

BREATH IN ME, O HOLY SPIRIT,
THAT MY THOUGHTS MAY BE HOLY.

ACT IN ME, O HOLY SPIRIT,
THAT MY WORK MAY BE HOLY.

DRAW MY HEART, O HOLY SPIRIT,
THAT I MAY LOVE WHAT IS HOLY.

STRENGTHEN ME, O HOLY SPIRIT,
TO DEFEND ALL THAT IS HOLY.

GUARD ME, O HOLY SPIRIT,
THAT I MAY ALWAYS BE HOLY.

—SAINT AUGUSTINE



TO HIS SACRED HEART



COME HOLY SPIRIT, FILL
THE HEARTS OF THY FAITHFUL
AND ENKINDLE IN THEM THE
FIRE OF THY LOVE. SEND
FORTH THY SPIRIT AND
THEY SHALL BE CREATED.
AND THOU SHALT RENEW
THE FACE OF THE EARTH.

TO HIS SACRED HEART

MEMORARE

REMEMBER O MOST GRACIOUS VIRGIN MARY, THAT NEVER WAS IT KNOWN THAT ANYONE WHO FLED TO THY PROTECTION, IMploRED THY HELP, OR SOUGHT THY INTERCESSION WAS LEFT UNAIDED. INSPIRED BY THIS CONFIDENCE, I FLY UNTO THEE. O VIRGIN OF VIRGINS, MY MOTHER; TO THEE DO I COME, BEFORE THEE I STAND SINFUL AND SORROWFUL. O MOTHER OF THE WORD INCARNATE, DESPISE NOT MY PETITIONS, BUT IN THY MERCY HEAR AND ANSWER ME. AMEN.

TO HIS SACRED HEART

ACT OF CONTRITION

O MY GOD, I AM HEARTILY SORRY FOR HAVING OFFENDED THEE, AND I DETEST ALL MY SINS BECAUSE OF THY JUST PUNISHMENTS, 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 SIN NO MORE AND TO AVOID THE NEAR OCCASION OF SIN. AMEN.



TO HIS SACRED HEART



ANIMA CHRISTI
SOUL OF CHRIST, SANCTIFY ME,
BODY OF CHRIST, SAVE ME,
BLOOD OF CHRIST, INEBRIATE ME,
WATER FROM THE SIDE OF CHRIST, WASH ME,
PASSION OF CHRIST, STRENGTHEN ME,
O GOOD JESUS, HEAR ME,
WITHIN THY WOUNDS HIDE ME,
SUFFER ME NOT TO BE SEPARATED FROM THEE,
FROM THE MALICIOUS ENEMY DEFEND ME,
IN THE HOUR OF MY DEATH CALL ME,
AND BID ME COME UNTO THEE,
THAT WITH THY SAINTS I MAY PRAISE THEE,
FOR EVER AND EVER. AMEN.

—SAINT IGNATIUS OF LOYOLA