

NIGHT PRAYERS...CONTINUED

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.

Then say the 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 vale 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.

Then say some short ASPIRATIONS:

Heart of Jesus, once in agony, have pity on the dying.

Jesus, Mary and Joseph, I give Thee 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 Thee. Amen.

O Jesus, have pity on the poor souls in purgatory, and give them eternal rest. Amen.

Our Lady help of Christians, pray for us.

St Patrick, pray for us.

St. Francis Xavier, pray for us.

The Angelus

∿ The Angel of the Lord declared unto Mary.

℟. And she conceived of the Holy Ghost.

Hail Mary, etc.

∿ Behold the handmaid of the Lord.

℟. Be it done unto me according word.

Hail Mary, etc.

∿ And the Word was made Flesh

℟. And dwelt among us.
Hail Mary, etc.

∿ 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 same Christ our Lord. Amen.

Morning Prayers

As soon as you awake in the morning let your first thought be of God. Say 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.

When dressed kneel down and make the Sign of the Cross:

IN the name ✠ of the Father and of the Son, and of the Holy Ghost. Amen.

Blessed be the holy and undivided Trinity, now and for evermore. Amen.

AN ACT OF ADORATION

O GREAT God, the Sovereign Lord of heaven and earth, I prostrate myself before Thee. With all the Angels and Saints I adore Thee, I acknowledge Thee to be my creator and Sovereign Lord, my first beginning and last end. I render to Thee the homage of my being and life. I submit myself to Thy holy Will, and I dedicate myself to Thy divine service this day and for ever.

Then say: **O**UR 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.

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.

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.

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.

Now make a firm resolution to avoid evil and to do good.

ADORABLE Jesus! divine model of that perfection to which we should aspire! I will endeavour this day to follow Thine example: to be mild, humble, chaste, zealous, patient,

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charitable, and resigned. Incline my heart to keep Thy commandments. I am resolved to watch over myself with the greatest diligence and to live soberly, justly, and piously, for the time to come. I will take care of my words, that I may not offend with my tongue. I will turn away my eyes, that they may not see evil, and I will be particularly attentive not to relapse this day into my usual failings, but to struggle against them with Thy gracious assistance. Enlighten my mind, purify my heart, and guide my steps, that I may pass all my life in Thy divine service. Amen.

Night Prayers

Never go to bed without thanking God for all the benefits you have received during the day and during your whole life.

Kneel down and make the Sign of the Cross:

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

Blessed be the holy and undivided Trinity, now and for evermore. Amen.

Now say three HAIL MARY'S in honour of our Lady's purity,

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

Hail Mary, *etc.*

Hail Mary, *etc.*

Then say:

THROUGH thy sacred Virginity and Immaculate Conception, O pure Virgin Mary, obtain for me purity of body and sanctity of soul.

Place yourself in the presence of God, humbly adore Him:

GREAT God, the Lord of heaven and earth, I prostrate myself before Thee. With all the Angels and Saints I adore Thee. I acknowledge Thee to be my Creator and Sovereign Lord, my first beginning and last end, I render to Thee the homage of my being and life. I submit myself to Thy holy Will, and I devote myself to Thy divine service now and forever.

Say 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 the saints, that I have sinned exceedingly in thought, word, and deed, through my fault, through my fault, through my most grievous fault. Therefore I beseech the blessed Mary ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the Holy Apostles Peter and Paul and all the saints, to pray to the Lord our God for me.

May the Almighty God have mercy on me, forgive me my sins, and bring me to life everlasting. Amen.

After an Examination of Conscience make a fervent ACT OF CONTRITION:

O MY God, I am sorry and beg pardon for all my sins, and detest them above all things,