

MANUAL OF PRAYERS



Third Edition

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Contents

The Virgin	v
Prayer to Our Lady of Humility	vi
Some Notes About the Text	xxxiv
On the Value of Prayer	445

I. LITURGICAL AND PARALITURGICAL PRAYERS

Various Prayers in Latin

<i>Signum Crucis</i> (The Sign of the Cross)	1
<i>Kyrie</i> (Lord, Have Mercy)	1
<i>Gloria</i> (Glory to God in the Highest)	1
<i>Credo</i> (The Nicene Creed)	2
<i>Symbolum Apostolorum</i> (The Apostles' Creed)	3
<i>Sanctus</i> (Holy, Holy, Holy)	3
<i>Mysterium Fidei</i> (Memorial Acclamation)	3
<i>Pater Noster</i> (The Lord's Prayer)	4
<i>Agnus Dei</i> (Lamb of God)	4
<i>Doxologia Minor</i> (Glory Be)	4
<i>Salutatio Angelica</i> (Hail Mary)	188

Various Prayers in Italian

<i>Il Segno della Croce</i> (The Sign of the Cross)	5
<i>Padre Nostro</i> (The Lord's Prayer)	5
<i>Ave Maria</i> (Hail Mary)	5
<i>Gloria</i> (Glory Be)	5
<i>Professione di Fede</i> (The Nicene Creed)	6

Various Prayers in Spanish

<i>La Señal de la Cruz</i> (The Sign of the Cross)	7
<i>Padre Nuestro</i> (The Lord's Prayer)	7
<i>Ave María</i> (Hail Mary)	7
<i>Alabanza a la Santísima Trinidad</i> (Glory Be)	7
<i>Profesión de Fe</i> (The Nicene Creed)	8

Prayers before Mass

Prayer to the Blessed Virgin Mary	9
<i>Oratio ad Beatam Mariam Virginem</i>	10
Prayer to Saint Joseph	10
<i>Oratio ad Sanctum Ioseph</i>	11

Prayer of Saint Ambrose	11
<i>Oratio Sancti Ambrosii</i>	13
Prayer of Saint Thomas Aquinas	14
<i>Oratio Sancti Thomæ de Aquino</i>	15
Vesting Prayers	16
Statement of Intention of Offer the Holy Mass (<i>Formula Intentionis ante Missam</i>)	18
Prayer before Preaching	19
Prayer before Writing or Preaching	19
A Prayer before Mass	20
A Priest's Commendation before Mass	21
Prayer before Serving at Mass	21
Prayers at Holy Communion	
Preparation for Holy Communion	22
Prayer before Holy Communion	22
Prayer after Receiving Holy Communion	23
Prayer of Thanksgiving after Holy Communion	23
Prayer after Holy Communion	24
Prayers after Mass	
Prayer to the Blessed Trinity (<i>Placeat</i>)	25
Prayer to the Most Holy Redeemer (<i>Anima Christi</i>)	25
<i>Aspirationes ad Sanctissimum Redemptorem (Anima Christi)</i>	26
Consecration to the Blessed Virgin Mary after Holy Communion	27
Prayer to the Blessed Virgin Mary	27
<i>Oratio ad Beatam Mariam Virginem</i>	28
Prayer to Saint Joseph	29
<i>Oratio ad Sanctum Ioseph</i>	29
Prayer of Saint Thomas Aquinas	30
<i>Oratio Sancti Thomæ de Aquino</i>	31
Prayer of Saint Bonaventure	32
<i>Oratio Sancti Bonaventuræ</i>	33
Prayer of Self-dedication to Jesus Christ	34
<i>Oblatio Sui</i>	34
Prayer on the Passion of the Lord	34
<i>Oratio de Passione Domini (Obsecro Te)</i>	34

<i>Corpus Tuum, Domine</i>	35
The Universal Prayer	36
Prayer at the End of Mass (<i>Maria, Mater Gratiae</i>)	37
Prayer to Jesus Christ Crucified (<i>En Ego</i>)	38
<i>Oratio ad Iesum Christum Crucifixum (En Ego)</i>	39
The Sacrament of Baptism	
Reception of Baptism by a Person in Danger of Death	40
Prayers Before Confession	
An Act of Contrition by Saint Francis de Sales	41
Receiving the Sinner	41
God's Mercy	42
We Cannot Deceive You	42
Reflecting Your Brightness	43
A Seed of Love	43
Who Will Help Me?	44
Priest's Prayer before Hearing Confessions	45
The Sacrament of Penance	
Guide for a Good Confession	46
Form of Examination of Conscience	46
The Ten Commandments	52
The Eight Beatitudes	52
The Three Theological Virtues	53
The Four Cardinal Virtues	53
The Seven Gifts of the Holy Spirit	53
The Twelve Fruits of the Holy Spirit	53
The Seven Corporal Works of Mercy	53
The Seven Spiritual Works of Mercy	53
The Seven Capital (or Deadly) Sins	54
The Seven Virtues Opposed to the Capital Sins	54
Sins against the Holy Spirit	54
Nine Ways of Assisting in Another's Sin	54
Three Eminent Good Works	54
The Rite of Reconciliation	55
An Act of Contrition	57

Absolution (English)	58
<i>Absolutio</i> (Latin)	58
<i>Assoluzione</i> (Italian)	58
<i>Absolución</i> (Spanish)	59
<i>Absolution</i> (French)	59
<i>Lossprechung</i> (German)	59

Prayers after Confession

Priest's Prayer after Hearing Confessions	61
Prayer after Confession	61
Prayer of Thanksgiving after Confession	62
Psalm 51 (50)	62
Prayer of Firm Purpose of Amendment	63
Prayer of Resolution	65
Complete Trust in God	65

II. DAILY PRAYERS

Morning Prayers

Introductory Prayer to the Divine Office	67
Morning Offering	67
<i>Domine, Deus Omnipotens</i>	68
A Morning Prayer	68
A Morning Prayer to the Trinity	69
Daily Intentions	71
Morning Offerings	72
We Praise You	74
<i>Te Deum</i>	75
Act of Faith	76
Act of Hope	76
Act of Love	77
Prayer to One's Guardian Angel (Angel of God) (<i>Angele Dei</i>)	77
Troparion to the Holy Angels	77
Another Prayer to One's Guardian Angel	78
Subjects for Daily Meditation	78
Canticle of Zechariah	78
<i>Benedictus</i>	79

Prayer for the Gifts of the Holy Spirit	80
Prayer for Guidance	81
Act of Dedication to the Blessed Virgin	81
Act of Consecration to the Blessed Virgin	81
Prayer of Gratitude	82
Prayer at Dawn	82
Prayer to Keep the Presence of God	82
Prayer of Saint Edmund of Abingdon	83
A Morning Prayer or Evening Prayer	83
Prayers at Meditation or Study	
Prayer before Meditation	84
Come, Holy Spirit (<i>Veni, Sancte Spiritus</i>)	84
Prayer for the Seven Gifts of the Holy Spirit	85
<i>O Quam Suavis Est</i>	85
Prayer for Peace	86
Prayer for Insight	86
Prayer of Saint Thomas More	86
Prayer before Study or Work	87
Prayer before Study	88
God Be in My Head	89
Knowledge of Scripture	89
Prayer after Meditation	89
<i>Suscipe</i>	90
Serenity Prayer	90
Evening Prayers	
Evening Prayers	91
Canticle of Mary	93
<i>Magnificat</i>	93
Evening Acts of Thanksgiving	94
Prayer for Eternal Life	96
Prayer before Sleep	96
Petition for Grace	96
A Short Examination of Conscience	97

The Seven Penitential Psalms	
Psalm 6 (<i>Domine, ne in furore</i>)	98
Psalm 32 (<i>Beati quorum</i>)	99
Psalm 38 (<i>Domine, ne in furore</i>)	100
Psalm 51 (<i>Miserere</i>)	101
<i>Psalmus</i> 50 (<i>Miserere</i>)	102
Psalm 102 (<i>Domine, exaudi</i>)	103
Psalm 130 (<i>De profundis</i>)	104
<i>Psalmus</i> 129 (<i>De profundis</i>)	105
Psalm 143:1–11 (<i>Domine, exaudi</i>)	105
Canticle of Simeon	106
<i>Nunc Dimittis</i>	107
Visit, We Beseech You, O Lord (<i>Visita, Quæsumus, Domine</i>)	107
Evening Prayer of Saint Augustine	108
Prayer to One's Guardian Angel	77
Closing Prayer before Sleep	108

III. PRAYERS AND DEVOTIONS TO GOD AND THE SAINTS

Litanies

Litany of the Sacred Heart (<i>Litaniæ de Sacro Corde Iesu</i>)	109
Litany of the Most Holy Name of Jesus (<i>Litaniæ Sanctissimi Nominis Iesu</i>)	114
Litany of the Blessed Virgin Mary (The Litany of Loreto) (<i>Litaniæ Lauretanæ Beatæ Mariæ Virginis</i>)	119
Litany of Saint Joseph (<i>Litaniæ de Sancti Joseph</i>)	124
Litany of the Saints	127
<i>Litaniæ Sanctorum</i>	132

Eucharistic Adoration

Eucharistic Adoration and Benediction	
Exposition	137
<i>O Salutaris Hostia</i>	137
O Saving Victim	137
Adoration	138
Benediction	138

<i>Tantum Ergo</i>	138
Down in Adoration Falling	139
The Divine Praises	140
<i>Lodi</i>	141
<i>Laudes Divinæ</i>	141
Reposition	142
Holy God, We Praise Thy Name	142
<i>Laudate Dominum</i>	143
O Praise the Lord	143
O Sacrament Most Holy	143
Prayers to the Sacred Heart of Jesus	
Act of Consecration to the Sacred Heart of Jesus	144
Prayer to the Sacred Heart of Jesus	145
Act of Consecration of the College to the Sacred Heart	145
Prayer to the Infant Jesus of Prague	147
The Chaplet of Divine Mercy	147
A Prayer for Divine Mercy	148
The Stations of the Cross	149
The Seven Last Words upon the Cross	164
A Prayer to Our Lady of Sorrows	170
The Seven Sorrows	171
Prayer of Saint Andrew (<i>O Bona Crux</i>)	179
Sonnet to Our Lord on the Cross (<i>Soneto a Cristo Crucificado</i>)	180
Prayers to the Blessed Virgin Mary	
The Rosary	181
The Joyful Mysteries	182
The Luminous Mysteries	183
The Sorrowful Mysteries	184
The Glorious Mysteries	185
The Apostles' Creed	186
Prayer of Fatima	187
Prayer to Our Lady	187
Hail Mary (<i>Salutatio Angelica</i>)	188
<i>Angelus</i>	188

Anthems of the Blessed Virgin Mary and Other Marian Prayers

Loving Mother of the Redeemer (<i>Alma Redemptoris Mater</i>)	190
Hail, O Queen of Heaven (<i>Ave Regina Cælorum</i>)	192
Queen of Heaven (<i>Regina Cæli</i>)	193
Hail, Holy Queen (<i>Salve Regina</i>)	194
We Fly to Thy Protection (<i>Sub Tuum Præsidium</i>)	195
The Church's Oldest Prayer to Our Lady	195
<i>Tota Pulchra Es.</i>	196
Remember, O Most Gracious Virgin Mary (<i>Memorare, O Piisima Virgo Maria</i>)	196
<i>Totus Tuus</i>	197
<i>Maria, Mater Gratiaë.</i>	197
<i>Sancta Maria, Succurre Miseris</i>	197
Prayer of Saint Aloysius Gonzaga (<i>O Domina Mea</i>)	198
<i>O Domina Mea</i>	198
You Are Fair, O Mary	199
Prayer to Our Lady of Good Counsel	199
Prayer to Our Lady of Guadalupe	200
<i>Oración a Nuestra Señora de Guadalupe.</i>	201
Prayer for the Marian Year	202
Prayer to the Most Blessed Virgin Mary	204
Prayer of Entrusting the Church to Mary, Mother of God	205
Prayer to the Mother of Consolation	205
Prayer to Mary for Holy Vocations	206
Prayer to Our Lady of Lourdes	207
Prayer to Our Lady of Mount Carmel	208
An Act of Consecration to Mary Immaculate	208
To the Immaculate Virgin	209
Prayer to Our Lady, Help of Christians	211
Invocation to Mary, Help of Christians	211
Our Lady of Humility	212
Prayer to Our Lady of Humility	213
Prayers to Saint Joseph	
Prayer for Saint Joseph's Intercession	214
Prayer to Saint Joseph (after the Rosary in October)	214

Prayer to Saint Joseph by Blessed Piux IX.	215
Prayer to Saint Joseph for a Happy Death	216
Intercessory Prayers to the Saints (By Your Compassion) (<i>Pietate Tua</i>).	216
Prayers to One's Patron Saint	217
Occasional Prayers	
Prayer for a Visit to the Blessed Sacrament	218
Visit to the Blessed Sacrament before Meditation	219
Prayer of Self-Abandonment.	220
Prayer of Saint Anselm of Canterbury (<i>Credo ut intelligam</i>)	220
In God's Service	221
Prayer of Dedication	221
Prayer from <i>The Imitation of Christ</i>	221
Prayer of Saint Thomas Aquinas.	222
Prayer of Saint Teresa of Ávila.	222
Prayer for Five Graces.	222
Meditation by Julian of Norwich	223
Acceptance of God's Will	224
Prayer of Trust in God's Will	224
Prayer of Trust.	225
Prayer of Fidelity to God	225
Prayer of Saint Augustine	226
<i>Oratio Sancti Augustini</i> (Prayer of Saint Augustine of Hippo).	226
Prayer for Leading a Holy Life.	227
Prayer of Saint Louis-Marie Grignon de Montfort	229
<i>Retribuere Dignare, Domine</i>	229
<i>Exaudi Nos</i>	230
Prayer to Saint Michael the Archangel.	230
O Jesus, Living in Mary	231
Thou Art a Priest Forever	231
Prayers and Hymns by Saint John Henry Newman	
A Daily Prayer	232
Prayer for a Happy Death	232
Lead Kindly Light.	232
Praise to the Holiest in the Height	233

Prayer for the Light of Truth.	234
O My Lord Jesus.	234
The Mission of My Life	234
A Godly Meditation	235
Litany of Humility	237
Prayer to the Holy Spirit by Saint Josemaria Escriva.	238
Prayer to the Holy Spirit by Saint Augustine	238
Prayer to the Holy Spirit by Cardinal Mercier	239
Prayers of Saint Teresa of Calcutta	
The Fruit of Silence	240
Prayer of Daily Service.	240
Lord, Open Our Eyes	240
Lord, Shake Away My Indifference	240
Prayer of the Missionaries of Charity Fathers	241
Prayer of Saint Catherine of Siena	244
Searching for God.	245
Prayer of Saint Augustine	245
Prayer of Thomas à Kempis	246
Prayer of Saint Richard of Chichester	246
God's Presence in My World	246
Prayers of Saint Leo the Great for the Church	
Prayer against Error	247
Prayer against Worldliness	247
Prayer for Truth.	247
Prayer for Divine Assistance.	247
Prayer for the Church	248
Prayers for the Seasons of the Year (Saint Bernard of Clairvaux)	
Christmas	249
Lent.	249
Holy Week.	249
Easter.	250
Ascension	250

A Prayer at Christmas	251
Prayer of Saint Ephrem	251
An Easter Prayer	251
A Prayer for Right Living	252
Prayer for a Happy Death	253
Prayer of Saint Teresa of Ávila	253
Prayer of Saint Jane Frances de Chantal	254
Christ	254
Prayer to Saint Maximilian Maria Kolbe	254
Learning Christ	255
Prayer of Saint Ignatius of Loyola	256
Prayer before the Crucifix	256
Prayer of William of St-Thierry	257
I Am Frightened	257
The Ship of Life	258
The Sweetness of Divine Love	258
God's Image and Likeness	259
In Praise of God's Grandeur	259
God Speaking through Events	260
To the Divine Tutor	260
Knowing, Desiring, Loving	261
Let Me Be Free	261
God's Care	262
Saturated in His Love	262
You Were in Me	263
Suffering as Discipline	264
A Love Song	264
Living Without You	265
Serpent and Dove	265
God's Blessings	266
For All Good Things	266
How Good It Is to Love You	267
Pious Aspirations (<i>Præces faculatoriæ</i>)	268

Refectory Prayers

Prayer before the Meal	272
<i>Prex ante Prandium</i>	272
Prayer after the Meal	273
<i>Prex post Prandium</i>	273
Advent	274
Christmas	276
Epiphany	277
Holy Thursday	277
Good Friday	278
Holy Saturday	278
Easter Sunday until Easter Saturday	278
Ascension Thursday until the Vigil of Pentecost	279
Vigil of Pentecost until the Following Saturday	279
Pontifical Blessing	280

IV. OTHER PRAYERS**Prayers for Various Persons**

Prayer for the Pope	281
<i>Pro Pontifice</i>	281
Prayer for the Holy Father	282
Prayer for a Bishop	282
Prayer for the Sanctification of the Clergy	283
A Prayer for Priests	283
Prayer for a Priestly Heart	284
A Priest's Prayer for Priests	284
Prayer from <i>The Imitation of Christ</i>	285
Prayer to Be a Worthy Priest	285
Prayer of a Priest	286
Prayer of Saint Paul VI	286
Another Prayer for Priests	287
Prayer for the Church and for Civil Authorities	288
Prayer for Teachers	290
Prayer for Students	290

Prayers for the Respect for Human Life

Crusade for the Family Prayer	292
Prayer to Saint Joseph	292
Guardian Angel of Portugal to the Fatima Seers	293
Prayer to Saint Gerard Majella	293
Prayer for One's Enemies	293
Prayer of Thanksgiving for Priestly Ordination	294
An Old French Prayer for Friends	294
Prayer for a Family	294

Prayers for the Sick

Prayer for the Sick	295
Prayer for Those We Love	295
Prayer for All	296
Prayer by Lancelot Andrewes	296
Prayer by Saint Augustine	297
Prayer of Commendation	297
An Old Gaelic Blessing	297

Prayers for the Dead

Responsory for the Dead	298
<i>Responsorium pro Defunctis</i>	299
Responsory for All the Faithful Departed	300
Prayer for the Faithful Departed	300
A Meditation on Death	301

Prayers for Various Needs

Prayer for Vocations to the Priesthood	303
A Prayer for One's Vocation in Life	303
An Act of Consecration in the Universal Call to Holiness	303
Prayer for the Missions	304
Prayer for Christian Unity	304
Act of Confidence in the Mercy of God	305

Prayers for Peace

Longing for Peace	306
Prayer for Peace by Pope Leo XIII	306
Prayer for Peace by Saint John XXIII	307
Prayer for Peace by Saint John Paul II	307
Prayer of Saint John Chrysostom	308
Prayer to Saint Jude Thaddeus	308
Prayer for Divine Assistance	309
Prayer for a Parish	309
Prayer of Saint Basil the Great	309
Prayer to Saint Lucy	310
Prayer to Saint John Bosco	310
I Am Desperate	311
For All Needs	311

Prayers of Various Saints

Prayers of Saint Elizabeth Ann Bayley Seton	312
Prayer to Saint John Neumann	313
Meditations by Saint Francis de Sales	
First Meditation: Creation	314
Second Meditation: Sin	314
Third Meditation: Death	315
Prayers of Saint Thomas Aquinas	315
Prayer of Saint Katharine Drexel	316
Saint Patrick's Breastplate	317
Hail, Glorious Saint Patrick	317
Prayers of Saint Philip Neri	318
Prayer to the Apostles, Saints Peter and Paul	319
<i>Decora Lux</i>	319
<i>O Roma Felix</i>	320
<i>Tu Es Petrus</i>	320
Prayer of Saint Junipero Serra	321
Prayer of Saint Kateri Tekakwitha	321
Prayer for Generosity	322
Prayer of Saint Jean-Baptiste Marie Vianney	322

The Beauty of Creation Bears Witness to God	323
Prayer of Saint Thérèse of Lisieux	323
Prayer of Saint Francis of Assisi	324
Prayers of Saint John de Brébeuf	325
Prayer of Saint Charles Borromeo	326
Prayers of Saint Frances Xavier Cabrini	327
Prayers of Saint Rose Philippine Duchesne	328
Prayer to Our Lady of Guadalupe	329
Various Novena Prayers	
Novena to the Holy Spirit	330
Novena in Honor of the Solemnity of Pentecost	331
<i>Veni, Sancte Spiritus</i>	332
Novena in Honor of the Solemnity of the Immaculate Conception	334
Novena Prayers for the Immaculate Conception	335
Prayer of Saint Ephrem the Syrian	336
Prayer of Mary Immaculate	336
Novena in Honor of the Miraculous Medal	338
Novena in Honor of Saint Joseph	341
Novena in Honor of Saint Anthony of Padua	344
Novena in Honor of Saint Anne	345
Novena in Honor of Saint Jude Thaddeus	347
Select Chants	
<i>Conditor Alme Siderum</i>	349
<i>Iesu Redemptor Omnium</i>	351
<i>Attende Domine</i>	353
<i>Vexilla Regis</i>	354
<i>Parce Domine</i>	357
<i>Victimæ Paschali Laudes</i>	358
<i>O Filii et Filix</i>	359
<i>Veni, Sancte Spiritus</i>	361
<i>Veni, Creator Spiritus</i>	364
<i>Lauda Sion</i>	367

Chants and Hymns in Honor of the Blessed Sacrament

<i>O Sacrum Convivium</i>	373
<i>Panis Angelicus</i>	373
<i>Ave Verum</i>	374
<i>Ubi Caritas</i>	374
<i>Adoro Te Devote</i>	376
<i>Pange Lingua</i>	379

In Honor of Our Lady

<i>Ave Maris Stella</i>	383
<i>Alma Redemptoris Mater</i>	386
<i>Ave Regina Cælorum</i>	386
<i>Salve Regina</i>	387
<i>Stabat Mater</i>	387
At the Cross Her Station Keeping	390
<i>Iesu Dulcis Memoria</i>	392

Additional Prayers

Litany of Jesus Christ, Priest and Victim	395
Litaniæ Iesus Christi Sacerdotis et Victimæ	399
Letanías de Nuestro Señor Jesucristo, Sacerdote y Víctima	403
Prayer for Priests by Pope Benedict XVI	407
Prayer for Priests by Pope Francis	407
Prayer for the Pandemic by Pope Francis	408

APPENDIXES

Appendix I: Various Patron Saints	409
Appendix II: The Lenten Station Churches of Rome	416

INDEX AND ACKNOWLEDGMENTS

Prayers in Spanish	419
Prayers in Italian	419
Prayer in French	419
Prayer in German	419
Prayers in Latin	420
Prayers in English	422
Acknowledgments	443

EVENING PRAYERS

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 Father, 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 unbelievers. 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 sufferings, and grant to them eternal light, rest and happiness. 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. 109ff.)

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 blessed rest. Through Christ our Lord. Amen.

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 another. 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?