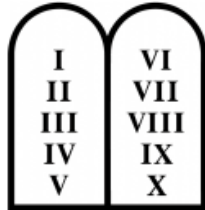


The Ten Commandments

- 1) I am the Lord your God. You shall not have other gods before Me.
- 2) You shall not take the name of the Lord your God in vain.
- 3) Remember to keep holy the Lord's Day.
- 4) Honor your father and your mother.
- 5) You shall not kill.
- 6) You shall not commit adultery.
- 7) You shall not steal.
- 8) You shall not bear false witness against your neighbor.
- 9) You shall not desire your neighbor's wife.
- 10) You shall not desire your neighbor's goods.



28.

“At every opportunity pray in the Spirit, using prayers and petitions of every sort. Pray constantly and attentively for all in the holy company. . . Give thanks to God the Father always and for everything in the name of our Lord Jesus Christ.”

— Ephesians 6:18 / 5:20

1.

Chaplet of The Divine Mercy

Grant that, nothing may make us lose our tempers; nothing may take away our joy; nothing may ruffle our peace; nothing may make us bitter towards any person.

So grant that through all this day, all with whom we meet, may see in us the reflection of the Master, Whose we are, and Whom we seek to serve. This we ask for Thy love's sake. Through Christ our Lord.

Our Father, Hail Mary, Glory Be.

We pray to You, Lord, to prompt our actions by Your inspiration and to forward them by Your help, so that every prayer and work of ours may begin from You and with You be completed. Through Christ our Lord. Amen.

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

The Chaplet of The Divine Mercy is recited using rosary beads of five decades.

Opening Prayers:

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water; which gushed forth from the Heart of Jesus as a fountain of mercy for us, I trust in You!

Recite the Our Father (page 3)

Recite the Hail Mary (page 3)

Recite the Apostles' Creed (page 4)





Come, Holy Spirit

(Prayer to the Holy Spirit for Guidance)

Come, Holy Spirit.

Response: Fill the hearts of your faithful and make the fire of your love burn within them.

Send forth your spirit and there shall be another creation.

Response: And you shall renew the face of the earth.

Let us pray: O God, you have instructed the hearts of the faithful by the light of the Holy Spirit. Grant that through the same Holy Spirit we may always be truly wise and rejoice in His consolation. Through Christ our Lord. Amen.

2.

The Glorious Mysteries

1. The Resurrection (see Mark 16:6)
2. The Ascension (see Mark 16:19)
3. Descent of The Holy Spirit (see Acts 2:4)
4. The Assumption (Judith 15:9-10)
5. The Coronation (Revelation 12:1)

Hail, Holy Queen

Hail, holy queen, mother of mercy, our life, our sweetness, and our hope. To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious advocate, your eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of your 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.

O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech you, that meditating upon these mysteries of the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. Through the same Christ our Lord. Amen

20.

5) Pray the Act of Contrition (see page 6)

6) Listen to the priest absolve you of your sins:

in English:

“God, the Father of mercies, through the death and resurrection of His Son, has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church, may God give you pardon and peace, and I absolve you from your sins in the Name of the Father, and of The Son, [and of the Holy Spirit. ‘AMEN’”

in Latin:

“Deus, Pater misericordiarum, qui per mortem et resurrectionem Filii sui mundum sibi reconciliavit et Spiritum Sanctum effudit in remissionem peccatorum, per misterium Ecclesiae indulgentiam tibi tribuat et pacem. Et ego te absolvo a peccatis tuis in nomine Patris et Filii [et Spiritus Sancti ‘AMEN’”.

7) Go and do the penance the priest has given you. This is the first act of your “new life”. If you are not sure of what to do, tell the priest and he will make it easier for you.

27.

A Daily Offering Prayer

Eternal Father, I offer You everything I do this day: my work, my prayers, my apostolic efforts; my time with family and friends; my hours of relaxation; my difficulties, problems, distress, which I shall try to bear with patience. Join these, my gifts, to the unique offering which Jesus Christ, Your Son, renews today in the Eucharist. Grant, I pray, that, enlightened by the Holy Spirit and united to the Sacred Heart of Jesus, my life this day may be of service to You and to Your children and help consecrate the world to You. Amen.



9.

The Sacrament of Reconciliation

The Sacrament of Reconciliation is the ordinary way to have our sins forgiven. It is a powerful help to getting rid of weaknesses, growing in holiness, and leading a balanced life. The serious Catholic celebrates it regularly and whenever the need is felt in order to receive all the graces that the Lord wants to give. Monthly confession is a healthy and effective means to grow closer to Christ and more joyful and peaceful in spirit.

How To Go To Confession

- 1) Examine your conscience (see the 10 Commandments for reference on page 28), be truly sorry for your sins, and resolve to change your behavior.
- 2) Go to the priest and say, “*Bless me, Father, for I have sinned. It’s been ___(weeks, months, etc.) since my last confession.*”
- 3) Talk to the priest and tell him your sins
- 4) Listen to the priest. If you have any questions about your Faith or how to grow in holiness, feel free to ask him any questions. The priest will give you a penance.

26.

A Family Prayer

Our Father, we thank You for Your love and for the many good things You have given to our family. Help us show our gratitude by loving each other as You love us.

Give us patience and understanding to bear with one another – generosity to share our joys and sorrows – honesty to admit our faults and correct them.

We entrust our family to Your Fatherly care and protection. We ask that we may grow daily in wisdom and grace, that some of us be granted the privilege of following Your Divine Son in the priesthood or religious life, and that all of us may one day share with You the joys of Heaven. Amen.



10.

Sign of The Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. (*Said at the beginning and end of prayers.*)

Our Father

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. 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. (For the kingdom, the power, and the glory are yours, now and forever.) Amen.

Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed are thou among 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.

3.

The Joyful Mysteries

1. The Annunciation (see Luke 1:28)
2. The Visitation (see Luke 1:41-42)
3. The Birth of Jesus (see Luke 2:7)
4. The Presentation (see Luke 2:22-23)
5. Finding Jesus in the Temple (see Luke 2:46)

The Sorrowful Mysteries

1. The Agony in the Garden (see Luke 22:44-45)
2. The Scourging at the Pillar (see John 19:1)
3. Crowning with Thorns (see Matthew 27:28-29)
4. Carrying of The Cross (see John 19:17)
5. The Crucifixion (see Luke 23:46)

The Luminous Mysteries

1. Baptism of Jesus (see Matthew 3:16-17)
2. Wedding at Cana (see John 2:5-7)
3. Proclaiming the Kingdom (see Matthew 10:7-8)
4. Transfiguration (see Luke 9:29, 35)
5. Institution of The Eucharist (see Luke 22:19-20)

19.

Glory Be

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.

The Apostles' Creed

I believe in God, the Father almighty. Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

4.

The Holy Rosary

As a general rule, depending on the season, the Joyful Mysteries are said on Monday and Saturday; the Sorrowful Mysteries on Tuesday and Friday; the Glorious Mysteries on Wednesday and Sunday; and the Luminous Mysteries on Thursday.

1. Make the Sign of the Cross; say Apostles Creed.
2. Our Father
3. Three Hail Marys
4. Glory be to the Father
5. Announce the First Mystery; say Our Father
6. Ten Hail Marys
7. Glory be to the Father
8. After each decade: "O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those in most need of Thy mercy."
9. Announce the Second Mystery; say Our Father, repeat steps 6 - 7- 8. Continue with the remaining Mysteries.
10. Hail, Holy Queen



18.

Visit this house, we pray You, Lord: drive far away from it all the snares of the enemy. May Your holy angels stay here and guard us in peace, and let Your blessing be always upon us. Through Christ our Lord.

May the Lord grant us a quiet night and perfect end.

(Our Father, Hail Mary, Glory Be)

Lord, support us all the day long, until the shadows lengthen and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then, Lord in Your mercy grant us safe lodging, and peace at the last. Through Jesus Christ our Lord. Amen.

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

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

25.

Prayer for the Faithful Departed

Eternal rest grant unto them, O Lord. And let perpetual light shine upon them. May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

Prayer to your Guardian Angel

Angel of God, my guardian dear, to whom God's love commits me here, ever this day (night) be at my side, to light, to guard, to rule, to guide. Amen.

Prayer to Saint Michael, the Archangel

Saint Michael the Archangel, defend us in battle, be our protection against the malice and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls. Amen.

11.

We thank You for those with whom we can talk, and keep nothing back, knowing that they will not laugh at our dreams or mock our failures.

We thank You for those in whose presence it is easier to be good.

We thank You for those in whose company joys are doubly dear, and sorrow's bitterness is soothed.

We thank You for those who by their warning counsel and their rebuke have kept us from mistakes we might have made, and sins we might have committed.

And above all we thank You for Jesus, the pattern of our lives, the Lord of our hearts, and the Savior of our souls.

Accept this our thanksgiving, and grant us tonight a good night's rest. Through Jesus Christ our Lord. Come to visit us, Lord, this night, so that by Your strength we may rise at daybreak to rejoice in the resurrection of Christ, Your Son, Who lives and reigns for ever and ever.

24.

Prayer to Saint Agnes

Saint Agnes, although you were only a child, you believed that Jesus was always with you; help us to remember that He is also with us, and to remain true to His presence.

Saint Agnes, you refused to give up your faith; help us to be proud of our faith, to love it, to be strong in it, and to give witness to it daily.

Saint Agnes, patron saint of children, watch over the children of the world; keep them safe from harm; be with them in their hour of need; and always pray for them.

Saint Agnes you are an example to the worth of virtue and chastity. You wear a Martyr's palm and a virgin's wreath. Saint Agnes pray for us that, though unworthy of a special crown, we may have our names written in the list of Saints. Amen.

Prayer to my Patron Saint

O heavenly patron, whose name I have the honor to bear, pray earnestly at all times to God for me; confirm me in the Faith, strengthen me in virtue, defend me in the battle of life; so that conquering the enemy of my soul, I may deserve to be rewarded with everlasting glory. Amen.

12.

Grace Before Meals

Bless us, O Lord, and these your gifts, which we are about to receive from your bounty, through Christ, our Lord. Amen.



Thanksgiving After Meals

We give thanks for all your benefits, almighty God, who lives and reigns forever. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

5.

Queen of Heaven

Queen of Heaven, rejoice,

alleluia.

The Son whom you were privileged to bear,

alleluia,

has risen as He said,

alleluia.

Pray to God for us,

alleluia.

Rejoice and be glad, Virgin Mary,

alleluia.

For the Lord has truly risen,

alleluia.



Let us pray:

O God, it was by the Resurrection of Your Son, our Lord Jesus Christ, that You brought joy to the world.

Grant that through the intercession of the Virgin Mary, His Mother, we may attain the joy of eternal life.

Through Christ, our Lord. Amen.

17.

Evening Prayer

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen.

or

O my God, I am sorry for my sins because I have offended you. I know I should love you above all things. Help me to do penance, to do better, and to avoid anything that might lead me to sin. Amen.



6.

Marian Prayers: Angelus

The angel of the Lord declared unto Mary. And she conceived of the Holy Spirit.

(Hail Mary)

Behold the handmaid of the Lord. May it be done unto me according to Your word.

(Hail Mary)

And the Word was made flesh. And dwelt among us.

(Hail Mary)

Pray for us, O holy Mother of God. That we may be made worthy of the promises of Christ.

Let us pray:

O Lord, it was through the message of an angel that we learned of the Incarnation of Christ, Your Son. Pour Your grace into our hearts, and by His Passion and cross bring us to the glory of His Resurrection. Through Christ, our Lord. Amen.

16.

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

Lord God, I thank You for all I have ever received from You, especially today. Give me light to see where I have turned away from You, and grant me the grace to be truly sorry for my sins.

Brief examination of conscience

O my God, I am sorry that I have offended You, because You are so good. I love You with all my heart, and with Your help I will not sin again. Eternal and ever-blessed God, we give You thanks, as the day comes to an end, for those who mean so much to us, and without whom life could never be the same.

We thank You for those to whom we can go at any time and never feel a nuisance.

We thank You for those to whom we can go when we are tired, knowing that they have, for the weary feet, the gift of rest.

23.

Stations of The Cross

1. Jesus is condemned to death on the cross.
2. Jesus accepts His cross.
3. Jesus falls the first time.
4. Jesus meets His sorrowful Mother.
5. Simon of Cyrene helps Jesus carry His cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets and speaks to the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of His garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is placed in the tomb.

(At each station, contemplate the scene and pray a brief, heartfelt prayer.)



13.

Chaplet of The Divine Mercy

On the large bead before each decade:

Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world

On the ten small beads of each decade:

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

Conclude with:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world (recite 3 times)

Closing Prayer:

Eternal God, in whom mercy is endless and the treasury of compassion – inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

22.

Prayer to Jesus Christ Crucified

Behold, my beloved and good Jesus. I cast myself upon my knees in your sight, and with the most fervent desire of my soul I pray and beseech you to impress upon my heart lively sentiments of faith, hope, and charity, with true repentance for my sins and a most firm desire of amendment; while with deep affection and grief of soul I consider within myself and mentally contemplate your five most precious wounds, having before my eyes that which David the prophet long ago spoke about you, my Jesus: “They have pierced my hands and my feet; I can count all my bones” (Psalm 22:17-18).

Prayer to Our Redeemer

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within your wounds hide me. Never permit me to be separated from you. From the evil one protect me, at the hour of death call me, and bid me come to you that with your saints I may praise you forever. Amen.

14.

Morning Prayer

Lord God, I offer You all my thought and all my words, all that I do and all that I suffer today. I pray that I may serve You faithfully and do Your will in all things for love of You and my brothers and sisters. Through Jesus Christ our Lord. Amen.

O God, our Father, help us all through this day so to live that we may bring help to others, credit to ourselves and to the name we bear, and joy to those that love us, and to Thee.

Help us to be, cheerful when things go wrong; persevering when things are difficult; serene when things are irritating.

Enable us to be, helpful to those in difficulties; kind to those in need; sympathetic to those whose hearts are sore and sad.

7.



Prayer for Peace in the World

Lord Jesus Christ, Prince of Peace, grant us peace throughout the world, that all nations may work together and that there may be an end to war. I ask this, Lord, in Your Name. Amen.

Marian Prayers: Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with this confidence, I fly to you. O virgin of virgins, my Mother. To you I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me. Amen.



15.