

Handbook of Prayers



Rev. James Socias
Publisher

The Order of Mass is taken from the
Roman Missal, Third Edition

Midwest Theological Forum



Downers Grove, IL

CONTENTS

1 Lord, Teach us to Pray

How to Be a Better Catholic

- 3 Universal Call to Holiness
- 7 Summary of Christian Beliefs
- 8 Spiritual Game Plan
- 11 Plan of Life
- 12 The Seven Sacraments
- 16 The Ten Commandments of God
- 17 The Beatitudes
- 19 The Precepts of the Church
- 20 Holy Days of Obligation
- 21 Days of Penance
- 22 The Sacredness of Human Life
- 23 Works of Mercy
- 23 The Corporal Works of Mercy
- 27 The Spiritual Works of Mercy
- 31 Church Laws Concerning Marriage
- 37 Indulgences
- 40 Sacramentals
- 40 Cardinal Virtues
- 41 Theological Virtues
- 43 Gifts of the Holy Spirit
- 43 Fruits of the Holy Spirit
- 44 Mortal and Venial Sins
- 45 Capital Sins and Opposed Virtues
- 45 Sins against the Holy Spirit
- 45 Sins that Cry to Heaven
- 46 Christian Prayer
- 49 Posture for Prayer
- 50 Praying as a Family
- 52 Understanding Sickness, Suffering, and Death
- 55 Some Aspirations
- 56 Decalogue for a Happy Spiritual Life

Basic Prayers

- 59 The Sign of the Cross
- 59 The Lord's Prayer
- 60 The Hail Mary
- 61 The Glory Be (The Doxology)
- 62 Morning Offering

- 62 Consecration to the Blessed Virgin Mary
- 62 Act of Faith
- 62 Act of Hope
- 62 Act of Charity
- 63 Prayer before a Day's Work
- 63 Abandonment to God's Providence
- 63 Abandonment to God's Providence (St. Teresa of Jesus)
- 63 Prayer to Keep the Presence of God
- 64 *Angele Dei*
- 64 *Symbolum Apostolorum*
- 64 *Oratio pro Pontifice*
- 65 Prayer to One's Guardian Angel
- 65 The Apostles' Creed
- 65 Prayer for the Pope

Midday Prayers

- 66 *Angelus*
- 67 *Regina Cæli* (Easter Time)

Evening Prayers

- 68 Brief Examination at Night
- 69 Time for Thanksgiving
- 70 I Confess
- 70 Psalm 50 (51)
- 71 *Confiteor*
- 71 *Psalmus 50 (51)*
- 74 Act of Contrition
- 74 Prayer for Vocations
- 74 Acceptance of Death
- 74 Jesus, Mary, and Joseph

Preparation for Mass

- 75 Introduction
- 78 Internal Preparation
- 80 Participation at Holy Mass
- 82 Intentions to Offer During Mass
- 84 *Oratio S. Ambrosii*
- 85 Prayer of St. Ambrose
- 86 *Oratio S. Thomæ de Aquino*
- 87 Prayer of St. Thomas Aquinas
- 88 *Oratio ad Beatam Mariam Virginem*
- 89 Prayer to the Virgin Mary (for priests)
- 90 *Formula Intentionis*
- 91 Statement of Intention (for priests)

- 92 *Preces ad S. Ioseph*
- 93 Prayer to St. Joseph (for priests)
- 94 Vesting Prayers (for priests)

The Eucharistic Sacrifice

- 96 This is the Mass
- 96 The Mass: Christ on the Cross
- 97 The Mass: The Sacrifice of the New Covenant
- 99 The Mass: The Sacrifice of the Church
- 100 The Mass: The Life of Each Christian
- 102 The Mass: External Participation
- 104 The Mass: Communion and Thanksgiving
- 105 Guidelines for Receiving Holy Communion
- 107 The Order of Mass (*Ordo Missæ*)

Prayers After Mass

- 246 *Placeat*
- 246 *Oratio S. Thomæ de Aquino*
- 247 Prayer to the Blessed Trinity
- 247 Prayer of St. Thomas Aquinas
- 248 *Oratio S. Bonaventuræ*
- 249 Prayer of St. Bonaventure
- 250 *Aspirationes ad Ssimum Redemptorem (Anima Christi)*
- 251 Prayer to Our Redeemer
- 252 *Oblatio Sui*
- 252 *Ad Iesum Christum Crucifixum*
- 253 Self-Dedication to Jesus Christ
- 253 Prayer to Jesus Christ Crucified
- 254 *Oratio Universalis*
- 255 The Universal Prayer
- 258 *Oratio ad Beatam Mariam Virginem*
- 258 *Oratio ad S. Ioseph*
- 259 Prayer to the Virgin Mary
- 259 Prayer to St. Joseph
- 260 *Canticum Trium Puerorum*
- 261 Canticle of the Three Children
- 262 *Psalmus 150*
- 263 Psalm 150
- 266 *Psalmus 2*
- 267 Psalm 2
- 268 *Oratio ad S. Michael Archangelum*
- 269 Prayer to St. Michael the Archangel
- 270 Litany of Humility

Communion Outside Mass

- 271 Short Rite
- 275 Communion of the Sick or Elderly
- 278 *Viaticum*

Eucharistic Adoration

- 280 Rite of Exposition and Benediction
- 286 *Adoro Te Devote*
- 287 I Devoutly Adore You
- 288 Visit to the Blessed Sacrament
- 288 Spiritual Communion

Holy Hour Before the Blessed Sacrament

- 290 Prayer Before Holy Hour
- 294 The Meaning of the Eucharistic Sacrifice
- 296 Prayer After Holy Hour
- 297 Act of Love

Guide for a Good Confession

- 299 Examination of Conscience
- 307 Shorter Examination of Conscience
- 308 Before Confession
- 310 During Confession
- 311 After Confession
- 312 Rite of Confession

Devotions to the Blessed Trinity

- 313 *Te Deum*
- 320 *Quicumque*
- 321 Athanasian Creed
- 328 *Angelicum Trisagium*
- 329 Angelic Trisagion

Devotions to Our Lord Jesus Christ

- 333 First Friday Devotion
- 339 Act of Consecration to the Sacred Heart of Jesus
- 341 Litany of the Sacred Heart of Jesus
- 343 Stations of the Cross
- 372 Acceptance of Death
- 374 *Oratio S. Augustini*
- 374 *Fiat, Adimpleatur*
- 375 Prayer of St. Augustine
- 375 Acceptance of Divine Will
- 376 Sonnet to Our Lord on the Cross

- 376 Prayer of St. Andrew (O Bona Crux)
- 377 The Chaplet of the Divine Mercy

Devotions to the Holy Spirit

- 381 Ten-Day Devotion to the Holy Spirit
- 408 *Veni Creator*
- 409 Come, Holy Spirit
- 410 Prayer for Purity of Body and Mind
- 410 Prayer in the Octave of Christian Unity

Devotions to the Blessed Virgin Mary

- 411 The Holy Rosary
- 413 Structure of the Rosary
- 415 Mysteries of the Rosary
- 416 We Fly to Your Patronage (*Sub Tuum Præsidium*)
- 417 Litany of the Blessed Virgin Mary
- 422 Meditations on the Mysteries of the Rosary
- 450 *Salve Regina*
- 451 Hail Holy Queen
- 452 *Memorare*
- 452 *Alma Redemptoris Mater*
- 452 *Ave Regina Cælorum*
- 453 The *Memorare*
- 453 Loving Mother of the Redeemer
- 453 Hail, O Queen of Heaven
- 454 *Stabat Mater Dolorosa*
- 455 At the Cross Her Station Keeping
- 458 Consecration to the Blessed Virgin
- 458 Blessed Be Your Purity
- 459 Blessing and Imposition with the Scapular
of Our Lady of Mount Carmel
- 461 Prayer to Our Lady of Guadalupe
- 463 Month of Mary (May Devotions)

Novenas

- 480 What Is a Novena?
- 481 Novena to the Immaculate Conception
- 504 Novena to Our Lady of Students, Mother of Fair Love
- 515 Novena to Our Lady, Undoer of Knots
- 516 Novena to St. Josemaria to Find Employment
- 519 Novena for a Happy and Faithful Marriage

Devotions to St. Joseph

- 536 Seven Sundays Devotion
- 555 Litany of St. Joseph

Various Prayers

- 557 Personal Meditation
- 557 Spiritual Reading
- 558 Blessing Before a Meal
- 558 Thanksgiving After a Meal
- 559 Some Aspirations

Prayers at the Time of Death

- 561 *Viaticum*
- 563 Commendation of the Dying
- 566 Litany of the Saints
- 568 Prayer of Commendation

Prayers for the Dead

- 569 Prayers After Death
- 570 Gathering in the Presence of the Body
- 573 Prayers at the Graveside
- 575 Additional Prayers for the Dead

Blessings

- 577 Blessing of Holy Water Outside Mass
- 581 Blessing of an Advent Wreath
- 582 Blessing of a Christmas Creche or a Manger Scene
- 585 Blessing of a Christmas Tree
- 587 Blessing of a New Home
- 592 Blessing for a Place of Work
- 594 Blessing of Travelers (Shorter Rite)
- 595 Blessing of a Mother Before Childbirth (Short Formulary)
- 595 Blessing of a Mother After Childbirth (Short Formulary)
- 596 Blessing of Rosaries (Shorter Rite)
- 597 Blessing of Rosaries (Short Formulary)
- 597 Blessing of Religious Articles (Short Formulary)
- 598 Blessing of the Various Means of Transportation

Reception of Sacraments by a Person in Danger of Death

- 599 Baptism
- 599 Confirmation
- 600 Sacramental Absolution
- 601 Absolution of Censures
- 601 Dispensation from Irregularity
- 601 Anointing of the Sick
- 602 Apostolic Pardon

Index

- 603 Index

BASIC PRAYERS

A certain memorization of some essential prayers, far from opposing the dignity of young Christians, or obstructing personal dialogue with the Lord, constitutes an answer to a real need. That which is memorized must at the same time be absorbed and gradually understood in depth in order to become a source of Christian life.¹

THE SIGN OF THE CROSS

Christians begin their day and their activities with the Sign of the Cross. The Sign of the Cross strengthens us in temptations and difficulties.

In nómine Patris,
et Fílii,
et Spíritus Sancti. Amen.

Per signum crucis de ini-
mícis nostris líbera nos,
Deus noster.

In nómine Patris...

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

By the sign of the cross de-
liver us from our enemies,
you who are our God.

In the name...

THE LORD'S PRAYER

"In the Our Father, the object of the first three petitions is the glory of the Father; the sanctification of his name, the coming of the kingdom, and the fulfillment of his will. The four others present our wants to him: they ask that our lives be nourished, healed of sin, and made victorious in the struggle of good over evil. By the 'Amen,' we express our '*fiats*' concerning the seven petitions: 'So be it.'"²

1. St. John Paul II, *Catechesi Tradendæ*, 55.

2. CCC 2857, 2865.

Pater noster, qui es in cælis: sanctificétur nomen tuum; advéniat regnum tuum; fiat volúntas tua, sicut in cælo, et in terra.

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come; thy will be done on earth as it is in heaven.

Panem nostrum cotidiánum da nobis hódie; et dimítte nobis débíta nostra, sicut et nos dimíttimus debitóribus nostris; et ne nos indúcas in tentatiónem; sed líbera nos a malo. Amen.

Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

THE HAIL MARY

The greeting of the angel Gabriel opens this prayer. It is God himself who, through his angel as intermediary, greets Mary. The grace with which Mary is filled is the presence of him who is the source of all grace.

Mary is Mother of God and our mother. We can entrust all our cares and petitions to her. She prays for us as she prayed for herself: "Let it be done to me according to your word."

By entrusting ourselves to her prayer, we abandon ourselves to the will of God together with her. Our trust broadens further to surrender "the hour of our death" wholly to her care. May she be there as she was at her Son's Death on the Cross. May she welcome us as our mother at the hour of our passing to lead us to her Son, Jesus, in paradise.³

3. Cf. CCC, 2676–2677.

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart, in union with the holy sacrifice of the Mass throughout the world, in thanksgiving for your favors, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.

CONSECRATION TO THE BLESSED VIRGIN

My Queen and my Mother, I give myself entirely to you, and, in proof of my affection, I give you my eyes, my ears, my tongue, my heart, my whole being without reserve. Since I am your own, keep me and guard me as your property and possession. Amen.

ACT OF FAITH

O my God, I firmly believe that you are one God in three divine Persons, Father, Son and Holy Spirit; I believe that your divine Son became man and died for our sins, and that he shall come to judge the living and the dead. I believe these and all the truths that the holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived.

ACT OF HOPE

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

ACT OF CHARITY

O my God, I love you above all things, with my whole heart and soul, because you are all-good and

ORDO MISSÆ

Ritus initiales

RITUS INITIALES

1. Populo congregato, sacerdos cum ministris ad altare accedit, dum cantus ad introitum peragitur.

Cum ad altare pervenerit, facta cum ministris profunda inclinatione, osculo altare veneratur et, pro opportunitate, crucem et altare incensat. Postea cum ministris sedem petit.

SALUTATIO

Cantu ad introitum absoluto, sacerdos et fideles, stantes, signant se signo crucis, dum sacerdos, ad populum conversus, dicit:

In nómine Patris, et Fílii,
et Spíritus Sancti.

Populus respondet: **Amen.**

2. Deinde sacerdos, manus extendens, populum salutat, dicens:

Grátia Dómini nostri Iesu Christi,
et cáritas Dei,
et comunicátio Sancti Spíritus
sit cum ómnibus vobis.

Vel:

Grátia vobis et pax a Deo Patre nostro
et Dómino Iesu Christo.

Vel:

Dóminus vobíscum.

Populus respondet: **Et cum spiritu tuo.**

Episcopus, loco Dóminus vobíscum, in hac prima salutatione dicit:

Pax vobis.

3. Sacerdos, vel diaconus vel alius minister, potest brevissimis verbis introducere fideles in Missam diei.

THE ORDER OF MASS

The Introductory Rites

ENTRANCE CHANT

stand

1. When the people are gathered, the Priest approaches the altar with the ministers while the Entrance Chant is sung.

When he has arrived at the altar, after making a profound bow with the ministers, the Priest venerates the altar with a kiss and, if appropriate, incenses the cross and the altar. Then, with the ministers, he goes to the chair.

GREETING

When the Entrance Chant is concluded, the Priest and the faithful, standing, sign themselves with the Sign of the Cross, while the Priest, facing the people, says:

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

The people reply: **Amen.**

2. Then the Priest, extending his hands, greets the people, saying:

The grace of our Lord Jesus Christ,
and the love of God,
and the communion of the Holy Spirit
be with you all.

Or:

Grace to you and peace from God our Father
and the Lord Jesus Christ.

Or:

The Lord be with you.

The people reply: **And with your spirit.**

In this first greeting a Bishop, instead of The Lord be with you, says:

Pace be with you.

3. The Priest, or a Deacon, or another minister, may very briefly introduce the faithful to the Mass of the day.

Actus pænientialis*

4. Deinde sequitur actus pænientialis ad quem sacerdos fideles invitat, dicens:

Fratres,
agnoscámus peccáta nostra,
ut apti simus
ad sacra mystéria celebránda.

Fit brevis pausa silentii. Postea omnes simul formulam confessionis generalis perficiunt:

Confíteor Deo omnipoténti
et vobis, fratres,
quia peccávi nimis
cogitatióne, verbo,
ópere et omissiÓne:

et, percutientes sibi pectus, dicunt:

**mea culpa, mea culpa,
mea máxima culpa.**

Deinde prosequuntur:

**Ideo precor beátam Mariám semper Vírginem,
omnes Angelos et Sanctos,
et vos, fratres, oráre pro me
ad Dóminum Deum nostrum.**

Sequitur absolutio sacerdotis:

Misereátur nostri omnípotens Deus
et, dimíssis peccátis nostris,
perdúcat nos ad vitam ætérnam.

Populus respondet:

Amen.

* Die dominica, præsertim tempore paschali, loco consueti actus pænientialis, quandoque fieri potest benedictio et aspersione aquæ in memoriam baptismi.

Penitential Act*

4. Then follows the Penitential Act, to which the Priest invites the faithful, saying:

Brethren (brothers and sisters),
let us acknowledge our sins,
and so prepare ourselves to celebrate
the sacred mysteries.

A brief pause for silence follows. Then all recite together the formula of general confession:

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have failed to do,

And, striking their breast, they say:

through my fault, through my fault,
through my most grievous fault;

Then they continue:

therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

The absolution by the Priest follows:

May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.

The people reply:

Amen.

* From time to time on Sundays, especially in Easter Time, instead of the customary Penitential Act, the blessing and sprinkling of water may take place as a reminder of Baptism.