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

**Evening Prayers**

O my God, I present myself before you at the end of another day, to offer you anew the homage of my heart. I humbly adore you, my Creator, my Redeemer, and my Judge! I believe in you, because you are Truth itself; I hope in you, because you are faithful to your promises; I love you with my whole heart, because you are infinitely worthy of being loved; and for your sake I love my neighbor as myself. Enable me, O my God, to return you thanks as I ought for all your inestimable blessings and favors. You have formed me out of nothing; You have delivered up your beloved Son to the ignominious death of the Cross for my redemption; You have made me a member of your Holy Church; You have preserved me from falling into the abyss of eternal misery, when my sins had provoked you to punish me; and you have graciously continued to spare me, even though I have not ceased to offend you. What return, O my God, can I make for your innumerable blessings, and particularly for the favors of this day? O all ye saints and angels, unite with me in praising the God of mercy, who is so bountiful to so unworthy a creature.

*Our Father + Hail Mary.*

O my God, Sovereign Judge of all, who desires not the death of a sinner, but that he should be converted and saved, enlighten my mind, that I may know the sins
which I have this day committed in thought, word or
deed, and give me the grace of true contrition.

*After an examination of one’s conscience, one says:*

O my God, I heartily repent, and I am grieved that I
have offended you, because you are infinitely good,
and sin is infinitely displeasing to you. I humbly ask
of you mercy and pardon, through the infinite merits
of Jesus Christ. I resolve, by the assistance of your
grace, to do penance for my sins, and I will endeavor
never more to offend you.

O God, hear my prayers on behalf of our Holy Fa-
thér, Pope N., our Bishop, our clergy, and for all that
are in authority over us. Bless, I beseech you, the
whole Catholic Church, and convert all unbeliev-
ers. Pour down your blessings, O Lord, upon all my
family, friends, relations, and acquaintances, and
upon my enemies, if I have any. Help the poor and
sick, and those who are in their last agony. O God of
mercy and goodness, have compassion on the souls
of the faithful in purgatory; put an end to their suf-
ferings, and grant to them eternal light, rest and hap-
piness. Amen.

Bless, O Lord, the repose I am about to take, that my
bodily strength being renewed, I may be the better
enabled to serve you. Amen.

O Blessed Virgin Mary, Mother of Mercy, pray for me
that I may be preserved this night from all evil of body
or soul. Blessed Saint Joseph, and all you saints and
angels of Paradise, especially my guardian angel and my chosen patron, watch over me. I commend myself to your protection now and always. Amen.

*Here may be said one of the Litanies (see pp. 109 ff.)*

**Canticle of Mary**

*Magnificat*

My soul proclaims the greatness of the Lord, my spirit rejoices in God my savior, for He has looked with favor on His lowly servant. / From this day all generations will call me blessed: the Almighty has done great things for me, and holy is His Name. / He has mercy on those who fear Him in every generation. / He has shown the strength of His arm, He has scattered the proud in their conceit. / He has cast down the mighty from their thrones and has lifted up the lowly. / He has filled the hungry with good things, and the rich He has sent away empty. / He has come to the help of His servant Israel, for He has remembered His promise of mercy, the promise He made to our fathers, to Abraham and His children for ever. / 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.

*Magnificat*

*Canticle of Mary*

Magnificat anima mea Dominum; / Et exsultavit spiritus meus in Deo salutari meo, / Quia respexit humilitatem ancillæ suæ: ecce enim ex hoc beatam
me dicent omnes generationes, / Quia fecit mihi magna qui potens est, et sanctum nomen eius, / Et misericordia eius a progenie in progenies timentibus eum. / Fecit potentiam in brachio suo, dispersit superbos mente cordis sui. / Deposuit potentes de sede, et exaltavit humiles. / Esurientes implevit bonis, et divites dimisit inanes. / Suscepit Israel, puerum suum, recordatus misericordiæ suæ, / Sicut locutus est ad patres nostros, Abraham et semini eius in sæcula. / Gloria Patri et Filio et Spiritui Sancto, / Sicut erat in principio et nunc et semper et in sæcula sæculorum. Amen.

**Evening Acts of Thanksgiving**

**Sunday**

We give you thanks and praise, Almighty Father, for having called us today to celebrate the eternal covenant of our redemption. Make this evening holy, and never withdraw your love from us. Through Christ our Lord. Amen.

**Monday**

Thank you, Lord, for the love and protection you have shown us throughout this day. Stretch your hand of blessing over us this evening that we may end the day as we began it, by praising your holy name. Through Christ our Lord. Amen.

**Tuesday**

Almighty Father, in your loving providence every hair of our head is counted, every tear is noted, and
every prayer heard. We thank you for your faithful
goodness to us, and ask for a peaceful evening, and

Wednesday

We give you thanks, Almighty God, for all the gifts
you have given to us during this day. Keep our
hearts open to your love and grace this evening, that
we may always deserve to be called your children.
Through Christ our Lord. Amen.

Thursday

May the thanks we express this evening, Lord, be for
us a foretaste of the grateful joy which will fill our
hearts when your kingdom comes. Until then, let us
grow ever stronger in faith, hope, and love. Through
Christ our Lord. Amen.

Friday

Thank you, heavenly Father, for the graces you have
given us today. Thank you for inviting us to share
in the sufferings of your Son and so to follow him,
to glory. By your Holy Spirit, give us strength and
encouragement this evening, and let us love one an-
other. Through Christ our Lord. Amen.

Saturday

Father, you made us in your own image, and your
Son accepted death for our salvation. Help us to keep
watch in prayer at all times. May we be free from sin
when we leave this world and rejoice in peace with
you for ever and ever. Amen.
Prayer for Eternal Life
Kontakion of the Departed (All Souls), Byzantine Rite

Give rest, O Christ, to your servant with your saints, where pain and sorrow are no more, nor sighing, but life everlasting. You alone are immortal, Creator and Maker of humanity, and we are mortal, formed out of the earth, and unto to earth we shall return; for so you ordained when you created me, saying, “You are dust and to dust you shall return.” We all go down to the dust, and over the grave we weep and make our song: Alleluia! Alleluia! Alleluia! Give rest, O Christ, to your servant with your saints, where pain and sorrow are no more, nor sighing, but life everlasting. Amen.

Prayer before Sleep
Saint Alphonsus Maria de’ Liguori (1696–1787)

Jesus Christ my God, I adore you and thank you for all the graces you have given me this day. I offer you my sleep and all the moments of this night, and I ask you to keep me from sin. I put myself within your sacred side and under the mantle of our Lady. Let your holy angels stand about me and keep me in peace. And let your blessing be upon me. Amen.

Petition for Grace
(Prior to an Examination of Conscience)

O my Lord Jesus Christ, Judge of the living and the dead, before whom I must appear one day to give an exact account of my whole life, enlighten me that I may know my sins which I have committed
in thought, word and deed, and give me the grace of true contrition.

**A Short Examination of Conscience**

Make a brief examination of conscience before going to rest at night. Follow these steps:

_Humble_ yourself in the presence of God. Tell Him, “Lord, if you will, you can make me clean.”

_Ask for the light_ to acknowledge your defects and virtues, and to see the dangers and good occasions surrounding you. Ask for repentance, amendment, and encouragement.

_Examine_ your conscience briefly on these points:

_What have I done wrong?_  
_Against God, to my neighbor, to myself?_  
_What have I done right?_  
_What could I have done better?_  

Examine your conscience in light of the Ten Commandments and the Beatitudes. _*(See pp. 46ff.)*_  
_Or consider the following:_

_Do I want to be a saint? To grow in holiness?_  
_Do I see my spiritual director regularly?_  
_Do I try to go to confession regularly?_  
_Do I neglect any specific duty of my state of life?_  
_Do I examine my conscience at night?_  
_Do I make resolution to improve the next day?_  
_Am I apostolic?_