

MANUAL OF PRAYERS



Compiled by

The Reverend James D. Watkins

PONTIFICAL NORTH AMERICAN COLLEGE
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MORNING PRAYERS

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

Introductory Prayer to the Divine Office

At the beginning of the Office:

Lord God, I offer this Divine Office to you, together with the adoration and praise of the angels and saints in heaven, as well as that of all the priests of your Church and all other consecrated souls. I present to you, holy Father, through the Immaculate Heart of Mary, this chorus of prayer, made holy in the Heart of Jesus and made one with His most holy prayer. May all the words of this prayer be acts of pure love, adoration, thanksgiving, satisfaction, trust, and surrender to your holy Will. Let this prayer be for my weak self a spiritual communion, an act of humility, and of perfect self-denial; and may it be a sacrifice of praise and glory to you, O Blessed Trinity. Amen.

Thereafter, at the various Hours and at Vespers:

Eternal Father, through the Heart of Jesus, your Son, in union with the Immaculate Heart of Mary, I humbly offer you this holy Office as a sign of love and as a means of reparation.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you all my prayers, works, joys, and suffer-

ings of this day, for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends and in particular for the intentions of the Holy Father.

Domine, Deus Omnipotens

O Lord, Almighty God, who have brought us to the beginning of this day, save us today by your strength, so that we may not fall into any sin on this day, but always let our words, thoughts, and deeds be directed and proceed for the purpose of doing your justice. Through Christ our Lord. Amen.

Domine, Deus omnipotens, qui ad principium huius diei nos pervenire fecisti, tua nos hodie salva virtute, ut in hac die ad nullum declinemus peccatum, sed semper ad tuam iustitiam faciendam nostra procedant eloquia, dirigantur cogitationes et opera. Per Christum Dominum nostrum. Amen.

A Morning Prayer

Heavenly Father, I offer you this day all that I shall think or do or say, uniting it with what was done by Jesus Christ, your only Son. Amen.

O Jesus, I offer you my prayers, works, joys, and sufferings of this day. I join myself to all your people, in praying for the salvation of souls, the reunion of all Christians, the grace of repentance, and the intentions of the Holy Father. I wish to make my life this day a prayer on behalf of **N**. Amen.

A Morning Prayer to the Trinity

Most holy and adorable Trinity, one God in three Persons, I believe that you are here present; I adore you with the deepest humility, and render to you, with my whole heart, the homage which is due to your sovereign majesty. O my God, I most humbly thank you for all the favors you have bestowed upon me to the present moment. I give you thanks from the depth of my heart that you have created me after your own image and likeness, that you have redeemed me by the precious blood of your dear Son, and that you have preserved me and brought me safe to the beginning of another day. I offer to you, O Lord, my whole being, and in particular all my thoughts, words, actions and sufferings of this day. I consecrate them all to the glory of your name, beseeching you that through the merits of Jesus Christ, my Savior, they may all find acceptance in your sight. May your divine love animate them, and may they all tend to your greater glory. Adorable Jesus, my Savior and Master, model of all perfection, I resolve and will endeavor, this day, to imitate your example, to be, like you, mild, humble, chaste, zealous, charitable and resigned. I will redouble my efforts that I may not fall, this day, into any of those sins which I have heretofore committed (*especially*), and which I sincerely desire to forsake. O my God, you know my poverty and weakness, and that I am unable to do anything good without you; deny me not, O God, the help of your grace; proportion it to my necessities; give me strength to avoid everything

which you forbid, and to practice the good which you have commanded; and enable me to bear patiently all the trials which it may please you to send me. *Our Father + Hail Mary.*

*One may add here the Acts of Faith, Hope, and Love.
(See pp. 74-75.)*

O holy Virgin, Mother of God, my Mother and Patroness, I place myself under your protection; I throw myself with confidence into the arms of your compassion. Be to me, O Mother of mercy, my refuge in distress, my consolation under suffering, my advocate with thy adorable Son, now and at the hour of my death. Amen.

O faithful Guardian and Father of Virgins, Blessed Joseph, to whom was confided the care of Jesus, and of Mary the Queen of Virgins, I most humbly ask you, by the love with which you bore Jesus and Mary, to obtain for me that, being preserved from every stain during my whole life, I may ever be able to serve them with unspotted purity of mind and body. Amen.



Daily Intentions

O my God! I offer you all my prayers, works and sufferings of this day, in union with the Sacred Heart of Jesus, and through the Immaculate Heart of Mary, for the following intentions:

Sunday

To obtain a true spirit of zeal, religion, and piety. For the success of priests' work, and the spiritual welfare of those entrusted to their care.

Monday

Spirit of meekness and humility. Souls in purgatory, and Religious communities.

Tuesday

Spirit of Faith. Relatives, friends, and benefactors.

Wednesday

Spirit of Charity. The sick, dying, suffering, poor, and those who care for them.

Thursday

Love of the Holy Eucharist. Vocations to the Priesthood; conversion of unbelievers; needs of missionaries.

Friday

Spirit of mortification and self-sacrifice. Conversion of sinners.

Saturday

Love of chastity and of the Blessed Virgin. Schools and teachers; children and youth.

Add your own private intentions to those suggested above.

Morning Offerings

Sunday

Grant, O Lord, that none may love Thee less this day because of me; that never a word or act of mine may turn one soul from Thee; and, ever daring, yet one more grace would I implore, that many souls this day, because of me, may love Thee more. Amen.

Monday

Father, we offer to you this day all our thoughts, words, and actions, all our sufferings and disappointments, and all our joys. And we unite our lives with that of your beloved Son, Jesus Christ. Amen.

Tuesday

Father, you have brought us to the beginning of a new day. Your hand is upon us to care for and protect us. We offer you our lives and hearts. May we always do your will and love our neighbor as ourselves. Amen.

Wednesday

Father, we offer to you this day all our thoughts, words, and actions, all our sufferings and disappointments, and all our joys. And we unite our lives with that of your beloved Son, Jesus Christ. Amen.

Thursday

Father, you have brought us to the beginning of a new day. Your hand is upon us to care for and protect us. We offer you our lives and hearts. May we always do your will and love our neighbor as ourselves. Amen.

Friday

O my God, I offer you all my thoughts, words, actions, and sufferings; and I beseech you to give me your grace that I may not offend you this day, but may faithfully serve you and do your holy will in all things. Amen.

Saturday

O Jesus, through the most pure heart of Mary, I offer you all the prayers, works, sufferings and joys of this day, for the intentions of your Divine Heart. Amen.

