My soul hath relied on His word: my soul hath hoped in the Lord.

From the morning watch even until night, let Israel hope in the Lord.

Because with the Lord there is mercy, and with Him plentiful redemption.

And He shall redeem Israel from all his iniquities.

Because with the Lord there is mercy, and with Him the Lord.

From the morning watch even until night, let Israel hope in the Lord.

My soul hath relied on His word: my soul hath hoped in the Lord.

The Lord hath received Israel, His servant, being mindful of His compassion for him and of His holy oath to David, His servant.

His mercy is from generation to generation, to those who fear Him.

Hallowed be the name of the Lord, from generation to generation.

And His mercy is from generation to generation, to those who fear Him.

And His mercy is to be upon his children's children, to the号 of generation and numberless days.

Because he that is mighty hath done great things to me, and holy is His name.

And my spirit hath rejoiced in God my Saviour, because he hath regarded the humility of his handmaid:

For ever and ever. Amen.

For ever and ever. Amen.

HOLY Michael 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, Prince of the heavenly host, by the power of God so stir up in their hearts a love of good and a zeal for what is right that they may be our safeguard against the wickedness and snares of the devil. Amen.

Behold, O kind and most sweet Jesus, I cast myself upon my knees in Thy sight, and with the most fervent desire of my soul I pray and beseech Thee that Thou wouldst impress upon my heart lively sentiments of faith, hope and charity, with a true contrition for my sins and a firm purpose of amendment; whilst with deep affection and grief of soul I ponder within myself and mentally contemplate Thy five wounds, having before my eyes the words which long ago David the prophet put in Thy mouth concerning Thee: They have pierced My hands and My feet, they have numbered all My bones. (Ps. 21. 17, 18)

My soul doth magnify the Lord;

And my spirit hath rejoiced in God my Saviour,

Because he hath regarded the humility of his handmaid: for behold from henceforth all generations shall call me blessed,

Because he is mighty hath done great things to me, and holy is His name,

And his mercy is from generation unto generation to those that fear Him.

He hath showed might in his arm; he hath scattered the proud in the conceit of their heart.

He hath put down the mighty from their seat, and hath exalted the humble.

He hath filled the hungry with good things, and the rich He hath sent away empty.

He hath received Israel, his servant, being mindful of his mercy, Glory be to the Father. As it was in the beginning

* Indulgence of 10 years, when recited before a picture of the Crucified.—Plenary, under the usual conditions, with a prayer for the intention of His Holiness.

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.

Blood of Christ, inebriate me.

Body of Christ, save me.

O good Jesus, hear me.

Within Thy wounds hide me.

Within Thy wounds hide me.

O good Jesus, hear me.

Suffer me not to be separated from Thee.

Thou, Prince of the heavenly host, by the power of God so stir up in their hearts a love of good and a zeal for what is right that they may be our safeguard against the wickedness and snares of the devil. Amen.

Anima Christi

The Lord’s Prayer

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

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 them who trespass against us: and lead us not into temptation: but deliver us from evil. Amen.

The Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

The Apostle’s Creed

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

Glory be to the Father

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.

The Morning Offering

O Jesus, through the most pure heart of Mary, I offer Thee the prayers, works, joys and sufferings of this day for all the intentions of Thy divine Heart.

The Confiteor

I confess to almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the Holy Apostles Peter and Paul, and to all
May the Almighty God have mercy on me, forgive me my sins, and bring me to life everlasting. Amen.

AN 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 Thy dreadful punishments, because they have crucified my loving Saviour Jesus Christ, but most of all, because they offend Thine infinite Goodness; and I firmly resolve by the help of Thy grace, never to offend Thee again, and carefully to avoid the occasions of sin. Amen.

A SHORT ACT OF CONTRITION

O MY God, I am very sorry that I have sinned against Thee, because Thou art so good, and I will not sin again.

AN ACT OF FAITH

O MY God, I firmly believe all the truths that the Holy Catholic Church believes and teaches; I believe these dreadfully punishments, because they have crucified my loving Saviour Jesus Christ, but most of all, because they offend Thine infinite Goodness; and I firmly resolve by the help of Thy grace, never to offend Thee again, and carefully to avoid the occasions of sin. Amen.

AN ACT OF HOPE

O MY God, relying on Thy promises, I hope that through the infinite merits of Jesus Christ, Thou wilt grant me pardon of my sins and the graces necessary to serve Thee in this life, and to obtain eternal happiness in the next.

AN ACT OF CHARITY

O MY God, I love Thee with my whole heart and above all things because Thou art infinitely good and perfect; and I love my neighbour as myself for love of Thee. Grant that I may love Thee more and more in this life and in the next for all eternity. Amen.

MEMORARE

REMEMBER, O most loving Virgin Mary, that never was it known in any age, that any one who fled to thy protection, implored thy aid, or sought thy intercession was abandoned by thee. Inspired with confidence therefore I fly to thee, O Virgin of virgins, my Mother; to thee do I come, before thee I stand sinful and sorrowful; do not, O Mother of the Word Incarnate, despise my prayers, but graciously hear and grant them. Amen.

TO MY GUARDIAN ANGEL

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

HAIL HOLY QUEEN

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

GRACE BEFORE MEALS

BLESSED be the Lord God our Father, Who hath given us his Holy Spirit. Graciouslygrant us to love the things that are true, and hold fast what is good.

GRACE AFTER MEALS

The peace of Christ be with you. And with thy spirit. And with thy spirit. May Christ be with you. And with thy spirit. Amen.

REGINA CELI

The Queen of heaven, the Mother of mercy, who hast born and who art ever Virgin, the Mother of God, O holy Queen, Mother of mercy; hail, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, thou merciful advocate, thine eyes of mercy towards us; and after this, our exile, show unto us the blessed fruit of thy womb, Jesus, only begotten Son of the Father. Hail, Holy Queen, Mother of mercy; hail, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, thine eyes of mercy to us; after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

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