

TABLE OF CONTENTS

Introduction	5
Morning Prayers	6
Prime (Morning Prayer)	12
Psalm 118	12
Prayers Before Mass	18
Prayers Before Mass from Ancient Eastern Liturgies	23
Prayers After Mass	26
Prayers After Mass from Ancient Eastern Liturgies	30
Prayers After Mass from Saints and Mystics	32
The Litany of the Love of God, by Pope Pius VI	32
Evening Prayers	34
The Memorare	35
Psalm 130: Out of the Depths	37
Compline (Night Prayer)	38
Psalm 4	39
Psalm 91	40
Psalm 134	41
Canticle of Simeon	42
Hail Holy Queen	43
Antiphons of the Blessed Virgin Mary	45
Prayers to the Holy Trinity	48
Prayers to the Holy Spirit	49
Prayer to Saint Michael the Archangel	50
Spiritual Armor Prayer	50
Prayer to Our Guardian Angels	51
Litany of Saint Joseph	52
Prayers to the Sacred Heart of Jesus	54
Prayers to Our Crucified Savior	58
The Chaplet of Divine Mercy	61
Prayers to the Blessed Virgin Mary	62
Litany of the Blessed Virgin Mary	62
A Visit to Our Lord in the Blessed Sacrament	67
An Act of Spiritual Communion	67
Prayers for the Holy Hour	70
O Salutaris Hostia/ O Saving Victim	70
Tantum Ergo / Down in Adoration Falling.....	71
The Divine Praises	73
Prayers for the Sacrament of Penance	74
Psalm 51	76
Psalm 6	78
Psalm 32	79
Prayers for a Holy Life	80
Prayers for a Happy Death	84
Prayers for the Faithful Departed	86
Prayers of Petition	89
Peace Prayer of Saint Francis of Assisi	91
Prayer of Saint Therese of Lisieux	91
Prayer for a Graceful Death, by Saint Thomas More	92
Missionaries of Charity Prayer after Holy Communion	93
Prayer Before Embarking on a Journey	94
Canticle of Zechariah—the Benedictus	94
Canticle of Mary—the Magnificat	Inside Back Cover



INTRODUCTION

God is a family—Father, Son, and Holy Spirit. What do families do? They live together! They eat together, talk together, work together, and play together. They love one another!

God the Father created you to be part of His family. When our first parents lost His friendship through sin, He couldn't bear it, so He sent His Son to bring us back into His family. In Baptism, we are reborn into a totally new nature—His nature.

Do you not know that your body is a temple of the holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price.

Therefore, glorify God in your body.

1 CORINTHIANS 6:19-20

You belong to Jesus! As Saint John Eudes reminds us, “He longs to be in you, living and ruling in you, as the head lives and rules in the body. He desires that whatever is in Him may live and rule in you: His breath in your breath, His heart in your heart, all the faculties in His soul in the faculties of your soul ... that the life of Jesus may be made manifest in you.”

This book is a collection of prayers commonly prayed daily by priests, religious, and devout Catholic Christians. We include prayers from the Church, both East and West, from ancient liturgies, the saints, and Scripture, to help you share more intimately and fully in the Holy Trinity— the family of God!

PRAYERS BEFORE MASS

Prayer of Saint Thomas Aquinas



Almighty and ever-living God, I approach the sacrament of Your only-begotten Son, Our Lord Jesus Christ. I come sick to the doctor of life, unclean to the fountain of mercy, blind to the radiance of eternal light, and poor and

needy to the Lord of heaven and earth. Lord, in your great generosity, heal my sickness, wash away my defilement, enlighten my blindness, enrich my poverty, and clothe my nakedness.

May I receive the Bread of angels, the King of kings and Lord of lords, with humble reverence, with the purity and faith, the repentance and love, and the determined purpose that will help to bring me to salvation.

May I receive the sacrament of the Lord's Body and Blood, its reality and power. Kind God, may I receive the Body of Your only-begotten Son, our Lord Jesus Christ, born from the womb of the Virgin Mary, and so be received into His mystical body and numbered among His members. Loving Father, as on my earthly pilgrimage I now receive Your beloved Son under the veil of a sacrament, may I one day see Him face to face in glory, who lives and reigns with You for ever. Amen.

Prayer to Our Blessed Virgin Mary

Mother of mercy and of love, most blessed Virgin Mary, I fly to you with all my heart and all my affection. I implore your loving kindness, that even as you stood beside your dearly beloved Son as He hung upon the cross, so please also stand by me, a poor sinner; by the priest who is offering Mass here today; and beside all your faithful people receiving the most Sacred Body of your Son. Grant that by your grace, we may offer a worthy and acceptable sacrifice in the sight of the most high and undivided Trinity, and receive it worthily and fruitfully. Amen.

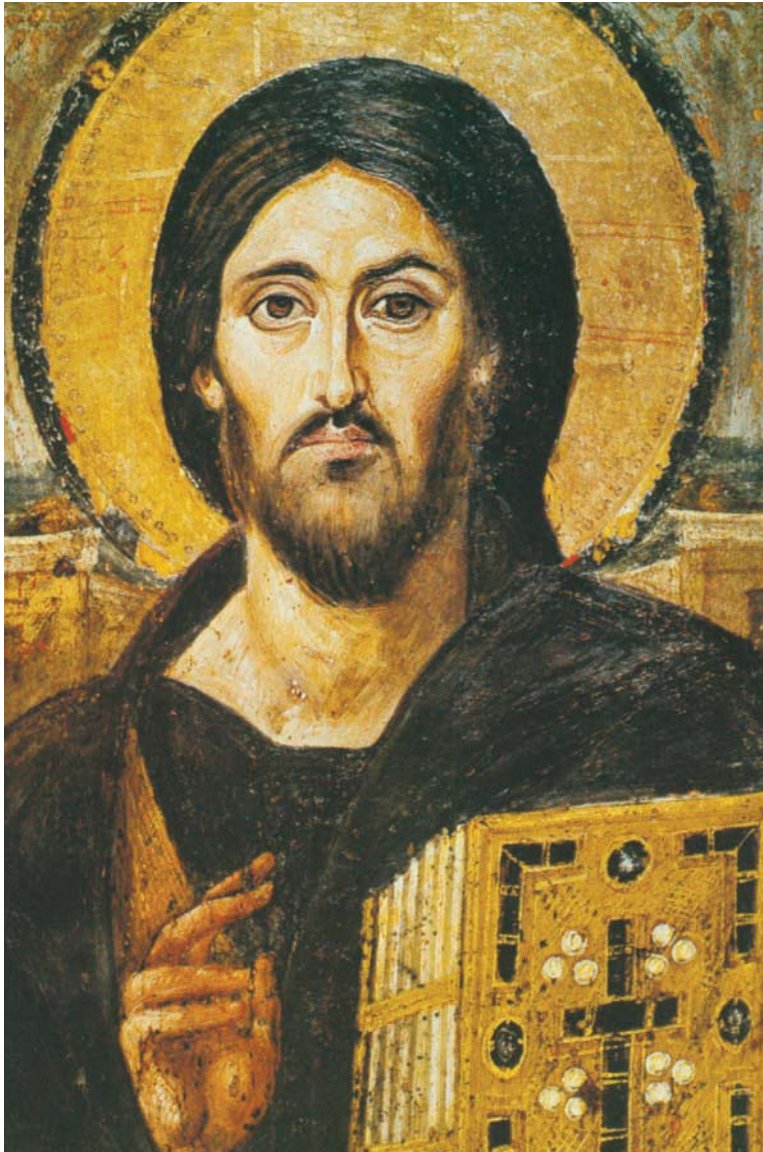
Prayer to Saint Joseph

O Blessed Joseph, happy man, to you it was given not only to see and to hear that God whom many kings longed to see, yet saw not; to hear, yet heard not; but also to carry Him in your arms and to kiss Him, to clothe Him and to watch over Him.

V. Pray for us, blessed Joseph.

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

O God, Who has given us a royal priesthood, we pray that, as Blessed Joseph was found worthy to touch with his hands and to hold in his arms Your only begotten Son, born of the Virgin Mary, so may we be made fit, by cleanness of heart and blamelessness of life, to minister at Your holy altar. May we with reverent devotion partake of the Sacred Body and Blood of Your Son, and may we in the world to come be accounted worthy of receiving an everlasting reward. Through the same Christ our Lord. Amen.



PRAYERS BEFORE MASS **From Ancient Eastern Liturgies**

An Act of Praise

We thank You, Our Father, for the life and knowledge which You have made known to us through Jesus Your Servant; to You be the glory forever. Even as this broken bread was scattered over the hills, was gathered together and became one, so let Your Church be gathered together from the ends of the earth into Your kingdom; for Thine is the glory and the power through Jesus Christ forever. Amen.

An Act of Faith

I believe, O Lord, and I confess that You are truly Christ, the Son of the living God, who came into the world to save sinners, of whom I am chief. I believe that this is truly Your own Precious Body and Your own Precious Blood. Therefore I pray, have mercy upon me and forgive my transgressions, and make me worthy to partake of, without condemnation, Your holy Mysteries, unto the remission of my sins and life everlasting.

Accept me today, O Son of God, as a partaker of Your mystical supper; for I will not reveal Your Mystery to Your enemies, nor will I give You a kiss as did Judas; but like the thief I confess to You: "Remember me, O Lord, when You come into Your Kingdom." May the partaking of Your Holy Mysteries, O Lord, be not for my judgement or condemnation, but for the healing of my soul and body. Amen.