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

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***Morning Offering
of
St. Therese of the Child Jesus***

My God, I offer You all my actions of this day for
the intentions and for the glory of the Sacred Heart
of Jesus. I desire to sanctify every beat of my heart,
my every thought, my simplest words and works, by
uniting them to Its infinite merits. I wish to make
reparation for my sins by casting them into the
furnace of Its merciful love.

My God, I ask of You, for myself and for those
whom I hold dear, the grace to fulfill perfectly Your
holy Will, to accept for love of You the joys and
sorrows of this passing life, so that we may one day
be united together in heaven for all eternity.

Amen.

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Merciful Lord, You are never weary of speaking
to my poor heart. Grant me grace that, if today I
hear Your voice, my heart may not be hardened.

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Come, Holy Spirit, enlighten my mind and
strengthen my will that I may say my prayers
devoutly.

Most Holy Trinity, I adore You with childlike
reverence and love. I praise and thank You for the
great love and fatherly kindness in which You have
created, redeemed, and sanctified me. With my
whole heart I thank You for having preserved me
during the past night and for having granted me this
new day. Out of gratitude for all these graces and
favors, I wish to love You with my whole heart, my
whole soul, my whole mind, and all my strength.

My God, I dedicate to You anew my body and my
soul. I offer up to You all my thoughts and words,
actions and sufferings of this day, to please You, to
honor You, to give You thanks for all the graces
received, to make reparation for all the offenses
committed against You, and to implore the triumph
of the Church, especially the conversion of pagans
and sinners, and the fulfillment of all the intentions

of the Sacred Heart of Jesus.

Jesus, my Divine Redeemer, in Your Sacred Heart, in Your blood shed for us, in all Your holy labors here on earth, and in all the Holy Masses which will be offered throughout the whole world today, I commend my actions, as well as those of my relatives and of all mankind. I also desire to gain today as many indulgences as I can.

Holy Spirit, Guide and Ruler of hearts, fill my weak heart with the strength of Your all-powerful grace, so that today all my actions may be in accord with Your divine will.

Holy Virgin Mary, Mother of Jesus and my Mother, keep me from all sin. Protect me in all dangers of soul and body. Help me today to perform

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my duties most faithfully so that I may glorify God and save my soul.

Praised be Jesus Christ, now and forever. Amen.

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Morning Offering

of

St. Edmund

O Lord, into Your hands and into the hands of Your holy angels, this day I entrust my soul, my relatives, my benefactors, my friends and enemies, and all Your Catholic people.

O Lord, by the merits and prayers of the Blessed Virgin Mary and of all Your saints, keep us today from all evil and unruly desires, from all sins and temptations of the devil, from a sudden and unprovided death, and from the pains of hell.

Enlighten my heart with the grace of Your Holy Spirit. Grant that I may ever be obedient to Your commandments. Let me never be separated from You, O God, who live and reign with God the Father and the same Holy Spirit forever.

Amen.

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Lord, we beg of You, go before us with Your gracious Inspiration in all our doings, and help us with your continual assistance, that our every prayer and work may begin from You, and be duly ended by You. Through Christ our Lord. Amen.

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My God, I adore You, and I love You with all my

heart. I thank You for having created me, made me a Christian, and preserved me this night. I offer You the actions of this day. Grant that all of them may be in accordance with Your holy Will and for Your greater glory. Protect me from sin and from all evil. Let Your grace be always with me. Amen.

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Lord Jesus Christ, in union with that divine intention with which You offered to God Your praises on earth through Your most Sacred Heart, and now offer them in the Sacrament of the Eucharist everywhere even to the end of time, I most gladly offer You throughout this entire day, all my thoughts and intentions, all my affections and desires, all my words and deeds, in imitation of the most holy heart of the Blessed Virgin Mary Immaculate.

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My God, I adore You, and I love You with all my heart. I thank You for having created me, made me a Christian, and preserved me this night. I offer You the actions of this day. Grant that all of them may be in accordance with Your holy Will and for Your greater glory. Protect me from sin and from all evil. Let Your grace be always with me. Amen.

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Lord Jesus, I unite myself to Your perpetual, unceasing, universal Sacrifice. I offer myself to You every day of my life and every moment of every day, according to Your most holy and adorable Will. Since You have been the Victim of my salvation, I wish to be the victim of Your love. Accept my desire, take my offering, and graciously hear my prayer. Let me live for love of You; let me die for love of You; let my last heartbeat be an act of perfect love.

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Lord God Almighty, You have brought us safely to the beginning of this day. Defend us in it by Your mighty power, that this day we may not fall into sin, but that all our words may be spoken and all our thoughts and actions directed in such a manner as always to be pleasing in Your sight. Through Christ our Lord. Amen.

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O Lord, deign to keep us from sin this day.

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I offer You, dear Jesus,
Each action of today:
My prayers, my work, my sufferings
Accept them now, I pray.
I offer You, dear Jesus,
The moments as they pass;
I join with feeble heart's desire,
With Yours in Holy Mass.
And while Your Heart, dear Jesus,
For sinners ever pleads,
I offer You, through Mary,
A decade of her beads.
And to Your own, dear Jesus,
My poor heart closely bind,
In love and reparation
For sins of all mankind.
Take then my gift, dear Jesus,
Take all I have to give;
Oh, would that I could give my life,
Within Your Heart to live.

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Night Prayers

In developing a habit of daily prayer, one very important time is just before going to bed. This is an opportunity to spend a few brief minutes reviewing the day with the Lord.

This set of night prayers gives you a good selection of common prayers used to close the day. Whether used as a part of a daily examination of conscience, or simply used as a family prayer before heading off to bed, these prayers can help you review your daily progress in loving and serving God.

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Night Blessing ***of***

St. Alphonsus Liguori

Jesus Christ, my God, I adore You and thank You for all the graces You have given me this day. I offer You my sleep and all the moments of this night, and I beg of You to keep me without sin. Therefore, I put myself within Your sacred Side and under the mantle of Our Lady, my Mother. Let Your holy angels stand about me and keep me in peace; and let Your blessing be upon me.

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I adore You, my God, and I love You with all my heart. I thank You for having created me, for having made me a Christian, and for having preserved me this day. Pardon me for the evil I have done today. If

I have done anything good, be pleased to accept it. Protect me while I take my rest and deliver me from all dangers. May Your grace be always with me. Amen.

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O Lord, we pray You to visit this home and drive far from it all snares of the enemy. Let Your holy angels dwell in it to preserve us in peace; and let Your blessing be always upon us. Through Christ our Lord. Amen.

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O Lord, deign to keep us from sin this night.

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Come, Holy Spirit, enlighten my mind and strengthen my will that I may say my prayers devoutly.

My God and Father, praise and thanks to You for the undeserved love with which You have protected me today in so many dangers of body and soul and for all the graces and favors I have received from You. This day has now passed, but my works shall follow after me. Grant that when my last hour comes, all evil may be atoned for, and all the duties You have entrusted to me may be faithfully finished. Holy Spirit, enlighten my mind that I may clearly see my sins; move my heart that I may be truly sorry for them and amend my life.

(Pause to examine your conscience.)

My God and Father, have mercy on me according to Your great mercy. I am deeply sorry for all my

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sins, because I have deserved to) be punished by You, the all-knowing and just Judge, in this life and in the life to come, but much more because I have offended and grieved You, the most high and most lovable Good. Pardon me, O God! I am firmly resolved never to offend You again. Help me with Your grace.

Eternal Father, I offer You the Precious Blood of Jesus Christ in atonement for my sins and for all the intentions of our Holy Church.

God Holy Spirit, Father of love and holiness, fill my heart with the fire of Your love, that I may serve You with a chaste body and please You with a pure heart.

In Your name, O Lord, I take my rest. Grant that

my every breath may praise and glorify You. Have mercy on the sick, on poor sinners now in the sleep of spiritual death, on all men who need Your help, as also on the suffering souls in purgatory. And to me grant the grace that I may always rest in and be ever zealous in doing Your holy Will.

Holy Virgin Mary, Mother of Jesus, and after Him my only hope, my Guardian Angel, Saint Joseph, and my holy Patron Saint, protect me during this night and during my whole life, especially in the hour of my death.

For the conversion of the whole world, for the intentions of the Sacred Heart of Jesus, and for my own intentions:

(Our Father.... Hail Mary....)

For the poor souls in purgatory: Good Lord Jesus, give unto them eternal rest! My Jesus, mercy! Jesus, Mary, Joseph! Eternal rest give unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.

For a happy death: Jesus, Mary, Joseph, I give

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you my heart and my soul! Jesus, Mary, Joseph, assist me in my last agony! Jesus, Mary, Joseph, may I breathe forth my soul in peace with you!

Praised be Jesus Christ, now and forever. Amen.

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All my work, throughout the day,
Every footstep on my way,
Every solace I may give,
Every want I may relieve—
For Thy love, my God, shall be,
Praise and honor, Lord, to Thee!
All my labor, all my care,
Every burden I may bear,
Every word my lips disclose,
All my hours of sweet repose—
For Thy love, my God, shall be,
Praise and honor, Lord, to Thee!
Every word that I may write,
Every gleam of life and light,
Dawn of day,—its noon and night,
As Life's moments onward glide—
For Thy love, my God, shall be,
Praise and honor, Lord, to Thee!
All my heart,—its hopes and fears,
Pain and sorrow, smiles and tears,

Every hour of joy and glee,
Every trial sent unto me—
For Thy love, my God, shall be,
Praise and honor, Lord, to Thee!
When I take my meals each day,
Greet my friends upon my way,
Simply pluck a flower sweet,
Stoop to take up dust, or weed—
For Thy love, my God, shall be,

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Praise and honor, Lord, to Thee!
Every labor, mean and lowly,
Every action great and holy,
Should the world its praise bestow
Or my angel, silent, know—
For Thy love, my God, shall be,
Praise and honor, Lord, to Thee!
When life's lamp has ceased to burn,
And my breaking eyes I turn
To Thy Cross, to bid farewell;
When my heart shall sound its knell,
Let my spirit, pure and free,
Sing Thy praise eternally!

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The Sign of the Cross

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

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The Glory Be (The 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.

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The Lord's Prayer

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; and lead us not into
temptation, but deliver us from evil. Amen.

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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.

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The Apostles' Creed

I believe in God,
the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ,
his only Son, our Lord.
He was conceived by the
power of 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 the Father.
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 the life everlasting.
Amen.

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The Angelus

V. The Angel of the Lord declared unto Mary.

R. And she conceived by the Holy Spirit.

Hail Mary...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

Hail Mary...

V. And the Word was made Flesh.

R. And dwelt among us.

Hail Mary...

V. Pray for us, O holy Mother of God.

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

Let us pray: Pour forth, we beseech you, O Lord,
your grace into our hearts, that we to whom the
incarnation of Christ, your 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.

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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.

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Grace After Meals

We give You thanks, Almighty God, for all Your benefits, who live and reign, world without end. Amen.

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Grace After Meals (2)

May it please You, O Lord, to reward with eternal life all those who do good to us for Your Name's sake. Amen.

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Prayer of St. Ignatius

O Eternal Word, only-begotten Son of God, I beg of You, teach me to be truly generous. Teach me to serve You as You deserve, to give without counting the cost, to fight without heeding wounds, to labor without seeking rest, to sacrifice myself without looking for any reward except the knowledge of having done Your holy Will.

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I pray to you, O God, for the grace:

To keep your commandments and
never to offend you by sin;

To listen to the voice of your grace;

To love my neighbor as myself;

To save my soul;

To be happy with you in heaven forever.

I also ask these same graces for my mother and father, my brothers and sisters, my relatives and friends, and for the whole world, through Jesus Christ, our Lord. Amen.

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Be mindful, O Lord, of your creature, whom you have redeemed by your Precious Blood.

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Prayer of St. Thomas Aquinas

O merciful God, grant that I may ever perfectly do Your Will in all things. Let it be my ambition to

work only for Your honor and glory.

Let me rejoice in nothing but what leads to You,
nor grieve for anything that leads away from You.
May all passing things be as nothing in my eyes,
and may all that is Yours be dear to me, and You, my
God, dear above them all.

May all joy be meaningless without You and may
I desire nothing apart from You. May all labor and
toil delight me when it is for You.

Make me, O Lord, obedient without complaint,
poor without regret, patient without murmur,
humble without pretense, joyous without frivolity,
and truthful without disguise.

Give me, O God, an ever watchful heart which
nothing can ever lure away from You; a noble heart,
which no unworthy affection can draw downwards
to the earth; an upright heart which no evil can
warp; an unconquerable heart which no tribulation
can crush; a free heart which no perverted affection
can claim for its own.

Bestow on me, O God, understanding to know
You, diligence to seek You, and wisdom to find You;
a life which may please You, and a hope which may
embrace You at the last.

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Prayer from Imitation of Christ

Grant me Your grace, most merciful Jesus, that it
may be with me and work with me and remain with
me to the very end.

Grant that I may always desire and will what is
most acceptable and dear to You. Let Your Will be
mine, and let my will ever follow Yours and agree
perfectly with it.

Let my willing and not-willing be one with Yours,
and let me not be able to will or not-will anything
except what You will or do not will.

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Prayer of St. Teresa

Lord, grant that I may always allow myself to be
guided by You, always follow Your plans, and
perfectly accomplish Your holy Will. Grant that in all
things, great and small, today and all the days of my
life, I may do that which Your sweet pleasure, Your
holy Will, may require of me. Help me to respond to
the slightest prompting of Your grace, that I may

become a trustworthy instrument for Your honor,
and that Your holy Will may be done in time and
eternity by me, in me, and through me. Amen.

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***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.

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My Lord and my God!

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My God, I believe in You, I hope in You, I love you
above all things with all my soul, with all my heart,
and with all my strength. I love You because You are
infinitely good and worthy of being loved; and
because I love You, I repent with all my heart of
having offended You. Have mercy on me, a sinner.
Amen.

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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.

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Almighty and Eternal God, give us an increase of
faith, hope and charity; and, that we may deserve to
obtain what You promise, make us love what You
command. Through Christ our Lord. Amen.

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Act of Faith

O my God, I firmly believe that You are one God
in three Divine Persons, Father, Son, and Holy
Spirit. I believe that Your Divine Son became Man,

and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because You have revealed them, who can neither deceive nor be deceived.

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Most Holy Trinity, we adore You and through Mary we implore You: give to all mankind unity in the faith and courage faithfully to profess it.

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My God, make us to be of one mind in the truth and of one heart in charity.

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Lord, increase our faith.

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Sacred Heart of Jesus, I believe in Your love for me.

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Act of Hope

O my God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

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Heart of love, I put all my trust in You; for I fear all things from my own weakness, but I hope for all things from Your goodness.

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Heart of Jesus, I put my trust in You.

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Act of Charity

O my God, I love You above all things, with my whole heart and soul, because You are all-good and worthy of all love. I love my neighbor as myself for the love of You. I forgive all who have injured me, and ask pardon of all whom I have injured.

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Most Holy Trinity, dwelling in my soul by Your grace, make me love You more and more.

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My God, grant that I may love You, and let the only reward of my love be to love You more and

more.

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My God, I love You.

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O my soul, love the Love that loves you from
eternity.

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Jesus, my God, I love You above all things.

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My Jesus, You are Love itself. Enkindle in my
heart that divine fire which consumes the saints and
transforms them into You.

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Jesus, for love of You, with You, and for You.

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Jesus, with all my heart I cling to You.

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Sweet Heart of my Jesus, grant that I may always
love You more.

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Heart of Jesus, burning with love for us, set our
hearts on fire with love of You.

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Sacred Heart of Jesus, I believe in Your love for
me.

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Sweet Heart of Jesus, be my love.

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Sacred Heart of Jesus, let me love You and make
You loved.

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Lord, for tomorrow and its needs
I do not pray;
Keep me, my God, from stain of sin,
Just for today.
Let me both diligently work
And duly pray;
Let me be kind in word and deed,
Just for today.
Let me be slow to do my will,
Prompt to obey;
Help me to mortify my flesh,
Just for today.
Let me in season, Lord, be grave,
In season gay;
Let me be faithful to Your grace,

Just for today.
And if today my tide of life
Should ebb away,
Give me Your Sacraments divine,
Sweet Lord, today.
In Purgatory's cleansing fires
Brief be my stay;
Oh, bid me, if today I die,
Come home today.
So for tomorrow and its needs,
I do not pray;
But guide me, guard me, keep me, Lord,
Just for today.

Acts of Contrition

Acts of contrition are prayers we use to express sorrow for sin. We say one of these prayers as a part of the rite of the sacrament of Confession. You can also say them during a daily examination of conscience, or even throughout the day when you feel your heart straying from God.

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Act of Contrition

O my God, I am heartily sorry for having offended You, 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 You, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

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Lord Jesus Christ, Redeemer of the world, behold me kneeling at Your feet, a most ungrateful sinner. I have offended You exceedingly in thought, word, and deed. My sins have nailed You to the Cross. From the bottom of my heart I detest all my sins, and because I love You above all created things, I earnestly resolve by the help of Your grace never more to offend You. Let me rather die than commit a mortal Sin.

My Lord Jesus Christ, I humbly beg You by the merits of Your Precious Blood, by Your divine Heart, and by the intercession of Your most sorrowful Mother, to forgive me my sins and to have mercy on me. Amen.

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***St. Jerome's
Act of Contrition***

Show me, O Lord, Your mercy, and delight my heart with it. Let me find You whom I so longingly seek. Behold, here is the man whom the robbers seized, mishandled, and left half dead on the road to Jericho. Kind-hearted Samaritan, come to my aid! I am the sheep who wandered into the wilderness. Seek after me and bring me home again to Your fold. Do with me according to Your Will, that I may abide with You all the days of my life, and praise You with all those who are with You in heaven for all eternity. Amen.

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***St. Alphonsus Liguori's
Act of Contrition***

My God, I love You above all things. I hope by the merits and Passion of Jesus Christ to obtain pardon of my sins. I grieve from the bottom of my heart for having offended Your infinite goodness by them. I detest them more than all imaginable evils. I unite my grief for them to the grief by which Christ was oppressed in the Garden of Olives. I firmly resolve, by the help of Your grace, never more to offend You.

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Forgive me, O God,
For disobeying Your Commandments,
For turning away from You by sin,
For bringing death to my soul by losing Your
grace,
For being so ungrateful to You when You have
been so good to me,
For wounding Your loving Heart,
For nailing Jesus to the Cross by my sin.
I am sorry for my sins, not only because I should
be punished for them, but above all because I have
injured You, my God, who are so good. You deserve
all my love.

I confess to Almighty God, to the Blessed Virgin
Mary, to all the saints, and to the whole Church that
I have sinned in thought, word, and deed, through
my own fault.

Have mercy on me, O God! Forgive me my sins
and bring me to everlasting life. Amen.

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Forgive me my sins, my God, for the sake of Your

holy Name. Save my soul, which You have redeemed with Your Precious Blood. Behold, I resign myself to Your mercy and entrust myself into Your hands. Deal with me according to Your goodness, not according to my wickedness. Amen.

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Heavenly Father, in shame I appear before You and Your whole heavenly court, humbly admitting my unfaithfulness and ingratitude. With my whole heart I acknowledge that You created me out of a deep, personal love for me. You did not need me for Your happiness, but You wanted to make me eternally happy with You in Your eternal glory. How numerous are the gifts of body and soul which You have bestowed on me! With more than a mother's care You have watched over Your ungrateful child for all the years of my life.

O Lord, in spite of Your loving kindness towards me, I have disregarded Your holy Will and followed my own evil desires. Had I treated any man as I have treated You, my God, he would long since have turned away from me in anger and disgust. But Your care for me never ceases. Though I have neglected and ignored You, You have continued to love me with an infinite love.

Dear God, it grieves me bitterly that my soul has remained unresponsive to the tender and generous love of Your fatherly Heart. I am firmly resolved, with the help of Your grace, to make amends for my many acts of ingratitude and to dedicate all my love to You forever.

Do not judge me, O Lord, according to what I deserve but according to Your infinite mercy, which is greater than all my guilt. Look upon me with that tender love with which You have so loved mankind as to give Your only-begotten Son for our salvation. Cleanse me with His Blood and renew my soul with the graces of His Redemption. Be merciful to me, O God, and draw my heart to Yourself that I may be truly sorry for all my sins.

Amen.

Prayers for Amendment & Conversion

My Lord and my God, You know my weakness. I fail to do the good that I wish, but I do the evil that I

do not wish. How often have I resolved to give up sin; yet I have fallen back into my evil ways! I have been too weak to fight against temptation and dangerous occasions of sin. My heart was divided between You and the world, between Your holy laws and my evil desires.

I cannot change the past, for it already rests in Your mercy, but I will labor more earnestly in the future for the salvation of my soul. You said that every tree that does not bear good fruit shall be cut down and cast into the fire. I am firmly resolved, O Lord, to avoid all dangerous occasions, to make up for my past sins, and to do away with all bitterness and unkindness.

My God, I leave the past to Your mercy, the present to Your love, and the future to Your Providence. Amen.

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My loving Jesus, out of the grateful love I have for You, and to make reparation for my unfaithfulness to grace, I give You my heart, and I consecrate myself entirely to You. With Your help I am determined never to sin again.

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Prayers for Mercy, And Help In Temptation

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Help me, O Lord, for I am weak. Strengthen my resolutions and give me sufficient grace to overcome the evil promptings of my nature. Never permit me to wound You again by my sins. Refresh my soul that I may become strong in my determination to perform the duties of my state of life properly and fearlessly. Through Your divine grace, without which I can do nothing, help me to live a good life, die a happy death, save my immortal soul, and be happy with You for all eternity in heaven. Amen.

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O Lord, do not deal with us according to our sins which we have committed, nor according to our wickedness.

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O Lord, do not remember our former wickedness, and be merciful and forgive our sins for the sake of Your holy Name.

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From all sin deliver me, O Lord.

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Lord, I fear Your justice; I implore Your mercy.
Do not deliver me to everlasting pains, but grant
that I may possess You in eternal joys.

Holy Trinity, one God, have mercy on us.

O God, be merciful to me a sinner.

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

My Jesus, mercy.

Sweetest Jesus, be not my Judge, but my Saviour.

Jesus, Son of David, have mercy on me.

Deliver me, O Lord, from my enemies.

Lord, I am my own enemy when I seek my peace
apart from You.

Lamb of God, who takes away the sins of the
world, grant us Your peace.

Sweetest Jesus, hide me in Your Sacred Heart. Do
not permit me ever to be separated from You.
Defend me from the evil foe.

Lord Jesus,
Through Your infant cries when
You were born for me in the manger;
Through Your tears when
You died for me on the Cross;
Through Your love as
You live for me in the tabernacle:
Have mercy on me and save me.

Lord Jesus Christ, deliver me from all my sins and
from every evil. Make me ever keep Your
commandments and never allow me to be separated

from You.

Virgin Mother of God, when you Stand before the face of the Lord, remember to speak favorable things in our behalf that He may turn away His just anger from us.

You are my Mother, Virgin Mary. Keep me safe lest I ever offend your dear Son, and obtain for me the grace to please Him always and in all things.

Mother of mercy, pray for us.

My Mother, deliver me from mortal sin.
Hail Mary... (three times)

Holy Mary, deliver us from the pains of hell.

Mary, Mother of grace and Mother of mercy, protect us from our enemy, and receive us at the hour of our death.

Holy Mary, Virgin Mother of God, intercede for me.

Mary, Virgin Mother of God, pray to Jesus for me.

Teach me Jesus

Teach me, teach me, dearest Jesus,
In Thine own sweet loving way,
All the lessons of perfection
I must practice day by day.
Teach me meekness, dearest Jesus,
Of Thine own the Counterpart;
Not in words and actions only,
But the meekness of the heart.
Teach humility, sweet Jesus,
To this poor proud heart of mine,
Which yet wishes, O my Jesus,
To be modeled after Thine.
Teach me fervor, dearest Jesus,
To comply with every grace,
So as never to look backwards,
Never slacken in the race.
Teach me poverty, sweet Jesus,

That my heart may never cling
To whatever love might sever it
From my Saviour and my King.
Teach me chastity, sweet Jesus,
That my every day may see
Something added to the likeness
That my soul should bear to Thee.
Teach obedience, dearest Jesus,
Such as was Thy daily food
In Thy toilsome earthly journey
From the cradle to the rood.
Teach Thy Heart to me, dear Jesus,
Is my fervent final prayer;
For all beauties and perfections
Are in full perfection there.

Prayer before a Crucifix

Look down upon me, good and gentle Jesus, while before Your face I humbly kneel, and with burning soul pray and beseech You to fix deep in my heart lively sentiments of faith, hope, and charity, true contrition for my sins, and a firm purpose of amendment; while I contemplate with great love and tender pity Your five wounds, Pondering over them within me, calling to mind the words which David, Your prophet, said of You, my good Jesus: "They have pierced my hands and my feet; they have numbered all my bones."

Prayer to Christ, The King

O Christ Jesus, I acknowledge You King of the Universe. All that has been created has been made for You. Exercise upon me all Your rights. I renew my baptismal promises, renouncing Satan and all his works and empty promises. I promise to live a good Christian life and to do all in my power to procure the triumph of the rights of God and Your Church. Divine Heart of Jesus, I offer You my poor actions in order to obtain that all hearts may acknowledge Your sacred Royalty, and that thus the reign of Your peace may be established throughout the universe. Amen.

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 Your wounds hide me.
Suffer me not to be separated from You.
From the malicious enemy defend me.
In the hour of my death call me.
And bid me come to You,
That with Your saints I may praise You,
Forever and ever.
Amen.