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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 by thy name;*

*thy kingdom come,*

*thy will be done on earth as it is in heaven.*

*Give us this day our daily bread;*

*and forgive us our trespasses*

*as we forgive those who trespass against us;*

*And lead us not into temptation,*

*but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.*

### **Glory Be/Lesser Doxology**

*Glory be to the Father;  
And to the son,  
And to the Holy Spirit.  
As it was in the beginning, is now,  
And ever shall be,  
World without end. Amen.*

### **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 death. Amen.*

### **The Nicene Creed**

*I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.  
For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.*

*I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.  
I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.*

### **The Apostles' Creed**

*I believe in God, the Father almighty, Creator of heaven and earth,  
And in Jesus Christ, His only Son, our Lord.  
He was conceived by the Holy Spirit, and born of the Virgin Mary.  
He suffered under Pontius Pilate, was crucified, died and was buried.  
He descended into hell. On the third day He rose again.  
He ascended into heaven, and is seated at the right hand of God the Father Almighty.  
He will come again 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.*

### **Psalm 23 – The Lord is My Shepherd...**

*The Lord is my shepherd; I shall not want.  
He maketh me to lie down in green pastures: he leadeth me beside the still waters.  
He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.  
Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with  
me; thy rod and thy staff they comfort me.  
Thou preparest a table before me in the presence of mine enemies: thou anointest my head with  
oil; my cup runneth over.  
Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house  
of the Lord for ever.*

### **An Act of Contrition**

*Oh 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 are 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.*

### **The Fatima Prayer**

*Oh, my Jesus, forgive us our sins,  
Save us from the fires of hell, lead all souls to heaven,  
Especially those in most need of thy mercy.*

## **Salve Regina**

*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.*

**Verse:** *Pray for us, O Holy Mother of God.*

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

## **Prayer to 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.*

## **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 clemency hear and answer me.*

## **Morning Offering**

*O Jesus, through the Immaculate Heart of Mary,*

*I offer You my prayers, works, joys and sufferings*

*of this day for the intentions of Your Sacred Heart,*

*in union with the Holy Sacrifice of the Mass throughout the work,*

*in reparation for my sins, for the intentions of all my relative and friends,*

*in particular for the intentions of the Holy Father.*

## **Devine 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.*

### **Grace Before Meals**

*Bless us, O Lord, and these Thy gifts,  
Which we are about to receive from thy bounty, through Christ Our Lord, Amen.*

### **The Jesus Prayer**

*Lord Jesus Christ, Son of God, have mercy on me, a sinner.*

### **Prayer at Night**

*Protect us, Lord, as we stay awake, watch over us as we sleep, that awake we may keep watch with Christ, and asleep, rest in his peace.”*

### **Anima Christi**

*Soul of Christ, sanctify me  
Body of Christ, save me  
Blood of Christ, inebriate me  
Water from Christ's side, wash me  
Passion of Christ, strengthen me  
O good Jesus, hear me  
Within Thy wounds hide me  
Permit me never to be separated from Thee  
From the evil foe defend me  
In the hour of my death call me  
And bid me come unto Thee  
That I may praise Thee  
with Thy saints and with Thy angels forever and ever.*

### **Magnificat**

*My soul proclaims the greatness of the Lord,  
My spirit rejoices in God my Saviour  
For he has looked with favor on his lowly servant.  
From this day all generations will call me blessed: The Almighty has done great things for me,  
And holy is his Name.  
He has mercy on those who fear him in every generation.  
He has shown the strength of his arm,  
He has scattered the proud in their conceit.  
He has cast down the mighty from their thrones,  
And has lifted up the lowly.*

*He has filled the hungry with good things,  
And the rich he has sent away empty.  
He has come to the help of his servant Israel  
For he has remembered his promise of mercy,  
The promise he made to our fathers.  
To Abraham and his children for ever.*

### **Angelus**

*Verse: The Angel of the Lord declared unto Mary,*

*Response: And she conceived of the Holy Spirit.*

*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.*

*Verse: Behold the handmaid of the Lord.*

*Response: May it be done to me according to your word.*

*Hail Mary...*

*Verse: And the Word was made flesh.*

*Response: And dwelt among us.*

*Hail Mary...*

*Verse: Pray for us, O Holy Mother of God.*

*Response: 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 be His Passion  
and Cross be brought to the glory of His Resurrection, though the same Christ our Lord,*

*Response: Amen.*

### **Prayer for the Protection of Religious Liberty**

*O God our Creator,*

*from your provident hand we have received  
our right to life, liberty, and the pursuit of happiness.*

*You have called us as your people and given us  
the right and the duty to worship you, the only true God,  
and your Son, Jesus Christ.*

*Through the power and working of your Holy Spirit,  
you call us to live out our faith in the midst of the world,  
bringing the light and the saving truth of the Gospel  
to every corner of society.*

*We ask you to bless us  
in our vigilance for the gift of religious liberty.*

*Give us the strength of mind and heart  
to readily defend our freedoms when they are threatened;  
give us courage in making our voices heard*

*on behalf of the rights of your Church  
and the freedom of conscience of all people of faith.*

*Grant, we pray, O heavenly Father,*

*a clear and united voice to all your sons and daughters  
gathered in your Church  
in this decisive hour in the history of our nation,  
so that, with every trial withstood  
and every danger overcome—  
for the sake of our children, our grandchildren,  
and all who come after us—  
this great land will always be "one nation, under God,  
indivisible, with liberty and justice for all."  
We ask this through Christ our Lord.  
Amen.*

### **Prayer for Resurgence of Christianity in the United States**

*Almighty and Eternal God, King of Kings and Lord of Lords: graciously turn your gaze to us  
who invoke You with confidence.*

*Bless us, citizens of the United States of America; grant peace and prosperity to our Nation;  
illuminate those who govern us so that they may commit themselves to the common good, in  
respect for Your holy Law.*

*Protect those who, defending the inviolable principles of the Natural Law and Your  
Commandments, must face the repeated assaults of the Enemy of the human race.*

*Keep in the hearts of Your children courage for the truth, love for virtue and perseverance in the  
midst of trials.*

*Make our families grow in the example that Our Lord has given us, together with His Most Holy  
Mother and Saint Joseph in the home of Nazareth; give to our fathers and mothers the gift of  
Strength, to educate wisely the children with which you have blessed them.*

*Give courage to those who, in spiritual combat, fight the good fight as soldiers of Christ against  
the furious forces of the children of darkness.*

*Keep each one of us, O Lord, in your Most Sacred Heart, and above all him whom Your  
Providence has placed at the head of our Nation.*

*Bless the President of the United States of America, so that aware of his responsibility and his  
duties, he may be a knight of justice, a defender of the oppressed, a firm bulwark against Your  
enemies, and a proud supporter of the children of light.*

*Place the United States of America and the whole world under the mantle of the Queen of  
Victories, our Unconquered Leader in battle, the Immaculate Conception. It is thanks to her, and  
through your Mercy, that the hymn of praise rises to you, O Lord, from the children whom you  
have redeemed in the Most Precious Blood of Our Lord Jesus Christ.*

*Written by Archbishop Carlo Maria Viganò  
Apostolic Nuncio to the United States of America (2011 - 2016)*

### **Psalm 51 – The Miserere: Prayer of Repentance**

*Have mercy on me, God, in your goodness  
in your abundant compassion  
blot out my offense.*

*Wash away all my guilt;  
from my sin cleanse me.*

*For I know my offense;  
my sin is always before me.  
Against you alone have I sinned;  
I have done such evil in your sight  
That you are just in your sentence,  
blameless when you condemn.  
True, I was born guilty,  
a sinner, even as my mother conceived me.  
Still, you insist on sincerity of heart;  
in my inmost being teach me wisdom.  
Cleanse me with hyssop, that I may be pure;  
wash me, make me whiter than snow.  
Let me hear sounds of joy and gladness;  
let the bones you have crushed rejoice.  
Turn away your face from my sins;  
blot out all my guilt.  
A clean heart create for me, God;  
renew in me a steadfast spirit.  
Do not drive me from your presence,  
nor take from me your holy spirit.  
Restore my joy in your salvation;  
sustain in me a willing spirit.  
I will teach the wicked your ways,  
that sinners may return to you.  
Rescue me from death, God, my saving God,  
that my tongue may praise your healing power.  
Lord, open my lips;  
my mouth will proclaim your praise.  
For you do not desire sacrifice;  
a burnt offering you would not accept.  
My sacrifice, God, is a broken spirit;  
God, do not spurn a broken, humbled heart.*

***–Psalm 51:3-19***