me, even when I obstinately refuse to listen. When the sins in my soul are increasing, I lose the taste for virtuous things. Yet even at such moments, Lord, I know I am failing you and failing myself. You alone can restore my taste for virtue.

There are so many false friends willing to encourage sin. But your friendship alone can give the strength of mind to resist and defeat sin. What a good friend you are, Lord! You are so patient, willing to wait as long as necessary for me to turn to you. You rejoice at the times when I love you, but you do not hold against me the times when I ignore you. Your patience is beyond my understanding. Even when I pray, my mind fills with worldly concerns and vain daydreams. Yet you are happy if I give only a single second of honest prayer, turning that second into a seed of love. O Lord, I enjoy your friendship so much, why is it not possible for me to think of you constantly? Amen.

Divine Revelation in Forgiveness

St. John of the Cross (1542–1591)

Lord God, my Beloved, if you remember still my sins in suchwise that you do not do what I beg of you, do your will concerning them, my God, which is what I most desire, and exercise your goodness and mercy, and you will be known through them. And if it is that you are waiting for my good works so as to hear my prayer through their means, grant them to me, and work them for me, and the sufferings you desire to accept, and let it be done. But if you are not waiting for my works, what is it that makes you wait, my most clement Lord? Why do you delay? For if, after all, I am to receive the grace and mercy which I entreat of you in your Son, take my mite, since you desire it, and grant me this blessing, since you also desire that. Amen.

Divine Patience

St. Teresa of Ávila (1515–1582)

Lord, you are so patient, willing to wait as long as necessary for me to turn to you. You rejoice at the times when I love you, but you do hold against me at times when I ignore you. Your patience is beyond my understanding. Even when I pray, my mind fills with worldly concerns and vain daydreams. Yet you are happy if I give only a single second of honest prayer, turning that second into a seed of love. Amen.



St. Barbara Church, Black Diamond

Prayers of Saints

The Road Ahead

Thomas Merton (1915–1968)

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore, I will trust you always, though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone. Amen.

Prayer of St. Francis of Assisi

(ca. 1181–1226)

Lord, make me an instrument of your peace. Where there is hatred, let me sow love. Where there is injury, pardon. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

Prayer of Self-Abandonment

Bl. Charles de Foucauld (1858–1916)

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

Take, Lord, Receive

St. Ignatius of Loyola (1491–1556)

Take, Lord, and receive all my liberty, my memory, my understanding and my entire will, all I have and call my own. You have given all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace. That is enough for me. Amen.

Prayer of St. John Vianney

(1786–1859)

I love you, O my God, and my only desire is to love you until the last breath of my life. I love you, O my infinitely lovable God, and I would rather die loving you than live without loving you. I love you, Lord, and the only grace I ask is to love you eternally. My God, if my tongue cannot say in every moment that I love you, I want my heart to repeat it to you as often as I draw breath. Amen.

Prayer of St. Augustine

(354–430)

Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.

Prayer of Thomas à Kempis

(1380–1471)

Grant me, O Lord, to know what is worth knowing, to love what is worth loving, to praise what delights you most, to value what is precious to you, and to reject whatever is evil in your eyes. Amen.

Prayer for a Holy Life

St. Thomas Aquinas (1225–1274)

Grant, O merciful God, that I may ardently desire, carefully examine, truly know, and perfectly fulfill those things that are pleasing to you, to the praise and glory of your holy name. Direct my course, O my God, that I may do what you require me to do. Show me the way and grant that I may follow it as is necessary and profitable to my soul.

Grant to me, O Lord my God, that I may not be found wanting in prosperity or in adversity; that I may not be lifted up by one nor cast down by the other. May I find joy in nothing but what leads to you; sorrow in nothing but what leads away from you. May I seek to please no one, nor fear to displease any. May I fear only you. May I despise all transitory things, O Lord, and treasure all things that are eternal. Let

me loathe all delights without you, nor desire anything apart from you. Let me find pleasure in all toil that is for you; and weariness in all rest where you are not.

Grant to me, O my God, that I may turn my heart to you always, and grieve for my failings with a firm purpose of amendment. Make me, O Lord, obedient without opposition; poor without repining; chaste without blemish; patient without murmur; humble without pretense; merry without riotousness; serious without heaviness; cheerful without frivolity; God-fearing without abjectness; truthful without duplicity; doing good without presumption; correcting my neighbor without pride; edifying him by word and example without hypocrisy.

Grant to me, O Lord God, a vigilant heart that no subtle speculation may ever lead me from you; a nobleness that no unworthy affection may draw from you; a rectitude that no evil purpose may turn from you. Grant me a steadfastness which no tribulation may shatter; a freedom that no violent affection may overthrow. Give me, O Lord my God, a mind to know you, diligence to seek you, wisdom to find you. Give me a way of life pleasing to you, perseverance to trust and await you, and finally faith to embrace you.

Grant that my punishment may be averted through penance here; your benefits used in this life through your grace; that your joys may be enjoyed in heaven in glory. Who lives and reigns, one God for ever and ever. Amen.

Stay With Me That I May Shine

Bl. John Henry Newman (1801–1890)

Stay with me, and then I shall begin to shine as thou shinest: so to shine as to be a light to others. The light, O Jesus, will be all from thee. None of it will be mine. No merit to me. It will be thou who shinest through me upon others. O let me thus praise thee, in the way which thou dost love best, by shining on all those around me. Give light to them as well as to me; light them with me, through me. Teach me to show forth thy praise, thy truth, thy will. Make me preach thee without preaching — not by words, but by my example and by the catching force, the sympathetic influence, of what I do — by my resemblance to thy saints, and the evident fullness of the love which my heart bears to thee. Amen.

God Be In My Head

Sarum Primer, Salisbury Cathedral (16th century)

God be in my head and in my understanding. God be in my eyes and in my looking. God be in my mouth and in my speaking. God be in my heart and in my thinking. God be at my end and my departing. Amen.

Praises of God

St. Francis of Assisi (ca. 1181–1226)

You are holy, Lord, the only God, and your deeds are wonderful. You are strong. You are great. You are the Most High. You are Almighty. You, Holy Father, are King of heaven and earth. You are Three and One, Lord God, all Good. You are Good, all Good, supreme Good, Lord God, living and true. You are love. You are wisdom. You are humility. You are endurance. You are rest. You are peace. You are joy and gladness. You are justice and moderation. You are all our riches, and you suffice for us. You are beauty. You are gentleness. You are our protector. You are our guardian and defender. You are our courage. You are our haven and our hope. You are our faith, our great consolation. You are our eternal life, Great and Wonderful Lord, God Almighty, Merciful Savior. Amen.

Who Is Jesus to Me?

St. Mother Teresa of Calcutta (1910–1997)

Jesus is the Word made Flesh.
 Jesus is the Bread of Life.
 Jesus is the Victim offered for our sins on the Cross.
 Jesus is the Sacrifice offered at the Holy Mass
 for the sins of the world and mine.
 Jesus is the Word — to be spoken.
 Jesus is the Truth — to be told.
 Jesus is the Way — to be walked.
 Jesus is the Light — to be lit.
 Jesus is the Life — to be lived.
 Jesus is the Love — to be loved.
 Jesus is the Joy — to be shared.
 Jesus is the Sacrifice — to be offered.
 Jesus is the Peace — to be given.
 Jesus is the Bread of Life — to be eaten.
 Jesus is the Hungry — to be fed.
 Jesus is the Thirsty — to be satiated.
 Jesus is the Naked — to be clothed.
 Jesus is the Homeless — to be taken in.
 Jesus is the Sick — to be healed.
 Jesus is the Lonely — to be loved.
 Jesus is the Unwanted — to be wanted.
 Jesus is the Leper — to wash his wounds.
 Jesus is the Beggar — to give him a smile.
 Jesus is the Drunkard — to listen to him.
 Jesus is the Retarded — to protect him.
 Jesus is the Little One — to embrace him.
 Jesus is the Blind — to lead him.
 Jesus is the Dumb — to speak for him.
 Jesus is the Crippled — to walk with him.

Jesus is the Drug Addict — to befriend him.
 Jesus is the Prostitute — to remove from danger and befriend.
 Jesus is the Prisoner — to be visited.
 Jesus is the Old — to be served.
 To me —
 Jesus is my God.
 Jesus is my Spouse.
 Jesus is my Life.
 Jesus is my only Love.
 Jesus is my All in All.
 Jesus is my Everything.
 Jesus, I love with my whole heart, with my whole being. I have
 given him all, even my sins, and he has espoused me to himself
 in tenderness and love. Now and for life I am the spouse of
 my Crucified Spouse. Amen.

Morning Prayer of St. Patrick

Attributed to St. Patrick (ca. 385–461)

I arise today through the strength of heaven, light of the sun, radiance of the moon, splendor of the fire, speed of lightning, swiftness of the wind, depth of the sea, stability of the earth, firmness of the rock.

I arise today through God's strength to pilot me, God's might to uphold me, God's wisdom to guide me, God's eye to look before me, God's ear to hear me, God's word to speak for me, God's hand to guide me, God's way to lie before me, God's shield to protect me, God's hosts to save me from the snares of the devil, from everyone who desires me ill, afar or near, alone or in a multitude.

Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I rise, Christ in the heart of everyone who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in the eye that sees me, Christ in the ear that hears me. Amen.

Prayer to Do God's Will

St. Teresa of Ávila (1515–1582)

Lord, grant that I may always allow myself to be guided by you, always follow your plans, and perfectly accomplish your holy will. Grant that in all things, great and small, today and all the days of my life, I may do whatever you may require of me. Help me to respond to the slightest prompting of you grace, so that I may be your trustworthy instrument of your honor. May your will be done in time and eternity — by me, in me, and through me. Amen.

Prayer to the Holy Spirit for the Seven Gifts

St. Alphonsus Maria de Liguori (1696–1787)

Holy Spirit, divine Consoler, I adore you as my true God, with God the Father and God the Son. I adore you and unite myself to the adoration you receive from the angels and saints. I give you my heart and I offer my ardent thanksgiving for all the grace which you never cease to bestow on me.

O Giver of all supernatural gifts, who filled the soul for the Blessed Virgin Mary, Mother of God, with such immense favors, I beg you to visit me with your grace and your love and to grant me the gift of holy fear, so that it may act on me as a check to prevent me from falling back into my past sins, for which I beg pardon.

Grant me the gift of piety, so that I may serve you in the future with increased fervor, follow with more promptness your holy inspirations, and observe your divine precepts with fidelity.

Give me the gift of knowledge, so that I may know the things of God and, enlightened by your holy teaching, may walk, without deviation, in the path of eternal salvation.

Give me the gift of fortitude, so that I may overcome courageously all the assaults of the devil, and all the dangers of this world which threaten the salvation of my soul.

Give me the gift of counsel, so that I may choose what is more conducive to my spiritual advancement, and may discover the wiles and snares of the tempter.

Give me the gift of understanding, so that I may comprehend the divine mysteries and by contemplation of heavenly things detach my thoughts and affections from the vain things of this passing world.

Give me the gift of wisdom, so that I may rightly direct all my actions, referring them to God as my last end; so that having loved him and served him in this life, I may have the happiness of possessing him eternally in the next. Amen.

Show Me How I Can Serve You, Lord

St. Mother Teresa of Calcutta (1910–1997)

The fruit of silence is prayer. The fruit of prayer is faith. The fruit of faith is love. The fruit of love is service.

Lord, open our eyes, that we may see you in our brothers and sisters. Lord, open our ears, that we may hear the cries of the hungry, the cold, the frightened, the oppressed. Lord, open our hearts, that we may love each other as you love us. Renew in us your spirit. Lord, free us and make us one.

Lord, shake away my indifference and insensitivity to the plight of the poor. When I meet you hungry, thirsty, or as a stranger, show me how I can give you food or quench your thirst or receive you in my home and in my heart. Show me how I can serve you in the least of your brothers. Amen.

Prayer of St. Teresa of Ávila

(1515–1582)

Let nothing disturb you. Let nothing frighten you. All things pass. God does not change. Patience achieves everything. Whoever has God lacks nothing. God alone suffices.

Christ has no body now on earth but yours; no hands but yours; no feet but yours. Yours are the eyes through which the compassion of Christ must look out on the world. Yours are the feet with which he is to go about doing good. Yours are the hands with which he is to bless his people. Amen.

Prayer for Divine Assistance

St. Clement of Rome (ca. 35–101)

We beg you, Lord, to help and to defend us. Deliver the oppressed, pity the insignificant, raise the fallen, show yourself to the needy, heal the sick, bring back those of your people who have gone astray, feed the hungry, lift up the weak, take off the prisoners' chains. May every nation come to know that you alone are God, that Jesus Christ is your Child, that we are your people, the sheep that you pasture. Amen.

Prayer for Inspiration (Before the Crucifix)

St. Francis of Assisi (1181–1226)

O most high and glorious God, enlighten the darkness of my heart. Give me, O Lord, a firm faith, sure hope, perfect love, profound humility — the sign and knowledge so that I may carry out all of your commandments. Amen.

Prayer to St. Philip Neri

Cesare Cardinal Baronio (1538–1607)

Look down from heaven, Holy Father, from the loftiness of that mountain to the lowliness of this valley, from that harbor of quietness and tranquility to this calamitous sea. And now that the darkness of this world hinders no more those benignant eyes of thine from looking clearly into all things, look down and visit, O most diligent keeper, this vineyard which thy right hand planted with so much labor, anxiety, and peril.

To thee then we fly, from thee we seek for aid: to thee we give our whole selves unreservedly. Thee we adopt for our patron and defender: undertake the cause of our salvation, protect thy clients. To thee we appeal as our leader, rule thine army fighting against the assaults of the devil.

To thee, kindest of pilots, we give up the rudder of our lives, steer this little ship of thine, and placed as thou art on high, keep us off all the rocks of evil desires, that with thee for our pilot and our guide, we may safely come to the port of eternal bliss. Amen.

Grace to Labor for Our Desire

St. Thomas More (1478–1535)

The things, good Lord, that we pray for, give us the grace to labor for.

Transformation in Mercy

St. Maria Faustina Kowalska (1905–1938)

O Lord, I want to be completely transformed into your mercy and to be your living reflection. May the greatest of all divine attributes, that of your unfathomable mercy, pass through my heart and soul to my neighbor. Help me, O Lord, that my eyes may be merciful, so that I may never suspect or judge from appearances, but look for what is beautiful in my neighbors' souls and come to their rescue. Help me, O Lord, that my ears may be merciful, so that I may give heed to my neighbors' needs and not be indifferent to their pains and moanings. Help me, O Lord, that my tongue may be merciful, so that I should never speak negatively of my neighbor, but have a word of comfort and forgiveness for all. Help me, O Lord, that my hands may be merciful and filled with good deeds, so that I may do only good to my neighbors and take upon myself the most difficult and toilsome tasks. Help me, O Lord, that my feet may be merciful, so that I may hurry to assist my neighbor, overcoming my own fatigue and weariness. ... Help me, O Lord, that my heart may be merciful, so that I myself may feel all the sufferings of my neighbor. ... May your mercy, O Lord, rest upon me.



Immaculate Conception Church, Mount Vernon

Counsels for Living

Holy Days of Obligation in the United States

January 1

Mary, Mother of God

Forty days after Easter
(transferred to the following Sunday
in the Archdiocese of Seattle)

Ascension of the Lord

August 15

Assumption of Mary

November 1

All Saints' Day

December 8

Immaculate Conception

December 25

Christmas

Eucharistic Fast

To receive Holy Communion worthily, Catholics should be free from mortal sin and fast from food and drink for one hour before Communion. However, water and medicine may be taken at any time.

Lenten Regulations on Fasting and Abstinence

Abstinence

Catholics over 14 years of age are bound to the obligation of abstinence. Abstinence is to be observed on Ash Wednesday and the Fridays of Lent. On days of abstinence, meat may not be consumed in any form. (Fish is permitted.)

Fasting

Catholics over 18 and under 59 years of age are bound to the obligation of fasting. Ash Wednesday and Good Friday are the days of fasting. Fasting is also recommended for the other days of Lent besides Ash Wednesday and Good Friday. On fast days, which are also days of abstinence, only one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's need, but together they should not equal another full meal. Eating between meals is not permitted, though liquids including milk and fruit juices are allowed.

The Seven Gifts of the Holy Spirit

Wisdom, Understanding, Counsel, Fortitude,
Knowledge, Piety, Fear of the Lord

The Twelve Fruits of the Holy Spirit

Charity, Joy, Peace, Patience, Kindness, Goodness,
Perseverance, Mildness, Faith, Modesty, Continency, Chastity

The Seven Corporal Works of Mercy

To feed the Hungry, To give drink to the thirsty,
To clothe the naked, To shelter the homeless, To visit the sick,
To visit the imprisoned, To bury the dead

The Seven Spiritual Works of Mercy

To counsel the doubtful, To instruct the ignorant,
To admonish sinners, To comfort the afflicted, To forgive offenses,
To bear wrongs patiently, To pray for the living and the dead

The Three Theological Virtues

Faith, Hope, Charity

The Four Cardinal Virtues

Prudence, Justice, Temperance, Fortitude

Three Eminent Good Works

Prayer, Fasting, Almsgiving

The Seven Capital (or Deadly) Sins

Pride, Covetousness, Lust, Anger, Gluttony, Envy, Sloth

The Seven Virtues Opposed to the Capital Sins

Humility, Liberality, Chastity, Meekness, Temperance,
Brotherly love, Diligence

Nine Ways of Assisting in Others' Sin

By counsel, By command, By consent, By provocation,
By praise or flattery, By concealment, By partaking, By silence,
By defense of the ill done

The Ten Commandments

1. I am the Lord your God; you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep the Lord's day holy.

4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

A List of Important References from the Holy Gospels

Matthew

- | | |
|----------|--------------------------------------|
| 1:18-25 | Virgin birth, Joseph's faith |
| 3:13-17 | Baptism of Jesus, good example |
| 4:18-22 | Call of the disciples, vocations |
| 6:1-2 | Good intentions |
| 6:16-18 | Fasting, joy |
| 6:25-35 | Trust in God |
| 7:7-11 | Power of prayer |
| 9:9-1 | Call of Matthew, vocations |
| 10:1-15 | Mission of the apostles |
| 10:16-42 | Opposition foretold |
| 11:25-30 | Jesus draws people gently to himself |
| 13:44-46 | Treasure of the pearl |
| 14:13-20 | Loaves and fishes |
| 14:22-33 | Jesus walks on water |
| 15:1-9 | Jesus and the Pharisees |
| 16:13-20 | Peter's confession of faith |
| 16:24-28 | Doctrine of the Cross |
| 24:42-51 | Exhortation of vigilance |
| 26:26-29 | Holy Eucharist |

- 26:30-35 Peter's denial predicted
 26:36-46 Agony in the garden
 27:45-56 Death of Jesus
 28:1-10 Holy women at the grave

Mark

- 1:14-20 Call of the disciples
 1:40-45 Lepers, faith
 3:13-19 Choice of the Twelve
 4:1-20 Parable of the sower
 4:35-40 Storm on the lake, faith
 5:24-37 Woman with the hemorrhage
 6:14-19 Death of John the Baptist
 6:45-52 Jesus walks on water, faith
 7:1-23 Jesus and the Pharisees
 8:27-30 Peter's confession
 10:46-52 Blind Bartimaeus
 14:3-10 Anointing
 14:22-25 Holy Eucharist
 14:32-42 Agony in the garden
 14:66-72 Peter's denial
 15:20-22 Way of the Cross

Luke

- 1:26-28 The Annunciation
 1:39-56 The Visitation
 1:57-80 Birth of John the Baptist
 2:15-20 Adoration of the shepherds
 5:1-11 Call of the disciples
 6:27-38 Rules of charity
 6:39-45 Self-examination
 7:36-50 Penitent woman
 9:18-22 Peter's confession
 9:57-62 Sacrifice to follow Christ

- 10:1-12 Seventy-two disciples
 10:25-37 Good Samaritan
 10:38-42 Martha and Mary
 11:1-13 Lesson on prayer
 11:27-28 Praise of Mary
 12:22-24 Trust in God
 14:7-14 The last seat
 15:11-32 Unjust steward
 18:9-14 The Pharisee and the publican
 22:14-20 Holy Eucharist

John

- 4:46-54 Curing the official's son
 6:16-21 Jesus walks on water
 6:49-72 Discourse on the Eucharist
 8:1-12 Adulteress, love, pardon
 10:1-21 Good Shepherd
 11:1-45 Raising of Lazarus, human side of our Lord, love
 13:1-20 Washing of feet, humility
 19:25-30 Death of Jesus
 20:1-19 Mary Magdalene at the Resurrection
 20:24-30 Doubting Thomas, faith, love
 21:15-24 Supremacy of Peter

The Beatitudes

Matthew 5:3–12

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
Blessed are they who mourn,
for they shall be comforted.
Blessed are the meek,
for they shall possess the earth.
Blessed are they who hunger and thirst for justice,
for they shall be satisfied.
Blessed are the merciful,
for they shall obtain mercy.
Blessed are the clean of heart,
for they shall see God.
Blessed are the peacemakers,
for they shall be called children of God.
Blessed are they who suffer persecution for justice's sake,
for theirs is the kingdom of heaven.
Blessed are you when men reproach you,
and persecute you, and speak falsely,
saying all manner of evil against you for my sake.
Rejoice and be glad,
for your reward will be great in heaven.



St. Barbara Church, Black Diamond

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