

# FAMILY PRAYER



THE GOSPEL OF THE FAMILY:  
JOY FOR THE WORLD



Dear friends,

It is with gratitude and joy that I present your family with this book *Family Prayer*.

As a family, I encourage you to pray with each other when you are together and to pray for each other when you are apart. Families are the most fundamental unit of human society. The Church knows this and repeats it often because the health of our society depends on the health of our families.

Our Church is the family of God and it looks at families as the domestic church to be modelled after the Holy Family of Jesus, Mary and Joseph.

This *Family Prayer* book is a gift for every Christian family. With this prayer resource in your hands, I encourage you with all my heart to pray together as a family. Being family is not always easy. There can be many ups and downs along the way. We need to work at it. Being part of a family unit is a precious gift. It gives us a sense of belonging and a sense of identity. Prayer brings a family together in a unique way. Prayer invites God into our family life, asking him to watch over us and guide us. Please use this *Family Prayer* book. May it prove to be a way into a regular life of prayer for you and your extended family circle. Then, when you come to Church as a family, you will be at home – praying to thank God for his blessings in times of happiness and joy, and asking God for his help in times of sorrow and distress.

Our society is a community of people who depend on one another. Pope Francis expresses this reality by saying “children and young people are the future, they are the strength, those who take us forward. They are the ones in which we place our hope. Grandparents are the memory of a family, they are the ones who gave us the faith, transmitted to us the faith” (Pope Francis, 26 September 2015). Our family is our first school of learning. It is where we learn how to take our place in society. It is where we learn about Jesus and the Church. Christian families pass on the faith when parents teach their children to pray and when they pray with them.

Family life is good news in a world yearning for the bonds of fraternity, wellbeing and security. The family has a central place in God’s plan of salvation. The Gospel of the family is joy for the world. As Christians, let us strive to understand the family in God’s plan. May Christian families be examples of the Gospel of the family so that we can bring joy to the world today. Amen

+ William Crean  
Bishop of Cloyne



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“Rejoice always, pray without ceasing, give thanks in all circumstances...  
Beloved, pray for us” (1 Thess. 16-18, 25).

## Prayer for Every New Day

God of my life, I welcome this new day.  
It is your gift to me, a new creation,  
a promise of resurrection.

I thank you for the gift of being alive this morning.  
I thank you for the sleep that has refreshed me.  
I thank you for the chance to make a new beginning.

This day, Lord,  
is full of promise and opportunity:  
Let me waste none of it.  
This day is full of mystery and the unknown:  
Help me to face it without fear or anxiety.  
This day is blessed with beauty and adventure:  
Make me fully alive to it all.

During this day  
keep me thoughtful, prayerful and kind.  
May I be courteous and helpful to others,  
and not turned in on myself.  
Keep me from any word or deed  
that would hurt, or belittle, or destroy:  
And may the thoughts of my mind  
be pleasing in your sight.

When night comes again,  
may I look back on this day  
with no grievance or bitterness in my heart:  
And may nobody be unhappy  
because of anything I have done  
or anything I have failed to do.  
Lord, bless this day for me and for everyone.  
Make it a day in which we grow  
to have the mind of Christ your Son.

Lord Jesus Christ, friend and brother,  
may we know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day.  
Amen.

*(Redemptorist Novena and Mission Book)*

## Prayer of Thanksgiving

My God, from my heart I thank you  
for the many blessings you have given to me.  
I thank you for having created and baptised me,  
and for having placed me in your holy Catholic Church;  
and for having given me so many graces and mercies  
through the merits of Jesus Christ.  
And I thank you, dear Jesus,  
for having become a little child for my sake,  
to teach me to be holy and humble like you;  
and for having died upon the Cross  
that I might have pardon for my sins and get to heaven.  
Also I thank you for all your other mercies,  
most of all for those you have given me today.  
Amen.



# Morning Prayer

## Morning Prayer

Father in heaven, you love me,  
You're with me night and day.  
I want to love you always in all I do and say.  
I'll try to please you, Father.  
Bless me through the day.  
Amen.



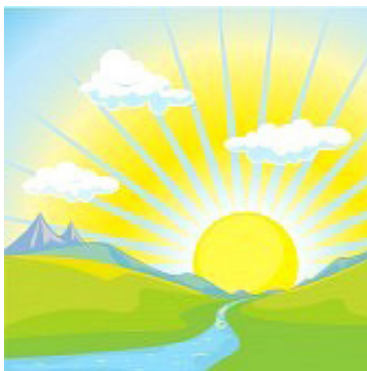
## Morning Offering

O Jesus through the Immaculate Heart of Mary,  
I offer you my prayers, works, joys  
and sufferings of this day.  
For all the intentions of your Sacred Heart.  
Amen.



## Prayer to my Guardian Angel

O 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.



### **A Short Morning Prayer**

Good morning Jesus,  
Good morning day,  
God may keep us from going astray.  
God may keep us from sin and shame,  
Arise this day in Jesus' name. Amen.



### **Prayer for Every New Day**

I love thee precious Jesus  
I need a friend like thee.  
A friend to sooth and sympathise,  
a friend to care for me.  
I need thy heart sweet Jesus  
to feel each anxious care.  
I long to tell my every want  
and all my sorrows share.  
Amen.



### **Jesus I Give Myself to You Today**

Jesus, I cast myself and all my concerns  
into your Sacred Heart overflowing with all sweetness.  
I commit to you with perfect confidence  
all my spiritual and temporal interests.  
I beg of you in the hours of weakness and excitement,  
when I forget and neglect to call on you,  
to be still my guide and protector.  
Give me light to see your holy will,  
strength to do it and grace never to  
offend you by the least deliberate fault.  
Amen.



### **God Hear my Prayer**

God in heaven hear my prayer,  
keep me in thy loving care.  
Be my guide in all I do,  
bless all those who love me too.

### **Walk with Me**

God our loving Father  
we come to you today.  
Be with us, hear us, guide us  
in all we do and say.  
You give us times and seasons,  
your Spirit makes us grow,  
in times of joy and sadness,  
we see your blessings flow.  
I place my life before you  
in all my work and play.  
I'll try to walk with Jesus,  
and in his friendship, stay. Amen.



### **The Crucifix**

A little metal Crucifix  
as plain as it can be,  
and only God in heaven knows  
how dear it is to me.  
I have it always with me  
in every step I take.  
At night when I retire to rest,  
at morning when I awake.  
In dark and cloudy weather,  
in sunshine or in rain,  
in happiness or in sorrow,  
in pleasure or in pain.  
It helps me in my struggles,  
it rebukes me when I sin,  
it looks of gentle patience,  
it retrieves the strife within.  
And when the time approaches  
when I must have to die,  
I hope that dear crucifix  
will close beside me lie.  
And that the name of Jesus  
may be the last I'll say,  
in kissing that dear crucifix  
my soul may pass way.





## Prayer at Meal Times

### Before Meals (1)

Bless us, O God, as we sit together.  
Bless the food we eat today.  
Bless the hands that made the food.  
Bless us O God.  
Amen.



### Before Meals (2)

Bless us, O Lord,  
and these thy gifts,  
which of thy bounty we are about to receive,  
through Christ our Lord.  
Amen.



### After Meals (1)

Thank you, God, for the food we have eaten.  
Thank you, God, for all our friends.  
Thank you, God, for everything.  
Thank you, God.  
Amen.



### After Meals (2)

We give Thee thanks,  
Almighty God,  
for all thy benefits,  
Who lives and reigns,  
world without end.  
Amen.



## Prayer for our Family

Bless this home we pray,  
Keep it safe by night and day,  
Keep it in thy hands above,  
And in the morning send thy love.  
Amen.



### Prayer for the Household

Hear us, Lord, and send your angel from heaven  
to visit and protect,  
to comfort and defend all who live in this house.  
Amen.



### Pray Together as a Family

Lord, we thank you for the gift of family –  
for the love that surrounds and sustains us every day.  
May we always support and stand by each other.  
We think of family members who are far away -  
we ask you to bless them and to keep them  
safe in your loving care until we meet again.  
Father of all, we come to you as little children,  
confident of your loving-kindness.  
We pray together: Our Father.....



### A Parent's Prayer (1)

O God, I thank you for the precious gift of my  
child/children. May they grow wise and well,  
healthy in mind and body and spirit.  
I thank you for my husband/wife,  
for his/her love and support.  
Keep us in your care and help us to stay close.  
Help us to rejoice in the blessings you give us  
and to bravely face the difficulties of life together.  
May we take as our model and inspiration the  
Holy Family of Mary, Joseph and Jesus.  
Amen.



## **A Parent's Prayer (2)**

Dear Lord

I thank you for the gift of my children.

I thank you for the gift of faith that you have given me.

I ask you to keep me faithful and to give me the grace to pass this on to them, so that they grow up loving you and knowing that they are loved by you.

Keep them safe. I worry so much about them sometimes because the world in which we live today has so many dangers.

I cannot possibly watch over them constantly and so I ask you to do this.

Give them good friends who will help them mature and develop into caring adults.

I thank you for their health and I ask you to give them continued good health.

I know that they are precious in your sight.

I know that you love them even more than I do and so I entrust them to your care.

I consecrate myself and all my family to your divine mercy.

Amen.



## **Bless this House**

Bless this house, O Lord, we pray.

Make it safe by night and day.

Bless these walls so firm and stout,  
keeping want and troubles out.

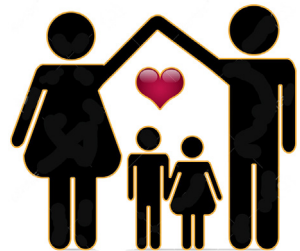
Bless the roof and chimney top.

Let thy love flow all about.

Bless this house that it may prove  
ever open to joy and truth.

Bless us all that we may be  
fit, O Lord, to dwell with thee.

Bless us so that one day we,  
may dwell, dear Lord, all with thee.



## **A Child's Prayer**

Infant Jesus meek and mild,

Look on me thy little child.

Make me gentle as a dove

And fill my heart with your sweet love.

## Prayer for Strength

Every day I need you, Lord, but today especially,  
I need some extra strength to face whatever is to come.  
This day, more than any other day,  
I need to feel you near me to strengthen my  
courage and to overcome any fear.  
By myself I cannot meet the challenge of the hour.  
We are frail human creatures and we need a higher power  
to sustain us in all that life may bring.  
And so, dear Lord, hold my trembling hand.  
Be with me, Lord, this day and stretch out your powerful arm to  
help me.  
May your love be upon me as I place all my hope in you. Amen.

*(Pope St John XXIII)*

### **Prayer in Anxiety**

Heavenly Father,  
when I feel crushed by my own worries,  
lift my mind and help me to see the truth.

When fear grips me tight and I feel I cannot move,  
free my heart and help me to take things one step at a time.  
When I can't express the turmoil inside,  
calm me with your quiet words of love.

I choose to trust in you, each day, each hour,  
each moment of my life.  
I know deep down that I can cast these cares on you,  
that you have taken these anxious thoughts  
and by dying on the cross,  
you have set me free.

I choose to trust in you, each day,  
each hour, each moment of my life.  
I know deep down that I live in your grace,  
forgiven, and restored by your sacrifice,  
you have set me free.  
Amen.

## Prayer for Busy/Difficult Days

Lord, Help me to remember that nothing is going to happen to me today that you and I together cannot handle.



### The Serenity Prayer

God grant me the serenity  
to accept the things I cannot change;  
the courage to change the things I can;  
and the wisdom to know the difference.  
Living one day at a time;  
enjoying one moment at a time;  
accepting hardships as the pathway to peace;  
taking, as he did, this sinful world  
as it is, not as I would have it;  
trusting that he will make all things right  
if I surrender to his Will;  
that I may be reasonably happy in this life  
and supremely happy with him  
forever in the next.  
Amen.



### Prayer to Guardian Angel

Angel sent by God to guide me,  
be my light and walk beside me;  
be my guardian and protect me;  
on the path of life direct me.



Heart of Jesus we adore you.  
Heart of Mary we implore you.  
Heart of Joseph true and just.  
In these three hearts we put our trust.



# Evening and Bedtime Prayer

## Night Prayer (1)

God, our Father, I come to say  
thank you for your love today.  
Thank you for my family,  
and all the friends you give to me.  
Guard me in the dark of night,  
And in the morning send your light. Amen.

## Night Prayer (2)

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

## Night Prayer (3)

May he support us all the day long, till the shades  
lengthen and the evening comes, and the busy  
world is hushed, and the fever of life is over, and our  
work is done. Then in his mercy may he give us a  
safe lodging, and a holy rest and peace at the last.  
*(Blessed John Henry Newman)*

## Night Prayer (4)

Tonight as I lay down to sleep,  
I pray to God my soul to keep.  
And if I die before I wake,  
I pray to God my soul to take. Amen.

## Night Prayer (5)

Matthew, Mark, Luke and John,  
bless the bed that I lie on.  
Four corners to my bed,  
four angels round my head,  
one to watch, and one to pray,  
and two to bear my soul away. Amen.



### **Night Prayer (6)**

Goodnight my God,  
I'm going to bed.  
Work is over,  
prayers are said.  
I won't be afraid  
during the night  
because you will  
watch over me  
'till morning's light. Amen.

### **Night Prayer (7)**

Before I go to sleep O Lord,  
I want to say this prayer:  
that you will always keep me in your  
kind and loving care.

That you will let my body rest and  
let my mind relax, and fill my dreams with  
holy thoughts instead of worldly facts.  
I ask that you forgive me for my  
failures of today  
and give me all the grace  
I need to live a better way.

Watch over me tonight,  
O Lord, and in my heart instil  
the fervour and the constancy  
to do your holy will.  
I want to follow you and grow more  
worthy in your sight  
O Lord, please listen to my prayer  
and hear me say good night.  
Amen.



# Paidreacha

## An Phaidir

Ár nAthair atá ar neamh,  
go naofar d'ainm,  
Go dtaga do ríocht,  
Go ndéantar do thoil ar an talamh  
mar a dhéantar ar neamh.  
Ár n-arán laethúil tabhair dúinn inniu,  
agus maith dúinn ár bhfiacha,  
mar a mhaithimidne ár bhféichiúna féin,  
Agus ná lig sinn i gcathú,  
ach saor sinn ó olc. Amen.

## 'S é do Bheatha, a Mhuire

'S é do bheatha, a Mhuire,  
atá lán de ghrásta, tá an Tiarna leat.  
Is beannaithe thú idir mhná,  
agus is beannaithe toradh do bhroinne, Íosa.  
A Naomh-Mhuire, a mháthair Dé,  
guigh orainn na peacaigh,  
anois agus ar uair ár mbáis. Amen.

## Glóir don Athair

Glóir don Athair,  
agus don Mhac,  
agus don Spiorad Naomh.  
Mar a bhí ar thús,  
mar atá anois,  
mar a bheas go brách,  
le saol na saol. Amen.



## Altú Roimh Bhia

Beannacht ó Dhia orainne  
atá ag suí chun boird le chéile.  
Beannacht ar an mbia a ithimid inniu.  
Beannacht ar na lámha a d'ullmhaigh dúinn é.  
Beannacht ó Dhia dílis orainn féin.  
Amen.

## Altú tar éis Bhia

Go raibh maith agat, a Dhia,  
mar is tú a thug bia dúinn.  
Go raibh maith agat, a Dhia,  
mar is tú a thug cairde dúinn.  
Amen.



### **Paidir chuig an Aingeal Coimhdeachta**

A Aingil dhil Dé, cuir mé faoi do smacht,  
mar d'ordaigh Mac grámhar Dé ina reacht.  
Seas le mo thaobh gach am den lá.  
Soilsigh is cosain is seol mé slán.  
Amen.

### **Gníomh Dóláis**

A Dhia, gabhaim buíochas leat as ucht  
do ghrá dom.  
Tá brón orm faoi mo pheacaí uile:  
Nach raibh grá agam duitse ná do  
dhaoine eile.  
Cabhriagh liom mo shaol a chaitheamh  
ar nós Íosa  
Agus gan peaca a dhéanamh arís.  
Amen.

### **Paidir Thurais**

Éirigh liom, a Dhia,  
Fan liom i rith an lae,  
Sa bhaile agus ar gach turas,  
Ná lig dom dul ar strae.  
Amen.

### **A Mhuire na nGrás**

A Mhuire na nGrás, A Mháthair Mhic Dé,  
go gcuire tú ar mo leas mé.  
Go sábhála tú mé ar gach uile olc.  
Go sábhála tú mé idir anam is chorp.

Go sábhála tú mé ar muir agus ar tír.  
Go sábhála tú mé ar lic na bpian.  
Garda na nAingeal ós mo chionn.  
Dia romham agus Dia liom.

## Prayer for the World we Live In

### Praising the Creator of Heaven and Earth

Praise the Lord from the heavens;  
praise him in the heights.  
Praise him sun and moon;  
praise him all you shining stars!  
Praise the Lord from the earth,  
you sea monsters and all deeps,  
fire and hail, snow and frost,  
stormy wind fulfilling his command!  
Mountains and all hills,  
fruit trees and all cedars!  
Wild animals and all cattle,  
creeping things and flying birds!  
Praise the Lord!  
*(From Psalm 148)*



Blessed are you, Lord, God of all creation.  
Through your goodness you have given us  
this beautiful world to live in and  
all the fruits of the earth to enjoy.  
Help us to cherish and care for your earth.  
May we imitate St. Francis and become  
loving stewards of the earth and instruments  
of a new creation.  
Amen.



“Let us be protectors of creation,  
protectors of God’s plan inscribed  
in nature, protectors of one another  
and of the environment...”  
*(Pope Francis, St Peter’s Square,  
19 March 2013).*



# Going to Confession

## Prayer before Confession

Dear Jesus, help me to make a good confession,  
help me to find out my sins,  
help me to be sorry for them,  
help me to make up my mind not to sin again.  
Have mercy on me, O Lord, and forgive me.  
Mary, my mother, pray for me.



## Confiteor

I confess to almighty God,  
and to you, my brothers and sisters  
that I have greatly sinned  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,  
through my fault, through my fault,  
through my most grievous fault;  
therefore, I ask blessed Mary, ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.



## Act of Sorrow

O my God,  
I am heartily sorry for all my sins,  
because they offend you,  
who are infinitely good,  
and I firmly resolve,  
with the help of your grace  
never to offend you again. Amen.



## Prayer after Confession

Dear Jesus,  
thank you for helping me to make a good Confession,  
and thank you for taking away my sins.  
Help me, dear Jesus, never to offend you again.  
Mary, my mother, pray to Jesus for me.  
My dear Angel Guardian help me. Amen.

## What is the definition of sin?

At the core of sin is a rejection of God and the refusal to accept his love: “Sin is an offence against reason, truth and right conscience; it is failure in genuine love for God and neighbour caused by a perverse attachment to certain goods. It wounds the nature of man and injures human solidarity. It has been defined as ‘an utterance, a deed, or a desire contrary to the eternal law’ ” (CCC 1849).

## Original Sin

Original Sin is a truth of faith which can fascinate, infuriate, and frustrate in equal measure. As a Christian teaching on the human person, it can even seem old-fashioned and somewhat embarrassing to modern sensibilities. And yet, Original Sin can be found every single day on the global news streams of the world. It is the state of deprivation of original holiness and justice. It is “contracted” from our first parents but not “committed” by us. The serpent was devious, cleverly tempting our first parents. They fell for it, and so withdrew from their Creator out of shame and embarrassment. As a result, for the first time ever, a form of debilitating alienation entered the relationship between God and humanity. As a consequence, the Garden Paradise lost its original goodness and innocence.

If we take Original Sin to be a drop of poison which enters the human blood system, then Jesus, through Mary, enters that blood system to correct and purify it. Original Sin – indeed, all sin – is a poison in us. Shame and guilt build up inside us despite the promise and yearning for freedom. Original Sin is the inclination (concupiscence) to sin which can and does break out into actual sin in us. It is the first sin which became the original sin. It is Mary’s fidelity and Jesus’ self-giving sacrifice that permits God to untie the knot which the serpent causes in us. Therefore, the fall of our first parents is called a “happy fault” because it “gained for us so great a Redeemer” (Liturgy of the Easter Vigil).

## Actual Sin

Actual sin is different from Original Sin, but results from it. Actual sin is sin committed personally. Catholic moral tradition has divided actual sin into two categories according to gravity: venial and mortal. Venial sin *harms* the relationship between God and the human person. Mortal sin *breaks* the relationship between God and the human person. As a member of the Church, it is necessary to confess all mortal sins which we have not previously been absolved from. It is also beneficial to our soul to confess venial sin to the best of our ability.

For a sin to be mortal, three conditions must together be met:

- Grave matter: The act must be serious as defined by the Church
- Full Knowledge: You must be aware this act will separate you from God
- Deliberate consent: You know it is grave and choose to do it anyway.

The only ordinary means of absolution from mortal sin is individual Confession to a duly authorised priest, who will absolve sins in the name of God the Father of mercies.

## Preparing for a Fruitful Confession

Not many “enjoy” going to Confession and yet it is a moment not to be anxious about. The fruits of the sacrament of confession are so positive. It brings healing, mercy, peace, light, strength and growth in the moral and spiritual life. If you want to make your confession fruitful, then ask God to help you prayerfully examine your actions in the light of Christ’s teaching and example. Some people review their behaviour by the Ten Commandments, others by Christ’s command to love God and neighbour, others by their correspondence to the Beatitudes, others by the Precepts of the Church, others by comparing their behavior to the most important Christian virtues, and others by the seven capital sins. It is not enough merely to focus on how one has broken God’s “rules,” but rather how one has damaged one’s relationship with God and others and hurt oneself interiorly. Consider those sins in your thoughts, in your words, in what you have done, and in what you have failed to do.

### The Ten Commandments

*The following Examination of Conscience, albeit brief, is helpful.*

- I I am the Lord your God: you shall not have strange Gods before me.**  
Have I treated people, events, or things as more important than God?
- II You shall not take the name of the Lord your God in vain.**  
Have my words, actively or passively, put down God, the Church, or people?
- III Remember to keep holy the Lord’s Day.**  
Do I go to Mass on Sundays and on Holy Days of Obligation? Is my Sunday an expression of the Catholic Faith?
- IV Honor your father and your mother.**  
Have I contributed to the well being (physical, spiritual and psychological) of my family and community?
- V You shall not kill.**  
Have I willfully disregarded the sanctity of human life?
- VI You shall not commit adultery.**  
Have I respected the physical and sexual dignity of others and of myself?  
Have I violated my own, or another’s marriage vows?
- VII You shall not steal.**  
Have I taken or wasted time or resources that belonged to another?
- VIII You shall not bear false witness against your neighbour.**  
Have I gossiped, told lies, or embellished stories at the expense of another?
- IX You shall not covet your neighbour’s spouse.**  
Have I willfully objectified another person as a means towards my own sexual gratification?
- X You shall not covet your neighbour’s goods.**  
Am I content with my own means and needs, or do I compare myself to others unnecessarily?

## Christ's Two Commandments

How well do we love God and others? Do we love as Christ calls us to? In the Gospel of Matthew, Christ gives us Two Commandments: "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments" (Matthew 22:37-40).

## The Beatitudes

How happy are the poor in spirit; theirs is the kingdom of heaven.

Happy the gentle; they shall have the earth for their heritage.

Happy those who mourn; they shall be comforted.

Happy those who hunger and thirst for what is right: they shall be satisfied.

Happy the merciful: they shall have mercy shown them.

Happy the pure in heart: they shall see God.

Happy the peacemakers: they shall be called children of God.

Happy those who are persecuted in the cause of right:

theirs is the kingdom of heaven.

Happy are you when people abuse you and persecute you

and speak all kinds of calumny against you on my account.

Rejoice and be glad, for your reward will be great in heaven;

this is how they persecuted the prophets before you (Matthew 5:3-12).

## The Precepts of the Church

The Precepts are meant "to guarantee for the faithful the indispensable minimum in the spirit of prayer, the sacramental life, moral commitment and growth in love of God and neighbour" (*Compendium*, 431). They summarize the core values and fundamental obligations which cannot be replaced by good intentions, nor should they be practiced grudgingly or even superficially. If we fall below this bare-minimum level, we cannot rightly consider ourselves in any transparent way to be living out our baptismal calling in full communion with the Catholic Church.

It should be remembered that not only is external observance without interior fervor empty, but also that the interior life will slowly suffocate unless it expresses itself in outward observance.

*In times past, the list included either six or seven precepts. Since 1992, Catechism of the Catholic Church lists five precepts. The last two are equally of sound value and importance. The original seven are listed here for historic educational value.*

- 1) Attend Mass on Sundays and on Holy Days of Obligation, and remain free from work or activity that could impede the sanctification of such days.
- 2) Confess your sins at least once a year.
- 3) Receive the sacrament of the Eucharist at least during the Easter season.

- 4) Observe the days of fasting and abstinence established by the Church.
- 5) Help to provide for the needs of the Church.
- 6) Obey the laws of the Church concerning Matrimony.
- 7) Participate in the Church's mission of Evangelization. (The Missionary Spirit of the Church)

**The Three Theological Virtues**

- Faith
- Hope
- Love

**The Four Cardinal Virtues**

- Prudence
- Justice
- Fortitude
- Temperance

**The Seven Capital Sins**

Practically every sin stems from, or is a manifestation of the seven Capital Sins. Each sin demonstrates the lack of a specific virtue which can be combatted by strengthening oneself in that opposing virtue.

Virtue	←.....→	Sin
<p><b>Chastity (purity)</b> <i>Properly ordering physical appetites according to one's vocation</i></p>		<p><b>Lust (excessive sexual appetites)</b> <i>Considering others as mere objects of sexual desire</i></p>
<p><b>Temperance (self-restraint)</b>      <i>Taking all things in moderation and to the point of goodness</i></p>		<p><b>Gluttony (over-indulgence)</b> <i>Consuming to an unhealthy excess</i></p>
<p><b>Charity (Generosity)</b> <i>Giving of time, talents and gifts freely, knowing that nothing is more important than God</i></p>		<p><b>Greed (avarice)</b> <i>Desiring material things to excess, putting too much emphasis on possessions</i></p>
<p><b>Diligence (Zeal/integrity)</b> <i>Following God's will even if it means sacrificing personal comfort</i></p>		<p><b>Sloth (laziness/idleness)</b> <i>Denying God's will for the sake of comfort; avoiding either spiritual or physical work</i></p>
<p><b>Meekness (composure)</b> <i>Acting with patience, mercy and charity when resolving conflicts</i></p>		<p><b>Wrath (anger)</b> <i>Acting in hostility or desiring revenge</i></p>
<p><b>Kindness (admiration)</b> <i>Wishing the best for others; fraternal love</i></p>		<p><b>Envy (jealousy)</b> <i>Resenting others for their possessions or gifts</i></p>
<p><b>Humility (humbleness)</b> <i>Selflessness recognising that skills, talents and all good qualities are gifts from God</i></p>		<p><b>Pride (vanity)</b> <i>Loving and esteeming oneself and others above God</i></p>

# How To Go to Confession

## Preparation Before Confession

The immediate preparation for the Sacrament is to make a prayerful examination of conscience, asking God to help us be aware of how we have offended him and done wrong to our neighbour, and asking him to help us be sincerely sorry for these sins, while trusting in his forgiveness and his power to change us.

## At Confession

**Priest and Penitent:** *In the Name of the Father and of the Son and of the Holy Spirit. Amen.*

**Priest:** *May God who has enlightened every heart, help you to know your sins and to trust in His mercy.*

The priest may then read or say from memory a text of Scripture which proclaims God's mercy and calls to conversion, before inviting the Penitent to confess their sins.

**Penitent:** *Bless me, Father for I have sinned, it is (...length of time...) since my last Confession. These are my sins: (confesses sins).*

The confession of our sins should be sincere, truthful, and complete; naming our sins without going into unnecessary details or excuses, but trustfully laying before God, through his minister the priest, anything that is troubling our conscience.

**Priest:** (Gives words of advice and encouragement to the Penitent, proposes a suitable penance, and invites the Penitent to make an Act of Contrition.)

**Penitent:** *O my God, I thank you for loving me. I am sorry for all my sins, for not loving others and not loving You. Help me to live like Jesus and not to sin again.*

Or

*My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy.*

(or any other Act of Contrition that is familiar)



### **The Priest gives Absolution:**

*God the Father of mercies through the death and resurrection of his Son Our Lord Jesus Christ has reconciled the world to Himself, and sent the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church may God grant you pardon and peace, and I absolve you from your sins, in the name of the Father + and of the Son and of the Holy Spirit.*

**Penitent:** *Amen.*

**Priest:** *Give thanks to the Lord for he is good.*

**Penitent:** *And his love endures forever.*

**Priest:** *The Lord has freed you from your sins, go in peace.*

Or

*May the Passion of our Lord Jesus Christ, the intercession of the Blessed Virgin Mary and of all the saints, whatever good you do and suffering you endure, heal your sins, help you to grow in holiness, and reward you with eternal life. Go in peace.*

**Penitent:** *Thanks be to God.*

### **After Confession**

It is good to spend some time in prayer, thanking God for his forgiveness received in the Sacrament, and saying any prayers that were proposed by the priest as a penance. The 'Our Father' said slowly and meditatively, is a very good prayer to make after confession.

# Prayer for Holy Communion

## Prayer Before Holy Communion (1)

Lord Jesus, come to me.

Lord, Jesus, give me your love.

Lord Jesus, come to me and give me yourself.

Lord Jesus, friend of children, come to me.

Lord Jesus, you are my Lord and my God.

Praise to you, Lord Jesus Christ.

Amen.



## Prayer Before Holy Communion (2)

O my God, help me to make a good holy communion.

Mary my Mother, pray to Jesus for me.

My Angel Guardian, lead me to the altar of God.

O Jesus I believe that I will receive you in holy communion.

Help me to live like you always.

Jesus, you are coming, holy as you are,

you the God who made me, into my sinful heart.

Dear Jesus, come to me and stay

for I want you Jesus

more than I can say.

Amen.



## Prayer Before Holy Communion (3)

Jesus you are coming, Holy God to me.

You are the one who made me, Lord of sky and sea.

Though great seems the wonder, yet believe I do.

For your lips have said it and your word is true.

I am very sorry I have caused you pain.

I will never hurt you Lord again.

Amen.



### **Prayer After Communion (1)**

Lord Jesus, I love and adore you.  
You're a special friend to me.  
Welcome, Lord Jesus, O welcome.  
Thank you for coming to me.  
Thank you, Lord Jesus, O thank you  
for giving yourself to me.  
Make me strong to show your love  
wherever I may be.  
Be near me, Lord Jesus, I ask you to stay  
close by me forever and love me, I pray.  
Bless all of us children in your loving care  
and bring us to heaven to live with you there.  
I'm ready now, Lord Jesus,  
to show how much I care.  
I'm ready now to give your love  
at home and everywhere.  
Amen.



### **Prayer After Communion (2)**

Dear Jesus, thank you for coming to me.  
I love you and you love me.  
Bless my father, mother and all that I love.  
Bless the Pope, bishops, priests and my teachers.  
Jesus, you have given me yourself,  
now I give myself to you.  
Take my body, keep it chaste and pure.  
Take my soul, keep it free from sin.  
Take my heart and make me always love you. Amen.



### **Prayer after Holy Communion (3)**

I thank you sweetest Jesus for gifts from heaven above.  
But most of all I thank you, for you yourself I love.  
I thank you for your coming so sweetly to my heart,  
and beg you never let me, my Lord, from you depart.  
And like a little angel within your heart I rest  
with eyes of love adoring, my gentlest dearest guest.  
Someday Lord I'll see you and in heaven above  
to join the angels praising, giving love for love. Amen.

## **Prayer of Padre Pio at Holy Communion Time**

Stay with me, Lord, for it is necessary to have you present so that I do not forget you.

You know how easily I abandon you.

Stay with me, Lord, because I am weak and I need your strength, that I may not fall so often.

Stay with me, Lord, for you are my life,  
and without you, I am without fervor.

Stay with me, Lord, for you are my light,  
and without you, I am in darkness.

Stay with me, Lord, to show me your will.

Stay with me, Lord, so that I hear your voice and follow you.

Stay with me, Lord, for I desire to love you very much,  
and always be in your company.

Stay with me, Lord, if you wish me to be faithful to you.

Stay with me, Lord, for as poor as my soul is, I wish it to be a place of consolation for you, a nest of Love.

Stay with me, Jesus, for it is getting late and the day is coming to a close,  
and life passes as death, judgement, and eternity approach.

It is necessary to renew my strength, so that I will not stop along the way  
and for that, I need you. It is getting late and death approaches.

I fear the darkness, the temptations, the dryness, the cross, the sorrows.  
O how I need you, my Jesus, in this night of exile!

Stay with me tonight, Jesus, in life with all its dangers, I need you.

Let me recognize you as your disciples did at the breaking of bread,  
so that the Eucharistic Communion be the light which disperses  
the darkness, the force which sustains me, the unique joy of my heart.

Stay with me, Lord, because at the hour of my death,  
I want to remain united to you,

if not by Communion, at least by grace and love.

Stay with me, Jesus, I do not ask for divine consolation,  
because I do not merit it, but,

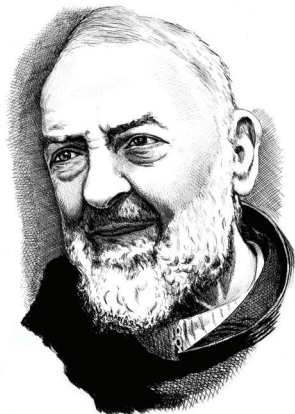
the gift of your Presence, oh yes, I ask this of you!

Stay with me, Lord, for it is you alone I look for.

Your Love, your Grace, your Will, your Heart,  
your Spirit, because I love you and ask no other  
reward but to love you more and more.

With a firm love, I will love you with all my heart  
while on earth and continue to love you perfectly  
during all eternity.

Amen



## The Song of David

1 Chronicles 29:10-13

*Suggested by Bishop John Ahern (Bishop of Cloyne 1957-1987)  
as a communal prayer after communion.*

Blessed are you, O Lord,  
the God of Israel our father,  
for ever and ever.

Yours, O Lord, is the greatness, and the power,  
and the glory, and the victory, and the majesty;  
for all that is in the heavens and in the earth is yours;

Yours is the kingdom, O Lord,  
and you are exalted as head above all.

Both riches and honour come from you,  
and you rule over all.  
In your hand are power and might;  
and in your hand it is to make great and to give  
strength to all.

And now we thank you, our God,  
and praise your glorious name.

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.

### **Anima Christi**

Soul of Christ, be my sanctification.  
Body of Christ, be my salvation.  
Blood of Christ, fill all my veins.  
Water of Christ's side, wash out my stains.  
Passion of Christ, my comfort be.  
O good Jesus, listen to me.  
In thy wounds I fain would hide,  
ne'er to be parted from thy side.  
Guard me, should the foe assail me.  
Call me when my life shall fail me.  
Bid me come to thee above,  
with thy saints to sing thy love,  
world without end. Amen.

## Prayer in Sickness

### **Please be with me**

God of comfort and compassion,  
be with me in this time of sickness,  
and give me light, peace, consolation.  
All loving God,  
grant me courage and strength,  
raise me up,  
touch me with your healing power and strength.  
Give health to my body,  
calm to my mind,  
and holy strength to my soul.  
May our Lord Jesus Christ  
who went about doing good and healing the sick  
touch me and restore me to health,  
and may I be enriched by his blessings.  
Amen.



### **For a Sick Child**

Lord Jesus, you said to your followers,  
“Let the little children come to me,  
for of such is the kingdom of heaven.”  
You called them to come to you and be with you.  
You loved them and chose to see them holy,  
whole, healthy, and strong.  
My child (name) needs your healing care now.  
Be with her/him in this illness.  
Bless her/him with your healing presence,  
so that she/he might be renewed in health,  
grow strong in faith,  
and strong in love and service to you and your people.  
I ask this in the name of God our Creator  
and of the Spirit who gives life.  
Amen.



# Prayer for Holiness

## Breathe in me, O Holy Spirit

Breathe in me, O Holy Spirit,  
that my thoughts may all be holy.  
Act in me, O Holy Spirit,  
that my work, too, may be holy.  
Draw my heart, O Holy Spirit,  
that I love only what is holy.  
Strengthen me, O Holy Spirit,  
to defend all that is holy.  
Guard me so, O Holy Spirit,  
that I may always be holy.  
Amen.

## To Love God Above All

God, my Father,  
May I love you in all things  
And above all things. May I reach the joy  
you have prepared for me in heaven.  
Nothing is good that is against your will,  
and all that is good comes from you hand.  
Place in my heart a desire to please you  
and fill my mind with thoughts of your love,  
so that I may grow in your wisdom  
and enjoy your peace.  
Amen.



Take, Lord, and receive all my liberty,  
my memory, my understanding  
and my entire will;  
all I have and call my own.

You have given all to me.  
To you, Lord, I return it.

Everything is yours; do with it what you will.  
Give me only your love and your grace.  
That is enough for me. Amen.

*(St Ignatius of Loyola)*



# The Universal Prayer

Lord, I believe in you: increase my faith.  
I trust in you: strengthen my trust.  
I love you: let me love you more and more.  
I am sorry for my sins: deepen my sorrow.

I worship you as my first beginning,  
I long for you as my last end,  
I praise you as my constant helper,  
and call on you as my loving protector.

Guide me by your wisdom,  
correct me with your justice,  
comfort me with your mercy,  
protect me with your power.

I offer you, Lord, my thoughts: to be fixed  
on you;  
my words: to have you for their theme;  
my actions: to reflect my love for you;  
my sufferings: to be endured for your  
greater glory.

I want to do what you ask of me:  
in the way you ask,  
for as long as you ask,  
because you ask it.

Lord, enlighten my understanding,  
strengthen my will,  
purify my heart,  
and make me holy.

Help me to repent of my past sins  
and to resist temptation in the future.  
Help me to rise above my human weaknesses  
and to grow stronger as a Christian.

Let me love you, my Lord and my God,  
and see myself as I really am:  
a pilgrim in this world,  
a Christian called to respect and love  
all whose lives I touch,  
those under my authority,  
my friends and my enemies.

Help me to conquer anger with gentleness,  
greed by generosity,  
apathy by fervor.  
help me to forget myself  
and reach out toward others.

Make me prudent in planning,  
courageous in taking risks.  
Make me patient in suffering, unassuming  
in prosperity.

Keep me, Lord, attentive at prayer,  
temperate in food and drink,  
diligent in my work,  
firm in my good intentions.

Let my conscience be clear,  
my conduct without fault,  
my speech blameless,  
my life well-ordered.

Put me on guard against my human  
weaknesses.  
Let me cherish your love for me,  
keep your law,  
and come at last to your salvation.

Teach me to realize that this world is passing,  
that my true future is the happiness of heaven,  
that life on earth is short,  
and the life to come eternal.

Help me to prepare for death  
with a proper fear of judgment,  
but a greater trust in your goodness.  
Lead me safely through death  
to the endless joy of heaven.

Grant this through Christ our Lord. Amen.

*(attributed to Pope Clement XI)*



## Prayer for Vocations

Lord, Jesus, we ask you to send more servants to your people. Choose from our parishes, from our homes, from our schools and colleges, an abundant harvest of apostles for your Kingdom: priests, sisters, brothers, deacons and lay ministers. We pray that those you call may never lose awareness of the dignity and need of their vocation. O Virgin Mary, Mother of the Church, teach all those the Master calls to say a joyful “yes” as you did at the Annunciation. Amen.

### Some Definite Service

God has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have my mission. I may never know it in this life, but I shall be told it in the next. Somehow I am necessary for His purposes. I have a part in this great work. I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good; I shall do His work. I shall be an angel of peace, a preacher of truth in my own place, while not intending it, if I do but keep His commandments and serve Him in my calling. Therefore, I will trust Him. Whatever, wherever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him; in perplexity, my perplexity may serve Him. If I am in sorrow, my sorrow may serve Him. My sickness, or perplexity, or sorrow may be necessary causes of some great end, which is quite beyond us. He does nothing in vain. He knows what He is about. He may take away my friends, He may throw me among strangers, He may make me feel desolate, make my spirits sink, hide my future from me. Still, He knows what He is about.

*(Blessed John Henry Newman)*

### Prayer of Christian Service

Lord Jesus, you said to your disciples: “The harvest indeed is great but the labourers are few.” We ask that we may know and follow the vocation to which you call us. We pray for those called to serve: those whom you have called, those you are calling now, and those you will call in the future. May they be open and responsive to the call of serving your people. Amen.



# Prayer for the Diocese of Cloyne

## **Croí le brí nua**

Father, pour out your Spirit upon your people,  
and grant us a new vision of your glory,  
a new experience of your power,  
a new faithfulness to your Word,  
and a new consecration to your service,  
that your love may grow among us,  
and your kingdom come through Christ our Lord. Amen  
*(Prayer from Aid to the Church in Need)*



We entrust our diocese to St. Colman and St. Gobnait and to the protection and care of Mary,  
the Universal Mother of the Church.

## **Special dates to celebrate:**

Feast of St. Brigid	1st February
Feast of St. Gobnait	11th February
Feast of St. Patrick	17th March
Feast of St. Colman	24th November

## **We remember other Holy Men & Women of our Diocese:**

Blessed Thaddeus McCarthy	25th October
Blessed Dominic Collins	31st October
Venerable Nano Nagle	
Venerable Edel Quinn	

**Enter the feast days of your name-saint or other favourite saints**

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## Prayer for the Church in Ireland

God of our fathers,  
renew us in the faith which is our life and salvation,  
the hope which promises forgiveness and interior renewal,  
the charity which purifies and opens our hearts  
to love you, and in you, each of our brothers and sisters.

Lord Jesus Christ,  
may the Church in Ireland renew her age-old commitment  
to the education of our young people in the way of truth  
and goodness, holiness and generous service to society.

Holy Spirit, comforter, advocate and guide,  
inspire a new springtime of holiness and apostolic zeal  
for the Church in Ireland.

May our sorrow and our tears,  
our sincere effort to redress past wrongs,  
and our firm purpose of amendment  
bear an abundant harvest of grace  
for the deepening of the faith  
in our families, parishes, schools and communities,  
for the spiritual progress of Irish society,  
and the growth of charity, justice, joy and peace  
within the whole human family.

To you, Triune God,  
confident in the loving protection of Mary,  
Queen of Ireland, our Mother,  
and of Saint Patrick, Saint Brigid and all the saints,  
do we entrust ourselves, our children,  
and the needs of the Church in Ireland.

Amen

*(Letter to the Catholics of Ireland, 19 March 2010,  
Benedict XVI)*

# Prayer to the Holy Spirit

## **Come, Holy Spirit**

Come, Holy Spirit, fill the hearts of your faithful.  
And kindle in them the fire of your love.  
Send forth your Spirit and they shall be created.  
And you shall renew the face of the earth.

### *Let us pray*

O God, who by the light of the Holy Spirit,  
did instruct the hearts of the faithful,  
grant that by that same Holy Spirit,  
we may be truly wise, and ever rejoice in  
his consolation,  
through Christ our Lord. Amen.



Holy Spirit of God I adore you,  
come into my heart and stay with me,  
enlighten my mind that I may see and  
understand the things that are for my good,  
that I may do your Holy Will in all things  
and never grieve you.

Divine Spirit of Truth teach me to know you.  
Sweet Spirit of Love help me to love you.  
Amen.



## Prayer to Mary

Mother of Perpetual Help,  
with the greatest confidence we come to you.  
We remember that moment when you said “Yes”  
to God and accepted God’s call  
to be the mother of His Son.  
Help us, your children to accept  
our own calling in life.  
When you heard that your cousin  
Elizabeth was in need,  
you immediately went to serve her  
and offer your help.  
Help us, like you,  
to be concerned with others.  
Mother of Sorrows,  
you faced many trials and difficulties in your life.  
Help us through the challenges  
and disappointments of life.  
Holy Mary, Mother of God,  
pray for us now and at the hour of our death.  
Amen.

*(Adapted from The Novena to Our Lady of Perpetual Help)*



### **The 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 with this confidence,  
I fly unto thee,  
O Virgin of Virgins, my Mother.  
To thee 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.  
Amen.



**Blessed Mother, I consecrate myself to thee**

Blessed Mother, I consecrate myself to thee,  
absolutely and completely.  
Into your hands I commit the past,  
the present and the future.  
Under your protection I wish to begin  
and end my every act.  
O Mary, may your very name be my prayer.

May I say it in times of joy and in times of sorrow.  
May I say it in times of difficulty and in times  
of temptation.  
May I say it a thousand times a day.

And when my dying lips can no longer utter it,  
my heart will echo still with confidence and  
love of thee until my final breath.  
Amen.



Our Lady, Queen of Peace, Seat of Wisdom...  
pray for us.



O Mary of Graces and mother of God,  
may I tread in the paths that the righteous have trod,  
and mayest thou save me from evil's control,  
and mayest thou save me in body and soul.

And mayest thou save me by land and by sea,  
and mayest thou save me from tortures to be,  
may the guard of the angels around me abide,  
may God be before me and God at my side.



## Prayer to St. Joseph

### Prayer to St. Joseph for the Family

Great St Joseph, you were chosen by God to be the head of the Holy Family.

Kindly look down upon us and bestow your fatherly protection upon our home.

Model of the most lively faith, obtain for all the members of our family the grace to believe firmly what God has revealed and bear witness to our faith in all that we do.

May we ever remain bound together for the salvation of souls, in order to fulfill our role in the great family of the Church and be reunited after this life in the happiness of heaven. Amen.



### Prayer to St. Joseph for the Church

Grant, we pray, almighty God, that by St. Joseph's intercession your Church may constantly watch over the unfolding of the mysteries of human salvation, whose beginnings you entrusted to his faithful care. St Joseph, pray for us!



### Prayer to St. Joseph for Purity

St Joseph, father and guardian of virgins, to whose faithful keeping Christ Jesus, innocence itself, and Mary, the virgin of virgins were entrusted. I pray and beseech you by that twofold and most precious charge, by Jesus and Mary, to save me from all uncleanness, to keep my mind untainted, my heart pure, and my body chaste; and to help me always to serve Jesus and Mary in perfect chastity. Amen.



## Additional Prayers

### **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.

### **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.

### **Glory be to the Father**

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.

### **A Disciple's Prayer**

O Lord God,  
grant us the grace  
to desire you with our whole heart,  
that so desiring, we may seek,  
that so seeking, we may find,  
that so finding, we may love you,  
and that so loving you, we may hate those sins  
from which you have redeemed us.

Amen.

*(St Anselm)*





## **The Angelus**

*(Prayed daily at 6am, 12noon and 6pm to recall the moment God became human in the womb of Mary)*

### **The angel of the Lord declared unto Mary.**

And she conceived of the Holy Spirit.

Hail Mary.....etc. ....

### **Behold the handmaid of the Lord,**

Be it done unto me according to thy 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 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.



## The Rosary

*The Rosary begins with the Apostles Creed, followed by one Our Father, three Hail Marys (traditionally offered for the Pope's intentions and an increase in faith, hope, and charity for those praying the Rosary), and a Glory Be.*

*Next come five mysteries, each consisting of one Our Father, ten Hail Marys, a Glory Be, and, if desired, the Fatima Prayer.*

*The Rosary concludes with the Hail Holy Queen, and the prayer: O God whose only begotten Son... It can be traditional in some homes to pray the Litany of the Blessed Virgin Mary. (See page 41)*

### The Joyful Mysteries (Mon. & Sat.)

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding in the Temple

### The Sorrowful Mysteries (Tues. & Fri.)

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning of Thorns
4. The Carrying of the Cross
5. The Crucifixion

### The Mysteries of Light (Thur.)

1. The Baptism in the Jordan
2. The Wedding Feast of Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

### The Glorious Mysteries (Wed. & Sun.)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of the Blessed Virgin Mary

## 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!

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

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

### Let us pray:

O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal salvation. Grant, we beseech Thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may both imitate what they contain and obtain what they promise, through Christ our Lord. 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,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day He rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand  
of God the Father Almighty;  
he will come 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.

### **Fatima Prayer**

O my Jesus, forgive us of our sins. Save us  
from the fires of hell. Lead all souls into heaven,  
especially those most in need of thy mercy.

### **Prayer to St Michael the Archangel**

St. Michael the Archangel,  
defend us in the hour of conflict,  
be our safeguard against the wickedness  
and snares of the devil.  
May God restrain him we humbly pray,  
and do thou, O prince of the heavenly host,  
by the power of God,  
thrust Satan down into hell,  
and with him all the evil spirits  
who wander through the world  
seeking the ruination of souls. Amen.



# Litany of the Blessed Virgin Mary

Lord, have mercy.

**Lord, have mercy.**

Christ, have mercy.

**Christ have mercy.**

Lord, have mercy.

**Lord have mercy.**

Christ, hear us.

**Christ, graciously hear us.**

God the Father of Heaven,

**Have mercy on us.**

God the Son,

Redeemer of the world,

**Have mercy on us.**

God the Holy Spirit,

**Have mercy on us.**

Holy Trinity, one God,

**Have mercy on us.**

Holy Mary,

**pray for us** (*repeat each time*)

Holy Mother of God,

Holy Virgin of virgins,

Mother of Christ,

Mother of divine grace,

Mother most pure,

Mother most chaste,

Mother inviolate,

Mother undefiled,

Mother most amiable,

Mother most admirable,

Mother of good counsel,

Mother of our Creator,

Mother of our Saviour,

Virgin most prudent,

Virgin most venerable,

Virgin most renowned,

Virgin most powerful,

Virgin most merciful,

Virgin most faithful,

Mirror of justice,

Seat of wisdom,

Cause of our joy,

Spiritual vessel,

Vessel of honour,

Singular vessel of devotion,

Mystical rose,

Tower of David,

Tower of ivory,

House of gold,

Ark of the Covenant,

Gate of Heaven,

Morning star,

Health of the sick,

Refuge of sinners,

Comforter of the afflicted,

Help of Christians,

Queen of Angels,

Queen of Patriarchs,

Queen of Prophets,

Queen of Apostles,

Queen of Martyrs,

Queen of Confessors,

Queen of Virgins,

Queen of all Saints,

Queen conceived without Original Sin,

Queen assumed into Heaven,

Queen of the most holy Rosary,

Queen of peace,

Lamb of God, who takes away the sins of the world, **Spare us, O Lord.**

Lamb of God, who takes away the sins of the world, **Graciously hear us, O Lord.**

Lamb of God, who takes away the sins of the world, **Have mercy on us.**

Pray for us, O Holy Mother of God,

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

Grant, we beseech thee, O Lord God, that we thy Servants may enjoy perpetual health of mind and body and by the glorious intercession of the Blessed Mary, ever Virgin, be delivered from present sorrow and enjoy eternal happiness. Through Christ Our Lord. Amen.

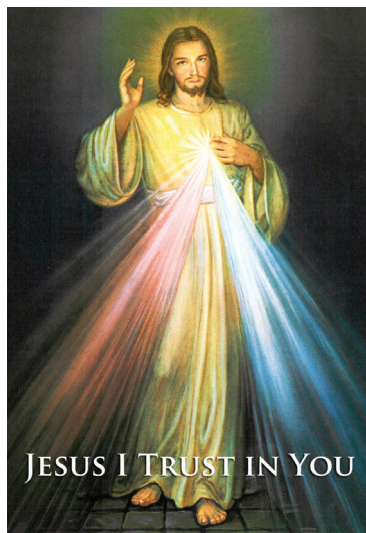
## Divine Mercy Chaplet

1. Begin with *The Sign of the Cross*. On your Rosary Beads, say *1 Our Father, 1 Hail Mary and The Apostles Creed*.
2. Then on the *Our Father* Beads say the following:  
**Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.**
3. On the 10 *Hail Mary* Beads say the following:  
**For the sake of His sorrowful Passion have mercy on us and on the whole world.**  
(Repeat step 2 and 3 for all five decades)
4. Conclude with (three times):  
**Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.**

**Find inspiration in the prayer of Saint Faustina, an apostle of Divine Mercy in our times:**

“Help me, O Lord,  
...that my eyes may be merciful,  
so that I will never be suspicious or judge by appearances,  
but always look for what is beautiful in my neighbours' souls  
and be of help to them;  
... that my ears may be merciful,  
so that I will be attentive to my neighbours' needs,  
and not indifferent to their pains and complaints;  
... that my tongue may be merciful,  
so that I will never speak badly of others,  
but have a word of comfort and forgiveness for all;  
... that my hands may be merciful and full of good deeds;  
... that my feet may be merciful,  
so that I will hasten to help my neighbour,  
despite my own fatigue and weariness;  
... that my heart may be merciful,  
so that I myself will share in all the sufferings of my neighbour”

(cf. *Diary of St Maria Faustina Kowalska*, 163).



### **Act of Faith, Hope and Love**

My God, I believe in you,  
I trust in you,  
I love you above all things,  
with all my heart and mind and strength.  
I love you because you are supremely good  
and worth loving;  
and because I love you,  
I am sorry with all my heart for offending you.  
Lord, have mercy on me, a sinner.  
Amen.

### **Act of Faith**

O my God, I believe in you  
and in all that your holy Church teaches  
because you have said it  
and your Word is true.  
You are the Christ, the Son of the living God.  
You are my Lord and my God.  
Lord, I believe, increase my faith.  
Amen.

### **Act of Hope**

O my God,  
I put my hope in you  
because I am sure of your promises.  
Deliver us, Lord, from every evil  
and grant us peace in our day,  
as we wait in joyful hope  
for the coming of our Saviour, Jesus Christ.  
Amen.

### **Act of Love**

O my God,  
I love you with all my heart,  
with all my soul, and with all my strength.  
Lord, increase our love.  
Help us to love one another.  
Amen.



# Our Favourite Prayers

*(Record your favourite family prayers here)*

# *Pope Francis' Prayer to the Holy Family*

JESUS, MARY AND JOSEPH,  
IN YOU WE CONTEMPLATE  
THE SPLENDOUR OF TRUE LOVE;  
TO YOU WE TURN WITH TRUST.

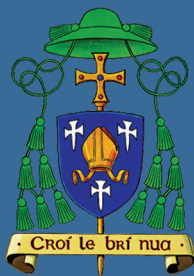
HOLY FAMILY OF NAZARETH,  
GRANT THAT OUR FAMILIES TOO  
MAY BE PLACES OF COMMUNION AND PRAYER,  
AUTHENTIC SCHOOLS OF THE GOSPEL  
AND SMALL DOMESTIC CHURCHES.

HOLY FAMILY OF NAZARETH,  
MAY FAMILIES NEVER AGAIN EXPERIENCE  
VIOLENCE, REJECTION AND DIVISION;  
MAY ALL WHO HAVE BEEN HURT OR SCANDALISED  
FIND READY COMFORT AND HEALING.

HOLY FAMILY OF NAZARETH,  
MAKE US ONCE MORE MINDFUL  
OF THE SACREDNESS AND INVIOABILITY OF THE FAMILY,  
AND ITS BEAUTY IN GOD'S PLAN.

JESUS, MARY AND JOSEPH,  
GRACIOUSLY HEAR OUR PRAYER.

AMEN.



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