

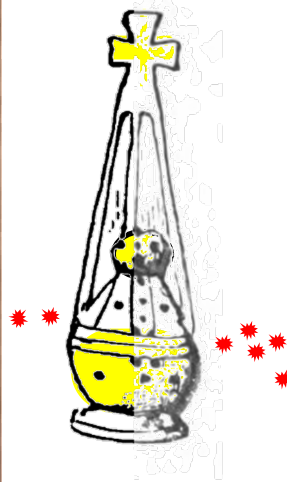
†  
J.M.J.

# SAINT JEAN-MARIE BAPTISTE VIANNEY PRAYER BOOK

*Priest's Prayers Before and After Holy Mass*



†  
**Salus  
Animarum  
Lex  
Suprema**



*"Put all the good works in the world against one Holy Mass;  
they will be as a grain of sand beside a mountain."*

– Saint John Mary Vianney

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Version M4-6.1

## PREPARATION FOR MASS

☪ To be done according to the opportunity of the priest.



*Antiphon.* Remember not, \* Lord, our offences, nor the offences of our forefathers, neither take Thou vengeance of our sins. (P. T. Alleluia.)

### Psalm 83

83:1 How lovely are Thy tabernacles, O Lord of hosts! \*  
my soul longeth and fainteth for the courts of the Lord.

83:2 My heart and my flesh \* have rejoiced in the living God.

83:3 For the sparrow hath found herself a house, \*  
and the turtledove a nest for herself where she may lay her young ones:

83:4 Thy altars, O Lord of hosts, \* my king and my God.

83:5 Blessed are they that dwell in Thy house, O Lord: \*  
they shall praise Thee for ever and ever.

83:6 Blessed is the man whose help is from Thee: \* in his heart he hath disposed to ascend by steps, in the vale of tears, in the place which he hath set.

83:7 For the lawgiver shall give a blessing, they shall go from virtue to virtue: \*  
the God of gods shall be seen in Sion.

83:9 O Lord God of hosts, hear my prayer: \* give ear, O God of Jacob.

83:10 Behold, O God our protector: \* and look on the face of Thy Christ.

83:11 For better is one day in Thy courts \* above thousands.

83:12 I have chosen to be an abject in the house of my God, \*  
rather than to dwell in the tabernacles of sinners.

83:13 For God loveth mercy and truth: \*  
the Lord will give grace and glory.

83:13 He will not deprive of good things them that walk in innocence: \*  
O Lord of hosts, blessed is the man that trusteth in Thee.

☩ Glory be to the Father, and to the Son, \* and to the Holy Spirit.

2 ☩ As it was in the beginning, is now, and ever shall be, \* world without end. Amen.

### Psalm 84

84:1 Lord, Thou hast blessed Thy land: \* Thou hast turned away the captivity of Jacob.

84:2 Thou hast forgiven the iniquity of Thy people: \*  
Thou hast covered all their sins.

84:3 Thou hast mitigated all Thy anger: \* Thou hast turned away from the wrath of Thy indignation.

84:4 Convert us, O God our Saviour: \* and turn off Thy anger from us.

84:5 Wilt Thou be angry with us for ever: \*  
or wilt Thou extend Thy wrath from generation to generation?

84:6 Thou wilt turn, O God, and bring us to life: \*  
and Thy people shall rejoice in Thee.

84:7 Shew us, O Lord, Thy mercy; \* and grant us Thy salvation.

84:8 I will hear what the Lord God will speak in me: \*  
for He will speak peace

84:9 And unto His saints: \* and unto them that are converted to the heart.

84:10 Surely His salvation is near to them that fear Him: \*  
that glory may dwell in our land.

84:11 Mercy and truth have met each other: \*  
justice and peace have kissed.

84:12 Truth is sprung out of the earth: \*  
and justice hath looked down from heaven.

84:13 For the Lord will give goodness: \* and our earth shall yield her fruit.

84:14 Justice shall walk before him: \* and shall set his steps in the way.

☩ 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.



### Psalm 85

85:1 Incline Thy ear, O Lord, and hear me: \* for I am needy and poor.

85:2 Preserve my soul, for I am holy: \* save Thy servant, O my God, that trusteth in Thee.

85:3 Have mercy on me, O Lord, for I have cried to Thee all the day. \*  
Give joy to the soul of Thy servant, for to Thee, O Lord, I have lifted up my soul.

85:4 For Thou, O Lord, art sweet and mild: \* and plenteous in mercy to all that call upon Thee.

85:5 Give ear, O Lord, to my prayer: \* and attend to the voice of my petition.

85:6 I have called upon Thee in the day of my trouble: \*  
because Thou hast heard me.

85:7 There is none among the gods like unto Thee, O Lord: \*  
and there is none according to Thy works.

85:8 All the nations Thou hast made shall come and adore before Thee, O Lord: \*  
and they shall glorify Thy name.

85:9 For Thou art great and dost wonderful things: \*  
Thou art God alone.

85:10 Conduct me, O Lord, in Thy way, and I will walk in Thy truth: \*  
let my heart rejoice that it may fear Thy name.

85:11 I will praise Thee, O Lord my God, with my whole heart, \*  
and I will glorify Thy name for ever:

85:12 For Thy mercy is great towards me: \* and Thou hast delivered my soul out of the lower hell.

85:13 O God, the wicked are risen up against me, and the assembly of the mighty have sought my soul: \*  
and they have not set Thee before their eyes.

85:14 And Thou, O Lord, art a God of compassion, and merciful, \*  
patient, and of much mercy, and true.

85:15 O look upon me, and have mercy on me: \*

give Thy command to Thy servant,  
and save the son of Thy handmaid.

85:16 Shew me a token for good:  
that they who hate me may see,  
and be confounded, \*  
because Thou, O Lord, hast helped  
me and hast comforted me.

∞. 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.

### Psalm 115

115:1 I have believed,  
therefore have I spoken; \*  
but I have been humbled  
exceedingly.

115:2 I said in my excess: \*  
Every man is a liar.

115:3 What shall I render  
to the Lord, \*  
for all the things  
that He hath rendered to me?

115:4 I will take the chalice  
of salvation; \*  
and I will call upon  
the name of the Lord.



115:5 I will pay my vows to the Lord  
before all His people: \*  
precious in the sight of the Lord  
is the death of His saints.

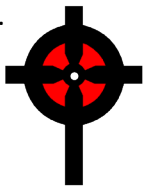
115:6 O Lord, for I am Thy servant: \*  
I am Thy servant,  
and the son of Thy handmaid.

115:7 Thou hast broken my bonds: \*  
I will sacrifice to Thee  
the sacrifice of praise,  
and I will call upon  
the name of the Lord.

115:8 I will pay my vows to the Lord  
in the sight of all His people: \*  
in the courts of the house of the Lord,  
in the midst of thee,  
O Jerusalem.

∞. 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.



### Psalm 129

129:1 Out of the depths  
I have cried to Thee, O Lord: \*  
Lord, hear my voice.

129:2 Let Thy ears be attentive \*  
to the voice of my supplication.

129:3 If Thou, O Lord, wilt mark  
iniquities: \* Lord, who shall stand it.

129:4 For with Thee there is merciful  
forgiveness: \* and by reason of Thy  
law, I have waited for Thee, O Lord.

129:5 My soul hath relied  
on His word: \*  
my soul hath hoped in the Lord.

129:6 From the morning watch  
even until night, \*  
let Israel hope in the Lord.

129:7 Because with the Lord  
there is mercy: \*  
and with Him plentiful redemption.

129:8 And He shall redeem Israel \*  
from all his iniquities.

∞. 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.

*Ant.* Remember not, \* Lord, our  
offences, nor the offences of our  
forefathers, neither take Thou  
vengeance of our sins. (*P.T. Allelúia.*)

*After this, the priest says:*

Kyrie, eleison. Christe, eleison.  
Kyrie, eleison.

*Our Father the rest inaudibly until:*

∞. And lead us not into temptation.

℟. But deliver us from evil.

∞. As for me, I said: Lord, be merciful  
unto me.

℟. Heal my soul, for I have sinned  
against Thee.

∞. Turn again, O Lord, for a little,

℟. And be entreated for Thy servant's  
sake.

∞. O Lord, let Thy mercy lighten  
upon us.

℟. As our trust is in Thee.

∞. Let Thy priests be clothed with  
righteousness.

℟. And let Thy Saints shout for joy.

3

∞. Lord, cleanse Thou me from secret  
faults.

℟. Keep back Thy servant also from  
the sins of others.

∞. O Lord, hear my prayer.

℟. And let my cry come unto Thee.

∞. The Lord be with you.

℟. And with your spirit.

Let us pray.

Bow down Thy Fatherly ears unto our  
supplications, O most merciful God,  
and enlighten our hearts  
by the grace of Thy Holy Spirit,  
that we may worthily take part  
in Thy service, and may love Thee  
with an everlasting love.

O God, unto Whom  
all hearts lie open,  
all desires known,  
and from Whom no secrets are hid,  
cleanse the thoughts of our hearts  
by the inspiration of Thy Holy Spirit,  
that we may perfectly love Thee,  
and worthily magnify Thy Holy Name.



Lord, burn our reins and our hearts  
with the fire of Thy Holy Spirit,  
that we may serve Thee  
with chaste bodies and pure minds.

Lord, we beseech Thee, that the  
Comforter which proceedeth from  
Thee may enlighten our minds,  
and lead us into all truth,  
even as Thy Son hath promised  
unto us.

Lord we beseech Thee, that Thy Holy  
Spirit may dwell in us in much power,  
mercifully cleansing our hearts  
and shielding us  
from all things hurtful.

O God, Who didst teach the hearts  
of Thy faithful people by sending  
to them the light of Thy Holy Spirit,  
grant unto us by the same Spirit  
to have a right judgment in all things,  
and evermore to rejoice  
in His holy comfort.

Lord, we beseech Thee to cleanse our  
consciences by the power of Thine  
holy visitation, that when our Lord  
Jesus Christ, Thy Son, cometh,  
He may find in us a dwelling-place  
made ready unto Himself:

Who liveth and reigneth with Thee,  
in the unity of the Holy Spirit,  
one God, world without end.

℟. Amen.

## Humble Devotion to the Holy Spirit

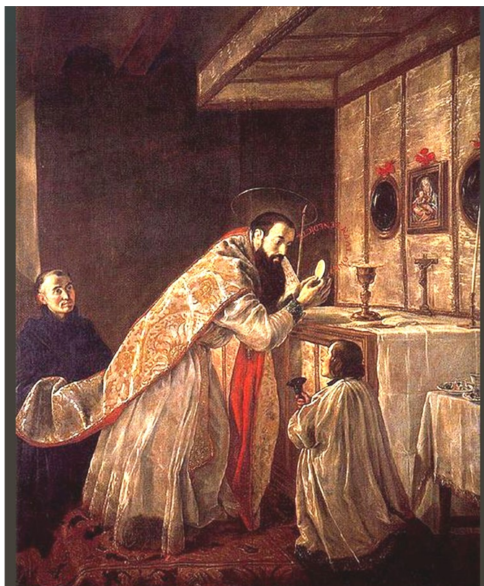
Come, O Holy Spirit, and with Thy most holy grace gather together, I beseech of Thee, all the faculties and all the affections of my soul, so that, with devout attention and with my whole heart, I may be able to attend [offer] this holy Mass, and obtain thereby those benefits for which, albeit unworthy, I ardently hope, to the greater glory of God and the benefit of my own soul, through the goodness and compassion of the same my Lord and God. Amen.

## Prayer to the Blessed Virgin Mary

⊕ Mother of mercy and love, blessed Virgin Mary, I am a poor and unworthy sinner, and I turn to you in confidence and love.



You stood by your Son as He hung dying on the Cross. Stand also by me, a poor sinner, and by all the priests who are offering Mass today, here and throughout the entire church. Help us to offer a perfect and acceptable sacrifice in the sight of the Holy and undivided Trinity, our Most High God. Amen



*"No human tongue can enumerate the favors that trace back to the Sacrifice of the Mass. The sinner is reconciled with God; the just man becomes more upright; sins are wiped away; vices are uprooted; virtue and merit increases; and the devil's schemes are frustrated."*

—St. Lawrence Justinian

## 4 ⊕ To the Saint in whose honour Mass is celebrated

O holy N, behold me, a poor sinner, trusting in your merits, I offer the most holy Sacrament of the Body and Blood of our Lord Jesus Christ, to your honour. I humbly pray that today you will intercede for me, that I may worthily and acceptably offer so great a sacrifice; that with you and all His chosen ones, I may praise Him eternally and reign with Him who lives and reigns, one God, now and for ever. Amen

## ⊕ Prayer to the Angels

O Angels, Archangels, Thrones, Dominations, Principalities, Powers, Virtues of heaven, Cherubim, and Seraphim, all ye men and women Saints of God, especially my Patrons, deign to intercede for me, that I may be strengthened to offer worthily this sacrifice to the all-powerful God, to the praise and glory of His name and to my benefit and to that of all His holy Church. Amen.

*"The heavens open and multitudes of angels come to assist in the Holy Sacrifice of the Mass."*

—Pope St. Gregory the Great

## Priest's Declaration of Intention

⊕ My purpose is to celebrate Mass and to make the Body and Blood of our Lord Jesus Christ according to the rite of the holy Roman Church, to the praise of almighty God and of the whole Church triumphant in heaven, for my own welfare and that of the whole Church militant on earth, for all who in general and in particular have commended themselves to my prayers, and for the well-being of the holy Roman Church. Amen.

May joy and peace, amendment of life, room for true penitence, the grace and comfort of the Holy Ghost, and steadfastness in good works be granted us by the almighty and merciful Lord. Amen.



## Fatima Prayer

Most Holy Trinity, I adore Thee! My God, my God, I love Thee in the Most Blessed Sacrament.



## Prayer of St. John Chrysostom Before Mass

I believe, O Lord, and I confess that Thou art truly the Christ, the Son of the Living God, Who came into the world to save sinners, of whom I am the chief.

And I believe that this is Thy pure Body and Thy own Precious Blood. Therefore, I pray Thee, have mercy on me and forgive my transgressions, voluntary and involuntary, in word and deed, known and unknown.

And grant that I may partake of Thy Holy Mysteries without condemnation, for the remission of sins and for life eternal. Amen.

## Act of Oblation before Holy Mass

Eternal Father, we offer You the sacrifice wherein Your Son Jesus offered Himself upon the Cross and which He now renews upon this altar.

We adore You and render to You that honor which is Your due, acknowledging Your dominion over all things and our absolute dependence on You.

You are our first beginning and our last end; we give You thanks for countless benefits received; we ask You to forgive our sins and to offer You worthy satisfaction for the same;

Finally to implore Your grace and mercy for all of us who will offer this sacrifice today, for all those who are in tribulation and distress, for all of us sinners, for the whole world and for the souls in purgatory. We ask this through Christ our Lord. Amen.

## Prayer Before Mass

Receive, O Holy Trinity this Holy Sacrifice of the Body and Blood of our Lord Jesus Christ, which we, your unworthy servants, desire now to offer to You by the hands of Your minister, with all the sacrifices which have ever been or will be offered to You, in union with that Holy Sacrifice offered by Jesus Christ our Lord at the Last Supper, and on the Altar of the Cross.

We offer it to You with the utmost affection and devotion, out of pure love for Your infinite goodness, and according to the most holy intention of the same Christ our Lord, and of our Holy Mother the Church. Amen.

### Prayer of Desire Before Communion

Dear Jesus, I ardently desire to receive You. The moment draws near, the rapturous moment, in which I shall receive You, my God, into my soul. I come to You, I run to meet You with the utmost devotion and reverence of which I, as a little child, am capable. Stretch forth Your most sacred hands to embrace my soul—Your pierced hands which were stretched forth amid the anguish of Your Passion to embrace all sinners. I stretch forth not only my hands, but my heart and my soul, to embrace You and to lead You into the innermost and secret recess of my heart.



Would that I had within me as great a devotion, love and purity as You have ever been adored with by the heart of any mortal.

Would that I were filled  
with all virtues,  
with all holy desires,  
with perfect devotion.

Would that I had  
the purity of all Your angels,  
the charity of all Your apostles,  
the holiness of all confessors,  
the chastity and  
cleanness of heart of all virgins  
and the holy fire of love  
of all the martyrs.

Would that I could receive You now  
with all that devotion,  
reverence and love  
with which Your most Blessed  
Mother received You  
in Your Incarnation,  
and in Your adorable Eucharist!

Would that I had Your own sacred  
and divine Heart,  
that I might receive You  
as Your ineffable Majesty  
deserves!

I offer You, my sweetest Jesus—  
to be my fitting preparation, to make  
amends for all my unworthiness,  
my negligences,

my lack of preparation,  
devotion and affections—  
I offer You the love which the Saints  
and the Blessed Mother had when  
they received You in this Holy  
Sacrament.

I offer You, most holy Jesus, Your  
own meritorious Heart, and all the  
ineffable virtues and graces which  
the most Blessed Trinity bestowed  
without measure upon It, that all my  
vileness and all my unworthiness  
may be covered, and that a proper  
and most peaceful abode may be  
prepared for You in my soul. Amen.



### Prayer of St. Ambrose

Lord, Jesus Christ, I approach Your banquet table in fear and trembling, for I am a sinner, and dare not rely on my own worth but only on Your goodness and mercy. I am defiled by many sins in body and soul, and by my unguarded thoughts and words.

Gracious God of majesty and awe, I seek Your protection, I look for Your healing, poor troubled sinner that I am, I appeal to You, the fountain of all mercy. I cannot bear Your judgment, but I trust in Your salvation.



Lord, I show my wounds to You and uncover my shame before You. I know my sins are many and great, and they fill me with fear, but I hope in Your mercies, for they cannot be numbered. Lord Jesus Christ, eternal King, God and man, crucified for mankind, look upon me with mercy and hear my prayer, for I trust in You. Have mercy on me, full of sorrow and sin, for the depth of Your compassion never ends.

Praise to You, saving sacrifice,  
offered on the wood of the Cross for  
me and for all mankind.

Praise to the noble and Precious  
Blood, flowing from the Wounds of  
my crucified Lord Jesus Christ and  
washing away the sins of the whole  
world.

Remember, Lord, Your creature,  
whom You have redeemed with Your  
Blood. I repent my sins, and I long to  
put right what I have done.

Merciful Father,  
take away all my offenses and sins;  
purify me in body and soul,  
and make me worthy  
to taste the holy of holies.

May Your Body and Blood,  
which I intend to receive,  
although I am unworthy,  
be for me the remission of my sins,  
the washing away of my guilt,  
the end of my evil thoughts,  
and the rebirth of my better instincts.

May it incite me  
to do the works pleasing to You  
and profitable to my health  
in body and soul,  
and be a firm defense  
against the wiles of my enemies.  
Amen.



5

### Prayer of St. Thomas Aquinas

Almighty, everlasting God, look down in mercy upon me, Thy servant, who now again draws near to the most holy Sacrament of Thy only-begotten Son, our Lord Jesus Christ.

I approach as one who is sick,  
to the physician of life;  
as one unclean,  
to the fountain of mercy;  
as one blind,  
to the light of eternal brightness;  
as one poor and needy,  
to the Lord of heaven and earth.

I implore Thee, therefore,  
out of the abundance  
of Thy boundless Mercy,  
that Thou wouldst vouchsafe  
to heal my sickness,  
to wash away my defilement,  
to give sight to my eyes,  
to enrich my poverty,  
and to clothe my nakedness;

that I may receive  
the Bread of angels,  
the King of kings, the Lord of lords,  
with such reverence and humility,  
such contrition and devotion,  
such purity and faith,  
such purpose and intention,  
as may tend to the salvation  
of my soul.

Grant to me, I beseech Thee, not  
only to receive the Sacrament of the  
Body and Blood of the Lord, but  
to profit by Its substance and virtue.

God most merciful, grant me the  
grace to receive the Body of Thy only-  
begotten Son, Jesus Christ,  
our Lord, which He took of the Virgin  
Mary, in such wise, that I may be  
found worthy to be incorporated into  
His mystical body, and for evermore  
to be numbered among His members.

O Father, most loving,  
I am about to welcome into my heart  
Thy own beloved Son,  
hidden under His sacramental veil:  
may it, in Thy great goodness,  
be mine, in the end,  
for all eternity face to face  
to gaze upon Him:  
Who with Thee liveth and reigneth,  
in the unity of the Holy Ghost, God,  
world without end. Amen.

*"The Mass is a compendium  
of all God's love,  
and of all His benefits to men."*  
—St. Bonaventure



**PRAYERS OF SAINT AMBROSE,  
BISHOP, FOR EACH DAY**

**Sunday**

O great High Priest, our true Pontiff, Jesus Christ, who didst offer Thyself to God the Father a pure and spotless victim upon the altar of the Cross for us miserable sinners, and didst give us Thy Flesh to be our meat and Thy Blood to be our drink, and didst ordain this mystery in the might of Thy Holy Spirit, saying: Do this for the commemoration of Me:

I pray Thee, by the same Thy Blood, the great price of our salvation. I pray Thee, by that wonderful and unspeakable love wherewith Thou didst deign so to love us, Thy unworthy creatures, as to wash us from our sins in Thy own Blood.

Teach me, by Thy Holy Spirit, to approach so great a mystery with such reverence and devotion as are meet and right. Make me, by Thy grace, always so to believe and understand, to conceive and firmly to hold, to think and to speak, of this same deep mystery, as shall please Thee and be good for my soul. Let Thy good Spirit enter my heart, and there without the sound of words speak all truth. For Thy mysteries are exceeding deep and covered with a sacred veil. For Thy great Mercy's sake, grant me to approach Thy holy mysteries with a clean heart and a pure mind. Free my heart from all wrong and sinful, from all vain and hurtful thoughts. Guard me round about with the loving and watchful care of Thy holy angels: and before their most sure defense may the enemies of all good, flee in confusion.

For the sake of this dread mystery and by the ministering hand of the holy angel of the sacrifice, do Thou, O Lord, preserve me and all Thy servants from that obstinacy of spirit wherein lies pride and vainglory, envy and blasphemy, uncleanness and wrong-doing, doubt and mistrust. Let them be confounded that persecute us. Let them perish that are bent upon our ruin.

**Monday**

King of virgins and lover of chastity and innocence, extinguish in my frame, by the dew of Thy heavenly grace, all flames of unlawful passion, that I may thus for evermore

6 abide before Thee in innocency of body and of soul.

Mortify in my members the sting of the flesh, and repress in me every dangerous emotion. Together with all other virtues (each Thy own gift and, in sooth, well-pleasing to Thee), clothe me with true and abiding purity, that, unsullied in body and clean in heart, I may this day offer unto Thee the sacrifice of praise.

Yet, how measurelessly deep should not be the contrition of heart, how unceasing the flow of tears, how exceeding the reverence and holy fear, how pure the body, how blameless the soul, of him who offers up a sacrifice that is of Heaven and not of earth!

Verily, in it, O Christ, is Thy Flesh eaten of men; verily, in it do they drink of Thy Blood. In it is the lowliness of earth lifted up, to be made one with the majesty of heaven. Thy holy angels, O God, stand indeed round about Thy altar; but it is Thou Thyself who here, in wondrous and unutterable wise, art at once both priest and victim.

**Tuesday**

Who can worthily be present at this sacrifice unless Thou, O God, makest him worthy? I know, O Lord, yea, truly do I know, and this do I confess to Thy loving-kindness, that I am unworthy to approach so great a mystery, by reason of my numberless sins and negligences: but I know, and truly with all my heart do I believe, and with my mouth confess, that Thou canst make me worthy—Thou Who alone canst make that clean which was born unclean—Thou Who alone canst make sinners to be just and holy.

By this Thy almighty power I beseech Thee, O my God, to grant that I, a sinner, may assist at this sacrifice with holy fear, with purity of heart, with tears of contrition, with spiritual gladness and heavenly joy. May my soul feel the sweetness of Thy blessed presence, and be comforted by the thought that round about me Thy holy angels keep untiring watch.

**Wednesday**

Mindful, O Lord, of Thy worshipful Passion, I approach Thy altar, sinner though I am, to join in offering unto Thee that sacrifice which Thou has instituted and commanded to be offered in remembrance of Thee for our well-being. Receive it, I beseech Thee, O God most high, for Thy holy Church, and for the people whom Thou hast purchased with Thy own Blood.

In Thy mercy look down with pity upon us all. Be pleased, O Lord, to have regard unto the sorrows of nations, the troubles of the poor, the groanings of those in bondage, the desolation of orphans, the weariness of wayfarers, the helplessness of the sick, the struggles of the dying, the failing of strength of the aged, the trials and ambitious hopes of young men, the high desires of maidens, and the grief of widows.



**Thursday**

Thou, O Lord, hast mercy upon all, and hatest nothing that Thou hast made. Remember how frail our nature is, and that Thou art our Father and our God.

Be not angry with us forever, and shut not up Thy tender mercies in displeasure. It is not with any hope in any righteousness of our own that we lay our prayers before Thee, but with filial trust in the multitude of Thy tender mercies.

Take away from us, O Lord, our iniquities, and mercifully kindle in us the fire of Thy Holy Spirit.

Take away from us our hearts of stone and fashion within us hearts of flesh, hearts to love Thee, to long for Thee, to delight in Thee, to be submissive to Thee—hearts whose only happiness shall be in Thee.

We beseech Thee, O Lord, to look down with favor upon Thy people while they pay their vows to Thy most holy Name; and that the desire of none may be in vain, and the petitions of none unfulfilled, do Thou inspire our prayers, that they may be such as Thou delightest to hear and answer.

## Friday

O Lord, Who art our all-holy Father, we plead to Thee especially on behalf of the souls of the faithful departed. May this great Sacrament of Thy Love be to them health and salvation, refreshment and joy. My Lord and my God, may it be their happiness this very day to be admitted to Thy heavenly banquet. May they for evermore feast on Thee, the living Bread that came down from Heaven, and gave life to the world; may they partake with us of Thy holy and blessed Flesh—the Flesh of the Lamb without spot, Who taketh away the sins of the world—the very Flesh which, being conceived of the Holy Ghost, Thou in the hallowed womb of the Blessed Virgin Mary, didst make Thy own; may they drink of that loving stream which the soldier's spear drew out of Thy sacred Side, that they may be thereby strengthened and quickened, rested and comforted, and may sing with joy Thy praise and glory.

Vouchsafe, O Lord, in Thy mercy, to impart to the Bread, which is about to be offered unto Thee, the fulness of Thy blessing and the consecration of Thy Godhead. Let there come down thereon the invisible and ineffable majesty of Thy Holy Spirit, as of old time He came down upon the sacrifices of our fathers.

May His might change our oblation into Thy Body and Blood, and teach me, unworthy communicant that I am, to participate in the celebration of these sacred mysteries with purity of heart, with tearful devotion, with reverence and with awe.

Do Thou, O heavenly Father, graciously receive the sacrifice we offer for the salvation of Thy children, the living and the dead, through Jesus Christ, Thy only Son our Lord.

## Saturday

I entreat Thee, O Lord, by this most holy mystery of Thy Body and Blood—our daily meat and drink in Thy Church—whereby we come to have part in the one most high Godhead; do Thou endow me with Thy holy virtues, that, therewith

adorned, I may with a good conscience approach Thy altar, and that this heavenly Sacrament may thus be unto me salvation and life; for Thou hast said with Thy own holy and blessed mouth:

“The bread which I will give is My Flesh, for the life of the world. I am the Living Bread which came down from heaven. If any man eat of this Bread he shall live forever.”

O bread of sweetness, cure the palate of my heart that I may taste and see how sweet is Thy love. Heal all my ills, that henceforth I may find sweetness in nothing out of Thee.

O most pure and most delicious Bread that art able to satisfy the taste of every man; day by day Thou comfortest us, nor does Thou ever fail us. May my heart ever be nourished by Thee and may the sweet savor of Thee penetrate the innermost depth of my being. The angels feed on Thee to their full content: suffer man, on his journey through this vale of tears, to feed on Thee to the best of his ability, lest, unrefreshed by this one Viaticum, he faint by the way.

O Thou holy Bread, Thou living Bread, Thou pure Bread, that, coming down from heaven, dost give life to the world, enter into my heart and wash away every stain both of flesh and of spirit. Choose my heart for Thy dwelling-place; heal me and cleanse me within and without; be Thou my sure defense; be Thou to me an abiding help for soul and body; scatter the crafty enemies that lie in wait to ruin me; may they flee from the dread presence of Thy majesty.

As for me, safeguarded by Thee in soul and in body, may I never swerve from the right road, but surely reach Thy kingdom, where—not in dim mysteries, as in this dark world of ours, but—face to face we shall look upon Thee.

There wilt Thou satisfy me with Thy self and fill me with such sweetness that I shall neither hunger nor thirst for evermore: who with God the Father and the Holy Ghost livest and reignest world without end. Amen.

## The Litany of Saint Joseph

7 Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.

Christ, hear us.  
Christ, graciously hear us.

God the Father of Heaven,  
\*Have mercy on us.  
God the Son, Redeemer  
of the world,\*  
God the Holy Spirit,\*  
Holy Trinity, One God,\*

Holy Mary, °*Pray for us.*  
Saint Joseph, °  
Illustrious son  
of David, °  
Light of the patriarchs, °  
Spouse of the Mother of God, °

Chaste guardian  
of the Virgin, °  
Foster-father  
of the Son of God, °  
Watchful defender  
of Christ, °

Head of the Holy Family, °  
Joseph most just, °  
Joseph most chaste, °  
Joseph most prudent, °  
Joseph most valiant, °  
Joseph most obedient, °  
Joseph most faithful, °  
Mirror of patience, °  
Lover of poverty, °  
Model of workmen, °  
Glory of domestic life, °  
Guardian of virgins, °  
Pillar of families, °  
Solace of the afflicted, °  
Hope of the sick, °  
Patron of the dying, °  
Terror of demons, °  
Protector of Holy Church, °

Lamb of God, Who takest away the sins of the world, *Spare us, O Lord.*  
Lamb of God, Who takest away the sins of the world,

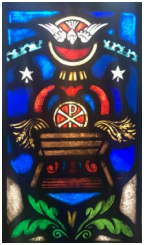
*Graciously hear us, O Lord.*  
Lamb of God, Who takest away the sins of the world, *Have mercy on us.*

☩ He made him the lord of His household,  
☩ And prince over all His possessions.

Let Us Pray.

O God, Who in Thine ineffable providence didst choose Blessed Joseph to be the spouse of Thy most Holy Mother, grant that as we venerate him as our protector on earth, we may deserve to have him as our intercessor in Heaven, Thou Who livest and reignest forever and ever.

☩ Amen.



†  
J.M.J.

## PRAYER FOR A PRIEST BEFORE OFFERING HOLY MASS



O THOU supreme and adorable Trinity, I, the greatest of sinners, whom Thou hast nevertheless called by Thy grace to the office of the priesthood, propose and intend to touch and handle these most sacred Mysteries and to offer to Thee the unbloody sacrifice.

Wherefore, in union with that infinite love wherewith Thou hast so loved the world that Thou didst give Thine only-begotten Son; in union with that boundless charity wherewith the same Thine only-begotten Son took to Himself our nature, and instituted and commanded us to offer this sacrifice, and offered Himself for us on the altar of the Cross, and doth still unceasingly offer Himself in the heavens by showing for us His sacred scars and wounds, our ever-loving, ever-faithful advocate with Thee; in union with all the love, reverence, and devotion wherewith any of Thy priests hath ever offered it, I will draw near to Thy altar and offer this tremendous sacrifice, together with all which are now

8 being offered to Thee all over the world.

Wherefore, O most holy Father, I lay upon Thine altar and offer to Thee all the merits, virtues, and good works which Thy only-begotten Son wrought during His whole life on earth, and especially His most holy Passion, Cross, and death, His Humanity and His Divinity; and together with these I offer Thee all the merits of the blessed Mary His Mother, and of all the saints, all the wounds and the throes of Thy martyrs, all the mortifications and austerities of confessors, all the chaste love of virgins, all the tribulations and groanings of the afflicted, all the misery and the needs of the poor, and all the whole treasure of our holy Mother the Church. And to these I desire and intend to add whatever good words, or deeds, or thoughts I, or any of those with whom I am especially connected, have thought or said or done for Thy glory, and all the sorrow and adversity we have ever endured for Thy sake. Would that all our works were such as we might presume to offer and set forth before Thee; but do Thou condescend to receive them, even such as they are.

And all these good works and sufferings, thus united with this sacrifice, I offer Thee, O most holy Father, through Thine only-begotten Son, in the power of the Holy Ghost, in my own name, and in that of all my especial friends and of all Thy holy Church, as our part of that supreme worship, adoration, and glory, which are due to Thee the supreme Lord of all: in true and adequate thanksgiving for all the riches of Thine inexhaustible goodness, which Thou hast bestowed on the Sacred Humanity of our Lord Jesus Christ, on the ever-blessed Virgin Mary, and all the saints of heaven, and on all Thy creatures throughout this Thy world, and on me and my especial friends in our bodies and in our souls: in expiation and reparation of every insult and wrong ever done to Thee by all sinners, of whom I am chief and worst: and finally, for that

supreme good pleasure, that joy and delight, which Thou dost ever receive from this most acceptable oblation.

Next, I offer it to Thee for the especial and signal increase of joy and glory to the sacred Humanity of our Lord Jesus Christ, in memory and veneration of His most holy Incarnation, Nativity, Life, Passion, and Death, in memory and honour of all His sighs, His tears, His wounds, His sorrows, and of each drop of His most Precious Blood poured out for us; and for the special increase of bliss to the ever-blessed Virgin Mary and all the saints, especially N.

Thirdly, I offer it to Thee for our holy Mother the Church, and for all her members and children; beseeching Thee through the infinite merits of this sacrifice that Thou wouldst vouchsafe to keep and defend it, to extend it, and make it perfect in every good work; in satisfaction, also, and in expiation of all the sins of all the whole world, and especially of those which I, alas, or any of my especial friends have ever committed against Thee.

Lastly, I offer it to Thee with all the energy of my whole being for myself, most unworthy of Thy servants, and for my parents, brothers, sisters, relations, and benefactors; for all who are sick or afflicted, or in any need or tribulation, and for all for whom Thy beloved Son immolated Himself, and still longs to immolate Himself yet again; and for all who are detained in purgatory, especially N., for whom Thou knowest I am especially bound to pray.

Behold, O my Lord, since Thou hast willed me to perform the office of a priest, I now discharge my ministry and office with Thee for all these; these all wait for the lifting up of my weak hands, for the oblation of this availing sacrifice. For all these I will draw near now to Thine altar, bearing my own miseries and iniquities and the iniquities and miseries of all these; and I will now offer them to Thee in

the spirit of humility and with a contrite heart, and spread them all forth before Thy face, that by the virtue of this sacrifice all our sins may be blotted out and all our miseries relieved.

But, O Lord, how shall I intercede for the sins of others, who am not secure by reason of my own? How shall I implore Thy mercy for others, who have rendered myself unworthy of the least grace or mercy at Thy hands, by the reckless waste I have made of my whole life and by my wretched conduct towards Thee? Wherefore in the bitterness of Thy Passion I pour out my complaint before Thee, bemoaning and bewailing every thing whereby I have hindered the action of Thy grace and quenched Thy Spirit within me, and offended Thee by my multiplied sins and negligences. For all these let the groanings of my heart come up before Thee, and receive the wailing cry of repentance which I address towards Thee because of my wretchedness and my wickednesses. O most compassionate Jesus, blot out all my sins; I do most heartily grieve for them; blot them all out with that love wherewith Thou hast washed away the sins of the whole world.

Bedew my dry and parched soul with the tears Thou didst shed, anoint it with the myrrh of the sorrow Thou didst endure, cleanse it with Thy most precious Blood which Thou didst shed for me with such lavish prodigality. Put forth Thy hand from above, strengthen me now, and render me worthy to celebrate aright this adorable sacrifice. May the Holy Ghost come upon me, and the power of the Most High overshadow me, that I may be enabled to stand before Thy dread altar, without being swept from Thy presence, and that I may touch and handle, and offer and immolate, the spotless Lamb of God with a pure heart and undented hands, to Thine everlasting glory and to the salvation of all the whole world. Amen.

**JESUS, Mary, Joseph  
I Love You. Save Souls!**

## Prayer for Preaching Holily and Fruitfully 9

Give me, O Lord, a mild and judicious eloquence which shall keep me from being puffed up and exalted above my brethren by reason of Thy gifts. Put into my mouth, I beseech Thee, words of consolation and edification and exhortation through Thy Holy Spirit, that I may be enabled to exhort the good to better things, and, by word and example, to recall to the straight way of Thy righteousness those who walk perversely.

Let the words which Thou shalt give Thy servant, be like to sharp javelins and burning arrows that shall pierce and enkindle unto Thy fear and holy love the minds of all them that hear me. Amen.

*Cor Jesu sacratissimum.  
Miserere nobis.*

### Byzantine Prayer for Washing of Hands before Mass (Psalm 26)

I will wash my hands in innocency and I will compass Thine altar, O Lord, that I may hear the voice of Thy praise and tell of all Thy wondrous works. O Lord, I have loved the beauty of Thy house, and the place where Thy glory dwelleth. Destroy not my soul with the ungodly, nor my life with men of blood, in whose hands are iniquities; their right hand is full of bribes. But as for me, in mine innocence have I walked; redeem me, O Lord, and have mercy on me. My foot hath stood in uprightness; in the congregations will I bless Thee, O Lord.

O God, cleanse me a sinner and have mercy on me.

Thou hast redeemed us from the curse of the law by Thy precious Blood. Having been nailed to the Cross and pierced with a spear, Thou hast poured forth immortality upon mankind.

O our Saviour, glory to Thee.

Blessed is our God, always, now and ever, and unto the ages of ages.

## Form of Intention for Celebrating Mass

For the praise and glory of the Most Holy Trinity, in memory of our blessed Savior Jesus Christ—His Life, Passion, Death, and Resurrection—and in union with all His works and merits, and those of all the Saints; also for the praise and exaltation of the most blessed ever-Virgin Mary, His Mother, of the heavenly Angels, the Saints male and female, and especially of N.N. and my other devoted ones; I offer—also with the praises of those blessed spirits, the prayers and merits of all the Saints—now and always, this and all other sacrifices, offices, prayers, and good works of the whole world, for my present and future needs of soul and body; for my help and consolation, and for the remission of all my sins, for which I always have and intend to have true contrition—I strive and desire; and for all my living and deceased parents, brothers, sisters, relatives, friends, enemies, benefactors in spiritual and temporal matters, superiors, subjects, and those to whom I have been a burden, scandal, or occasion of sin; for every degree of the Holy Catholic Church and its preservation, increase, and exaltation; for the union and harmony of Christian princes, the extirpation of heresies, the safety of the Supreme Pontiff, and the liberation of souls in purgatory; for the preservation and increase of all religious orders, for the conversion of all infidel nations, for those committed and commended to me. Finally, for all those living and deceased for whom our Lord Jesus Christ and His most blessed Mother and Virgin Mary know and will that I ought to pray: thus I pray and beseech, thus I intend and propose to consecrate and sacrifice, and according to the intention of the Holy Catholic Church and of my Superiors, as far as duty binds my will.

I, N., a minister though unworthy. In the name of the Father, and of the Son, and of the Holy Spirit. Amen. With the intention of gaining and acquiring all the indulgences whatsoever that I can.

## JOHN 15

15 I am the true vine; and My Father is the husbandman.

2 Every branch in Me, that beareth not fruit, He will take away: and every one that beareth fruit, He will purge it, that it may bring forth more fruit.

3 Now you are clean by reason of the word, which I have spoken to you.

4 Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abide in the vine, so neither can you, unless you abide in Me.

5 I am the vine: you the branches: he that abideth in Me, and I in him, the same beareth much fruit: for without Me you can do nothing.

6 If any one abide not in Me, he shall be cast forth as a branch, and shall wither, and they shall gather him up, and cast him into the fire, and he burneth.

7 If you abide in Me, and My words abide in you, you shall ask whatever you will, and it shall be done unto you.

8 In this is My Father glorified; that you bring forth very much fruit, and become My disciples.

9 As the Father hath loved Me, I also have loved you. Abide in My love.

10 If you keep My commandments, you shall abide in My love; as I also have kept My Father's commandments, and do abide in His love.

11 These things I have spoken to you, that My joy may be in you, and your joy may be filled.

12 This is My commandment, that you love one another, as I have loved you.

13 Greater love than this no man hath, that a man lay down his life for his friends.

10

## JOHN 6

26 Jesus answered them, and said: Amen, amen I say to you, you seek Me, not because you have seen miracles, but because you did eat of the loaves, and were filled.

27 Labour not for the meat which perisheth, but for that which endureth unto life everlasting, which the Son of man will give you. For Him hath God, the Father, sealed.

28 They said therefore unto Him: What shall we do, that we may work the works of God?

29 Jesus answered, and said to them: This is the work of God, that you believe in Him whom He hath sent.

30 They said therefore to Him: What sign therefore dost thou shew, that we may see, and may believe Thee? What dost Thou work?

31 Our fathers did eat manna in the desert, as it is written: He gave them bread from heaven to eat.

32 Then Jesus said to them: Amen, amen I say to you; Moses gave you not bread from heaven, but My Father giveth you the true Bread from heaven.

33 For the bread of God is that which cometh down from heaven, and giveth life to the world.

34 They said therefore unto Him: Lord, give us always this bread.

35 And Jesus said to them: I am the bread of life: he that cometh to Me shall not hunger: and he that believeth in Me shall never thirst.

36 But I said unto you, that you also have seen Me, and you believe not.

37 All that the Father giveth to Me shall come to Me; and him that cometh to Me, I will not cast out.

38 Because I came down from heaven, not to do My own will, but the will of Him that sent Me.

39 Now this is the will of the Father who sent Me: that of all that He hath given me, I should lose nothing; but should raise it up again in the last

day.

40 And this is the will of My Father that sent Me: that every one who seeth the Son, and believeth in Him, may have life everlasting, and I will raise him up in the last day.

...

46 Not that any man hath seen the Father; but he who is of God, he hath seen the Father.

47 Amen, amen I say unto you: He that believeth in Me, hath everlasting life.

48 I am the Bread of life.

49 Your fathers did eat manna in the desert, and are dead.

50 This is the bread which cometh down from heaven; that if any man eat of it, he may not die.

51 I am the living bread which came down from heaven.

52 If any man eat of this bread, he shall live for ever; and the bread that I will give, is My flesh, for the life of the world.

53 The Jews therefore strove among themselves, saying: How can this man give us his flesh to eat?

54 Then Jesus said to them: Amen, amen I say unto you: Except you eat the flesh of the Son of man, and drink His Blood, you shall not have life in you.

55 He that eateth My Flesh, and drinketh My Blood, hath everlasting life: and I will raise him up in the last day.

56 For My flesh is meat indeed: and My Blood is drink indeed.

57 He that eateth My flesh, and drinketh My blood, abideth in Me, and I in him.

58 As the living Father hath sent Me, and I live by the Father; so he that eateth Me, the same also shall live by Me.

59 This is the bread that came down from heaven. Not as your fathers did eat manna, and are dead. He that eateth this bread, shall live for ever.

†  
J.M.J.

## LITANY OF THE MOST BLESSED SACRAMENT

—*Saint Peter Julian Eymard, founder  
of the Blessed Sacrament Fathers*



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, \*

God the Holy Spirit, \*

Holy Trinity, one God, \*

Jesus, Eternal High Priest of  
the Eucharistic Sacrifice,  
*\*Have mercy on us.*

Jesus, Divine Victim on the  
Altar for our salvation, \*

Jesus, hidden under the  
appearance of bread, \*

Jesus, dwelling in the  
tabernacles of the world, \*

Jesus, really, truly and  
substantially present  
in the Blessed Sacrament, \*

Jesus, abiding in Your fulness,  
Body, Blood, Soul  
and Divinity, \*

Jesus, Bread of Life, \*

Jesus, Bread of Angels, \*

Jesus, with us always until  
the end of the world, \*

Sacred Host, summit and  
source of all worship and  
Christian life, \*

Sacred Host, sign and cause  
of the unity of the Church, \*

Sacred Host, adored by  
countless angels, \*

Sacred Host, spiritual food, \*

Sacred Host, Sacrament  
of Love, \*

Sacred Host, bond of charity, \*

Sacred Host, greatest aid  
to holiness, \*

Sacred Host, gift and glory of  
the priesthood, \*

Sacred Host, in which we  
partake of Christ, \*

Sacred Host, in which the soul  
is filled with grace, \*

Sacred Host, in which we are  
given a pledge  
of future glory, \*

Blessed be Jesus in the Most  
Holy Sacrament of the Altar.

Blessed be Jesus in the Most  
Holy Sacrament of the Altar.

Blessed be Jesus in the Most  
Holy Sacrament of the Altar.

For those who do not believe  
in Your Eucharistic  
presence,  
*Have mercy, O Lord.*

For those who are indifferent  
to the Sacrament of Your  
love, *Have mercy, O Lord.*

For those who have offended  
You in the Holy Sacrament of  
the Altar, *Have mercy, O Lord.*

That we may show fitting  
reverence when entering  
Your holy temple,  
*^We beseech You, hear us.*

That we may make suitable  
preparation before  
approaching the Altar, ^

11 That we may receive You  
frequently in Holy  
Communion with real  
devotion and true humility, ^  
That we may never neglect to  
thank You for so wonderful  
a blessing, ^

That we may cherish time  
spent in silent prayer  
before You, ^

That we may grow in  
knowledge of this Sacrament  
of sacraments, ^

That all priests may have  
a profound love  
of the Holy Eucharist, ^

That they may celebrate the  
Holy Sacrifice of the Mass  
in accordance with  
its sublime dignity, ^

That we may be comforted and  
sanctified with Holy  
Viaticum at the hour  
of our death, ^

That we may see You one day  
face to face in Heaven, ^

Lamb of God, You take away  
the sins of the world,  
*Spare us, O Lord.*

Lamb of God, You take away  
the sins of the world,  
*Graciously hear us, O Lord.*

Lamb of God, You take away  
the sins of the world,  
*Have mercy on us, O Lord.*

∞ O Sacrament Most Holy,  
O Sacrament Divine,

℟: All praise and all  
thanksgiving  
be every moment Thine.

Let us pray,  
Most merciful Father,  
You continue to draw us  
to Yourself through the  
Eucharistic Mystery. Grant us  
fervent faith in this Sacrament  
of Love, in which Christ the  
Lord Himself is contained,  
offered and received. We make  
this prayer through the same  
Christ our Lord. ℟: Amen.

# LITANY OF HUMILITY

12



*Humility is an essential virtue for our spiritual lives. St. Faustina was told by our Lord that “true greatness of the soul is in loving God and in humility.”*

*Through this litany, our Blessed Mother guides us to trust her Son to deliver us from the excessive desires and fears which endanger our souls and lead us to pride.*

O Jesus, meek and humble of heart,  
Make my heart like Yours.

From self-will,  
□ Deliver me, O Lord.

From the desire of being esteemed, □

From the desire of being loved, □

From the desire of being extolled, □

From the desire of being honored, □

From the desire of being praised, □

From the desire of being preferred to others, □

From the desire of being consulted, □

From the desire of being approved, □

From the desire to be understood, □

From the desire to be visited, □

From the fear of being humiliated, □

From the fear of being despised, □

From the fear of suffering rebukes, □

From the fear of being calumniated, □

From the fear of being forgotten, □

From the fear of being ridiculed, □

From the fear of being suspected, □

From the fear of being wronged, □

From the fear of being abandoned, □

From the fear of being refused, □

From the fear of being trapped, □

From the fear of being underutilized, □

That others may be loved more than I,  
□ Lord, grant me the grace to desire it.

That others may be esteemed more than I, □

That, in the opinion of the world, others may increase and I may decrease, □

That others may be chosen and I set aside, □

That others may be praised and I go unnoticed, □

That others may be preferred to me in everything, □

That others may become holier than I, provided that I may become as holy as I should, □

At being unknown and poor,  
□ Lord, I want to rejoice.

At being deprived of the natural perfections of body and mind, □



When people do not think of me, □

When they assign me the meanest tasks, □

When they do not even deign to make use of me, □

When they never ask my opinion, □

When they leave me at the lowest place, □

When they never compliment me, □

When they blame me in season and out of season, □

Blessed are those who suffer persecution for Jesus' sake,  
*For theirs is the kingdom of heaven.*

*(Litany of Humility attributed to Rafael Cardinal Merry del Val as found in The Power of Silence by Robert Cardinal Sarah, pp. 17-19)*

## INVOCATIONS FOR HUMILITY

O Mary, Mother of the humble, *Pray for me.*

St. Joseph, patron of the humble, *Pray for me.*

St. Michael, who first crushed pride, *Pray for me.*

St. John the Baptist, who decreased so that Christ may increase, *Pray for me.*

St. Francis, imitator of a master meek and humble, *Pray for me.*

All ye holy spirits sanctified by humility, *Pray for me.*

Let us pray:

O sweet Jesus, meek and humble of Heart, make my heart like unto Thine, and give me the grace of final perseverance. Amen.

*“My son, conduct your affairs with humility, and you will be loved more than a giver of gifts. Humble yourself the more, the greater you are, and you will find favor with God.” —Sirach 3:17-18*

*Amare Nesciri*

*“To love to be unknown”*

**LITANY TO OUR BLESSED MOTHER  
FOR HUMILITY AND CHARITY**

*This Litany is good for public and private  
devotion—pleaded in all humility  
and charity.*

*Response:* \***Sorrowful and Immaculate  
Heart of Mary, our Blessed  
Mother, impart to us (me) your  
humility and charity.**

1. Your Immaculate Conception was hidden from the wise and learned,\*
2. Your birth brought joy in the world,\*
3. You were raised in a small remote village,\*
4. You were solemnly presented in the temple as a little child,\*
5. You were betrothed to St. Joseph and vowed to be a virgin,\*
6. You trembled at the words of the angel who praised you,\*
7. You are the handmaid of the Lord,\*
8. You hastened to Elizabeth to bring joy and blessings,\*
9. You received praise by reflecting praise to God,\*
10. Your soul magnifies the Lord,\*
11. Your spirit rejoices in God your Savior,\*
12. You think of the lowly, the hungry, the poor,\*
13. You recognize God's work in salvation history,\*
14. You served in hidden ways in the house of Zachary,\*
15. You remained silent in the face of St. Joseph's perplexity,\*
16. You endured the calumny and insults of those who rashly judged you,\*
17. You obeyed the command of the emperor Augustus and went to Bethlehem,\*
18. You submitted to your spouse and accompanied him to his ancestral town,\*
19. You accepted rejection from innkeepers without resentment,\*
20. You gave birth with surpassing joy and peace in a cave used as a stable,\*
21. You gave birth in hiddenness,\*
22. You received the shepherds to visit your Son,\*
23. You obeyed the Law to be purified in the temple,\*
24. You heard the prophecies of Simeon and Anna,\*
25. You received the gifts of the wise men who adored your Son,\*
26. You unhesitatingly obeyed your spouse when you fled into Egypt,\*
27. You mourned the Holy Innocents who were murdered by Herod,\*

28. You prayed for your Egyptian neighbors,\*
29. You returned to Nazareth at the direction of your spouse,\*
30. You treasured all the Mysteries of your Son in your heart,\*
31. You worked as a homemaker for your family in Nazareth,\*
32. You devotedly attended the Feast of the Passover in Jerusalem,\*
33. You sought our Lord for three days in sorrow,\*
34. You refrained from all anger and simply asked a question to your Son,\*
35. You cared for St. Joseph at his deathbed,\*
36. You noticed the need of wine for the wedding guests, and perceived the disciples' need for Faith,\*
37. You presented your concern to your Son and prompted the servers to obey Him,\*
38. You endured your family rejecting your Son,\*
39. You heard the prophecies of the Passion and knew of your Son's imminent sufferings,\*
40. You forgave the scribes and Pharisees who conspired against your Son,\*
41. You accompanied in your heart the sufferings of your Son's Passion,\*
42. You prayed for Judas who betrayed your Son,\*
43. You prayed for the conversion of the thieves crucified with your Son,\*
44. You prayed for the soldiers who cruelly treated your Son,\*
45. You pray for us, sinners who crucify your Son,\*
46. You shed tears of sorrow, the greatest sorrow from the purest perfect love,\*
47. You crushed the head of the serpent,\*
48. You awaited with unwavering Faith the Resurrection of your Son,\*
49. You were visited by our Risen Lord,\*
50. You witnessed the Ascension of your Son in the midst of the apostles,\*
51. You gathered in prayer with the apostles and disciples,\*
52. You received the Holy Spirit as your motherhood expanded on Pentecost,\*
53. You were submissive in all things to the Holy Spirit, your spouse,\*
54. You received our Lord in Holy Communion with the utmost

13

55. reverence in body and soul,\*
56. You interceded for the infant Church and prayed for the conversion of Saul of Tarsus,\*
57. You encouraged St. James in Spain and St. Peter in Rome,\*
58. You attended to the Way of the Cross of your Son,\*
59. You trusted in God and continued in supplications and prayers night and day without ceasing,\*
60. You attended Holy Mass offered by St. Peter at your house in Ephesus,\*
61. †You abounded in all virtues and graces, and were fruitful in virtue and grace,\*
62. †You were cheerful in persecutions and afflictions,\*
63. †You were free from murmuring in the midst of penury and want,\*
64. †You were grateful to those that injured you,\*
65. †You rejoiced when exposed to troubles,\*
66. †You sympathized with the wretched and the afflicted as sharing in their afflictions,\*
67. †You were not slow to come to the assistance of the afflicted,\*
68. †You shined forth gloriously as contending in the fight of faith against the pernicious conflicts of vicious principles or conduct,\*
69. †You were the handmaid of all works of piety among the faithful,\*
70. †You are the teacher of our religion and of penance,\*
71. †You were indeed devoted to the humble, and you humbled yourself more devotedly than the devoted,\*
72. †You were wonderfully magnified by all, while you suffered detraction from the Scribes and Pharisees,\*
73. You summoned all the apostles to your bedside at the end of your life,\*
74. You commended your soul to your Son who assumed you Body and Soul into Heaven,\*
75. You are Mother even to those who misunderstand and reject you,\*
76. You are the Eternal Queen of Heaven,\*



Let us pray:

Lord Jesus Christ, we praise and thank you for the perfect example of humility and charity in the life of our Blessed Mother, who imparts to us, her children, the graces to grow in these and all virtues. Amen.

†Drawn from "Letter to St. John the Apostle and Evangelist," attributed to St. Ignatius of Antioch.

## PRAYERS AFTER HOLY MASS

To be done according to the opportunity of the priest.

### ☩ **Placeat**

May the tribute of my humble ministry be pleasing to You, Holy Trinity. Grant that the sacrifice which I, unworthy as I am, have offered in the presence of Your majesty, may be acceptable to You.

Through Your mercy may it bring forgiveness to me and to all for whom I have offered it. Through Christ our Lord. Amen.

### ☩ **Adoro Te**

Hidden God, devoutly I adore Thee, Truly present underneath these veils: All my heart subdues itself before Thee, Since it all before Thee faints and fails.

Not to sight, or taste, or touch be credit, Hearing only do we trust secure; I believe, for God the Son hath said it—

Word of Truth that ever shall endure.

On the Cross was veiled Thy Godhead's splendor, Here Thy Manhood lieth hidden too; Unto both alike my faith I render, And, as sued the contrite thief, I sue.

Though I look not on Thy wounds, with Thomas, Thee, my Lord, and Thee, my God I call: Make me more and more believe Thy promise, Hope in Thee, and love Thee over all.

O Memorial of my Savior dying, Living Bread, that givest life to man; May my soul, its life from Thee supplying, Taste Thy sweetness, as on earth it can.

Deign, O Jesus, Pelican of heaven, Me, a sinner, in Thy Blood to lave, To a single drop of which is given All the world from all its sin to save.

Contemplating, Lord, Thy hidden presence, Grant me what I thirst for and implore, In the revelation of Thine essence To behold Thy glory evermore. Amen.



### ☩ **Prayer to the Blessed Virgin Mary**

14

O Mary, most holy virgin and Mother, behold I have received thy most beloved Son whom thou hast conceived in thy immaculate womb, brought forth, nourished, and embraced with the gentlest caresses.

Behold, I present and offer to you, reverently and humbly, Him at whose very sight thou shalt rejoice and be filled with all delights, that He may be loved by your heart, and be embraced by your arms; that He may be offered to the Most Holy Trinity in the supreme act of worship, for thy honor and glory and for my needs and for that of the whole world. I ask thee, then, O most holy Mother, to beg for me the forgiveness of all my sins, the abundant grace of henceforth serving Him more faithfully, and then the final grace, that I may be able to praise Him with you forever and ever. Amen.

### ☩ **Priest's Prayer to the Blessed Virgin Mary**

O most holy, O most benign, O noble and glorious Virgin Mary, who wast worthy to bear in thy sacred womb the Creator of all, and at thy virginal breast to nourish Him whose true, real, and most holy Body and Blood I, an unworthy sinner, have just now dared to receive: vouchsafe, I humbly beseech thee, to intercede with Him for me, a sinner; that whatsoever, by ignorance or neglect, by accident or irreverence, I have left undone, or have done amiss, in this unspeakably holy Sacrifice, may be pardoned through thy prayers to the same our Lord Jesus Christ, thy Son, who with the Father and the Holy Ghost liveth and reigneth world without end. Amen.

### ☩ **A Prayer to the Saint in whose honor Mass was offered**

O Holy **N**, to whose honour I have offered the bloodless sacrifice of the Body and Blood of Christ: grant that by your intercession before God, I may through this sacrament obtain the fruits of the Passion and death of the same Christ our Saviour, and that continually coming to this, I may ever set forward the work of my salvation. Amen.

### ☩ **Prayer to St. Joseph**

O guardian and Father of Virgins, Holy Joseph, to whose faithful care was committed Christ Jesus, very innocence itself, and Mary, the Virgins of virgins, I beg and beseech thee through this doubly dear pledge of Jesus and Mary, that, preserved from all uncleanness, thou mayst make me with an undefiled mind, a pure heart, and a chaste body to serve Jesus and Mary ever more chastely. Amen.

### ☩ **Anima Christi Sanctissima**

Most Holy Soul of Christ, sanctify me.  
Most Sacred Body of Christ, protect me.  
Most Precious Blood of Christ, inebriate me.  
Purest Water from the Side of Christ, wash me.  
Most Bitter Passion of Christ, strengthen me.  
O Good Jesus, hear me:  
Within Thy Wounds hide me.



### **Suffer me not to be separated from Thee. [3x]**

From the malignant enemy defend me.  
In the hour of my death call me.  
And bid me come unto Thee.  
That with Thy Saints and Angels I may praise Thee.  
Through endless ages of ages. Amen.



*"I hunger for the bread of God, the Flesh of Jesus Christ . . . I long to drink of His Blood, the gift of unending love." —St. Ignatius of Antioch*

### ☩ **Offering of Self**

Take, O Lord, and receive all my liberty, my memory, my understanding, and my whole will. Thou hast given me all that I am and all that I possess: I surrender it all to Thee that Thou mayest dispose of it according to Thy will. Give me only Thy love and Thy grace; with these I will be rich enough, and will have no more to desire. Amen.

## ⊕ Prayer of the Passion of our Lord

I beseech Thee, O most sweet Lord Jesus Christ, that Thy Passion be to me a source of strength whereby I may be fortified, protected, and defended; that Thy Wounds may be to me food and drink wherewith I may be fed, filled, and satisfied; that the sprinkling of Thy Blood may be to me

the washing away of all my sins; that Thy Death may be to me unfailing Life; that Thy Cross may be to me unending glory. In these be my refreshment, rejoicing, health, and the desire of my heart, Who liveth and reigneth forever and ever. Amen.



### Another Prayer of Saint Bonaventure

Almighty, Everlasting God, Lord Jesus Christ, be merciful to my sins, I pray Thee, by this reception of Thy Body and Blood. For Thou hast said:



"He that eateth My Flesh and drinketh My Blood, remaineth in Me, and I in him."

I therefore humbly beseech Thee to create in me a new heart, and renew a right spirit within me; and that Thou wouldest strengthen me with Thy Spirit, and cleanse me from all snares and vices, that I may be found worthy to be a partaker in heavenly joys. Who livest and reigneth for ever and ever. Amen.

*Most Sacred Heart of Jesus  
burning with love for us,  
in flame our hearts with love of Thee.*



## ⊕ Prayer of St. Bonaventure

O sweetest Lord Jesus Christ, I implore Thee, pierce the very marrow of my soul with the delightful, health-giving dart of Thy love, with true, tranquil, holy, apostolic charity, so that my whole soul may ever languish and faint for love of Thee and for desire of Thee alone.

May it long and pine for Thy courts; may it ever desire to be dissolved and to be with Thee. Grant that my soul may hunger for Thee, Who art the bread of angels, the comforting nourishment of all holy souls, our daily and most delectable bread, our supersubstantial bread, in which is found every sweet delight.

May my heart ever hunger for Thee, on Whom the angels lovingly gaze; may it feed on Thee; and may the innermost depths of my being be filled with the sweetness which comes from having tasted Thee.

May my soul ever thirst for Thee, Who art the source of life, the fount of wisdom and knowledge, the brightness of everlasting light, the flood of all true happiness, the riches of the house of God.

May I at all times think of Thee; may I ever seek Thee and ever find Thee; may I always follow Thee and reach Thee; may Thy Holy Name be in my heart and on my lips; and to Thy praise and glory may every work of mine be done. Humble and discreet, loving and happy, ever ready and cheerful in Thy service, may I persevere, by Thy grace, even unto the end.

Be Thou alone  
and evermore my hope;  
be Thou all my trust;  
be Thou my wealth,  
my delight, my joy, my consolation,  
my rest, my endless peace.



Be Thou to me as a goodly taste, as a pleasant perfume, as a soothing sweetness.

Be Thou my food and my refreshment; my refuge and my help; my wisdom; my portion, my own possession and my treasure.

In Thee, O Lord, may my mind and my heart remain fixed and firm, and rooted immovably for evermore. Amen.

## ⊕ 15 Prayer of St. Thomas Aquinas

I give thanks to Thee, O Lord, most holy, Father almighty, eternal God, that Thou hast vouchsafed, for no merit of my own, but out of Thy pure mercy, to appease the hunger of my soul with the Precious Body and Blood of Thy Son, our Lord Jesus Christ. Humbly I implore Thee, let not this holy communion be to me an increase of guilt unto my punishment, but an availing plea unto pardon and salvation.

Let it be to me the armor of faith and the shield of good will. May it root out from my heart all vice; may it utterly subdue my evil passions and all my unruly desires.

May it perfect me in charity and patience; in humility and obedience; and in all other virtues.

May it be my defense against the snares laid for me by my enemies, visible and invisible.

May it restrain and quiet all my evil impulses, and make me ever cleave to Thee Who art the one true God. May I owe to it a happy ending of my life.

And do Thou, O heavenly Father, vouchsafe one day to call me, a sinner, to that ineffable banquet, where Thou, together with Thy Son and the Holy Ghost, art to Thy saints true and unfailing light, fulness of content, joy for evermore, gladness without alloy, consummate and everlasting happiness. Through the same Christ our Lord. Amen.

### St. Alphonsus Prayer after Mass offering again prayer for all of our intentions:

Eternal Father, for the love of that Son whom I have this morning sacrificed to Thee and received into my heart, give me holy perseverance in Thy grace and the gift of Thy holy love.

I recommend to Thee again all my relatives, friends, and enemies. I recommend to Thee the souls in Purgatory, and all poor sinners.

Most Holy Mary, my Mother, do thou obtain for me holy perseverance and the love of Jesus Christ.

## ⊕ THANKSGIVING AFTER MASS

*Antiphon.* Let us sing the song of the three holy children, \* which they sang when they blessed the Lord in the midst of the burning fiery furnace. (*P.T. Alleluia.*)

### Canticle of the Three Young Men (Dan 3:57-88,56)

3:57 All ye works of the Lord,  
bless the Lord: \* praise and  
exalt Him above all for ever.

3:58 O ye angels of the Lord,  
bless the Lord: \*

O ye heavens, bless the Lord:

3:59 O all ye waters that are  
above the heavens, bless the Lord: \*  
O all ye powers of the Lord,  
bless the Lord.

3:60 O ye sun and moon,  
bless the Lord: \* O ye  
stars of heaven, bless the Lord.

3:61 O every shower and dew,  
bless ye the Lord: \*  
O all ye spirits of God, bless the Lord.

3:62 O ye fire and heat,  
bless the Lord: \*  
O ye cold and heat, bless the Lord.

3:63 O ye dews and hoar frosts,  
bless the Lord: \*  
O ye frost and cold, bless the Lord.

3:64 O ye ice and snow,  
bless the Lord: \*  
O ye nights and days, bless the Lord.

3:65 O ye light and darkness,  
bless the Lord: \*  
O ye lightnings and clouds,  
bless the Lord.

3:66 O let the earth bless the Lord: \*  
let it praise and exalt Him  
above all for ever.

3:67 O ye mountains and hills, bless  
the Lord: \* O all ye things that spring  
up in the earth, bless the Lord.

3:68 O ye fountains, bless the Lord: \*  
O ye seas and rivers, bless the Lord.

3:69 O ye whales, and all that move  
in the waters, bless the Lord: \*  
O all ye fowls of the air,  
bless the Lord.

3:70 O all ye beasts and cattle,  
bless the Lord: \*  
O ye sons of men, bless the Lord.



16

3:71 O let Israel bless the Lord: \*  
let them praise and exalt Him  
above all for ever.

3:72 O ye priests of the Lord,  
bless the Lord: \*  
O ye servants of the Lord,  
bless the Lord.



3:73 O ye spirits and souls of the just,  
bless the Lord: \*  
O ye holy and humble of heart,  
bless the Lord.

3:74 O Ananias, Azarias, and Misael,  
bless ye the Lord: \* praise and  
exalt Him above all for ever.

3:75 Let us bless the Father and the  
Son, with the Holy Ghost; \*  
let us praise and exalt Him  
above all for ever.

3:56 Blessed art Thou, O Lord, in the  
firmament of heaven: \* and worthy  
of praise, and glorious for ever.

*Here the Glory be to the Father is not  
said, nor is Amen.*

### Psalm 150

150:1 Praise ye the Lord in His holy  
places: \* praise ye Him in the  
firmament of His power.

150:2 Praise ye Him for His mighty  
acts: \* praise ye Him according  
to the multitude of His greatness.

150:3 Praise Him with sound  
of trumpet: \*  
praise Him with psaltery and harp.

150:4 Praise Him with timbrel  
and choir: \*  
praise Him with strings and organs.

150:5 Praise Him  
on high sounding cymbals:  
praise Him on cymbals of joy: \*  
let every spirit praise the Lord.

✠ 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.

*Ant.* Let us sing the  
song of the three  
holy children, \* which  
they sang when they blessed the Lord  
in the midst of the burning fiery  
furnace. (*P.T. Alleluia.*)



*After this, the priest says:*  
Kyrie, eléison. *Christe, eléison.* Kyrie, eléison.

Our Father *the rest inaudibly until:*

✠ And lead us not into temptation.  
✠ But deliver us from evil.

✠ May all Thy works praise Thee,  
O Lord.  
✠ And let Thy saints bless Thee.

✠ Let the Saints be joyful in glory.  
✠ Let them sing aloud upon  
their beds.

✠ Not unto us, O Lord, not unto us.  
✠ But unto Thy Name give glory.

✠ O Lord, hear my prayer.  
✠ And let my cry come unto Thee.

✠ The Lord be with you.  
✠ And with your spirit.

Let us pray.

O God, Who didst lessen the flames  
of fire for the three children,  
mercifully grant that we Thy children  
may not be touched  
by any flames of sin.



Grant, O Lord, we beseech Thee, that  
Thy grace may forward us in all our  
actions by Thine inspiration, and  
follow it by Thy help, that this and  
every prayer and work of ours  
may begin from Thee,  
and by Thee be duly ended.



Grant, O Lord, that we may have  
the strength to extinguish the flames  
of sin, Thou Who didst grant the  
blessed Lawrence to be more than  
conqueror amid his fiery torments.  
Through Christ our Lord. ✠ Amen.

### Reparation Prayer

O Most Holy Trinity,  
Father, Son and Holy Spirit,  
I adore Thee profoundly.  
I offer Thee the most  
Precious Body, Blood, Soul  
and Divinity of Jesus Christ  
present in all the tabernacles  
of the world,  
in reparation for the  
outrages, sacrileges  
and indifferences  
by which He is offended.  
By the infinite merits  
of the Sacred Heart  
of Jesus and  
the Immaculate Heart of Mary  
I beg the conversion of poor sinners.



*Sorrowful and Immaculate  
Heart of Mary, pray for us.*



### ⊕ Prayer Before a Crucifix

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

### Prayer of St. Francis Xavier

O God, I love You! I love You, not simply to be saved, and not because those who fail in love to You will be punished with eternal fire. You, You my Jesus, have all-embraced me on the Cross.

You have borne the nails, the lance, much ignominy, numberless griefs, sweatings and anguish, and death, and these on account of me and for me, a sinner.

Why, therefore, should I not love You, O most loving Jesus? Not that in Heaven You shall save me, nor lest for eternity You shall condemn me; not with the hope of any reward, but as You have loved me, so also will I love You - only because You are my King, and only because You are my God. Amen.

### The Golden Arrow

May the most holy, most sacred, most adorable, most incomprehensible and ineffable Name of God be forever praised, blessed, loved, adored and glorified in Heaven, on earth, and under the earth, by all the creatures of God, and by the Sacred Heart of our Lord Jesus Christ, in the Most Holy Sacrament of the Altar. Amen.



### O Jesus Living in Mary

O Jesus living in Mary!  
Come and live in Thy servants,  
in the spirit of Thy holiness,  
in the fullness of Thy might,  
in the truth of Thy virtues,  
in the perfection of Thy ways,  
in the communion of Thy mysteries.  
Subdue every hostile power,  
in Thy spirit for the glory of the Father. Amen.

### Prayer of St. John Vianney

I love You, O my God,  
and my only desire  
is to love You until  
the last breath  
of my life.  
I love You,  
O my infinitely lovable  
God, and I would rather die loving  
You, than live without loving You.



I love You, Lord,  
and the only grace I ask  
is to love You eternally  
My God, if my tongue cannot say  
in every moment that I love You,  
I want my heart to repeat it to You  
as often as I draw breath.

### Prayer for a Holy Life

Dearest Jesus, who of Thy great goodness hast called me to be Thy follower in preference to countless others and has raised me to the high dignity of Thy priesthood, bestow upon me abundantly, I pray, Thy divine help in fulfilling my duties in a right spirit. I beseech Thee, Lord Jesus, to stir up in me Thy grace both today and always, that grace which is in me by reason of the laying on of hands of the bishop. O mighty Physician of souls, heal me in such wise that I may never be entangled in sinful habits, but that I may renounce them all and be enabled to please Thee even to the day of my death. Amen.

### 17 MOST SACRED HEART OF JESUS PRAYER

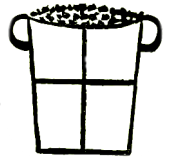
O Sacred Heart of Jesus,  
fountain of eternal life,  
Your Heart is a glowing  
furnace of Love.  
You are my refuge  
and my  
sanctuary.



O my adorable  
and loving Saviour,  
consume my heart  
with the burning fire  
with which Yours is inflamed.

Pour down on my soul  
those graces which flow  
from Your love.

Let my heart be  
united with Yours.  
Let my will be  
conformed to Yours  
in all things.



May Your Will be  
the rule of all my desires  
and actions. Amen.

### PRAYER OF SAINT BERNARDINE OF SIENA

Jesus, Name full of  
glory, grace, love  
and strength!  
You are:



the refuge of those who repent,  
our banner of warfare in this life,  
the medicine of souls,  
the comfort of those who mourn,  
the delight of those who believe,  
the light of those who preach  
the true faith,  
the wages of those who toil,  
the healing of the sick.

To You our devotion aspires;  
by You our prayers are received;  
we delight in contemplating You.

O Name of Jesus,  
You are the glory of all the saints  
for eternity. Amen.

### Invocation

O Good Jesus, grant that I may be  
a priest after Thine own Heart.

### PRAYER AFTER RECEIVING HOLY COMMUNION

I am sealed forever in the Most  
Sacred Heart of Jesus!  
(Pray 7 times) or  
I am bound in His Sacred Heart.  
(7 times)

## Prayer of St. Augustine

Before Thy eyes, O Lord, we bring our offences, and we compare them with the stripes we have received.

If we consider the evil we have wrought, what we suffer is little, what we deserve is great.

What we have committed is very grave, what we have suffered is very slight.

We feel the punishment of sin, yet withdraw not from the obstinacy of sinning.

Under Thy lash our inconstancy is visited, but our sinfulness is not changed.

Our suffering soul is tormented, but our neck is not bent.

Our life groans under sorrow, yet mends not in deed.

If Thou spare us we correct not our ways: if Thou punish we cannot endure it.

In time of correction we confess our wrong-doing: after Thy visitation we forget that we have wept.

If Thou stretchest forth Thy hand we promise amendment; if Thou withholdest the sword we keep not our promise.

If Thou strikest we cry out for mercy: if Thou sparest we again provoke Thee to strike.

Here we are before Thee, O Lord, shameless criminals: we know that unless Thou pardon we shall deservedly perish.

Grant then, almighty Father, without our deserving it, the pardon we ask for; Thou who madest out of nothing those who ask Thee. Through Christ our Lord. Amen.

✠ Deal not with us, O Lord, according to our sins.

✠ Neither requite us according to our iniquities.

Let us pray.

O God, Who by sin art offended and by penance pacified, mercifully regard the prayers of Thy suppliant people, and turn away the scourges of Thy wrath, which we deserve for our sins. Through Christ our Lord.

✠ Amen.

**ACT OF OFFERING** *by St. Peter Julian Eymard*  
My dear Jesus, I give myself to Thee as Thou hast given Thyself entirely to me.

18

## AN ACT OF ADORATION

O Lord Jesus, I have received Thee within myself, and from within the sanctuary of my heart into which Thou hast deigned to descend, do Thou give to almighty God, in my name, all the glory that is His due. I unite myself to Thee, O sacred humanity, Who in Heaven and in the Holy Eucharist, dost never cease offering to the most Holy Trinity an infinite worship, that which alone is truly worthy of the three Divine Persons. Through Thee, O Divine Priest, I wish to render glory to the Father, the Word and the Holy Ghost, even in proportion to the immensity of their Divine Majesty, because I know that by Thee, with Thee and in Thee all honour and glory are given to them. In union, therefore with Thee, I prostrate myself in adoration before God, acknowledging His sovereign dominion over me and over all creatures.



## AN ACT OF THANKSGIVING

What shall I render to the Lord for all the favours and graces He has bestowed upon me? What great blessings both known and unknown have I not received, and to all this have I replied only with ingratitude. But having Thee, O Lord Jesus Christ, in my heart, I can at this very moment, pay my whole debt of gratitude to almighty God. For this purpose I unite myself to that infinite act of thanksgiving rising continually from Thy Sacred Heart. Thou knowest well all the gifts I have received from Thy Divine goodness ever since I was placed in the world and born again to the life of grace. Do Thou, O Lord, render for me due thanks to the most Holy Trinity, since in union with Thine Own giving of thanks do I desire to make my thanksgiving consist.

## AN ACT OF EXPIATION

"The whole reason for our glory," says our holy Mother the Church, "is in Thee, O Christ, in Whom we live, in Whom we merit, in Whom we make satisfaction by worthy fruits of

penance which, deriving their value from Thee, are offered to the Father by Thee, and accepted by Him through Thee" (Council of Trent).

When I communicate I share truly in the Holy sacrifice of the Mass which with that of the Cross, makes but one true propitiatory sacrifice, since by the offering of Thy Precious Blood, O Lord, it obtains the favour of Thy heavenly Father. Therefore, do I beseech that this Holy Communion may appease the Divine justice, obtain deliverance of Souls from Purgatory, cleanse away venial sins and remit whatever temporal punishment may still remain due. May this intimate union of my heart with Thine, O Divine Victim of Calvary, make me die more and more to myself. I offer Thee, O God the Father, in union with the Sacrifice of Thy Son upon the Cross and as satisfaction for my sins, all the crosses which I shall have to bear during this day. Give me, through Jesus Christ, the courage to endure them with a holy resignation.

## AN ACT OF PETITION

Thou hast told us, O Lord Jesus, in the Holy Gospel that, "If you ask the Father anything in My name He will give it you". Therefore, "in Thy name," relying upon Thy merits, and uniting myself to Thee, Who art continually interceding for us in Heaven and in the Holy Eucharist, I ask the Father to grant all those graces necessary for me that I may ever do His holy will. Holy Father, seeing that Communion partakes of the efficacy of Holy Mass, which is the same as that of Calvary, I pray Thee, in the name of Jesus Christ, to grant me all the graces that Thou wouldst have accorded me had I been at the foot of the Cross when Thy Divine Son died for us. His Blood was shed for us; therefore may its saving power reach all souls and may they be gathered to Thee. Give to me, O God, and to all men, Thy grace in this world and Thy glory in the next. Amen.

**UNIVERSAL PRAYER FOR  
ALL THINGS NECESSARY  
FOR SALVATION**

O my God, I believe in Thee;  
do Thou strengthen my faith.  
All my hopes are in Thee;  
do Thou secure them.

I love Thee  
with my whole heart;  
teach me to love Thee  
daily more and more.

I am sorry that  
I have offended Thee;  
do Thou increase my sorrow.

I adore Thee  
as my first Beginning;  
I long for Thee  
as my last End.  
I give Thee thanks  
as my constant Benefactor;  
I call upon Thee  
as my sovereign Protector.

Vouchsafe, O my God,  
to conduct me by Thy Wisdom,  
to restrain me by Thy Justice,  
to comfort me by Thy Mercy,  
to defend me by Thy Power.

That I may be Thine,  
pursuant to my Baptism,  
I renounce the Devil and his  
works, the world and its pomps,  
the flesh and its sensualities,  
heresy and its errors.

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

Lord, I desire that in all things  
Thy will may be done,  
because it is Thy will,  
in the manner Thou wilt,  
and as long as Thou wilt.

I beg of Thee  
to enlighten my understanding,

to inflame my will,  
to purify my body,  
and to sanctify my soul.

Grant that I be not  
puffed up with pride,  
moved by flattery,  
deceived by the world,  
or duped by the devil.

Give me grace  
to purify my memory,  
to bridle my tongue,  
to restrain my eyes,  
and to mortify my senses.

Give me strength, O my God,  
to expiate my offences,  
to overcome my temptations,  
to subdue my passions,  
and to acquire all the virtues  
proper for my state.

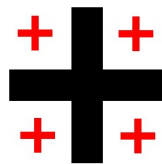
Fill my heart with a tender  
affection for Thy Goodness,  
a hatred for my faults,  
a love for my neighbour,  
and a contempt of the world.

Let me always remember  
to be submissive  
to those set over me,  
kindly to those under me,  
faithful to my friends,  
and charitable to my enemies.

Grant, O Jesus,  
that I may remember  
Thy precept and example,  
by loving my enemies,  
bearing with injuries,  
doing good to those  
who persecute me,  
and praying for those  
who slander me.

Assist me to overcome  
sensuality by mortification,  
avarice by alms-deeds,  
anger by meekness,  
and tepidity by devotion.

O my God, make me  
prudent in my undertakings,  
courageous in dangers,  
patient in afflictions,  
and humble  
in prosperity.



19 Grant that I may be ever  
attentive at my prayers,  
temperate at my meals,  
diligent in my employments,  
and constant in my  
good resolutions.

Let my conscience be  
ever upright and pure,  
my exterior modest,  
my conversation edifying,  
and my life according to rule.

Assist me,  
that I may continually labour  
to overcome nature,  
to correspond with Thy grace,  
to keep Thy commandments,  
and to work out my salvation.

Help me to obtain  
holiness of life  
by a sincere confession  
of my sins,  
by a devout reception  
of the Body of Christ,  
by a continual  
recollection of mind,  
and by a pure  
intention of heart.

Discover to me, O my God,  
the nothingness of this world,  
the greatness of Heaven,  
the shortness of time,  
and the length of eternity.

Grant  
that I may prepare for death,  
that I may fear Thy judgements,  
that I may escape hell,  
and in the end obtain Heaven,

Vouchsafe, in fine, to grant  
repentance to all sinners,  
perseverance to the just,  
peace to the living, and eternal  
rest to the faithful departed.

All which I beseech Thee,  
O Lord, to grant through  
the merits  
of our Lord Jesus Christ,  
the intercession

of our Blessed Lady and all the  
saints, and the suffrages of our  
holy Mother the Church. Amen.



**SALUTATIONS TO ALL THE MEMBERS OF CHRIST AND COMMENDATION OF ONESELF TO HIM**

Hail, O Head of our Lord Jesus Christ, our Savior, tremendous above all powers, crowned for us with thorns and struck with a reed!

Hail, most precious Face of our Savior Jesus Christ, struck for us with spittle and blows!

Hail, most kindly Eyes of our Lord Jesus Christ, our Savior, bathed in tears for us!



Hail, honey-flowing Mouth and most sweet Throat of our Lord Jesus Christ, given gall and vinegar to drink for us!

Hail, most noble Ears of our Lord Jesus Christ, our Savior, assailed for us with insults and reproaches!

Hail, humble Neck of Jesus Christ, buffeted for us, and most holy Back, scourged for us!

Hail, venerable Hands and Arms of our Lord Jesus Christ, stretched out for us on the Cross!

Hail, most gentle Breast of our Lord Jesus Christ, our Savior, troubled for us in His Passion!

Hail, glorious Side of our Lord Jesus Christ, pierced for us by the soldier's lance!

Hail, sacred Knees of mercy of our Lord Jesus Christ, our Savior, bent for us in prayer!

Hail, adorable Feet of our Lord Jesus Christ, our Savior, nailed for us to the Cross!

Hail, entire Body of Jesus Christ, suspended for us on the Cross, wounded, dead, and buried!

Hail, most precious Blood, poured out for us from the Body of Jesus Christ our Savior!

Hail, most holy Soul of our Lord Jesus Christ, commended for us into the hands of the Father on the Cross!

20

In the same commendation I commend to Thee today and every day my soul, my life, my heart and my body, all my senses and actions, all my friends, benefactors, and relatives, the souls of my parents, brothers, sisters, and all my friends and enemies: that Thou wouldst deign to protect, deliver, and defend us from all the snares of our enemies, visible and invisible, now and forever. Amen.

**A Little Prayer for Priests to be Read Daily, That They May Serve God More Fervently Each Day**

May Thy grace assist us, O almighty God, that we who have undertaken the priestly office may be able to serve Thee worthily and devoutly in all purity and with a good conscience; and if we cannot live in such innocence as we ought, grant us nevertheless to bewail worthily the evils we have committed, and in the spirit of humility and with a sincere purpose of good will to serve Thee more fervently henceforth.



**Prayer to the Wounds of Christ**

I beseech Thee, O Lord Jesus, through those health-giving wounds of Thine which Thou didst suffer on the Cross for our salvation, from which flowed that Precious Blood by which we are redeemed, wound this my sinful soul, for which Thou also didst deign to die; wound it with the fiery and most powerful dart of Thy exceeding charity. Pierce my heart with the javelin of Thy love, so that my soul may say to Thee: I am wounded with Thy charity, such that from that very wound of Thy love most abundant tears may flow day and night.

Strike, O Lord, strike, I beseech, this my most hard mind with the pious and strong point of Thy love, and penetrate deeper into my inmost parts with powerful virtue. Who livest and reignest God, for ever and ever. Amen.

**Lord Jesus, Let Me Know Myself**

—St. Augustine; (354-430)

Lord Jesus, let me know myself and know Thee,  
 And desire nothing save only Thee.  
 Let me hate myself and love Thee.  
 Let me do everything for the sake of Thee.  
 Let me humble myself and exalt Thee.  
 Let me think of nothing except Thee.  
 Let me die to myself and live in Thee.  
 Let me accept whatever happens as from Thee.  
 Let me banish self and follow Thee,  
 And ever desire to follow Thee.  
 Let me fly from myself and take refuge in Thee,  
 That I may deserve to be defended by Thee.  
 Let me fear for myself, let me fear Thee,  
 And let me be among those who are chosen by Thee.  
 Let me distrust myself and put my trust in Thee.  
 Let me be willing to obey for the sake of Thee.  
 Let me cling to nothing save only to Thee,  
 And let me be poor because of Thee.  
 Look upon me, that I may love Thee.  
 Call me that I may see Thee,  
 And for ever enjoy Thee. Amen.



Domine Iesu,  
 noverim me, noverim te,  
 Nec aliquid cupiam nisi te.  
 Oderim me et amem te.  
 Omnia agam propter te.  
 Humilem me, exaltem te.  
 Nihil cogitem nisi te.  
 Mortificem me et vivam in te.  
 Quaecumque eveniant accipiam a te.  
 Persequar me, sequar te,  
 Semerque optem sequi te.  
 Fugiam me, confugiam ad te,  
 Ut merear defendi a te.  
 Timeam mihi, timeam te,  
 Et sim inter electos a te.  
 Diffidam mihi, fidam in te.  
 Obedire velim propter te.  
 Ad nihil afficiar nisi ad te,  
 Et pauper sim propter te.  
 Aspice me, ut diligam te.  
 Voca me, ut videam te,  
 Et in aeternum fruam te. Amen.

## ACTS OF LOVE

by Fr. Paul of Moll

The love of God is my desire,  
my riches, my joy, and my best  
food, yes, all!

O God of infinite love!  
Give me two wings to fly towards  
Thee, that I may rest in Thee and  
be satiated with Thy beautiful love;

—a wing of love, to draw me  
without ceasing toward Thy  
beautiful love,

—and a wing of confidence in  
order to help me to perform  
all my actions,  
all my steps,  
all my prayers  
for the love of God.



Who shall ever be able  
to understand the love,  
infinitely great, wherewith Thou,  
O God, lovest man!

We should wish to express,  
to describe that love; one word  
only escapes our powerless lips:  
O love! O infinite love of God!  
O sweet love, sweeter than honey!  
O ocean of love! inflame my heart  
with the sacred fire  
of Thy holy love!

O love! O infinite love of Jesus!  
O Jesus give me a mouth of love  
so as to entertain all men with Thy  
infinite love!

Give me a heart of love so that  
nothing else may come forth from  
it but for Thy beautiful love.

Give me eyes of love that I may  
see nothing else but Thy love in all  
things, even in my sufferings and  
in everything that goes against me.

Give me a taste of love, that I  
may taste Thy love in everything  
I eat and drink.

Give me hands of love that I  
may write of Thy beautiful love to  
all the children of love.

Give me feet of love that I may  
go and entertain those who suffer

with Thy beautiful love and Thy  
ignominious and painful death,  
so that they may not complain any  
longer of their crosses.

O love! O infinite love of God!

Thy love, O my God, is my  
nourishment, my treasure, my  
consolation, my life! I do not need  
any one but those who speak to me  
of Thy beautiful love.

O love of Jesus!  
Thou art my consolation, my all.  
Nothing against Thee,  
everything for Thee!

O love! O infinite love of Jesus!

I want to suffer every thing for  
the love of Jesus, as Jesus has  
suffered every thing for love of us,  
in order to obtain the pardon and  
expiation of my sins, and to be  
able, at once after my death,  
to unite myself with Jesus through  
love and for all eternity.

## PRISON PRAYER

of St. Thomas More

Give me the grace, Good Lord:

To set the world at naught.

To set the mind firmly on You  
and not to hang upon the words  
of men's mouths.

To be content to be solitary. Not  
to long for worldly pleasures. Little  
by little utterly to cast off the world  
and rid my mind of all its business.

Not to long to hear of earthly  
things, but that the hearing of  
worldly fancies may be  
displeasing to me.

Gladly to be thinking of God,  
piteously to call for His help.

To lean into the comfort of God.  
Busily to labor to love Him.

To know my own vileness and  
wretchedness. To humble myself  
under the mighty hand of God.

To bewail my sins and, for the  
purging of them, patiently  
to suffer adversity.

Gladly to bear my purgatory  
here. To be joyful in tribulations.

21 To walk the narrow way that leads  
to life.

To have the last thing in  
remembrance. To have ever before  
my eyes my death that is ever at  
hand. To make death no stranger  
to me. To foresee and consider the  
everlasting fire of Hell. To pray for  
pardon before the judge comes.

To have continually in mind the  
Passion that Christ suffered for me.  
For His benefits unceasingly to give  
Him thanks.

To buy the time again that I  
have lost. To abstain from vain  
conversations. To shun foolish  
mirth and gladness. To cut off  
unnecessary recreations.

Of worldly substance, friends,  
liberty, life and all, to set the loss at  
naught, for the winning of Christ.

To think my worst enemies my  
best friends, for the brethren of  
Joseph could never have done him  
so much good with their love and  
favor as they did him with their  
malice and hatred.

These minds are more to be desired  
of every man than all the treasures  
of all the princes and kings,  
Christian and heathen, were it  
gathered and laid together all in  
one heap. Amen.



Stefan Jasioński's image of the Sacred  
Heart of Jesus he carved into the wall of  
his cell in the basement of Block 11  
in the Main Camp at Auschwitz.

## LITANY OF PRE-EMPTIVE CHARITY

*Prayer for charity in preparation for and in the midst of contradictions and afflictions.*



Lord, have mercy on us.  
*Christ, have mercy on us.*  
Lord have mercy on us.

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, giver of Love  
*Have mercy on us.*  
Holy Trinity, One God, Who is Love,  
*Have mercy on us.*

Most Sacred Heart of Jesus, of infinite  
Love in Your whole Life and Holy  
Passion, *Have mercy on us.*

Immaculate Heart of the Blessed  
Virgin Mother of God, perfect work  
of the Holy Spirit, in whom Love  
reigns from the first moment of  
conception until your last breath  
and even for your enemies who  
crucified your Son, *Pray for us.*

St. Joseph, patient silent sufferer,  
*Pray for us.*

22 Response: †*Lord Jesus, King of Love,*  
*grant me charity in response.*  
*(OR AS APPLICABLE)*  
*Father, forgive them for they know*  
*not what they are doing!*

When they are mean to me,  
†*Lord Jesus, King of Love, grant*  
*me charity in response.*

When someone annoys me, †  
When my ministry is curtailed, †  
When traditions are suppressed, †  
When I face cruel misjudgments, †  
When importuned with an undesired  
or inconvenient task, †  
When inconvenienced by the faults  
and follies of men, †  
When my work is destroyed, †  
When my work is attacked or  
undermined, †  
When my contribution is rejected,  
disregarded or forgotten, †  
When others are promoted above me  
without ability or merit, †  
When my family rejects me, †  
When my friends forget me, †  
When I fear my own mistakes, †  
When left alone and uncertain of the  
tasks to be done, †

When thieves break in and steal, †  
When the storms come and the  
waters fall, †  
When health fails  
and pains increase, †  
When betrayed and stabbed in the  
back, †  
When judged and condemned, †  
When embarrassed and hurt, †  
When insulted or mocked, †  
When reprimanded justly  
or unjustly, †  
When overwhelmed and confused, †  
When ignored, †  
When bored and wearied, †  
When disrespected, †  
When provoked directly, †  
When stressed and tired, †  
When uncertain or lost, †  
When dread and fear presses, †  
When surrounded by idiots, †  
When confronted and contradicted, †  
†*Lord Jesus, King of Love, grant me*  
*charity in response.*

*(OR AS APPLICABLE)*  
*Father, forgive them for they know*  
*not what they are doing!*

Lamb of God, Who takest away the  
sins of the world, *Spare us, O Lord.*

Lamb of God, Who takest away the  
sins of the world, *Graciously hear*  
*us, O Lord.*

Lamb of God, Who takest away the  
sins of the world, *Have mercy on us.*

Let us pray:

Almighty God and Father, of  
Infinite Love and Wisdom, You know  
all, please grant me the utmost trust  
in Your providence, Your loving plan,  
Your Holy Will, Your perfect way.

May the Love of the Most Sacred  
Heart of Your Son, Our Lord Jesus  
Christ, fill my weak heart. You who  
Love your enemies, please use my  
poor heart as an instrument of Your  
Love, equipping it with invincible  
grace, serene light, and unshakeable  
joy, through the same Jesus Christ  
our Lord. Amen.

Lord Jesus Christ, King of Kings,  
Send forth Your Holy Spirit, charity  
poured anew in my heart, to fortify it  
with calm resoluteness and silent  
acceptance of contradictions and  
frustrations, to bear witness to your  
infinite Love and to offer the greatest  
measure of mercy to all. Amen.

☩ Pray for us, O Holy Mother of  
God.

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

Let us pray.

O Immaculate Heart of Mary, bearing  
all with love for all thy children upon  
earth, pray for us who have recourse  
to thee.



## THE PRIEST, HIS DIGNITY AND OBLIGATIONS —St. John Eudes

### 2. MEDITATION

Before offering up the Holy Sacrifice of the Mass, devote at least half an hour to meditation or mental prayer, a habit as vitally necessary to the soul of every Christian and of every priest as bread is to the body.

#### Acts Before Meditation

Prepare yourself for this holy exercise by the following acts:

—**Contemplate** with the eyes of faith the infinite majesty and the immensity of God, Who is omnipresent and fills all creation, and Who is more in you than you are in yourself, according to the words of St. Augustine, *Intimo meo intimior*.

—**Adore** Him with profound humility. Realize how unworthy you are even to appear before Him, even to think of Him or have Him think of you or to suffer you in His presence.

—**Assure** your Divine Creator that you are desirous of performing this act solely for His glory. Renounce yourself, your mind and your own self-esteem, giving yourself completely to Christ Our Lord.

—**Enter** into the holy dispositions which animated His continual prayer before His Heavenly Father.

—**Unite** yourself to those prayers constantly offered to God, not only by the saints in heaven, but likewise by all holy souls here below. Unite your prayers to those of the Blessed Virgin, the angels and the saints to whom you have special devotion. Beseech them to make you share in their fervor.

—**Give your mind and heart to the Master.** Beg Him to take full possession, and guide them in prayer according to His holy will, in thought and affection pleasing to Him.

#### Acts After Meditation

You should conclude this exercise by thanking God for all the graces He has bestowed upon you, asking pardon for any carelessness you have manifested, imploring our Saviour to supply any defects and to offer in your place a continual prayer before His Heavenly Father.

Then make a summary of the principal thoughts and inspirations given you by God so that you may think of them during the day. In order to refresh your memory, select a text of Scripture or some aspiration to recall the subject of your meditation. Repeat this ejaculatory prayer frequently during the day.

Beware of relying only on your own thoughts and resolutions. Rely wholly upon the infinite mercy of God, placing in His hands what He has bestowed upon you in prayer, that He may grant you the grace of putting your resolutions into practice.

Beg the Blessed Virgin Mary, your guardian angel, your patron saint and all the angels and saints in heaven to continue your prayer before the Almighty.

Foresee those faults into which you usually fall and the occasions of sin which are the most dangerous for you. Be vigilant in the observance of the virtues you are especially required to practise, asking God for the grace to avoid pitfalls and to have the strength to be loyal to duty. Keep constantly before your mind the obligations of your state in life, what good you can accomplish this day, what evil you must avoid, what benefits you can reap for the honor and glory of God and the salvation of souls.

### 3. THE HOLY SACRIFICE OF THE MASS

#### Preparation

Before celebrating Holy Mass, spend some time in recollection, considering the infinite importance of what you are about to do. The Mass is certainly the loftiest, the holiest and the most divine act ever accomplished in heaven and on earth. You should then endeavor to arouse within yourself lively sentiments of devotion and preparation that you may perform this noble action in the most worthy manner possible. Humble yourself before God, recognizing your own incompetence and unworthiness, except through His mercy and favor.

Thank Him for the infinite goodness He displays towards you in permitting you to offer the Holy Sacrifice. Protest to Him that you seek only His glory. Purify your soul by true contrition of sin, or even, if necessary, by the reception of the Sacrament of Penance.

Surrender yourself completely to the Eternal Father, to the Son and to the Holy Ghost. Pray that they may destroy within you whatever is displeasing to them and may adorn your soul with graces and virtues necessary for the offering of Holy Mass. Give yourself entirely to Jesus that you may enter with Him into His holy dispositions and intentions as He sacrificed Himself on Calvary and again sacrifices Himself daily on the altar. Offer yourself to the Blessed Virgin Mary, to all the holy priests and all the

23 angels and saints in heaven that they may plead with God on your behalf, and make you share in their holy dispositions as they offer Jesus in perpetual sacrifice to His Eternal Father in heaven.

Offer Holy Mass for the following five reasons: **1. In honor of all that God is** in His divine essence, in His divine perfections, in the Three Eternal Persons, in His Sacred Humanity and in all the mysteries; in His Blessed Mother, in the Church Triumphant, Militant and Suffering, in the visible and invisible world.

**2. In thanksgiving** for all the favors heaped upon His Son, Jesus Christ, upon His holy Mother, upon His Mystical Body, which is the Church, upon all creatures, even upon the demons in hell.

**3. In satisfaction and reparation** for any dishonor rendered Almighty God by the sins committed by sinners of the whole world, and particularly by yourself or your friends.

**4. To obtain from God** all the spiritual and temporal graces necessary to all creatures, especially to the Church, to its pastors and priests, to yourself and to all those for whom you are obliged to pray.

**5. For the fulfilment** of all the providential designs of God for you, for the Church and for the whole world.

#### Thanksgiving After Mass

After Mass prostrate yourself body and soul before our Lord truly present within you, adoring, thanking, loving and revering Him, and asking His pardon for all your ingratitude and offenses.

Consider that while He is within you, He performs the same function that He exercises in heaven, namely, He adores, praises, thanks and loves His Eternal Father, and sacrifices Himself to His greater honor and glory. Surrender yourself to Christ that you may be united with Him in His adoration, His love, His praise and His sacrifice, that therein you may glorify the ever Blessed Trinity, immolating yourself with Jesus, your Head and Master.

Even as Jesus Christ gives Himself all in all, with infinite love, so in union with the same love give yourself entirely to Him, imploring Him to possess you completely and thus destroy in you anything that is displeasing to Him. Ask Him to establish the reign of His glory and of His Love in your heart and in your life.

**St. Leonard of Port Maurice's  
EXERCISES IN PREPARATION  
FOR HOLY COMMUNION**

24

Hand. Thy Jesus is to thee as a Father; much He loveth thee, and wishes to bestow on thee every sort of benefit. Thy Jesus, who is faithful, hath promised to hear thee, and, bound by His word, He will do thee great favors. Well, then, to grow rich in soul you need only to seek His graces, and ardently to hope.

*Act of Hope*

My Jesus, my hope, confiding in Thy promises through the Blood which Thou hast shed for me, I hope, O Infinite Pity, I hope that in receiving Thee, Thou wilt sanctify my soul, and enkindle within it heavenly desires; so that I may live and die loving only Thee, O Infinite Good. Yes, O my dearest God, God of all my hopes, Sanctifier of souls, sanctify me.

What more could God do, in order to get loved by thee? God has made Himself man, was born in a stable, died upon a Cross and dwells in the Sacrament for love of thee. Nay, that infinite love invites thee to receive Him, calls thee to Himself with a desire so strong that He cannot endure thy delays. O ingenious devices of love! The great God of infinite beauty and majesty wishes this morning to confer upon me such a favor as He hath never bestowed on the seraphim. He purposes to come to dwell in my heart; He wishes to unite Himself to me. And thou, my soul, dost thou not burn and flame with love toward a God Who is all love toward thee?

*Act of Love*

O my Jesus, my love, God of my soul, how good Thou art, how loving, how every way dear and worthy to be loved! My God, I love Thee with all my soul, my life, my heart, my mind, and all my faculties and strength. I love Thee more than myself, Thou one object of all my desires, my beginning and my last end. O that I had infinite tongues with which to praise and bless Thee! O that I could at any sacrifice carry Thy most holy name through the world, to make Thee known and loved! O God! I

would willingly waste myself away in labors for the love of Thee. I desire to burn with love, I desire to bless Thee, to thank Thee, to love Thee, with the love that the most holy Mary bore to Thee; I desire to love Thee more than all created beings united. I love Thee, my Jesus, my treasure, my Father, my life, my hope, my Heaven. Spouse of my soul, I love Thee, because Thou deservest to be loved----because Thou art God! Ah, Lord! would that I were all love, would that I did nothing but love Thee! My soul, created by God to love God, love Him then, love thy God; my heart, which can find no peace or satisfaction out of God, drive from thee every mere earthly attachment, and give welcome to thy God. Ah, Mary, mother of holy love, obtain for me to love my God!

How shouldest thou burn, my soul, to receive a God of infinite purity, holiness, and majesty, thou who art an abyss of vice, ingratitude, and sins! Hast thou forgotten all thou hast done against thy God? Ah, how often hast thou been more cruel, more afflicting to Jesus than Calvary itself! Jesus has been crucified in thee, so often as thou hast mortally sinned.

*Act of Contrition*

Dear Lord Jesus, by my sins I have crowned Thee with thorns, I have nailed Thee on the Cross, I have given Thee gall to drink, I have pierced Thy side, I have put Thee to death! I am not worthy to live, far less to receive Thee. I deserve that the earth should swallow me, that Heaven should hurl thunderbolts on my head, that all created things should turn in anger upon me. But, O my God, how good Thou art! How often have I trodden under foot Thy Blood, insulted Thy name, dishonored Thy authority; yet not only dost Thou pardon me, but Thou art the first to propose to be at peace with me; and for an act of penitence, for one tear of grief and affection, Thou forgivest me all my sins, Thou replacest me in Thy favor, and Thou makest me anew Thy friend

Arise, my soul; revive thy faith, which tells thee that thy God become man, that same Jesus Who was born in the stable of Bethlehem, that Jesus Who rose triumphant from the grave, that Jesus Who now sits glorious at the right hand of the Father, is now present with thee in the Most Holy Sacrament. O Faith! O Faith! what greater thing can be said and believed? God is here, in order to enter my heart and become entirely mine----the Almighty: God!

*Act of Faith*

My Jesus, Thou Truth infallible, since it is part of Thy revelation, I believe that Thou art present, Soul, Body, and Divinity, in the consecrated host. I believe that in Communion I receive the same Jesus Who died, and Who rose again; and that in Him I receive the Father and the Holy Spirit.

*Act of Adoration*

O my soul, what art thou about? What thoughts engage thee? In a few minutes, thy God will enter within thee! O God, I profoundly humble myself, and I adore Thee. I adore Thee, beloved Jesus, in the Sacrament. Most holy Virgin, ye Angels, Saints, and Souls who love God, adore with me my Jesus; make up for my defect of worship, beseech for me living faith and profound veneration, now that I approach and receive Jesus Christ.

What can be wanting to thee, O my soul, now that the Almighty comes to visit thee? He comes to illuminate thee, to unite Himself heart to heart with thee, in order to give thee a lively pledge of that glory which He keeps prepared for thee in Heaven. Up! arise! enlarge thy heart, increase thy confidence; know that so much as thou hath promised to hear thee, and, bound by His word, He can give thee every good thing; it costs Him no more than the opening of His



and Thy son. And this is God----that it is that is meant by God! Oh, how I rejoice when I think that Thou art God; that is, infinite liberality, infinite magnanimity, infinite fidelity, infinite love; an abyss of infinite glories, attributes, and perfections! It suffices to say that Thou art good and in giving Thyself to me Thou knowest how to ordain for Thy greater glory, and for the greater good of my soul, even my very bygone sins. Glory to Thee! Ah, I could wish to die of grief for having offended so good a God. I am sorry that I have offended Thee! Forgive me, O my Lord. I do not heed my own interest; I only desire that Thou, great God, shouldst be honored and glorified by me, without ever being again offended by me. Wash, O beloved Jesus, my soul with Thy blood, and make it become a fit abode for Thy Divine Majesty. O most holy Mary, obtain for me tears of true contrition.

My soul, thou art about to feed upon the blessed Body of Jesus. And hast thou well considered what thou art, and who God is? If thou wert a seraph of love, if thou hadst the love felt by all the Angels, the virtues of all the Saints, wouldst thou even then be worthy of even once receiving God?

#### *An Act of Humility*

Behold, O my Jesus, the hour is come when Thou shalt be put into the power of this great sinner. O have patience with me; endure me by the bowels of Thy compassion! Ah, Lord, Thou art that God before the splendor of Whose holiness heaven and earth vanish into nothing. I confess the truth, in looking at Thy Majesty and at my unworthiness; I am so confounded and ashamed, that I should wish to hide myself in the abyss of my own nothingness. Yes, I must needs approach to receive Thee, for Thou incitest and commandest me, and like a son, I must obey Thee, O my King. Let the seraphim make up, let the Saints make up, let Mary make up----above all, let Thine Own infinite goodness

make up for all my shortcomings in right devotion and love. O Lord, if I do not deserve to receive Thee and to love Thee, Thou deservest to be received and loved by me!

Dispose of me for Thine Own honor, make me worthy of so great a favor, give me all that I am wanting in, make me altogether Thine.

The hour is come, my soul, the blessed moment is come, when thou hast to receive thy dearest Jesus. Behold the King of kings, behold the Lord of lords, behold the Friend, behold the Father, behold the Spouse, behold the Joy of Paradise, behold the delight of Heaven, behold thy God Himself, behold all the Most Holy Trinity in the Divine Sacrament! *Ecce Sponsus venit, exite obviam ei.* "Behold the Bridegroom cometh; go forth to meet Him." (St. Matt. xxv. 6). But how, my soul, how standest thou thus so frozen, without one burning desire to feed upon that Sacred Body? Ah! should not the overflowing of the Divine compassion all enkindle thee with love? And here Shepherd, guide me. Come, O my Father, my Spouse, my Treasure, my Life, my Bliss, and my Rest. Come, Thou one end of all my longings. Come, light of souls, refreshment of hearts, consoler of the sorrowing. Come, Thou expected One of all nations, sighed for by the holy patriarchs, desire of the eternal hills, joy of Angels, delight of Heaven, beatitude of the Saints. Come, O my Paradise: come, for I desire Thee, for I sigh after Thee. Come, art thou all frozen! If it wert to do only once in all thy life, with what fervor wouldst thou not do it! But now, while the Infinite Goodness waits ever ready at thy pleasure, thou goest up so tepid, so dull of heart, to receive a God so great! Enamoured souls have burned with desire of this Communion, and have run like thirsty stags to that fount Divine. Up, up, my soul; awake, kindle in thyself a most ardent longing to receive Jesus; sigh after that Supremest Good, desire Him, call on Him with tears and with sighs, and with a heart in flames of holy love.

#### 25 *An Act of Desire*

Come, O thou Divine food, and nourish my hungry soul. Come, furnace of charity, and kindle me; come, flaming fire of love, inflame me by thy flames. Come, O Thou Who art the heaven of heavens to me. Come, for my soul languishes and faints with the desire of being united to Thee. O, delay no longer, for Thou hast wounded my heart with the dart of Thy love. I cannot live longer if Thou dost not come. Come, then, Jesus, my God, my love, the Spouse and life of my soul!

Most holy Virgin, already I am at hand, and about to receive thine and my Jesus. From thy hands I purpose to receive Him. Hold Him forth to me, as thou didst to the shepherds, and the holy kings and to holy Simeon. Prepare me to receive Him with love. Give Him to me quickly, and pray to Him to fill me with His dearest benediction; and do thou accompany it with thine.

#### *An Act of Offering*

I protest, O my God, that I purpose to unite this my Communion with the Communion of most holy Mary, of Thy Apostles, of Thy Saints, and of all the just who receive Thee this morning, or who shall ever receive Thee in time to come. My desire and purpose is, to make all their devout acts, all their preparations, all their thanksgivings; and I mean to offer the whole in union with those virtues, that merit, that holiness, with which Thou, O my Jesus, didst receive Thyself in the Sacrament, at the Last Supper. May the Church triumphant and militant now supply my defects of love, and worship, and thanks.

O Love!  
O Great  
Love!  
O Infinite  
Love  
of God!



**St. Leonard of Port Maurice's  
DEVOTIONS AFTER HOLY  
COMMUNION**

26

Behold, my longings are fulfilled!  
Behold, my desires are satisfied!  
Now hath my God come to visit me!  
Now Jesus dwelleth within me!  
Now I am no longer my own but  
Christ's: I no longer live in myself,  
but in Jesus, and Jesus lives in me.  
I am altogether the possession of  
Jesus, and Jesus is altogether mine.

O Infinite Goodness! A God----the  
God of Heaven----hath touched the  
tongue, and come within the breast,  
and sought the heart of a human  
creature, and one so vile, so  
unworthy as I am! My soul, of what  
art thou thinking? Behold thyself  
now in possession of that for which  
thou hast been sighing; behold  
thyself all hallowed by the presence  
of Jesus, transformed into Jesus.  
Thou and Jesus art one. O union true  
and wonderful! My soul, my soul, art  
thou thus closely united to Jesus, and  
yet sayest nothing to Him, and  
speakest not with thy God Who is in  
thine arms, within thy breast, at thy  
heart? Up, up, arise, collect thyself,  
gather up all the affections of thy  
spirit; adore Him, and say to Him:  
O welcome, dearest Jesus, to the  
mansion of my soul. Oh, how long  
have I desired this hour! But, oh,  
how I pity Thee, now that I see Thee  
placed in this heart, more hard and  
cold than the stall where thou wast  
born; a heart more full of what is  
grief and anguish to Thee than  
Calvary was to Thy sacred flesh;  
for not once, but a hundred, and a  
thousand times, have I renewed Thy  
death and Passion by my sins! Lord,  
what dost Thou find in me but  
hardness and obduracy against Thee,  
and affections all given to earthly  
things! Ah, my God, how is it Thou  
hast come to dwell in me? I must cry  
out with St. Peter, Depart from me,  
depart from me, O Majesty of God;  
depart from this soul of sin, which is  
not worthy to harbor God; *Exi a me,  
quia homo peccator sum, Domine.*  
(St. Luke v. 8). Go, and rest within  
those pure and fervent souls who  
welcome Thee so tenderly. But, no,

O my most precious blessing; no, let  
it never be so; do not leave me, for if  
Thou art far from me, I am lost.  
O God, my hope, I will not let Thee  
go! O blessing, for which I have  
sighed, I press Thee to my heart, and  
I wish to live and die thus embracing  
Thee. O most holy Mary, O Angels,  
Saints, and Souls that love your God!  
lend me your affections, that I may  
fitly welcome and cherish this  
presence of my Jesus.

*Act of Thanksgiving*

O Divine Trinity, one God, most  
worthy to be loved, I thank Thee from  
the very depth of my heart, because  
Thou hast given me Jesus; I thank  
Thee because Thou hast left me Jesus  
in the Sacrament; I thank Thee for  
having caused me to receive Him;  
I thank Thee, my Jesus, that Thou  
hast deigned to visit me. O God,  
what return can I make for so much  
love! How can I thank Thee enough?  
O most holy Virgin, O Angels, O Saints  
of Heaven, O all enamoured Souls,  
help me to thank our God, to thank  
and thank Him again and again, for  
this infinite kindness. But, O God,  
how little even is all this! The  
thanksgiving of all Paradise cannot  
attain to be thanks sufficient to an  
infinite God, or recommend Him for  
His benefits. What, then, shall I do?  
I know not, except, O my most holy  
Jesus, to offer up Thine Own love  
itself in thanks for Thine infinite love.  
May Thine infinite compassion, Thy  
kindness, and all the abyss of Thine  
infinite attributes, render to Thee  
that honor and that thank-offering  
which Thou deservest. O Most Holy  
Trinity, one God, I thank Thee by the  
hands of Jesus; and do Thou,  
O Triune God, thank Jesus for me!  
And now let my heart remain full,  
and let Thy Majesty accept and be  
satisfied with these infinite thanks.  
O my Blessing, to Thee alone be  
praise, glory, and honor from all  
creatures, forever and forever. Amen.

What art thou doing, my soul? Dost  
thou know that now thou art a living  
temple in which really dwells thy  
Redeemer? It is no time now for  
lying slothful, and full of wandering  
thoughts. It is the time for asking all

the graces of which thou standest in  
need, and for receiving them from  
the true and living God Who is  
dwelling within thee.

Now the heavens stand open, now  
the Most Holy Trinity, with eyes all  
full of love, is above thee, looking  
down on the object of Its own  
complacency----Jesus Christ, Who is  
within thy breast. Now more than  
ever Mary, and Angels, and Saints,  
thy advocates, are beseeching graces  
for thee from God.

My soul, my soul, lose not of these  
precious moments; bend thy faculties  
to deal with the great affair of thy  
eternal salvation. But how? Art thou  
saying nothing to thy God? Ah, poor  
and miserable as thou art, thou  
delightest to live on amid thy  
miseries, while thou hast with Thee  
the God of all riches; and thou art  
silent, and thy mind begins already to  
wander, and thou art so without  
desire of interest, so dull and so idle  
of heart! Dost thou not know that if  
thou seekest not thou obtainest not?  
Were a king to enter thy house and  
invite thee to ask favors of him,  
wouldst thou be long silent?  
Ah, miserable race, through our little  
faith! The King of kings, with His royal  
presence, is within thee, the Lord of  
the heavenly treasures.

A God----thy God----hath come to  
thee, Who wishes to bestow great  
graces on thee and thou speakest not  
a word! This Infinite Benignity grieves  
and laments that His favors are not  
sought; and, unable longer to endure  
the languid and indifference of men,  
forever longing to be kind to them  
and do them good, He Himself takes  
to inviting them, and beseeches them  
to ask. *Usque modo non petistis  
quidquam in nomine meo. Petite, et  
accipietis, ut gaudium vestrum sit  
plenum* (St. John XVI. 24).

My soul, thou hast within thee a Lord  
omnipotent, a most loving and  
munificent Father, a most faithful  
God: and of what art thou afraid?  
Seek and confide, enlarge thy heart,  
revive thy faith; begin, ask  
great graces----heavenly  
graces, graces worthy of  
God.



**My Jesus, Mercy!**

## Act of Petition

O my dear Redeemer, since Thou hast come to me, in order to confer graces upon me, and invitest me to ask them of Thee, hear me now by the bowels of Thy compassion. Give me, O my Jesus, an increase of living faith, hope, charity, and contrition. Give me humility, purity, patience, and all virtues; take from me all my corruptions. Change this heart, so full of the world and of myself, and give me a new heart conformed to Thy will, so that I may always seek Thy greater glory, and that all its affections may aspire to Thee and aim only at Thy love, without ever deviating even in the very least. *Cor mundum crea in me Deus, et spiritum rectum innova in visceribus meis* (Ps. 1. 12). Grace is indeed a mighty gift, and though I merit it not, Thou meritest it for me. From a great and glorious God great favors may be sought; grant me this, then, which I have asked, by Thy Passion, by Thy death; grant it by the love Thou bearest to the Eternal Father; grant it me by the virtue of most holy Mary, by all the merits of the Church triumphant and militant; grant it me because Thou art Thyself infinite Goodness and Mercy.

*Here apply yourself to ask with lively faith from God the graces and favors which are needful for yourself and your neighbor.*

O Most Holy Trinity,  
O my omnipotent God,  
hear these my prayers.



Now is not the time to refuse graces even to the most unworthy, because it is not I myself alone that am seeking them, but, together with me, Jesus Christ is supplicating. Though I do not deserve to be heard, Jesus Christ deserves it, Who prays with me, and in me, and for me. Eternal Father, I call up before Thee the promises of Jesus Christ, Who hath said that whatever graces we seek from Thee in His name, without any other means, they shall be obtained from Thee: *Amen amen, dico vobis, si quid petieritis Patrem in nomine meo, dabit vobis* (St. John XVI. 23).

## Act of Oblation

My Jesus, it is but justice and common gratitude that I should give myself entirely to Thee, after Thou hast given Thyself entirely to me. Thou hast, in coming to me, penetrated and made godlike all my being with Thy Divinity, and so I ought henceforward to continue Thine. May these eyes, renewed by Thee, continue Thine; may these ears, sanctified by Thee, continue Thine; this taste, sanctified by Thee, may it be Thine. Thou hast sanctified all my senses; may they be Thine, and so may they never again take pleasure in opposition to Thy Divine Law. Thou hast sanctified my memory; may it continually remember Thee. Thou hast sanctified my will; may it never turn to love anything in preference to Thee. Unto Thee, then, from the very depth of my heart, I offer, as a perpetual holocaust, my body and my soul, my senses and my faculties, all that I have and am, as fully as I can. Burn, O fire Divine, burn and consume, O love omnipotent, all in me which is not Thine! Amen.

### PORTRAIT OF THE TRUE CHRISTIAN

To know the Catholic religion, to respect it, to love it, to avoid diligently that which it prohibits, to fulfill exactly that which it commands.

To believe in God, to hope in Him, to love Him, to pray often to Him, to thank Him, to praise Him, to adore Him, to fear Him, to submit perfectly to Him.

To observe subordination, piety, justice, goodness, charity toward our superiors, or equals, and our inferiors.

To be humble, teachable, patient, modest, chaste, temperate, detached from the world and from self, and to be occupied about our own salvation, and the means of attaining it.

All this to be fulfilled with the intention of rendering glory to God, in faithful imitation of Jesus Christ, His Son, our Lord, our Head, and our Model.

This is the portrait of a true Christian. Seek to make it your own.

## 27 ACT OF OBLATION TO BE MADE EVERY MORNING

Eternal God, and my God, behold me prostrate before Thine immense Majesty, and humbly adoring Thee. I offer Thee all my thoughts, words, and actions of this day. I purpose them all to be thought, spoken, and done entirely for love of Thee, for Thy glory, to fulfill Thy Divine will, to serve Thee, praise Thee, and bless Thee; in order also to my own enlightenment in the mysteries of the holy Faith, for the securing of my salvation, and out of hope in Thy loving mercy; for satisfaction, too, of Thy Divine justice, for my so many and most grievous sins; as supplication for the Holy Souls in Purgatory, and for the grace of a true conversion to all sinners; in fine, I wish and intend to do everything in union with the most pure intentions of Jesus and Mary during their lives on earth, of all the Saints who are in Heaven, and of all the just who are on earth: and I would willingly subscribe to this my intention with my own blood, and to repeat it from a loving heart, as often as there are moments in eternity.

Receive, O my dearest God, this my good intention; give me Thy holy benediction with efficacious grace to keep me from mortal sin through all my life, but particularly this day, in which I desire and purpose to receive all the Indulgences which I am capable of receiving, and to assist, were it possible, at all the Masses which are celebrated this day throughout the whole world, applying all in supplication for the Holy Souls in Purgatory, that they may be freed from detention in its pains and come quickly before the face of God. So be it.

My Jesus,  
Mercy!



## ST. ALPHONSUS LIGUORI ACTS FOR HOLY COMMUNION

I.

### Preparation for Communion.

St. Francis de Sales says, that our Saviour can never be seen more amiable and more tender, in all that He has done for us, than in the Holy Communion, in which He, so to say, annihilates Himself and becomes food, that He may unite Himself to the hearts and bodies of His faithful (Introd., ch. 21.) Therefore the learned Gerson used also to say, that there was no means more efficacious than the Holy Communion whereby to enkindle devotion and the holy love of God in our souls.

And, indeed, if we speak of doing something agreeable to God, what can a soul do more agreeable to Him than to receive Communion? St. Denis teaches us that love always tends towards perfect union; but how can a soul be more perfectly united with Jesus than in the manner of which He speaks Himself, saying: *He that eateth My flesh and drinketh My blood abideth in Me and I in him?* [Qui manducat meam carnem et bibit meum sanguinem, in me manet, et ego in eo] *John*, vi. 57.] St. Augustine says, that if every day you receive this sacrament, Jesus will be always with you, and you will always advance in divine love.

Again, if there is question of healing our spiritual infirmities, what more certain remedy can we have than the Holy Communion, which is called by the sacred Council of Trent "a remedy whereby we may be freed from daily faults, and be preserved from mortal sins." ["Antidotum quo liberemur a culpis quotidianis, et a peccatis mortalibus praeservemur." Sess. xiii. c. 2.]

Whence does it come, asks

28

Cardinal Bona, that in so many souls we see so little fruit with so frequent Communions, and that they constantly relapse into the same faults? He replies: "The fault is not in the food, but in the disposition of him who receives." ["*Defectus non in cibo est, sed in edentis dispositione.*" De Sacr. M. c. 6, 6.] Can a man, says Solomon, hide fire in his bosom, and his garments not burn? God is a consuming fire. [*Ignis consumens est.* Deut. iv. 24.] He comes Himself in the Holy Communion to enkindle this divine fire; how is it, then, says William of Paris, that we see so diabolical a miracle as that souls should remain cold in divine love in the midst of such flames?

All comes from the want of proper dispositions, and especially from want of preparation. Fire immediately inflames dry but not green wood; for this latter is not disposed to burn. The saints derived great benefit from their Communions, because they prepared themselves with very great care. St. Aloysius Gonzaga devoted three days to his preparation for Holy Communion, and three days he spent in thanksgiving to his Lord.

To prepare well for Holy Communion, a soul should be disposed on two main points: it should be detached from creatures, and have a great desire to advance in divine love.

1. In the first place, then, a soul should detach itself from all things, and drive everything from its heart which is not God. *He that is washed, saith Jesus, needeth not but to wash his feet, but is clean wholly;* ["Qui lotus est, non indiget nisi ut pedes lavet." *John*, xiii. 10.] which signifies, as St. Bernard explains it, that in order to receive this sacrament with great fruit, we should not only be

cleansed from mortal sins, but our feet also should be washed, that is, free from earthly affections; for being in contact with the earth, they excite a sort of repugnance in God, and soiling the soul, prevent the effects of the Holy Communion.

St. Gertrude asked our Lord what preparation He required of her for the Holy Communion; and He replied: "I only ask that thou shouldst come empty of thyself, to receive Me."

2. In the second place, it is necessary, in the Holy Communion, to have a great desire to receive Jesus Christ and His holy love. In this sacred banquet, says Gerson, only those who are famishing receive their fill; and the most blessed Virgin Mary had already said the same thing: *He hath filled the hungry with good things.* ["*Esurientes implevit bonis.*" Luke, i. 53.]

As Jesus, writes the Venerable Father Avila, only came into this world after He had been much and long desired, so does He only enter a soul that desires Him; for it is not becoming that such food should be given to him who has a loathing for it.

Our Lord one day said to St. Matilda: "No bee flies with such impetuosity to flowers, to suck their honey, as I fly to souls in the Holy-Communion, driven by the violence of my love." [*Spir. Grat.* 1. 2, c. 3.] Since then, Jesus Christ has so great a desire to come into our souls, it is right that we also should have a great desire to receive Him and His divine love by the Holy Communion. St. Francis de Sales teaches us that the principal object which a soul should have in view in communicating should be, to advance in the love of God; since He who for love alone gives Himself to us should be received for love.



## St. Alphonsus Ligouri's

### ACTS BEFORE COMMUNION.

#### 1. An Act of Faith.

*Behold, He cometh leaping upon the mountains, skipping over the hills.* ["*Ecce iste venit saliens in montibus, transiliens colles*" *Cant.* ii. 8. 2]

Ah, my most amiable Saviour, over how many, what rough and craggy mountains, hast Thou had to pass in order to come and unite Thyself to me by means of this most holy sacrament!

Thou, from being God,  
hadst to become man;  
from being immense,  
to become a babe;  
from being Lord,  
to become a servant.



Thou hadst to pass from the bosom of Thy Eternal Father  
to the womb of a Virgin;  
from heaven into a stable;  
from a throne of glory  
to the gibbet of a criminal.  
And on this very morning Thou wilt come from Thy seat in heaven to dwell in my bosom.

*Behold He standeth behind our wall, looking through the windows, looking through the lattices?* ["*En ipse stat post parietem nostrum, respiciens per fenestras, prospiciens per cancellos.*" *Cant.* ii. 9.]

Behold, O my soul, thy loving Jesus, burning with the same love with which He loved thee when dying for thee on the Cross, is now concealed in the Most Blessed Sacrament under the sacred species; and what is He doing? Looking through the lattices. As an ardent lover, desirous to see you correspond to His love, from the

Host, as from within closed lattices, whence He sees without being seen, He is looking at you, who are this morning about to feed upon His divine Flesh; He observes your thoughts, what it is that you love, what you desire, what you seek for, and what offerings you are about to make Him.

Awake, then, my soul, and prepare to receive thy Jesus; and, in the first place, by faith, say to Him: So, then, my beloved Redeemer, in a few moments Thou art coming to me? O hidden God, unknown to the greater part of men, I believe, I confess, I adore Thee in the Most Holy Sacrament as my Lord and Saviour! And in acknowledgment of this truth I would willingly lay down my life. Thou comest to enrich me with Thy graces and to unite Thyself entirely to me; how great, then, should be my confidence in this Thy so loving visit!



#### 2. An Act of Confidence.

My soul, expand thy heart. Thy Jesus can do Thee every good, and, indeed, loves thee. Hope thou for great things from this thy Lord, who, urged by love, comes all love to thee.

Yes, my dear Jesus, my hope, I trust in Thy Goodness, that, in giving Thyself to me this morning, Thou wilt enkindle in my poor heart the beautiful flame of Thy pure love, and a real desire to please Thee; so that, from this day forward, I may never will anything but what Thou wilt.



#### 29 3. An Act of Love.

Ah, my God, my God, true and only love of my soul, and what more couldst Thou have done to be loved by me? To die for me was not enough for Thee, my Lord; Thou wast pleased to institute this great sacrament in order to give Thyself all to me, and thus bind and unite Thyself heart to heart with so loathsome and ungrateful a creature as I am. And what is more, Thou Thyself invitest me to receive Thee, and desirest so much that I should do so!  
O boundless Love!  
Incomprehensible Love!  
Infinite love!  
a God would give Himself all to me!  
My soul, believest thou this?  
And what doest thou?  
what sayest thou? O God, O God,  
O infinite amiability, only worthy object of all love,  
I love Thee with my whole heart,  
I love Thee above all things,  
I love Thee more than myself,  
more than my life!

Oh, could I but see Thee loved by all! Oh, could I but cause Thee to be loved by all hearts as much as Thou deservest! I love Thee, O most amiable God, and I unite my miserable heart in loving Thee to the hearts of the Seraphim, to the heart of the most blessed Virgin Mary, to the Heart of Jesus, thy most loving and beloved Son. So that, O Infinite Good, I love Thee with the love with which the saints, with which Mary, with which Jesus love Thee. And I love Thee only because Thou art worthy of it, and to give Thee pleasure. Depart, all earthly affections, that are not for God, depart from my heart.

Mother of fair love, most holy Virgin Mary, help me to love that God whom Thou dost so ardently desire to see loved!

#### 4. *An Act of Humility.*

Then, my soul, thou art even now about to feed on the most sacred flesh of Jesus! And art thou worthy? My God, and who am I, and who art Thou? I indeed know and confess who Thou art that givest Thyself to me; but dost Thou know what I am who am about to receive Thee? And is it possible, O my Jesus, that Thou who art infinite purity desirest to come and reside in this soul of mine, which has been so many times the dwelling of Thy enemy, and soiled with so many sins? I know, O my Lord, Thy great Majesty and my misery; I am ashamed to appear before Thee. Reverence would induce me to keep at a distance from Thee; but if I depart from Thee, O my life, whither shall I go? To whom shall I have recourse? and what will become of me? No, never will I depart from Thee; nay, even I will ever draw nearer and nearer to Thee. Thou art satisfied that I should receive Thee as food, Thou even invitest me to this. I come then, O my amiable Saviour, I come to receive Thee this morning, all humbled and confused at the sight of my defects; but full of confidence in Thy tender mercy, and in the love which Thou bearest me.



#### 5. *An Act of Contrition.*

I am indeed grieved, O God of my soul, for not having loved Thee during the time past; what is still worse, so far from loving Thee, and to gratify my own inclinations, I have greatly offended and outraged Thy infinite goodness: I have turned my back upon Thee,

30

I have despised Thy grace and friendship; in a word, O my God, I was deliberate in my will to lose Thee.

Lord, I am sorry, and grieve for it with my whole heart. I detest the sins which I have committed, be they great or small, as the greatest of all my misfortunes, because I have thereby offended Thee, O Infinite Goodness. I trust that Thou hast already forgiven me; but if Thou hast not yet pardoned me, oh, do so before I receive Thee: wash with Thy Blood this soul of mine, in which Thou art so soon about to dwell.



#### 6. *An Act of Desire.*

And now, my soul, the blessed hour has arrived in which Jesus will come and take up his dwelling in thy poor heart. Behold the King of Heaven, behold thy Redeemer and God, who is even now coming; prepare thyself to receive Him with love, invite Him with the ardor of thy desire.

Come, O my Jesus, come to my soul, which desires Thee. Before Thou givest Thyself to me, I desire to give Thee, and I now give Thee, my miserable heart; do Thou accept it, and come quickly to take possession of it. Come, my God! hasten; delay no longer. My only and Infinite Good, my treasure, my life, my Paradise, my love, my all, my wish is to receive Thee with the love with which the most holy and loving souls have received Thee; with that with which the most blessed Virgin Mary received Thee; to their Communion I unite this Communion of mine.



Most holy Virgin and my Mother Mary, behold, I already approach to receive thy Son. Would that I had the heart and love with which thou didst communicate! Give me this morning thy Jesus, as thou didst give Him to the shepherds and to the kings. I intend to receive Him from thy most pure hands. Tell Him that I am thy servant and thy client; for He will thus look upon me with a more loving eye, and now that He is coming, will press me more closely to Himself.

#### **Prayers to which Indulgences are attached.**

May the Most Blessed Sacrament be ever thanked and praised!

Blessed be the holy and Immaculate Conception of the Blessed Virgin Mary!

#### **Prayer of St. John Chrysostom**

We give Thee thanks, O most merciful Lord and Redeemer of our souls, for this day Thou hast made us worthy by means of these immortal and heavenly mysteries.

Direct our way; keep us in fear of Thee; guard our lives; and make our steps firm through the prayers and intercessions of the glorious and holy Mother of God and ever-Virgin Mary. Be exalted above the heavens, O God, and above all the earth, Thy glory, now and forever and ever. Amen.

#### **St. Thomas More Prayer: Give me the Grace**



Give me the grace

to long for Your Holy Sacraments, and especially to rejoice

in the presence of Your body, sweet Saviour Christ, in the Holy Sacrament of the altar. Amen.

## St. Alphonsus Ligouri's

### THANKSGIVING AFTER COMMUNION.

There is no prayer more agreeable to God, or more profitable to the soul, than that which is made during the thanksgiving after Communion. It is the opinion of many grave writers (Suarez, Cajetan, Valentia, De Lugo, and others), that the Holy Communion, so long as the sacramental species lasts, constantly produces greater and greater graces in the soul, provided the soul is then constant in disposing itself by new acts of virtue. The Council of Florence, in the decree of Eugenius IV to the Armenians, teaches that the Blessed Sacrament produces the same effect in the soul as material food, which, when it enters the body, takes effect according to the state in which it finds it.

For this reason, holy souls endeavor to remain as long as possible in prayer after Communion. The Venerable Father Avila, even when he was given his missions, used to remain for at least two hours in prayer. Father Balthasar Alvarez used to say, that we should set great value on the time after Communion, imagining that we hear from the lips of Jesus Christ Himself the words that He addressed to His disciples: *But Me you have not always with you.* ["Me autem non semper habetis." *Matt. xxvi. II.*]

It is not advisable, as many do, to begin to read immediately after Communion: it is then better to spend at least a short time in producing holy affections, and in conversing with Jesus, who is then

within us, and in repeating many times words of tenderness, or some feeling prayer. Jesus Christ repeated the same prayer in the garden three times: *And He prayed the third time, saying the self-same word.* ["Et oravit tertio, eundem sermonem dicens." *Matt. xxvi. 44.*]

In affections and prayers it is, then, that the soul should entertain itself with Jesus after Communion; for we must know, that the acts formed in prayer after Communion are far more precious and meritorious in the sight of God than when made at another time; for the soul being then united with Jesus, the value of the acts is increased by the presence of Jesus. We should, moreover, know, that after Communion Jesus Christ is more disposed to grant graces. St. Teresa says, that after Communion Jesus places Himself in the soul as on a throne of grace, and then says: *What wilt thou that I should do for thee?* [Quid tibi vis faciam?" *Mark, x. 51.*] meaning, O soul, I am come for the express purpose of granting thee graces: ask Me what thou wilt, and as much as thou wilt, thou shalt receive all.

Oh, what treasures of grace would you receive, devout soul, if you only entertained yourself with Jesus for an hour, or at least half an hour, after Communion! For this purpose you can read the following acts. After your prayer is ended be also careful during the whole day on which you have communicated to keep yourself united by affections and prayers with Jesus, whom you have received.



### 31 ACTS AFTER COMMUNION,

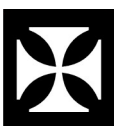
#### 1. An Act of Faith.

Behold, my God is even now come to visit me; my Saviour to dwell in my soul. My Jesus is even now within me. He is come to make Himself mine, and at the same time to make me His. So that Jesus is mine, and I belong to Jesus: Jesus is all mine, and I am all His.

O Infinite Goodness! O Infinite Mercy! O Infinite Love! that a God should come to unite Himself to me, and to make Himself all mine! My soul, now that thou art thus closely bound to Jesus, that thou art thus one with Him, what doest thou? Hast thou nothing to say to Him; dost thou not converse with thy God, who is with thee? Ah, yes, renew thy faith; remember that the angels now surround thee adoring their God, who is within thy breast; do thou also adore thy Lord within thyself. Enter into thyself, and banish thence every other thought. Unite all thy affections, and, clinging closely to thy God, say:

#### 2. An Act of Welcome.

Ah, my Jesus, my love, my infinite good, my all, be ever welcome in the poor dwelling of my soul! Ah, my Lord, where art Thou! to what a place art Thou come! Thou hast entered my heart, which is far worse than the stable in which Thou wast born; it is full of earthly affections, of self-love, and of inordinate desires. And how couldst Thou come to dwell there? I would address Thee with St. Peter: *Depart from me, for I am a sinful man.* ["Exi a me, quia homo peccator sum." *Luke, v. 8.*] Yes, depart from me, O Lord, for I am



indeed unworthy to receive a God of infinite goodness; go and find repose in those pure- souls who serve Thee with so much love. But no, my Redeemer; what do I say? Leave me not; for if Thou departest, I am lost. I embrace Thee, my life; I cling to Thee. Mad indeed have I been in having separated myself from Thee for the love of creatures; and in my ingratitude I drove Thee from me. But now I will never more separate myself from Thee, my treasure; I desire to live and die ever united to Thee. Most blessed Virgin Mary, Seraphim, and all souls, do ye who love God with pure love lend me your affections, that I may worthily attend on my beloved Lord.

### 3. An Act of Thanksgiving.

My God and Lord, I thank Thee for the grace which Thou hast this morning bestowed upon me, of coming to dwell in my soul; but I would wish to thank Thee in a manner worthy of Thee and of the great favor which Thou hast done me. But what do I say? how can so miserable a creature as I am ever worthily thank Thee?

Father Segneri says that the feeling most becoming a soul that communicates is that of wondering astonishment at the thought, and to repeat, "A God is united to me; a God is mine!" David said, *What shall I render to the Lord for all the things that He hath rendered to me?* ["Quid retribuam Domino pro omnibus quae retribuit mihi?" Ps. CXV. 12.] But what return shall I make to Thee, my Jesus, who, after having given me so many of Thy good things, hast this morning,

32 moreover, given me Thyself? My soul, bless, then, and thank thy God as best thou canst. And thou, my Mother Mary, my holy advocates, my guardian angel, and all ye souls who love God, *Come and hear, all ye that fear God, and I will tell you what great things He hath done for my soul.* ["Venite, audite, . . . omnes qui timetis Deum, quanta fecit animae meae." Ps. lxxv. 16.] Come and bless and thank my God for me, admiring and praising the indeed great graces which He has granted me.



### 4. An Act of Oblation.

*My Beloved to me, and I to Him.* ["Dilectus meus mihi et ego illi" Cant. ii. 16.] Should a king go to visit a poor shepherd in his hut, what can the shepherd offer him other than his whole hut, such as it is? Since, then, O Jesus, my divine king, Thou hast come to visit the poor house of my soul, I offer and give Thee this house and my entire self, together with my liberty and will: *My Beloved to me, and I to Him.* Thou hast given Thyself all to me; I give myself all to Thee. My Jesus, from this day forward I will be no longer mine; I will be Thine, and all Thine. May my senses be Thine, that they may only serve me to please Thee. And what greater pleasure, says St. Peter of Alcantara, can be found, than that of pleasing Thee, most amiable,- most loving, most gracious God? I at the same time give Thee all the powers of my soul, and I will that they shall be all Thine; my memory I will only use to recall to mind Thy benefits and Thy Love; my understanding I will only use to think of Thee, who always thinkest

of my good; my will I will only use to love Thee, my God, my all, and to will only that which Thou wilt.

My most sweet Lord, I offer, then, and consecrate to Thee this morning all that I am and have my senses, my thoughts, my affections, my desires, my pleasures, my inclinations, my liberty; in a word, I place my whole body and soul in Thy hands.

Accept, O Infinite Majesty, the sacrifice of the hitherto most ungrateful sinner Thou hast ever had on earth; but who now offers and gives himself all to Thee. Do with me and dispose of me, O Lord, as Thou pleasest.

Come, O consuming fire, O divine love! and consume in me all that is mine, and that is displeasing in Thy most pure eyes, so that henceforward I may be all Thine, and may live only to execute, not Thy commands and counsels only, but also all Thy holy desires and Thy good pleasure. Amen.

O most holy Mary, do thou present this offering of mine to the Most Blessed Trinity with thine own hands; and do thou obtain their acceptance of it, and that they may grant me the grace to be faithful unto death. Amen, amen, amen.



### 5. An Act of Petition.

O my soul, what art thou doing? The present is no time to be lost: it is a precious time, in which thou canst receive all the graces that thou askest. Seest thou not the Eternal Father, who is lovingly beholding thee? For within thee He sees His beloved Son, the dearest object of His love.

Drive, then, far from thee all other thoughts; rekindle thy faith, enlarge thy heart, and ask for whatever thou wilt.

Hearst thou not Jesus Himself who thus addresses thee: *What wilt thou that I should do to thee?* [“Quid tibi vis faciam?” *Mark*, x. 51.] O soul, tell me, what dost thou desire of Me? I am come for the express purpose of enriching and gratifying thee; ask with confidence, and thou wilt receive all.

Ah! my most sweet Saviour, since Thou hast come into my heart in order to grant me graces, and desirest that I should ask Thee for them, I ask Thee not for the goods of the earth riches, honors, or pleasures; but grant me, I beseech Thee, intense sorrow for the displeasure that I have caused Thee; impart to me so clear a light, that I may know the vanity of this world, and how deserving Thou art of love. Change this heart of mine, detach it from all earthly affections; give me a heart conformable in all things to Thy holy will, that it may seek only that which is more pleasing to Thee, and have no other desire than Thy holy love: *Create a clean heart in me, O God.* [“Cor mundum crea in me, Deus.” - *Ps.* 1. 12]

I deserve not this; but Thou, my Jesus, deservest it, since Thou art come to dwell in my soul: I ask it of Thee through Thy merits, and those of Thy most holy Mother, and by the love which Thou bearest to Thy Eternal Father.

[Here pause, to ask Jesus for some other particular grace for yourself and for your neighbors. Do not

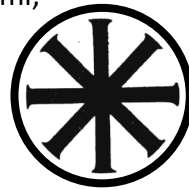
forget poor sinners, or the souls in Purgatory; and pray also for me, who composed this little book for your good [and for the compiler of this SJMBV Book].]

Eternal Father, Jesus Christ Himself, Thy Son, has said, *Amen, amen, I say to you, If you ask the Father anything in My Name, He will give it you.* [“Amen, amen, dico vobis: si quid petieritis Patrem in nomine meo, dabit vobis.” *John*, xvi. 23.] For the love, then, of this Son, whom I now hold within my breast, do Thou graciously hear me and grant my petition.

### Prayer of St. Alphonsus Rodriguez

Amores mei dulcissimi,  
Jesu et Maria!  
pro vobis patiar,  
pro vobis mortar;  
sim totus vester,  
sim nihil meus\*

(My most sweet Loves,  
Jesus and Mary,  
may I suffer for You,  
may I die for You;  
may I be all Yours,  
and in nothing my own!)



### Apostolic Constitutions Prayer

We thank You, our Father, for that life which You have made known to us by Jesus Your Son, by whom You made all things, and takest care of the whole world; whom You have sent to become man for our salvation; whom You have permitted to suffer and to die; whom You have raised up, and been pleased to glorify, and hast set Him down on Your right hand; by whom You have promised us the resurrection of the dead.

33 O Lord Almighty, everlasting God, gather together Your Church from the ends of the earth into Your kingdom, as this grain was once scattered, and is now become one loaf. We also, our Father, thank You for the Precious Blood of Jesus Christ, which was shed for us and for His precious Body, whereof we celebrate this representation, as Himself appointed us, to show forth His death (1 Corinthians 11:26). For through Him glory is to be given to You forever. Amen.

### Didache Thanksgiving Prayer

We thank Thee, holy Father, for Thy holy name which You didst cause to tabernacle in our hearts, and for the knowledge and faith and immortality, which You madest known to us through Jesus Thy Servant; to Thee be the glory for ever. Thou, Master almighty, didst create all things for Thy name's sake; You gavest food and drink to men for enjoyment, that they might give thanks to Thee; but to us You didst freely give spiritual food and drink and life eternal through Thy Servant. Before all things we thank Thee that You are mighty; to Thee be the glory for ever.

Remember, Lord, Thy Church, to deliver it from all evil and to make it perfect in Thy love, and gather it from the four winds, sanctified for Thy kingdom which Thou have prepared for it; for Thine is the power and the glory for ever. Let grace come, and let this world pass away. Hosanna to the God (Son) of David! If any one is holy, let him come; if any one is not so, let him repent. Maranatha. Amen.

†  
**The Universal Prayer of  
Saint Peter Canisius**

*(Recommended by Pope Benedict XVI)*

*Celebrant:* [Through Mary the Immaculate Conception Patroness of the United States,] With all our heart and with all our mind, let us turn to the Lord in prayer.

℣. **Kyrie eleison.** or

℣. **Lord, have mercy.**

℣. Lord, hear us.

℟. Lord, graciously hear us.

*Deacon:*

That the Almighty, eternal God, Lord and heavenly Father may look with His eyes of undeserved compassion on our sadness, misery and need. ℣. **Kyrie eleison.** or  
℣. **Lord, have mercy.**



That He may have mercy on all the Christian faithful, for whom His only-begotten Son, our Lord and Saviour, Jesus Christ, was content to give Himself into the hand of sinners and shed His Precious Blood on the wood of the Holy Cross. ℣. **Kyrie eleison.** or  
℣. **Lord, have mercy.**

For the sake of the Lord Jesus, that the most gracious Father may avert our well-deserved punishments, present danger and future threats, harm and outrage, arms and warfare, dearth and misfortune, sickness, and sorrowful, miserable times. ℣. **Kyrie eleison.** or  
℣. **Lord, have mercy.**

That, enlightened and strengthened in all goodness, our spiritual leaders and earthly rulers may do everything to further the Lord's honour as God, our salvation, the common peace, and the welfare of all His people. ℣. **Kyrie eleison.** or  
℣. **Lord, have mercy.**

That the God of peace may grant us

34 a true unity in faith, free of all division and separation; that He may convert our hearts to true repentance and amendment of life; that He may kindle in us the fire of His love and give us hunger and zeal for justice in all things, so that we, as obedient children through life unto death, may be pleasing to Him and find favour in His sight.

℣. **Kyrie eleison.** or

℣. **Lord, have mercy.**

That, as He willed us, God will hear our prayers for our friends and enemies, for the healthy and the sick, for all Christians in sadness and distress, for the living and the dead. ℣. **Kyrie eleison.** or  
℣. **Lord, have mercy.**

To You, O Lord, be entrusted whatever we do, whatever our path, our work and our dealings, our living and dying. Let us delight in His grace here in this world, and attain the next with all His chosen ones, to praise, honour and extol Him in unending joy and blessedness. ℣. **Kyrie eleison.** or  
℣. **Lord, have mercy.**

Thus keeping to mind the glories of heaven, let us turn to our most holy and immaculate, most blessed and glorious Lady, the Mother of God and ever Virgin Mary, together with all the saints, and call upon the aid of her powerful intercession at this moment, as we pray: **Hail, Mary, full of grace ....**

℣. **Kyrie eleison.** or

℣. **Lord, have mercy.**



Let us commend ourselves and one another and our whole life to Christ our God, as with Him we bring these and all our prayers before the good and holy, loving Father ...

[Prayer of Silence]

℣. **Kyrie eleison.** or

℣. **Lord, have mercy.**

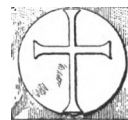
*Celebrant:*

Grant us this, O Lord, heavenly Father, through Jesus Christ, Your beloved Son, Who lives and reigns with You and the Holy Spirit, one God, for ever and ever.  
℟. Amen.



or

Almighty God and Father, look down upon us Your children, hear and answer our prayers if they are in accord with Your Holy Will, which is Love and Mercy Itself, as we ask all these things through Christ our Lord. ℟. Amen.



**Saint Alphonsus on the Memento  
for the Living and the Dead**

The letters **N. N.**, that occur in the Canon, serve to express all the names of those for whom he wishes to pray. In olden times tablets called diptychs were used; they were double-folded, and on them were registered the names of those for whom prayers were to be said. It must be observed that the *Memento is best made before Mass*, in order that he may not become tedious to those that are present. . . . the celebrant mentions all the living Christians according as his pious wish may inspire him.

For the convenience of priests we add here the formula of this **Memento**, which Cardinal Bona gives in his treatise on the Sacrifice of the Mass:

“O God of heaven and earth, never-failing source of every good, I, a most miserable sinner and most unworthy minister of Thy Church, because this Sacrifice has an infinite power of impetration, I offer it for my necessities and those of all the living and the dead.

And first, the fruit that I can and should derive from it I chiefly apply to him for whom I intend to celebrate; and if perchance it happens that he does not need it, or is incapable of it, I desire and wish that this fruit should be obtained by N., with the application of the indulgence to myself, or to such a deceased person.

But, secondarily, without prejudice to him for whom I am primarily obliged or intend to offer it, I offer it for all those that are specially recommended to me, for N. and N., for obtaining such a grace, . . . and for all the living and the dead, for whom Thou wishest me, Thy unworthy servant, to exercise Thy ministry, in order that, granting rest to the dead, Thou mayest confer upon the living the grace of serving Thee and of persevering till the end in Thy love. Amen."

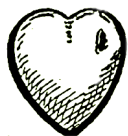
The same author says:

"In order that you may remember all for whom you must pray, after you have said MEMENTO, DOMINE, FAMULORUM FAMULARUMQUE TUARUM, and in order that the prayers may be more efficacious, it will be of great profit to unite them to the sufferings of Christ our Lord in the following manner:

1. You should pray for yourself *by the Blood that was shed for us*, in order that through it you may atone for your sins and obtain those virtues that are most necessary for you and for final perseverance;



2. *By the pierced side*, you should recommend the Church that came forth from it;



3. *By the Head crowned with thorns*, the Sovereign Pontiff, all the princes, and the whole ecclesiastical hierarchy;



4. *By the Wound of the right hand*, your friends, relatives, and benefactors;



5. *By the Wound of the left hand*, all those that hate you, or have given you some trouble or scandal;



6. *By His transpierced right foot*, your Superiors and those things that you have confided to them;



7. *By His transpierced left foot*, those that are in mortal sin, that they may return to the right path;



8. *By the scourges, spittle, and blows*, the heathen, heretics, and the rest of unbelievers, who dishonor God;



9. *By the crucifixion*, the religious of all Orders, that they may voluntarily embrace with courage the sufferings of their martyrdom;



10. *By His thirst*, all those that have you to pray for them.



11. *By His agony in the garden*, all those that find themselves in any calamity, peril, necessity, temptation, or any trouble whatever;



12. *By His death and burial*, all the just, in order that, buried with Jesus Christ, they may persevere in justice.

But above all, you should pray for those whom God wishes you to remember, and whom you do not know; for those whom God loves particularly, although you know not their number nor their name; for it is most pleasing to Him that you are mindful of His friends.

35 In another place, St. Alphonsus writes:

*With regard to prayers for others, it will be well for the priest to recommend in the holy Mass those who are named in [this] Memento:*  
MEMENTO OF THE LIVING

O Lord! I recommend to Thee:

**I.** The Sovereign Pontiff, and all prelates, confessors, preachers, and priests: grant them zeal and the spirit of their state, that they may give themselves to the salvation of souls.

**II.** My relatives, friends, and enemies; the dying who are on the point of leaving this world; and all the faithful who are in Thy grace: give them, O Lord, perseverance and the fervor in Thy love.

**III.** All infidels, heretics, and sinners: give them light and strength, that they may all know and love Thee.

MEMENTO OF THE DEAD

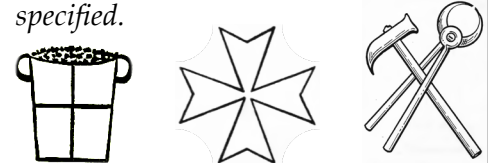
I recommend to Thee, O Lord!:

**I.** The souls of my parents, benefactors, friends, and enemies; and of those who are in Purgatory through my fault.

**II.** The souls of the priests, and especially of those who labored for souls.

**III.** The souls of those who were most devout to the Passion of Jesus Christ, to the most Holy Sacrament, and to the divine Mother; the souls who are the most forgotten; those who are suffering the most; and those who are nearest to the gate of Paradise.

*Each Memento may be repeated every day; at least the intention may be made of recommending those here specified.*



## Exposition

O salutaris Hostia  
 Quae caeli pandis ostium;  
 Bella premunt hostilia,  
 Da robor, fer auxillium.



Uni trinoque Domino  
 Sit sempiterna gloria,  
 Qui vitam sine termino  
 Nobis donet in patria. Amen.

O Saving Victim, open wide  
 The gate of heav'n to man below  
 Our foes press on from ev'ry side;  
 Your aid supply,  
 Your strength bestow.

To Your great Name  
 be endless praise,  
 Immortal Godhead, One in Three;  
 O grant us endless length of days  
 In our true native land with Thee.  
 Amen.

***O Sacrament Most Holy!***

***O Sacrament Divine!***

***All Praise and***

***all Thanksgiving***

***be every moment Thine.***



## CLOSING HYMN

**Holy God, we praise Thy name;**

Lord of all, we bow before Thee;  
 All on earth Thy scepter claim,  
 All in heaven above adore Thee.

Infinite Thy vast domain,  
 Everlasting is Thy reign.  
 Infinite Thy vast domain,  
 Everlasting is Thy reign.



**Hark the loud celestial hymn;**

Angel choirs above are raising;  
 Cherubim and Seraphim,  
 In unceasing chorus praising,  
 Fill the heavens with sweet accord;  
 Holy, Holy, Holy, Lord!  
 Fill the heavens with sweet accord;  
 Holy, Holy, Holy, Lord!

**Holy Father, Holy Son**

Holy Spirit, Three we name Thee.  
 While in essence only One,  
 Undivided Three we claim Thee.

36

## Benediction

Tantum ergo Sacramentum  
 Veneremur cernui:  
 Et antiquum documentum  
 Novo cedat ritui:  
 Præstet fides supplementum  
 Sensuum defectui.



Genitori, Genitoque  
 Laus et iubilatio,  
 Salus, honor, virtus quoque  
 Sit et benedictio:  
 Procedenti ab utroque  
 Compar sit laudatio. Amen.

Down in adoration falling,  
 Lo the sacred Host we hail;  
 over ancient forms of worship  
 newer rites of grace prevail;  
 Faith will tell us Christ is present,  
 When our human senses fail.

To the everlasting Father,  
 And the Son who made us free,  
 And the Spirit Blest proceeding  
 From them Each eternally,  
 Be salvation, honor, blessing,  
 Might and endless majesty.  
 Amen.

[V. You have given them Bread  
 from heaven (P.T. Alleluia)]

[R. Having all sweetness within It.  
 (P.T. Alleluia)]

Let us pray:

O God, who in this wonderful  
 Sacrament have left us a  
 memorial of Your Passion,  
 grant us, we pray, so to revere the  
 sacred mysteries of Your Body  
 and Blood that we may always  
 experience in ourselves the fruits  
 of Your Redemption. Who live  
 and reign with God the Father in  
 the unity of the Holy Spirit, one  
 God, for ever and ever. [R.] Amen.

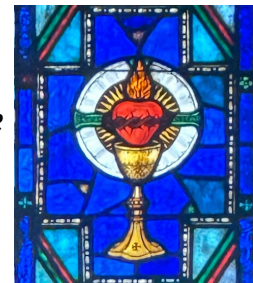
And Adoring, bend the knee  
 While we own the mystery.  
 And Adoring, bend the knee  
 While we own the mystery.

## Reposition

### DIVINE PRAISES

Blessed be God.  
 Blessed be His holy Name.  
 Blessed be Jesus Christ,  
 true God and true man.  
 Blessed be the Name of  
 Jesus.  
 Blessed be His most Sacred  
 Heart.  
 Blessed be His most Precious  
 Blood.  
 Blessed be Jesus in the most  
 holy Sacrament  
 of the altar.  
 Blessed be the Holy Spirit,  
 the Paraclete.  
 Blessed be the great Mother  
 of God, Mary most holy.  
 Blessed be her holy  
 and Immaculate  
 Conception.  
 Blessed be her glorious  
 Assumption.  
 Blessed be the name of Mary,  
 Virgin and Mother.  
 Blessed be Saint Joseph,  
 her most chaste Spouse.  
 Blessed be God in His Angels  
 and in His Saints.

*May the Most  
 Sacred Heart  
 of Jesus, in the  
 Most Blessed  
 Sacrament  
 of the altar,*



*be praised, adored, and loved  
 with grateful affection,  
 at every moment,  
 in all the tabernacles  
 of the world,  
 even to the end of time. Amen.*

## ASPERGES

Aspérget me, Dómine, hyssópo,  
et mundábor: lavábis me,  
et super nivem dealbábor.

Miserére mei, Deus, secúndum  
magnam misericórdiam tuam.

**P. Glória Patri, et Fílio, et Spirítui  
Sancto.**

S. Sicut erat in princípío, et nunc,  
et semper, et in sæcula  
sæculórum. Amen.

**Aspérget me.** Dómine,  
hyssópo, et mundábor:  
lavábis me,  
et super nivem dealbábor.



**Thou shalt sprinkle** me, O Lord,  
with hyssop, and I shall be  
cleansed;

Thou shalt wash me, and I shall  
become whiter than snow.

Have mercy on me, O God,  
according to Thy great mercy.

**P. Glory be** to the Father, and to  
the Son, and to the Holy Ghost.

S. As it was in the beginning, is  
now, and ever shall be, world  
without end. Amen.

**Thou shalt sprinkle** me, O Lord,  
with hyssop,  
and I shall be cleansed;

Thou shalt wash me, and I shall  
become whiter than snow.

*At the foot of the altar the priest says:*

**P. Osténde** nobis, Dómine,  
misericórdiam tuam.

S. Et salutáre tuum da nobis.

**P. Dómine,** exáudi oratiónem  
meam.

S. Et clamor meus ad te véniat.

**P. Dóminus** vobíscum.

S. Et cum spírítu tuo.

**P. Orémus.**

Exáudi nos, Dómine sancte, Pater  
omnípotens, ætérne Deus, et  
míttre dignéris sanctum Angelum  
tuum de cælis, qui custódiat,  
fóveat, prótegat, vísitet, atque  
deféndat omnes habitántes  
in hoc habitáculo.  
Per Christum Dóminum nostrum.

**P. Show us,** O Lord, Thy mercy.  
S. And grant us Thy salvation.

**P. O Lord,** hear my prayer.  
S. And let my cry come unto Thee.

**P. The Lord** be with you.

S. And with thy spirit.

**P. Let us pray.**

Hear us, O holy Lord, almighty  
Father, everlasting God, and  
vouchsafe to send Thy holy Angel  
from heaven, to guard, cherish,  
protect, visit and defend all that  
are assembled in this place:  
Through Christ our Lord.

S. Amen.

*(From Easter to Pentecost)*

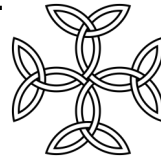
**Vidi aquam** egrediéntem de  
templo, a látere dextro, allelúia:  
et omnes ad quos pervénit aqua  
ista salvi facti sunt et dicent:  
allelúia, allelúia.

**I saw water** flowing from the right  
side of the temple, alleluia; and all  
they to whom that water came  
were saved, and they shall say,  
alleluia, alleluia.

**Confitémini Dómino,** quóniam  
bonus: quóniam in sæculum  
misericórdia ejus.

**Praise the Lord,** for He is good;  
for His mercy endureth forever.

**P. Osténde nobis . . .**



## LAST GOSPEL

**P. Dóminus** vobíscum.

S. Et cum spírítu tuo.

**P. + Inítium** sancti Evangéllii  
secúndum Joánnem.

S. Glória tibi, Dómine.

In princípío erat Verbum, et  
Verbum erat apud Deum, et Deus  
erat Verbum. Hoc erat in princípío  
apud Deum. Omnia per ipsum facta  
sunt: et sine ipso factum est nihil,  
quod factum est: in ipso vita erat, et  
viat erat lux hóminum: et lux in  
ténébris lucet, et ténebræ eam non  
comprehendérunt.

Fuit homo missus a Deo, cui  
nomen erat Joánnes. Hic venit in  
testimónium, ut testimónium  
perhiberet de lúmine, ut omnes  
créderent per illum. Non erat ille  
lux, sed ut testimónium perhiberet  
de lúmine.

Erat lux vera, quæ illúminat  
omnem hóminem veniéntem in  
hunc mundum. In mundo erat,  
et mundus per ipsum factus est,  
et mundus eum non cognóvit.  
In própria venit, et sui eum non  
recepérunt. Quotquot autem

37 recepérunt eum, dedit eis  
potestátem filios Dei fieri, his,  
qui credunt in nómine ejus:  
qui non ex sanguínibus,  
neque ex voluntáte carnis,  
neque ex voluntáte viri,  
sed ex Deo nati sunt. [*Genuflect*]

ET VERBUM CARO

FACTUM EST,

et habitávit in nobis:

et vídimus glóriam ejus, glóriam  
quasi Unigéniti a Patre,  
plenum grátiae et veritátis.

S. Deo grátias.

**P. The Lord** be with you.

S. And with thy spirit.



**P. + The beginning** of the holy  
Gospel according to Saint John.

S. Glory be to Thee, O Lord.

In the beginning was the Word,  
and the Word was with God, and  
the Word was God. The same was in  
the beginning with God. All things  
were made by Him, and without  
Him was made nothing that was  
made. In Him was life, and the life  
was the Light of men: and the Light  
shineth in darkness, and the  
darkness did not comprehend it.

There was a man sent from God,  
whose name was John.  
This man came for a witness,  
to bear witness of the Light, that all  
men through Him might believe. He  
was not the Light, but was to bear  
witness of the Light.

That was the true Light, which  
enlighteneth every man that  
cometh into this world. He was in  
the world, and the world was made  
by Him, and the world knew Him  
not. He came unto His own, and His  
own received Him not. But as many  
as received Him, to them He gave  
power to become the sons of God;  
to them that believe in His name:  
who are born, not of blood, nor of  
the will of the flesh, nor of the will  
of man, but of God. [*Genuflect*]

AND THE WORD WAS  
MADE FLESH,

and dwelt among us, and we saw  
His glory, the glory as of the Only-  
begotten of the Father,  
full of grace and truth.

S. Thanks be to God.

## Gloria

Glory to **God** in the highest,  
and on earth peace  
to people of good will.

We praise you,  
we bless you,

**we adore you,**

we glorify you.

**We give you thanks**

for your great glory,

Lord God, heavenly King,

O God, almighty Father.

Lord Jesus Christ,

only Begotten Son,

Lord God, Lamb of God,

Son of the Father,

You take away the sins of the  
world, have mercy on us;

You take away the sins of the  
world, **receive our prayer;**

You are seated at the right  
hand of the Father:

have mercy on us.

For you alone are the Holy

One, You alone are the Lord,

You alone are the Most High,

Jesus Christ,

With the Holy Spirit,

✠ in the glory of God

the Father. Amen.

## ⊕ Leonine Prayers

⊕ Hail Mary, full of grace, the Lord is  
with thee; blessed art thou amongst  
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. [3X]



38

## Hail Holy Queen

Hail, Holy Queen, Mother of Mercy,  
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 toward us,

and after this our exile

show unto us the blessed fruit

of thy womb, Jesus.

O clement, O loving,

O sweet Virgin Mary.

✠ Pray for us, O holy Mother of God.

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

**Let us pray:**

O God, our refuge and  
our strength, look down with mercy  
upon the people who cry to Thee;  
and by the intercession of the  
glorious and immaculate Virgin Mary,  
Mother of God, of Saint Joseph her  
spouse, of the blessed Apostles Peter  
and Paul, and of all the saints, in Thy  
mercy and goodness hear our prayers  
for the conversion of sinners, and for  
the liberty and exaltation of our Holy  
Mother the Church. Through the  
same Christ Our Lord. Amen.

**St. Michael the Archangel,**  
defend us in battle.

Be our protection against the  
wickedness and snares of the Devil.

May God rebuke him, we humbly  
pray, and do thou, O Prince of the

heavenly hosts,

by the power of God,

thrust into hell Satan,

and all the evil spirits,

who prowl about the world

seeking the ruin of souls. Amen.

**Most Sacred Heart of Jesus,**

*Have Mercy on us. [3X]*

Sorrowful and Immaculate Heart  
of Mary, ° *Pray for us.*

Mary, the Immaculate Virgin,

Patroness of the United States, °

Mary, Eternal Queen of Heaven, °

St. Joseph, ° *Pray for us.*

St. Joseph, Terror of Demons, °

St. Joseph, Patron of the Dying, °

[Saint of the Day; patron of parish] °

Our Guardian Angels and Patron

Saints, ° *Pray for us.*



## Nicene Creed

I believe in one God, the  
Father almighty, maker of  
heaven and earth, of all things  
visible and invisible.

I believe in one Lord Jesus  
Christ, the Only Begotten Son  
of God, born of the Father  
before all ages. God from God,  
Light from Light, true God  
from true God, begotten, not  
made, consubstantial with the  
Father; through him all things  
were made. For us men and for  
our salvation he came down  
from heaven,

**and by the Holy Spirit  
was incarnate of the  
Virgin Mary, and  
became man.**

For our sake he was crucified  
under Pontius Pilate, he  
suffered death and was buried,  
and rose again on the third day  
in accordance with the  
Scriptures. He ascended into  
heaven and is seated at the  
right hand of the Father. He  
will come again in glory to  
judge the living and the dead  
and his kingdom will have no  
end.

I believe in the Holy Spirit,  
the Lord, the giver of life, who  
proceeds from the Father and  
the Son, who with the Father  
and the Son is **adored** and  
glorified, who has spoken  
through the prophets.

I believe in one, holy,  
catholic and apostolic Church.  
I confess one Baptism for the  
forgiveness of sins and I look  
forward to the resurrection of  
the dead and ✠ the life of the  
world to come. Amen.

## PRAYERS AT THE FOOT OF THE ALTAR

**P. In the Name** of the Father, and of the Son, ✠ and of the Holy Spirit.  
S. Amen

**P. I will go** to the altar of God.  
S. To God, the joy of my youth.

### Psalm 42 (Omit during Passiontide and for Requiem Mass)

**P. Do me justice**, O God, and fight my fight against an unholy people, rescue me from the wicked and deceitful man.  
S. For Thou, O God, art my strength, why hast Thou forsaken me? And why do I go about in sadness, while the enemy harasses me?

**P. Send forth** Thy light and Thy truth: for they have led me and brought me to Thy holy hill and Thy dwelling place.

S. And I will go to the altar of God, to God, the joy of my youth.

**P. I shall yet** praise Thee upon the harp, O God, my God. Why art thou sad, my soul, and why art thou downcast?

S. Trust in God, for I shall yet praise Him, my Savior, and my God.

**P. Glory be** to the Father, and to the Son, and to the Holy Spirit.

S. As it was in the beginning is now, and ever shall be, world without end. Amen.

**P. I will go** to the altar of God.  
S. To God, the joy of my youth.

**P. Our help** ✠ is in the Name of the Lord.

S. Who made heaven and earth.

**P. I confess to** Almighty God . .

**P. May Almighty** God have mercy on you, forgive you your sins, and bring you to everlasting life.  
S. Amen

**P. May the Almighty** and Merciful Lord grant us pardon, ✠ absolution, and remission of our sins.  
S. Amen.

**P. Turn to us**, O God, and bring us life.  
S. And Your people will rejoice in You.

**P. Show us**, Lord, Your mercy.  
S. And grant us Your salvation

**P. O Lord**, hear my prayer.

S. And let my cry come to You.

**P. The Lord** be with you.

S. And with your spirit.

**P. Let us pray.**

**P. Take away** from us our iniquities, O Lord, we beseech You, that we may enter with pure minds into the Holy of Holies. Through Christ our Lord. Amen.

**P. We beseech** You, O Lord, by the merits of Your Saints whose relics lie here, and of all the Saints, deign in Your mercy to pardon me all my sins. Amen.

### PREPARATIO AD PEDEM ALTARIS

**P. In nomine** Patris, et Filii, ✠ et Spiritus Sancti.

S. Amen.

**P. Introibo** ad altare Dei

S. Ad Deum qui laetificat juventutem meam.



### Psalm 42 (Omit during Passiontide and for Requiem Mass)

**P. Judica me**, Deus, et discerne causam meam de gente non sancta: ab homine iniquo et doloso erue me.

S. Quia tu es, Deus, fortitudo mea: quare me repulisti, et quare tristis incedo, dum affligit me inimicus?

**P. Emitte** lucem tuam et veritatem tuam: ipsa me deduxerunt et adduxerunt in montem sanctum tuum, et in tabernacula tua.

S. Et introibo ad altare Dei: ad Deum qui laetificat juventutem meam.

**P. Confitebor** tibi in cithara, Deus, Deus meus quare tristis es anima mea, et quare conturbas me?

S. Spera in Deo, quoniam adhuc confitebor illi: salutare vultus mei, et Deus meus.

**P. Gloria** Patri, et Filio, et Spiritui Sancto.

S. Sicut erat in principio, et nunc, et semper: et in saecula saeculorum. Amen.

**P. Introibo** ad altare Dei.

S. Ad Deum qui laetificat juventutem meam.

**P. Adjutorium** nostrum ✠ in nomine Domini.

39 S. Qui fecit coelum et terram.

**P. Confiteor Deo** omnipotenti, beatae Mariae semper Virgini, beato Michaeli Archangelo, beato Joanni Baptistae, sanctis Apostolis Petro et Paulo, omnibus Sanctis, et vobis, fratres, [et tibi, pater] quia peccavi nimis cogitatione, verbo, et opere: *(percutit sibi pectus ter, dicens)* mea culpa, mea culpa, mea maxima culpa. Ideo precor beatam Mariam semper Virginem, beatum Michaellem Archangelum, beatum Joannem Baptistam, sanctos Apostolos Petrum et Paulum, omnes Sanctos, et vos, fratres, [et te, pater] orare pro me ad Dominum Deum nostrum.

**P. Misereatur** nostri [tui/vestri] omnipotens Deus, et dimissis peccatis nostris [tuis/vestris], perducat nos [te/vos] ad vitam aeternam.

S. Amen.

**P. Indulgentiam** absolutionem, ✠ et remissionem peccatorum nostrorum, tributat nobis omnipotens et misericors Dominus.

S. Amen.

**P. Deus**, tu conversus vivificabis nos.

S. Et plebs tua laetabitur in te.

**P. Ostende** nobis Domine, misericordiam tuam.

S. Et salutare tuum da nobis.

**P. Domine**, exaudi orationem meam.

S. Et clamor meus ad te veniat.

**P. Dominus** vobiscum.

S. Et cum spiritu tuo.

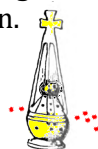
**P. Oremus.**

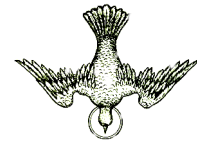
**P. Aufer** a nobis, quaesumus, Domine, iniquitates nostras ut ad Sancta sanctorum puris mereamur mentibus introire. Per Christum Dominum nostrum. Amen.

**P. Oramus te.** Domine, per merita Sanctorum tuorum, quorum reliquiae hic sunt, et omnium Sanctorum: ut indulgere digneris omnia peccata mea. Amen.

### INCENSE BLESSING

Ab illo benedicaris,  
in cujus honore cremaberis. Amen.





## PRIESTLY VESTING PRAYERS



*Whilst he washes his hands he prays:*

Give virtue to my hands, O Lord,  
that being cleansed from all stain



I might serve Thee with purity of mind and body.

*At the amice, whilst first it is placed on the head,*

Place upon me, O Lord, the helmet of salvation,  
that I may overcome the assaults of the devil.



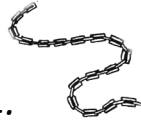
*At the alb, when it has been put on:*

Purify me, Lord, and cleanse my heart  
so that, washed in the Blood of the Lamb,  
I may enjoy eternal bliss.



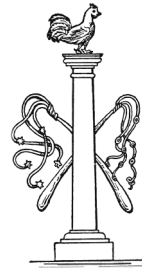
*At the cincture, whilst he ties it:*

Gird me, O Lord, with the girdle of purity,  
and extinguish in me all evil desires,  
that the virtue of chastity may abide in me.



*At the maniple, whilst it is placed on the left forearm:*

Grant, O Lord, that I may so bear  
the maniple of weeping and sorrow,  
that I may receive the reward  
for my labors with rejoicing.



*At the stole, whilst it is crossed around his neck:*

Restore unto me, O Lord, the stole of immortality,  
which was lost through the guilt of our first parents:  
and, although I am unworthy to approach Thy sacred  
Mysteries, nevertheless grant unto me eternal joy.

*At the chasuble, when it has been assumed:*

O Lord, Who said: My yoke is easy and My burden light:

grant that I may bear it well and follow after Thee with thanksgiving. Amen.

ORATIONES DICENDA CUM SACERDOS  
INDUITUR SACERDOTALIBUS PARAMENTIS

**Cum lavat manus:**

DA, DÓMINE, virtútem mánibus meis  
ad abstergéndam omnem máculam;  
ut sine pollutióne mentis et corporis  
váleam tibi servire.

**Ad AMICTUM:**

IMPÓNE, Dómine, cápiti meo  
gáleam salútis, ad expugnádos  
diabólicos incúrsus.

**Ad ALBAM:**

DEÁLBA me, Dómine, et munda cor  
meum, ut in sángine Agni dealbátus,  
gáudiis péfruar sempitérnis.

**Ad CINGULUM:**

PRACÍNGE me, Dómine,  
cingulo puritátis,  
et extingue in lumbis meis  
humorem libídinis;  
ut máneat in me virtus  
continéntia et castitátis.

**Ad MANIPULAM:**

MÉREAR, Dómine, portáre,  
manípulum fletus et dolóris;  
ut cum exsultatióne recípiam  
mercédem labóris.

**Ad STOLAM:**

REDDE mihi, Dómine, stolam  
immortalitatis, quam pérdidi in  
pravaricatióne primi paréntis:  
et quamvis indignus accedo ad tuum  
sacrum mystérium, mérear tamen  
gáudium sempiternum.

**Ad CASULAM:**

DÓMINE, qui dixisti: Jugum meum  
suáve est, et onus meum leve:  
fac, ut istud portáre sic váleam,  
quod cónsequar tuam grátiam. AMEN.





J.M.J.

**⊕ Before Mass, Prayer to Saint Joseph**

O Blessed Joseph, happy man, to whom it was given not only to see and to hear that God Whom many kings longed to see, and saw not, to hear, and heard not; but also to carry Him in your arms, to embrace Him, to clothe Him, and guard and defend Him.

∞. Pray for us, O Blessed Joseph.

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

Let us pray:

O God, Who has given us a royal priesthood, we beseech Thee, that as Blessed Joseph was found worthy to touch with his hands, and to bear in his arms, Thy 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 Thy holy altar; may we, this day, with reverent devotion partake of the Sacred Body and Blood of Your Only-begotten Son, and may we in the world to come be accounted worthy of receiving an everlasting reward. Through the same Christ our Lord. Amen.

**⊕ After Mass, Prayer to Saint Joseph**

O guardian and Father of Virgins, Holy Joseph, to whose faithful care was committed Christ Jesus, very innocence itself, and Mary, the Virgins of virgins, I beg and beseech thee through this doubly dear pledge of Jesus and Mary, that, preserved from all uncleanness, thou mayst make me with an undefiled mind, a pure heart, and a chaste body to serve Jesus and Mary ever more chastely. Amen.

