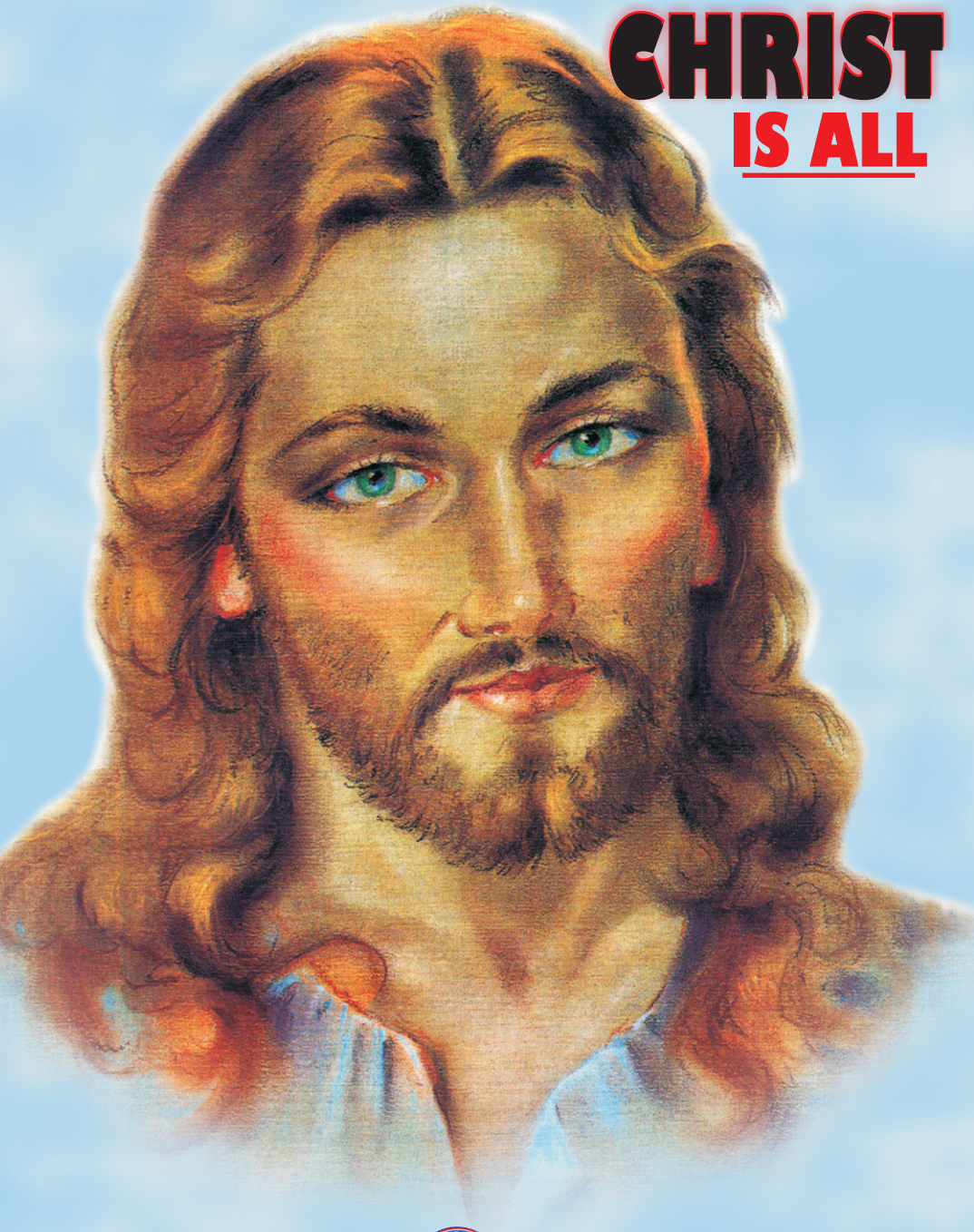


# **CHRIST** **IS ALL**



**VINCENTIAN PRAYER HOUSE**  
[www.vphnairobi.org](http://www.vphnairobi.org)



**VINCENTIAN RETREAT CENTRE**  
[www.vrcthika.org](http://www.vrcthika.org)

**CATHOLIC PRAYERS**



**Jesus I trust in You**

**For the sake of His sorrowful passion,  
have mercy on us and on the whole world**



# THE VINCENTIAN CONGREGATION IN INDIA

## A SHORT HISTORY

The Vincentian congregation was started in Kerala, the south-west frontier state of India. It was founded on 20 November 1904 by Fr. Varkey Kattarath, based on the common rules of St. Vincent de Paul. The Vincentian Congregation was raised to the status of 'pontical right' on 11/968/02/1. Now, the Vincentian Congregation has spread almost all over India and abroad in three Provinces and three Dependent Regions. There are about 410 priests and 400 seminarians in the congregation.

Imbibing the spirit of St. Vincent de Paul, who is commonly known as the father of poor, we the Vincentians, try to preach Good News to the poor. In synagogue at Nazareth, quoting from Isaiah 5-61:1, Jesus proclaimed, "the spirit of the Lord is upon me. He has anointed me to preach Good News to the poor." St. Vincent de Paul in the 17th century, and we, his spiritual children in the present century have tried, and are trying to fulll the same mission of Jesus, namely, to preach the Good News to the poor. By the word "poor", Jesus and St. Vincent de Paul meant the poor in material, spiritual and psychological realms.

Our preaching to the poor has two dimensions or phases:-

- 1.Preaching to the non-Christians so that they may be brought to the Christian faith.
- 2.Preaching to the Christians to help them grow in faith.

## EAST-AFRICAN MISSION

The mission works in East-Africa begun with the arrival of Rev. Frs. James Edavazhithara and Jacob Athickal in Mbeya, Tanzania on July 1979 ,10 were accelerated with the arrival of Rev. Fr. Joseph Kurupampambil. The African mission has been raised to the status of a Dependent Region on January 2006 ,6 and was formally inaugurated on 1/182006/1. Now there are 17 priests serving in this Region.

## VINCENTIAN PRAYER HOUSE

Vincentian Prayer House in the Catholic arch-diocese of Nairobi was ocially erected in 2001. This is a house of Prayer under the Sacred Heart Region of the Vincentian Congregation. Imparting the spirit of St. Vincent De Paul all the retreats and Prayer Services are conducted here free of charge for the poor. All the teachings are based on the Word of God and Catholic Catechism.

## POPULAR MISSIONS

The history of Popular Mission goes back to the time of St. Vincent de Paul. Seeing the spiritual and moral degradation of the poor people in the villages and estates of the Feudal Lords, St. Vincent de Paul started Popular Mission retreats with an end in view of renewing and reforming their Christian life. The name "Popular Mission" was given to this retreat due to two reasons:-

1. It is meant for all – the rich and poor, old and young, literate and illiterate.
2. The method of preaching is simple and under-standable to all.

The themes are based on Biblical truths and teaching of the Catholic Church. It aims at family and parish renewals by achieving personal sanctication of the individuals. So far it has proved to be the most eective way of renewing families and parishes. The programmes are arranged in such a way that everybody in a family can participate in the retreat.



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## **BIBLE TEACHINGS ON PRAYER**

### **HOW OFTEN SHOULD WE PRAY**

**1 Corinthians 1:4** - I give thanks to my God always on your account for the grace of God bestowed on you in Christ Jesus.

**Ephesians 6:18** - With all prayer and supplication, pray at every opportunity in the Spirit. To that end, be watchful with all perseverance and supplication for all the holy ones

**Philippians 1:3-4** - I give thanks to my God at every remembrance of you, praying always with joy in my every prayer for all of you.

**Colossians 1:3** - We always give thanks to God, the Father of our Lord Jesus Christ, when we pray for you.

### **HOW SHOULD WE PRAY**

**1 Corinthians 14:15** - So what is to be done? I will pray with the spirit, but I will also pray with the mind. I will sing praise with the spirit, but I will also praise with the mind.

**Matthew 6:5-8** “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him”

**Luke 18:9-14** “To some who were confident of their own righteousness and looked down on everybody else, Jesus told this parable: ‘Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood up and prayed about himself: ‘God, I thank you that I am not like other men-robbers, evildoers, adulterers-or even like this tax collector. I fast twice a week and give a tenth of all I get.’” But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, “God, have mercy on me, a sinner. I tell you that this man, rather than the other, went home justified before God. For everyone who exalts himself will be humbled, and he who humbles himself will be exalted”

**Mark 11:22-25** ‘Have faith in God,’ Jesus answered. ‘I tell you the truth, if anyone says to this mountain, “Go, throw yourself into the sea,” and does not doubt in his heart but believes that what he says will happen, it will be done for him. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins”’

**John 14:13-14** “And I will do whatever you ask in my name, so that the Son may bring glory to the Father. You may ask me for anything in my name, and I will do it”.





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## **COMMON PRAYERS**

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### **SIGN OF THE CROSS**

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

### **OUR FATHER**

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

### **HAIL MARY**

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

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

### **GLORY BE**

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

### **THE APOSTLE'S CREED**

I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord: Who was conceived by the Holy Spirit, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven, is seated at the right hand of God the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

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## **PERSONAL PRAYERS**

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### **MORNING PRAYER**

“Lord Jesus, at the dawn of this new day, once again I surrender myself unto you. I pray that you take my life and use it for your glory, my life must be to Thee alone, O divine Master. Keep me away from sin and from doing anything that disgraces your



name. Help me that I may let myself be taught by the Holy Spirit so that I may move with you. Do not allow me to remain at the same point. May my motto for this day be : “He must increase and I must decrease” because All the Glory is due only to You; help me to leave it entirely to you. Teach me to pray about all my decisions; I’m so afraid to lean on my own wisdom for I know, O Lord, that a man’s way is not in himself, Nor is it in a man who walk to direct his steps (*Jeremiah 10:23*).

Help me to die to the world, even in favorable or unfavorable opinions of those who are dear to me. May my one and only goal be to satisfy the desires of Your heart. Keep me from malicious gossip and criticism; much more, make my words instructive and useful. Lead me to the hungry souls. May I become like You my Savior, a friend of sinners. Give me tears of compassion for those who are perishing, help me to see the crowd with your eyes, and to love the sheep going astray. May my love for you lead me to love them. Lord Jesus, preserve me from a bitter, cynic or cold attitude, whatever the circumstances might be. Guide me in the management of my goods, help me to take care of what you have entrusted me. Remind me at every moment that my body is the temple of the Holy Spirit. May this wonderful truth guide my behaviour. Also, Lord Jesus may this day be the day of your return; I look forward to see you face to face and to prostrate myself at Thy feet in humble adoration. May this hope brightens my heart throughout the day so that I may free myself from anything that might hold me back here in this life and keep me alert in expectation of your return. Amen! Come, Lord Jesus! “  
Glory be....

### **The Creed Praises**

O Lord, open my lips, That my mouth may declare Your praises. (*Ps 51 :17*)

Blessed be God forever; Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true Man; Blessed be His Name forever.

Blessed be His Most Sacred Heart; Blessed be His Most Precious Blood.

Blessed be the Holy Spirit, the Paraclet; Blessed be His name forever.

Praise you YAHWEH, the Most High God,

***Praise you YAHWEH***

You are the only One True God,

You are the Father Almighty,

You are the maker of heaven and earth,

You are the maker of all things visible and invisible,

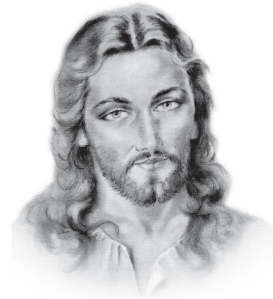
You are Abba Our Father,

You are Holy,

Your are immortal,

YAHWEH is Your Name,

I AM is Your Holy Name,





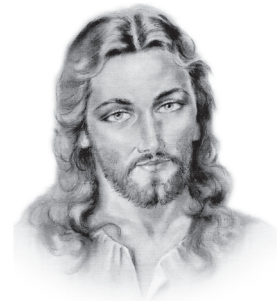
## *Christ is All*

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Praise you Lord Jesus the son of God,  
You are our Lord,  
You are the only begotten Son of God,  
You are born of the Father before all ages,  
You are God from God,  
You are Light of Light,  
You are True God of True God,  
You are Begotten not made,  
You are consubstantial to the Father,  
You came down from heaven for us men and for our salvation,  
Who was incarnate of the Holy Ghost and of the Virgin Mary,  
Who was made man,  
Who was crucified for us under Pontius Pilate,  
Who suffered and was buried,  
Who descended to the dead,  
Who rose again from the dead on the third day,  
Who ascended into heaven,  
Who is seated at the right hand of God the Father Almighty,  
Who shall come again with glory to judge the living and the dead,  
Whose Kingdom shall have no end,  
Praise You Most Holy Spirit of God,  
You are the Spirit of God,  
Your are God,  
You are the Lord Giver of life,  
You are the Paraclete,  
You are the Comforter and Counsellor,  
You are the Spirit of Truth,  
Who proceeds from the Father and the Son,  
Who with God the Father is to be adored and glorified,  
Who with God the Son is to be adored and glorified,  
Who spoke through the Prophets,  
In the one Holy Catholic and apostolic Church, ***I believe***  
In one baptism for the remission of sins,  
In the communion of Saints,  
In the forgiveness of sins,  
In the promised resurrection of the dead,  
In the promise of life everlasting,

*Praise You Lord Jesus*

*Praise You Most Holy Spirit*



*Alleluia Alleluia Alleluia!*





Glory be to the Father, to the Son and to the Holy spirit forever and ever. Amen,

**The Forgiveness Prayer**

*“When you stand in prayer, forgive whatever you have against anybody, so that your Father in heaven may forgive your failings too.” (Mark 11:25)*

**...Forgive us our trespasses...**

Forgive me my sins, O Lord; forgive me the sins of my youth and the sins of my age, the sins of my soul and the sins of my body, my secret and my whispering sins, the sins I have done to please myself and the sins I have done to please others. Forgive those sins which I know, and the sins which I know not; forgive them, O Lord, forgive them all because of Thy great goodness. Amen

**...As we forgive those who trespassed against us...**

Lord Jesus Christ, I ask today to forgive everyone in my life. I know that You will give me strength to forgive and I thank You that You love me more than I love myself and want my happiness more than I desire it for myself. Lord Jesus, I want to be free from the feelings of resentment, bitterness, and unforgiveness toward You for the times I thought You sent death, hardships, financial difficulties, punishments and sickness in my life and into my family. Lord, I forgive myself for my sins, faults and failings. For all that is truly bad in myself or all that I think is bad, I do forgive myself. For any delvings in the occult; Oujin boards, horoscopes, fortune telling, lucky charms, for taking Your name in vain, for not worshiping You, for hurting my parents, for getting drunk, for taking dope, for sins against my purity, for adultery, for abortion, for stealing, for lying.... I am truly forgiving myself today. Thank you, Lord, for Your grace at this moment.

I truly forgive my mother. I forgive her for all the times she hurt me, resented me, was angry with me and for all the times she punished me. I forgive her for the times she preferred my brothers and sisters to me. I forgive her for the times she told me I was dumb, ugly, stupid, the worst of the children or that I cost the family a lot of money. For the times she told me I was unwanted, an accident, a mistake or not what she expected, I forgive her. I forgive my father. I forgive him for any nonsupport, any lack of love, affection or attention. I forgive him for any lack of time, for not giving me his companionship, for his drinking or arguing and fighting with my mother or the other children. For his severe punishments, for desertion, for being away from home, for divorcing my mother or for any running around, I do forgive him.

Lord, I extend forgiveness to my sisters and brothers. I forgive those who rejected me, lied about me, hated me, resented me, and competed for my parents' love, those who hurt me, who physically harmed me. For those who were too severe on me, punished me or made my life unpleasant in any way, I do forgive them.

Lord, I forgive my spouse for lack of love, affection, consideration, support, attention, communications, for faults, failings, weaknesses and those other acts or words that hurt



## *Christ is All*

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or disturb me. Jesus, I forgive my children for their lack of respect, obedience, love, attention, support, warmth, understanding, their bad habits, falling away from the church and bad actions which disturb me.

My God, I forgive my in-laws, mother, father, son or daughter-in-law and other relatives by marriage. For their lack of love, words of criticism, thoughts, actions or omissions that injure and cause pain, I do forgive them. Please help me to forgive my relatives, my grandmother and grandfather who may have interfered in our family, been possessive or my parents, who may have caused confusion or turned one parent against the other. Jesus, help me to forgive my co-workers who are disagreeable or make life miserable for me. For those who push their work off on me, gossip about me, won't cooperate with me, try to take my job, I do forgive them. My neighbors need to be forgiven, Lord. For all their noise, letting their property run down, not tying up their dogs who run through my yard, not taking in their trashcans, being prejudiced and running down the neighborhood, I do forgive them.

I now forgive my clergyman, my congregation and my church for all their lack of support, pettiness, bad sermons, lack of friendliness, not affirming me as they should, not providing me with inspiration, for not using me in a key position, for not inviting me to serve in a major capacity and for any other hurt they have inflicted. I do forgive them today. Lord, I forgive all professional people who have hurt me in any way: doctors, lawyers, policemen, hospital workers, for the things that they did to me, I truly forgive them today. Lord, I forgive my employer for not paying me enough money, for not appreciating my work, for being unkind and unreasonable with me, for being angry or unfriendly, for not promoting me and for not complimenting me on my work. Lord, I forgive my schoolteachers and instructors of the past, as well as the present. For those who punished me, humiliated me, insulted me, treated me unjustly, made fun of me, called me dumb or stupid, made me stay after school. Lord, I forgive my friends who have let me down, lost contact with me, do not support me, were not available when I needed help, borrowed money and did not return it, gossiped about me. Lord Jesus, I especially pray for the grace of forgiveness for that one person in life who has hurt me the most. I ask to forgive anyone who I consider my greatest enemy; the one who is the hardest to forgive or the one who I said I would never forgive. Thank You, Jesus, that I am free of the evil of unforgiveness. Let Your Holy Spirit fill me with light and let every dark area of my mind be enlightened. Amen.

### **PROTECTION PRAYER**

I arise today Through the mighty strength Of the Lord of creation. As I arise today, may the strength of God pilot me, the power of God uphold me, the wisdom of God guide me. May the eye of God look before me, the ear of God hear me, the word of God speak for me. May the hand of God protect me, the way of God lie before me, the shield of



God defend me, the host of God save me. May Christ shield me today. 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 sit, Christ when I stand, Christ in the heart of everyone who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in every eye that sees me, Christ in every ear that hears me. Amen.

### **PRAYER TO SURRENDER**

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

### **THANKSGIVING**

I thank and praise You, Holy Trinity, who is dwelling in my heart. I thank you for the gift of your love and the blessing to come to know You and to be strengthened with your love. For all the blessings You have given me in my life, I thank You. Thank You, Lord, for everything. For whatever I have and whatever I do not have, I thank You. Thank You, Lord, for this day and for allowing me to come into your loving presence and to begin yet another day with Your blessings, Amen.

### **NIGHT PRAYERS**

O my God, I thank you for all the benefits which I have ever received from you, and especially this day, give me the light to see what sins I have committed, and grant me grace to be truly sorry for them.

### **PRAYER FOR DAILY NEGLECTS**

Eternal Father, I offer Thee the Sacred Heart of Jesus, with all its love, sufferings and merits:-

1. To expiate all the sins I have committed this day and during my life.

*Glory be to the Father.....*

2. To purify the good I have done badly this day and during all my life.

*Glory be to the Father.....*

3. To supply for the good I ought to have done and that I have neglected this day and during all my life.

*Glory be to the Father....*





## **ACT OF CONTRITION**

O my God, I am sorry and beg pardon for all my sins, and detest them above all things, because they deserve your dreadful punishment, because they have crucified my loving Savior Jesus Christ and most of all, because they have offended thine infinite goodness. I firmly resolve with the help of your grace, never to offend you again and carefully to avoid the occasions of sin.

## **ACT OF FAITH**

O my God, I firmly believe in all that Your Holy Catholic Church approves and teaches, since it is you, O infallible truth, who has revealed it to your Church.

## **ACT OF HOPE**

O my God, with firm confidence I hope in you that Thou will grant me, through the merits of Jesus Christ, the assistance of your Grace and after keeping your Commandments, will bestow on me life everlasting, according to your promises, who are almighty and whose word is truth.

## **ACT OF LOVE**

O my God, I love you with all my heart, soul, with strength and above all because of your infinite goodness and worthy of being loved. Therefore, for the sake of your love, I love my neighbour as myself.

## **ON GOING TO BED**

O my God, receive my soul, in the name of our Lord Jesus Christ crucified. I lay down to rest. Bless me O Lord, and defend me; preserve me from a sudden and unprovided death and from all dangers and bring me to life everlasting with you. Amen.

## **JESUS, MARY AND JOSEPH**

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

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

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

## **O IF ONLY YOU KNEW THE GIFT OF GOD! (John 4:12)**

LORD, you loved me from all eternity; therefore you created me - *Behold you are precious in my eyes and glorious: because I love you (Isaiah 43:4)*

You loved me after you created me; therefore you became man for me - *For God so loved the world that He gave His only begotten Son (John 3:16).*

You loved me after you became man for me; therefore you lived and died for me - *Christ loved me and gave himself for me! (Galatians 2:20).*



You loved me after you died for me; therefore you rose for me - *I arose and I am still with you—even to the end of the world (Ps 138 and Mt 28:20).*

You loved me after you rose for me; therefore you went to prepare a place for me - *I am going to prepare a place for you that where I am you also may be (Jn 14:3).*

You loved me after you had gone to prepare a place for me; therefore you came back to me. O Jesus, you love me and you want to live in me and be one with me—to become my very food and drink - *Take and eat; this is My body for you. Take and drink—this is My blood poured out for you (Lk 22:19).*

This is the mystery on our Altar, the mystery of the Blessed Sacrament, the mystery of unspeakable love.

## **PRAYERS FOR PROTECTION**

### **PSALMS 91 (*Assurance of God's protection*)**

You who live in the shelter of the Most High, who abide in the shadow of the Almighty, will say to the LORD, 'My refuge and my fortress; my God, in whom I trust.' For he will deliver you from the snare of the fowler and from the deadly pestilence; he will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, or the arrow that flies by day, or the pestilence that stalks in darkness, or the destruction that wastes at noonday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only look with your eyes and see the punishment of the wicked. Because you have made the LORD your refuge, the Most High your dwelling-place, no evil shall befall you, no scourge come near your tent. For he will command his angels concerning you to guard you in all your ways. On their hands they will bear you up, so that you will not dash your foot against a stone. You will tread on the lion and the adder, the young lion and the serpent you will trample under foot.

Those who love me, I will deliver; I will protect those who know my name. When they call to me, I will answer them; I will be with them in trouble, I will rescue them and honour them. With long life I will satisfy them, and show them my salvation.

### **PRAYER FOR PROTECTION THROUGH THE PRECIOUS BLOOD OF JESUS**

Lord Jesus, by faith in your merits, I now take your precious Blood, and anoint myself right from the crown of my head to the very soles of my feet. I claim total and complete protection for my life, and my family. Lord Jesus, keep me free today from evil, sin, temptation, from satan's attack and afflictions, fear of darkness, fear of people, from all sicknesses, diseases, anger, doubts and anxieties, from all calamities, disasters and



## ***Christ is All***

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accidents, from all oppressive and negative thoughts and feelings, and from all that is not of your Kingdom.

*Jesus I praise you,*

*Jesus I thank you,*

*Jesus I love you,*

*Jesus I adore you, Amen.*

Fill me Lord Jesus with the gift of your Holy Spirit and grant me the gifts of wisdom, knowledge, faith, understanding, and discernment so that I will live today for your glory by doing what is right. Amen.

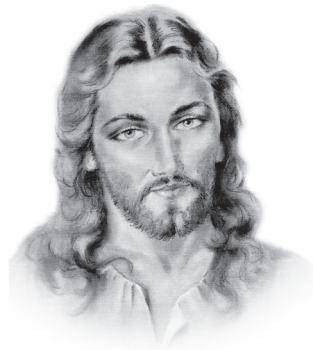
### **PRAY OFTEN THE FOLLOWING INVOCATION WITH FAITH**

Lord Jesus, by the merits of your Sacred Passion, Death and Resurrection; by the merits of your Sacred Wounds, have mercy on me, forgive me, bless me and heal me (*physically/spiritually/emotionally*).

### **MORNING SEALING PRAYER**

#### **I cover myself with**

- the Cross of Jesus
- the Blood of Jesus
- the Light of Jesus
- the Righteousness of Jesus
- the Shield of Faith
- the Helmet of Salvation
- the Shoes of Peace
- the Belt of Truth
- the Sword of the Spirit, the Word of God



I renounce Satan and all his works in my life and break all pacts I made with him knowingly or unknowingly. I pray for forgiveness for my self and for all those connected with me. I believe that my body is the Temple of the Holy Spirit and I thank you Holy Spirit for my life. I claim the Blood of Jesus as my source of Faith and Protection. I now seal myself and all the vehicles I use, my home, the places I travel to and from, with the Blood of Jesus. I renew the vows of my baptism and pray for love, strength and humility. May the intercession of the Immaculate Virgin Mary, St. Joseph, St Michael the Archangel, and of all the angel and Saints be with me protecting me from all dangers to my soul and body. May the Holy Name of Jesus be praised and adored now and forever. Amen.



**PRAYER TO ST. MICHAEL THE ARCHANGEL**

St. Michael the Archangel, defend us in the day of battle, be our safeguard against, the wickedness and snares of the devil. May God rebuke him, we humbly pray and do thou O prince of heavenly host, by the divine power of God, cast into hell, Satan and all other evil spirits who wander throughout the world, seeking the ruin of souls. Amen.

**BINDING PRAYER**

In the name of Jesus, I take authority and I bind all powers and forces in the air, in the grounds, in the waters, in the underground, in the underworld, in nature and in fire. You are the Lord over the entire Universe and I give You Glory for your creation. In your name I bind all demonic forces that have come against us and our families and I seal all of us in the protection of Your Precious Blood that was shed for us on the Cross. Mary, Our Loving Mother, crush the head of the dragon under Your feet and intercede with the Sacred Heart of Jesus for us and our families, surround us with Your mantle of love and protect us. St. Michael, our Guardian Angels, St. . . . ., come defend us and our families in battle against all the evil ones that roam the earth. In the name of Jesus I burn satan with the fire of the Holy Spirit, I bind you with the Holy Rosary, with the holy cord of St. Joseph, with the holy cord of St. Anthony, with. . . . .i drag you to the feet of Jesus, I command all the powers and forces of evil to depart right now away from us, our homes and our lands, we thank You Lord Jesus for by Your blood we are saved and by Your wounds we are healed, Amen.

**DEOTION TO THE BLESSED TRINITY**

**PRAYER IN PRAISE OF THE TRINITY**

I venerate and glorify you, O most Blessed Trinity, in union with that ineffable glory with which God the Father, in his omnipotence, honors the Holy Spirit forever.

I magnify and bless you, O Most Blessed Trinity, in union with that most reverent glory with which God the Son, in his un-searchable wisdom, glorifies the Father and the Holy Spirit forever.

I adore and extol you, O most Blessed Trinity, in union with that most adequate and befitting glory with which the Holy Spirit, in his unchangeable goodness, extols the Father and the Son forever.

**INVOCATIONS TO THE BLESSED TRINITY**

With all our hearts and voices we acknowledge, praise, and thank you, God the Father, God the only-begotten Son, God the Holy Spirit, the Paraclete, O Holy and undivided Trinity! Amen. I believe in you, I hope in you, I love you, I adore you, O blessed



Trinity, one God. Have mercy on me now and at the hour of my death, and save me. Amen. Most holy Trinity, we adore you and through Mary we implore you to give all mankind unity in the faith and courage to faithfully profess it. Amen. To you be praise, to you be glory, to you be thanksgiving through endless ages, O Blessed Trinity. Amen. Blessings and glory, wisdom and thanksgiving, honor, might, and power be to our God forever. Amen. ***Holy Trinity, one God, have mercy on us. Amen.***

### **PRAYER OF CONSECRATION TO THE TRINITY**

O Everlasting and Triune God, I consecrate myself wholly to you today. Let all my days offer you ceaseless praise, my hands move to the rhythm of your impulses, my feet be swift in your service, my voice sing constantly of you, my lips proclaim your message, my eyes perceive you everywhere, and my ears be attuned to your inspirations. May my intellect be filled with your wisdom, my will be moved by your beauty, my heart be enraptured with your love, and my soul be flooded with your grace. Grant that every action of mine be done for your greater glory and the advancement of my salvation. Amen.

### **PRAYER OF SELF-OFFERING TO THE TRINITY**

O my God, in order that I may be a living act of perfect love, I offer myself as a whole burnt offering to your tender love. Consume me continually, letting my soul overflow with the floods of infinite tenderness that are found in you, so that I may become a martyr of your love. Let this martyrdom make me ready to appear before you and at last cause me to expire. Let my soul cast itself without delay into the everlasting arms of your merciful love. O My beloved, with every beat of my heart I desire to renew this offering an infinite number of times, until that day when the shadows shall vanish and I shall be able to retell my love in an eternal face-to-face with you. Amen.

### **PRAYER TO BE CONFORMED TO THE DIVINE WILL**

Most holy Trinity, Godhead indivisible, Father, Son, and Holy Spirit, our first beginning and our last end, you have made us in accord with your own image and likeness. Grant that all the thoughts of our minds, all the words of our tongues, all the affections of our hearts, and all the actions of our being may always be conformed to your holy Will. Thus, after we have seen here below in appearances and in a dark manner by means of faith, we may come at last to contemplate you face-to-face, in the perfect possession of you forever in heaven. Amen.

### **PRAYER TO LIVE IN UNION WITH THE TRINITY**

Omnipotence of the Father, help my weakness and save me from the depths of misery. Wisdom of the Son, direct all my thoughts, words, and deeds. Love of the Holy Spirit,



be the source of all the activities of my mind, that it may be conformed to the Divine Will. Amen.

**PRAYER TO HONOUR THE HOLY TRINITY**

**Glory be to the Father**, Who by His almighty power and love created me, making me in the image and likeness of God.

**Glory be to the Son**, Who by His Precious Blood delivered me from hell, and opened for me the gates of heaven.

**Glory be to the Holy Spirit**, Who has sanctified me in the sacrament of Baptism, and continues to sanctify me by the graces I receive daily from His bounty.

*Glory be to the Three adorable Persons of the Holy Trinity, now and forever. Amen.*

**LITANY OF THE MOST HOLY TRINITY**

Blessed be the holy Trinity and undivided Unity;

*We will give glory to Him, because He hath shown His mercy to us.*

V. O Lord our Lord, how wonderful is Thy Name in all the earth!

R. O the depth of the riches of the wisdom and of the knowledge of God!

Lord, have mercy, *Lord have mercy.*

Christ, have mercy, *Christ have mercy.*

Lord, have mercy, *Lord have mercy.*

Blessed Trinity, hear us, *Adorable Unity, graciously hear us.*

God the Father of Heaven, *Have mercy on us.*

God the Son, Redeemer of the world, *Have mercy on us*

God the Holy Ghost,

Holy Trinity, One God,

Father from Whom are all things,

Son through Whom are all things,

Holy Ghost in Whom are all things,

Holy and undivided Trinity,

Father everlasting,

Only-begotten Son of the Father,

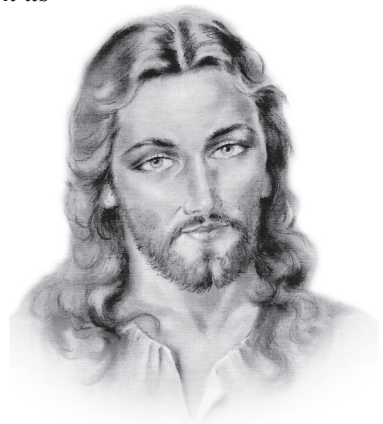
Spirit Who proceedeth from the Father and the Son,

Co-eternal Majesty of Three Divine Persons,

Father, the Creator,

Son, the Redeemer,

Holy Ghost, the Comforter,







## *Christ is All*

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Holy, holy, holy, Lord God of hosts,  
Who art, Who wast, and Who art to come,  
God Most High, Who inhabitest eternity,  
To Whom alone are due all honor and glory,  
Who alone doest great wonders,  
Power infinite,  
Wisdom incomprehensible,  
Love unspeakable,  
Be merciful, ***Spare us, O Holy Trinity.***  
Be merciful, ***Graciously hear us, O Holy Trinity.***  
From all evil, ***Deliver us, O Holy Trinity.***  
From all sin, ***Deliver us, O Holy Trinity.***  
From all pride,  
From all love of riches,  
From all uncleanness,  
From all sloth,  
From all inordinate affection,  
From all envy and malice,  
From all anger and impatience,  
From every thought, word, and deed contrary to Thy holy law,  
From Thine everlasting malediction,  
Through Thine almighty power,  
Through Thy plenteous loving kindness,  
Through the exceeding treasure of Thy goodness and love,  
Through the depths of Thy wisdom and knowledge,  
Through all Thy unspeakable perfections,  
We sinners, ***We beseech Thee, hear us.***  
That we may ever serve Thee alone,  
That we may worship Thee in spirit and in truth,  
That we may love Thee with all our heart,  
with all our soul, and with all our strength,  
That, for Thy sake, we may love our neighbor as ourselves,  
That we may faithfully keep Thy holy commandments,  
That we may never defile our bodies and souls with sin  
That we may go from grace to grace, and from virtue to virtue,  
That we may finally enjoy the sight of Thee in glory,  
That Thou wouldst vouchsafe to hear us,  
O Blessed Trinity, ***We beseech Thee, deliver us.***  
O Blessed Trinity, ***We beseech Thee, save us.***



O Blessed Trinity, *Have mercy on us.*  
Lord, have mercy, *Christ, have mercy.*  
Lord, have mercy.

*One Our Father, One Hail Mary*

V. Blessed art Thou, O Lord, in the firmament of Heaven,

R. And worthy to be praised, and glorious, and highly exalted forever.

**Let Us Pray:** Almighty and everlasting God, Who hast granted Thy servants in the confession of the True Faith, to acknowledge the glory of an Eternal Trinity, and in the power of Thy majesty to adore a Unity: we beseech Thee that by the strength of this faith we may be defended from all adversity. Through Jesus Christ Our Lord. R. Amen.

## **DEVOTION TO ABBA FATHER**

### **ROSARY TO THE ETERNAL FATHER**

**Introductory Prayer:** Almighty Father, we are yours, receive all that we have, and all our deeds, words, thoughts and desires. Let them be according to Your will. Amen.

Act of Contrition: O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

*1 Our Father, 1 I Believe and 7 Glory be*

### **Come Holy Spirit**

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

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

### **Merciful God, Eternal Father:**

Merciful God, Eternal Father, give fullness of victory to your Church! Have mercy on the people of the world: our own, our benefactors, even on our enemies, and grant them salvation. Bless those who are kind to us and forgive those who harm us. Protect our leaders and all those who do not as yet know you; open their eyes and chance their hearts so that they may turn to you in faith. Come to the assistance of the poor, the or-



phans, prisoners and the unfortunate. Protect the pure of heart. Lead travelers in peace to their destination. Heal the sick, comfort the dying and bring into your kingdom the souls in purgatory. Keep and protect us now and at the hour of our death, and grant that we may die believing in you. Amen.

### **FIRST MYSTERY**

My God, by the power and love you displayed when You created heaven and earth, give us an increase in faith and love, and enlighten the whole world.

*Merciful God (1), Glory Be (12) Come Holy Spirit (1)*

### **SECOND MYSTERY**

My God, by the power and love you displayed when You sent out the prophets, increase in us faith and love, and enlighten the whole world.

*Merciful God (1), Glory Be (12) Come Holy Spirit (1)*

### **THIRD MYSTERY**

My God, by the power and love you displayed when You sent the Holy Spirit and the angel to the Blessed Virgin Mary, to inform her that she would give birth to a Saviour, increase in us faith and love, and enlighten the whole world.

*Merciful God (1), Glory Be (12) Come Holy Spirit (1)*

### **FOURTH MYSTERY**

My God, by the power and love you displayed when Your Son was born in poverty, increase in us faith and love, and enlighten the whole world.

*Merciful God (1), Glory Be (12) Come Holy Spirit (1)*

### **FIFTH MYSTERY**

My God, by the power and love you displayed when You gave glory to Your Son and His Mother in the Temple, increase in us faith and love, and enlighten the whole world.

*Merciful God (1), Glory Be (12) Come Holy Spirit (1)*

### **SIXTH MYSTERY**

My God, by the power and love you displayed when Jesus was baptized in the river Jordan and the Holy Spirit came down upon Him in the form of a dove, increase in us faith and love, and enlighten the whole world.

*Merciful God (1), Glory Be (12) Come Holy Spirit (1)*

### **SEVENTH MYSTERY**

My God, by the power and love you displayed when Your Son began preaching, healing the sick and performing miracles, increase in us faith and love, and enlighten the whole world.

*Merciful God (1), Glory Be (12) Come Holy Spirit (1)*

### **EIGHTH MYSTERY**

My God, by the power and love you displayed when Your Son was tempted and resisted Satan for forty days in the desert, increase in us faith and love, and enlighten the whole world.



*Merciful God (1), Glory Be (12) Come Holy Spirit (1)*

**NINTH MYSTERY**

My God, by the power and love you displayed when through Jesus You were suffering great anguish in the Garden of Olives in Gethsemane, the painful crowning of thorns, the incessant blows He endured because of our sins, increase in us faith and love, and enlighten the whole world.

*Merciful God (1), Glory Be (12) Come Holy Spirit (1)*

**TENTH MYSTERY**

My God, by the power and love you displayed when Jesus was carrying the Cross, when He was crucified and died on the Cross, increase in us faith and love, and enlighten the whole world.

*Merciful God (1), Glory Be (12) Come Holy Spirit (1)*

**ELEVENTH MYSTERY**

My God, by the power and love you displayed at the Resurrection of Jesus, His ascension into Heaven, and the descent of the Holy Spirit to the Apostles, increase in us faith and love, and enlighten the whole world.

*Merciful God (1), Glory Be (12) Come Holy Spirit (1)*

**TWELFTH MYSTERY**

My God, by the power and love you displayed when the Mother of Your Son was taken into Heaven and glorified, and by the hope and trust we have in You, increase in us faith and love, and enlighten the whole world.

*Merciful God (1), Glory Be (12) Come Holy Spirit (1)*

**Closing Prayer:** Almighty God, who makes all things good and useful to those who love You, fill our hearts with lasting love for You, so that the thoughts You give us will endure, through Jesus Christ our Lord. Amen.

**MORNING PRAYER TO ABBA FATHER**

Father God, I surrender to You my life, my will, my senses, all that I am and all that I own I give to you my Father. I beg of You to aid me as I walk through this day, bless me and fill me with your love, peace and joy. May I carry your love in my heart and touch those I meet with it. May I be a channel of Your peace and calm a restless soul, soothe a troubled heart, tend a broken spirit. May I radiate Your joy to all around me and fill the hearts of those in despair with hope. Father, use me as You pleases. Let me bring others to know, love and serve You. Let me reflect Your love in my words, my actions. let the fire of Your love consume me totally burning away my selfishness, all that is not of Your kingdom, reducing my ego into ashes. Father hold my hand and guide me; when dark clouds loorn over me let me not be afraid knowing You are with me sheltering me in the safety of Your wings. Father, let me be patient, humble, kind and merciful: let me not



forget You when things are going well for me, nor berate You when everything is topsy-turvy. I make this prayer in full faith and confidence in Your infinite love for me, Amen.

### **PRAYER TO GOD OF ALL CREATION**

Your Presence is everywhere, my God. Although concealed, Your beauty can be sensed amid the fragrant blooms and flourishing plants, and in the stately trees with their graceful branches. Your splendor all but speaks from the lofty, towering mountains. Your generosity is seen in the fertile, smiling valleys. The vast seas, too, with their mighty tides and roaring waves proclaim Your power. Thunder and lightning of the summer storm bespeak Your majesty. The gentler waters of brook and stream reveal Your mildness and mercy. Thus, You pervade, my Lord, Your whole creation.

May all the marvels of Your Presence fill us with praise, thanksgiving, and joy. May we ever adore You the Maker, the Sustainer, and the lavish Giver of such good things. May we preserve unspoiled the glory of all You have made for our profit and enjoyment. May we enhance the flowers of the field and the birds of the air by a prompt and ready obedience to Your most holy will. This crowning gift we ask through Christ, Your Son, and our Lord. Amen.

### **PRAYER TO ABBA FATHER**

My Father in Heaven, how sweet it is to know that you are my Father and that I am your child! Especially when the skies of my soul are cloudy and my cross weighs more heavily, I feel the need to repeat to you: Father, I believe in Your love for me. Yes I believe that you are a Father to me at every moment of my life, and that I am Your child! I believe that You love me with an infinite love! I believe that you are watching over me night and day and that not a hair falls from my head without Your knowledge. I believe that, in Your infinite Wisdom You know better that what is good for me. I believe that, in Your infinite Power, You can bring good even out of evil. I believe that in Your infinite goodness, You make everything to the advantage of those who love You: even under the hands of those who strike me I kiss Your hand which heals! I believe, but increase in me faith, hope and love. Teach me always to see Your love as my guide in every event of my life.

Teach me to surrender myself to you like a baby in its mother's arms, Father, You know everything, You see everything, You know me better than I know myself, You can do everything and You love me! My Father, since it is Your wish that we should always turn to You, I come with confidence to ask You together with Jesus and Mary... (*Here request the favour that you desire*). For this intention and uniting myself to Your most Sacred Heart I offer You all my prayers, my sacrifices and mortifications, all my actions and greater faithfulness to my duties. Give me Thy light, thy grace and the power of the Holy Spirit! Strengthen me in this Spirit, that I may never lose Him, never



sadden Him and never allow Him to become weaker in me. My Father, I ask this in the name of Jesus Your son! And You Jesus my Lord, open Your heart and place in it my own and together with Mary our mother, I offer it to our divine Father. Obtain for me the grace that I need. Divine Father, call all men to yourself, let all the world proclaim Your Fatherly goodness and Your divine Mercy!

Be a tender Father to me and protect me wherever I am. Like the apple of Your eye, make me always a worthy son/daughter, have mercy on me! Divine Father, sweet hope of our souls, may you be known, honored and loved by all men! Divine Father, infinite goodness poured out on all peoples, may You be known, honoured and loved by all men! Divine Father, beneficent dew of humanity, may You be known and loved by all men! Abba Father, I surrender this day to thee and put myself in Thy care. Use me to make Thee known, loved and honoured by all men. Let my actions speak of Thy love. My tongue Praise Thee in all situations and my thoughts be inspired by Thee alone.

***Abba Father, I love Thee above all things.***

### **CONSECRATION TO GOD OUR FATHER**

Our loving Heavenly Father, we come to You today and place ourselves in Your Loving Hands. We surrender our minds, our hearts, our will, our lives to You and put ourselves entirely at Your disposal. Do with us what You will. Use us to make You known, honoured and loved by all mankind. Let our actions speak of Your immense love, our tongues ever sing Your praises and our thoughts be inspired by You alone, we adore You, we love You, Amen.

### **ABBA FATHERS'S RING OF PROTECTION**

Abba Father have mercy on us people for we are sinners. Save us on the last day of judgment keep us in your protection. Circle us with your ring of protection now  
*(prostrate & recite the prayer thrice)*

### **PRAYER OF TOTAL SURRENDER TO THE WILL OF THE ETERNAL FATHER**

Lord God, Creator of Heaven and Earth, All that is visible and invisible, I your humble servant surrender myself to You, mind, heart, body and soul. I abandon myself to Your will, do what You please with me. I wish to go where You want me to go, to do what You want me to do, to live as You want me to live. I ask this through Christ Our Lord. Amen.

### **PRAYER PLACING ONESELF AT THE SERVICE OF THE LORD**

Father, I consecrate myself in soul and body to Your service, so that Your Eyes and Your Heart never leave me; set Your Royal Throne inside me and give me Your orders. Make me advance in purity of heart to accomplish all that You have given me.





**A BEAUTIFUL PRAYER TO GOD THE FATHER**

My God, I offer You my every breath of life as an act of love of You and sorrow for having ever offended You. I wish never to cease loving You, never to cease praying, if I should become unconscious in sickness or from a heart attack, or an accident or an operation or live to be mentally incapable to pray, I offer all my breathing at that time as a continuation of my present acts of love and sorrows for my sins, and good God, at the moment of death, when I gasp my last breath, which will be my last act of love of You in this world, I hope to awaken in eternity, hearing You say, calling me by name – I LOVE YOU

**BEDTIME PRAYER**

Father God pour the Precious Blood of Your Son Jesus into my heart, into my soul, into my spirit, into every cell of my body and wash me, cleanse me, make me a new creation. Let Your Holy Spirit take full and complete control of me and may I glorify You on earth as You are glorified in heaven, Amen. *(Recite the prayer thrice)*

**LITANY OF THE ABBA FATHER**

God, the Father of Heaven,

***Have mercy on us.***

God, the Son, redeemer of the world,

God, the Holy Spirit,

Holy Trinity, one God,

Father, creator of the world ,

Father, peacemaker of the world,

Father, eternal wisdom,

Father, infinite goodness,

Father, bountiful,

Father, fount of everything,

Father, most sweet,

Father, of infinite mercy,

Father, our defender,

Father, our glory and our happiness,

Father, wealth of all people,

Father, triumph of all nations,

Father, hope of all Christians,

Father, splendor of the Church,

Father, splendor of kings,

Father, over turner of idols,

Father, consolation of people,

Father, happiness of priests,

Father, guide of men,

Father, gift of family life,

Father, help of the poor,

Father, guide of youth,

Father, friend of children,

Father, freedom of slaves,

Father, light of those who are in darkness,

Father, destroyer of the proud,

Father, wisdom of the just,

Father, rest in tribulations,

Father, hope in desolation,

Father, harbour of safety in dangers,

Father, consolation of the poor,

Father, consolation of the afflicted,

Father, refuge of the hopeless,

Father, refuge of the orphans,

Father, refuge of the aged,

Father, refuge of the dying,

Father, that extinguishes our thirst and poverty,

Father, life of the dead,

Father, glory of the saints,



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

**Final prayer:** - Father, the earth needs you; every man needs you; the heavy and polluted air needs you, we beg you, dear father, come back to walk through the streets of the world, come back to live among your people. Come back to guide the nations, come back to bring peace and with it your justice, come back to bring the fire of thy love, so that redeemed by sorrow, we can become new creatures, Amen.

### THE LITANY OF THE LOVE OF GOD

Lord, have mercy on us. Christ, have mercy on us.

Lord, have mercy on us. Christ, hear us.

Christ, graciously hear us.

God the Father of Heaven, *Have mercy on us.*

God the Son, Redeemer of the world, *Have mercy on us.*

God the Holy Spirit, *Have mercy on us.*

Holy Trinity, One God,

*Have mercy on us.*

Thou Who art Infinite Love,

*I Love Thee, O my God.*

Thou Who did first love me,

Thou Who commands me to love Thee,

With all my heart,

With all my soul,

With all my mind,

With all my strength,

Above all possessions and honor,

Above all pleasures and enjoyments,

More than myself and all that belongs to me,

More than all my relatives and friends,

More than all men and Angels,

Above all created things in Heaven or on earth,

Only for Thyself,

Because Thou art the sovereign Good,

Because Thou art infinitely worthy of being loved,

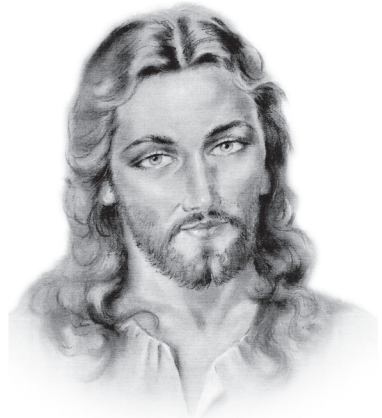
Because Thou art infinitely perfect,

Even had Thou not promised me Heaven,

Even had Thou not menaced me with Hell,

Even should Thou try me by want and misfortune,

In wealth and in poverty,





## ***Christ is All***

In prosperity and in adversity,  
 In health and in sickness,  
 In life and in death,  
 In time and in eternity,  
 In union with that love where with all the Saints and all the Angels love Thee in Heaven,  
 In union with that love where with the Blessed Virgin Mary loveth Thee,  
 In union with that infinite love where with Thou love Thyself eternally,

**Let Us Pray:** My God, Who possess in incomprehensible abundance all that is perfect and worthy of love, annihilate in me all guilty, sensual, and undue love for creatures; kindle in my heart the pure flame of Thy love, so that I may love nothing but Thee or in Thee, until, being entirely consumed by holy love of Thee, I may go to love Thee eternally with the elect in Heaven, the country of pure love. Amen.

## **PRAYERS TO THE HOLY SPIRIT**

### **PRAYER FOR THE HOLY SPIRIT**

Soul of my soul, I adore thee. Enlighten, guide, strengthen and console me. Tell me what I ought to do and command me to do it. I promise to be submissive in all that you shall ask me and to accept all that you permit to happen to me. Only show me what is your will. Amen.

Breathe in me, Oh Holy Spirit that my thoughts may be holy. Move in me, Holy Spirit that my work may be holy. Attach my heart holy spirit, that I may love only what is holy. O Holy Spirit, soul of my soul, life of my life, I adore you, I worship you, I bow down before you.

*Guide me* -In all my works

*Strengthen me* -From all my weaknesses

*Comfort me* -In all my disappointments and failures

*Sanctify me* -From all my sins

*Heal me* -Of all my sicknesses, wounds: spiritual, physical and emotional.

Lead me to the way of my Father, reveal Jesus my saviour to me, open my eyes and my heart to the word of God, teach me to pray, help me to love as Jesus loves. Strengthen me Holy Spirit that I may defend all that is holy. Protect me Holy Spirit that I may always be holy, Amen.



### **SELF OFFERING**

Holy Spirit, God of love be present to me, and accept the offering of myself which I make to You. Receive my hands, feet, eyes, tongue and all my senses. Receive my



memory, my will, my understanding, my desires, my sighs, the longings and the aspirations of my soul. Receive my every hour, my every moment and all the happenings of my life. Holy Spirit, God of love, knit my soul to You. Let Your love possess my whole being, my senses, my power, my affections and my very life. Rule my labor and my rest, my going and my staying and move me as it pleases You. Let Your love disquiet or comfort me, humble or exalt me, and burn away all faults. Holy Spirit, God of love, draw me to You. Do with me what You will. Nothing will cause me fear for Your desire to give is greater than mine to receive. Transform me so that I may no longer know myself, nor find myself except in You, Amen.

### **LITTLE CHAPLET OF THE HOLY SPIRIT**

This chaplet has seven sections of seven beads each group preceded by a bead to petition one of the seven gifts of the Holy Spirit.

**Begin by saying:** I believe, Glory be to the Father, Our Father

**On the Big beads:** Father, Father, send us the promised Paraclete through Jesus Christ our Lord. Amen.

**On the Small beads:** Come Holy Spirit; fill the hearts of Thy faithful And kindle in them the fire of Thy love... (*Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, Fear of the Lord, Love, Joy, Peace, Patience, kindness, Goodness, Gentleness, Mildness, Faith, Modesty, Self Control, Chastity etc... can also be said.*)

**After the seventh bead:** Send forth Thy Spirit and they shall be created And thou shall renew the face of the earth.

**Let us pray:** O God, who didst instruct the hearts of Thy faithful by the light of the Holy Spirit grant us by the same spirit to be truly wise and evermore to rejoice in his consolation, through Christ our Lord. Amen.

*(recite seven decades in the same way.)*

#### **Suggested reflections**

**1st Mystery:** let us honour the Holy Spirit and adore Him who is love itself, proceeding from the Father and the Son, and uniting them in infinite and eternal love.

**2nd mystery:** Let us honour the operation of the Holy Spirit and adore Him in the immaculate conception of the Blessed Virgin Mary, sanctifying her from the first moment with the fullness of grace.

**3rd mystery:** Let us honour the operation of the Holy Spirit and adore Him in the incarnation of the word, the Son of God by his divine nature, and the Son of the Virgin by flesh.

**4th mystery:** Let us honour the operation of the Holy Spirit and adore Him in the formation of the Church on the glorious day of the Pentecost.



# **Christ is All**

**5th mystery:** Let us honour the operation of the Holy Spirit and adore him dwelling in the church and assisting her faithfully according to the divine promise even to the consummation of the world.

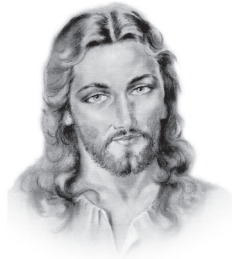
**6th mystery:** Let us honour the wonderful operation of the Holy Spirit within the church creating other Christs, the priests and bestowing the fullness of the priesthood on the bishops.

**7th mystery:** let us honour the operation of the Holy Spirit the adorable sanctifier and adore Him in His hidden and marvelous work of the formation of saints in the Church.

*Abba Father, send us your promised Holy Spirit through Jesus our Lord and Master*  
Come Holy Spirit fill us with your love, Patience, Peace and Joy, Self Control, Goodness and Kindness, Faithfulness, Gentleness and Humility.

## **THE LITANY OF THE HOLY SPIRIT**

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>
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 -	<i>Have mercy on us</i>
God the Holy Spirit -	<i>Have mercy on us</i>
Holy Trinity, one God -	“
Divine Essence, one true God -	“
Spirit of truth and wisdom -	“
Spirit of holiness and justice -	“
Spirit of understanding and counsel -	“
Spirit of love and joy -	“
Spirit of peace and patience -	“
Spirit of longanimity and meekness -	“
Spirit of benignity and goodness -	“
Love substantial of the Father and the Son -	“
Love and life of saintly souls -	“
Fire ever burning -	“
Living water to quench the thirst of hearts -	“
From all evil, danger and anxiety -	<i>Deliver us, O Holy Spirit</i>
From all impurity of soul and body -	“
From gluttony and sensuality -	“
From all attachments to the things on earth -	“
From all hypocrisy and pretense -	“









1. Be thou my love
2. Be the love of my society
3. Be the love of all the poor

### CHAPLET OF THE SACRED HEART OF JESUS

O God come to my assistance, *O Lord make haste to help me*

**Glory be to the Father....**

**On the crucifix,** O Jesus give us Thy heart as a pledge of Thy love and as a place of refuge that we may find there a secure repose during our life and sweet comfort at the hour of our death.

First Bead : Our Father

Three Beads : Hail Mary

Single Bead : I Believe

**On the centre medal and big beads:** Oh Sacred Heart of my dear Jesus, I adore thee, I praise thee and I love thee. Your love has penetrated to the hearts of many people. Forgive us our offences which we have committed against thee in the most holy sacrament of the altar. I offer to thee in satisfaction there of, the amiable Heart of Thy most beloved mother, with the merits of the saints. Amen.

**On the small beads:** Oh Sacred Heart of Jesus, burning with love for me, inflame my heart with love to thee.

### NOVENA OF CONFIDENCE TO THE SACRED HEART

O Lord Jesus Christ, to your most Sacred Heart, I confide this intention (*Here place your intention*) only look upon me. Then do what your sacred heart decide. I count on it .... I trust in it. ...I throw myself on its mercy Lord Jesus you will not fail me

Sacred Heart of Jesus I trust in Thee

Sacred Heart of Jesus I believe in Thy love for me

Sacred Heart of Jesus Thy Kingdom come.

O sacred Heart of Jesus, I have asked for many favours, but I earnestly implore this one. Take it, place it in Thy Sacred Heart. When the eternal Father sees it covered with Thy precious blood, he will not refuse it. It will no longer be my prayer but Thine. O Jesus, O Sacred Heart of Jesus, I place my trust in Thee. Let me never be confounded. Amen.

### PRAYER TO THE SACRED HEART OF JESUS

O most Sacred Heart of Jesus, fountain of every blessing, I adore You, I love You and with a true sorrow for my sins, I offer You this poor heart of mine. Make me humble, patient, pure and wholly obedient to Your will. Grant good Jesus that I may live in You and for You. Protect me in the midst of danger, comfort me in my afflictions, give me health of body, assistance in my temporal needs, Your blessing on all that I do, and the grace of a holy death. Amen.



**CONSECRATION OF ONESELF TO THE SACRED HEART OF JESUS**

O Sacred Heart of Jesus, humbly prostrate before you, I come to renew my consecration, with the resolution of repairing, by an increase of love and fidelity to you, all the outrages unceasingly offered to You. I firmly purpose:

- The more your mysteries are blasphemed, the more firmly I shall believe them, O Sacred Heart of Jesus.
- The more impiety endeavours to extinguish my hopes of immortality, the more I shall trust in Your Heart, sole hope of mortals
- The more hearts resist your divine attractions, the more I shall love you, O infinitely amiable Heart of Jesus
- The more your divinity is attacked, the more I shall adore it O divine Heart of Jesus
- The more your holy laws are forgotten and transgressed, the more I shall observe them, O most holy Heart of Jesus
- The more your sacraments are despised and abandoned, the more I shall receive them with love and respect, O most liberal Heart of Jesus
- The more your adorable virtues are forgotten, the more I shall endeavour to practice them, O Heart, model of every virtue
- The more the demon labours to destroy souls, the more I shall be inflamed with a desire to save them, O heart of Jesus, zealous lover of souls
- The more pride and sensuality tend to destroy abnegation and love of duty, the more generous I shall be in overcoming myself, O heart of Jesus
- The more Your holy laws of marriage and vows are neglected and broken, the more I shall observe them with love and fidelity, O Sacred Heart of Jesus
- The more demon labours to destroy the life of prayer and purity in consecrated souls, the more I will try to keep purity pure, chastity chaste, and virginity virgin, O Sacred Heart of Jesus

O Sacred Heart, give me a strong and powerful a grace that I may be your apostles in the midst of the world, and your crown in a happy eternity.

**CONSECRATION OF THE FAMILY TO THE SACRED HEART OF JESUS**

Sacred Heart of Jesus, you have revealed your desire to reign in every Christian family. Today, we come to ask You to take complete possession of our home. We greatly desire that through sincere fidelity to You, our home becomes fragrant with love, peace and joy. Keep far from us all that can turn us away from You; drain off feelings of strife; replace our bitterness with forgiveness; do not allow resentments and hurts to dictate what we do or say; may the flame of sincere and understanding love burn brighter each day through our frequent participation of the Eucharist and the habit of daily family prayer. Sacred Heart of Jesus, preside over all our gatherings and events; be with us in all our joys and sorrows; if any should stray away from You and from us, may Your



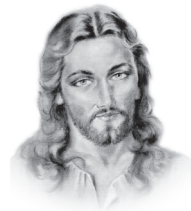
merciful Heart bring him or her back to obedience to You and to union with us .May each member of our family be a committed Christian, faithful to the way of life You have taught by word and example. And, at the end, when death comes to take any one of us away, may we accept with submission and with joyful hope in the resurrection and the final reunion of our family in heaven, where Your own hand will wipe away every tear from our eyes. Mary, mother of Jesus, be the mother of this family. St. Joseph, take care of each member of this family as you looked after the Holy Family of Nazareth. May the grace and blessing of the Sacred Heart of Jesus be on us; the peace of the Sacred Heart of Jesus envelop us; the merits of the Sacred Heart of Jesus, Plead for us; the love of the Sacred Heart of Jesus strengthen us; the zeal of the Sacred Heart of Jesus animate us; the virtues of the Sacred Heart of Jesus shine forth in our words and deeds; and may the beatific vision of the Sacred Heart of Jesus be our eternal joy. Sacred Heart of Jesus be king of our home. In our home may you be glorified today and every day. Amen

**CONSECRATION OF THE HUMAN RACE  
TO THE SACRED HEART OF JESUS**

Most sweet Jesus, Redeemer of the human race, look down upon us, humbly prostrate before Thy altar. We are Thine and Thine we wish to be; but to be more surely united with thee, behold each one of us freely consecrates himself / herself today to Thy most Sacred Heart. Many indeed have never known thee; many too, despising Thy precepts, have rejected thee. Have mercy on them all, most merciful Jesus, and draw them to Thy Sacred Heart. Be thou King, O Lord, not only of the faithful who have never forsaken thee, but also of the prodigal children who have abandoned thee; grant that they may quickly return to their Father’s house, lest they die of wretchedness and hunger. Be thou King of those who are deceived by erroneous opinions or whom discord keeps aloof, and call them back to the harbor of truth and unity of faith, so that soon there may be but one flock and one shepherd. Grant, O Lord, to Thy church assurance of freedom and immunity from harm; give peace and order to all nations and make the earth resound from pole to pole with one cry: “praise to the divine heart that wrought our salvation; to it be glory and honour for ever. Amen.

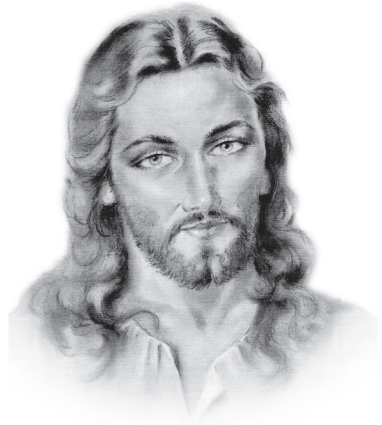
**THE LITANY OF THE SACRED HEART**

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>
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	<i>Have mercy on us</i>





God the Holy Spirit, *Have mercy on us*  
Holy Trinity One God, *Have mercy on us*  
Heart of Jesus, Son of the Eternal Father, *Have mercy on us*  
Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mother,  
Heart of Jesus, substantially united to the Word of God,  
Heart of Jesus, Sacred Temple of God,  
Heart of Jesus, Tabernacle of the Most High,  
Heart of Jesus, House of God and Gate of Heaven,  
Heart of Jesus, Burning furnace of charity,  
Heart of Jesus, Abode of justice and love,  
Heart of Jesus, Full of goodness and love,  
Heart of Jesus, Abyss of all virtues,  
Heart of Jesus, Most worthy of all praises,  
Heart of Jesus, King and centre of all hearts,  
Heart of Jesus, In whom are all the treasures of wisdom and knowledge,  
Heart of Jesus, In whom dwells the fullness of divinity,  
Heart of Jesus, In whom the Father is well pleased,  
Heart of Jesus, Desire of the everlasting hills,  
Heart of Jesus, Patient and most merciful,  
Heart of Jesus, Enriching all who invoke in thee,  
Heart of Jesus, Fountain of life and holiness,  
Heart of Jesus, Propitiation for our sins,  
Heart of Jesus, Loaded with shame,  
Heart of Jesus, Bruised for our offences,  
Heart of Jesus, Obedient unto death,  
Heart of Jesus, Pierced with a lance,  
Heart of Jesus, Source of all consolation,  
Heart of Jesus, Our life and resurrection,  
Heart of Jesus, Our peace and reconciliation,  
Heart of Jesus, Victim of sins,  
Heart of Jesus, Salvation of those who trust in thee,  
Heart of Jesus, Hope of all who die in Thee,  
Heart of Jesus, Delight of all the saints,  
Lamb of God who takes away the sins of the world *Spare us O Lord*  
Lamb of God who takes away the sins of the world *Graciously hear us O Lord*  
Lamb of God who takes away the sins of the world *Grant us peace.*  
Jesus meek and humble of heart, *Make my heart like unto Thine*



**Let us pray:** O Almighty and Eternal God, look upon the heart of Thy dearly beloved Son,

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## *Christ is All*

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and upon the praise and satisfaction he offers thee on behalf of sinners, and being appeased, grant pardon to those who seek Thy mercy, in the name of the same Jesus Christ Thy Son, who lives and reigns with thee in the unity of the holy spirit , world with out end .Amen.

### **AT THE FEET OF JESUS IN THE EUCHARIST**

#### **ADORATION PRAYER** - *(by St. Faustina)*

I adore You, Lord and Creator, hidden in the Most Blessed Sacrament. I adore You for all the works of Your hands, that reveal to me so much wisdom, goodness and mercy, O Lord. You have spread so much beauty over the earth and it tells me about Your beauty, even though these beautiful things are but a faint reflection of You, incomprehensible Beauty. And although You have hidden Yourself and concealed Your beauty, my eye, enlightened by faith, reaches You and my soul recognizes its Creator, its Highest Good, and my heart is completely immersed in prayer of adoration.

My Lord and Creator, Your goodness encourages me to converse with You. Your mercy abolishes the chasm which separates the Creator from the creature. To converse with You, O Lord, is the delight of my heart. In You I find everything that my heart could desire. Here, Your light illumines my mind, enabling it to know You more and more deeply. Here streams of graces flow down upon my heart. Here my soul draws eternal life. O my Lord and Creator, You alone, beyond all these gifts, give Your own self to me and unite Yourself intimately with Your miserable creature.

O Christ, let my greatest delight be to see You loved and Your praise and glory proclaimed, especially the honor of Your mercy. O Christ, let me glorify Your goodness and mercy to the last moment of my life, with every drop of my blood and every beat of my heart. Would that I be transformed into a hymn of adoration of You. When I find myself on my deathbed, may the last beat of my heart be a loving hymn glorifying Your unfathomable mercy. Amen.

#### **AN ACT OF SPIRITUAL COMMUNION** *(by St. Alphonsus Liguori)*

My Jesus, I believe that you are in the Blessed Sacrament. I love you above all things, and I long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart as though You have already come. I embrace You and unite myself entirely to you; never permit me to be separated from You!

#### **THE MARIAN CHAPLET OF THE BLESSED SACRAMENT**

Jesus Christ, who has given us the promise that I am with you always, even to the end



of the age and who is alive among us in the Blessed Sacrament, we come to you, Merciful Lord, to adore you, to worship you and to glorify you. Sanctify our weak and sinful life. Anoint us, through the love and divine strength that flows abundantly from you. Shower on us, the several blessings and grace prevailing in the Holy Eucharist and in union with the adorations done all over the world. Shower the blessings on this chaplet and favour our intentions.

***Holy are you, O God, Holy are you, the Strong One Holy are You, the deathless who was crucified for us, have mercy on us (3 times)***

**On the big Beads:** Announce the mystery

**On the Hail Mary Beads say:** O Sacrament most Holy, O Sacrament Divine, all praise and all thanksgiving be every moment Thine *(10 times)*

**All Glory be ...**

### **The Joyful Mysteries**

**1 The Annunciation:** Let us contemplate on Jesus who was borne of the Virgin Mary by the power of the Holy Spirit for the salvation of mankind.

**2 The Visitation:** Let us reflect on Jesus in the womb of the Virgin Mary who blessed St. Elizabeth at the time of Mary's visitation.

**3 The Birth of Jesus in Bethlehem:** Let us meditate on Jesus who was born of the Virgin Mary as a small baby in Bethlehem

**4 The Presentation of Jesus to the temple:** Let us contemplate on Jesus who was presented to the Father on the day of purification

**5 The finding of Jesus in the temple:** let us meditate on Jesus, who was at the age of 12, revealed the Father's will to the Pharisees and teachers in the temple

### **The Luminous Mysteries**

**1 The Baptism of Jesus :** Let us reflect on Jesus who was prepared by the Holy Spirit at the time of His Baptism to accept the Will of the Father

**2 The Wedding at Cana:** Let us contemplate on Jesus who performed the first miracle at the request of Mother Mary in the wedding at Cana

**3 The Proclamation of the Kingdom of God:** Let us meditate on Jesus who proclaimed the good news in Judea and Galilee and called the people to repentance

**4 The Transfiguration:** Let us reflect on Jesus who at the time of transfiguration at Tabor revealed the glory of the Father

**5 The Institution of the Holy Eucharist at the Last Supper:** Let us contemplate on Jesus who instituted the Holy Eucharist at the time of the Last Supper

### **The Sorrowful Mysteries**

**1 The Agony in The Garden:** Let us contemplate on Jesus who suffered great agony at Gethsemane due to the sin of mankind

**2 The Scourging At The Pillar:** Let us reflect on Jesus who was scourged at the pillar





# **Christ is All**

for the atonement of mankind

**3 The Crowning of Thorns:** Let us reflect on Jesus who was crowned with thorns

**4 Jesus Carries His Cross:** Let us reflect on Jesus who carried the sin of mankind

**5 The Crucifixion And Death of Jesus On the Cross:** Let us contemplate on Jesus who was crucified on the cross due to the sin of mankind

## **The Glorious Mysteries**

**1 The Resurrection:** Let us meditate on the resurrection of Jesus

**2 The Ascension:** Let us contemplate on Jesus who ascended into heaven after 40 days of His resurrection

**3 The Descent Of The Holy Spirit:** Let us reflect on Jesus who sent the promised Holy Spirit on Mother Mary and the apostles

**4 The Assumption:** Let us contemplate on the perfect love of Jesus who assumed Mother Mary into heaven

**5 The Coronation:** Let us contemplate on Jesus who crowned Mother Mary as the Queen of all creations

## **LITANY OF THE MOST BLESSED SACRAMENT**

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,	<i>have mercy on us.</i>	
God the Holy Spirit,	<i>have mercy on us.</i>	
Holy Trinity, one God,		
Jesus, Eternal High Priest of the Eucharistic Sacrifice,	“	“
Jesus, Divine Victim on the Altar for our salvation,		“
Jesus, hidden under the appearance of bread,	“	“
Jesus, dwelling in the tabernacles of the world,		“
Jesus, really, truly and substantially present in the Blessed Sacrament,		“
Jesus, abiding in Your fulness, Body, Blood, Soul and Divinity,	“	“
Jesus, Bread of Life,		“
Jesus, Bread of Angels,		“
Jesus, with us always until the end of the world,		“
Sacred Host, summit and source of all worship and Christian life,		“
Sacred Host, sign and cause of the unity of the Church,		“
Sacred Host, adored by countless angels,		“
Sacred Host, spiritual food,		“
Sacred Host, Sacrament of love,		“
Sacred Host, bond of charity,		“
Sacred Host, greatest aid to holiness,		“



Sacred Host, gift and glory of the priesthood, “  
 Sacred Host, in which we partake of Christ, “  
 Sacred Host, in which the soul is filled with grace, “  
 Sacred Host, in which we are given a pledge of future glory, “  
 Blessed be Jesus in the Most Holy Sacrament of the Altar, “  
 Blessed be Jesus in the Most Holy Sacrament of the Altar, “  
 Blessed be Jesus in the Most Holy Sacrament of the Altar, “  
 For those who do not believe in Your Eucharistic presence, *have mercy, O Lord.*  
 For those who are indifferent to the Sacrament of Your love, *have mercy on us.*  
 For those who have offended You in the Holy Sacrament of the Altar, *have mercy on us.*  
 That we may show fitting reverence when entering Your holy temple,  
 - *we beseech You, hear us.*

That we may make suitable preparation before approaching the Altar, “  
 That we may receive You frequently in Holy Communion with real devotion and true  
 humility,  
 That we may never neglect to thank You for so wonderful a blessing, “  
 That we may cherish time spent in silent prayer before You, “  
 That we may grow in knowledge of this Sacrament of sacraments, “  
 That all priests may have a profound love of the Holy Eucharist, “  
 That they may celebrate the Holy Sacrifice of the Mass in accordance with its sublime  
 dignity, “  
 That we may be comforted and sanctified with Holy Viaticum at the hour of our death,  
 “

That we may see You one day face to face in Heaven, we beseech You, hear us.  
 Lamb of God, You take away the sins of the world, *spare us, O Lord.*  
 Lamb of God, You take away the sins of the world, *graciously hear us, O Lord.*  
 Lamb of God, You take away the sins of the world, *have mercy on us, O Lord.*  
 V. O Sacrament Most Holy, O Sacrament Divine,  
***R. all praise and all thanksgiving be every moment Thine.***

**Let us pray,**

Most merciful Father, You continue to draw us to Yourself through the Eucharistic Mys-  
 tery. Grant us fervent faith in this Sacrament of love, in which Christ the Lord Himself  
 is contained, offered and received. We make this prayer through the same Christ our  
 Lord, Amen.

**SACRED HEART OF JESUS PRAYER BEFORE THE EUCHARIST**

*Sacred Heart of Jesus, Have mercy on us*

*Saint Joseph, Pray for us, Saint Mary Margaret, Pray for us*

1. O Jesus, my Lord and God, you deserve praises and worship every moment. I  
 wish to adore you in every church where you are not worshipped, for your great mercy  
 and loved for your great love. But since it is impossible for me to do so, I enter those



## *Christ is All*

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churches spiritually. I submit before you, mother Mary's praises and worship in reparation for the insults shown at you Lord, in the Blessed Sacrament.

***O sacrament Most Holy, O Sacrament divine, let all praises and all thanksgiving be every moment thine (say 10 times)***

2. O Jesus, the eternal sun, who kindles the flames in thy devout and enlightens the universal church, we praise you and adore you. In reparation for the idleness of your servant who had received the rays of your love, we offer thee the great desire and profound worship of the angels who burn in their faith to you.

***O Sacrament ...***

3. Jesus the eternal wisdom, who reveals the truth to mankind, we humbly adore you. In reparation for our in born ignorance, because of which we hurt you; we offer you the great knowledge of the enlightened angles who reflect your wisdom.

***O Sacrament ...***

4. O Jesus the fount of mercy and forgiveness, we adore you. In reparation of our anger, hatred and desire for revenge, we offer thee the calmness of the angels;

***O Sacrament ...***

5. O our divine redeemer, who has come in the sacrament of love in the Eucharist, we adore you with our whole heart. In reparation for the evil thought and desire, that sinners keep at your altar we offer you the holy desires and immense love of the warrior angels;

***O Sacrament ...***

6. O the Lamb of God that takes away the sins of the world, we adore you in great faith. In reparation for the disrespect sinners show you during the Holy Mass, we offer you with great respect, the praise and glory in the union with the angels, Seraphims

***O Sacrament***

7. O Jesus, the seat of spotless holiness, we adore you. In reparation for the sin of some of your priests, who receive you in a state of sin, disregarding your laws, like Judas, we offer you the holiness of the angels; Powers

***O Sacrament ...***

8. O Jesus who deserves all worship in Heaven and on earth, we adore thee. In reparation for all insults spoken at you, we offer you the praises of the angels; Principalities

***O Sacrament ...***

9. O redeemer of the world who deserves all praises, we adore you. In reparation for the sin men do when they receive you in the Eucharist in a state of sin, we offer you the vibrant faith and love of angels; Dominion

***O Sacrament ...***

10. O Jesus who is the greatest joy in Heaven and on earth, we adore you with



our whole heart. In reparation for the apathy mankind shows you, in spite of your desire to be united to mankind in the Blessed Sacrament; we offer you the obedience of angels and the praises they offer you.

***O Sacrament ...***

11. Jesus the fount of infinite mercy, we sinners adore you at your throne of grace. In reparation for the contempt shown by some sinners who offend your Sacred Heart, we offer you the great trust and hope our forefathers had in your promises.

***O Sacrament ...***

12. Jesus, we adore you with our whole heart, firmly believing in your presence in the Eucharist, as taught by the Catholic Church and confirmed by many a miracle. In reparation for the skepticism of people in your real presence, we offer you the obedient listening of prophets.

***O Sacrament ...***

13. Holy Redeemer, we adore you with deep love. In reparation for the faithlessness and apathy your beloved children, we offer you the love and ardent faith of your Apostles

***O Sacrament ...***

14. Jesus the loving Good Shepherd, we adore your divine model of true love. In reparation for the disobedient and short tempered people, we offer you the patience of the wise and their prayers for those who abuse them.

***O Sacrament ...***

15. Jesus, the treasury of all goodness, we adore you with great respect. In reparation of all the plundering of your churches, we offer you our praises, remaining as your ardent servants.

***O Sacrament ...***

16. Jesus our intercessor, who pleads before the Father, we adore you. In reparation for the idleness that the officials in the church showed in keeping your rules, we offer you the great care Bishops and priest show in your service.

***O Sacrament ...***

17. Jesus, the great glorious Lord, it is impossible to worship you befittingly. However, we adore you Lord in our pathetic state. In reparation for the false witnesses and oaths made in your name, we offer you the praises and psalms spoken in your honour by the church fathers and saints.

***O Sacrament ...***

18. Jesus who humbled yourself in the Blessed Sacrament, and conceals your rays of glory, we adore you. In reparation for all the fights for power and fame, and the resulting evil, we offer you the humility and obedience of your adorers.

***O Sacrament ...***

19. Jesus our teacher, who has sacrificed yourself for us, we praise you. In repara-



tion for all the insults your priests, the religious and nuns faced, we offer you the real devotion and love shown by the apostles and church fathers.

***O Sacrament ...***

20. Jesus, the divine bread of angels, we thank you and praise you for having given yourself as bread for us. In reparation for the sins like gluttony and alcoholic indulgences done against your commandment of fasting and moderation, we offer you the fasting and sacrifices of the religious and devout laity.

***O Sacrament ...***

21. Jesus, in the Heavenly bread of angels, we praise you. In reparation for all that is done against chastity, we offer you the chastity of the religious and the holiness and humility of the nuns.

***O Sacrament ...***

22. Jesus, you deserve all the love from souls. In reparation for the disrespect mediocre souls show you in the Holy Mass, we offer you the great devotion and love which the holy virgins offer you.

***O Sacrament ...***

23. Jesus, who ought to be adored by all men and angels, we adore you with our whole heart. In reparation for all the blood shed in cruelties done to your faithful, we offer you the worship of all saints and the pain endured by your flocks in countries done where they are persecuted.

***O Sacrament ...***

24. Jesus son of Mary, seat of glory, we adore you. Lord. We pray to you holy Mother for strength to pray for reparation for all insults done to you in the Blessed Sacrament, since you instituted the sacrament of love. Mary your beloved Mother and Queen of Heaven and earth, succor of humankind, we bow before you, thanking you for enfolding us in your maternal care. Intercede for us sinners your son, the sun of justice. Pay our debts by your virtue and adore Him for us, since we mortals cannot worship in wholeness.

***O Sacrament ..***

### **COME TO ME NOVENA**

#### **METHOD OF MAKING THE NOVENA**

1. Come before Jesus and adore Him.
2. Read Christ word to you.
3. Read the scripture reflections and ask yourself.
  - a. Which passage means most to me?
  - b. What do I feel as I read?
  - c. What will I say to Jesus who has spoken to me personally



through the passage?

4. Use the prayer response given and feel free to add to it or make your own prayer.
5. Recite the chaplet of mercy offering it for some intention preferably for the intentions Jesus brings in to your mind.
6. Use the supplementary meditation.

***You will find tremendous power flowing out of the Tabernacle – Power, Love and Peace of Jesus will be yours.***

### **DAY 1**

#### **CHRIST SPEAKS:**

Come to Me I know your name. when you were being formed at the womb of your mother I was there. I saw you even before you were born. I have and always have loved you. Come to me, you who are burdened – I will refresh you, I will give you rest. Stay with me and listen. This is my house and you are welcome. I want you so much, I long that you experience my love. My love is like a fire consuming all hatred, pride, sin, etc. I long to fill your life, with my peace and my joy, here I am before you, imprisoned in my own house. Take me with you, in your heart –take me into your home, into your school, into your office, into your streets, into your dance hall. I need your feet, your hands, your voice, your heart to carry my love to a wounded world. Please take me in your heart.

#### **REFLECT: *Isaiah 61 Vs 1-4***

*Why did you come Lord?*

*What do the scriptures tell me about you?*

When I read your word I can see how you touched people and healed them. You fed the multitude, you delivered those in bondage. You transformed lives. A word, a touch of your hand, just a look was enough to restore man to wholeness. Where are you now? Where is that touch, that look, that restored broken bodies, healed fractured relationships, that strengthened the weak? I need to see SHOW ME LORD.

#### **CHRIST SPEAKS:**

My child, this is the answer. I am here in the Eucharist, in unique and special way. Here are the very same hands, that touched a dead man and gave him life, that blessed water and changed it into sparkling wine, that touched the eyes of the blind, here am I with the same power to heal every human illness, to calm the raising storms in your life. Once more today I want to ask you to carry me home with you, carry me to work, I will be with you, I will bless you so that you will be a blessing to others. Will you take me with you?

#### **PRAYER:**

Jesus come and walk with me. I offer you my heart as an altar, I welcome you Lord. What love that you should want to live in me and use me! Too long I have carried my



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problems and hurts and sickness and not come before you in the Blessed Sacrament where you have been waiting for me. Thank you that now I realize your love and power in the Eucharist. Yes, Lord, I will take you to others. Come live in me Lord and use me to touch the lives of others. Amen.

(Remain silent for as long as you can)

*(Recite the chaplet of Divine Mercy for the intentions).*

### **DAY 2**

#### **CHRIST SPEAKS:**

Welcome my child. I knew you would come. I have so much to offer you, I have so many gifts in store for you and for those you love. I have the power, the love to make every dream come true. Dreams that brings love and peace and healing to a broken world. Why my child should millions go unhealed and die in needless pain? When these hands that touched a leper's skin and made it clean, lie here, silent or unused. How I long that my people would come to me and just sit before me. There is so much anger out there in the world, so much injustice, so much suffering and there is one power, one person who can heal you and restore to the world whatever is stolen by Satan. That power is right here.

#### **REFLECTION**

God's power is always available. By coming and remaining before the Eucharist I am tapping this power. This power, the power of God is available to us in every event of our life. God said to Joshua. "I will always be with you I will never abandon you", (*Joshua 1:5*). Paul wrote: May the Lord who is our source of peace grant us peace at all times, (*2 Thes 3:16*). Paul encouraged the Corinthians in *2 Cor 9:8,9* "God is able to give you more than you need." (Repeat these scripture verses and let them sink into you. Claim each promise for you specific need).

#### **PRAYER**

Lord Jesus your coming has changed the course of history. I know that you are the light that will never fade. No darkness nor tragedy can put off the brightness.

Jesus your love will prevail, that love which will overcome hatred, bitterness and strife. High walls cannot stop you Lord, weapons of war cannot stop the spread of your peace. Right here, there is power, power that can bring healing and peace into our lives, power that can set us free from all negativity. Lord, I am asking you for peace yet I realize that in my blindness I am denying others the gift of peace that I seek from you. How can I expect to see your victorious right hand uphold me (*Isaiah 41:10*) when I have closed my heart and hands to my brother. Lord I have been deaf to your call to repentance. I have been blind to my own acts of selfishness. Forgive me Lord – I have failed you – teach me to be the person you want me to be. Amen.

#### **JESUS SPEAKS**

Here I am my child – my arm is stretched out to help you overcome. My strength is





sufficient for you. Look at me in the Eucharist. Here I am living among you to heal the past and redeem the future – I call out to you by name. Do you love me? YES? Then you receive. My Love, My Peace. Take, my love, my peace, with you. Remain quiet – In His presence. (*Recite the chaplet of Divine Mercy for the intentions*).

**DAY 3**

**JESUS SPEAKS**

Come to me – put your hand in my hand. Don't be afraid. You are special to me. I know your name I want to see your face. I want to wipe the tears off your face, you are unique ever since I created this world, there never was anyone like you, nor will there ever be another like you. Lift your head up praise me for the gift of life. Praise me for the fact that you were made special. Why are you anxious? Why do you feel so alone? What is causing you to lose your peace of mind. Tell me about it and even as you empty out your heart you will experience My Peace. Are the past memories hurting you? Is there a secret guilt that gnaws at your heart and disturbs you? Come give it to me I will lovingly forgive your guilty past.

**REFLECTION: (Luke 4:40-41)**

Think of those you know who are trapped in despair, self-pity, and depression – bring them to Jesus – you will thus become his own instruments of healing. Do you know of anyone who carries anger in his heart or maybe thoughts of revenge. Or those who are drug addicts, alcoholics, homosexuals, bring them to Jesus. He came to bring all freedom. He is still alive here on this altar. Let us take him at his word and ask him to bring his freedom into our own lives, into the lives of our family members and into the whole world. Wounds are healed by the lord who has suffered for us. “He heals the broken hearted. He bandages their wounds”. Ps 147:3 He gives me rest. Through green fields, He leads me to quiet waters. In Him I find new strength. Ps 23:2-3. I will bring them from all the places where they scattered. On that dark and disastrous day I will look for those who are lost. Bring back those who are hurt and heal those who are sick. Ez. 34:12,16

*(Dwell on the verse which consoles you the most and let Jesus comfort you.)*

**PRAYER**

Jesus come walk with us every morning, the sun rises and hope shines brightly: but let us carry that hope to others. Today Lord lead me to those you want to speak, through me. I know that even as I allow you to use me, your presence in my life will be more and more evident. The more I comfort others, the more will I experience your comfort and healing. Lord, yet I am afraid, should I falter, should my steps weaken, should my courage fail be near me Lord. Hold on to me Jesus, even when my hold on you weakens. Let not the passing days, months and years find me forgetting you. Let each passing day find me at your feet drawing strength, comfort and consolation from you. Lord, bless all who are afraid to meet you. Let them also know you as you have shown



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yourself to me. Yes Lord, may they also know You as their redeemer, their Healer and their lasting peace. Amen.

(Let the peace of Jesus pass through, sit before him taking deep breaths, breathing His Peace) *(Recite the chaplet of Divine Mercy for the intentions).*

### **DAY 4**

#### **CHRIST SPEAKS:**

A thousand welcomes. How my heart longs to watch you enter. Forget the false humility that makes you feel unworthy to walk in. I know your faults. I am aware of you failures. Nothing is a secret to me my child despite all your weakness, I still want you. I am offering you my love, my forgiveness, my acceptance, even as you offer me your repentance. It is my spirit that has directed your footsteps here. I have chosen you to be my messengers to the world. Remember I chose Mary Magdalene to tell the others I had risen, I am now choosing you to tell the world I am alive and waiting here in the Eucharist for them. I am here present, with love in my heart, power in my hands, to change lives, to heal brokenness, to forgive sins, to feed the hungry, to bring peace to those who are disturbed. My child how it pains my heart to see my children suffer and who refuse to come here and be released of all the pain in the body, mind and spirit. Please go and give this good news to others share with them what you feel, what these moments mean to you. Be my messenger of love please. I will be with you.

#### **REFLECTION**

Christ in the Eucharist reaches deep down into the lives of those who sit before him and experience his tender and lasting love never to be forgotten. He touches us ways beyond our understanding – changing lives mysteriously. It does not really matter, which religion one belongs to, nor what one's past has been. His all-encompassing love embraces everyone. The power that dwells in the silence of the altar reaches out to bless the world.

#### **SCRIPTURE REFLECTION**

God sees into the secret recesses of our hearts and puts us right. "Your heart will always be where your riches are". *Mt 6:21* Man looks at the external appearances but I look at your heart. *(1Sam 16:7)* I will give them a new heart and a new mind. I will remove their heart of stone and give them a heart of flesh. I will replace them with hearts that are obedient to my laws. I will be their God and they will be my people. *(Ez. 11:19-20)* I will never abandon them nor desert them. *(Heb 13:5b)*

#### **PRAYER**

Dearest Jesus, I thank you for giving me this day, the assurance of your forgiving love and your acceptance. How good it is to know the tenderness of your love. Despite my weaknesses, my failures, you still love me. Lord I hear you call me to go out and share your love at home, with those I meet. Yes Lord, I realize how many are there who live in darkness, in loneliness, and they endure so much pain because they have never heard



that you are the Healer. Lord I have failed to release your power to others. Today I know, the more I release your power to others, the more I will receive from you, for, I can hear you say “give and it will be given to you in double measure”. Whatever the past Lord, let today be a new beginning. From this very altar, I stretch out my hand to receive your blessings and offer myself as your instrument to carry your blessings to others. Seek out all those who are searching for love and truth. Lead them to your light. Seek those who worship false gods. You love them and died for them. Grant that, through our prayers they be blest and brought close to you, seek out those who suffer in body, soul and mind and comfort them in their pain, sustain them in their trials. Lord have mercy on those who oppress and hurt others. Give them a new heart. Convert them from their errors of their ways, to believe in you. Bless me now Lord, and let your light shine on all my words and deeds. Amen.

*(Recite the chaplet of Divine Mercy for the intentions).*

### **DAY 5**

#### **CHRIST SPEAKS:**

Come to me – do not be afraid. There is something very special I have to say today. Do you know that every visit you make to me will be well rewarded. No one who comes to me returns empty handed. You will hear good news; your heart will be filled with love and joy. You will see that your mind will be enlightened. As you sit before me still, you are being enriched beyond your imagination. I want you to understand this. You are very special to me I know your name. your name is carved on the palm of my hand. No matter how you see yourself. I see you as the beloved – the one for whom I bled and died. I have blessed you in a special way. I have given you gifts and as you use these gifts they grow. You remember the boy who gave me 5 loaves and 2 fish. How many did I feed with that? I will accept whatever you offer me and use it. Give me your hands, stretch them out towards me, that I may bless them and make them always open for sharing. Give me your eyes, I will bless them to see and respond to the needs of others. Give me your voice, I will bless and use it so that those hearing you will be filled with joy and love. Give me your heart as I give you Mine, that I may LOVE through you.

#### **REFLECTION**

Give and you will be given in double measure. We cannot outdo God in His Generosity. As I sit in silence offering him each part of me to use as He pleases, the Eucharistic Heart is delighted and in return, He promises blessing beyond our understanding.

1. I will uphold you with my victorious right hand. (*Is 41:10*)
2. I will satisfy all your needs according to my riches in glory. (*Ph 4:19*)
3. You can do all things through Me who will strengthen you. (*Ph 4:13*)
4. I will never abandon you or leave you. (*Heb 13:5b*)
5. Nothing will ever separate you from my love. (*Rom 8:39*)
6. I the Lord you God am with you wherever you go.



### **PRAYER**

Lord how blind have I been? How often I have suffered and almost fallen apart because I did not come to you. At times, my life has been a series of joyless days followed by sleepless nights. The sound of my own fears was so loud I did not hear you call. Lord I have to be honest with you. There were times, when I felt you abandoned me – that I was not good enough that you also do not care even to listen to me. Forgive me Jesus today I see how foolish I have been, you are the most tender and loving friend I could ever have. You have one desire to give and give and give and in return you ask me for so little and even that little, I am reluctant to give you. Lord I offer you my heart. Come Lord, Lord, knock down the walls of jealousy, anger, coldness and selfishness, speak the word of healing into my heart, ease the pain inside, and satisfy that ache within me. Lord on behalf of my brothers and sisters all over the world, I invite you into our homes. Our homes cry out to you. Parents torn apart are now teasing each other. Words that once enkindle love are now killing it. Have mercy Jesus on all families restore your peace and love. Come again Lord, speak again, heal again, and touch again. Amen.

*(Recite the chaplet of Divine Mercy for the intentions).*

### **DAY 6**

#### **CHRIST SPEAKS**

Welcome my dearest friend – I have been waiting for you. I am so happy you have decided to spend time with me what joy and comfort it brings to my sacred Heart, to have you prepared to leave everything else and spend these moments with me. I will truly reward you in a measure utterly beyond your expectation. My Heart goes out to my suffering children. You are a suffering people. I am here to alleviate the miseries of my children. Do not be afraid, lift up your misery and suffering to me. Allow me to love you with a love that is endless and pure. It is only love that can satisfy all your needs. Be at peace my loved one I will never let you down or abandon you. At times you feel am not answering your prayer, that nothing seems to be happening. If only you could trust me my children! Believe me; I love you with a total and unconditional love. Believe in me, believe in my love, believe in my power. I cannot speak to you enough of my LOVE. I love you with all my Immensity and I will never, ever leave you orphans. Let me caress the wounds in your spirit. My touch, my caress brings healing. Let me cover you with my precious Blood. My blood, which is my love poured out cleanses and purifies you. I have so many graces to bestow on my children, but many refuse to come to receive, to be healed. Will you go and speak to them? May I use you to reach to them!

#### **REFLECTION**

1) Jer. 15:18-19. Why do I keep on suffering? Why are my wounds incurable? Why won't they heal? Do you intend to disappoint me like a stream that goes dry in summer? To this Lord says – “if you return I will take you back and you will be my servant again”.



- 2)Ps 145:8. The Lord is loving and merciful, slow to anger and full of constant love.  
3)Ez. 36:33. I will make you clean from all your sins I will let you live in your cities again, I will let you – build the ruins.  
4)Ez. 37:23. I will purify them. They will be my people and I will be their God.  
5)Mt. 23:37. How many times I have wanted to put my arms around you just as a hen gathers her chicks under her wings, but you would not allow me.  
6)Hosea 14:4. I will bring my people back to me. I will love them with all my heart.

**PRAYER:**

Jesus thank you for making me feel so welcome in your House. I have often wandered from place to place from person to person, chasing one goal after another. At times I did obtain a transient satisfaction a fleeting sense of pleasure yet amidst everything. I still felt a vague emptiness and a sense of lack of fulfillment. At times I could not even identify what I wanted. What I was searching for. Jesus now I know. You made me for yourself and only in you will every need of my being find rest. Now I have sense of arriving, coming Home and Jesus I intend staying.

Lord now I realize that it is here, in you that all my prayers will be answered. I accept the method, the time and the manner in which you will answer me, because I am convinced that you know me, you know what is for my good and what will prove harmful for me. Your love for me will never ever cause you to give me a scorpion when I ask for a fish.

*I trust you Jesus, I believe in you,*

*I believe in your love for me, I surrender totally to your love.*

**(Recite the chaplet of Divine Mercy for the intentions).**

**DAY 7**

**CHRIST SPEAKS:**

Come to me all you who are happy for I will make your happiness complete. I want to teach you what takes away real happiness. All the hatred, the resentments, the grudges, the unresolved conflicts, the greed, the selfishness are the factors that snatch happiness. Learn from Me, how to keep your heart pure, absorb my Beauty and Goodness. Come to me you who are in distress. Do you feel life has been unfair? Have your plans failed? Have those you placed your hopes in disappointed you? Does everything in your life seem to be going wrong? My child you are in the right place now. Speak to me empty your heart out to me and even as you are removing the garbage from the depths of your heart. My spirit is filling you with peace, comfort and direction. Sit before me as long as you want and when you feel comforted and strengthened, go out and be my minister. Search for those who have failed those who suffer, those who have lost hope. I am called the Wounded Healer. You, who suffered, are also a Wounded Healer who can bring to others the compassion and love I have given you. I choose you now to be my Apostle. Your own suffering was your training which has equipped you to listen and



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bring healing and hope to others. O my child, too long have I been hidden, with your help, my power can be released and My kingdom of truth and love be spread. How would you like to be my apostle?

### **REFLECT**

- 1.You have not chosen me, I have chosen you to go out and bear fruit, fruit that will last. Jn. 15:16
- 2.Whom shall I send? Who will go for me? Then I said “I will go, send me”. Is. 6:8
- 3.I chose you, before I gave you life, before you were born, I selected you to be a prophet to my people. Do not be afraid I will be with you to protect you. Jer. 1:5, 8.
- 4.God found them wandering in a desert, in a desolate windswept emptiness. He protected and cared for them like a parent eagle teaching the young one to fly. God caught them on his open wings and brought them to safety. Deut. 32:10-12.
- 5.The great commission. Go throughout the whole world and preach the gospel to all mankind. Mk. 16:15.

### **PRAYER**

Jesus coming to you to receive comfort and blessing is one thing but to receive the great commission is another like Moses. I too want to find excuses like Isaiah. I am so conscious of my unworthiness like Jeremiah, I find myself so un-equipped.

Yet I can find your eyes piercing into the very depths of my soul. I can hear you call me out of my selfishness and pride I know my excuses are not genuine. My mind travels to Calvary and I see you agonizing for mankind. I will go Lord its difficult but you promised not to leave me to my own resources. Jesus come touch my cold heart with the spark of your love. Open our eyes loosen our tongues to proclaim your good news of salvation, peace and love. Your power here in the Eucharist is unlimited. With that power we will move out. Bless us this day and fill our hearts with your love so intense and pure. Lord let your power to love and heal go forth from this altar.

*(Recite the chaplet of Divine Mercy for the intentions).*

### **DAY 8**

#### **CHRIST SPEAKS:**

Little one come close up – sit close to me breath in deeply my intense and unconditional love.

*For you I became man*

*For you I lived*

*For you I died*

*For you I rose again.*

*For you I live on this Altar.*

I know the secret pain of every memory, the unseen fears hidden in the depths of your heart, the doubts, the anxieties, the despair in every heart before me. I know the hunger of the hungry the tears of the lonely, the blindness of the rejected and the anguish of



the imprisoned. I have made every human pain and need my own, if only my power and love were known! Come please come, ask not only for yourself, but for others too. Bring me the hungry, the crippled, the fallen, the oppressed, the violent, the proud, bring all people. I have come to bring them redemption and salvation. Believe me, my child, be my Apostle in Prayer and Action.

### **REFLECTION**

I looked for someone who could build a wall, who would stand in the place where walls have crumbled and defend the land when my anger is about to destroy it but I could find none. (*Ez. 22:30.*) On your wall Jerusalem, I have placed sentries. They must never be silent night or day, they must remind the Lord of his promises and never let him forget them. (*Is. 62:6.*) After Job prayed for his three friends, the Lord made him prosperous again and gave him twice as much as he had before. (*Job 42:10.*)

### **PRAYER**

Lord praise and thanks to you for all you have done for us. I can never doubt your love especially as I see you here on the altar. Raise the level of my awareness Lord that I may bring to you in prayer, the needs of the world Lord you who fed the multitude have compassion on the hungry and those in financial distress, meet their needs according to your riches in mercy. You come to bring peace and love and yet all around me I see so much pain and violence, bloodshed and disaster. Who can save us from so much pain and despair? Only you. Only you drove Satan and crushed him. You rose from the Tomb and conquered Death. Here on the altar your power is undiminished. Your love is strong and everlasting. Heal us forgive us, set us free let the power of your love calm all anger. Heal all the bitterness, silence all weapons of war, drive away from this earth demons of violence and torment. Set your people free oh Lord. Amen.

*(Recite the chaplet of Divine Mercy for the intentions).*

### **DAY 9**

#### **CHRIST SPEAKS:**

Rejoice my little ones and give thanks and praise. The time you have spent with me has not been in vain. How blessed are you to be alive. The greatest blessing you have received is the gift of faith and will make you whole. You have already experienced the granting of favors, other requests made by you will be heard and answered on the way. I answer prayers, heal wounds, but once more I ask you to allow Me to do things My way – allow Me to answer prayers in My Way – in my time. Trust Me, I have an overall view of the entire situation, I can see ahead, I will never allow you unnecessary pain. Come as often as you can. When you are very busy, at least drop in for a visit. I will always welcome you, teach you, possess you and set you free, I will fill you with my spirit and will be able to go back into your surrounding calm and peace, able to cope with problems of the day. I will be with you to calm every storm in your life. You have in these last few days seen my power in action. Testify of my love and power. Tell the





others of my love for them in the Eucharist and most important allow them to see Me the gentle loving and yet powerful God, in your life. Extend my invitation to others and come back my child I have yet so much more in store for you.

### REFLECTION

*(Mt 11:28-29.)* Come to me all you who labor and are burdened and I will give you rest. Take my yoke upon you, for I am gentle and humble in spirit and I will give you rest. *(1 Pet. 5:6-7.)* Humble yourself under the mighty hand of God so that he will lift you up in His own time. Leave all your worries with Him for He cares for you. May the Lord bless you and take care of you. May the Lord be gracious to you. May the Lord look upon you with favor and give you peace. *(Num. 6:24-26.)* Remember that I have commanded you to be determined and confident. Do not be discouraged or afraid, for I the Lord your God, am with you wherever you go. *(Josh 1:9.)*

### PRAYER

My Lord, you have touched my heart in these 9 days with you. How – good it is to dwell in the house of the Lord! Lord, I praise you for all the peace and the blessings I have received (Recount the Blessing obtained). The words you have given me are spirit and life. Truly Lord I have been uplifted and revived. I came to you as a sinner, I came to you when my mind was battered by worries, when my spirit ached with loneliness and hurt, when my heart was grieving for those I loved. I came at times when my body was weary with tiredness and pain. You received me my Jesus. You offered me shelter in your Eucharistic Heart – You loved me and healed me and poured out your spirit on me like rain. And now dearest Lord with a heart full of gratitude I bow before you to say thank you.

*(Recite the chaplet of Divine Mercy for the intentions).*

### JESUS SPEAKS

My child, you need not know much in order to please me; only love Me dearly speak to me as you would talk to your mother if she had taken you in her arms. Have you no one to recommend to Me? Tell Me the names of your relations, of your friends (after each name add what you wish me to do for them). Ask a great deal, I love generous hearts that forget themselves for others. Tell me about the poor whom you want to help, the sick whom you have seen suffer, the sinner whom you would convert, the persons who are alienated from you, and whose affections you wish to win back. For all, recite fervent prayer. Remind me that I have promised to grant every prayer that comes from the heart and surely the prayers are heartfelt which we say for those whom we love, and who love us. Have you no favors to ask for yourself? Write, if you like, a long list of all your wishes all the needs of your soul – and come and read it to Me. Tell Me simply how self-indulgent you are, how proud, how touchy, how selfish, how cowardly, how idle, ask Me to help you to improve. Poor child! Do not blush! There are



in heaven many saints who had the same faults as you; they prayed to Me, and little by little, they were cured. Do not hesitate to ask the good memory for success. I can give everything, and always give when the gift would make souls more holy. What do you want today, my child? Oh, if you knew how I long to do you good!

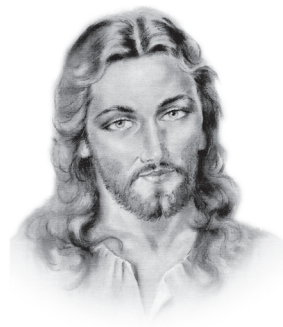
Have you no plan which interest you? Tell me about them. Do they concern your vocation? What do you think of? What would you like? Are you planning some pleasure for your mother, for your family, for your guardian? What do you wish to do for them? And have you no thoughts of zeal for me? Are you not anxious to do a little good for the souls of your friends, for those whom you love, and who perhaps forget me? Tell me who interests you, what motives urge you, what means you wish to take. Confide to Me your failures, I will show you the cause, whom do you wish to see interested in your work? I am the master of all hearts, my child, and I lead them gently where I please. I will place about you those who are necessary to you; never fear! Have you nothing to annoy you? My child, tell me your annoyances, with every details. Who has pained you? Who have wounded your self-love? Who has treated you contemptuously? Tell me all, and then say that you forgive and forget; and I will give you my blessing. Do you dread something painful? Is there in your soul a vague fear which seems unreasonable, and yet torments you? Trust fully in My providence, I am here, I see everything, I will not leave you. Are there about your friends who seem less kind to than formerly, who neglect you through indifference or forgetfulness without you having consciously done anything to wound them? Pray for them, and I will restore them to you, if their companionship is good for you. Have you no joys to tell me? Why not confide to me your pleasures? Tell me what has happened since yesterday to console you. To make you look happy, to give you joy. An unexpected visit has done you good; a fear has been suddenly dispelled; you have met with unlooked-for success; you have received some mark of affection a letter, a present; some trial has left you stronger than you supposed. All these things, My child, I obtained for you. Why are you not grateful? Why do you not say I thank you? Gratitude draws benefits, and the benefactor loves to be reminded of his bounty.

Have you no promises to make to me? You know I read the very bottom of your heart. Men are deceived, but not God; be frank. Are you resolved to avoid that occasion of sin, to give up the object which leads you astray not to read books which excites your imagination; to withdraw your friendship from that person who is irreligious, and whose presence disturbs the peace of your soul? Will you go and be kind to that companion who annoyed you? Well, My child, go now and resume your daily work, be silent, be honest, be patient, be charitable and tomorrow bring me a heart even more devoted and loving. Tomorrow I shall have new favors for you.



## 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 His Most Precious Blood.  
 Blessed be Jesus in the Most Holy Sacrament of the Altar.  
 Blessed be the Holy Spirit, the Paraclete.  
 Blessed be the great Mother of God, Mary most Holy.  
 Blessed be her Holy and Immaculate Conception.  
 Blessed be her Glorious Assumption.  
 Blessed be the name of Mary, Virgin and Mother.  
 Blessed be St. Joseph, her most chaste spouse.  
 Blessed be God in His Angels and in His Saints. Amen.



## DEVOTION TO MOTHER MARY

### THE HOLY ROSARY

#### HOW TO PRAY THE ROSARY

**On the Crucifix :** Make the Sign of the Cross and say the Apostle's Creed

**First Bead :** Say the Our Father

**Next 3 Bead :** Say three Hail Marys then Glory Be...

**Next Single Bead :** Announce the first mystery then say the Our Father

**Then :** Say ten Hail Marys while meditating on the mystery then Glory Be

**Next Big Bead:** Announce the second mystery then say the Our Father and repeat the prayers in the same manner. (You can add the prayer "O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls into heaven; especially those who are in most need of Thy mercy." After the Glory be to the Father after each mystery)

### JOYFUL MYSTERIES

#### Monday and Saturday

- |                                      |                        |
|--------------------------------------|------------------------|
| 1. Annunciation                      | Fruit: Humility        |
| 2. Visitation                        | Fruit: Charity         |
| 3. Birth of our Lord                 | Fruit: Love of poverty |
| 4. Presentation of our Lord          | Fruit: Obedience       |
| 5. Finding of the Lord in the Temple | Fruit: Seeking Jesus   |



## **INTENTIONS**

1. For all the children and teachers
2. For the attitude of service
3. For aborted babies, pro-abortion, pro-life people on the street
4. For all the consecrated souls
5. For all those who left Christ and sacraments

## **LUMINOUS MYSTERIES**

### **Thursday**

- |   |   |
|---|---|
| 1. The Baptism of our Lord in the river Jordan. | Fruit: New birth in Holy Spirit           |
| 2. The wedding at Cana                          | Fruit: Rely on God's providence           |
| 3. The Proclamation of the Kingdom of God       | Fruit: Live and announce the incarnation  |
| 4. The Transfiguration                          | Fruit: Listening to the voice of the lord |
| 5. The institution of the Holy Eucharist.       | Fruit: Strength on our journey of faith   |

## **INTENTIONS**

1. For the youth, vocations and for those in formation
2. For all the families
3. For missionaries, where the word of God has not reached, troubled countries
4. For those who desire for conversion, those in retreats
5. Eucharistic Lord may be loved and adored everywhere, in reparation for all the sacrileges and negligence

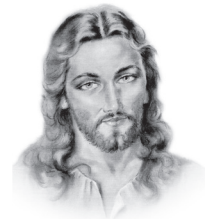
## **SORROWFUL MYSTERIES**

### **Tuesday and Friday**

- |                             |  |
|-----------------------------|--|
| 1. Agony of our Lord.       | Fruit: Contrition                          |
| 2. Scourging at the pillar. | Fruit: Love of penance                     |
| 3. Crowning with thorns.    | Fruit: Purity and good intentions          |
| 4. Jesus carries his cross. | Fruit: Patience and fortitude in suffering |
| 5. Crucifixion of our Lord. | Fruit: Love of Jesus and Mary              |

## **INTENTIONS**

1. For all the lukewarm souls
2. For all the sins against the flesh
3. For sins of pride, revenge, hatred
4. For those who are struggling in life, in vocation
5. For those dying without repentance and souls in purgatory





**GLORIOUS MYSTERIES**

**Wednesday and Sunday**

- |                                      |                                |
|--------------------------------------|--------------------------------|
| 1. Resurrection.                     | Fruit: Conversion              |
| 2. Ascension                         | Fruit: Desire of heaven        |
| 3. Descent of the Holy Spirit.       | Fruit: Recollection and purity |
| 4. Assumption of our blessed mother. | Fruit: The grace of good death |
| 5. Coronation of our blessed mother. | Fruit: Confidence in Mary      |

**INTENTIONS**

1. For those who have lost their faith, living in despair, for the gift of faith
  2. For those who lost hope and in despair
  3. For all the retreat centers, preachers, charismatic funds and movements
  4. For the triumph of the Immaculate heart and all her faithful children
  5. For the conversion of all those who despise the mother of God
- Ant: 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 Mary.

**THE HAIL HOLY QUEEN**

Hail, Holy Queen, Mother of mercy; hail our life, our sweetness and our hope! To you do we cry poor banished children of eve; to you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy towards us; and after this our exile, show unto us the blessed fruit of your womb, Jesus. O Clement, O Loving, O Sweet Virgin Mary.

**THE MEMORARE**

Remember, O most gracious Virgin Mary that never was it known to anyone who fled to your protection, implored your help or sought your intercession was left unaided. Inspired with this confidence, we fly unto you, O Virgin of Virgins, our Mother; to you do we come, before you we kneel, sinful and sorrowful. O Mother of Word Incarnate, despise not our petitions, but in your mercy hear and answer us .Amen.

**THE LITANY OF OUR LADY**

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 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             | - Lord have mercy on us            |
| 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 | - <i>Have mercy on us</i>          |
| God the Holy Spirit               | - <i>Have mercy on us</i>          |
| Holy Trinity one God              | - <i>Have mercy on us</i>          |



Holy Mary	Spiritual vessel of honour
- <i>Pray for us</i>	Singular vessel of devotion
Holy Mother of God	Mystical rose
Holy Virgin of Virgins	Tower of David
Mother of Christ	Tower of ivory
Mother of Divine Grace	House of gold
Mother most pure	Ark of the Covenant
Mother most chaste	Gate of heaven
Mother inviolate	Morning star
Mother undefiled	Health of the sick
Mother most amiable	Refuge of sinners
Mother most admirable	Comforter of the afflicted
Mother of good counsel	Help of Christians
Mother of our Creator	Queen of Angels
Mother of our Saviour	Queen of Patriarchs
Mother of the Church	Queen of Prophets
Virgin most prudent	Queen of Apostles
Virgin most renowned	Queen of Martyrs
Virgin most venerable	Queen of Confessors
Virgin most powerful	Queen of Virgins
Virgin most merciful	Queen of all saints
Virgin most faithful	Queen conceived without original sin
Mirror of justice	Queen assumed into heaven
Seat of wisdom	Queen of the most Holy Rosary
Cause of our joy	Queen of Peace

Lamb of God who takes away the sins of the world, *Spare us O Lord*

Lamb of God who takes away the sins of the world, *Graciously hear us O Lord*

Lamb of God who takes away the sins of the world, *Have mercy on us*

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

**Let us pray;** O God whose only begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life, grant we beseech thee, that meditating upon these mysteries of the holy rosary of the Blessed Virgin Mary, we may learn to imitate what they contain, and so obtain what they promise, through the same Christ our Lord. Amen.

#### THE ANGELUS

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

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



## Christ is All

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

### QUEEN OF HEAVEN REJOICE *(To be said During Easter)*

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

Rejoice and be glad, O Virgin Mary, Alleluia

*For the Lord is risen indeed,* Alleluia

**Let us pray:** O God, you deigned to give joy to the world through the resurrection of your Son, our Lord Jesus Christ, grant we beseech you that through his mother the Virgin Mary we may obtain the joys of everlasting life through the same Christ our Lord. Amen.

### MAGNIFICAT

My soul magnifies the Lord

And my spirit rejoices in God my Savior;

Because he has regarded the lowliness of his handmaid;

For behold, henceforth all generations shall call me blessed;

Because he who is mighty has done great things for me,

and holy is his name;

And his mercy is from generation to generation

on those who fear him.

He has shown might with his arm,

He has scattered the proud in the conceit of their heart.

He has put down the mighty from their thrones,

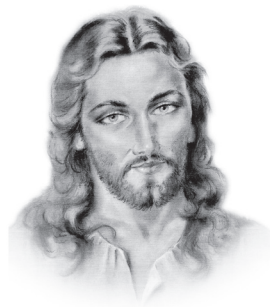
and has exalted the lowly.

He has filled the hungry with good things,

and the rich he has sent away empty.

He has given help to Israel, his servant, mindful of his mercy

Even as he spoke to our fathers, to Abraham and to his posterity forever.







### ROSARY IN HONOUR OF THE HOLY FAMILY.

**Begin:** In the name of the Father, and of the Son, and of the Holy Spirit, Amen  
O God come to our assistance, ***O Lord make haste to help us.***  
Glory be....

*(I believe in God..., Our Father..., 3 Hail Mary., Glory Be....)*

**On the big beads:** (Glory be..., O Jesus who joined the Family of Mary and Joseph, Instill love in our families and all the families of the world.)

**On the small beads:** (we love you Jesus, Mary and Joseph; make our families holy like the Family of Nazareth.)

#### **Concluding Prayer :**

Jesus, Mary and Joseph, we love you and we give our families to you. May all the members of our families come, at the end of our lives with you in Heaven. Amen.

### CHAPLETS TO MOTHER MARY

#### CHAPLET OF THE SEVEN SORROWS

**Beads:** The chaplet or rosary of the Seven Sorrows uses special beads. There are seven groups of seven beads.

**History:** The seven groups of seven Hail Marys remember the seven sorrows of Our Lady, which are:

**On the big bead;** say 1 Our Father

**On the small beads;** say seven Hail Mary

**After every decade conclude with;** Virgin Most Sorrowful, pray for us.

**After the seven decades;** say three Hail Mary

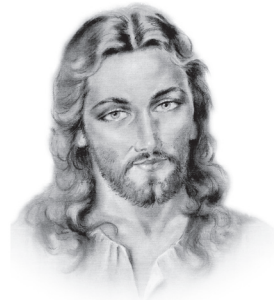
Conclude with The Memorare

#### INTRODUCTORY PRAYER

My God, I hereby dedicate this Rosary to you because of Thy glory, so that I can honor Thy Holy Mother by following and sharing her suffering. I humbly beg Thee to give me true repentance for all my sins, help me to remain humble so that I may receive all the indulgences contained therein.

#### **Act of Contrition....(See Pg)**

1. The prophesy of Simeon (Lk. 2, 34, 35)
2. The flight into Egypt (Mt. 2, 13-14)
3. The loss of the Child Jesus in the temple (Lk. 2, 43-45)
4. The meeting of Jesus and Mary on the Way of the Cross
5. The Crucifixion
6. The taking down of the Body of Jesus from the Cross
7. The burial of Jesus





## *The concluding prayer is as follows:*

V. Pray for us, O most sorrowful Virgin.

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

**Prayer:** Lord Jesus, we now implore, both for the present and for the hour of our death, the intercession of the most Blessed Virgin Mary, Thy Mother, whose holy soul was pierced at the time of Thy passion by a sword of grief. Grant us this favor, O Savior of the world, who livest and reignest with the Father and the Holy Spirit forever and ever. Amen.

## **PRAYER IN HONOUR OF THE SORROWS OF THE BLESSED VIRGIN MARY**

Most holy and afflicted Virgin, Queen of Martyrs, You stood beneath the cross, witnessing the agony of your dying son. Look with a mother's tenderness and pity on me, who kneels before you. I venerate your sorrows and I place my requests with filial confidence in the sanctuary of your wounded heart.

Present them, I beseech you, on my behalf to Jesus Christ, through the merits of His own most sacred passion and death, Together with your sufferings, at the foot of the cross. Through the united efficacy of both, obtain the granting of my petition. To whom shall I have recourse in my wants and miseries, if not to you, Mother of Mercy? You have drunk so deeply of the chalice of your son, you can compassionate our sorrows.

Holy Mather, your soul was pierced by a sword of sorrow at the sight of the passion of your Divine Son. Intercede for me and obtain for me from our Lord (State your intention here...) If it be for His honor and glory, and for my good.

## **LITANY OF OUR LADY OF SEVEN SORROWS** *(by Pope Pius VII)*

Lord, have mercy on us,	Afflicted Mother
Christ, have mercy on us.	Foresaken Mother
Lord, have mercy on us,	Desolate Mother
Christ, hear us.	Mother most sad
Christ, graciously hear us.	Mother set around with anguish
God, the Father of heaven, have mercy on us.	Mother overwhelmed by grief
God the Son, Redeemer of the world,	Mother transfixed by a sword
have mercy on us.	Mother crucified in thy heart
God the Holy Spirit, have mercy on us.	Mother bereaved of thy Son
Holy Mary, Mother of God, <b>pray for us.</b>	Sighing Dove
Holy Virgin of virgins, pray for us.	Mother of Dolors
Mother of the Crucified,	Fount of tears
Sorrowful Mother	Sea of bitterness
Mournful Mother	Field of tribulation
Sighing Mother	Mass of suffering



Mirror of patience	Haven of the shipwrecked
Rock of constancy	Calmer of tempests
Remedy in perplexity	Companion of the sorrowful
Joy of the afflicted	Retreat of those who groan
Ark of the desolate	Terror of the treacherous
Refuge of the abandoned	Standard-bearer of the Martyrs
Shield of the oppressed	Treasure of the Faithful
Conqueror of the incredulous	Light of Confessors
Solace of the wretched	Pearl of Virgins
Medicine of the sick	Comfort of Widows
Help of the faint	Joy of all Saints
Strength of the weak	Queen of thy Servants
Protectress of those who fight	Holy Mary, who alone art unexampled

*Pray for us, most Sorrowful Virgin, that we may be made worthy of the promises of Christ.*

**Let us pray:** O God, in whose Passion, according to the prophecy of Simeon, a sword of grief pierced through the most sweet soul of Thy glorious Blessed Virgin Mother Mary: grant that we, who celebrate the memory of her Seven Sorrows, may obtain the happy effect of Thy Passion, Who lives and reigns world without end. Amen.

### CHAPLET OF THE IMMACULATE CONCEPTION

The Chaplet consists of three groups of four beads, with a medal of the Immaculate Conception attached to the end. It was composed by St. John Berchmanns, S.J. and recited by him daily to obtain, through the intercession of Mary, the grace never to commit any sin against the virtue of purity.

There are other chaplets in honor of the Immaculate Conception. One of them uses an ordinary rosary (five decades), with the following exception. Instead of the crucifix, this chaplet has a medal of the image known as the "Miraculous Medal" (1830) framed by the prayer "O Mary, conceived without sin, pray for us who have recourse to thee." The two beads (not three) immediately preceding the medal invite to say two Hail Marys. Before saying each one of them, it is said: Praise be to the Immaculate Conception of the Blessed Virgin Mary."

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

*O God, come to my aid; O Lord make haste to help me in my time of need.*

**1st - I thank Thee, O Eternal Father! For having by Thy Almighty power preserved Mary, most holy, Thy blessed daughter from the stain of original sin.**

Then on the large bead say: Our Father: and on the four small beads: Hail Mary, adding each time: Blessed be the pure, most holy and Immaculate Conception of the Blessed Virgin Mary.



## ***Christ is All***

---

**2nd - I thank Thee, O Eternal Son, for having by Thy wisdom preserved Mary, most holy, Thy blessed mother from the stain of original sin.**

Then on the large bead say: Our Father: and on the Four small beads: Hail Mary, adding each time: Blessed be the pure, most holy and Immaculate Conception of the Blessed Virgin Mary.

**3rd - I thank Thee, O Holy Ghost Eternal, for having by Thy love preserved Mary, most holy, Thy Blessed Spouse, from the stain of original sin.**

Then on the large bead say: Our Father: and on the four small beads: Hail Mary, adding each time: Blessed be the pure, most holy and Immaculate Conception of the Blessed Virgin Mary.

**Conclude with:** Glory be to the Father, to the Son, and to the Holy Spirit, as it was in the beginning, is now and will be forever. Amen

### **CHAPLET OF TEARS**

*(Pray the Rosary of the blood and spread its devotion. The devil is put to flight when it is said)*

**Instead of the creed begin with:**

“Crucified Jesus! Prostrate at Your feet, we offer You the tears of Her, who with intimate, sympathetic love accompanied You on Your painful Way of the Cross. Grant, O Good Master, that we take to heart the lessons which the tears of Your Most Holy Mother afford us, so that we may fulfill Your Holy will on earth that we may become worthy to praise and bless You in Heaven for all eternity. Amen.”

**Instead of the “Our Father” pray:**

“O Jesus! Look upon the tears of Her, who loved You most while on earth. And who loves You most intimately in Heaven.”

**Instead of the Hail Mary pray seven times:**

“O Jesus! Hear our petitions. for the sake of the tears of Your Most Holy Mother.

**At the end repeat (3 times)**

“O Jesus! Look upon the tears of Her, who loved You most while on earth. And who loves You most intimately in Heaven.”

**Closing Prayer**

O Mary, Mother of Love, of Sorrows and of Mercy, join Your prayers with ours, so that Jesus, Your Divine Son, to whom we turn, will graciously hear our petitions in the name of Your motherly tears, and together with the graces we implore, grant us finally the reward of eternal life. With the tears of blood, O sorrowful mother, destroy the rule of satan. Through thy divine tenderness, O bound and fettered Jesus, defend the world from the errors which threaten it. Amen.



**NOVENA PRAYERS TO MOTHER MARY**

**NOVENA TO OUR LADY OF PERPETUAL HELP**

Oh Mother of Perpetual Help, grant that I may ever invoke your powerful name, the protection of the living and the salvation of the dying. Purest Mary, let your name henceforth be ever on my lips. Delay not, Blessed Lady, to rescue me whenever I call on you. In my temptations, in my needs, I will never cease to call on you, ever repeating your sacred name, Mary, Mary. What a consolation, what sweetness, what confidence fills my soul when I utter your sacred name or even only think of you! I thank the Lord for having given you so sweet, so powerful, so lovely a name. But I will not be content with merely uttering your name. Let my love for you prompt me ever to hail you Mother of Perpetual Help. Mother of Perpetual Help, pray for me and grant me the favor I confidently ask of you. *(Then say three Hail Marys).*

**54 - DAY ROSARY NOVENA**

**HOW TO PRAY THE NOVENA**

Pray the Rosary (**5 decades**) once a day for **27 days** in the spirit of **Petition**, with your intentions in mind.

Then pray the Rosary (**5 decades**) once a day for **27 days** in the spirit of **thanksgiving** *(whether you believe your petitions have been granted or not.)*

*Start the entire cycle with the Joyful Mysteries first, the Luminous Mysteries, the Sorrowful Mysteries second, and ending with the Glorious Mysteries.*

**NOVENA OF MOTHER MARY OF SUBUKIA**

**DAY 1: The Holy Name of the Blessed Virgin Mary**

**PRAYER**

Blessed Mother of Subukia, we turn to you with confidence. We call on you as our mother and we seek your protection in our hour of need. Present our intentions to your Son. At whose command every knee should bow, doing whatever He tells us. Amen. ( Pray 3 Hail Mary's)

**DAY 2: Our Mother Mary, Temple of the Lord**

**PRAYER**

Our Mother of Subukia, you who through your obedience of faith were made a temple without compare, intercede for us so as to get our hearts purified by the light of God, sanctified by your presence and may become in our lives, in word and in action a dwelling place of your glory, by respecting our dignity and the one of our brothers and sisters .Amen. (Pray 3 Hail Mary's)

**DAY 3: Our Mother Mary, Mother of Consolation**

**PRAYER**



## *Christ is All*

---

Mother of Consolation, as you were consoled by the annunciation of the angel, and at the foot of the cross with the hope of his resurrection console us with a motherly love and especially those in deep anguish and sorrow. Help us to never separate us from Jesus the true consolation. Amen (Pray 3 Hail Mary's)

### **DAY 4: Our Mother Mary, Image and Mother of the Church**

#### ***PRAYER***

Our Mother of Subukia we come to you, model of the true worship. To you who are the Mother who listens, the Virgin of prayer, the Lady who offers, we present our Church. Protect the Pope, bishops, priests, deacons and all the consecrated people. As we keep vigil for the second coming of your Son, help us all to be concerned in loving and serving the Church, because by doing so we show our love and service to your Son, Jesus Christ. Amen. (Pray 3 Hail Mary's)

### **DAY 5: Our Mother Mary, Pillar of Faith**

#### ***PRAYER***

Our Lady of Subukia, Mother of Christ, you conceived your Son in faith and believed that after dying for us he would rise again; you show yourself a loving mother and a pillar of faith, intercede for us so as to keep us strong in faith, recognizing the presence of your Son in our lives and ready to be His witnesses with courage and wisdom. Amen. (Pray 3 Hail Mary's)

### **DAY 6: Our Mother Mary, Mother of Divine Hope**

#### ***PRAYER***

Our Mother of Subukia, Mother of Divine Hope intercede for us so as to keep walking as we await the fulfillment of our hope. Guide us so as to know what to wait for and once that we address our prayers through you, don't let any request of ours go answered, neither no petition be uttered in vain. Amen (Pray 3 Hail Mary's)

### **DAY 7: Our Mother Mary, Mother of Fairest Love**

#### ***PRAYER***

Our dear Mother Mary, Mother all beautiful, Our Lady of Subukia, intercede for us so as to follow your example of gentleness in cooperating with God in the plan of redemption, by walking the ways of love to your Son and to all our brothers and sisters. Bless all our families so to make beauty the characteristics of their homes. Amen. (Pray 3 Hail Mary's)

### **DAY 8: Our Mother Mary, Health of the sick**

#### ***PRAYER***

Mary, Mother and Health of the sick, intercede for us all so to get unfailing health in body and in mind. You, who shared in the mystery of pain of Christ, share with us the consolation of His presence and your maternal care and protection. Give us strength to endure our sufferings with lasting hope and love. Amen (Pray 3 Hail Mary's)

### **DAY 9: Our Mother Mary, Our Queen and Mother**



**PRAYER**

Our dear Mother of Subukia, we call upon your help and intercession, to be attentive to the voice of your children, seeking to win your compassion and asking for the forgiveness of our sins. Never cease to pray for us to your Son, that he may enrich our poverty with his grace and strengthen our weakness with his power. Amen. (Pray 3 Hail Mary's).

**PRAYERS TO MOTHER MARY**

**PRAYER TO OUR LADY**

O Most Holy Mary, Virgin Mother of Our Lord Jesus Christ, Queen of the universe, refuge of sinners, I greet you. Mine is the greeting of a servant who venerates you; It is even more; It is the greeting of your son/daughter who has learned to love you.

I thank you for all those who told me about you and taught me to venerate you, and to love you. Bless them for what they have done for me by giving me you, as my mother and my dearest friend. With the confidence in you, which they have planted in me by their example, I come to ask many blessings both for myself and for others. I ask... *(Here make your petitions; take time over them; do not be in a hurry; avoid instant petitions, 'demand orders'. Speak to Mary- simply, humbly, as to your heavenly Mother).*

Heavenly Mother, I know you will commend all my petitions to Jesus as you did at Cana. I am assured that Jesus at your request will do the best for me; He will even at your request go beyond my petition. But one more blessing I ask to give me is a heart like your; A heart full of love, a heart that radiates goodwill, a heart that is not hardened or embittered, a heart that while living in the flesh is not ruled by flesh, a heart that forgets its wounds and reaches out in pardon, a heart that has compassion and never condemns, a heart that is meek and humble like the heart of your beloved Son, Jesus. Amen.

**TOTALLY YOURS [TOTUS TUUS] by Pope John Paul II**

Immaculate Conception, Mary, my Mother. Live in me, Act in me, Speak in me and through me. Think your thoughts in my mind. Love through my heart. Give me your dispositions and feelings. Teach, lead and guide me to Jesus. Correct, enlighten and expand my thoughts and behaviors. Posses my soul. Take over my entire personality and life and replace it with yourself. Incline me to constant adoration and thanksgiving. Pray in me and through me. Let me live in you and keep me in this union always.

**ACT OF CONSECRATION TO THE IMMACULATE HEART OF MARY  
(by St Louis De Montfort)**

“I (Name) a faithless sinner renew and ratify today in thy hands, O Immaculate Mother, the vows of my Baptism; I renounce forever Satan, His pomps and works; and





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give myself entirely to Jesus Christ, the Incarnate Wisdom, to carry my cross after him all the days of my life, and to be more faithful to him than I have ever been before.

In the presence of all the heavenly court, I choose thee this day, for my mother and mistress. I deliver and consecrate to thee, as thy slave, my body and soul, my goods, both interior and exterior, and even the value of my good actions, past, present and future; leaving to thee the entire full right of disposing of me, and all that belongs to me, without exception according to thy good pleasure, for the greater glory of God, in time and eternity. Amen.

### **Saint Francis' Prayer Praising Mary the Mother of God**

Hail, O Lady, Holy Queen, Mary, holy Mother of God: you are the Virgin made Church chosen by the most Holy Father in heaven whom He consecrated with His most holy beloved Son and with the Holy Spirit the Paraclete, in whom there was and is all fullness of grace and every good.

Hail His Palace! Hail His Tabernacle! Hail His Dwelling! Hail His Robe! Hail His Servant! Hail His Mother! And hail all you holy virtues Which are poured into the hearts of the faithful through the grace and enlightenment of the Holy Spirit, that from being unbelievers, you may make them faithful to God. Amen.

### **THE LADY OF ALL NATIONS**

*Lady of all Nations, pray for the sanctification of Africa*

Lord Jesus, Son of the Father, send your Holy Spirit now to Africa (the world) let the Holy Spirit live in all hearts, by this may we be saved from all immoralities, dangers and war, O Lady of all Nations, be our advocate now. *(times 10)*

### **PRAYER TO OUR LADY OF AFRICA**

Our Lady of Africa, Mother of us all, be specially mindful of the peoples of Africa. Gather together all those who follow Jesus Christ. May they be one in the Church of your Son. May all those who have not yet recognized Jesus as the Son of the Father be drawn by his Light. May all those who have been seized by Christ proclaim the Good News by their whole life. You who were present with the Apostles at the beginning of the Church, support the apostles of today that they may boldly proclaim the Word of God. You who were open to the Holy Spirit to welcome Jesus within you and give Him to the world, obtain for many young people a like openness and availability. Our Lady of Africa, Queen of Peace, obtain the gift of peace for all nations torn apart by hatred, resentment and racism.

### **PRAYER TO OUR LADY OF GUADALUPE FOR LIFE *(By Pope John-Paul II)***

O Mary, bright dawn of the new world, Mother of the living, to you do we entrust the



cause of life: Look down, O Mother, upon the vast numbers of babies to be born, of the poor whose lives are made difficult, of men and women who are victims of brutal violence, of the elderly and the sick killed by indifference or out of misguided mercy. Grant that all who believe in your Son may proclaim the Gospel of life with honesty and love to the people of our time. Obtain for them the grace to accept that Gospel as a gift ever new, the joy of celebrating it with gratitude throughout their lives and the courage to bear witness to it resolutely, in order to build, together with all people of good will, the civilization of truth and love, to the praise and glory of God, the Creator and lover of life.

**PRAYER TO OUR LADY, HELP OF CHRISTIANS**

Most Holy Virgin Mary, Help of Christian, how sweet it is to come to your feet imploring your perpetual help. If earthly mothers cease not to remember their children, how can you, the most loving of all mothers forget me? Grant then to me, I implore you, your perpetual help in all my necessities, in every sorrow, and especially in all my temptations. I ask for your unceasing help for all who are now suffering. Help the weak, cure the sick, convert sinners. Grant through your intercessions many vocations to the religious life. Obtain for us, O Mary, Help of Christians, that having invoked you on earth we may love and eternally thank you in heaven.

**PRAYER TO OUR LADY OF EVANGELIZATION**

O Mary, Mother of Jesus and Mother of his Church, we are mindful of the role you play in the evangelization of souls who do not yet know Him. We are mindful of how missionaries came with the power of Christ's Gospel and committed the success of their work to you. As the Mother of Divine Grace you were with the missionaries in all their efforts. And as Mother of the Church you presided over all the activities of evangelization and over the implantation of the Gospel in the hearts of the faithful. You sustained the missionaries in hope and you gave joy to every new community that was born of the Church's evangelizing activity. You were there with your intercession and your prayers, as the first grace of baptism developed, and as those who had new life in Christ your Son came to a full appreciation of their Christian calling.

We ask you, Mary, to help us to fulfill this mission of evangelization which your Son has given to his Church and which falls to us. Mindful of your role as Help of Christians, we entrust ourselves to you in the work of carrying the Gospel ever deeper into the hearts and lives of all the people. We entrust to you our missionary mandate and commit our cause totally to your prayers. To Jesus Christ your Son, with the Father, in the unity of the Holy Spirit be praise and thanksgiving forever and ever. Amen.



## ROSARIES

### THE ROSARY OF PRAISE

“Through Jesus therefore, let us continually offer to God a sacrifice of praise, the fruit of lips that confess His Name” (Hebrews 13: 15)

1. Begin with **“In the name of the Father and or the Son and of the Holy Spirit. Amen”**

2. Pray the Apostles’ Creed (once), the Our Father (once), the Hail Mary (once)

3. On the Our Father bead pray the following:

*Praise You Lord Jesus, You are the Most High God*

*Praise You Lord Jesus, You are the Name above all names*

*Praise You Lord Jesus, You are the Saviour of the world*

*Praise You Lord Jesus, You are Emmanuel God with us*

*Praise You Lord Jesus, You are the Light of the world*

*Praise You Lord Jesus, You are the Way, the Truth, and the life*

*Praise You Lord Jesus, You are my Redeemer*

*Praise You Lord Jesus, You are the Resurrection and the Life*

*Praise You Lord Jesus, You are my Healer and Deliverer*

*Praise You Lord Jesus, You are my Life, you are my Love*

4. On the Hail Mary bead pray the following:

Lord Jesus I love You, Lord Jesus I adore You, Lord Jesus I worship You, Lord Jesus I bow before You. (Ten times)

5. After completing in the same way all five decades say: the ‘Hail Holy Queen’ prayer once.

*(Follow the prayer after the Rosary of Liberation)*

### THE ROSARY OF LIBERATION

*A prayer based on the Word of God “If the Son of God makes you free, you will be free indeed” (John 8: 36)*

1. **Begin with** “In the name of the Father and of the Son and of the Holy Spirit Amen”

2. Pray the Apostles’ Creed (once), the Our Father (once), the Hail Mary(once)

3. On the Our Father bead pray the following scripture “Lord I believe in your word that says, “If the Son of God makes me (us/him/her/them) free, I (we/he/she/they) will be free indeed”.

4. On the Hail Mary bead pray the following:

*Jesus have mercy on me (us/him/her/them)*

*Jesus heal me (us/him/her/them)*



*Jesus save me (us/him/her/them)*

*Jesus free me (us/him/her/them)*

5. After praying the above invocations ten times on the Hail Mary bead, pray the following: “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

6. After completing in the same way all the five decades say the “Hail Holy Queen” prayer once.

**Prayer**

Lord Jesus, we want to praise and thank you, because You, through Your mercy and pity, created this powerful prayer to produce marvelous fruits of healing, salvation and freedom in our life, in our families, and in the life of those for whom we pray:

***Thank You, Jesus, for Your infinite love for us!***

Heavenly Father, we love You, Father with all the confidence of children. We draw nearer to You at this moment, and pray that the Holy Spirit flow into our hearts.

Father, so that the Holy Spirit can come into us, we want to empty ourselves. So, before the cross of Jesus Christ, we renew our complete and unconditional surrender to You. We ask that all our sins be forgiven and placed now on the wounded body of Jesus. We empty ourselves of all affliction, worries, anguish, and all that has taken the joy from our lives, we surrender our hearts to You in the name of Jesus.

Father, we also place on the crucified body of Jesus all our infirmities of body, soul and spirit; our worries about our family and work; our financial and marital problems, and all our anguish, uncertainties and afflictions. Lord, we beseech the redeeming power of the Blood of Jesus. May this Blood come over us now to cleanse and purify our heart of all bad feelings

***Jesus, have mercy on me, Jesus, have mercy on us***

Yes, Father, we want to turn over to You all our desires, weaknesses, miseries and sins; our heart, body, soul and spirit, everything that we are and have; our faith, life, marriage, family, work, vocation and ministry. Fill us with Your Spirit, Lord! Fill us with Your love, with Your power and with Your life.

**For the Rosary of Praise:**

Come Holy Spirit God! Come, in the name of Jesus! Come and bring to life the praises in us proclaimed through the Rosary of Praise, and that this bring about in every heart the grace to worship in the name of Jesus Christ our Lord. Amen.

**For the Rosary of Liberation:**

Come Holy Spirit God! Come, in the name of Jesus! Come and bring to life the Word of God in us proclaimed through the Rosary of Liberation, and that this bring about in every heart the grace to heal, save and free in the name of Jesus Christ our Lord. Amen.



**ROSARY IN HONOR OF THE SACRED FACE**

Most Sacred face, we call on You until You hear our prayers. You are able to help us wonderfully, O Holy and mighty God. O Holy Immortal God, have mercy on us and on the whole world. Turn your face towards us and we shall be saved.

**At the large beads we pray:**

Heavenly Father, humbly and fervently we offer You the infinite merits and suffering of the Sacred Face, His precious blood, all the wounds and tears of Jesus to Your greater glory, for help in our great need.

**At the small beads we pray:**

*1st Decade: O Sacred Face, covered with wounds, have mercy on us who call on You.*

*2nd Decade: O Sacred Face, covered with blood, have mercy on us who call on You.*

*3rd Decade: O Sacred Face, shedding tears with infinite love, have mercy on us who call on You.*

*4th Decade: O Sacred Face, despised with blows and spittle, have mercy on us who call on You.*

*5th Decade: O Sacred Face, silently bearing the most immodest excretion poured in Your mouth, have mercy on us who call on You.*

**Let us pray:**

Let us adore the Sacred Heart of our Lord Jesus Christ our Saviour, who's merits are infinite, and whose mercy is fathomless. May He grant us the remission of our sins and the true conversion. Let us console His Sacred Face by the purity of our lives, by fearless witness to our faith and by the depth of our love, Amen.

**CHAPLETS**

**CHAPLET FOR HOLY SOULS**

*Our Father, Hail Mary, Creed*

O Wounds of our most holy Jesus, which cost Him so much sorrow and blood, O wounds most honorable, which were the source of His endless love for us, please have mercy on the poor suffering souls in purgatory, and also have mercy on me, a wretched sinner.

**Large Beads:** O Holy souls, throw the Fire of God's love into my soul, to reveal Jesus crucified in me here on earth, rather than thereafter in purgatory.

**Small Beads:** Crucified Lord Jesus – Have mercy on the souls in purgatory *(three) Glory be* **Then pray (3 times)** *Eternal rest grant unto them O Lord, and let perpetual light shine upon them, may they rest in peace, Amen.*



### THE CHAPLET OF DIVINE MERCY

On an ordinary pair of Rosary beads, begin with *one Our Father, one Hail Mary, and I Believe in God...*

Then on each of the Big beads, as you begin each decade, 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.”**

Then on each Small bead say, **For the sake of His sorrowful passion. Have mercy on us and on the whole world.**

Conclude with **“Holy God, Holy Mighty One, Holy Immortal One have mercy on us and on the whole world.” (Three times)**

(This will continue until each of all 5 decades have been completed)

#### **Intentions**

1. On us and on the whole world
2. On our families, relations and friends
3. On the church and society
4. On all the priests and all those who asked for our prayers
5. On the sick, dying and souls in purgatory

### CHAPLET OF THE HOLY INFANCY

*The chaplet requires the recitation of 3 Our Fathers in honor of the Holy Family and 12 Hail Mary's in memory of the twelve years of the childhood of Jesus.*

Divine Infant Jesus, I adore Your Cross, and I accept all the crosses You will be pleased to send me. Adorable Trinity, I offer You, for the glory of the Holy Name of God, all the adorations of the Sacred Heart of the Holy Infant Jesus.

**On each of the three following beads,** recite this invocation: “And the Word was made flesh, and dwelt among us.” Follow each aspiration with an Our Father in honor of the Holy Family.

**On each of the twelve beads, recite this invocation:** “And the Word was made flesh, and dwelt among us.” Follow each aspiration with a Hail Mary in honor of the 12 years of Our Lord's sacred infancy.

**To complete the chaplet,** recite the Glory be to the Father and this invocation: “Holy Infant Jesus, bless and protect us.”

### HOLY TRINITY PRAYER

*(A Prayer of Fr. Mathew Elavumkal, Director, Tabor Ashram)*

**First Bead :** In the name of the Father and of the son, and the Holy Spirit.

**Three beads :** Heavenly Father, Jesus..... Worship you.

**Single bead :** Halleluia, Halleluia, Halleluia



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## On the centre medal and big Beads

Heavenly Father, Jesus our Saviour Holy Spirit our Consoler we love you we praise you and we Worship you X3 Alleluya x3

## On the small Beads

L: Abba Father, purify us in the Holy blood of Jesus.

R: And fill us with your Holy Spirit.

(For different decades, instead of “us” different intentions can be said. For example, “Abba Father, purify our ‘soul’ in the Holy blood of Jesus.” And the response will be, “fill our ‘soul’ with the Holy Spirit.”)

## Other Intentions

PERSONAL	CHURCH	SUFFERING	SINNERS	BROKEN
Purify me	Holy Father	The sick	Greedy	Those asked of our prayer
My thoughts	Cardinals	Cancer Patients	Murderers	Hopeless
Heart	Bishops	Aids	Adulterers	Homeless
Senses	Priests	TB	Prostitutes	Childless
My father	Religious	Asmatics	Politicians	Jobless
My mother	Those in formation	Arthritis	Cheaters	Unmarried
Sister	Seminarians	Pschiatric	Proud	Debtors
Brother	Church	Paralysed	Selfish	Broken families
In-laws	Parish priests	Unknown diseases	Thieves	Destitutes/Elderly/Lazy
Nieces/ Nephews	Preparing for vows and ordination			Adopted children Orphans

## CHAPLET OF THE PRECIOUS BLOOD

### Hymn:

*Most Precious Blood of Jesus Christ , Most Precious Blood of Jesus Christ  
Most Precious Blood of Jesus Christ , Most Precious Blood of Jesus Christ  
Most Precious Blood, save the world.*

### Invocation of the Holy Spirit

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

L: Send forth Your Spirit and they shall be created.

**R: And You shall renew the face of the earth.**

### Let us Pray

O God, Who did teach the hearts of the faithful by the light of the Holy Spirit, grant us by the same Spirit to be truly wise and ever rejoice in His consolations, through Christ





Our Lord. Amen.

Apostles Creed...

***(Bow Your Head)***

May the Precious Blood that pours out from the Sacred Head of Our Lord Jesus Christ, the Temple of Divine Wisdom, Tabernacle of Divine Knowledge and Sunshine of heaven and earth, cover us now and forever. Amen.

L: O most Precious Blood of Jesus Christ.

***R: Heal the wounds in the most Sacred Heart of Jesus.***

Our Father...3 Hail Mary's...Glory Be...

***(Bow Your Head)***

May the Precious Blood that pours out from the Sacred Head of Our Lord Jesus Christ, the Temple of Divine Wisdom, Tabernacle of Divine Knowledge and Sunshine of heaven and earth, cover us now and forever. Amen.

**THE FIRST MYSTERY**

The Nailing of the Right Hand of Our Lord Jesus (Pause for brief meditation)

By the precious wound in Your right hand and through the pain of the nail which pierced Your right hand, may the Precious Blood that pours out from there save sinners of the whole world and convert many souls. Amen.

***L: O most Precious Blood of Jesus Christ***

R: Heal the wounds in the most Sacred Heart of Jesus.

Our Father... Hail Mary...

**L: Precious Blood of Jesus Christ**

**R: Save us and the whole world. (12 times) Glory Be...**

***(Bow Your Head)***

May the Precious Blood that pours out from the Sacred Head of Our Lord Jesus Christ, the Temple of Divine Wisdom, Tabernacle of Divine Knowledge and Sunshine of heaven and earth, cover us now and forever. Amen.

**THE SECOND MYSTERY**

The Nailing of the Left Hand of Our Lord Jesus (Pause for brief meditation) By the precious wound in Your left hand and through the pain of the nail which pierced Your left hand, may the Precious Blood that pours out from there save souls in Purgatory and protect the dying against the attack of infernal spirits. Amen.

***L: O most Precious Blood of Jesus Christ***

R: Heal the wounds in the most Sacred Heart of Jesus

Our Father... Hail Mary...

**L: Precious Blood of Jesus Christ**

**R: Save us and the whole world. (12 times) Glory Be...**

***(Bow Your Head)***

May the Precious Blood that pours out from the Sacred Head of Our Lord Jesus Christ,



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the Temple of Divine Wisdom, Tabernacle of Divine Knowledge and Sunshine of heaven and earth, cover us now and forever. Amen.

### **THE THIRD MYSTERY**

The Nailing of the Right Foot of Our Lord Jesus (Pause for brief meditation) By the precious wound in Your right foot and through the pain of the nail which pierced Your right foot, may the Precious Blood that pours out from there cover the foundation of the Catholic Church against the plans of the occult kingdom and evil men. Amen.

***L: O most Precious Blood of Jesus Christ***

R: Heal the wounds in the most Sacred Heart of Jesus.

Our Father... Hail Mary...

**L: Precious Blood of Jesus Christ**

**R: Save us and the whole world. (12 times) Glory Be...**

***(Bow Your Head)***

May the Precious Blood that pours out from the Sacred Head of Our Lord Jesus Christ, the Temple of Divine Wisdom, Tabernacle of Divine Knowledge and Sunshine of heaven and earth, cover us now and forever. Amen.

### **THE FOURTH MYSTERY**

The Nailing of the Left Foot of Our Lord Jesus (Pause for brief meditation) By the precious wound in Your left foot, and through the pain of the nail which pierced Your left foot, may the Precious Blood that pours out from there protect us in all our ways against the plans and the attacks of evil spirits and their agents. Amen.

***L: O most Precious Blood of Jesus Christ***

R: Heal the wounds in the most Sacred Heart of Jesus.

Our Father... Hail Mary...

**L: Precious Blood of Jesus Christ**

**R: Save us and the whole world. (12 times) Glory Be...**

***(Bow Your Head)***

May the Precious Blood that pours out from the Sacred Head of Our Lord Jesus Christ, the Temple of Divine Wisdom, Tabernacle of Divine Knowledge and Sunshine of heaven and earth, cover us now and forever. Amen.

### **THE FIFTH MYSTERY**

The Piercing of the Sacred Side of Our Lord Jesus (Pause for brief meditation) By the precious wound in Your Sacred Side and through the pain of the lance which pierced Your Sacred Side, may the Precious Blood and water that pour out from there cure the sick, raise the dead, solve our present problems and teach us the way to our God for eternal glory. Amen.

***L: O most Precious Blood of Jesus Christ***

R: Heal the wounds in the most Sacred Heart of Jesus.

Our Father... Hail Mary...



**L: Precious Blood of Jesus Christ**

**R: Save us and the whole world. (12 times) Glory Be...**  
*(Bow Your Head)*

May the Precious Blood that pours out from the Sacred Head of Our Lord Jesus Christ, the Temple of Divine Wisdom, Tabernacle of Divine Knowledge and Sunshine of heaven and earth, cover us now and forever. Amen.

**L: O most Precious Blood of Jesus Christ**

R: Heal the wounds in the most Sacred Heart of Jesus. (repeat 3 times)

**Hail Holy Queen...**

**Let us Pray** : O most Precious Blood of Jesus Christ, we honor, worship and adore You because of Your work of the everlasting covenant that brings peace to mankind. Heal the wounds in the most Sacred Heart of Jesus. Console the Almighty Father on His throne and wash away the sins of the whole world. May all revere You, O Precious Blood, have mercy. Amen.

Most Sacred Heart of Jesus, *have mercy on us*

Immaculate Heart of Mary, *pray for us*

St. Joseph, husband of Mary,

Saints Peter and Paul,

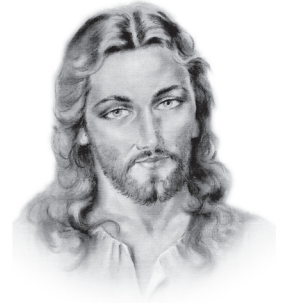
St. John at the foot of the Cross,

St. Mary Magdalene,

All the prayer warriors and intercessors of heaven,

All the great saints of Our Lord,

All the heavenly hosts, Legion of Mary,



*“Be humble and accept the Divine Will, you will reach the end. Offer your families to My Precious Blood. I will save them. I promise to convert them before the Great Tribulation comes. There will be peace and love. I say to you adore and honor My Precious Blood.”*

#### **CHAPLET OF FAITH**

**On each Decade of the rosary pray;**

**On the large beads:** One apostle creed

**On the small beads:** Jesus, Mary, I love you, save souls, save the consecrated

**At the end,** 5 times Hail Holy Queen.

#### **CHAPLET OF THE FIVE WOUNDS**

**On the Crucifix:**

Let me kiss the wounds in your left hand dear Lord with deep sorrow and true love, and may every movement of my hands be an act of love for you.

*Recite: our Father*



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Let me kiss the wounds in your right hand, dear Lord with deep sorrow and true love, and may every movement of my hands be an act of love for you.

*Recite: our Father*

Let me kiss the wounds in your left foot, dear Lord with deep sorrow and true love, and may every movement of my feet be an act of love for you.

*Recite: our Father*

Let me kiss the wounds in your right foot, dear Lord with deep sorrow and true love, and may every movement of my feet be an act of love for you.

*Recite: our Father*

Let me kiss the wounds in your heart, dear Lord with deep sorrow and true love, and may every movement of my heart be an act of love for you.

***Recite: One Our Father, One Hail Mary, Apostles Creed***

***On the Large beards; Eternal Father, I offer thee the wounds of our Lord Jesus Christ - to heal the wounds of our souls.***

***On the Small beards; My Jesus, pardon and mercy - through the merits of thy Holy Wounds.***

## **DEVOTION TO ANGELS**

### **INVOCATION TO THE NINE CHOIRS OF ANGELS**

- O Holy Angels, watch over us at all times during this perilous life;
- O holy Archangels, be our guides on the way to heaven;
- O heavenly choir of the Principalities, govern us in soul and body;
- O mighty Powers, preserve us against the wiles of the demons;
- O celestial Virtues, give us strength and courage in the battle of life;
- O powerful Dominions, obtain for us dominion over the rebellion of our flesh;
- O sacred Thrones, grant us peace with God and man;
- O brilliant Cherubim, illuminate our minds with heavenly knowledge;
- O burning Seraphim, enkindle in our hearts the fire of charity. Amen.

### **NOVENA TO THE SEVEN ARCHANGELS**

#### **NOVENA TO ARCHANGEL GABRIEL**

St. Gabriel, Holy Archangel, you, who are known as the bearer of God's secrets meant especially for His chosen ones, we, God's children, are constantly keeping watch on God's message. Through your powerful intercession, may we receive God's words and messages so that together with Mary, our Blessed Mother, we may give glory and praise to Him. May we also radiate God's love to others by our exemplary deeds. O, St.



Gabriel, obtain for us the grace and present to God the Father the following requests ..(*Here Mention Requests*) ..through Jesus Christ our Lord together with the Holy Spirit forever and ever. Amen.

### **NOVENA TO ARCHANGEL RAPHAEL**

O Great Archangel, St. Raphael, you have been appointed by God to become our healer and to guide us in our earthly pilgrimage to our home in heaven. We beg you to assist us in all our undertakings and in all the trials and pains of this earthly life. We pray for constant good health both physically, mentally and spiritually. We beseech you to guide always our steps that we shall walk with confidence towards our journey, and enlighten us with our doubts generated by intellectual pride and worldly ambitions. St. Raphael, please present to God the following petitions.. (*Here Mention Requests*) ..through Jesus Christ our Lord together with the Holy Spirit forever and ever. Amen.

### **NOVENA TO ARCHANGEL URIEL**

O Illustrious St. Uriel, the Archangel of God's Divine Justice, as you hold the heavenly scales that weigh our lives on earth, we ask you to intercede for us, that God may forgive us all our sins. Obtain for us the grace of true repentance & conversion of heart that we may be spared of the punishment we deserve. Offer our prayers to God in our search for true peace and happiness founded on truth & justice. We pray for those who are suffering of inhumanities, dying because of injustice and the oppressed due to manipulation & exploitation. We also pray for our less fortunate brothers & ourselves for the following intentions..(*Here Mention Requests*)..Present to God the Father all these petitions through Jesus Christ our Lord together with the Holy Spirit forever & ever. Amen.

### **NOVENA TO ARCHANGEL SEALTIEL**

O Pure and Holy Archangel St. Sealtiel, you bow before the Almighty Lord offering angelic salutations of praise and thanksgiving. Guide us in our prayer. Like you, we would like to unceasingly pray and worship God the right way. May our lives be like incense pleasing to God. While awaiting for the inevitable time of separation from this material world, may we praise the Holy Trinity in the spirit of true love and humility throughout the days of our life in eternity. Obtain for us these favors..(*Here Mention Requests*)..and present to God the Father all these petitions through Jesus Christ our Lord together with the Holy Spirit forever and ever. Amen.

### **NOVENA TO ARCHANGEL JHUDIEL**

O Merciful Archangel, St. Jhudiel dispenser of God's eternal and abundant mercy. Because of our sinfulness, we do not deserve God's forgiveness. Yet, He continually grants us forbearance freely and lovingly. Help us in our determination to overcome our sinful habits and be truly sorry for them. Bring each one of us to true conversion of



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heart, that we may experience the joy of reconciliation which it brings, without which neither we as individuals, nor the whole world can know true peace. You who continually intercedes for us, listen to our prayers ..(*Here Mention Requests*)..and present to God the Father all these petitions through Jesus Christ our Lord together with the Holy Spirit forever and ever. Amen.

### **NOVENA TO ARCHANGEL BARACHIEL**

O Powerful Archangel, St. Barachiel, filled with heaven's glory and splendor, you are rightly called God's benediction. We are God's children placed under your protection and care. Listen to our supplications..(*Here Mention Requests*)..grant that through your loving intercession, we may reach our Heavenly Home one day.

Sustain us and protect us from all harm that we may possess for all eternity the peace and happiness that Jesus has prepared for us in heaven.Present to God the Father all these petitions through Jesus Christ our Lord together with the Holy Spirit forever and ever. Amen.

### **NOVENA TO ARCHANGEL MICHAEL**

O Mighty Prince of the Heavenly Hosts, St. Michael, we beg you to protect and defend us in all struggles against the everyday temptations in this world. Help us to overcome all evils and strengthen us, that we may declare our faith in and loyalty to the Most High so that together with all the angels and saints in heaven we may glorify the Lord. St. Michael, please intercede for us together with the Blessed Virgin Mary, and obtain for us the following requests ..(*Here Mention Requests*)..Present to God the Father all these petitions through Jesus Christ our Lord together with the Holy Spirit forever and ever. Amen.

## **PRAYERS TO HOLY ANGELS**

### **TO ARCHANGEL MICHAEL**

#### **THE CHAPLET OF ST. MICHAEL**

O God, come to my assistance. O Lord, make haste to help me. Glory be ...

*(Say one Our Father and three Hail Marys after each of the following nine salutations in honor of the nine Choirs of Angels)*

1. By the intercession of St. Michael and the celestial Choir of Seraphim may the Lord make us worthy to burn with the fire of perfect charity, Amen.
2. By the intercession of St. Michael and the celestial Choir of Cherubim may the Lord grant us the grace to leave the ways of sin and run in the paths of Christian perfection, Amen.
3. By the intercession of St. Michael and the celestial Choir of Thrones may the Lord infuse



into our hearts a true and sincere spirit of humility, Amen.

4. By the intercession of St. Michael and the celestial Choir of Dominations may the Lord give us grace to govern our senses and overcome any unruly passions, Amen.

5. By the intercession of St. Michael and the celestial Choir of Virtues may the Lord preserve us from evil and falling into temptation, Amen.

6. By the intercession of St. Michael and the celestial Choir of Powers may the Lord protect our souls against the snares and temptations of the devil, Amen.

7. By the intercession of St. Michael and the celestial Choir of Principalities may God fill our souls with a true spirit of obedience, Amen.

8. By the intercession of St. Michael and the celestial Choir of Archangels may the Lord give us perseverance in faith and in all good works in order that we may attain the glory of Heaven, Amen.

9. By the intercession of St. Michael and the celestial Choir of Angels may the Lord grant us to be protected by them in this mortal life and conducted in the life to come to Heaven, Amen. (*Say one Our Father in honor of each of the following leading Angels: St. Michael, St. Gabriel, St. Raphael and our Guardian Angel.*)

**Concluding prayers:**

O glorious prince St. Michael, chief and commander of the heavenly hosts, guardian of souls, vanquisher of rebel spirits, servant in the house of the Divine King and our admirable conductor, you who shine with excellence and superhuman virtue deliver us from all evil, who turn to you with confidence and enable us by your gracious protection to serve God more and more faithfully every day.

Pray for us, O glorious St. Michael, Prince of the Church of Jesus Christ, that we may be made worthy of His promises.

Almighty and Everlasting God, Who, by a prodigy of goodness and a merciful desire for the salvation of all men, has appointed the most glorious Archangel St. Michael Prince of Your Church, make us worthy, we ask You, to be delivered from all our enemies, that none of them may harass us at the hour of death, but that we may be conducted by him into Your Presence. This we ask through the merits of Jesus Christ Our Lord, Amen.

**PRAYER FOR PROTECTION OF THE CHURCH AND HER MEMBERS**

O glorious St. Michael, guardian and defender of the Church of Jesus Christ, come to the assistance of the Church, against which the powers of hell are unchained, guard with especial care her august Head, and obtain that for her and for us the hour of triumph may speedily arrive. O glorious Archangel St. Michael, watch over us during life, defend us against the assaults of the demon, assist us especially at the hour of death; obtain for us a favorable judgment, and the happiness of beholding God face to face for endless ages. Amen.





### **PRAYER AGAINST SATAN AND THE REBELLIOUS ANGELS**

**(Published by order of His Holiness Pope Leo XIII)**

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

#### **Prayer to Saint Michael the Archangel**

Most glorious Prince of the Heavenly Armies, Saint Michael the Archangel, defend us in “our battle against principalities and powers, against the rulers of this world of darkness, against the spirits of wickedness in the high places” (Ephes. 6:12). Come to the assistance of men whom God has created to His likeness and whom He has redeemed at a great price from the tyranny of the devil. Holy Church venerates thee as her guardian and protector; to thee, the Lord has entrusted the souls of the redeemed to be led into heaven. Pray therefore the God of Peace to crush Satan beneath our feet, that he may no longer retain men captive and do injury to the Church. Offer our prayers to the Most High, that without delay they may draw His mercy down upon us; take hold of “the dragon, the old serpent, which is the devil and Satan,” bind him and cast him into the bottomless pit “so that he may no longer seduce, the nations” (Rev. 20:2).

#### **Exorcism**

In the Name of Jesus Christ, our God and Lord, strengthened by the intercession of the Immaculate Virgin Mary, Mother of God, of Blessed Michael the Archangel, of the Blessed Apostles Peter and Paul and all the Saints, (and powerful in the holy authority of our ministry), (1) we confidently undertake to repulse the attacks and deceits of the devil.

Psalm 67: God arises; His enemies are scattered and those who hate Him flee before Him. As smoke is driven away, so are they driven; as wax melts before the fire, so the wicked perish at the presence of God.

V. Behold the Cross of the Lord, flee bands of enemies.

R. *He has conquered, the Lion of the tribe of Juda, the offspring of David.*

V. May thy mercy, Lord, descend upon us.

R. *As great as our hope in Thee.*

We drive you from us, whoever you may be, unclean spirits, all satanic powers, all infernal invaders, all wicked legions, assemblies and sects; in the name and by the power of Our Lord Jesus Christ, † may you be snatched away and driven from the Church of God and from the souls made to the image and likeness of God and redeemed by the Precious Blood of the Divine Lamb. † Most cunning serpent, you shall no more dare to deceive the human race, persecute the Church, torment God’s elect and sift them as wheat. † The Most High God commands you, † He with whom, in your great insolence, you still claim to be equal; “He who wants all men to be saved and to come to the knowledge of the truth” (1 Tim. 2:4). God the Father commands you. † God the



Son commands you. † God the Holy Spirit commands you. † Christ, God's Word made flesh, commands you; † He who to save our race outdone through your envy, "humbled Himself, becoming obedient even unto death" (Phil. 2:8); He who has built His Church on the firm rock and declared that the gates of hell shall not prevail against Her, because He will dwell with Her "all days even to the end of the world" (Mt. 28:20). The sacred Sign of the Cross commands you, † as does also the power of the mysteries of the Christian Faith. † The glorious Mother of God, the Virgin Mary, commands you; † She who by her humility and from the first moment of her Immaculate Conception, crushed your proud head. The faith of the Holy Apostles Peter and Paul and of the other Apostles commands you. † The blood of the Martyrs and the pious intercession of all the Saints command you. †

Thus, cursed dragon, and you, diabolical legions, we adjure you by the living God, † by the true God, † by the holy God, † by the God "who so loved the world that He gave up His only son, that every soul believing in Him might not perish but have life everlasting" (Jn. 3); stop deceiving human creatures and pouring out to them the poison of eternal damnation; stop harming the Church and hindering her liberty. Begone, Satan, inventor and master of all deceit, enemy of man's salvation. Give place to Christ in whom you have found none of your works; give place to the One, Holy, Catholic and Apostolic Church acquired by Christ at the price of His Blood. Stoop beneath the all-powerful Hand of God; tremble and flee when we invoke the Holy and terrible Name of Jesus, this Name which causes hell to tremble, this Name to which the Virtues, Powers and Dominations of heaven are humbly submissive, this Name which the Cherubim and Seraphim praise unceasingly repeating: Holy, Holy, Holy is the Lord, the God of Armies.

V. O Lord, hear my prayer. *R. And let my cry come unto Thee.*

V. May the Lord be with thee. *R. And with thy spirit.*

**Let us pray**—God of heaven, God of earth, God of Angels, God of Archangels, God of Patriarchs, God of Prophets, God of Apostles, God of Martyrs, God of Confessors, God of Virgins, God who has power to give life after death and rest after work, because there is no other God than Thee and there can be no other, for Thou art the Creator of all things, visible and invisible, of whose reign there shall be no end, we humbly prostrate ourselves before Thy glorious Majesty and we beseech Thee to deliver us by Thy power from all the tyranny of the infernal spirits, from their snares, their lies and their furious wickedness; deign, O Lord, to grant us Thy powerful protection and to keep us safe and sound. We beseech Thee through Jesus Christ Our Lord. Amen.

From the snares of the devil, deliver us, O Lord. That Thy Church may serve Thee in peace and liberty, we beseech Thee to hear us. That Thou may crush down all enemies of Thy Church, we beseech Thee to hear us. (Holy water is sprinkled in the place where we may be.)



## ***Christ is All***

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Saint Michael the Archangel, defend us in the battle; be our protection against the malice and snares of the Devil. May God restrain him, we humbly pray and do thou, O prince of the heavenly host, by the divine power cast into hell Satan and all the other evil spirits who roam through the world seeking the ruin of souls. Amen.

*Most Sacred Heart of Jesus; have mercy on us. (3 times)*

### **LITANY OF ST. MICHAEL THE ARCHANGEL**

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

God, the Father of heaven,

God, the Son, Redeemer of the world,

God, the Holy Spirit,

Holy Mary, pray for us.

Queen of the Legions of Angels,

All you heavenly hosts,

Archangel Michael,

Humble servant of the Most Holy Trinity,

Holy servant of the Queen of Heaven,

Prince of the Heavenly Hosts,

Captain-General of the Seraphim,

Special adoptive child of God,

Protector of the Holy Church,

Commander of the siege of Jericho,

Defender of Christians,

Champion of the servants of Mary,

Eternal contemplator of the Holy Trinity,

Arch-enemy of Lucifer,

Victorious defender of heaven,

Terror of demons,

Mighty warrior of the armies of Christ,

Michael, who leads the fight against the Evil One,  
defend us in battle.

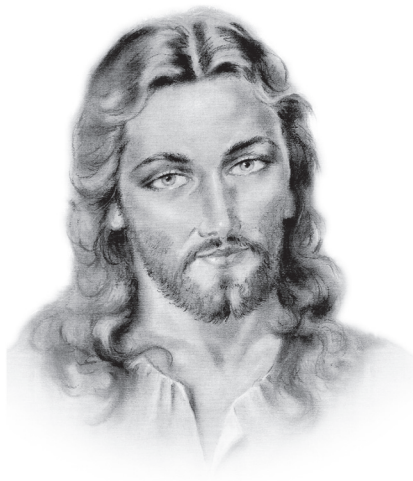
Michael most valiant,

Michael most just,

Michael of the white steeds,

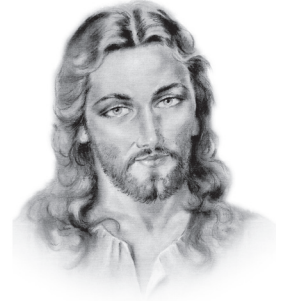
Michael of the brilliant blade,

*have mercy on us.*





Michael most faithful,  
Michael, sworn enemy of the servants of Satan,  
Michael, terrible vanquisher of the dragon,  
Michael, who protects us with his shield,  
Michael, fairest of all angels,  
Mighty guardian of the gates of heaven,  
Mighty arm of the wrath of God,  
Michael of the golden scales,  
Herald of the Second Coming of Christ,  
Guardian of all who invoke you,  
Lamb of God, Who takes away the sins of the world, *spare us, O Lord.*  
Lamb of God, who takes away the sins of the world, *graciously hear us, O Lord.*  
Lamb of God, who takes away the sins of the world, *have mercy on us.*  
V. Deliver us from danger O Heavenly Prince.



R. So that we may rejoice and sing the praises of God at the end of time.

**Let us pray:** O God, we thank you for such a vigorous defender as Archangel Michael. Grant, we beseech Thee, that we may have him, who venerate him on earth, as our guardian and protector in heaven. May he shield us in the mighty battle that even now takes place on earth. Amen.

### TO ARCHANGEL RAPHAEL

#### **PRAYER FOR A SAFE JOURNEY**

St. Raphael, you who jealously protected Tobias during his eventful journey and brought him back to his dear parents, safe and sound and joined in marriage with a spouse worthy of him; be our faithful guide, to overcome the storms and the reefs of this tempestuous sea which is our world; may all those who are devoted to you happily reach the port of the blessed eternity. Amen.

#### **PRAYER FOR HEALING**

Glorious Archangel St. Raphael, great prince of the heavenly court, you are illustrious for your gifts of wisdom and grace. You are a guide of those who journey by land or sea or air, consoler of the afflicted, and refuge of sinners. I beg you, assist me in all my needs and in all the sufferings of this life, as once you helped the young Tobias on his travels. Because you are the “medicine of God” I humbly pray you to heal the many infirmities of my soul and the ills that afflict my body. I especially ask of you the favor (here mention your special intention), and the great grace of purity to prepare me to be the temple of the Holy Spirit. Amen.

God, with great wisdom You direct the ministry of Angels and men. Grant that those who always minister to You in heaven may defend us during our life on earth. Amen.



**NOVENA PRAYER FOR CHOOSING A LIFE PARTNER**

O Glorious St. Raphael, Patron and Lover of the Young, I call upon thee and plead with thee for thy help. In all confidence I open my heart to thee, to beg thy guidance and assistance in the important task of planning my future. Obtain for me through thy intercession the light of God’s grace, so that I may decide wisely concerning the person who is to be my partner through life. O Angel of Happy Meetings, lead us by the hand to find each other. May all our movements be guided by thy light and transfigured by thy joy. As thou didst lead the young Tobias to Sara and opened up for him a new life of happiness with her in holy marriage, lead me to such a one whom in thine angelic wisdom thou dost judge best suited to be united with me in marriage. St. Raphael, loving Patron of those seeking a marriage partner, help me in this supreme decision of my life. Find for me as a helpmate in life that person whose character will reflect the traits of Jesus and Mary. May he (she) be upright, loyal, pure, sincere and noble, so that with united efforts and with chaste and unselfish love, we both may strive to perfect ourselves in soul and body, as well as the children it may please God to entrust to our care.

St. Raphael, Angel of chaste courtship, bless our friendship and our love, that sin may have no part in it. May our mutual love bind us so closely that our future home may ever be most like the home of the Holy Family of Nazareth. Offer thy prayers to God for both of us and obtain the blessing of God upon our marriage, as thou wert the herald of blessing for the marriage of Tobias and Sara.

St. Raphael, Friend of the Young, be thou my friend, for I shall always be thine. I desire ever to invoke thee in my needs. To thy special care I entrust the decision I am to make as to my future wife (husband). Direct me to the person with whom I can best cooperate in doing God’s Holy Will, with whom I can live in peace, love, and harmony in this life and attain to eternal joy in the next. Amen.

(In honor of St. Raphael recite one Our Father, Hail Mary, and Glory be.)

**THE LITANY OF ST. RAPHAEL THE ARCHANGEL**

Lord, have mercy on us.

Christ have mercy on us.

Lord, have mercy on us. Christ hear us.

Christ, graciously hear us.

God the Father of Heaven,

*Have mercy on us.*

God the Son, Redeemer of the world,

God the Holy Spirit,

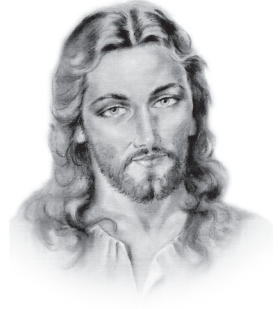
Holy Trinity, One God,

Holy Mary, Queen of Angels, pray for us.

Saint Raphael, pray for us.



Saint Raphael, filled with the mercy of God,  
Saint Raphael, perfect adorer of the Divine Word,  
Saint Raphael, terror of demons,  
Saint Raphael, exterminator of vices,  
Saint Raphael, health of the sick,  
Saint Raphael, our refuge in all our trials,  
Saint Raphael, guide of travelers,  
Saint Raphael, consoler of prisoners,  
Saint Raphael, joy of the sorrowful,  
Saint Raphael, filled with zeal for the salvation of souls,  
Saint Raphael, whose name means God heals,  
Saint Raphael, lover of chastity,  
Saint Raphael, scourge of demons,  
Saint Raphael, in pestilence, famine and war,  
Saint Raphael, guide of travelers,  
Saint Raphael, consoler of prisoners,  
Saint Raphael, joy of the sorrowful,  
Saint Raphael, filled with zeal for the salvation of souls,  
Saint Raphael, whose name means God heals,  
Saint Raphael, lover of chastity,  
Saint Raphael, scourge of demons,  
Saint Raphael, in pestilence, famine and war,  
Saint Raphael, angel of peace and prosperity,  
Saint Raphael, endowed with the grace of healing,  
Saint Raphael, sure guide in the paths of virtue and sanctification,  
Saint Raphael, help of all those who implore your assistance,  
Saint Raphael, who was the guide and consolation of Tobias on his journey,  
Saint Raphael, whom the Scriptures praise: *Raphael, the holy angel of the Lord, was sent to cure,*  
Saint Raphael, our advocate,



Lamb of God, Who takes away the sins of the world, ***Spare us, O Lord.***  
Lamb of God, Who takes away the sins of the world, ***Graciously hear us, O Lord.***  
Lamb of God, Who takes away the sins of the world, ***Have mercy on us.***  
Christ, hear us. Christ, graciously hear us.

Pray for us, Saint Raphael, to the Lord Our God, That we may be made worthy of the promises of Christ Lord, Jesus Christ, by the prayer of the Archangel Raphael, grant us the grace to avoid all sin and to persevere in every good work until we reach our heavenly destination, You Who lives and reigns world without end. Amen.



**TO ARCHANGEL GABRIEL**

**PRAYER TO ST. GABRIEL**

O Gabriel, glorious Archangel, I share the joy you proved when you went to Mary as the heavenly messenger and I admire the homage you paid to her when you appeared before her, your greetings full of devotion, and the love you bore to the incarnate word in her womb before all the Angels. I beseech you to obtain for me the privilege to greet Mary in the same way as you did and animated by the same feelings as those you proved in those times. Obtain for me the great favour of giving my respects to the Word made man, through the sayings of the most Holy Rosary and of the Angelus Domini, with the same love as you did. Amen.

**LITANY OF ST. GABRIEL THE ARCHANGEL**

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

God the Father of Heaven,

God the Son, Redeemer of the world,

God the Holy Spirit,

Holy Trinity, One God,

Holy Mary , Queen of Angels,

Saint Gabriel, glorious Archangel,

St. Gabriel, strength of God,

St. Gabriel, who stands before the throne of God,

St. Gabriel, model of prayer,

St. Gabriel, herald of the Incarnation,

St. Gabriel, who revealed the glories of Mary,

St. Gabriel, Prince of Heaven,

St. Gabriel, ambassador of the Most High,

St. Gabriel, guardian of the Immaculate Virgin,

St. Gabriel, who foretold the greatness of Jesus,

St. Gabriel, peace and light of souls,

St. Gabriel, scourge of unbelievers,

St. Gabriel, admirable teacher,

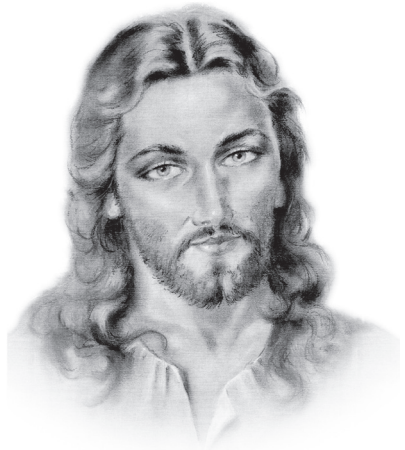
St. Gabriel, strength of the just,

St. Gabriel, protector of the faithful,

St. Gabriel, first adorer of the Divine Word,

*Have mercy on us.*

*pray for us.*







St. Gabriel, defender of the Faith,  
St. Gabriel, zealous for the honor of Jesus Christ,  
St. Gabriel, whom the Scriptures praise as the Angel sent by God to Mary, the Virgin,

Lamb of God, Who takest away the sins of the world, *Spare us, O Lord.*  
Lamb of God, Who takest away the sins of the world, *Graciously hear us, O Lord.*  
Lamb of God, Who takest away the sins of the world, *Have mercy on us.*  
Christ, hear us, *Christ, graciously hear us.*  
V. Pray for us, blessed Archangel Gabriel,  
R. That we may be made worthy of the promises of Jesus Christ.

**Let Us Pray :** O blessed Archangel Gabriel, we beseech thee, intercede for us at the throne of Divine Mercy in our present necessities, that as thou didst announce to Mary the mystery of the Incarnation, so through thy prayers and patronage in Heaven we may obtain the benefits of the same, and sing the praise of God forever in the land of the living. R. Amen.

**PRAYER TO HOLY ARCHANGEL  
WHO STRENGTHENED JESUS IN HIS AGONY**

I salute thee, holy Angel who didst comfort my Jesus in His agony, and with thee I praise the most holy Trinity for having chosen thee from among all the holy Angels to comfort and strengthen Him who is the comfort and strength of all that are in affliction. By the honor thou didst enjoy and by the obedience, humility and love wherewith thou didst assist the sacred Humanity of Jesus, my Savior, when He was fainting for very sorrow at seeing the sins of the world and especially my sins, I beseech thee to obtain for me perfect sorrow for my sins; deign to strengthen me in the afflictions that now overwhelm me, and in all the other trials, to which I shall be exposed henceforth and, in particular, when I find myself in my final agony. Amen.

**PRAYER TO ARCHANGELS**

Heavenly Father, you have given us archangels to assist us during our pilgrimage on earth. Saint Michael is our protector, I ask him to come to my aid, fight for all my loved ones, and protect us from danger. Saint Gabriel is a messenger for the Good News, I ask him to help me clearly, hear your voice and to teach me the truth. Saint Raphael is the healing angel, I ask him to take my need for healing and that of everyone I know, lift it up to your throne of grace and deliver back to us the gift of recovery. Help us O Lord to realize more fully the reality of the archangels and their desire to serve us. Holy Angels pray for us. Amen

**PRAYER TO THE GUARDIAN ANGEL**

Most kind Angel, my guardian, tutor, and master, my guide and my shield, my most



## *Christ is All*

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wise advisor and faithful friend, I have been entrusted to you by the generosity of God from the very day of my birth and until I die. How much I must revere you! For I know that you are closer to me wherever I go. I am so grateful to you for the love you bear to me and I owe you much assurance for I am aware of your being present as my assistant and protector. O Holy Angel, teach me, reform me, protect me, guard me and lead me on the right and safe way to the Holy city of God. Do not allow me to do things which offend your holiness and your purity. Make known my wishes to the Lord, offer him my prayers, show him my misfortunes and entreat from His boundless kindness and from the maternal intercession of the most Holy Mary, your Queen, the remedy to my misery. Look after me when I am asleep, support me when I am tired, put me right on my foot when I am on the point of falling, show me the way when I am lost, give me heart when I am disheartened, enlighten me when I do not see, protect me when I am attacked, and be for me a shield against the evil one, especially in the hour of dying. And thanks to your protection and your guidance, let it be granted to me that I may enter your radiant house wherein I will forever express my gratitude to you and glorify the Lord and the Virgin Mary, your Queen and my Queen, with you. Amen

### NOVENA TO THE ANGELS

#### **Invocation;**

Come, let us worship the Lord in the company of his angels. *Reading (Ex 23:20-21a)*

See, I am sending an angel before you to guard you on the way and bring you to the place I have prepared.

#### **Intercessions;**

Let us entreat the Lord that, with the angels who do His will, we may respond more promptly to the sense of His message:

***R. With the angels we sing of Your glory.***

Lord, You made Your angels messengers of Your wonders; fashion us into heralds of Your mighty deeds before all.

***R. With the angels we sing of Your glory.***

The angels ceaselessly proclaim Your holiness; fashion Your Church into a worthy voice for Your praise.

***R. With the angels we sing of Your glory.***

You commanded the angels to protect Your servants; may they be with us in all our endeavors.

***R. With the angels we sing of Your glory.***

Through the agency of the angels may all our petitions rise to You.

***R. With the angels we sing of Your glory.***

May the angels help us in our final hour and lead us to the land of paradise.

***R. With the angels we sing of Your glory.***

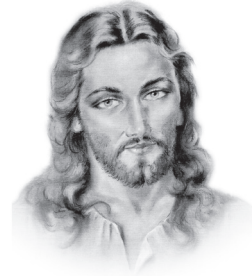


**Prayer;**

Father with great wisdom You direct the ministry both of Angels and human beings. Grant that those who always minister to You in heaven may also defend us during our life on earth. We ask this in the Name of Jesus the Lord. Amen.

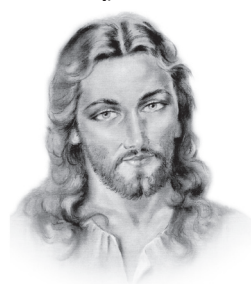
**LITANY OF ANGELS**

Lord, have mercy,            *Lord, have mercy.*  
 Christ, have mercy,        *Christ, have mercy.*  
 Lord, 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, *Have mercy on us.*  
 God, the Holy Ghost,      *Have mercy on us.*  
 Holy Trinity, One God,    *Have mercy on us.*  
 Holy Mary, Queen of Angels,            *pray for us*



Holy Mother of God,  
 Holy Virgin of virgins,  
 Saint Michael, who was ever the defender of the people of God, *pray for us*  
 St. Michael, who did drive from Heaven Lucifer and his rebel crew,  
 St. Michael, who did cast down to Hell the accuser of our brethren,  
 Saint Gabriel, who did expound to Daniel the heavenly vision,  
 St. Gabriel, who did foretell to Zachary the birth and ministry of John the Baptist,  
 St. Gabriel, who did announce to Blessed Mary the Incarnation of the Divine Word,  
 Saint Raphael, who did lead Tobias safely through his journey to his home again,  
 St. Raphael, who did deliver Sara from the devil,  
 St. Raphael, who did restore his sight to Tobias the elder,

Choir of Angels,  
 Choir of Archangels,  
 Choir of Principalities,  
 Choir of Powers,  
 Choir of Virtues,  
 Choir of Dominations,  
 Choir of Thrones,  
 Choir of Cherubim, and  
 Choir of Seraphim.



All ye holy Angels, who stand around the high and lofty throne of God, *pray for us*  
 Who cry to Him continually: Holy, Holy, Holy,

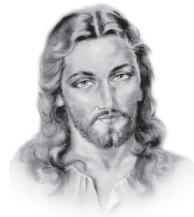


## **Christ is All**

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Who dispel the darkness of our minds and give us light,  
Who are the messengers of heavenly things to men,  
Who have been appointed by God to be our guardians,  
Who always behold the Face of our Father Who is in Heaven,  
Who rejoice over one sinner doing penance,  
Who struck the Sodomites with blindness, *pray for us*  
Who led Lot out of the midst of the ungodly,  
Who ascended and descended on the ladder of Jacob,  
Who delivered the Divine Law to Moses on Mount Sinai,  
Who brought good tidings when Christ was born,  
Who comforted Him in His agony,  
Who sat in white garments at His sepulcher,  
Who appeared to the disciples as He went up into Heaven,  
Who shall go before Him bearing the standard of the Cross when He comes to judgment,

Who shall gather together the elect at the End of the World,  
Who shall separate the wicked from among the just,  
Who offer to God the prayers of those who pray,  
Who assist us at the hour of death,  
Who carried Lazarus into Abraham's bosom,  
Who conduct to Heaven the souls of the just,  
Who perform signs and wonders by the power of God,  
Who are sent to minister for those who shall receive the inheritance of salvation,  
Who are set over kingdoms and provinces,  
Who have often put to flight armies of enemies,  
Who have often delivered God's servants from prison and other perils of this life,  
Who have often consoled the holy martyrs in their torments,  
Who are wont to cherish with peculiar care the prelates and princes of the Church,  
All ye holy orders of blessed spirits,



From all dangers, *deliver us, O Lord.*  
From the snares of the devil,  
From all heresy and schism,  
From plague, famine and ware,  
From sudden and unlooked-for death,  
From everlasting death,  
Lamb of God, Who takes away the sins of the world, *Spare us, O Lord.*  
Lamb of God, Who takes away the sins of the world, *Graciously hear us, O Lord.*  
Lamb of God, Who takes away the sins of the world, *Have mercy on us.*  
*Lord, have mercy.*



*Christ, have mercy.*

*Lord, have mercy.*

**Our Father, Hail Mary, Glory Be**

Bless the Lord, all ye Angels: Ye who are mighty in strength, who fulfill His commandments, hearkening unto the voice of His words. He hath given His Angels charge concerning thee, To keep thee in all thy ways.

**Let Us Pray:** O God, Who dost arrange the services of Angels and men in a wonderful order, mercifully grant that our life may be protected on earth by those who always do Thee service in Heaven, through Jesus Christ Thy Son, Who with Thee and the Holy Ghost are one God now and forever. Amen.

O God, Who in Thine unspeakable Providence dost send Thine Angels to keep guard over us, grant unto Thy suppliants that we may be continually defended by their protection and may rejoice eternally in their society, through Jesus Christ Our Lord, Who lives and reigns with Thee, in the unity of the Holy Ghost, forever and ever. Amen

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**TO ST. JOSEPH**

**PRAYER TO ST. JOSEPH FOR ALL NEED**

Oh St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires. Oh St. Joseph, do assist me by your powerful intercession and obtain for me from your divine son all spiritual blessings through Jesus Christ, our Lord; so that having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers. Oh St. Joseph, I never weary contemplating you and Jesus asleep in your arms. I dare not approach while he reposes near your heart. Press Him in my name and kiss his fine head for me, and ask him to return the kiss when I draw my dying breath. St. Joseph, patron of departing souls, pray for us. Amen

*(To be said for 9 consecutive days before 11 O'clock)*

**MEMORARE**

Remember, most pure spouse of Mary, ever Virgin, my loving protector, Saint Joseph, that no one ever had recourse to your protection or asked for your aid without obtaining relief. Confiding, therefore, in your goodness, I come before you and humbly implore you. Despise not my petitions, foster-father of the Redeemer, but graciously receive them. Amen.



**PRAYER TO KNOW ONE’S VOCATION**

O great St. Joseph, you were completely obedient to the guidance of the Holy Spirit. Obtain for me the grace to know the state of life that God in His providence has chosen for me. Since my happiness on earth, and perhaps even my final happiness in heaven, depends on this choice, let me not be deceived in making it. Obtain for me the light to know God’s Will, to carry it out faithfully, and to choose the vocation which will lead me to a happy eternity. Amen.

**PRAYER TO ST. JOSEPH FOR EMPLOYMENT**

Dear Saint Joseph, you were yourself once faced with the responsibility of providing the necessities of life for Jesus and Mary. Look down with fatherly compassion upon me in my anxiety over my present inability to support my family. Please help me to find gainful employment very soon, so that this heavy burden of concern will be lifted from my heart and that I am soon able to provide for those whom God has entrusted to my care. Help us to guard against bitterness and discouragement, so that we may emerge from this trial spiritually enriched and with even greater blessings from God. Amen.

**ST JOSEPH PRAYER FOR FIDELITY TO WORK**

Glorious St. Joseph, model of all who are devoted to labor, obtain for me the grace to work conscientiously, putting the call of duty above my natural inclinations; to work with gratitude and joy, considering it an honor to employ and develop, by means of labor, the gifts received from God, disregarding difficulties and weariness; to work, above all, with purity of intention and with detachment from self, having always before my eyes death, and the account which I must render of time lost, of talents wasted, of good omitted, of vain complacency in success, so fatal to the work of God. All for Jesus, all for Mary, all after your example, patriarch Joseph. This will be my watchword in life and in death. Amen.

**LITANY OF ST. JOSEPH**

Lord, have mercy	<i>Lord have mercy o</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,	<i>have mercy on us.</i>
God the Holy Spirit,	<i>have mercy on us.</i>
Holy Trinity, One God,	<i>have mercy on us.</i>

Holy Mary,



*pray for us*

Saint Joseph,  
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, *pray for us*  
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, who take away the sins of the world, *Spare us, O Lord.*

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

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

He made him the lord of His house, *And ruler of all His substance.*

**Let us pray:** O God, who in Thine unspeakable providence didst vouchsafe to choose blessed Joseph to be the spouse of Thine 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 livest and reignest world without end. Amen.

**TO SAINTS PETER AND PAUL**

Lord our God, in the preaching of the Holy Apostles Peter and Paul you gave to your Church the beginning of Christian faith. Through their intercession come to our aid and guide us in the way of eternal salvation, through Christ our Lord.

**PRAYER TO STS. PETER AND PAUL  
(FOR THE HOLY CATHOLIC CHURCH)**

Defend, O Lord, thy servants, we beseech thee, from all dangers both of body and soul; and, by the intercession of the blessed and glorious Virgin Mary, Mother of God, of the blessed Apostles Peter and Paul, of blessed N., and of all thy saints, mercifully grant us the blessings of peace and safety ; that all adversities and errors being removed, thy Church may freely and securely serve thee; through Christ Our Lord. Amen.

**NOVENA TO ST. JUDE (Desperate situations & hopeless cases)**

Most holy Apostle, St. Jude, faithful servant and friend of Jesus, the Church honors and invokes you universally, as the patron of difficult cases, of things almost despaired of, Pray for me, I am so helpless and alone. Intercede with God for me that He bring





visible and speedy help where help is almost despaired of. Come to my assistance in this great need that I may receive the consolation and help of heaven in all my necessities, tribulations, and sufferings, particularly - (*make your request here*) and that I may praise God with you and all the saints forever. I promise, O Blessed St. Jude, to be ever mindful of this great favor granted me by God and to always honor you as my special and powerful patron, and to gratefully encourage devotion to you. Amen

### **Prayer**

May the Most Sacred Heart of Jesus be adored, and loved in all the tabernacles until the end of time. Amen. May the most Sacred Heart of Jesus be praised and glorified now and forever. Amen

*St. Jude pray for us and hear our prayers. Amen.*

Blessed be the Sacred Heart of Jesus

Blessed be the Immaculate Heart of Mary

Blessed be St. Jude Thaddeus, in all the world and for all Eternity.

*(say this prayer, followed by the Our Father and the Hail Mary)*

### **NOVENA PRAYER TO OUR PATRON SAINT**

Great Saint N..., at my Baptism you were chosen as a guardian and witness of my obligations, and under your name I then become an adopted child of God, and solemnly renounced satan, his works, and his empty promises. Assist me by your powerful intercession in the fulfillment of these sacred promises. You also made them in the days of your earthly pilgrimage, and your fidelity in keeping them to the end has obtained for you an everlasting reward in heaven. I am called to the same happiness that you enjoy. The same help is offered to me that enabled you to acquire eternal glory. You overcame temptations like those that I experience. Pray for me, therefore, my Holy Patron, so that, being inspired by your example and assisted by your prayers, I may live a holy life, die a happy death, and reach eternal life to praise and thank God in heaven with you. I ask you to pray to God for this special request if it be God's holy Will: (Mention your request).

### **Prayer**

Almighty, eternal God, You were pleased to make Your Church illustrious through the varied splendor of the Saints. As we venerate their memory may we also follow such shining examples of virtues on earth and thus obtain merited crowns in heaven. We ask this through Christ our Lord, Amen.

### **PRAYER TO ST. JUDE THADDEUS (PATRON OF DESPERATE CASES)**

O glorious apostle, St. Jude Thaddeus, true relative of Jesus and Mary! Pray for me who am so miserable; make use, I implore you, of that particular privilege accorded to you to bring visible and speedy help where help is almost despaired of. Come to my assistance that I may receive the consolations and succor of heaven in all my necessities,



tribulations and sufferings, particularly in this my present great need..... (*Here make your request*). Grant that I may bless God with you and all the elect forever. Amen.

**PRAYER TO ST. CECILIA**

Dear Saint Cecilia, one thing we know for certain about you is that you became a heroic martyr in fidelity to your divine Bridegroom. We do not know that you were a musician but we are told that you heard Angels sing. Inspire musicians to gladden the hearts of people by filling the air with God's gift of music and reminding them of the divine Musician who created all beauty. Amen. PRAYER OF

**PRAYER OF ST. FRANCIS OF ASSISI**

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

And where there is sadness, joy

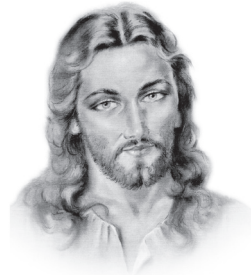
Divine Master, grant that I may not so much seek

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.



**NOVENA TO ST VINCENT DE PAUL**

*(Repeat this prayer for 9 days prior to the Feast of St. Vincent de Paul on September 27.)*

O Glorious Saint Vincent de Paul, the mention of your name suggests a litany of your virtues: humility, zeal, mercy, self-sacrifice. It also recalls your many foundations: Works of Mercy, Congregations, Societies.

The Church gratefully remembers your promotion of the priesthood. Inspire all Charitable Workers, especially those who minister, to both the spiritually and the materially poor.

O Lord, give us the grace that You bestowed upon, your servant St. Vincent de Paul, to relinquish the temptation of material things, in our holy effort to minister to the poor. Amen.

***Our Father...Hail Mary...Glory Be...***

**NOVENA TO SAINT THERESE OF THE CHILD JESUS**



O Little Therese of the Child Jesus, Please pick a rose for me from the heavenly gardens and send it to me as a message of love. O little flower of Jesus, ask God today to grant the favors I now place with confidence in your hands... (*Mention your specific requests*) St. Therese, help me to always believe, as you did, in God's great love for me, So that I might imitate your "Little Way" each day. Amen

### **NOVENA TO ST. RITA OF CASCIA**

O Holy Patroness of those in need, St. Rita, whose pleadings before thy Divine Lord are almost irresistible, who for thy lavishness in granting favors has been called the Advocate of the hopeless and even of the impossible; St. Rita, so humble, so pure, so mortified, so patient and of such compassionate love for thy Crucified Jesus that thou couldst obtain from Him whatsoever thou askest, on account of which all confidently have recourse to thee expecting, if not always relief, at least comfort; be propitious to our petition, showing thy power with God on behalf of thy suppliant; be lavish to us, as thou hast been in so many wonderful cases, for the greater glory of God, for the spreading of thine own devotion, and for the consolation of those who trust in thee. We promise, if our petition is granted, to glorify thee by making known thy favor, to bless and sing thy praises forever. Relying then upon thy merits and power before the Sacred Heart of Jesus, we pray thee grant that .. (here mention your request).

Pray for us, O holy Saint Rita, that we may be made worthy of the promises of Christ. Amen. (*Pray for 9 days*)

### **PRAYER TO ST. ANTHONY**

O holy St. Anthony, the gentlest and kindest of all saints, your burning love of God, your exalted virtues and your great charity towards your fellow creatures made you worthy, when on earth you possessed miraculous powers, and such were given to no other saint. To the sick you gave back health, you restored what was lost, and the sorrow stricken were the objects of your tender compassion.

Encouraged by this thought, and convinced of the efficacy of your holy intercession, we kneel before your holy image, and full of confidence, we implore you to obtain for us the favour that we now need (here mention your request). O gentle and loving Saint Anthony, you whose heart was ever full of human sympathy, whisper our prayer into the ears of the Infant Jesus, who loved to linger in your arms. One word from you and our prayer will be granted. (*Our Father, Hail Mary and Glory be.*)

### **PRAYER FOR THE HOLY CHURCH AND FOR PRIESTS. (by St. Faustina)**

O my Jesus, I beg you on behalf of the whole church: grant it love and the light of your spirit and give power to the words of priests so that hardened heart might be brought to repentant and return to you, Lord. Lord, give us Holy Priests; you yourself maintain



them in holiness. O divine and great High Priest, may the power of your mercy accompany them everywhere and protect them from the devil's traps and snares which are continually being set for the souls of priests. May the power of your mercy, O Lord, shatter and bring to naught all that may tarnish the sanctity of priests, for You can do all things. I ask You, Jesus, for a special blessing and for light for the priests before whom I will make my confessions throughout my lifetime. Amen

**PRAYER OF ST. JOHN VIANEY**

I love You, O my God,  
And my only desire is to love You  
Until the last breathe of my life.  
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.

**PRAYER OF TRUST & CONFIDENCE by St. Padre Pio**

O Lord, we ask for a boundless confidence and trust in Your divine mercy, and the courage to accept the crosses and sufferings which bring immense goodness to our souls and that of Your Church.

Help us to love You with a pure and contrite heart, and to humble ourselves beneath Your cross, as we climb the mountain of holiness, carrying our cross that leads to heavenly glory.

May we receive You with great faith and love in Holy Communion, and allow You to act in us, as You desire, for Your greater glory.

O Jesus, most adorable heart and eternal fountain of Divine Love, may our prayer find favor before the Divine Majesty of Your Heavenly Father. Amen.

**A PRAYER TO JESUS (by st. Padre pio of Pietrelcina)**

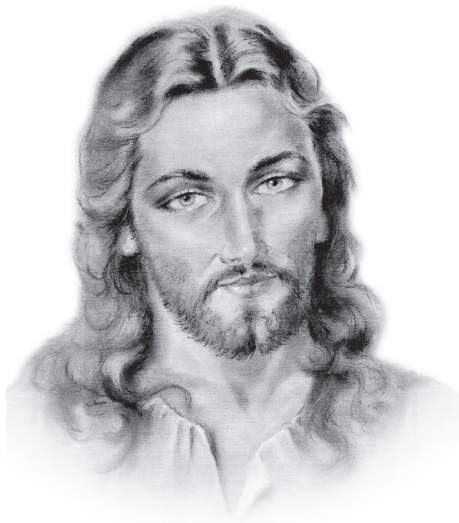
Oh my Jesus, give me Your strength when my weak nature rebels against the distress and suffering of this life of exile, and enable me to accept everything with serenity and peace. With my whole strength I cling to Your merits, Your sufferings, Your expiation, and Your tears, so that I may be able to cooperate with You in the work of salvation. Give me strength to fly from sin, the only cause of Your agony, Your sweat of blood, and Your death. Destroy in me all that displeases You and fill my heart with the fire of Your holy love and all Your sufferings. Clasp me tenderly, firmly, close to You that I may never leave You alone in Your cruel Passion. I ask only for a place of rest in Your Heart. My desire is to share in Your agony and be beside You in the Garden. May my soul be inebriated by Your love and fed with the bread of Your sorrow. Amen.



**LITANY OF ALL 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,  
***Pray for us.***  
St. John the Baptist,  
St. Joseph,  
All you Holy Patriarchs and Prophets,  
St. Peter,  
St. Paul,  
St. Andrew,  
St. James,  
St. John the apostle,  
St. John Vianney  
St. John Bosco  
St. Thomas,  
St. Philip,  
St. Bartholomew,  
St. Matthew,  
St. Simon,  
St. Jude,  
St. Matthias,  
St. Barnabas,  
St. Luke,  
St. Mark,  
All you holy Apostles and Evangelists,  
All you holy Disciples of the Lord,

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.  
Christ, graciously hear us.  
Have mercy on us.  
Have mercy on us.  
Have mercy on us.  
Have mercy on us.  
Pray for us.  
Pray for us.  
Pray for us.  
Pray for us.  
Pray for us.  
Pray for us.





All you holy Innocents,  
St. Stephen,  
St. Lawrence,  
St. Vincent De Paul,  
St. Fabian,  
St. Sebastian,  
St. John of the cross,  
St. Paul of the cross,  
St. Maximilian Kolbe,  
St. Ignatius Loyola,  
St. Francis Xavier,  
St. Francis de Sales,  
St. Francis of Assisi,  
Sts. Cosmos and Damian,  
All you holy Martyrs  
St. Sylvester,  
St. Gregory,  
St. Ambrose,  
St. Augustine,  
St. Jerome,  
St. Martin,  
St. George  
St. Nicholas,  
All you holy Bishops and Confessors,  
All you holy Doctors  
St. Anthony,  
St. Benedict,  
St. Bernard,  
St. Dominic  
St. Padre Pio,  
St. Francis of Assisi  
St. Francis Xavier  
All you holy Priests and Levites,  
All you holy Monks and Hermits,  
St. Teresa of Avilla,  
St. Teresa of the child Jesus,  
St. Mary Magdalene,  
St. Agatha,  
St. Lucy,

St. Elizabeth,  
St. Agnes,  
St. Cecilia,  
St. Anastasia,  
St. Alphonsa,  
St. Catherine,  
St. Clare,  
St. Rita,  
All you holy Virgins and Widows,  
All you holy Saints of God,  
All you Holy martyrs of Uganda, most firm  
and faithful to Christ and His Church  
St. Charles Lwanga,  
St. Matthias Kalembe,  
St. Joseph Mukasa,  
St. Denis Ssebuggwawo,  
St. Ponsian Ngondwe,  
St. Ambrose Katekamu,  
St. Mukasa Kiriwawamvu,  
St. Andrew Kaggwa,  
St. Athanasius Bazzekuketta,  
St. Gonzaga Gonza,  
St. Noe Mawaggali,  
St. Luke Baanabakintu,  
St. James Buuzabalyawo ,  
St. Gyaviira Mayanja Musoke,  
St. Anatolius Kiriggwajjo,  
St. Achilles Kiwanuka,  
All you Holy martyrs of Uganda, followers  
of Jesus Christ in His suffering,  
St. Kizito,  
St. Mbaaga Tuzinde,  
St. Mugaga Lubowa,  
St. Mukasa Adulphus ludigo,  
St. Bruno Sserunkuuma,  
St. John Maria Muzeyi,  
St. Jose' Maria Escriva,  
St. Josephene Bakhita,  
Sts. Ann & Joachim,  
St. Faustina Kowalska,



## ***Christ is All***

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Lord, be merciful -

***Lord, save your people.***

From all evil, ***Lord, save your people.***

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,

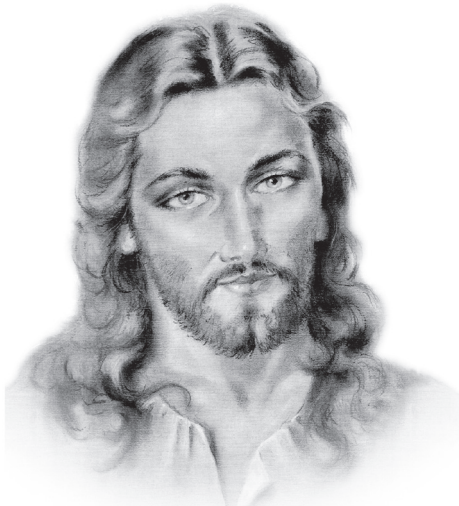
Lamb of God, who takes away the sins of the world, ***Spare us, O Lord!***

Lamb of God, who takes away the sins of the world, ***Graciously hear us, O Lord!***

Lamb of God, who takes away the sins of the world, ***Have mercy on us***

***Let us pray:*** O Lord Jesus Christ, you have wonderfully strengthened the holy saints.

You have given them to us as examples of faith and fortitude, chastity, charity and fidelity. We beseech you that by their intercession the same virtues may increase in us, and that we too may deserve to become propagators of the true faith; you who live and reign with God the father and God the Holy Spirit world without end we pray. Amen.



### **NOVENA OF THE 24 GLORY BE TO THE FATHER.**

“Holy Trinity, God the Father, God the Son, and God the Holy Ghost, I thank Thee for all the blessings and favours Thou hast showered upon the soul of Thy servant Theresa of the Child Jesus, during the twenty-four years she spent here on earth, and in consideration of the merits of this Thy most beloved Saint, I beseech Thee to grant me this favor, if it is in accordance with Thy most Holy Will and is not an obstacle to





my salvation.”

*After this Prayer follows the twenty-four “Glory Be...,”*

between each of which may be included this short prayer:

*“Saint Theresa of the Child Jesus, pray for us.”*

### **The Glory Be Prayer**

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

## **NOVENA IN HONOUR OF JESUS AS TRUE KING**

*(Each day, for 9 days, say the following prayers...)*

Pray one Our Father...one Hail Mary...one Glory Be...

O Lord our God, You alone are the Most Holy King and Ruler of All Nations. We pray to You, Lord, in the great expectation of receiving from You, O Divine King, mercy, peace, justice and all good things.

Protect, O Lord our King, our families and the land of our birth. Guard us, we pray, Most Faithful One! Protect us from our enemies and from Your Just Judgement.

Forgive us, O Sovereign King, our sins against You. Jesus, You are a King of Mercy. We have deserved Your Just Judgement. Have mercy on us, Lord, and forgive us. We trust in Your Great Mercy.

O Most Awe-inspiring King, we bow before You and pray; may Your reign, Your kingdom, be recognized on earth! Amen.

## **NOVENA PRAYERS OF DIVINE MERCY**

**First Day: “Today bring to Me all mankind, especially all sinners,**

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

**Second Day: “Today bring to Me the Souls of Priests and Religious,**

Most Merciful Jesus, from whom comes all that is good, increase Your grace in men and women consecrated to Your service, that they may perform worthy works of mercy; and that all who see them may glorify the Father of Mercy who is in heaven. Eternal Father, turn Your merciful gaze upon the company of chosen ones in Your vineyard



## *Christ is All*

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-- upon the souls of priests and religious; and endow them with the strength of Your blessing. For the love of the Heart of Your Son in which they are enfolded, impart to them Your power and light, that they may be able to guide others in the way of salvation and with one voice sing praise to Your boundless mercy for ages without end. Amen.

### **Third Day: "Today bring to Me all Devout and Faithful Souls,**

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

### **Fourth Day: "Today bring to Me those who do not believe in God and those who do not know Me,**

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

### **Fifth Day: "Today bring to Me the Souls of those who have separated themselves from My Church,**

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



**Sixth Day: “Today bring to Me the Meek and Humble Souls and the Souls of Little Children”.**

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

**Seventh Day: “Today bring to Me the Souls who especially venerate and glorify My Mercy”.**

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

**Eighth Day: “Today bring to Me the Souls who are in the prison of Purgatory.**

Most Merciful Jesus, You Yourself have said that You desire mercy; so I bring into the abode of Your Most Compassionate Heart the souls in Purgatory, souls who are very dear to You, and yet, who must make retribution to Your justice. May the streams of Blood and Water which gushed forth from Your Heart put out the flames of Purgatory, that there, too, the power of Your mercy may be celebrated. Eternal Father, turn Your merciful gaze upon the souls suffering in Purgatory, who are enfolded in the Most Compassionate Heart of Jesus. I beg You, by the sorrowful Passion of Jesus Your Son,



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and by all the bitterness with which His most sacred Soul was flooded: Manifest Your mercy to the souls who are under Your just scrutiny. Look upon them in no other way but only through the Wounds of Jesus, Your dearly beloved Son; for we firmly believe that there is no limit to Your goodness and compassion. Amen.

### **Ninth Day: “Today bring to Me the Souls who have become Lukewarm”.**

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

### **NOVENA FOR THE SALVATION OF SOULS AND THE CONVERSION OF SINNERS**

O JESUS, Thou didst suffer and die that all mankind might be saved and brought to eternal happiness. Through the Agony of Thine Crown of Thorns I offer it to Thy Eternal Father that Thou wilt hear our pleas for further the grace of final perseverance for the just and mercy on sinners:

My dear parents and grandparents,

***My Jesus, pardon and mercy through Thy Sacred Wounds***

My brothers and sisters and other near relatives,

My godparents and sponsors of Confirmation,

My spiritual and temporal benefactors,

My friends and neighbors,

All for whom love or duty bids me pray,

Those who have offended me,

Those who will offend me,

Those who have suffered disadvantage of harm through me,

Those whom I, still a sinner, will offend,

Those who are especially beloved by Thee,

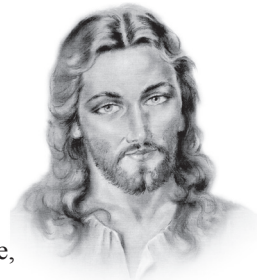
Those whose death is near at hand,

Those who desire most to be united to Thee,

Those who endure the greatest sufferings and trials, especially spiritual torments,

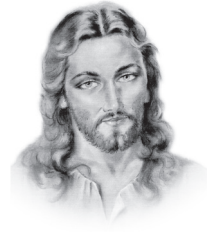
Those whose death is most remote,

Those sinners have no one to pray for them,





Those who are most deserving on account of their services to the Church,  
The rich who do not need Thee and are thus the most destitute,  
The mighty who spurn Thee,  
The spiritually blind, that they might see their folly,  
The frivolous, who spend their time in idleness,  
The poor, who do not seek the treasures of Heaven,  
The tepid, who devote little time to prayer,  
The indolent, who neglect to perform good works,  
Those of little faith, who neglect the frequent reception of the Sacraments,  
The habitual sinners, who require for their salvation to a miracle of grace,  
Parents who fail to watch over their children,  
Superiors who are not solicitous for the salvation of those entrusted to them,  
Those who strive for worldly riches and pleasures,  
The worldly minded, who fail to use their wealth and talents in the service of God,  
Those who witness the death of others, but do not think of their own,  
Those who blaspheme and commit sacrilege,  
Those who violate the dignity of the human body and mind through impurity,  
Those who sin because of my sins and bad example,  
Those who do not provide for the life hereafter,  
Those whose judgment will be severe because of the great things entrusted to them, **My**  
The pope, kings and rulers,  
The bishops and their counselors,  
My teachers and spiritual advisors,  
The priests of this diocese,  
The priests and religious of the Catholic Church,  
The defenders of the holy Catholic Faith,  
Those who die on the battlefield,  
Those who fight for their country,  
Those who will be buried in the sea,  
Those who are to die suddenly, in accidents and from other causes,  
Those who will die of heart attacks,  
Those who suffer with cancer,  
Those who suffer with AIDS,  
Those who shall die without the last rites of the Church,  
Those who shall die within the next twenty-four hours,  
For Catholic apostates, heretics, and other unbelievers,  
For Catholics who hold Masonic membership or in other secret societies,  
For the conversion of the Jews, Thy chosen people of old,  
For abortionists and those who aid them,





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For women who seek abortions,  
For those who promote or practice contraception,  
For those who give scandal, especially to children,  
My own poor soul when I shall have to appear before Thy judgment seat.

### **PRAYER**

Final perseverance and pardon grant unto all of these, O Lord; and let Thy graces through these petitions flow unto them and be fruitful. Amen.

### **NOVENA FOR THE HOLY SOULS IN PURGATORY**

*(This Novena, written by St. Alphonsus Liguori, has different prayers for each of the 9 days, followed by the Prayer to Our Suffering Saviour for the Holy Souls in Purgatory which is at the bottom of the section.)*

#### **Day 1**

Jesus, my Saviour I have so often deserved to be cast into hell how great would be my suffering if I were now cast away and obliged to think that I myself had caused my damnation. I thank Thee for the patience with which Thou hast endured me. My God, I love Thee above all things and I am heartily sorry for having offended Thee because Thou art infinite goodness. I will rather die than offend Thee again. Grant me the grace of perseverance. Have pity on me and at the same time on those blessed souls suffering in Purgatory. Mary, Mother of God, come to their assistance with thy powerful intercession.

*Say one Our Father, one Hail Mary, and the Prayer to Our Suffering Saviour for the Holy Souls in Purgatory*

#### **Prayer To The Suffering Saviour For The Holy Souls In Purgatory:**

O Most Sweet Jesus, through the bloody sweat, which Thou didst suffer in the Garden of Gethsemane, have mercy on these Blessed Souls. Have mercy on them.

R. *Have mercy on them, O Lord.*

O Most Sweet Jesus, through the pains, which Thou didst suffer during Thy most cruel Scourging, have mercy on them.

R. *Have mercy on them, O Lord.*

O Most Sweet Jesus, through the pains, which Thou didst suffer in Thy most painful Crowning with Thorns, have mercy on them.

R. *Have mercy on them, O Lord.*

O Most Sweet Jesus, through the pains, which Thou didst suffer in Carrying Thy Cross to Calvary, have mercy on them.

R. *Have mercy on them, O Lord.*



O Most Sweet Jesus, through the pains, which Thou didst suffer during Thy most cruel Crucifixion, have mercy on them.

R. *Have mercy on them, O Lord.*

O Most Sweet Jesus, through the pains, which Thou didst suffer in Thy most bitter Agony on the Cross, have mercy on them.

R. *Have mercy on them, O Lord.*

O Most Sweet Jesus, through the immense pain, which Thou didst suffer in Breathing Forth Thy Blessed Soul, have mercy on them.

R. *Have mercy on them, O Lord.*

*(Recommend yourself to the Souls in Purgatory and mention your intentions here)*

Blessed Souls, I have prayed for thee; I entreat thee, who are so dear to God, and who are secure of never losing Him, to pray for me a miserable sinner, who is in danger of being damned, and of losing God forever. Amen.

### **Day 2**

Woe to me, unhappy being, so many years have I already spent on earth and have earned naught but hell! I give Thee thanks, O Lord, for granting me time even now to atone for my sins. My good God, I am heartily sorry for having offended Thee. Send me Thy assistance, that I may apply the time yet remaining to me for Thy love and service; have compassion on me, and, at the same time, on the Holy Souls suffering in Purgatory. O Mary, Mother of God, come to their assistance with thy powerful intercession. *Say one Our Father, one Hail Mary, and the Prayer to Our Suffering Saviour for the Holy Souls in Purgatory...*

### **Day 3**

My God! Because Thou art infinite goodness, I love Thee above all things, and repent with my whole heart of my offenses against Thee. Grant me the grace of holy perseverance. Have compassion on me, and, at the same, on the Holy Souls suffering in Purgatory. And thou, Mary, Mother of God, come to their assistance with thy powerful intercession.

*Say one Our Father, one Hail Mary, and the Prayer to Our Suffering Saviour for the Holy Souls in Purgatory ...*

### **Day 4**

My God! because Thou art infinite goodness, I am sorry with my whole heart for having offended Thee. I promise to die rather than ever offend Thee more. Give me holy perseverance; have pity on me, and have pity on those Holy Souls that burn in the cleansing fire and love Thee with all their hearts. O Mary, Mother of God, assist them by thy powerful prayers.





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*Say one Our Father, one Hail Mary, and the Prayer to Our Suffering Saviour for the Holy Souls in Purgatory...*

### **Day 5**

Woe to me, unhappy being, if Thou, O Lord, hadst cast me into hell; for from that dungeon of eternal pain there is no deliverance. I love Thee above all things, O Infinite God and I am sincerely sorry for having offended Thee again. Grant me the grace of holy perseverance. Have compassion on me, and, at the same time, on the Holy Souls suffering in Purgatory. O Mary, Mother of God, come to their assistance with thy powerful intercession.

*Say one Our Father, one Hail Mary, and the Prayer to Our Suffering Saviour for the Holy Souls in Purgatory ...*

### **Day 6**

My Divine Redeemer, Thou didst die for me on the Cross, and hast so often united Thyself with me in Holy Communion, and I have repaid Thee only with ingratitude. Now, however, I love Thee above all things, O Supreme God; and I am more grieved at my offences against Thee than at any other evil. I will rather die than offend Thee again. Grant me the grace of holy perseverance. Have compassion on me, and, at the same time, on the Holy Souls suffering in Purgatory. Mary, Mother of God, come to their aid with thy powerful intercession.

*Say one Our Father, one Hail Mary, and the Prayer to Our Suffering Saviour for the Holy Souls in Purgatory ...*

### **Day 7**

God, Father of Mercy, satisfy this their ardent desire! Send them Thy holy Angel to announce to them that Thou, their Father, are now reconciled with them through the suffering and death of Jesus, and that the moment of their deliverance has arrived.

*Say one Our Father, one Hail Mary, and the Prayer to Our Suffering Saviour for the Holy Souls in Purgatory ...*

### **Day 8**

Oh my God! I also am one of these ungrateful beings, having received so much grace, and yet despised Thy love and deserved to be cast by Thee into hell. But Thy Infinite Goodness has spared me until now. Therefore, I now love Thee above all things, and I am heartily sorry for having offended Thee. I will rather die than ever offend Thee. Grant me the grace of holy perseverance. Have compassion on me and, at the same time, on the Holy Souls suffering in Purgatory. Mary, Mother of God, come to their aid with thy powerful intercession.



*Say one Our Father, one Hail Mary, and the Prayer to Our Suffering Saviour for the Holy Souls in Purgatory ...*

**Day 9**

My God! How was it possible that I, for so many years, have borne tranquilly the separation from Thee and Thy Holy Grace! O Infinite Goodness, how long-suffering hast Thou shown Thyself to me! Henceforth, I shall love Thee above all things. I am deeply sorry for having offended Thee; I promise rather to die than to again offend Thee. Grant me the grace of holy perseverance, and do not permit that I should ever again fall into sin. Have compassion on the Holy Souls in Purgatory. I pray Thee, moderate their sufferings; shorten the time of their misery; call them soon unto Thee in heaven, that they may behold Thee face to face, and forever love Thee. Mary, Mother of Mercy, come to their aid with thy powerful intercession, and pray for us also who are still in danger of eternal damnation.

*Say one Our Father, one Hail Mary, and the Prayer to Our Suffering Saviour for the Holy Souls in Purgatory ...*

**NOVENA TO THE HOLY FAMILY**

Jesus, Mary, and Joseph, bless us and grant us the grace of loving Holy Church, as we are bound to do, above every earthly thing, and of ever showing forth our love by the witness of our deeds.

*Our Father, Hail Mary, Glory be*

Jesus, Mary, and Joseph, bless us and grant us the grace of openly professing, as we are bound to do, with courage and without human respect, the faith that we received of Thy gift in Holy Baptism.

*Our Father, Hail Mary, Glory be*

Jesus, Mary, and Joseph, bless us and grant us the grace of sharing, as we are bound to do, in the defense and propagation of the Faith, when duty calls, whether by word or by the sacrifice of our fortunes and our lives.

*Our Father, Hail Mary, Glory be*

Jesus, Mary, and Joseph, bless us and grant us the grace of loving one another in mutual charity, as we are bound to do, and establish us in perfect harmony of thought, will and action, under the rule and guidance of our holy Pastors.

*Our Father, Hail Mary, Glory be*

Jesus, Mary, and Joseph, bless us and grant us the grace of conforming our lives fully, as we are bound to do, to the commandments of God's law and that of His holy church,



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so as to live always in that charity which they set forth.

*Our Father, Hail Mary, Glory be*

Jesus, Mary, and Joseph, we ask in particular this special favor: (*state your request here*), Amen

## **THE HOLY MASS**

The importance of Holy Mass should be first than any other material blessings that you may receive in your day to day life. Just as you take food to nourish your body every day, you need to nourish your soul every day.

### **WHY SHOULD I GO TO MASS?**

The Mass is the most perfect form of prayer! (Pope Paul VI)

For each Mass we hear with devotion, Our Lord sends a saint to comfort us at death. (revelation of Christ to St. Gertrude the great).

A single Mass offered for oneself during life may be worth more than a thousand celebrated for the same intention after death. (St. John Vianney)

Once, St. Teresa was overwhelmed with God's Goodness and asked Our Lord "How can I thank you?" Our Lord replied, "ATTEND ONE MASS."

"It would be easier for the world to survive without the sun than to do without Holy Mass." (St. Padre Pio)

### **WHAT HAPPENS WHEN I GO FOR MASS?**

- The Mass is Calvary continued.
- Every Mass is worth as much as the sacrifice of our Lord's life, sufferings and death.
- Holy Mass is the most powerful atonement for your sins.
- At the hour of death the Masses you have heard will be your greatest consolation.
- Through the Holy Sacrifice, Our Lord Jesus Christ supplies for many of your negligences and omissions.
- He forgives you all the venial sins which you are determined to avoid. He forgives you all your unknown sins which you never confessed. The power of Satan over you is diminished.
- By piously hearing Holy Mass you afford the Souls in Purgatory the greatest possible relief.
- Through Holy Mass you are preserved from many dangers and misfortunes which would otherwise have befallen you. You shorten your Purgatory by every Mass.
- Through the Holy Mass you are blessed in your temporal goods and affairs.



**PRAYER BEFORE THE HOLY MASS**

*(This Prayer should be prayed daily before Mass and made known)*

Eternal Father we humbly offer thee our poor presence and that of the whole of humanity from the beginning to the end of the world at all the masses that ever have or ever will be prayed. We offer thee all the pains, sufferings, prayers, sacrifices, joys and relaxations of our lives, in union with those of our dear Lord Jesus here on earth. May the most Precious Body of Christ, all His Blood and Wounds and Agony save us, through the Sorrowful and Immaculate Heart of Mary, Amen.

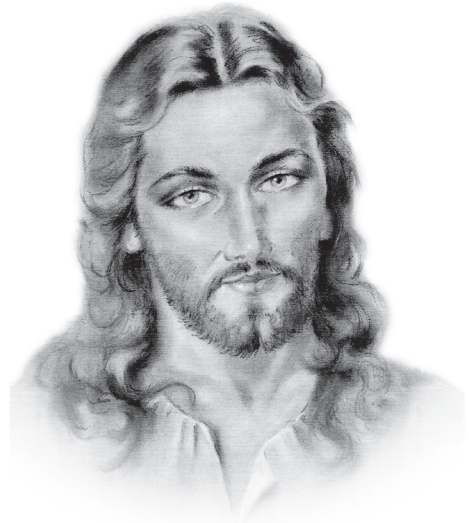
**PRAYER BEFORE COMMUNION**

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 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 Master when you come to 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 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 body which I pray, make me worthy to receive for remission of all my sins and for life everlasting. Amen.

**PRAYERS AFTER COMMUNION**

**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, strength me.  
O good Jesus, hear me.  
Within your wounds, hide me.  
Separated from you let me never be.  
From the malignant enemy, defend me.  
At the hour of death, call me.  
And close to you, bid me.  
That with your saints I may be  
Praising you, for all eternity. Amen.





**A PRAYER TO JESUS IN THE EUCHARIST by Saint Padre Pio**

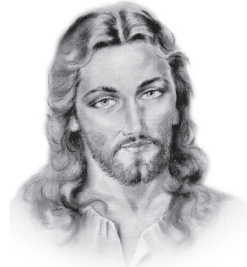
Stay with me, Lord, for it is necessary to have You present so that I do not forget You. You know how easily I abandon You. Stay with me, Lord, because I am weak and I need Your strength, that I may not fall so often. Stay with me, Lord, for You are my life, and without You, I am without fervor. Stay with me, Lord, for You are my light, and without You, I am in darkness. Stay with me, Lord, to show me Your will. Stay with me, Lord, so that I hear Your voice and follow You. Stay with me, Lord, for I desire to love You very much, and always be in Your company. Stay with me, Lord, if You wish me to be faithful to You. Stay with me, Lord, for as poor as my soul is, I wish it to be a place of consolation for You, a nest of Love. Stay with me, Jesus, for it is getting late and the day is coming to a close, and life passes, death, judgement, eternity approaches. It is necessary to renew my strength, so that I will not stop along the way and for that, I need You. It is getting late and death approaches. I fear the darkness, the temptations, the dryness, the cross, the sorrows. O how I need You, my Jesus, in this night of exile! Stay with me tonight, Jesus, in life with all its dangers, I need You. Let me recognize You as Your disciples did at the breaking of bread, so that the Eucharistic Communion be the light which disperses the darkness, the force which sustains me, the unique joy of my heart.

Stay with me, Lord, because at the hour of my death, I want to remain united to You, if not by Communion, at least by grace and love. Stay with me, Jesus, I do not ask for divine consolation, because I do not merit it, but, the gift of Your Presence, oh yes, I ask this of You! Stay with me, Lord, for it is You alone I look for. Your Love, Your Grace, Your Will, Your Heart, Your Spirit, because I love You and ask no other reward but to love You more and more. With a firm love, I will love You with all my heart while on earth and continue to love You perfectly during all eternity. Amen

**THE LITANIES**

**LITANY OF THE MOST HOLY NAME OF JESUS**

Lord, have mercy -	Lord have mercy
Christ, have mercy-	Christ have mercy
Lord, have mercy-	Lord, have mercy
Jesus, hear us-	Jesus, graciously hear us
God, the Father of heaven -	<b><i>Have mercy on us</i></b>
God, the Son, Redeemer of the world,	
God, the Holy Spirit,	
Holy Trinity, one God,	
Jesus, Son to the living God,	
Jesus, splendor of the Father,	
Jesus, brightness of eternal light,	
Jesus, king of glory,	





Jesus, sun of justice,  
Jesus, son of the Virgin Mary,  
Jesus, most Holy,  
Jesus, most amiable -  
Jesus, most admirable,  
Jesus, mighty God,  
Jesus, father of the world to come,  
Jesus, angel of great counsel,  
Jesus, most powerful,  
Jesus, most patient,  
Jesus, most obedient,  
Jesus, meek and humble of heart,  
Jesus, lover of chastity,  
Jesus, author of life,  
Jesus, God of peace,  
Jesus, model of all virtues,  
Jesus, zealous lover of souls,  
Jesus, our God,  
Jesus, our refuge,  
Jesus, our strength,  
Jesus, father of the poor,  
Jesus, treasure of the faithful,  
Jesus, good shepherd,  
Jesus, eternal wisdom,  
Jesus, infinite goodness,  
Jesus, our way, truth and life,  
Jesus, joy of angels,  
Jesus, king of patriarchs,  
Jesus, master of the apostles,  
Jesus, teacher of the evangelists,  
Jesus, strength of martyrs,  
Jesus, light of confessors,  
Jesus, purity of virgins,  
Jesus, crown of all saints,  
Be merciful -  
***Spare us, O Jesus***  
Be merciful -  
***Graciously hear us, O Jesus***  
From all sin -  
***Jesus, deliver us***  
From your wrath,  
From the snares of the devil,

From the spirit of impurity,  
From everlasting death,  
From the neglect of your inspirations,  
Through the mystery of your holy incarnation,  
Through your nativity,  
Through your infancy,  
Through your most divine life,  
Through your labours,  
Through your agony and passion,  
Through your cross and abandonment,  
Through your sufferings,  
Through your death and burial,  
Through your resurrection,  
Through your ascension,  
Through your institution of the  
most Holy Eucharist,  
Through your joy,  
Through your glory,  
Lamb of God, who takes away the sins of the  
world, ***Spare us, O Jesus.***  
Lamb of God, who takes away the sins of the  
world, ***Graciously hear us, O Jesus.***  
Lamb of God, who takes away the sins of the  
world, ***Have mercy on us, O Jesus.***

**Let us pray:** O Lord Jesus Christ, you have said, “Ask and you shall receive; seek and you shall find; knock and it shall be opened for you”; grant, we beseech You, that we, who ask the gift of your divine charity may love you with our whole heart in word and deed and never cease from praising you. Grant, O Lord, that we may have a perpetual fear and love of your holy name for you never fail to direct and govern those whom you instruct in your truth and steadfast love. You live and reign the world without end. Amen.



## LITANY OF THE HOLY FACE OF JESUS

Lord, have mercy on us,            Jesus Christ, have mercy on us.  
Lord, have mercy on us,            Jesus Christ, Have mercy on us.  
Holy Virgin Mary,                    Pray for us.  
O Jesus, Whose adorable Face Mary and Joseph worshiped with profoundest reverence,  
**have mercy on us.**  
O Jesus, Whose adorable Face is the masterpiece of the Holy Ghost, in which the Father was well pleased,  
O Jesus, Whose adorable Face ravished with joy the angels, shepherds and Magi in the stable of Bethlehem,  
O Jesus, Whose adorable Face wounded with a dart of love the aged Simeon and the Prophetess Anna in the temple,  
O Jesus, Whose adorable Face was bathed in tears in Thy Holy Infancy,  
O Jesus, Whose adorable Face at the age of twelve astonished the doctors in the temple,  
O Jesus, Whose adorable Face is white with purity and ruddy with charity,  
O Jesus, Whose adorable Face is more beautiful than the sun, brighter than the moon and more brilliant than the stars,  
O Jesus, Whose adorable Face is lovelier than the roses of spring,  
O Jesus, Whose adorable Face is more precious than gold, silver and gems,  
O Jesus, Whose adorable Face wins all hearts by Its charms and grace,  
O Jesus, Whose adorable Face is most noble in Its heavenly features,  
O Jesus, Whose adorable Face is contemplated by the angels,  
O Jesus, Whose adorable Face is the sweet delight of the saints,  
O Jesus, Whose adorable Face was the joy of Thy Virgin Mother and Thy foster-father,  
O Jesus, Whose adorable Face is the ineffable mirror of the Divine perfections,  
O Jesus, the beauty of Whose adorable Face is ever ancient and ever new,  
O Jesus, the modesty and mildness of Whose adorable Face attracteth both just and sinners,  
O Jesus, Whose adorable Face appeaseth the Divine wrath,  
O Jesus, Whose adorable Face is the terror of the evil spirits,  
O Jesus, Whose adorable Face is the treasure of grace and blessings,  
O Jesus, Whose adorable Face was exposed to the inclemency of the weather in the wilderness,  
O Jesus, Whose adorable Face was bathed with sweat in Thy journeys and scorched with the heat of the sun,  
O Jesus, the expression of Whose adorable Face is wholly Divine,  
O Jesus, Whose adorable Face gave a holy kiss and blessing to the little children,  
O Jesus, Whose adorable Face sorrowed and wept at the grave of Lazarus,  
O Jesus, Whose adorable Face was brilliant as the sun and radiant with glory on Mount Tabor,  
The light of Thy Face has been shed upon us, O Lord, *Thou hast given joy to our hearts.*  
O Adorable Face, worthy of all reverence, veneration and worship, **have mercy on us.**  
O Adorable Face, sorrowful at the sight of Jerusalem and shedding tears over that ungrateful city,  
O Adorable Face, bowed to the earth in the Garden of Olives and covered with confusion for our sins,  
O Adorable Face, bathed in a bloody sweat,  
O Adorable Face, kissed by the traitor Judas,





O Adorable Face, Whose sanctity and majesty smote the soldiers with fear and cast them to the ground,  
O Adorable Face, struck by an infamous servant, blindfolded and profaned by the sacrilegious hands of Thine enemies,  
O Adorable Face, defiled with spittle and bruised by so many buffets and blows,  
O Adorable Face, Whose Divine look wounded the heart of Peter with repentance, sorrow and love,  
O Adorable Face, humbled for us at the tribunals of Jerusalem,  
O Adorable Face, which didst preserve Thy serenity when Pilate pronounced the fatal sentence,  
O Adorable Face, covered with sweat and blood and forced into the mire under the weight of the Cross,  
O Adorable Face, the brow crowned with deep and piercing thorns,  
O Adorable Face, wiped with a veil by a pious woman on the way to Calvary,  
O Adorable Face, raised on the instrument of the most shameful punishment,  
O Adorable Face, Whose eyes shed tears of blood,  
O Adorable Face, Whose mouth was tormented with vinegar and gall,  
O Adorable Face, Whose hair and beard were plucked out by executioners,  
O Adorable Face, disfigured like the face of a leper,  
O Adorable Face, Whose incomparable beauty was obscured under the fearful cloud of the sins of the world,  
O Adorable Face, covered with the sad shades of death,  
O Adorable Face, washed and anointed by Mary and the holy women, and covered with a shroud,  
O Adorable Face, enclosed in the sepulcher,  
O Adorable Face, all resplendent with glory and beauty on the day of Thy Resurrection,  
O Adorable Face, all dazzling with light at the moment of Thine Ascension,  
O Adorable Face, hidden in the Most Blessed Sacrament of the Altar,  
O Adorable Face, which will appear at the End of Time in the clouds, with great power and majesty,  
O Adorable Face, which will cause sinners to tremble with terror,  
O Adorable Face, which will fill the just with joy for all eternity,  
O Lord, show us Thy Face, *And we shall be saved.*  
Lamb of God, Who takest away the sins of the world, *Spare us, O Lord.*  
Lamb of God, Who takest away the sins of the world, *Graciously hear us, O Lord.*  
Lamb of God, Who takest away the sins of the world, *Have mercy on us, O Lord.*

### Let Us Pray

I salute Thee, I adore Thee, I love Thee, O adorable Face of Jesus my beloved, noble seal of the Divinity! With all the powers of my soul I apply myself to Thee, and most humbly pray Thee to imprint in me all the features of Thy divine countenance. R. Amen.

We beseech Thee, O Almighty and merciful God, grant to us and to all who venerate the countenance of Thy dearly beloved Son, all disfigured by our sins, the grace to behold It throughout eternity in the glory of Its majesty, through the same Jesus Christ Our Lord, Who is, with Thee and the Holy Spirit, ever one God, world without end. R. Amen.

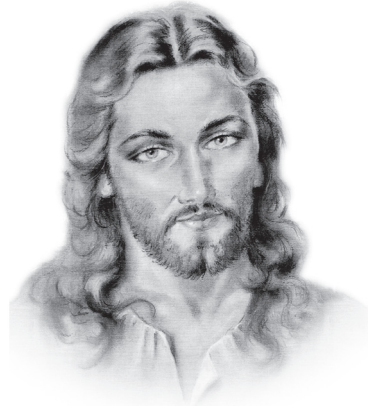
O my Jesus, cast upon us a look of mercy! Turn Thy Face toward each of us as Thou didst to Veronica, not that we may see It with our bodily eyes, for this we do not deserve, but turn It toward our hearts, so that remembering Thee, we may ever draw from this fountain of strength the vigor necessary to sustain the combats of life. Amen.



**LITANY OF HUMILITY**

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

*Hear me.  
Deliver me, Jesus.*



*Jesus, grant me the grace to desire it.*

**Let us pray:** Eternal Father, grant me the same mind, same love and the same Spirit of Your beloved Son Jesus so that I may do nothing out of selfishness or out of vain glory, but rather humbly regard others as more important than me, looking out not for my own interest but everyone's interest. May I have the same attitude like that of Your Son Jesus Christ, who though he was in the form of God did not regard equality with God rather he emptied himself taking the form of a slave, humbly becoming obedient to death on a cross. Because of this, You greatly exalted him and bestowed on him the name that is above every name that at the name of Jesus every knee should bend of those in heavens and on earth and under the earth. And every tongue confess that Jesus Christ is Lord, to the glory of God the Father.



**LITANY OF REPARATION**

For the sick, suffering and all who will die today especially those unprepared for death.

**Prayer for souls in need**

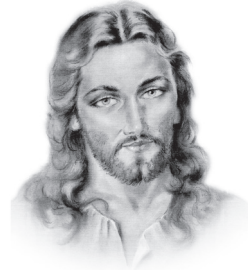
Eternal Father, I offer you the Most Precious Blood of Your Divine Son, Jesus, in union with the Masses said through out the world today, for all the Holy souls in Purgatory, for sinners every where, for sinners in the universal Church, those in my own home and within my family. Amen.

Lord have mercy on us - *Lord have mercy on us*  
Christ, have mercy on us - *Christ, have mercy on us.*  
Lord have mercy on us - *Lord have mercy on us*  
Christ hear us - *Christ graciously hear us.*  
God, the Father of heaven - *Have mercy on us.*  
God the son, mediator between God and man -  
God the Holy Spirit, Enlightener of hearts -  
Holy and undivided trinity -  
O Sacred Host! Victim of reparation for the sins of the world - *Have mercy on us.*  
O Sacred Host! Immolated on the altar for us and by us,  
O Sacred Host! Despised and neglected,  
O Sacred Host! Outraged by the blasphemies of men,  
O Sacred Host! Neglected and abandoned in Your temples,  
Be merciful unto us - *Spare us, O Lord*  
Be merciful unto us- *Hear us, O Lord*  
For so many unworthy communions - *We offer You our reparation, O Lord*  
For the irreverence of Christians,  
For the continual blasphemies of the impious,  
For the infamous discourses made in Your holy temples,  
For the crimes of sinners,  
For the sacrileges which profane Your Sacrament of Love,  
For the coldness of Your children,  
For their contempt of Your loving invitations,  
For the infidelity of those who call themselves Your friends,  
For not using Your graces to the fullest  
For the abuse of Your grace,  
For our unfaithfulness,  
For our delay in loving You,  
For our tepidity in Your holy service,  
For not being as loving as we could have been



## Christ is All

For not being as merciful as we should have been  
 For taking You for granted  
 For being arrogant and proud  
 For failing to do our duty  
 For failing to obey Your Holy Will  
 For failing to set a good example  
 For failing to correct our mistakes  
 For Your bitter sadness at the loss of souls,  
 For Your long waiting at the door of our hearts,  
 For Your loving sighs,  
 For Your loving tears,  
 For Your loving imprisonment,  
 For Your loving death,



That You spare us, that you hear us - *We sinners beseech you, hear us.*

That You will make known your love for us in this most holy sacrament

That You will vouchsafe to accept our reparation, made in the spirit of humility

Lamb of God, who takes away the sins of the world, *Spare us, O Lord.*

Lamb of God, who takes away the sins of the world, *Hear us, O Lord.*

Lamb of God, who takes away the sins of the world, *Have mercy on us, O Lord.*

**Prayer of reparation:** Most Holy Trinity, Father, Son and Holy Spirit, I adore you profoundly and I offer You the Most Precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and in differences by which He is offended, and by the infinite merits of His Most Sacred Heart and through the Immaculate Heart of Mary, I beg the conversion of poor sinners.

### LITANY OF THE DIVINE MERCY

Divine Mercy, gushing forth from the bosom of the Father, I trust in you

Divine Mercy, greatest attribute of God,

Divine Mercy, incomprehensible mystery,

Divine Mercy, fount gushing forth from the mystery of the Most Blessed Trinity,

Divine Mercy, unfathomable by any intellect, human or angelic,

Divine Mercy, from which wells forth all life and happiness,

Divine Mercy, better than the heavens,

Divine Mercy, source of miracles and wonders,

Divine Mercy, encompassing the whole universe,

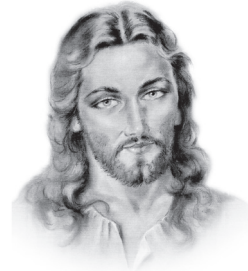
Divine Mercy, descending to earth in the Person of the Incarnate Word,

Divine Mercy, which flowed out from the open wound of the Heart of Jesus,

Divine Mercy, enclosed in the Heart of Jesus for us, and especially for sinners,



Divine Mercy, unfathomed in the institution of the Sacred Host,  
 Divine Mercy, in the founding of Holy Church,  
 Divine Mercy, in the Sacrament of Holy Baptism,  
 Divine Mercy, in our justification through Jesus Christ,  
 Divine Mercy, accompanying us through our whole life,  
 Divine Mercy, embracing us especially at the hour of death,  
 Divine Mercy, endowing us with immortal life,  
 Divine Mercy, accompanying us every moment of our life,  
 Divine Mercy, shielding us from the fire of hell,  
 Divine Mercy, in the conversion of hardened sinners,  
 Divine Mercy, astonishment for Angels, incomprehensible to Saints,  
 Divine Mercy, unfathomed in all the mysteries of God,  
 Divine Mercy, lifting us out of every misery,  
 Divine Mercy, source of our happiness and joy,  
 Divine Mercy, in calling us forth from nothingness to existence,  
 Divine Mercy, embracing all the works of His hands,  
 Divine Mercy, crown of all of God's handiwork,  
 Divine Mercy, in which we are all immersed,  
 Divine Mercy, sweet relief for anguished hearts,  
 Divine Mercy, only hope of despairing souls,  
 Divine Mercy, repose of hearts, peace amidst fear,  
 Divine Mercy, delight and ecstasy of holy souls,  
 Divine Mercy, inspiring hope against all hope,



Eternal God, in whom mercy is unfathomable and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy, itself?. O incomprehensible and limitless mercy divine, who can extol and adore you worthily? Supreme attribute of Almighty God, I love you, I praise you and I worship you.

**LITANY OF THE MOST PRECIOUS BLOOD**

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>
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	- <i>have mercy on us</i>
God, the Holy Spirit	- <i>have mercy on us</i>



## **Christ is All**

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Holy Trinity, one God

- *have mercy on us*

L: O most precious blood of Jesus Christ, the blood of salvation –

**R: cover us and the whole world**

The ocean of the blood of Jesus Christ – set us free

The blood of Jesus Christ full of holiness and compassion -

Precious blood of Jesus Christ, our strength and power –

Precious blood of Jesus Christ, the Everlasting covenant –

Precious blood of Jesus Christ, the Foundation of the Christian's faith –

Precious blood of Jesus Christ, the Armor of God –

Precious blood of Jesus Christ, the Divine –

Precious blood of Jesus Christ, the scourge of demons –

Precious blood of Jesus Christ, the Help of those in bondage –

Precious blood of Jesus Christ, the Sacred wine –

Precious blood of Jesus Christ, the Power of Christians –

Precious blood of Jesus Christ, the Defender of the catholic wall –

Precious blood of Jesus Christ, the Christians true faith –

Precious blood of Jesus Christ, the Healing Blood – save us

Precious blood of Jesus Christ, the Anointing blood –

Precious blood of Jesus Christ, the Boldness of the children of God –

Precious blood of Jesus Christ, the Commander of the Christian warriors –

Precious blood of Jesus Christ, the Blood of resurrection –

Precious blood of Jesus Christ, the Drink of heavenly Angels –

Precious blood of Jesus Christ, the Consolation of God the Father –

Precious blood of Jesus Christ, the Power of the Holy Spirit –

Precious blood of Jesus Christ, the Circumcision of the Gentiles –

Precious blood of Jesus Christ, the Peace of the world –

Precious blood of Jesus Christ, the Sunshine of Heaven and earth –

Precious blood of Jesus Christ, the Rainbow in heaven –

Precious blood of Jesus Christ, the Hope of innocent children –

Precious blood of Jesus Christ, the Word of God in our hearts –

Precious blood of Jesus Christ, the Heavenly weapon –

Precious blood of Jesus Christ, the Divine wisdom –

Precious blood of Jesus Christ, the Foundation of the world –

Precious blood of Jesus Christ, the Mercy of God the Father –

L: O Most precious Blood of Jesus Christ - **Cleanse the sins of the world**

L: O Most precious Blood of Jesus Christ - **Refine the world**

L: O Most precious Blood of Jesus Christ - **Teach us how to console Jesus**

**Let us pray:** O Precious Blood of our salvation, we believe, hope and trust in you.



Deliver all those who are in the hands of the infernal spirit we beseech you. Protect the dying against the works of the evil spirits and welcome them into your eternal glory. Have mercy on the whole world and strengthen us to worship and console the Sacred heart. We adore you, O Precious Blood of mercy. Amen.

**LITANY OF THE PASSION OF CHRIST**

Lord, have mercy on us, Christ, have mercy on us.

Lord, have mercy on us. Christ, hear us, Christ, graciously hear us.

God the Father of Heaven, Have mercy on us.

God the Son, Redeemer of the world, Have mercy on us.

God the Holy Spirit, Have mercy on us.

Holy Trinity, One God, Have mercy on us.

Jesus, the Eternal Wisdom, *have mercy on us.*

Jesus, sold for thirty pieces of silver,

Jesus, prostrate on the ground in prayer,

Jesus, strengthened by an angel,

Jesus, in Thine agony bathed in a bloody sweat,

Jesus, betrayed by Judas with a kiss,

Jesus, bound by the soldiers,

Jesus, forsaken by Thy disciples,

Jesus, brought before Annas and Caiphas,

Jesus, struck in the face by a servant,

Jesus, accused by false witnesses,

Jesus, declared guilty of death,

Jesus, spat upon,

Jesus, blindfolded,

Jesus, smitten on the cheek,

Jesus, thrice denied by Peter,

Jesus, despised and mocked by Herod,

Jesus, clothed in a white garment,

Jesus, rejected for Barabbas,

Jesus, torn with scourges,

Jesus, bruised for our sins,

Jesus, esteemed a leper,

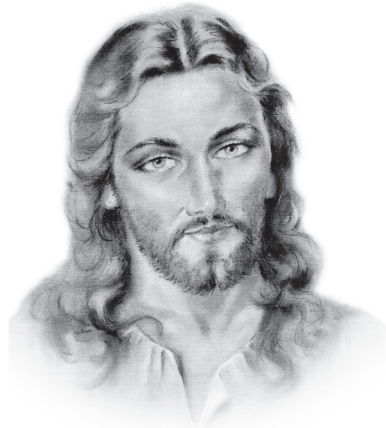
Jesus, covered with a purple robe,

Jesus, crowned with thorns,

Jesus, struck with a reed upon the Head,

Jesus, demanded for crucifixion by the Jews,

Jesus, condemned to an ignominious death,



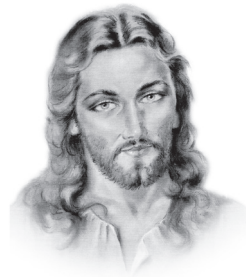




## *Christ is All*

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Jesus, given up to the will of Thine enemies,  
Jesus, loaded with the heavy weight of the Cross,  
Jesus, led like a sheep to the slaughter,  
Jesus, stripped of Thy garments,  
Jesus, fastened with nails to the cross,  
Jesus, reviled by the malefactors,  
Jesus, promising Paradise to the penitent thief,  
Jesus, commending St. John to Thy Mother as her son,  
Jesus, declaring Thyself forsaken by Thy Father,  
Jesus, in Thy thirst given gall and vinegar to drink,  
Jesus, testifying that all things written concerning Thee were accomplished,  
Jesus, commending Thy spirit into the hands of Thy Father,  
Jesus, obedient even to the death of the cross,  
Jesus, pierced with a lance,  
Jesus, made a propitiation for us,  
Jesus, taken down from the cross,  
Jesus, laid in the sepulcher,  
Jesus, rising gloriously from the dead,  
Jesus, ascending into Heaven,  
Jesus, our Advocate with the Father,  
Jesus, sending down on Thy disciples the Holy Spirit, the Paraclete,  
Jesus, exalting Thy Mother above the choirs of angels,  
Jesus, Who shall come to judge the living and the dead,  
Be merciful, *spare us, O Lord.*  
Be merciful, *graciously hear us, O Lord.*  
From all evil, Lord Jesus, *deliver us.*  
From all sin, Lord Jesus,  
From anger, hatred, and every evil will,  
From war, famine, and pestilence,  
From all dangers of mind and body,  
From everlasting death,  
Through Thy most pure Conception,  
Through Thy miraculous Nativity,  
Through Thy humble Circumcision,  
Through Thy baptism and holy fasting,  
Through Thy labors and watchings,  
Through Thy cruel scourging and crowning,  
Through Thy thirst, and tears, and nakedness,  
Through Thy precious death and Cross,





Through Thy glorious Resurrection and Ascension,  
Through Thy sending forth the Holy Spirit, the Paraclete,  
In the Day of Judgment,  
We sinners beseech Thee, hear us.  
That Thou will spare us, *we beseech Thee, hear us.*  
That Thou will pardon us, *we beseech Thee, hear us.*  
That Thou will bring us to true penance,  
That Thou will mercifully pour into our hearts the grace of the Holy Spirit,  
That Thou will defend and propagate Thy holy Church,  
That Thou will preserve and increase all societies assembled in Thy Holy Name,  
That Thou will bestow upon us true peace,  
That Thou will give us perseverance in grace and in Thy holy service,  
That Thou will deliver us from unclean thoughts, from the temptations of the devil,  
and from everlasting damnation,  
That Thou will unite us to the company of Thy saints,  
That Thou will graciously hear us,  
Lamb of God, Who takes away the sins of the world, *Spare us, O Lord.*  
Lamb of God, Who takes away the sins of the world, *Graciously hear us, O Lord.*  
Lamb of God, Who takes away the sins of the world, *Have mercy on us.*  
Christ, hear us, Christ, graciously hear us.  
We adore Thee, O Christ, and we bless Thee, Because by Thy Holy Cross Thou hast  
redeemed the world.  
**Let Us Pray:** Almighty and eternal God, Who didst appoint Thine only-begotten Son  
the Saviour of the world and willed to be appeased by His blood, grant that we may so  
venerate this Price of our Salvation, and by its might be so defended upon earth from  
the evils of this present life, that in Heaven we may rejoice in its everlasting fruit.  
Through Christ Our Lord Who lives and reigns with Thee in the unity of the Holy  
Spirit, world without end. Amen.

### LITANY OF CHRIST THE KING

The Lamb that was slain is worthy to receive power and divinity and wisdom and  
strength and honor; *To Him be glory and empire forever and ever.*  
He shall rule from sea to sea, and from the river to the ends of the earth.  
*All kings shall adore Him, all nations shall serve Him.*  
Lord, have mercy upon us, Christ, have mercy upon us.  
Lord, have mercy upon us, Christ the King, hear us.  
Christ the King, graciously hear us.  
Thou Who did receive crowns and tribute from the Magi,  
*May all nations serve Thee, O Lord.*



## *Christ is All*

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Who did rule by love the Holy Family of Nazareth,  
Who as King, served Thy people in the example of filial obedience,  
Who draws to Thy realm the fishermen to be fishers of men,  
Whose Kingdom is not of the spirit of this world,  
Who art King not of the Jews alone but of all creation,  
Who was mocked in false purple by the little rulers,  
Who was crowned with piercing thorns,  
Who was nailed to Thy throne on Golgotha,  
Who did ransom Thy people by the royal Sacrifice of Calvary,  
Who did purchase Thy Kingdom with the Blood of the Atonement,  
Who in Thy Resurrection wert the First-born from the dead,  
Who in Thy glorified body art risen triumphant,  
Who art throned and crowned at the right hand of Thy Father,  
In Whom are all created things in Heaven and on earth, visible and invisible,  
Beneath Whom are all thrones and dominations,  
Beneath Whom are all principalities and powers,  
By Whom all things subsist,  
To Whom all the nations of the earth are subject,  
Through Whom all things are reconciled unto Thy Father,  
His power shall be an everlasting power,  
***and His Kingdom a kingdom that shall not be destroyed.***  
That the peoples of this world may know themselves subject to Thee,  
***We beseech Thee, hear us.***  
That they may put off their vainglory,  
That they may dispel the evils laicism has brought upon society,  
That they may hearken to Thy fiat,  
That they may bow their heads before Thee,  
That they may know Thy reign is eternal,  
That they may submit to Thy just and gentle rule,  
That they may recognize Thy Vicar on earth,  
That they may freely accept his rule for Thy sake,  
That they may know that Thy Church, being Thee Thyself, cannot die as nations die,  
That the Gentiles may be restored to mercy,  
That to Christ the King all things may be restored,  
That in the Prince of Peace true peace may by all be found,  
Lamb of God, Who takes away the sins of the world, Spare us, ***O Christ our King.***  
Lamb of God, Who takest away the sins of the world, ***Hear us, O Christ our King.***  
Lamb of God, Who takest away the sins of the world, ***Have mercy on us.***  
His power shall be an everlasting power, which shall not be taken away,



*And His Kingdom shall not decay. Alleluia.*

**Let Us Pray:** Almighty, everlasting God, Who in Thy beloved Son, King of the whole world, hast willed to restore all things anew, grant in Thy mercy that all the families of nations, rent asunder by the wound of sin, may be subjected to His most gentle rule, Who with Thee liveth and reigneth in the unity of the Holy Ghost, God, world without end. Amen.

### LITANY OF THE INFANT JESUS

Lord, have mercy on us, Christ, have mercy on us.

Lord, have mercy on us.

Jesus, hear us, Jesus, graciously hear us.

God the Father of Heaven, Have mercy on us.

God the Son, Redeemer of the world, Have mercy on us.

God the Holy Spirit, Have mercy on us.

Holy Trinity, One God, Have mercy on us.

Infant, Jesus Christ, *Have mercy on us.*

Infant, true God,

Infant, Son of the living God,

Infant, Son of the Virgin Mary,

Infant, strong in weakness,

Infant, powerful in tenderness,

Infant, Treasure of grace,

Infant, Fountain of love,

Infant, Renewer of the heavens,

Infant, Repairer of the evils of earth,

Infant, Head of the angels,

Infant, Root of the patriarchs,

Infant, Speech of prophets,

Infant, Desire of the Gentiles,

Infant, Joy of shepherds,

Infant, Light of the Magi,

Infant, Salvation of infants,

Infant, Expectation of the just,

Infant, Instructor of the wise,

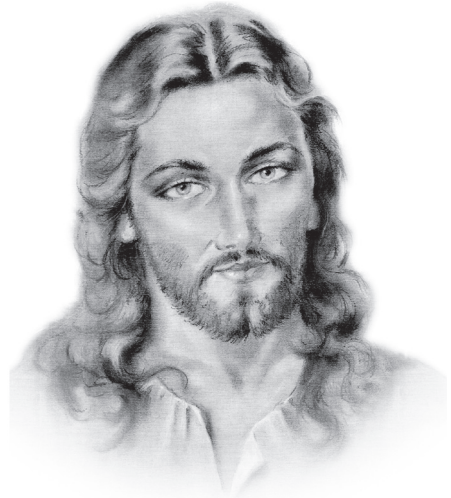
Infant, First-fruit of all saints,

Be merciful, *spare us, O Infant Jesus.*

Be merciful, *graciously hear us, O Infant Jesus.*

From the slavery of the children of Adam, Infant Jesus, *deliver us.*

From the slavery of the devil, Infant Jesus,

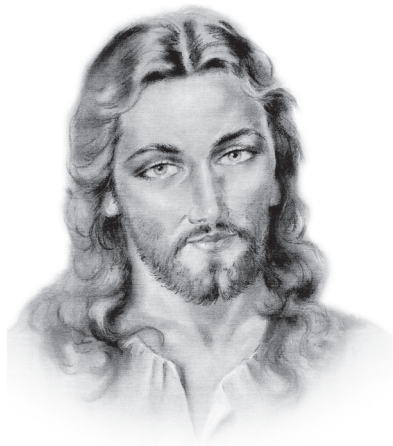




## *Christ is All*

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From the evil desires of the flesh,  
From the malice of the world,  
From the pride of life,  
From the inordinate desire of knowing,  
From blindness of spirit,  
From an evil will,  
From our sins,  
Through Thy most pure Conception,  
Through Thy most humble Nativity,  
Through Thy tears,  
Through Thy most painful Circumcision,  
Through Thy most glorious Epiphany,  
Through Thy most pious Presentation,  
Through Thy most divine life,  
Through Thy poverty,  
Through Thy many sufferings,  
Through Thy labors and travels,



Lamb of God, Who takes away the sins of the world, *Have mercy on us, O Infant Jesus.*  
Lamb of God, Who takes away the sins of the world, Graciously hear us, O Infant Jesus.  
Lamb of God, Who takes away the sins of the world, Have mercy on us.  
Jesus, Infant, hear us, ***Jesus, Infant, graciously hear us.***

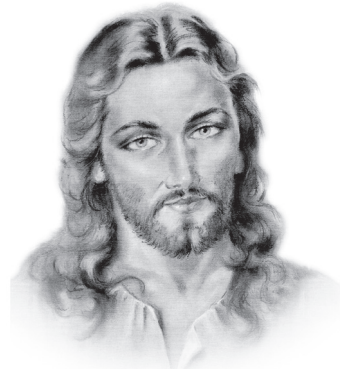
**Let Us Pray:** O Lord Christ, Thou wert pleased so to humble Thyself in Thine incarnate divinity and most sacred humanity as to be born in time and become a little child. Grant that we may acknowledge infinite wisdom in the silence of a child, power in weakness, and majesty in humiliation. Adoring Thy humiliations on earth, may we contemplate Thy glories in Heaven, Who with the Father and the Holy Spirit livest and reignest forever. R. Amen.

### **LITANY OF PRAISE**

Praise you Jesus, You are my life, my love.  
Praise you Jesus, You are the Name above all names.  
Praise you Jesus, You are Emmanuel, God with us.  
Praise You Jesus, You are the King of kings.  
Praise You Jesus, You are the King of Creation.  
Praise You Jesus, You are the King of the Universe.  
Praise You Jesus, You are the Lord of lords.  
Praise you Jesus, You are the Almighty.  
Praise You Jesus, You are Christ.  
Praise You Jesus, You are the Christ, the King.



Praise You Jesus, You are the Lamb of God.  
Praise You Jesus, You are the Lion of Judah.  
Praise You Jesus, you are the Bright morning star.  
Praise you Jesus, You are our Champion and Shield.  
Praise You Jesus, You are our Strength and our Song.  
Praise You Jesus, You are the Way for Our life.  
Praise You Jesus, You are the only Truth.  
Praise You Jesus, You the Real Life.  
Praise You Jesus, You are the Wonderful Counselor.  
Praise You Jesus, You are the Prince of Peace.  
Praise You Jesus, You are the Light of the World.  
Praise You Jesus, You are the Living Word.  
Praise You Jesus, You are Our Redeemer.  
Praise You Jesus, You are the Messiah.  
Praise You Jesus, You are the Anointed One.  
Praise You Jesus, You are the Holy one of Israel.  
Praise You Jesus, You are the Good Shepherd.  
Praise You Jesus, You are the Sheepgate.  
Praise You Jesus, You are the Lord of Hosts.  
Praise You Jesus, You are the Rock of all ages.  
Praise You Jesus, You are my Hiding Place.  
Praise You Jesus, You are the Savior of the World.  
Praise you Jesus, You are the Strong Tower.  
Praise You Jesus, You are the Mountain Refuge.  
Praise you Jesus, You are the Bread of Life.  
Praise you Jesus, You are the Fount of all Holiness.  
Praise You Jesus, You are the Living Water.  
Praise you Jesus, You are the True Vine.  
Praise You Jesus, You are my spouse, my Maker.  
Praise You Jesus, You are Our Fortress.  
Praise you Jesus, You are the Deliverer.  
Praise You Jesus, You are Our Victory.  
Praise you Jesus, you are Our salvation.  
Praise You Jesus, you are our Righteousness.  
Praise You Jesus, You are our Wisdom,  
Praise You Jesus, You are Our sanctification.  
Praise You Jesus, You are our Justification.  
Praise you Jesus, You are the Door.  
Praise You Jesus, You are the Great I AM.





## *Christ is All*

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Praise You Jesus, You are the Great High Priest.  
Praise You Jesus, You are the Cornerstone.  
Praise You Jesus, You are the Sure Foundation.  
Praise You Jesus, You are the Joy.

### **LITANY OF OUR LORD JESUS CHRIST PRIEST AND VICTIM**

Lord, have mercy - Lord, have mercy  
Christ, have mercy - Christ, have mercy  
Lord, have mercy - Lord, have mercy  
Christ hear us - Christ hear us  
Christ, graciously hear us - Christ, graciously hear us

God the Father of heaven, *Have mercy on us*

God the Son, Redeemer of the world,

God the Holy Spirit,

Holy Trinity, One God,

Jesus, Priest and Victim, *Have mercy on us*

Jesus, Priest forever according to the Order of Melchizedek,

Jesus, Priest Whom God sent to preach the Gospel to the poor,

Jesus, Priest Who at the Last Supper institute the form of the eternal sacrifice,

Jesus, Priest Who lives forever to intercede for us,

Jesus, High Priest whom the Father anointed with the Holy Spirit and power,

Jesus, High Priest chosen from among men,

Jesus, made High Priest for men,

Jesus, High Priest of our confession of faith,

Jesus, High Priest of greater glory than Moses,

Jesus, High Priest of the true tabernacle,

Jesus, High Priest of the good things to come,

Jesus, High Priest, holy, innocent and undefiled,

Jesus, High Priest faithful and merciful,

Jesus, High Priest inflamed with zeal for God and souls,

Jesus, High Priest, perfect forever,

Jesus, High Priest, Who by Your own Blood entered the heavens,

Jesus, High Priest, who opened us a new way for us,

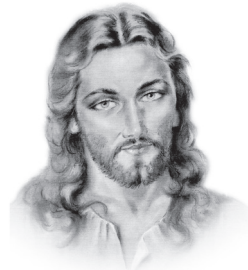
Jesus, High Priest, who loved us and washed us from our sins in Your Blood,

Jesus, High Priest, who offered Yourself to God as an oblation and sacrificial Victim,

Jesus, sacrificial Victim of God and men,

Jesus, holy and immaculate sacrificial Victim,

Jesus, pleasing sacrificial Victim,







Jesus, peace-making sacrificial Victim,  
Jesus, sacrifice of propitiation and praise,  
Jesus, sacrificial Victim of reconciliation and peace,  
Jesus, sacrificial Victim in whom we have confidence and access to God,  
Jesus, sacrificial Victim living forever and ever,  
Be merciful, *spare us, Jesus.*  
Be merciful, *graciously hear us, Jesus.*  
From rashly entering the clergy, *deliver us, Jesus*  
From the sin of sacrilege,  
From the spirit of incontinence,  
From sordid pursuits,  
From every lapse into simony,  
From the unworthy administration of the Church's treasures,  
From the love of the world and its vanities,  
From the unworthy celebration of Your Mysteries,  
Through Your eternal priesthood,  
Through the holy anointing whereby You were constituted a priest by God the Father,  
Through Your priestly spirit,  
Through that ministry whereby You glorified Your Father on earth,  
Through the bloody immolation of Yourself made once and for all upon the Cross,  
Through that same sacrifice daily renewed upon the altar,  
Through that divine power which You exercise invisibly in Your priests,  
That You would deign to maintain the whole priestly order in holy religion,  
***We beseech You, hear us***  
That You would deign to provide Your people with pastors after Your own heart,  
That You would deign to fill them with the spirit of Your priesthood,  
That the lips of Your priests might preserve true knowledge,  
That You would deign to send faithful workers into Your harvest,  
That You would deign to multiply the faithful dispensers of Your Mysteries,  
That You would deign to grant them perseverance in the service of Your will,  
That You would deign to give them gentleness in their ministry, resourcefulness in their actions, and constancy in prayer,  
That through them You would deign to promote the veneration of the Blessed Sacrament everywhere,  
That You would deign to receive into Your joy those who have served You well,  
Lamb of God, Who take away the sin of the world, *spare us, O Lord*  
Lamb of God, Who take away the sin of the world, *graciously hear us, O Lord*  
Lamb of God, Who take away the sin of the world, *have mercy on us, O Lord*  
Jesus, Our Priest, *hear us*



## **Christ is All**

---

Jesus, Our Priest, *graciously hear us*

### **Let us pray:**

O God, Sanctifier and Guardian of your Church, raise up in her through Your Spirit suitable and faithful dispensers of the holy Mysteries, so that by their ministry and example, the Christian people may be guided under Your protection in the path of salvation. Through Christ our Lord. Amen.

O God, who, while the disciples were worshipping and fasting, ordered Saul and Barnabas to be set apart for the work to which You had called them, be present now to Your Church in prayer, and You, who know the hearts of all, indicate those whom You have chosen for ministry. Through Christ our Lord. Amen.

### **LITANY OF THE SOULS IN PURGATORY**

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us. Christ, hear us.

Christ, graciously hear us.

God the Father of Heaven, *Have mercy on the souls of the faithful departed.*

God the Son, Redeemer of the world,

God the Holy Spirit,

Holy Trinity, One God,

Holy Mary,

*Pray for the souls of the faithful departed.*

Holy Mother of God,

Saint Michael,

Saint Gabriel,

All you holy angels and archangels,

Saint John the Baptist,

Saint Joseph,

All you holy patriarchs and prophets,

Saint Peter,

Saint Paul,

Saint John,

All you holy apostles and evangelists,

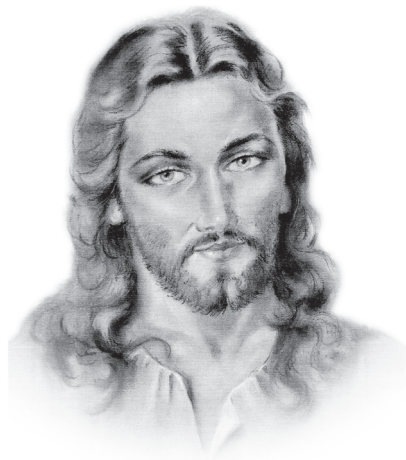
Saint Stephen,

Saint Lawrence,

All you holy martyrs,

Saint Gregory,

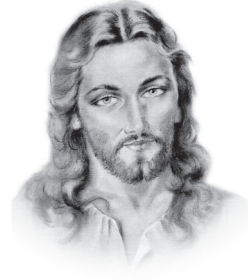
Saint Ambrose,





All you holy bishops and confessors,  
Saint Mary Magdalen,  
Saint Catherine,  
All you holy virgins and widows,  
All you saints of God,  
Be merciful, Spare them, O Lord.  
Be merciful, Hear them, O Lord.  
From all evil,  
From Your wrath,  
From the flame of fire,  
From the region of the shadow of death,  
Through Your Immaculate Conception,  
Through Your Nativity,  
Through Your Most Holy Name,  
Through the multitude of Thy tender mercies,  
Through Your most bitter Passion,  
Through Your most Sacred Wounds,  
Through Your most Precious Blood,  
Through Your ignominious death, by which Thou hast destroyed our death,  
We sinners, ***We beseech Thee, hear us.***

***O Lord, deliver them.***



O You who did absolve the sinner woman and hear the prayer of the good thief,  
That You would release our deceased parents, relations and benefactors from the bonds  
of their sins and the punishment for them,  
That You would hasten the day of visiting Thy faithful detained in the receptacles of  
sorrow, and wouldst transport them to the city of eternal peace,  
That You would shorten the time of expiation for their sins and graciously admit them  
into the holy sanctuary, into which no unclean thing can enter,  
That through the prayers and alms of Thy Church, and especially by the inestimable  
Sacrifice of Thy Holy Altar,  
That You would receive them into the tabernacle of rest and crown their longing hopes  
with everlasting fruition, Son of God,

Lamb of God, Who takest away the sins of the world, ***Grant them eternal rest.***  
Lamb of God, Who takest away the sins of the world, ***Grant them eternal rest.***  
Lamb of God, Who takest away the sins of the world, ***Grant them eternal rest.***  
Christ, hear us, Christ, graciously hear us.

Lord, have mercy on us, Christ, have mercy on us.

Lord, have mercy on us.

***Pray the "Our Father"***



## *Christ is All*

V. And lead us not into temptation, R. But deliver us from all evil. Amen.

V. From the gates of Hell, R. Deliver their souls, O Lord.

V. May they rest in peace, R. Amen.

V. O Lord, hear my prayer, R. And let my cry come unto Thee.

**Let Us Pray:** O God, Creator and Redeemer of all the faithful, grant to the souls of Thy departed servants the remission of all their sins, that through our pious supplications they may obtain the pardon which they have always desired. Through Jesus Christ Our Lord. Amen. O God, the Giver of pardon and the Lover of the salvation of men, we beg Thy clemency on behalf of our brethren, kinsfolk and benefactors who have departed this life, that by the intercession of the Blessed Virgin Mary and of all the saints, Thou wouldst receive them into the joys of Thine everlasting kingdom. Through Christ Our Lord. Amen. O God, to Whom it belongs always to have mercy and to spare, be favorably propitious to the souls of Thy servants and grant them the remission of all their sins, that being delivered from the bonds of this mortal life, they may be admitted to life everlasting. Through Jesus Christ Our Lord. Amen.

### LITANY OF DIVINE PROVIDENCE

Lord, have mercy on us, Christ, have mercy on us.

Lord, have mercy on us, Christ, hear us.

Christ, graciously hear us.

God the Father of Heaven,

*Have mercy on us.*

God the Son, Redeemer of the world,

God the Holy Ghost,

Holy Trinity, one God,

God, all-knowing and all-wise,

God, all-powerful and all-good,

God, most patient and most merciful,

Father of mercy and consolation,

God, wonderful and inscrutable in Thy plans,

God, in Whose hands is our life,

God, from Whom all good things and every perfect gift comes

Thou Who has made all things for the service of man,

Thou Who governs all with wisdom and love,

Thou Who fills all living things with blessing,

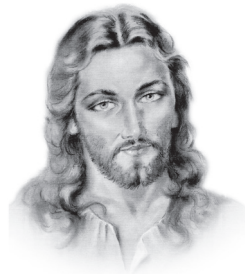
Thou Who clothes the lilies of the field and feed the birds of the air,

Thou Who numbers the hairs of our head,

Thou Who sees in secret,

Thou Who makes the sun to shine upon the good and the bad,

Thou Who allows it to rain upon the just and the unjust,



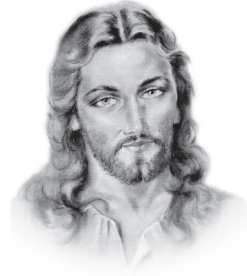


Thou Who works all things for the benefit of those who love Thee,  
Thou Who sends temporal sufferings for our correction and good,  
Thou Who rewards Christian patience with an eternal reward,  
God, our sole refuge and hope,  
God, our only consoler and helper,  
Be merciful, Spare us, O Lord.  
Be merciful, Graciously hear us, O Lord.

From all evil,  
From all sin,

*Deliver us, O Lord.*

From all murmurings and complaints against Thy holy decrees,  
From cowardice and impatience,  
From mistrust in Thy divine Providence,  
From too great trust in riches and the favor of men,  
From immoderate concern for temporal things,  
From misuse or neglect of Thy gifts and benefits,  
From ingratitude toward Thy loving kindness,  
From uncharitableness toward our neighbor,  
From obduracy in sin,  
From all dangers of body and soul,  
From Thy well-merited chastisements,  
From earthquake, pestilence, famine and distress,  
From disease, hunger and war,  
From a wicked and unprovided death,



On the day of judgment,

*We sinners beseech Thee, hear us.*

That we may always trust in Thy divine Providence,  
That in good fortune we may not become proud and godless,  
That in misfortune we may not become discouraged and impatient,  
That we may submit simply to all Thy decrees,  
That we may praise Thy name whether Thou givest or takest away,  
That Thy will may be done on earth as it is in Heaven,  
That we may seek consolation from Thee in time of trial,  
That Thou mayest give us what is necessary for the support of our life,  
That in all adversities we may grow in patience and humility,  
That Thou mayest accompany all our labors with Thy blessing,  
That Thou mayest reward our temporal sufferings with eternal joys,  
That Thou mayest fill our spiritual and civil rulers with the spirit of truth and the fear of God,  
That Thou mayest pity all who suffer want,  
That Thou mayest console and raise up all the abandoned and oppressed,  
That Thou mayest reward our benefactors with eternal goods,



## ***Christ is All***

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That we may praise and glorify Thy divine Providence now and forever,  
Lamb of God, Who takest away the sins of the world, ***Spare us, O Lord.***  
Lamb of God, Who takest away the sins of the world, ***Graciously hear us, O Lord.***  
Lamb of God, Who takest away the sins of the world, ***Have mercy on us.***  
Christ, hear us, Christ, graciously hear us,  
Lord, have mercy on us, Christ, have mercy on us.  
Lord, have mercy on us.  
*Our Father; Hail Mary.*

All eyes are turned to You, O Lord, And Thou gives them food in season.  
Thou opens Thy gentle hand, And fills with blessing all living things.  
Lord, show us Thy mercy, And grant us Thy salvation

**Let Us Pray:** O God, Whose Providence is never frustrated in its decrees, we beseech Thee to keep from us all harm and grant us every blessing, through Jesus Christ Our Lord. Amen.

### **LITANY FOR SUNDAY**

Lord, have mercy on us.  
Christ, have mercy on us.  
Christ, hear us, Christ, graciously hear us.  
God the Father of Heaven, ***Have mercy on us.***  
God the Son, Redeemer of the world,  
God the Holy Ghost,  
Holy Trinity, One God,  
This is the day which the Lord hath made, ***Let us rejoice, and be glad in it.***  
Jesus, Who on this day of the week did arise from the dead, ***have mercy on us.***  
Jesus, Who on the same day did put on a life immortal,  
Jesus, Who on the same day did appear to Mary Magdalene and to the Apostles,  
Jesus, Who on the same day did open the eyes of the two disciples going to Emmaus,  
Jesus, Who on the same day did comfort Your Apostles, and give them peace,  
Jesus, Who on the same day did confirm Your Apostles in the faith of the Resurrection by showing them Thy hands and Thy feet,  
Jesus, Who on the same day did breathe on the Apostles and give them the Holy Ghost,  
Jesus, Who on the same day did open their understanding to know the Scriptures,  
Jesus, Who on the same day did give them power to remit sins,  
Jesus, Who on the same day did send the Apostles on their mission, and did command them to go and teach all nations,  
Jesus, Who on a Sunday did condescend to the weakness of St. Thomas, and by the evidence of Your sacred Wounds did heal his unbelief,  
Jesus, Who on a Sunday did send down the Holy Ghost upon the Apostles, and thus



prepare them for laying the foundation of Thy Church,  
Jesus, Who on the same day did move Your Apostle Peter to preach the first Christian sermon to the Jews, to the conversion of three thousand,

Be merciful, O Jesus, and spare us, ***Be merciful, O Jesus, and hear us.***

From the abuse of this day which we are commanded to keep holy, ***Preserve us, O Lord.***

From sloth and in devotion,

From neglect of prayer, and of Thy Sacred Word,

From all occasions of misspending this day,

From whatever is an offense to God, or a scandal to the weak,

***We sinners Beseech Thee to hear us.***

That we may have Your grace to sanctify this day as You have commanded,

***We beseech Thee, hear us.***

That we may this day labor to arise to a new life,

That we may this day examine into the state of our souls, and resolve to amend whatever is displeasing to Thee,

That we may this day be so strengthened in our faith as to bend our whole endeavors upon seeking those eternal goods which faith has taught us to obtain,

That Thy Holy Spirit would this day take possession of our hearts, and so confirm us in every duty that no earthly considerations may be able to prevail against us to the transgression of Thy law,

That we may this day join with the Church Triumphant in praising, adoring and praying to Thee, and preparing our souls to celebrate with them an eternal Sabbath,

That we may not give this day to earth or to self-love, but may offer it to Thee, Who art our only everlasting Good, Son of God, Who hast forever hallowed this day,

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

Lamb of God, Who takest away the sins of the world, ***Hear us, O Lord.***

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

**Let Us Pray:** O God, the Protector of all who hope in Thee and without Whom nothing can have either strength or holiness, multiply Thy mercy, we beseech Thee, upon us, that Thou being our Ruler and our Guide, we may so pass through the goods of this life as not to lose those which are eternal. Through Jesus Christ Our Lord. Amen





## **SPECIAL PRAYERS**

### **CROSS PRAYER**

O God Almighty, who suffered death upon the cross particularly for my sins, be with me.

**Holy Cross of Jesus- Have pity on me.**

**Holy Cross of Jesus- Be my protector.**

**Holy Cross of Jesus- Take away all bitter pains**

**Holy Cross of Jesus- Take away all evil**

**Holy Cross of Jesus- Let me walk in the way of Salvation.**

Preserve me from any temporal accidents, take away any danger of sudden death, I always adore the Holy Cross of Jesus Christ. Jesus of Nazareth crucified, have pity on me. Make the spirit of evil leave me at all times. O Mother of Perpetual Succor, I come before Thy sacred picture and with a child-like conscience invokes thine aid. Show thyself mother to me now, have pity on me. O dearest Mother of Perpetual Succor, for the love thou bearest to Jesus and in honour of His Sacred Wounds, help me in this my necessity (make your petition). O loving Mother, I leave it all to thee in the name of the Father, I leave it all to thee in the name of the Son, I leave it all to Thee in the name of the Holy Spirit. Amen.

*Our Lady of Perpetual Succor – Pray for us (3)*

### **PRAYER FOR THE DEAD**

Out of the depths I cry to you, O Lord, Lord hear my voice!

O let your ears be attentive To the voice of my pleading.

If you, O Lord, should mark our guilt, Lord, who would survive?

But with you is found forgiveness; For this we revere you.

My soul is waiting for the Lord, I count on his word.

My soul is longing for the Lord more than a watchman for daybreak.

More than a watchman for daybreak. Because with the Lord there is mercy

And fullness of redemption. Israel indeed he will redeem

From all its iniquity.

Eternal rest grant unto them, O Lord, And let perpetual light shine on them.

May they rest in peace , Amen

O Lord, hear my prayer, And let my cry come unto you

O God, the creator and redeemer of all the faithful, grant to the souls of

Your departed servants the remission of all their sins.

That through our prayers they may obtain that pardon



Which they have always desired, through Christ our Lord. Amen.

### **PRAYER FOR VOCATION**

O my Jesus, I thank you for the gift of life you have given me. I praise you for your guidance. I worship you for your continued protection. I surrender my whole life into your hands. O Lord, your servant Samuel prayed, "Speak Lord your servant hears." I too eagerly wait to hear your call. You called Abraham, the Father of all the believers to be a blessing for the whole world. Lord, give me the grace to discern the way of life to which you have called me. Lord, bless me to give first place in my life for you and to do your will with sincerity and commitment every moment of my life. Lord, anoint me with your Holy Spirit to surrender my body, soul and mind into your hands.

Oh! My mother, you surrendered your life before the Lord when you said, "behold the handmaid of the Lord, be it done to me according to Thy word". My mother, pray for me to Jesus to discern his will in my life. Amen.

*(One Our Father, one Hail Mary & one Glory be)*

### **PRAYER FOR EMPLOYMENT**

God, our Father, I turn to you seeking your divine help and guidance as I look for suitable employment. I need your wisdom to guide my footsteps along the right path, and to lead me to find the proper things to say and do in this quest. I wish to use the gifts and talents you have given me, but I need the opportunity to do so with gainful employment. Do not abandon me, dear Father, in this search, but rather grant me this favor I seek so that I may return to you with praise and thanksgiving for your gracious assistance. Grant this through Christ, our Lord. Amen

### **PRAYER FOR PRIESTS**

Lord Jesus, Present in the most Blessed Sacrament, and living perpetually among us through your priests, grant that the words of your Priests may be only your words, that their gestures be only your gestures, and their lives be a true reflection of your life. Grant that they may be men who speak to God on behalf of His people, and speak to His people of God. Grant that they may be courageous in service, serving the Church as she asks to be served. Grant that they may be men who witness to eternity in our time, traveling on the paths of history in your steps, and doing good for all. Grant that they may be faithful to their commitments, zealous in their vocation and mission, clear mirrors of their own identity, and living the joy of the gift they have received. We pray that Your Holy Mother, Mary, present throughout your life, may be present in the life of your priests. Amen

*Our Father, Hail Mary, Glory be to the Father.*



### **PRAYER OF MOTHER TERESA OF CALCUTA FOR THE PRIESTS.**

Mary, Mother of Jesus, throw your mantle of purity over our priests. Protect them, guide them and keep them in your heart. Be a Mother to them, especially in times of discouragement and loneliness. Love them and keep them belonging completely to Jesus. Like Jesus, they too are your sons, so keep their hearts pure and chaste. Keep their minds filled with Jesus, and put Jesus always on their lips, so that He is the one they offer to sinners and to all they meet. Mary, Mother of Jesus, be their Mother, love them and bring them joy. Take special care of sick and dying priests and the ones most tempted. Remember how they spent their youth and old age, their entire lives serving and giving all to Jesus. Mary, bless them and keep a special place for them in your heart. Give them a piece of your heart, so beautiful and pure and immaculate, so full of love and humility, so that they, too, can grow in the likeness of Christ. Dear Mary, make them humble like you, and holy like Jesus. AMEN

### **PRAYER ASKING FOR GRACES.**

Dear Jesus, true Son of God and of the Virgin Mary, with Your passion and death, You have set us free from demons, slavery and through the wonders of the cross, You have glorified Your servant Benedict: You granted him a limitless power on the infernal powers. Now we are asking You with the intercession of this saint, to give us the victory in the assiduous fight, not only against the demons, our main enemy, but also against the perverse doctrines and examples of scandalous life, with the obscene speaking and impudent dressing, bad people try to damage us in the soul and body. Immaculate Virgin, obtain for me the grace to hate sin with all my heart and to live in perfect resignation to the Will of God, the grace of a contrite and humble heart, the grace of always meditating on the Holy law of God, the grace of true courage and holy patient to bear the sufferings and trials of this difficult life. St. Benedict, our special Patron, pray for us and let us have from Jesus the special graces required for our soul and body.

*Our Father.... Hail Mary.... Glory be to....*

### **GRACE BEFORE MEALS**

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

### **GRACE AFTER MEALS**

We give you thanks, Almighty God, for all your benefits, who lives and reigns forever. Amen.

### **BEFORE WORK OR STUDY**

Grant, we beseech Thee, O Lord, that our actions with Thy holy inspirations, be carried on with Thy gracious assistance, that every prayer and work of ours may always begin



by Thee, and though Thee be happily ended, through Christ our Lord. Amen.

**AFTER WORK OR STUDY**

We fly to Thy patronage, O Holy Mother of God; despise not our petitions in our necessities, but deliver us from all danger, O ever glorious and Blessed Virgin.

Hail Mary....

**IN ANY TRIBULATION**

All-powerful and merciful Father, refreshment of the weary, comfort in sorrow, strength in our weakness, hear the prayer which we sinners make to you: save and sustain us in our present need, and help us to face the future with courage, through Christ our Lord. Amen.

**FOR THE CHURCH**

Father, in the new covenant instituted by Christ your Son, you gather your people in the unity of your Spirit from all the nations of the earth. Keep your Church faithful to her mission as a leaven in the world, renewing all people in Christ and transforming them into your own family, through Christ our Lord. Amen.

**FOR THE POPE**

Lord source of eternal life, you have chosen your servant (N.) as successor to the Apostle Peter and Vicar of Christ on earth and shepherd of the whole flock. May he strengthen his brothers, and may the whole church be in communion with him in the bond of unity, love and peace, that all men may receive from you, the shepherd and bishop of their souls, truth and eternal life through Christ our Lord. Amen.

**FOR THE MISSIONS**

God of truth, Father Son and Holy Spirit, hear our prayer for those who do not know you, that your name may be praised among all peoples of the world. Sustain and inspire your servants who bring them the Gospel. Bring fresh vigour to wavering faith; sustain our faith when it is still fragile. Renew our missionary zeal. Make us witnesses to your goodness, full of love, strength and faith, for your glory and for the salvation of the world. Amen.

**PRAYERS OF MARRIED PEOPLE**

Father, all-powerful and eternal God, we give you thanks and bless your holy name. You created mankind as man and woman and blessed their union, making them a help and support for each other. Remember us today. Look kindly on us and grant that our love may be completely unselfish, a gift like that of Christ to his church. May we live many years together in joy and peace, and may we always give you heartfelt praise through your Son and in the Holy Spirit. Amen.



**PRAYER ASKING FOR A CHILD**

God our Father, all parenthood comes from you. Allow us to share in that power which is yours alone, and let us see in the child you send us a living sign of your presence in our home. Bless our love and make it fruitful so that a new voice may join ours in praise of you, a new heart love you, and a new life bear witness to you. Amen.

**EXPECTING A CHILD**

Father, we thank you for your marvelous gift; you have allowed us to share in your divine parenthood. During this time of waiting, we ask you to protect and nurture these first mysterious stirrings of life. May our child come safely into the light of the world and to the new birth of baptism. Mother of God, we entrust our child to your loving heart. Amen.

**FOR THE CHILDREN'S FUTURE**

Lord, help our children to know the road you have chosen for them; may they give you glory and attain salvation. Sustain them with your strength, and let them not be satisfied with easy goals. Enlighten us, their parents, that we may help them to recognize their calling in life and respond to it generously. May we put no obstacle in the way of your inner guidance. Amen.

**CHILDREN'S PRAYER FOR THEIR PARENTS**

Father, it is your commandment that we should honour our Father and mother; hear the prayers we offer you for them. Grant them many years on earth and keep them in health of mind and body. Bless their work and all they do. Give them back a hundred fold of whatever they have done for me. Inspire them with your love and help them to fulfill your holy law. One day, may I be their comfort and support, so that having enjoyed their affection on earth I may have the joy of being with them for ever in your home in heaven, through Christ our Lord. Amen.

**PRAYER OF A FATHER OR MOTHER**

Father of mankind, you have given me these children, and entrusted them to my charge, to bring them up for you, prepare them for everlasting life. Help me with your heavenly grace to fulfill this sacred duty. Teach me what to give, and what to do withhold; when to reprove and when to forbear. Make me gentle, yet firm; considerate and watchful, through Christ our Lord. Amen.

**PRAYER FOR A CHILD GOING TO SCHOOL**

God our saviour, you sat among the teachers of the law, listening to them and questioning them. We entrust our child to you while he/she is at school. Fill him/her with the spirit of wisdom; open his/her mind so that he/she may learn the knowledge necessary



for this life and for the life to come. Help him/her in all he/she had to do. Give him/her perseverance and strength; make him/her responsive and hard-working you are the way, the truth and the life; do not let him/her be led astray from the right path by false teaching. May he/she grow like you, Lord Jesus, in age, in wisdom, and in grace before God and men. Amen.

### **FOR RELATIVES AND FRIENDS**

God our Father, look kindly on our relatives and friends. By the power of your holy spirit, pour out on them the gifts of your love. Give them health of mind and body, that they may love you with all their heart and do your will in all things, through Christ our Lord. Amen.

### **FOR YOUNG PEOPLE**

We commend all young people to you, Lord: children, teenagers and students; engaged and newly married couples, and young parents. Grant them health, wisdom, and the joy of living in your presence; and grant those who care for them, their leaders, and counselors, your Spirit of understanding and love, through Christ our Lord. Amen.

### **A STUDENT'S PRAYER**

Abba Father, Lord Jesus, Holy Spirit, I praise you, I thank you and I worship you. Lord Jesus I thank you for all the blessings you have given me. I surrender my intellect, my mind and my memory into your hand. Heavenly Father, Lord Jesus, send the Holy Spirit upon me. Oh! Holy Spirit, come into my heart, come into my mind, come into my intellect, to enlighten me so that I may study well. Holy Spirit, my helper, fill me with your wisdom, knowledge and understanding. Spirit of Jesus, give me good memory so that I might be able to understand and remember what I am going to study now. Oh Holy Spirit, I need you, come into me. Thank you Father, thank you Jesus, thank you Holy Spirit.

*(One our Father, one Hail Mary, and one Glory be)*

### **ANOTHER STUDENT'S PRAYER**

The Lord is my teacher, I shall not want nothing. He will teach me all subjects. He leads me to his ocean of knowledge, He answers all my doubts. He fills me with His wisdom and leads me to the path of knowledge. I shall not fear even the most difficult exams because the Lord is with me. His words and promises strengthen me always. He makes easy for me even the most difficult subjects. He is anointing my head with His wisdom. My answer sheets are filled with right answers. He gives me all the blessings to study well during my study time. I will always be a faithful student to Jesus who is my Teacher.



**A TEACHER'S PRAYER**

You, O Lord are my strength, my patience, my light and my counsel. For my own conduct and for that of my pupils, grant me the spirit of wisdom and understanding, the spirit of counsel and fortitude, the spirit of knowledge and piety, the spirit of holy fear of you, and ardent zeal to procure your glory. I unite my labours to those of Jesus Christ, and beg the most Blessed Virgin, St. Joseph, the guardian angels and St. John De La Salle to protect and guide me in this holy work.

**A NURSE'S PRAYER**

O my God; I am about to begin the day's work. Teach me to receive the sick in your name. Give to my efforts success, sweet Jesus, for the glory of your Holy name. It is your work; without you I cannot succeed. Grant that the sick whom you have placed in my care may be abundantly blessed, and not one of them be lost because of any thing that is lacking in me. Help me to overcome every temporal weakness and strengthen me so as to bring the sunshine of joy to the lives that are gathered around me day by day. Make me beautiful within for the sake of your sick ones and of those who will be influenced by them. Amen.

**A DRIVER'S PRAYER**

O Lord make me a careful and watchful driver, so that I may not cause death or pain through any neglect of mine. Protect all who are with me in my car, that no harm may come to them. Help me to enjoy the beauty of your creation and to be thoughtful about others of all times O Lord Jesus Christ, be with me on my journey and bring me home in peace; at the end of life meet me and welcome me to my true home with you in heaven.

**FOR THOSE WHO ARE SUFFERING.**

Father, you are the unfailing refuge of those who suffer. Bring peace and comfort to the sick and the suffering, to the aged and the dying. Give all those who look after them knowledge, patience, and compassion. Inspire them with actions which will bring relief, words which will enlighten, and love which will bring comfort. We commend to you the disheartened, the rebellious, those torn by temptation or tormented by desire, and those wounded or abused by the ill will of men. Lord, pour out on us your spirit of love, understanding and sacrifice, may we then give effective help to the suffering we meet on our way. Help us to answer their cry, for it is our own. Amen.

**FOR THE SICK**

Father, your only Son took upon himself the sufferings and weaknesses of all mankind; through his passion and cross, He taught us how good can be brought out of suffering. Look upon our brothers and sisters who are ill. In the midst of illness and pain, may





they be united with Christ, who heals both body and soul; may they know the consolation promised to those who suffer and be fully restored to health, through Christ our Lord. Amen.

**FOR THE DYING**

All-powerful and merciful Father, in the death of Christ you have opened a gateway to eternal life. Look kindly on our brother/sister (N)., who is suffering his/her last agony. Unite it with the passion and death of your Son, and saved by the blood he shed, may he/she come before you with confidence, through the same Christ our Lord. Amen.

**PRAYER FOR SOULS IN PURGATORY**

O, Jesus, because of your bitter passion and the wounds on your body, Jesus, merciful Jesus, have mercy on them. Because of your bitter agony and death on the cross, give the souls in purgatory, especially (name them...) eternal rest. Grant unto them eternal rest, O Lord and let the perpetual light shine upon them. May the souls rest in peace. Amen

**FOR THE AGED**

Eternal Father, unchanged down the changing years, be near to those who are aged. Even though their bodies weaken, grant that their spirit may be strong; may they bear weariness and affliction with patience and at the end, meet death with serenity, through Christ our Lord. Amen.

**PRAYER FOR A JOURNEY**

Lord, you fill every place with your presence: be with me on this journey. Help me reach my destination and bring me home safely and in good health. May my journey bring joy and encouragement to all I meet, a message of hope and a witness to the Christian life. Amen.

**PRAYER FOR PURITY**

Jesus, Mary and Joseph, I give and consecrate my entire self to you; mind, heart and body. Guard and defend me always from every sin. May my mind be uplifted to heavenly things. May my heart love God ever more. May I avoid every evil occasion. Keep me near you, so that I may keep a close watch over my internal and external senses. In heaven may I join the company of the pure forever. Amen.

**FOR PEACE**

Father, those who work for peace are called your sons. May we never tire in working for that justice which alone guarantees true and lasting peace, through Christ our Lord. Amen.



**FOR OUR KENYA**

Almighty Father, we thank you for this beautiful country Kenya. We praise you for its diversity in people, cultures, traditions, religions, and resources. Abba Father, thank you for all the good that has happened in this great land. We ask for your forgiveness for all the sins committed in this country. Jesus Master, wash in your most Holy Precious Blood all the people living in Kenya.

Most Holy Spirit, enlighten us with the light of the Gospel, establish the kingdom of love and inspire vocations. Set this nation free from hatred, tribalism, ethnicity, division, discord, theft, immorality, witchcraft and other forms of impurity. Mother Mary Queen of Love, intercede for the youth and all citizens of this nation that they may strive daily to become true disciples of Jesus. All the Angels and Saints in heaven please join us in prayer for our beloved country Kenya.

All glory, honour and worship be to the Father, the Son and the Holy Spirit now and forever Amen. (*1 Our Father, 1 Hail Mary, 1 Glory Be.*)

**PRAYER FOR THE VINCENTIAN RETREAT CENTRE**

Abba Father, Jesus Saviour, Holy Spirit we give you all the glory, honour and worship for the Vincentian Ministries. We lift up to you the proposed Vincentian Retreat Centre in Thika. Heavenly Father, protect each and every step of our construction works with your mighty hand. Jesus Master, have mercy on all the prayer services we are going to have in this land. Most Holy Spirit guide and co-ordinate all those involved in the construction with your spiritual gifts. Mother Mary help us, pray for us and support us. St Michael, the Arch-angel guard and defend this land from thieves, enemies and calamities. All the angels and saints pray for us. Amen.

*1 Our Father, 1 Hail Mary, 1 Glory Be.*

*Josh.21:45. Gen.22:14. Lk.17:13. Mk.10:27 (10 times each).*

*Is.45:2-3 + Memorare (9 times).*

**FOR CIVIL AUTHORITIES**

Almighty and ever-living God, in whose hand are the rights and hopes of every man, look graciously on those who govern, that, in lasting peace, they may promote social progress and religious freedom for all the nations of the earth, through Christ our Lord. Amen.

**FOR THOSE WHO DO US HARM**

Lord God, it is your will that we should love even those who speak or act against us. Help us to observe the commandments of the new law, returning good for evil and learning to forgive as your Son forgave those who persecuted him, through the same Christ our Lord. Amen.



**PRAYER FOR ABANDONMENT**

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.

**CONSECRATION OF FAMILY TO  
HOLY FAMILY OF JESUS, MARY AND JOSEPH**

O Jesus, behold our family prostrate before You. Once more we do consecrate ourselves to You-our trials and joys- that our home, like Thine may ever be the shrine of peace, purity, love, labor and faith. Do not protect and bless all of us, absent and present, living and dead.

O Mary, loving Mother of Jesus- and our Mother-pray to Jesus for our family, for all the families of the world, to guard the cradle of the newborn, the schools of the young and their vocations.

O Joseph, Holy Guardian of Jesus and Mary, assists us by your prayers in all the necessities of life. Ask of Jesus that special grace which He granted to You, to watch over our home at the pillow of the sick and the dying, so that with Mary and with You, Heaven may find our family unbroken in the Sacred Heart of Jesus. Amen.

**PRAYER TO THE SHOULDER WOUNDS OF JESUS CHRIST**

O Loving Jesus Christ, meek Lamb of God, I'm a miserable sinner, salute and worship the most sacred wound of thy shoulder on which thou didst bear thy heavy cross which so tore thy flesh and laid bare thy bones as to inflict on thee an anguish greater than any other wound of thy most blessed body. I adore thee, O Jesus most sorrowful, I praise and glorify thee and give thee thanks for this most sacred and painful wound beseeching thee by that exceeding pain and by the crushing burden of thy heavy cross to be merciful to me a sinner, to forgive me all my mortal and venial sins and to lead me on towards heaven along the way of the cross. Amen.

**PRAYER OF SELF-DEDICATION TO JESUS CHRIST**

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



**AWAKEN IN OUR COMMUNITY A MISSIONARY EAGERNESS**

Lord Jesus as you once called the first disciples to make them fishers of men, let your sweet invitation continue to resound come, follow me. Give young men and women the grace of responding quickly to your voice. Support our bishops, priests, and consecrated people in their apostolic labour. Grant perseverance to our seminarians and to all those who are carrying out the ideal of life totally consecrated to your service. Awaken in our community a missionary eagerness ,**LORD SEND WORKERS TO YOUR HARVEST** and do not allow humanity to be lost for lack of pastors ,missionaries and people dedicated to the cause of the Gospel. Mary Mother of the Church, the model of every vocation, help us to say “YES” to the Lord who calls us to co-operate in the divine plan of salvation.

**CONSECRATION TO THE PRECIOUS BLOOD OF JESUS CHRIST**

Merciful Savior, conscious of my nothingness and of your sublimity, I cast myself at your feet and thank you for the many proofs of Your grace shown to me, Your ungrateful creature. I thank you especially for delivering me by Your Precious Blood from the destructive power of satan.

In the presence of my dear mother Mary, my guardian angel, my patron saint and the whole company of heaven, I dedicate myself voluntarily with a sincere heart, O dearest Jesus, to Your Precious Blood, by which You have redeemed the world from sin and hell.

I promise You with the help of Your grace and to the utmost of my strength, to stir up and foster devotion to Your Precious Blood, the price of our redemption, so that Your adorable blood may be honored and glorified by all. In this way, I wish to make reparation for my disloyalty towards Your Precious Blood of love, and to make sacrifices to You for the many profanations which men commit against that precious price of their salvation.

O! That my own sins, my coldness and all the acts of disrespect I have ever committed against You, O Holy Precious Blood of Jesus, could be undone Behold, O dearest Jesus, I offer to You the love, honor and adoration which Your most holy mother, Your faithful disciples and all the saints have offered to Your Precious Blood. I ask You to forget my earlier faithlessness and coldness and to forgive all who offend You.

Sprinkle me, O divine Savior, and all men with Your Precious Blood, so that we may love you, O Crucified Love, May we love Thee from now on with all our hearts, and worthily honor the price of our salvation. Amen

**PRAYER FOR FAITH BY POPE PAUL VI**

Lord, I believe: I wish to believe in You. Lord, let my faith be full and unreserved, and let it penetrate my thought, my way of judging divine things and human things.



Lord, let my faith be joyful and give peace and gladness to my spirit, And dispose it for prayer with God and conversation with men, So that the inner bliss of its Fortunate possession may shine forth in sacred and Secular conversation. Lord, let my faith be humble and not presume To be based on the experience Of my thought and of my feeling; But let it surrender to the testimony of the Holy Spirit, and not have any better guarantee than in docility to tradition and to the authority of the magisterium of the Holy Church.

**PRAYER FOR SELF DEVOTION TO OUR LORD JESUS CHRIST.**

O Lord, God Almighty, Creator of heaven and earth. Your ways are Holy and you have never delighted in wickedness. For the sake of your name Lord, pardon my sins. In your mercy deliver me from my sinful nature and draw me near you. Lord, quench my thirst for worldly desires and fill me with treasures from heaven. For there is no other god who is greater than you, I give you all my worship. At your hand hold me and preserve me only for your heavenly kingdom. Amen.

**JESUS, HELP ME!**

In every need let me come to You with humble trust, saying: Jesus, Help me!

In all my doubts, perplexities and temptations: Jesus, Help me!

In the failure of my plans and hopes, in disappointments, troubles and sorrows:

Jesus, Help me!

When others fail me, and Your grace alone can assist me: Jesus, Help me!

When I throw myself on your tender love as Saviour: Jesus, Help me!

When my heart is cast down by failure at seeing no good come from my efforts:

Jesus, Help me!

When I feel impatient and my cross irritates me: Jesus, Help me!

When I am ill and my head and hands cannot work, and I am lonely:

Jesus, Help me!

Always in spite of weaknesses, failures and shortcomings of every kind; most Sacred Heart of Jesus, help me and never forsake me. Sacred Heart of Jesus, help me and never forsake me.

**PRAYER BEFORE READING THE WORD OF GOD**

Father, (Abba Father), anoint me with Your Holy Spirit, so that as I read Your eternal word, Your words may penetrate my whole being and transform me. Grant me the blessing to be a faithful disciple in believing the Word of God, so that I may be a light shining upon all who are in darkness.



**A PRAYER FOR SURRENDER**

Lord, I believe in You; give me firmer faith. I hope in You; give me surer hope. I love You; make me love You more and more. I am sorry I have failed You; make me sorrier yet. I adore You as my first beginning and long for You as my last end. I praise you as my constant benefactor and call upon You as my gracious protector.

Give me Your wisdom; restrain me by Your justice; comfort me by Your mercy; defend me by Your power. I offer You, Lord, my thoughts, to be fixed on You; my words, to have You for their theme; my actions, to be endured for Your sake.

My will is that Your will be done, in the manner You will and as long as You will, because it is Your will. I pray to You, Lord, to enlighten my understanding, strengthen my will, purify my heart and sanctify my soul. Help me to deplore my past offences and to resist temptations in future; to subdue my evil inclinations and to cultivate the virtues proper to my state of life. God of all goodness, fill me with love for neighbor and contempt of worldliness. Teach me to be obedient to my superiors, helpful to my colleagues, considerate to my subordinates, loyal to my friends, forgiving to my foes. Amen

**PRAYER FOR THE INTERCESSION OF POPE JOHN PAUL II**

O Holy Trinity, we thank you for having given to the Church Pope John Paul II, and for having made him shine with your fatherly tenderness, the glory of the Cross of Christ and the splendor of the Spirit of love. He, trusting completely in your infinite mercy and in the maternal intercession of Mary, has shown himself in the likeness of Jesus the Good Shepherd and has pointed out to us holiness as the path to reach eternal communion with You. Grant us, through his intercession, according to your will, the grace that we implore, in the hope that he will soon be numbered among your saints. Amen.

**PRAYER FOR THE UNBORN**

(Prayer of Archbishop Fulton J. Sheen)

*(Say this prayer every day for nine months to save a baby's life!)*

Jesus, Mary and Joseph, I love you very much. I beg you to spare the life of the unborn baby that I have spiritually adopted who is in danger of abortion.

*“Before I formed you in the womb, I knew you. “ (Jeremiah 1:5)*

**SHORT EJACULATORY PRAYERS**

- Blessed be God!
- Blessed be the name of the Lord!
- Divine Heart of Jesus, convert sinners, save the dying, deliver the holy souls in purgatory.
- Eucharistic Heart of Jesus, increase in us our Faith, Hope and Charity.



- Heart of Jesus, burning with love for us, set our hearts on fire with love of Thee.
- Heart of Jesus, I put my trust in Thee!
- Jesus I trust in You!
- Jesus, meek and humble of heart, make our heart like unto Thine.
- Jesus, my God, I love Thee above all things!
- Jesus, Son of David, have mercy on me!
- May the most just, most high, and most adorable will of God be done in all things, praised and magnified forever.
- My God and my all.
- My Jesus, mercy!
- My Lord Jesus Christ, for the sake of Thy sufferings, grant me such faith, hope, charity, sorrow for my sins, and love of prayer as will save and sanctify my soul.
- My Lord, grant that I may love Thee, and that the reward of my love may be to love Thee ever more and more.
- My sweetest Jesus, be not my Judge, but my Savior.
- O Good Jesus, shelter me from the evil one, shed Thy dew upon me to calm my soul, and dwell in me fully, that I may wholly love Thee.
- O Good Jesus, my God and my All, keep me ever near Thee, let nothing for a moment separate me from Thee.
- Praised be Jesus Christ, now and forevermore.
- Sacred Heart of Jesus, Thy kingdom come!
- Savior of the world, have mercy on us.
- Sweet Heart of Jesus, be my love!
- Sweet Heart of my Jesus, grant that I may ever love Thee more.
- We adore and praise Thee, most holy Lord Jesus Christ, because by Thy holy cross Thou hast redeemed the world.
- Jesus, my God, here present in the Sacrament of Thy love, I adore Thee.
- Praised and adored forever be the most holy Sacrament.
- Mary, Virgin Mother of God, pray to Jesus for me.
- Sweet Heart of Mary, be my salvation!
- O Mary, conceived without sin, pray for us who have recourse to thee.
- Our Lady of Lourdes, pray for us!
- Mary, our hope, have pity on us!
- Mary, most sorrowful, Mother of Christians, pray for us.
- O Mary, virgin Mother of God, pray to Jesus for me.
- My Queen! my Mother! remember I am thine own. Keep me, guard me, as thy property and possession.
- O Mary, thou didst enter the world without stain; do thou obtain for me from God, that I may leave it without sin.





## SHORT PRAYERS FROM THE BIBLE

### **A prayer of praise (Benediction)**

Now to him who is able to keep you from falling, and to make you stand without blemish in the presence of his glory with rejoicing, to the only God our Saviour, through Jesus Christ our Lord, be glory, majesty, power, and authority, before all time and now and for ever. Amen. (*Jude 1:24-25*)

### **A short prayer in praise of God's glory**

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen. (*Ephesians 3:20-21*)

### **A short prayer to ask for God's Blessing (Jabez's Prayer)**

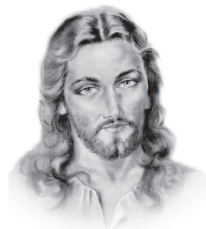
JJabez called on the God of Israel, saying, 'Oh that you would bless me and enlarge my border, and that your hand might be with me, and that you would keep me from hurt and harm!' And God granted what he asked. (*1 Chronicles 4:10*)

### **A prayer request to God (Elijah's Prayer)**

"O Lord, the God of Abraham, of Isaac, and of Israel, let it be seen this day that you are God in Israel, and that I am your servant, and that I have done all these things by your order. Give me an answer, O Lord, give me an answer, so that this people may see that you are God, and that you have made their hearts come back again". (*1 Kings 18:36-37*)

### **A short prayer about hope and joy (Habakkuk's Prayer)**

I'm singing joyful praise to God.  
I'm turning cartwheels of joy to my Savior God.  
Counting on God's Rule to prevail,  
I take heart and gain strength.  
I run like a deer.  
I feel like I'm king of the mountain! (*Habakkuk 3:18-19*)





## **THE WAY OF THE CROSS**

### **INTRODUCTION PRAYER**

As we follow Jesus, our savior, who carries his cross on the way to his death and glorification, may we become more like him in mind and heart: He was crucified outside the city gates—that is where he poured out the sacrificial blood that was brought to God’s altar to cleanse his people. So let’s go outside, where Jesus is, where the action is – not trying to be privileged insiders, but taking our share in the abuse of Jesus. This “insider world” is not our home. We have our eyes set on the city about to come.

Let’s take our place outside with Jesus..... Pouring out sacrificial praises from lips to God in Jesus’ name. (Hebrews 13:12-15)

### **THE FIRST STATION : JESUS IS CONDEMNED TO DEATH**

L: We adore you, O Christ, and we bless you.

***R: Because by your holy cross you have redeemed the world***

Pilate wanted to let Jesus go. But the crowd shouted back, “crucify him! Crucify him! He tried a third time. “But for what crime?” I’ve found nothing in him deserving death. “But they kept at it, a shouting mob, demanding that he be crucified. And finally they shouted him down. Pilate caved in and gave them what they wanted. He released Barabas, the man thrown in prison for rioting and murder, and gave them Jesus to be crucified. (Luke 25:14-15)

L: Have mercy on us, O Lord.

*R: Have mercy on us.*

Lord Jesus, ours is the guilt, yours is the judgment; ours is the crime, yours is the punishment. Forgive us for what we have done. We are blind and weak, but we are the people you have come to save. Enlighten and strengthen us with your saving grace. As we begin to walk the sorrowful way with you, we pray that you may walk with us all the days of our life. Grant this through Christ our Lord.

Holy Mother, pierce me through, In my heart each wound renew, Of my savior crucified.

### **THE SECOND STATION: JESUS TAKES UP THE CROSS**

L: We adore you, O Christ, and we bless you.

***R: Because by your holy cross you have redeemed the world***

They took Jesus away. Carrying his cross, Jesus went out to a place called Skull Hill (the name in Hebrew in Golgotha). (John 19:17)



## ***Christ is All***

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L: Have mercy on us, O Lord.

*R: have mercy on us.*

Lord Jesus, you embraced your cross, but we too frequently shy away from crosses that confront us. You have shown that suffering without love is demeaning, but suffering with love can become a saving sacrifice. By your wounds we are healed, and in union with you, by your wounds, we can heal others. Fill our hearts with that selfless love by which you became our savior, Grant this through Christ our Lord.

Holy Mother, pierce me through, In my heart each wound renew, Of my savior crucified.

### **THE THIRD STATION: JESUS FALLS THE FIRST TIME**

L: We adore you, O Christ, and we bless you.

***R: Because by your holy cross you have redeemed the world***

The fact is, it was our pains he carried, our disfigurements, all the things wrong with us. We thought he brought it on himself, that God was punishing him for his own failures. But it was our sins that did that to him, that ripped and tore and crushed him, our sins! (Isaiah 43:4)

L: Have mercy on us, O Lord.

***R: have mercy on us.***

Lord Jesus, you “emptied yourself and took the form of a slave”. Forgive us for exalting ourselves. You embraced our humanity in all its weakness and failings. Give us the wisdom to see our own humanity as a gift that can strengthen your brothers and sisters when they fall. Grant this through Christ our Lord. Holy Mother, pierce me through, In my heart each wound renew,, Of my savior crucified.

### **THE FOURTH STATION : JESUS MEETS HIS MOTHER**

L: We adore you, O Christ, and we bless you.

***R: Because by your holy cross you have redeemed the world***

Jesus’ father and mother were speechless with surprise at these words. Simeon went on to bless them, and said to Mary his mother. “This child marks both the failure and recovery of many in Israel; a figure misunderstood and contradicted the pain of a sword-thrust through you. (Luke 2:34-35)

L: Have mercy on us, O Lord.

*R: have mercy on us.*

Lord Jesus, from the cross you gave us your mother to be our own, her love for you and her fidelity to the will of your father challenges us. She bore you in her womb and brought forth the light into the world of darkness. May we, who follow her example, as



your disciples, bear you in our hearts and bring you forth into the darkness of our weary world. Grant this through Christ our Lord.

Holy Mother, pierce me through, In my heart each wound renew, Of my savior crucified

**THE FIRTH STATION:**

**SIMON THE CYRENEAN HELPS JESUS CARRY HIS CROSS**

L: We adore you, O Christ, and we bless you.

***R: Because by your holy cross you have redeemed the world***

As they led him off, they made Simon, a man from Cyrene who happened to be coming in from the countryside, carry the cross behind Jesus. (Luke 23:26)

L: Have mercy on us, O Lord.

*R: Have mercy on us.*

Lord Jesus, we like to think that if we were there, we would have come to your aid. But how often have we seen you in the least of your brothers and sisters and either turned our backs or stood apart as a guilty bystander? Forgive us, for we have seen wounds, and did not recognize them as your own. Forgive us, for we have seen crosses burdening our backs and did not perceive that the face was yours. Grant this through Christ our Lord.

Holy Mother, pierce me through, In my heart each wound renew, Of my savior crucified.

**THE SIXTH STATION: VERONICA WIPES THE FACE OF JESUS**

L: We adore you, O Christ, and we bless you.

***R: Because by your holy cross you have redeemed the world***

There was nothing attractive about him, nothing to cause us to take a second look. He was looked down on and passed over, a man who suffered, who knew pain firsthand. One look at him and people turned away. We looked down on him, held him no esteem. (Isaiah 53:26-30)

L: Have mercy on us, O Lord.

*R: Have mercy on us.*

Lord Jesus, as you passed along your way, the enmity must have been hard to bear. But the indifference of those who just did not care must have hurt terribly. How many passed by and did not so much as notice you because they were busy? Help us stop running. Make us cease from our busy-ness. Make us hear the words. "Be still and know that I am God". Grant this through Christ our Lord.

Holy Mother, pierce me through, In my heart each wound renew, Of my savior crucified



## THE SEVENTH STATION: JESUS FALLS THE SECOND TIME

L: We adore you, O Christ, and we bless you.

**R: *Because by your holy cross you have redeemed the world***

It was our sins that did that to him, that ripped and tore and crushed him – our sins! He took the punishment, and that made us whole. Through his bruises we get healed. (Isaiah 53:5)

L: Have mercy on us, O Lord.

*R: Have mercy on us.*

Lord Jesus, your burden is heavy but even though you stumble, you rise again and do your father's will. So often we get discouraged and seem crushed by the burdens of life. That is when we think we have to carry them ourselves and forget that you said. "Come to me all you who labor and are heavily burdened and take my yoke upon you, for my yoke is easy and my burden is light." Strengthen us so that when we fall we may clasp your hand and rise. Grant this through Christ our Lord.

Holy Mother, pierce me through, In my heart each wound renew, Of my savior crucified

## THE EIGHTH STATION: JESUS MEETS THE HOLY WOMEN

L: We adore you, O Christ, and we bless you.

**R: *Because by your holy cross you have redeemed the world***

A huge crowd of people followed, along with women weeping and carrying on. At one point Jesus turned to the women and said, "Daughters of Jerusalem don't cry for me. Cry for yourselves and for your children ..... If people do these things to alive, green tree, can you imagine what they'll do with deadwood?"(Luke 23:27-28,31)

L: Have mercy on us, O Lord.

*R: Have mercy on us.*

Lord Jesus, in your admonition to these women, you allude to the coming destruction of Jerusalem brought down upon the heads of those who sought to bring liberation by violence. They are the dry wood. How terrible that you, the green wood, who sought about change through gentleness and love should suffer their same fate execution. Strengthen us that we may be willing to suffer persecution for righteousness sake. Grant this through Christ our Lord.

Holy Mother, pierce me through, In my heart each wound renew, Of my savior crucified

## THE NINTH STATION: JESUS FALLS THE THIRD TIME

L: We adore you, O Christ, and we bless you.

**R: *Because by your holy cross you have redeemed the world***

Am broken by their taunts, flaton my face, reduced to a nothing. I looked in vain for a



friendly face. Not one. I found no one to console me. (Psalms 69:21)

L: Have mercy on us, O Lord.

*R: Have mercy on us.*

Lord Jesus, you bow low beneath the cross, but never toss aside. Your soul is troubled now, but you do not flee from your hour when the grain of wheat must fall into the ground to bear much fruit. Help us that we too may not shy away from the difficulties of life, but face them with love and obedience as you did. Grant this through Christ our Lord.

Holy Mother, pierce me through, In my heart each wound renew, Of my savior crucified

### **THE TENTH STATION: JESUS IS STRIPPED OFF HIS GARMENTS**

L: We adore you, O Christ, and we bless you.

***R: Because by your holy cross you have redeemed the world***

Arriving at Golgotha, the place they call “Skull Hill”, they offered him a mild painkiller (a mixer of wine and myrrh) but when he tasted it he wouldn’t drink it. After.....they whiled away the time by throwing dice for his clothes. (Matthew 27:33-35)

L: Have mercy on us, O Lord.

*R: Have mercy on us.*

Lord Jesus, though you were by nature God, you did not think of divine glory something to be clung to. You emptied yourself. For our sakes you made yourself poor, even though you were so rich so that we might be enriched by your poverty. Let nothing lord over our lives, so only you may be the Lord. Grant this through Christ our Lord.

Holy Mother, pierce me through, In my heart each wound renew, Of my savior crucified

### **THE ELVENTH STATION: JESUS IS NAILED TO THE CROSS**

L: We adore you, O Christ, and we bless you.

***R: Because by your holy cross you have redeemed the world***

When they got to the place called “Skull Hill”, they crucified him, along with the criminals, one on his right, and the other on his left. Jesus prayed, “Father, forgive them; they do not know what they are doing”. (Luke 23:33-34)

L: Have mercy on us, O Lord.

*R: Have mercy on us.*

Lord Jesus, you have manifested the greatest love one can have: to lay down one’s life for others. You did not hold back from giving, while so often all that we can think of is grabbing. Forgive our selfishness, correct our self-centeredness. Show us how to stretch



out our arms, like yours, in an embrace of love. Grant this through Christ our Lord.  
Holy Mother, pierce me through, In my heart each wound renew, Of my savior crucified

### **THE TWELFTH STATION: JESUS DIE ON THE CROSS**

L: We adore you, O Christ, and we bless you.

***R: Because by your holy cross you have redeemed the world***

Jesus called out loudly “Father, into your hands I commend my spirit!” Then he breathed his last. (Luke 23:46)

L: Have mercy on us, O Lord.

*R: Have mercy on us.*

Lord Jesus, thank you for the love that knew no limits. We were alienated from you. You nourished hostility in our hearts because of evil deeds. But now, you have achieved reconciliation for us in your mortal body, by dying, so as to present us to God, holy, free of reproach and blame. Make us worthy of your gift of life through the cross. Grant this through Christ our Lord.

Holy Mother, pierce me through, In my heart each wound renew, Of my savior crucified

### **THE THIRTEENTH STATION:**

### **JESUS IS TAKEN DOWN FROM THE CROSS**

L: We adore you, O Christ, and we bless you.

***R: Because by your holy cross you have redeemed the world***

After all this, Joseph of Arimathea (he was a disciple of Jesus, but secretly, because he was intimidated by the Jews), petitioned Pilate to take the body of Jesus. Pilate gave permission. So Joseph came and took the body.

L: Have mercy on us, O Lord, *R: Have mercy on us.*

Lord Jesus, you told us, “you will grieve for a time, but your grief will be turned to joy..... You are sad for a time, but I shall see you again and then your hearts will rejoice, with a joy no one can take from you.” We truly rejoice, for you have kept your promise. You are with us. Never again shall we be alone. Give us the strength to bear all of our sorrows and losses while your presence turns them to joy. Grant this through Christ our Lord.

Holy Mother, pierce me through, In my heart each wound renew, Of my savior crucified

### **THE FOURTEENTH STATION: JESUS IS LAID IN THE TOMB**

L: We adore you, O Christ, and we bless you.

***R: Because by your holy cross you have redeemed the world***

There was a garden near the place where he was crucified, and in the garden a new tomb in which no one had been placed yet. So, because it was Sabbath preparation for the





Jews and the tomb was convenient, they placed Jesus in it. (John 19:41-42)

L: Have mercy on us, O Lord.

R: *Have mercy on us.*

Lord Jesus, we are Easter Christians, and alleluia is our song,. You are the light that came into the darkness, and the darkness was not able to overcome it. From death you arose to newness in life. In our baptism we died and rose with you. Help us to show forth the light of the resurrection to all and proclaim with every word and deed: Christ is risen, Christ will come again. Grant this through Christ our Lord.

Holy Mother, pierce me through, In my heart each wound renew, Of my savior crucified

### **THE EMPTY TOMB JESUS IS RISEN!**

L: We adore you, O Christ, and we bless you.

R: *Because by your holy cross you have redeemed the world*

The angel spoke to the women: “There is nothing to fear here. I know you’re looking for Jesus, the one they nailed to the cross. He is not here. He was raised, just ah he said. Come and look at the place where he was placed.”

L: Have mercy on us, O Lord.

R: *Have mercy on us.* Grant this through Christ our Lord.

Holy Mother, pierce me through, In my heart each wound renew, Of my savior crucified

### **Closing Prayer**

My Jesus, I have traveled Your Way of the cross. It seems so real and I feel so ashamed. I complain of my sufferings and find obedience to the Father’s Will difficult. My Mind bogged down by the poverty, sickness, starvation, greed and hatred in the world. There are many innocent people who suffer so unjustly. There are those born with physical and mental defects. Do we understand that You continue to carry Your cross in the minds and bodies of each human being? Help me to see the Father’s Will in every incident of my daily life. This is what You did – you saw the Father’s Will in Your persecutors, Your enemies and your pain. You saw a beauty in the cross and embraced it as a desired treasure. My worldly mind is dulled by injustice and suffering and I lose sight of the glory that is to come. Help me to trust the Father and to realize that there is something great behind the most insignificant suffering. There is Someone lifting my cross to fit my shoulders – there is Divine Wisdom in all the petty annoyances that irk my soul every day. Teach me the lessons contained in my Cross, the wisdom of its necessity, the beauty of its variety and the fortitude that accompanies even the smallest cross. Mary, My Mother, obtain for me the grace to be Jesus to my neighbor and to see my neighbor in Jesus. Amen.



## **THE SACRAMENT OF PENANCE**

### **1 GENERAL AWARENESS ON CONFESSION**

#### **a) Confession of Gratitude**

I remember the past and thank God for all that he has done for me. “Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity.” (Ps. 103:2-3)

#### **b) Confession of Faith**

I trust in the God of love and forgiveness: “The Lord, a God merciful and gracious.” (Ex. 34:6). I believe in the forgiving words of Jesus: “My son/daughter, your sins are forgiven.” (Mk.2:5)

#### **c) Grace of Confession**

I ask God’s pardon and he forgives me because he loves me. Jesus loves me not because I am good, but his unconditional love makes me good and in him I become “A new creation” (2 Cor 5:17). I share with others the pardon of Jesus: “Then I will teach transgressors your ways, and sinners will return to you” (Ps.51:13).

#### **What is the “Sacrament of Penance (Reconciliation)?**

Penance is a Sacrament wherein the priest in the name of God and Church, forgives our sins, whether mortal or venial, which we have committed after Baptism. “If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness” (1 Jn.1:9).

#### **Is it necessary to confess our sins verbally to a priest, a human-being? Why cannot we confess our sins direct to God?**

All the people of Jerusalem, Judea, and Jordan flocked to John the Baptist, “confessing their sins” (Mt.3:6). The prodigal son came back to his father and confessed his sins (Lk.15:19). It is God’s will that we confess our sins to an ordained priest and receive forgiveness. “They glorified God who had given such authority to men” (Mt. 9; 8).

#### **When did our Lord institute the Sacrament of Penance (Reconciliation)?**

Our Lord instituted the Sacrament of Penance when He breathed His Spirit upon His Apostles and gave them power to forgive sins, saying, “Whose sins you shall forgive, they are forgiven” (Jn. 20:23).

#### **How does the priest forgive sins?**

The priest forgives sins by the power of God, when he pronounces the words of absolution. Jesus’ forgiving and healing ministry continue in the Church.

What are the words of absolution?

The words of absolution are: “God, the Father of mercies through the death and resurrection of His son, has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins, through the ministry of the Church, may God give you pardon and peace, and I absolve you from you sins, in the name of the Father, and of



the Son and of the Holy Spirit.”

On the part of the penitent are there any conditions required for the forgiveness of sins? Three conditions are required for the forgiveness of sins on the part of the penitent – Contrition, Confession and Reparation.

**What is Contrition?**

Contrition is a heartfelt sorrow for our sins: “I confess my iniquity and I am sorry for my sin” (Ps.38:18).

**What is a firm purpose of amendment?**

A firm purpose of amendment is a resolution to avoid, by the grace of God, not only sins but also the dangerous occasions of sin. “If your right eye causes you to sin, pluck it out” (Mt. 5:29).

**What consideration concerning God will lead us to sorrow for our sins?**

By our sins, we offend an infinitely good and loving God. “Against thee, thee only, have I sinned” (Ps.51:4).

**What consideration concerning our Saviour will lead us to sorrow for our sins?**

This consideration concerning our Saviour will lead us to sorrow for our sins: that our Saviour died for our sins, and that of those who sin grievously “crucify again to themselves the Son of God, making him a mockery” (Heb.6:6).

**Is sorrow for sins sufficient, when we go to confession?**

Sorrow for our sins is sufficient, when we go to confession. “Godly grief produces repentance that leads to salvation” (2 Cor.7:9).

**What is perfect contrition?**

Perfect Contrition is sorrow for our sins arising purely from the love of God.

What special value has perfect contrition?

Perfect contrition has this special value: that by it our sins are forgiven immediately, even before we confess them; nevertheless, if they are mortal, we are strictly bound to confess them afterwards.

**When is contrition called imperfect?**

Contrition is called imperfect, when we are afraid of God’s punishment. “There is no fear in love, but perfect love casts out fear. For fear has to do with punishment” (1 Jn.4:18). Imperfect contrition is insufficient for confession.

**What is meant by confessing our sins?**

Confessing our sins means to speak out our sins to a priest. “He who confesses and forsakes them will obtain mercy” (Pro.28:13). We must confess all mortal sins committed after Baptism. We keep the following factors to make a good confession:



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- a) I am not ashamed to confess my sins (Sir.4:26)
- b) I do not conceal any of my sins (Pro. 28:13)
- c) I do not postpone the day of my confession (Sir.5:7)
- d) I will not be self-complacent of my sins (Sir.5:4-6)
- e) I will not accuse or blame God for my sins (Sir.15:20)

### **What happens if a person willfully conceals a mortal sin in confession?**

If a person willfully conceals a mortal sin in confession, he is guilty of a great sacrilege, by telling a lie to the Holy Spirit in making a bad confession. “Why has Satan filled your heart to lie to the Holy Spirit?”(Acts.5:3).

### **What must I do to make a good confession?**

To make a good confession I must:

- Ask God for the grace I need to become aware of my sins. (Examination of conscience).
- Ask God for the grace to be really sorry for my sins. (Repentance).
- Promise God to do better and to become a saint. (Resolution).
- Tell clearly and sincerely my sins to the priest. (Confession).
- Perform the penance the priest gives. (Reparation).
- Thank God for forgiving me my sins. (Thanks giving).

**How do I make a good confession?** I make a good confession in this way:

1. I make the sign of the cross and say:

“Bless (Forgive) me Father because I have sinned. I made my confession one week/month ago and I performed my penance. My resolution was..... I accuse myself of these sins....” (Now confess the sins you have discovered after making the examination of conscience). Your sins against the following persons:

a) God b) Neighbors c) Myself. For all these my sins and those sins, which I do not remember now, I ask penance and absolution from you, Father.

2. I then listen to the advice of the priest and accept the absolution and peace.

3. I receive his blessing as the priest forgives, and I say: “O my God I am sorry because I have sinned against you. I am not worthy to be called your child (son/daughter) sweet Jesus have mercy on me and pardon me.”

4. I make the sign of the cross and say “Amen” after the priest pronounces the words of absolution.

5. I do the given penance (Lk. 19:8).

6. I thank Jesus for forgiving me my sins (Lk.17:18).

### **Prayers for confession**

O Most Merciful God, I humbly thank Thee for all Thy mercies unto me. It is because



of Thy great mercy that I have not fallen into greater and more grievous sins than those which I have committed and that I have not been cut off and cast into hell. O grant me, I beseech thee, perfect contrition for my sins, that I may detest them with the deepest sorrow of heart. Send forth Thy light into my soul, and discover in me all those sins which I ought to confess at this time.

O most gracious Virgin Mary, Beloved Mother of Jesus Christ, my redeemer intercede for me with Him. Obtain for me full remission of my sins and perfect amendment of life.

### **EXAMINATION OF CONSCIENCE**

#### **Based upon the Ten Commandments**

“And baptism now saves you--not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God with angels, authorities and powers in submission to him“ (1 Peter 3:21).

#### **1. I am the Lord your God; you shall not have other gods besides me**

Anything that does not arise from faith is a sin.

“But the man who has doubts is condemned if he eats, because his eating is not from faith; and everything that does not come from faith is sin.” (Rom.14:23)

Christ shall dwell in your hearts through faith.

“So that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love” (Eph. 3:17)

#### **A. Idol worship in the heart**

i.) Wealth, Money (importance given to worldly things) (Matt. 6:21-24; 1 Tim. 6:17; Sir. 5:1-8; Deut. 8:17-20; 1 Tim. 6:9-12; Ps. 49)--Gathering wealth in wrong ways, craving to pile up wealth, gold etc.

(Micah 6:10-15, James 1:9-11; Lk. 12:13-21)--Problems we face as a result of excess wealth. (Sir. 31:1-8; Proverbs 11:28)

ii). Fame, Power, recognition (Luke 16:14-15; Matthew 6:19-24; Chronicles 29:11)

iii). Seeking worldly recognition rather than being pleasing to God. (Lk. 6:24-26)

iv). Work, Time-(Lk. 9:59-60; Eccl. 3:13)

v). Family, friends (Lk. 9:61-62; 14:15-24)

vi). Use of Liquor, Drugs, smoking habits, chewing tobacco (1 Cor. 3:16; 6:10; Gal. 5:21; Lk. 21:34)

#### **B. Worshiping statues or other gods.**

--Do not worship gods other than Jesus. (Judges 2:17-19; 2 Macc.12:40; Deut. 4:15-18)

#### **C. Worshiping creation rather than the Creator.**

Astrology, Palm reading, going to fortune tellers, wearing magical straps ,bands, black



magic, considering certain days or times as good or bad (Is. 47:12-15; Ezek. 13:20; Deut. 18:9-13)

i) Worshipping the planets and stars (2 Kings 17:16)

Depending on astrology to know the future- -black magic, palm reading (Is. 47:11-15; Jer. 10:15)

ii) Giving importance to certain days or months. Choosing to do certain things only at certain times or days. (Gal. 4:9-10; 2 Kings 21:6)

iii) Practice of black magic.

Wearing magical straps, bands, worshiping other gods (Ez. 13:17-23; Judges 2:19, 3:6)

“When you enter the land the Lord your God is giving you, do not learn to imitate the detestable ways of the nations there...” (Deut. 18:9-13)

### **2. You shall not use your God’s name in vain**

a) Making a false, incomplete confession, not revealing sins in confession, ignoring or disrespecting the Holy Bible, not spending the required amount of time in prayer, not praying to God, etc.

b) Hurting the priests. Insulting the anointed people of God.

(Ps. 105:15) “Do not touch my anointed ones; do my prophets no harm.”

c) Being too busy at work or giving more importance to job and thus finding no time to spend for the Lord. (Luke 10:38)

d) Promising in the name of God and not fulfilling the vows.

### **3. Keep the Sabbath Day holy**

a) Working too much. (Lk. 10:38-41; Ps. 127:2)

b) Giving no or less importance to the Sabbath Day (Is. 58:13-14)

c) Not observing the Sabbath Day. (Num 15:32-36)

1. Questioning the Word of God (Jer. 17:15)

2. Insulting the word of God. (2 Chron. 36:16; Is. 30:12)

3. Hating the word of God. (Jer. 6:10-13)

4. Preventing the Word of God from being preached. (Joel.2:12-13, Acts.9:4)

5. Hating those who preach the Word of God. (Amos 5:10)

6. Forgetting God. (Judges 3:7)

7. Getting tired of God, prayer etc. (Is. 43:22)

8. Causing hatred towards God among others. (1 Sam. 8:3; Jude 1:8)

9. Turning away from God after receiving graces (1 Sam. 8:3; 2 Pet. 2:22)

10. Ignoring the Word of God; rebellion against God, arrogance, rejecting the Word of God (1Sam.15:23)

11. Speaking ill of God. (Lev. 24:10-23)

12. Insulting God. (Numbers 11:20)

13. Forsaking God. (Judges 2:11-13)



14. Provoking the Lord your God. (Deut. 9:5-8; 8:11-18)
15. Ignoring the Lord. Having no willingness to give up evil practices and stubborn ways. (Judges 2:16-19; Rom. 2:4)
16. Violating the Lord's covenant and worshipping other gods. (2 Judges 1:20; Ezek. 20:28)
17. Insulting God (2 Chron. 36:16, Gen. 19:9; Gen. 19:9 "Get out of our way," they replied.....)
18. Our actions which turned God's glory into shame. (Ps.14:2; Rom. 2:24)
19. Testing God. (Ps. 78:18; Deut. 4:16)
20. Forsaking God's plan of salvation. Lack of believe and lack of trust in his deliverance (Ps. 78:22)
21. Hurting God. (Ps. 78:40; Gen. 6:7)
22. Forgetting God's miracles and kindness. (Ps.106:7)
23. Worshipping our own actions. (Is. 2:8)
24. Having no regard for the deeds of the Lord. (Is. 5:12)
25. Telling lies-especially between believers. (Col.3:9; Eph.4:25,30, 31; Eph. 5:6-9; Rev. 21:27)

#### **4. Honor your parents**

1. Disrespecting parents. (Ex. 20:12)
2. Disobeying parents. (Eph. 6:3, 1 Sam 15:22-23)
3. Not taking care of parents. (Sir. 3:1-16)
4. Cursing Parents. (Prov. 20:20; Sir. 21:27)
5. Failing to be responsible for one's children. (Eph. 6:4)
6. Disrespect for husband. (2 Sam. 6:16-23, 2 Sam. 6:16-22)
7. Not being submissive to husband. (Eph. 5:22-24)
8. Examine the relationship with wife as described in (Eph. 5:25-33; Heb. 13:4).
9. Examine the relationship with your boss as in (Eph. 5:6-9).
10. Examine the relationship with your servant or subordinates -- (Eph. 6:9)
11. Coveting your neighbor's home, wife, servants or things. (Ex. 20:17)
12. Giving False testimony against your neighbor (Ex. 20:16; Sir. 20:24)
13. Rejoicing in the downfall your neighbor.
14. Withholding good from those who deserve it, when it is in your power to act. Lack of generosity. Denying proper wages to workers. (Prov. 3:27-35, 11:25; James 4:17; Sir. 34:22)
15. Not helping others who deserve your help. "Anyone, then, who knows the good he ought to do and doesn't do it, sins."(James 2:16)
16. Taking revenge. Deciding to pay back others for wrong done to us. (Prov. 20:22; Matt. 13:24-30)

#### **5. You shall not kill**

1. Killing someone. Planning to kill someone. (Gen. 37:18-22)



2. Abortion (Gen. 9:5-6; Eph. 1:4; Jer. 1:5; Wis. 12:3)
3. Sowing the seeds of hatred, speaking ill of others.  
“Anyone who hates his brother is a murderer, and you know that no murderer has eternal life in him” (1 Jn. 3:15).
4. Having hatred in the heart. Speaking ill of others. (Gen. 4:6-7; Eph. 4:29; Col 3:8; Rom. 3:13; 2 Tim. 2:16; Heb. 12:15; Sir. 28:25)  
“But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips” (Col 3:8).

### **6. You shall not commit adultery. Be pure.**

1. Masturbation (1 Thess. 4:3-7; 1 Cor. 3:16-17; Rom. 12:1-2)
2. Enjoyment in remembering old sins. (Rom. 13:14)
3. Committing adultery in the heart. Looking at women lustfully. (Mt.7:28, Mt.15:19-20)
4. Sexual relationship with relatives. (Deut. 27:22)
5. Sexually abusing kids. (1 Thes.4:3-6)
6. Homosexuality (1 Cor. 6:9-13; Rom. 2:31; Lev.18:22)
7. Sinning by committing homosexuality among married people, unnatural relationships.
8. Sins in this category: “Neither the sexually immoral nor idolaters nor adulterers nor male prostitutes nor homosexual offenders nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God” (1 Cor.6:9-10)
9. Committing adultery (Prov. 6:20; Mt.15:19, 1 Cor.6:9-10)
10. Committing Rape (Gen. 34:2; 2 Sam. 13)
11. Sexual relationship after drinking alcohol.
12. Marriage should be honored by all, and the marriage bed kept pure. (Heb. 13:4)
13. Watching pornographic films and distributing them to others.
14. Imagining other women or men in sexual relationship and thus committing adultery. (Prov.4:24-27)
15. Having sexual relations with an animal (bestiality). (Levi. 20:15; 18:23)

### **7. You shall not steal & 10. You shall not covet your neighbor’s belongings**

1. Stealing (Exodus 20:15)  
Exodus 20:17 “You shall not covet your neighbor’s house. You shall not covet your neighbor’s wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor.”
2. Robbing God with time and treasure. (Malachi 3:8)
3. Failing to pay the workmen. (James 5:4)





4. Oppressing the righteous and taking bribes and depriving the poor of justice in the courts. (Amos 5:12)
5. Taking possession of other people's property. (1 Kings 21:1-29)
6. Move an ancient boundary stone or encroach on the fields of others. (Prov. 23:10)
7. Ignoring the fact that we are answerable to God.
8. Gaining wealth in dishonest ways and accepting or giving bribes and perverting justice. (1Sam. 8:3)
9. Collecting interest on money lent. Accepting bribes to kill, etc. (Lk. 3:13; Deut. 27:25)
10. Harassing and molesting workers or subordinates. (Gen. 26:29-34; Gen. 29:23-25)

**8. You shall not bear false witness against your neighbor**

1. Speaking ill of others, judging others (Rom. 2:1-2, Sir. 19:10)
2. Obscene, foolish talk or coarse joking (Eph. 5:4-12)
3. Setting a bad/wrong example for others (Lk. 17:1-2)
4. Covering the offenses done (Gen. 20:16; Matt. 5:37)
5. Using inaccurate weights (Prov. 11:1)
6. Failing to pay the required taxes.
7. Making false documents.
8. Making false judgments.
9. Gossiping, speaking ill of others, speech against God and his providence, grumbling. (Wisdom 1:11; Prov. 20:24)
10. Gossip is Satan= Satan is gossip.
11. Hypocrisy and pretension as righteous. (Matt. 23:29-33)
12. Actions or words that endanger your neighbor, unwholesome talk. Anger, rage, malice, slander, and use of filthy language. (Lev. 19:16; Eph. 4:29; Col. 3:8)
13. Flattering talk, Godless chatter which could make people more ungodly. (2 Tim 2:16)
14. Hiding the truth in talk. Deliberately deviating from truth. (Prov. 4:24)
15. Making a false confession or not revealing and repenting of sins in confession.

**9. You shall not covet your neighbor's wife**

1. Destroying the family life of others. (Ez. 22:11)
2. Not keeping the family life sacred.
3. Looking lustfully at women and thus committing adultery and prostitution. (Matt. 5:28; Hos. 4:12)
4. Receiving Holy Communion in an unworthy manner is a sin against the body and blood of Christ. (1 Cor. 11:27)
5. Secretly hearing other people's conversation, revealing secrets to others.
6. Insulting others, teasing others, judging others (Lk. 6:37,) "Do not judge and you



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will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.” (Matt. 18:10)

7. Secret happiness in other people’s pain, sickness and suffering, jealousy of others. (Matt. 5:21-22)

8. Wish for appreciation and approval from people more than from God; trying to please others. (Gal. 1:10)

9. Selfishness, pride in oneself, arrogance, violence toward others, not giving glory to God. (Sir.10:7)

10. Hatred, anger to towards others, wickedness, evil, greed, depravity, envy, murder, strife, deceit and malice. Disobeying authority. “They were filled with every kind of wickedness, evil, covetousness, malice. Full of envy, murder, strife, deceit, craftiness, they are gossips, slanderers, God haters, and insolent, haughty, boastful, inventors of evil, rebellious toward parents, foolish, faithless, heartless, and ruthless. Although they know God’s righteous decree that those who do such things deserve death, they not only continue to do these very things but also approve of those who practice them.”

(1 Jn.3:11-20, 1 Jn.3:15, Prov.10:12, Gen.4:3-8, Eph.4:31-32)

11. Considering ourselves as wise. Not glorifying or thanking God.

(1 Cor.1:29-30, Deut.18.8-10)

12. Impatient nature. (Eph. 4:24)

13. Leading others to sin, setting a bad example, etc. (Mt.18)

### **Other sins which destroy the soul:**

11. Mt. 8:19-22; Rom.1:29-32; 1 Cori 6:9-10; 2 Chronicles 12:20; Gal. 5:19-21--sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness

12. Eph. 4:17-32; Eph. 5:3-21 --obscenity, foolish talk or coarse joking

13. Col 3:5-10 --anger, rage, malice, slander, and filthy language , telling lies

14. 1 Tim 1:8-21; 1 Tim 4:1-8; 1 Tim 5:11-13; 1 Tim 6:3-10 --envy, strife, malicious talk, evil suspicions and constant friction between people

15. 2 Tim 3:1-13 --lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God, having a form of Godliness but denying its power

16. 2 Tim 4:1-4 Selfish desires

17. Heb. 12:12-17; 1 Peter 3:8-13--Not being compassionate and humble. Repaying evil with evil or insult with insult, instead of with blessing; deceitful speech, not seeking peace and pursue it

18. Revelation 21:8 “But as for the cowardly, the faithless, the polluted, the murderers, the fornicators, the sorcerers, the idolaters, and all liars, their place will be in the lake that burns with fire and sulfur, which is the second death.”



Revelation 22:14-15 “Blessed are those who wash their robes, so that they will have the right to the tree of life and may enter the city by the gates. Outside are the dogs, sorcerers and fornicators and murderers and idolaters and everyone who loves and practices falsehood.”

### **Prayer for repentance**

Oh Lord, in your great goodness and mercy you promised forgiveness and salvation to those who repent of their sin against You. You, Lord, are the God of righteous people. But for sinners like me you have made repentance possible. I have committed more sins than the grains of sand along the sea shore. They are so many, Lord, they are so many. I have done so much wrong that I m not worthy to turn my face towards heaven. I m crushed beneath the weight of my sins; I am bowed down by its heavy iron chain. I can find no relief, for I have made you angry. I have set up idols every where; I have done what you hate. But now I bow in deep humility, praying for your mercy. I have sinned, Lord, I have sinned; I confess the wicked things I have done. I beg you, Lord, I earnestly pray; forgive me, forgive me. Lord do not destroy me because of my sins; do not be angry with me forever or store up punishment for me. Do not condemn me to the world of the dead, for you, O Lord, forgive those who repent. Show me all your mercy and kindness and save me, even though I do not deserve it. Then I will go on praising you as long as I live. All the heavenly powers sing your praises, and your glory endures forever. Amen.

### **Thanksgiving after confession**

I thank you Jesus for the blessings of the sacrament of forgiveness and for your pardon and peace. Oh Almighty and most merciful God, who, according to the multitude of Thy tender mercies, has been pleased once more to receive me, after going astray so many times. I give thee thanks with all powers of my soul, for this and all other mercies, graces and blessings bestowed on me. Let nothing in life or death ever separate me from Thee. I renounce with my whole soul all the sins of my past life. I renew my promises made in baptism, and from this moment I give myself entirely to Thy love and service. I beg Thy blessings on these my resolutions, for, without thee I am nothing but miserable sinner. Supply Thy mercy what ever defects have been in this my confession, and give me grace to be now and always, a true penitent, through Jesus Christ Thy son. Amen Mary my mother, my guardian angel and all you saints, by your powerful intercessions obtain for me the grace never to sin again. Amen.

### **What is satisfaction?**

Satisfaction is the performance of the penance given to the penitent by the priest. It is expiation for sins. “David said to the Gibeonites, ‘what shall I do for you? And how shall I make expiation?’” (2 Sam21:3). Does the penance given by the priest always make full satisfaction for our sins? The penance given by the priest does not always make full satisfaction for our sins. We should therefore add to it other good works and penances, and try to gain indulgences.



**READ, REPEAT AND MEDITATE**

**WHEN YOU FEEL**

**REPEAT THIS WORD OF GOD**

- I feel I can't**      **Phil.4:13** - I can do all things through him who strengthens me.
- I feel I lack**      **Phil.4:19** – And my God will fully satisfy every need of yours according to his riches in glory in Christ Jesus.
- I feel fear**      **Isa.41:10 (2 Tim 1:7, Joshua 1:9)**– Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.
- I lack faith**      **Rom.12:3 (Mt 17:20-21, Rev 2:10)**– For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.  
**Lk.17:5** – The apostles said to the Lord, “Increase our faith!”
- I feel weak**      **Ps.27:1** – The Lord is my light and salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?
- I fear Satan**      **Ps.59:9** – O my strength, I will watch for you; for you, O God, are my fortress.  
**1 Jn.4:4** – Little children, you are from God, and have conquered them; for the one who is in you is greater than the one who is in the world. (**Jn. 10:10, Rev. 2:10**)
- I fear failure**      **Rom.16:20:** The God of peace will shortly crush Satan under your feet. The grace of our Lord Jesus Christ be with you  
**2 Cor.2:14** – Thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads in every place the fragrance that comes from knowing him.
- I lack wisdom**      **Dan.9:22** – He came and said to me, “Daniel, I have now come out to give you wisdom and understanding.  
**Jas.1:5** – If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you. (Deut 28:13)
- I feel depressed**      **Lam.3:21-23** – But this I call to mind, and therefore I have hope: the steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness.
- I am worried**      **1 Pet.5:7** – cast all your anxiety on him, because he cares for you.
- I am in bondage**      **Isa.45:2** – I will go before you and level the mountains; I will break in pieces the doors of bronze and cut through the bars of iron.  
**Gal.5:1** – For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery.



- I feel condemned** **Rom.8:1** – There is therefore now no condemnation for they who are in Christ Jesus
- I feel lonely** **Mt.28:20** – And remember, I am with you always, to the end of the age.  
**Heb.13:5** – I will never leave you or forsake you.  
**Jn.14:18** – I will not leave you orphaned; I am coming to you.
- I feel cursed** **Gal.3:13-14** – Christ redeemed us from the curse of the law by becoming a curse for us – for it is written, “Cursed is every one who hangs on a tree” – in order that in Christ Jesus the blessing of Abraham might come to the Gentiles, so that we might receive the promise of the Spirit through faith. (1 Peter 1:18)  
**Num.23:23** – Surely there is no enchantment against Jacob, no divination against Israel; now it shall be said of Jacob and Israel, ‘see what God has done!’
- I feel discontented** **Phil.4:11**– Not that I am referring to being in need; for I have learned to be content with whatever I have.
- I feel worthless** **2 Cor.5:21** – For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.  
**Isa.43:4** – You are precious in my sight, and honored, and I love you. I give people in return for you, nations in exchange for your life.
- I have many enemies** **2 Macc.8:18** – “For they trust to arms and acts of daring,” he said, “but we trust in the almighty God, who is able with a single nod to strike down those who are coming against us, and even , if necessary , the whole world.”  
**Ps.31:4** – Take me out of the net that is hidden for me, for you are my refuge.  
**Ps.141:9-10** – Keep me from the trap that they have laid for me, and from the snares of evildoers. Let the wicked fall into their own nets, while I alone escape. (Judith 9)  
**Rom.8:31** – What then are we to say about these things? If God is for us, who is against us? (Ps. 118:6, 2Chr. 20:15)
- I feel confused** **1Cor.14:33** – For God is a God not of disorder but of peace.  
**1 Cor 2:12** – Now we have received not the spirit of the world, but the spirit that is from God, so that we may understand the gifts bestowed on us by God. (2 Tim. 1:7)
- I feel like a failure** **Rom.8:37** – No, in all these things we are more than conquerors through him who loved us.



- I feel stressed** **Jn.16:33** – I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world.
- I feel sorrowful** **Bar.5:1-3** – Take off the garment of your sorrow and affliction, O Jerusalem, and put on forever the beauty of the glory from God. Put on the robe of the righteousness that comes from God; put on your head the diadem of the glory of the everlasting; for God will show your splendor every where under heaven.  
**Sir.30:21-23** – Do not give yourself over to sorrow, and do not distress yourself deliberately. A joyful heart is life itself, and rejoicing lengthens one’s life span. Indulge yourself and take comfort, and remove sorrow far from you, for sorrow has destroyed many and no advantage ever comes from it.
- I feel I suffered too much** **Heb.12:3-4** – Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart. In your struggle against sin you have not yet resisted to the point of shedding your blood.
- I feel unloved** **Isa.54:10** – For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed, says the Lord, who has compassion on you.  
**Jer.31:3** – I have loved you with an everlasting love; therefore I have continued my faithfulness to you.  
**Ps.139:13-14** –For it was you who formed my inward parts; you knit me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well. (Isa. 43:4)
- I am childless** **Rom.4:18-22** – become “the father of many nations,” according to what was said, “So numerous shall your descendants be.” He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah’s womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised. Therefore his faith “was reckoned to him as righteousness.” (Isa. 54:1-3)



- I am homeless**      **Ps.113:9** – He gives the barren woman a home, making her the joyous mother of children. Praise the Lord!
- I feel hopeless**      **Jer.31:17-18** – There is a hope for your future, says the Lord: your children shall come back to their own country. Indeed I heard Ephraim pleading: “You disciplined me and I took the discipline; I was like a calf untrained. Bring me back let me come back for you are the Lord my God.
- I am jobless**      **Ps.2:8** – Ask of me, and I will make the nations your heritage and the ends of the earth your possession.
- I am poor**      **Sir.11:21** – Do not wonder at the works of a sinner, but trust in the Lord and keep at your job; for it is easy in the sight of her Lord to make the poor rich suddenly, in an instant.
- I am sick**      **Ps.41:4** – As for me, I said, “O Lord, be gracious to me; heal me, for I have sinned against you.”  
**1 Pt.2:24** – He himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed.
- I feel guilty**      **Isa.43:25** –I, I am He, who lots out your transgressions for my own sake, and I will not remember your sins.  
**Ps.25:11** – for your name’s sake, O Lord, pardon my guilt for it is great.
- I am old**      **Isa.46:3-4** – Listen to me, O house of Jacob, all the remnant of the house of Israel, who have been borne by me from your birth,vcarrried from the womb; even to your old age I am he, even when you turn gray I will carry you. I have made, and I will bear; I will carry and will save.
- I am a widow/single**      **Isa.54:4-6** – Do not fear, for you will not be ashamed; do not be discouraged, for you will not suffer disgrace; for you will forget the shame of your youth, and the disgrace of your widowhood you will remember no more. For your maker is your husband, the Lord of hosts is his name; the Holy One of Israel is your Redeemer, the God of the whole earth he is called. For the Lord has called you like a wife forsaken and grieved in spirit, like the wife of a man’s youth when she is cast off, says your God.
- I am happy**      **Ps16:11** – You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures for evermore.



## *Christ is All*

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- I am grateful -** **Phil4:6** – Do not worry about but in everything by prayer and supplication with thanksgiving, let your requests be made known to God.
- I feel proud -** **1 Pt5:5-6** “God opposes the proud, but give s grace to the humble.” Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time.
- I feel persecuted -** **Heb12:4** - In your struggle against sin you have not yet resisted to the point of shedding your blood.
- I feel contented -** **Phil4:11** – Not that I am referring to being in need; for I have Learned to be content with whatever I have
- I need prayer -** **1Tim2:1** – First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings should be made for everyone  
**Eph6:18** – Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints.
- I feel loved -** **Ps91:14** – Those who love me, I will deliver; I will protect those who know my name. (1 Jhn. 4:18, Isa. 44, 54:10)  
**1Cor7:16** – Wife, for all you know, you might save your husband. Husband, for all you know, you might save your wife.
- I feel frustrated in marriage -** **1Cor7:14** – For the unbelieving husband is made holy through his wife, and the unbelieving wife is made holy though her husband.
- I feel overcome by passion/lust -** **2 Tim2:22** – Shun youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.
- I feel like God is far away -** **Jer31:3** – the Lord appeared to him from far away. I have loved you with an everlasting love; therefore I have continued my faithfulness to you. (Josh.1:5-9, Isa 43:5)
- I feel like God is not answering prayers -** **2Pt. 3:9** – The Lord is not slow about his promise, as some think of slowness, but is patient with you not wanting any to perish, but all to come to repentance.





## **APPENDIX**

### **Seven Gifts of the Holy Spirit (Is.11:2)**

The spirit of the Lord will give him wisdom and the knowledge and skill to rule his people. He will know the Lord's will and have reverence for him

**1. Wisdom 2. Understanding 3. Counsel 4. Fortitude 5. Knowledge 6. Piety 7. Fear of the Lord.**

### **Twelve Fruits of the Holy Spirit (Gal. 5:16-21)**

But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, gentleness and self control against such things there is no law.

**1. Love 2. Joy 3. peace 4. patience 5. Kindness 6. Goodness 7. Gentleness 8. Mildness 9. Faith 10. Modesty 11. Self control 12. Chastity.**

### **Charisms of the Holy Spirit (1 Cor. 12:8-10)**

To one there is given through the Spirit the message of Wisdom, to another, the message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another Gift of Healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues and still to another interpretation of tongues.

### **Seven Sacraments**

**1. Baptism 2. Holy Eucharist 3. Confirmation 4. Penance 5. Anointing of the sick 6. Holy orders 7. Matrimony.**

### **Seven Corporal Works of Mercy**

**1. To feed the hungry 2. To bury the dead 3. To visit the sick 4. To clothe the naked 5. To shelter the homeless 6. To visit the imprisoned 7. To give drink to the thirsty.**

**Seven Spiritual Works of Mercy**

**1. Counsel the Doubtful 2. Instruct the ignorant 3. Admonish sinners 4. Comfort the Afflicted 5. Gentleness 6. Bear wrongs patiently 7. Pray for the living and the dead.**

### **The Seven Cardinal Sins**

**Pride, Covetousness, Lust, Anger, Gluttony, Envy and Laziness.**

### **The Opposite Virtues to the Seven Deadly Sins**

**Humility, Liberality, Chastity, Meekness, Self control, Brotherly Love and Diligence.**



**The Three Theological Virtues**

Faith, Hope and Love.

**The Four Cardinal Virtues**

Prudence, Justice, Fortitude and Temperance.

**Two Principal mysteries of our faith**

1. Unity and Trinity of God.
2. Incarnation, Passion, Death and Resurrection of Jesus Christ.

**Commandments of the Church**

1. To attend Mass on Sundays and Holy Days of obligation
2. To fast and abstain on the days commanded.
3. To confess our sins at least once a year.
4. To receive Holy Communion at least during Easter time
5. To contribute to the support of the Church
6. To keep the laws of the Church with regard to Marriage

**THE BEATITUDES**

1. Blessed are the poor in spirit; for theirs is the Kingdom of Heaven.
2. Blessed are they who mourn; for they shall be comforted.
3. Blessed are the meek; for they shall inherit the earth.
4. Blessed are they who hunger and thirst after justice; for they shall have their fill.
5. Blessed are the merciful; for they shall obtain mercy
6. Blessed are the clean of heart; for they shall be called children of God.
7. Blessed are they who suffer persecution for justice sake; for theirs is the Kingdom of Heaven.

**Why say the Hail Mary?**

We should frequently say the Hail Mary to put in our mind of the Incarnation of God: and to honour our Blessed Lady, the Mother of God, and to also ask Her to pray for us sinners at all times; but especially at the hour of our death.

**Holy Water - A means of Spiritual Wealth**

Holy Water is a sacramental that remits venial sin. Because of the blessing attached to it, the Holy Church strongly urges its use upon Her Children, especially when danger threaten. Holy Water has its great power and efficacy from the prayers of the Church. The devil hates Holy Water because of its power over him. He cannot long abide in a



place that is or near a person who is often sprinkled with blessed water. Only in purgatory can one understand how ardently a poor soul longs for Holy Water. Use Holy Water as follows: Dip your fingers in Holy Water and say, “ By this Holy Water and by Your Precious Blood, wash away all my sins, O Lord”. Sprinkle Holy Water on Holy Souls in purgatory, then make the sign of the Cross.

### **Criticism of Priests**

One should never attack a priest, even when he’s in error, rather one should pray and do penance that Jesus will grant him His grace again. He alone fully represent Him. A priest is Jesus’s Vicar and Jesus stand beside him on the alter. Therefore, whoever voices judgement over him voices it over Jesus, and this really hurts and insults Jesus. Never again accept an out-of-the-way word about a priets or speak no unkind word about them. Pray frivently for them through Mother Mary.

### **WHY DEVOTE YOURSELF TO GOD IN RELIGIOUS LIFE?**

1. To consecrate your whole life in a special way to God, who is infinitely worthy of total love and service
2. To find protection from the corruption influences of the world which easily lead to sin and damnation
3. To atone for your past sins and to make salvation the chief object of your life
4. To make reparation for the supreme dishonor offered by the multitudes who, despising God, love and serve themselves and satan
5. To make reparation for the sins of the world
6. To make reparation for those who neglect or refuse the grace of the call to religious life
7. To bolster the ranks of the Church Militant in choosing for your tour of duty during this short life to fight on the front lines for God and His Church
8. To live the evangelical counsels in imitation of Christ’s poverty, chastity and obedience in the peace and order of a structured life
9. To live in a close proximity to the Blessed Sacrament and to receive the inestimable blessings of daily participation in the Holy Sacrifice of the Mass and frequent reception of the sacraments
10. To devote considerably more time to prayer, contemplation, and the study of the sacred sciences
11. To have the satisfaction of knowing that you are doing what is best for your salvation and the salvation of your neighbor
12. To continue the spirit and work of the religious congregation to which you are called



**SAINTS AND THEIR PATRONAGE**

Saint Adrian the patron of soldiers  
Saint Agatha the patron of Bell founders and Breast disease  
Saint Agnes – Rape, Chastity and Girl Scouts  
Saint Alban the patron of Refugees  
Saint Albert the patron of Medical technologies and Scientists  
Saint Alexis the patron of Pilgrims and beggars  
Saint Alphonsus the patron of Vocations  
Saint Ambrose the patron of Learning  
Saint Andrew the patron of Scotland  
Saint Anne the patron of Grandmothers, Mothers, Women in labour, Horse riders, Canada  
Saint Anthony the patron of lost articles, the poor, Amputees and Cemetery workers  
Saint Appolonia the patron of Dentist  
Saint Augustine, Bishop of Hippo the patron of Theologians  
Saint Barbara- Ammunition workers, Architects, Builders, Miners, Storms and Sudden death  
Saint Barnabas the patron of Cyprus  
Saint Bartholomew the patron of Plasters  
Saint Benedict the patron of Monks and Poisoning  
Saint Bernadine the patron of Advertising  
Saint Bernadino the patron of impulsive and uncontrolled gambling  
Saint Bernard the patron of the Alps, Mount climbers, Skiers and Jewelers  
Saint Blaise the patron of wild animals  
Saint Bonaventura patron of Bowel disorders  
Saint Boniface the patron of Germany, Tailors and Brewers  
Saint Brendan the patron of Navigators and Sailors  
Saint Bridget the patron of Ireland and Fallen women  
Saint Camillus the patron of Nurses and the sick  
Saint Catherine of Siena the patron of Italy, Jurors and Fire prevention  
Saint Catherine of Alexandria the patron of Philosophers, Secretaries, Spinsters  
Saint Cecelia the patron of Poets, Singers, Composers, Musicians, the throat and vocalists  
Saint Charles Borromeo the patron of Clergy, Colic, Stomach trouble and Ulcers  
Saint Christina the patron of Millers , Insanity and Psychiatrists  
Saint Christopher the patron of Bachelors, Drivers, Travel and Trfavellers  
Saint Clare of Assisi the patron of Television  
Saint Clement the patron of Tanners and Marines  
Saint David the patron of saint of Wales and Dovers  
Saint Dennis the patron of France and Headaches  
Saint Dominic Savio the patron of Choir Members  
Saint Dominic the patron of Astronomers and Astronomy



Saint Dorothy the patron of Florists, Brides  
Saint Dunstan the patron of Goldsmiths and Locksmiths  
Saint Dymphna the patron of Family harmony, Rape, Insanity, Mental illness, Nerves and Runaways  
Saint Edmund patron saint of England before the adoption of St. George  
Saint Elizabeth the patron of separated spouses and Difficult marriages  
Saint Elmo (saint Erasmus) of Formiae- patron saint of Sailors  
Saint Eligius (Eloy or Eloi)- patron of Goldsmiths, Blacksmiths, Horse, Taxi drivers & Mechanics  
Saint Euphemia patron of Rovinj, Croatia  
Saint Eustace patron of Hunters and those facing adversity  
Saint Felicitas or Felicity of Rome patron of widows and Mothers of dead sons  
Saint Florian the patron of Austria, Firefighters and chimney sweeps  
Saint Francis de Sales the patron of Confessors, the Deaf, Journalists and Teachers  
Saint Francis of Assisi the patron of Animals, Birds, Fire, Merchants and Solitary death  
Saint Francis Xavier the patron of the Orient, Missionaries, Navigators and Sailors  
Saint Francis Xavier Cabrini the patron of Immigrants, emigrants and Missioners  
Saint Gabriel the patron of Youth, Clerics and Communication workers  
Saint Genesius the patron of Actors, Comedians, Dancers, Epilepsy and Lawyers  
Saint George the patron of England, Chivalry and soldiers  
Saint Gerard the patron of pregnant women and those Falsely accused  
Saint Germaine the patron of child abuse  
Saint Gertrude the patron the patron of West Indies  
Saint Giles the patron of disabled, Beggars and Lepers  
Saint Gregory the Great the patron of Teachers, Students and Musicians  
Saint Helena the patron of Archeologists  
Saint Henry the patron of the Childless and the Handicapped  
Saint Hippolytus the patron of Horses, Prisons and Prison officers  
Saint Hubert the patron of Hunters and Mathematicians  
Saint Ignatius Loyola the patron of Jesuit order and Retreats  
Saint Ignatius of Antioch the patron of churches in the eastern Mediterranean  
Saint Isidore the patron of Ranchers  
Saint Ives the patron of Advocates and Judges  
Saint James the Greater the patron of Pilgrims, arthritis, Blacksmiths and laborers  
Saint James the Less the patron of Hat makers  
Saint Januarius patron of Naples and volcanic eruptions  
Saint Jerome the patron of Librarians, Scholars, Students and Abandoned children  
Saint Joan of Arc the patron of France, Service women and virgins  
Saint John Berchman the patron of Alter/ Mass servers



## *Christ is All*

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Saint John Bosco the patron of Editors  
Saint John Nepomuk- patron of Silence and Floods  
Saint John Regis the patron of Medical social workers  
Saint John the Baptist the patron of Baptism, Conversion and Tailors  
Saint John the Evangelist the patron of Book Sellers, Art dealers and printers  
Saint John the patron of Heart ailments and Orators  
Saint John Vianney the patron of Pawnbrokers and Priests  
Saint Joseph the patron Belgium, Canada, Carpenters, Married Couples and Pioneers  
Saint Jude the patron of Desparation and Hopeless causes  
Saint Julian Hospitaller – patron of Hospitality, innkeepers, travelers and boatmen  
Saint Justina patron of Padua  
Saint Lawrence the patron of Fire and Banks, Blindness  
Saint Leonard the patron of Prisoners, Captives and Slaves  
Saint Lidwina the patron of Skaters  
Saint Longinus patron of Mantua  
Saint Louis the patron of Child death  
Saint Louise the patron of Orphans and widows  
Saint Lucy the patron of the poor, Cutters, Eyes, Peddlers, Saddles and Salespersons, Blindness  
Saint Luke the patron of Artists, Doctors, Jewelers, Physicians, Sculptors and Surgeons  
Saint Margaret Mary the patron of Polio  
Saint Margaret of Antioch patron of Women in Childbirth  
Saint Margaret the patron of Homelessness  
Saint Mark the patron of Venice, Glazers and Stained glass workers  
Saint Martha the patron of Housewives, Domestic workers and Servants  
Saint Martin the patron of Vintners and Alcoholics  
Saint Martin de Porres the patron of Negroes  
Saint Mary Magdalene the patron of Frail and Penitent Women  
Saint Mathew the patron of Accountants, Bankers, Bookkeepers, Stock brokers and Tax collectors  
Saint Matthias the patron of Carpenters and Tailors  
Saint Maurice the patron of Infantrymen, Cramp and Swordsmiths  
Saint Maximilian Kolbe the patron of Drug Addiction  
Saint Michael the patron of Battles, Germany, Grocers, Police officers, Radiologists, Seafarers  
Saint Monica the patron of Alcoholism, Bakers, Brewers, Children, Coopers, Greece and peace  
Saint Nicholas the patron of Brides  
Saint Norbert the patron of Peasants  
Saint Pancras the patron of Children



Saint Pantaleon the patron of physicians  
Saint Patrick the patron of Ireland, Snake bites and Tooth ache  
Saint Paul the Hermit the patron of clothing  
Saint Paul the patron of Authors, Press, Publishers and Writers  
Saint Peregrine the patron of Cancer and Skin diseases  
Saint Peter the Apostle-Patron of Fishermen and Ship builders  
Saint Peter the Martyr-Patron of Inquisitors and Midwives  
Saint Philip-Patron of Cooks and Bakers  
Saint Phocas- Patron of Gardeners  
Saint Raphael the patron of Pharmacists, Chemists, Eye disease, Lovers and Shepherds  
Saint Raymond Nonnatus the patron of Obstetricians  
Saint Rita the patron of Healing wounds, Loneliness and Tumours  
Saint Robert the patron of Catechists  
Saint Roch the patron of Dogs, Plague and Pelistine  
Saint Romanus of Rouen- Patron of Rouen  
Saint Rosalia- Patron of Palermo and of Sicilian marines  
Saint Rose of Lima the patron of South America and against Vanity  
Saint Scholastica the patron of Convulsions in Children and rain  
Saint Sebastian the patron of Athletes, Enemies of Religion, Gardeners, Iron mongers, Undertakers  
Saint Stephen the patron of Austria, Caskets makers, Hungary and Stone masons  
Saint Swithin- Weather  
Saint Theresa of Avila the patron of Headache sufferers  
Saint Theresa of the child Jesus the patron of Missions and Tuberculosis  
Saint Thomas Aquinas the patron of Universities and Students  
Saint Thomas More the patron Civil Servants, Court Workers, Lawyers and Widowers  
Saint Thomas the patron of Architects, Builders and India  
Saint Ursula the patron of Young Girls  
Saint Victor the Moor or Victor of Milan patron Varese, Italy  
Saint Victor of Marseilles the patron of Torture Victims  
Saint Vincent of Saragossa patron of Vintners  
Saint Vincent de Paul the patron of Charitable Societies  
Saint William the patron of Adopted children  
Saint Winifred the patron of Virgins  
Saint Yves(Saint Ivo of Kermartin) patron of Lawyers





**O Holy Mother of God, pray for us**