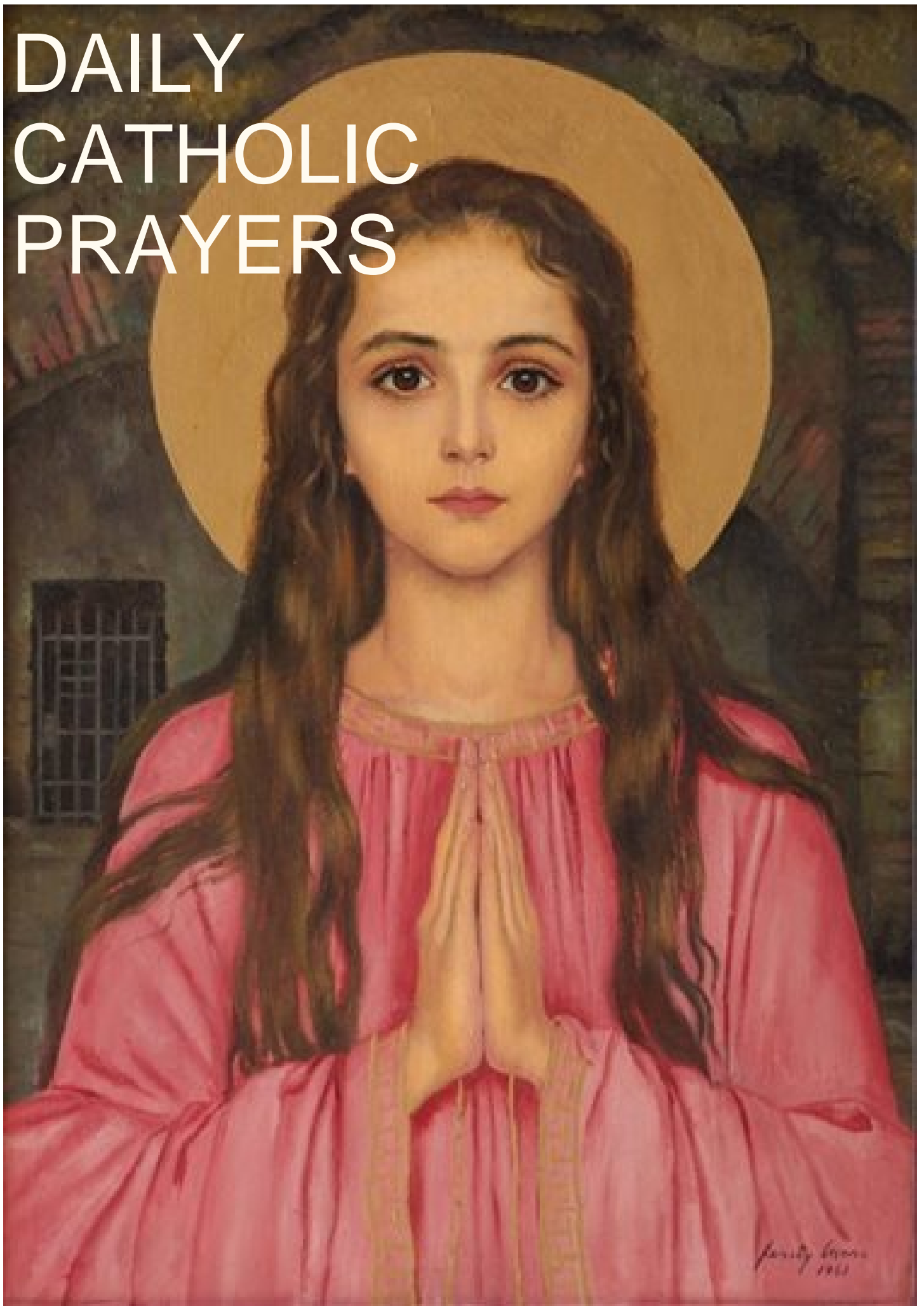


# DAILY CATHOLIC PRAYERS



## MY DAILY PRAYERS

*“For me prayer is a surge of the heart, it is a  
simple look towards Heaven,  
it is a cry of recognition and of love,  
embracing both trial and joy.”*

—Saint Therese of Lisieux

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## *The Reason Why*

The Rosary is the favorite prayer of heaven and earth. No other prayer has been recommended by Our Lady in her visitations from heaven to earth like the Rosary. No other prayer has been so frequently praised, commended, and even commanded by the Popes, or enriched by them with such great indulgences, as the Rosary.

We live in the age of the Rosary. The family rosary, the block rosary, the living rosary at solemn public functions are part and parcel of modern Catholic life. It has been estimated that there are at least twenty five million rosaries recited in the world every day.

Our Lady at Fatima urged the recitation of the Rosary for the conversion of sinners and for world peace.

One way of reciting the rosary is to meditate on its mysteries. But it is sometimes difficult to know just how to go about this meditating. The following sketches have been prepared in an effort to fill this need. May Our Lord and His Immaculate Mother bless the effort, and help it to increase the effectiveness of the rosary, as it rises daily in a mighty stream from earth to heaven (“a Niagara in reverse,” it has been called,) for the salvation of souls and lasting world peace.

Many Catholics, especially intelligent and well-meaning friends of the liturgical revival, seem puzzled by the fact that in the apparitions of Our Lady of Fatima the rosary played such a prominent part. Is not the Holy Sacrifice of the Mass more important? Holy Mass is the unbloody re-enactment of the Sacrifice of our salvation, the centre of divine worship, the source of grace from which we hope for a renewal of the world in Christ. Why was not more frequent attendance at Holy Mass urged by our blessed Mother? Yet, it is certain that any request or recommendation coming from our blessed Mother cannot but be the best. Mary, as the Spouse of the Holy

Spirit, the Mother of the Saviour and the Mediatrix of all Graces, has no more ardent desire than to lead us to a fuller appreciation of the mysteries of our redemption, to a more abundant participation in their life-giving grace. If she attaches so much importance to the rosary, the reason can only be that the rosary is the most practical means to bring about these happy results. The rosary will lead us to the altar of sacrifice, to Holy Mass and Holy Communion, to a more intimate union with Jesus and a profounder grasp of the spirit of the Church.

Asking for the recitation of the rosary, Our Lady of Fatima asks for an intelligent, understanding recitation, and that calls for reflection on the prayers that compose it, the Sign of the Cross, the Creed, the Our Father and Hail Mary, the Glory be, prayers which are, so to say, a compendium of the doctrines of our holy Faith. Their frequent, thoughtful repetition cannot but fix them more deeply in our minds and help applying them to our lives.

To these prayers are added the mysteries which recall the principal events in the life of Jesus and Mary; they are so to say beautiful lamps, white and crimson and gold, illuminating our road to heaven. Meditation on these mysteries is necessary for the proper recitation of the rosary. Our Lady of Fatima requests it particularly for the observance of the five first Saturdays. It is evidently her wish that we become familiar with the contents of these mysteries; learn their beautiful lesson for our own lives and their practical significance for the world at large.

In our days, when an appalling ignorance of religion is widespread even among Catholics, when the spirit of the world surges up and down all the avenues of life, when there is so little understanding of the interior life, such general flight from the cross, such tragic forgetfulness of spiritual ideals and values, the rosary, with its mysteries, acts as an ever-present teacher of religion, as an inspiration and driving power for a life of living faith.

The rosary, far from interfering with the liturgical worship of the Church becomes its best support, inasmuch as it makes us lovers of Christ, and lovers of Christ will be drawn to the altar of His Eucharistic presence,



sacrifice and Communion. As always, so it is true in this case: Through Mary to Jesus.

## *Instructions*

The *Rosary* is divided into *five decades*. Each decade represents a mystery or event in the life of Jesus. There are four sets of “Mysteries of the Rosary” (*Joyful, Luminous, Sorrowful, and Glorious*). These four “Mysteries of the Rosary” therefore contain, a total of twenty mysteries. The *Joyful, Luminous, Sorrowful, and Glorious* Mysteries are then said on specific days of the week. During private recitation of the *Rosary*, each decade requires devout meditation on a specific mystery.

The Apostle’s Creed is said on the Crucifix; the Our Father is said on each of the Large Beads; the Hail Mary is said on each of the Small Beads; the Glory Be after the three Hail Mary’s at the beginning of the Rosary, and after each decade of Small Beads. In June 13, 1917, Our Lady asked that an additional prayer be added after each decade of the Rosary (The Fatima Prayer). It is a prayer of forgiveness to Jesus and is said following the Glory Be after each decade only.

The Joyful Mysteries are said on *Monday* and *Saturday*, the Sorrowful Mysteries on *Tuesday* and *Friday*, the Glorious Mysteries on *Wednesday* and *Sunday*, finally, the Luminous Mysteries on *Thursday*.

### THE 15 PROMISES OF OUR LADY TO SAINT DOMINIC

1. To all those who shall recite my Rosary devoutly, I promise my special protection and very great graces.
2. Those who shall persevere in the recitation of my Rosary will receive some signal grace.
3. The Rosary will be a very powerful armour against hell; it will destroy vice, deliver from sin and dispel heresy.

4. The Rosary will make virtue and good works flourish, and will obtain for souls the most abundant divine mercies; it will substitute in hearts love of God for love of the world, and elevate them to desire heavenly and eternal goods. Would that souls would sanctify themselves by this means!

5. Those who trust themselves to me through the Rosary will not perish.

6. Those who shall recite my Rosary piously, considering its mysteries, will not be overwhelmed by misfortune, nor die a bad death. The sinner will be converted, the just will grow in grace and become worthy of eternal life.

7. Those truly devoted to my Rosary will not die without the consolations of the Church, or without grace.

8. Those who shall recite my Rosary will find during their life and at their death the light of God, the fullness of His grace, and will share in the merits of the blessed.

9. I will deliver very promptly from purgatory the souls devoted to my Rosary.

10. The true children of my Rosary will enjoy great glory in heaven.

11. What you shall ask through my Rosary you shall obtain.

12. Those who propagate my Rosary will obtain through me aid in all their necessities.

13. I have obtained from my Son that all the members of the Rosary Confraternity shall have as their intercessors, in life and in death, the entire celestial court.

14. Those who recite my Rosary faithfully are my beloved children, the brothers and sisters of Jesus Christ.

15. Devotion to my Rosary is a special sign of predestination.

## PLENARY INDULGENCE

A plenary indulgence is granted, if the Rosary is recited in a church or public oratory or in a family group, a religious Community or pious Association; a partial indulgence is granted in other circumstances.

“Now the Rosary is a certain formula of prayer, which is made up of fifteen decades of “Hail Marys” with an “Our Father” before each decade, and in which the recitation of each decade is accompanied by pious meditation on a particular mystery of our Redemption.” (Roman Breviary)

The name “Rosary,” however, is commonly used in reference to only a third part of the fifteen decades.

The gaining of the plenary indulgence is regulated by the following norms:

1. The recitation of a third part only of the Rosary suffices; but the five decades must be recited continuously.
2. The vocal recitation must be accompanied by pious meditation on the mysteries.
3. In public recitation the mysteries must be announced in the manner customary in the place; for private recitation, however, it suffices if the vocal recitation is accompanied by meditation on the mysteries.

## *The Prayers*

1. [The Sign of the Cross.](#)
2. [The Apostles Creed.](#)
3. [The Our Father.](#)
4. [The Hail Mary,](#) x3 times.
5. [The Glory Be.](#)
6. For each of the ‘Mysteries’ (shown below) meditate on them whilst saying the following for each decade:
  - I. [The Joyful Mysteries of the Rosary.](#)
  - II. [The Sorrowful Mysteries of the Rosary.](#)
  - III. [The Glorious Mysteries.](#)
  - IV. [The Luminous Mysteries.](#)
7. [The Our Father.](#)
8. [The Hail Mary,](#) x10 times.
9. [The Glory Be.](#)
10. After each Mystery, say the [Fatima Prayer.](#)
11. After completing a group of five Mysteries, say the [Hail Holy Queen](#) prayer followed by ending [Rosary Prayer.](#)

## *Prayers*

### THE SIGN OF THE CROSS

In the name of the Father, and of the Son and of the Holy Spirit. 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. He was conceived by the Holy Spirit, and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. On the third day He rose again. He ascended into heaven, and is seated at the right hand of God the Father Almighty. He will come again 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.

### THE 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. Amen.

### THE HAIL MARY

Hail Mary, Full of Grace, The Lord is with Thee. Blessed art 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 death. Amen.

### THE 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 FATIMA PRAYER

O my Jesus, forgive us our sins, save us from the fire of hell, lead all souls to Heaven, especially those who are in most need of Thy Mercy.

#### HAIL HOLY QUEEN

Hail, Holy Queen, Mother of Mercy, our Life, our Sweetness, and our Hope.

To Thee do we cry, poor banished children of Eve. To Thee do we send up our sighs mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine Eyes of Mercy toward us, and after this our exile show us the Blessed Fruit of thy Womb, Jesus. O clement, O loving, O sweet Virgin Mary.

*V.* Pray for us O Holy Mother of God

*R.* That we may be made worthy of the promises of Christ.

Saint Joseph, foster father of Jesus, pray for us.

#### THE ROSARY PRAYER

*Let us pray*

O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal salvation. Grant, we beseech Thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may both imitate what they contain and obtain what they promise, through Christ our Lord. Amen.

Most Sacred Heart of Jesus, have mercy on us.

Immaculate Heart of Mary, pray for us.

## *The Joyful Mysteries of the Rosary*

TO BE SAID ON MONDAY AND SATURDAY

These mysteries introduce us into the wise and loving designs of God, according to which the Saviour of men was to enter this world and to be prepared for His tremendous sacrifice of our salvation during the years of His infancy and hidden life. They hold up before us the ideal of the interior life, the life of prayer and holy desire, of intimate communication with God in our hearts and with Jesus in the Blessed Sacrament, of complete surrender to the dispensations of Divine Providence, of loving faithfulness in humble and lowly duties, of silent endurance in the many unseen trials of the soul that strives after perfection. Whatever may be the external circumstances of a man's life, even though it may be most active, a life of leadership and grand achievement, the spirit of the joyful mysteries is indispensable for it, if it is to be a holy life leading to God, our last end. Intimate contact with God is the hidden power plant that makes external activity fruitful for eternity.



## *Joyful Mysteries Decade 1*

### *The Annunciation*



THE ARCHANGEL GABRIEL ANNOUNCES THE INCARNATION TO THE BLESSED VIRGIN MARY

#### *Spiritual Fruit: Humility*

‘ . . . the Angelic Salutation is the rainbow in the sky, a sign of the mercy and grace which God has given to the world.’

—*St. Louis Marie de Montfort*

*Luke 1:26–38*

And in the sixth month, the angel Gabriel was sent from God into a city of Galilee, called Nazareth, to a virgin espoused to a man whose name was Joseph, of the house of David; and the virgin’s name was Mary. And the angel being come in, said unto her: “Hail, full of grace, the Lord is with thee: blessed art thou among women.” Who having heard, was troubled at

his saying, and thought with herself what manner of salutation this should be. And the angel said to her: “Fear not, Mary, for thou hast found grace with God. Behold thou shalt conceive in thy womb, and shalt bring forth a son; and thou shalt call his name Jesus. He shall be great, and shall be called the Son of the most High; and the Lord God shall give unto him the throne of David his father; and he shall reign in the house of Jacob for ever. And of his kingdom there shall be no end.” And Mary said to the angel: “How shall this be done, because I know not man?” And the angel answering, said to her: “The Holy Ghost shall come upon thee, and the power of the most High shall overshadow thee. And therefore also the Holy thing which shall be born of thee shall be called the Son of God. And behold thy cousin Elizabeth, she also hath conceived a son in her old age; and this is the sixth month with her that is called barren: Because no word shall be impossible with God.” And Mary said: “Behold the handmaid of the Lord; be it done to me according to thy word.” And the angel departed from her.

THE ARCHANGEL GABRIEL ANNOUNCES TO THE BLESSED VIRGIN MARY THAT SHE IS TO BE THE MOTHER OF GOD

Our Father . . .

1. The Virgin Mary is engaged in prayer.

Hail Mary . . .

2. The Archangel Gabriel is sent to her by God.

3. He greets her with profound respect: “Hail full of grace, the Lord is with the . . .”

4. Mary is troubled at hearing the angel’s words of praise.

5. He tells her that she has been chosen to be the Mother of God.

6. Mary’s perplexity: How can she accept so great a dignity and still remain a Virgin?

7. Gabriel bids her not to fear, and unfolds God's plan for accomplishing the mystery.

8. Mary, the humble maiden, declares herself ready to carry out God's plan.

9. God the Son takes flesh in her chaste womb by the operation of the Holy Ghost.

10. Mary, the sinless virgin, becomes the Mother of God.

Glory be to the Father . . .

O my Jesus, forgive us our sins, save us from the fire of hell; bring all souls to Heaven, especially those who have most need of Your mercy.

## *Joyful Mysteries Decade 2*

### *The Visitation*



THE BLESSED VIRGIN MARY VISITS ELIZABETH WHO IS ALSO WITH CHILD

#### *Spiritual Fruit: Love of Neighbours*

‘And because holy charity suffers all things: and can bear no delay, as St. Ambrose remarks, when treating of this gospel: The grace of the Holy Spirit knows no slow movements: therefore not heeding the fatigue of the journey, the tender and delicate maid enquickly set forth on her way.’

—*St. Alphonsus Maria de Liguori*

*Luke 1:39–56*

And Mary rising up in those days, went into the hill country with haste into a city of Juda. And she entered into the house of Zachary, and saluted Elizabeth. And it came to pass, that when Elizabeth heard the salutation of Mary, the infant leaped in her womb. And Elizabeth was filled with the Holy Ghost: And she cried out with a loud voice, and said: “Blessed art

thou among women, and blessed is the fruit of thy womb. And whence is this to me, that the mother of my Lord should come to me? For behold as soon as the voice of thy salutation sounded in my ears, the infant in my womb leaped for joy. And blessed art thou that hast believed, because those things shall be accomplished that were spoken to thee by the Lord.” And Mary said: “My soul doth magnify the Lord. And my spirit hath rejoiced in God my Saviour. Because he hath regarded the humility of his handmaid; for behold from henceforth all generations shall call me blessed. Because he that is mighty, hath done great things to me; and holy is his name. And his mercy is from generation unto generations, to them that fear him. He hath shewed might in his arm: he hath scattered the proud in the conceit of their heart. He hath put down the mighty from their seat, and hath exalted the humble. He hath filled the hungry with good things; and the rich he hath sent empty away. He hath received Israel his servant, being mindful of his mercy: As he spoke to our fathers, to Abraham and to his seed for ever.” And Mary abode with her about three months; and she returned to her own house.

MARY, HEARING FROM THE ANGEL THAT ELIZABETH, HER KINSWOMAN, WAS WITH CHILD, WENT WITH HASTE OVER THE HILLS OF JUDEA TO VISIT HER

Our Father . . .

1. Mary sets out on her arduous journey.

Hail Mary . . .

2. Elizabeth welcomes her with joy and greets her with affection.

3. She declares Mary blessed for having believed so readily the word of the angel.

4. Inspired by the Holy Spirit, Elizabeth adores the unborn Saviour.

5. She proclaims Mary to be the Mother of God.

6. Mary praises God for the marvels of grace that He has wrought within her soul.

7. The unborn Baptist rejoices in the near presence of his Lord.

8. He is cleansed from Original Sin, and given the gift of Sanctifying Grace.

9. Zachary recovers his lost power of speech.

10. He prophesies concerning the future office and wondrous work of the new-born Baptist.

Glory be to the Father . . .

O my Jesus, forgive us . . .

## *Joyful Mysteries Decade 3*

### *The Nativity*



THE CHRIST CHILD IS BORN IN A MANGER IN BETHLEHEM

*Spiritual Fruit: Poverty (poor in spirit), Detachment from the things of the world, Contempt of Riches, Love of the Poor*

‘Jesus remains in silence in the manger; Mary and Joseph adore and contemplate him in silence.’  
—*St. Alphonsus Maria de Liguori*

*Luke 2:4–20*

And Joseph also went up from Galilee, out of the city of Nazareth into Judea, to the city of David, which is called Bethlehem: because he was of the house and family of David, To be enrolled with Mary his espoused wife, who was with child. And it came to pass, that when they were there, her days were accomplished, that she should be delivered. And she brought

forth her firstborn son, and wrapped him up in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.

And there were in the same country shepherds watching, and keeping the night watches over their flock. And behold an angel of the Lord stood by them, and the brightness of God shone round about them; and they feared with a great fear. And the angel said to them: "Fear not; for, behold, I bring you good tidings of great joy, that shall be to all the people: For, this day, is born to you a Saviour, who is Christ the Lord, in the city of David. And this shall be a sign unto you. You shall find the infant wrapped in swaddling clothes, and laid in a manger." And suddenly there was with the angel a multitude of the heavenly army, praising God, and saying: "Glory to God in the highest; and on earth peace to men of good will." And it came to pass, after the angels departed from them into heaven, the shepherds said one to another: "Let us go over to Bethlehem, and let us see this word that is come to pass, which the Lord hath shewed to us." And they came with haste; and they found Mary and Joseph, and the infant lying in the manger. And seeing, they understood of the word that had been spoken to them concerning this child. And all that heard, wondered; and at those things that were told them by the shepherds. But Mary kept all these words, pondering them in her heart. And the shepherds returned, glorifying and praising God, for all the things they had heard and seen, as it was told unto them.

JOSEPH AND MARY, COMPLYING WITH THE DECREE OF ROME, COME TO BETHLEHEM TO BE ENROLLED, THUS FULFILLING THE ETERNAL DECREE OF GOD THAT HIS DIVINE SON BE BORN IN THAT CITY

Our Father . . .

1. Joseph and Mary set out from Nazareth.

Hail Mary . . .

2. There is no room and no welcome for them in the inn at Bethlehem.

3. They seek shelter in the cave that was used as a stable.

4. Mary brings forth her Son Jesus, and, with Joseph, devoutly adores Him.



5. She wraps Him in swaddling clothes and lays Him in a manger.
6. An angel appears to the shepherds and tells them where to find the new-born Saviour.
7. Angels were heard singing, “Glory to God on high, peace to men of good will.”
8. Wise Men from the East, led by the Star, come seeking Him who is born King of the Jews.
9. They adore Him, and offer Him their gifts of gold, frankincense and myrrh.
10. Herod seeks the life of the Infant Jesus and massacres the Holy Innocents.

Glory be to the Father . . .

O my Jesus, forgive us . . .

## *Joyful Mysteries Decade 4*

### *The Presentation*



THE CHILD JESUS IS BROUGHT BY JOSEPH AND MARY TO THE TEMPLE TO FULFIL THE LAW OF MOSES

#### *Spiritual Fruit: Purity, Obedience*

‘In order to understand the violence that Mary had to offer herself in making this sacrifice, it would be necessary to comprehend the love which this mother bore to Jesus. Generally speaking, the love of mothers is so tender for their children, that when they are at the point of death, and they are about to lose them, they forget all their faults, their defects, and even the injuries they have received from them, and they suffer an inexpressible grief. And yet the love of those mothers is a love divided among other children, or among other creatures. Mary has one only Son, and he is the most beautiful of all the children of Adam; he is most amiable, for he has all lovable qualities; he is obedient, virtuous, innocent, holy, in one word, he is God. The love of this mother too is not divided among other objects; she has centered all her love upon this only Son, neither does she fear loving him to excess, for this Son is God, who merits an infinite love. And this Son is the victim whom she had voluntarily to offer to death.’

—*St. Alphonsus Maria de Liguori*

And after eight days were accomplished, that the child should be circumcised, his name was called JESUS, which was called by the angel, before he was conceived in the womb. And after the days of her purification, according to the law of Moses, were accomplished, they carried him to Jerusalem, to present him to the Lord: As it is written in the law of the Lord: Every male opening the womb shall be called holy to the Lord: And to offer a sacrifice, according as it is written in the law of the Lord, a pair of turtledoves, or two young pigeons: And behold there was a man in Jerusalem named Simeon, and this man was just and devout, waiting for the consolation of Israel; and the Holy Ghost was in him. And he had received an answer from the Holy Ghost, that he should not see death, before he had seen the Christ of the Lord. And he came by the Spirit into the temple. And when His parents brought in the child Jesus, to do for him according to the custom of the law, He also took Him into his arms, and blessed God, and said: “Now thou dost dismiss thy servant, O Lord, according to thy word in peace; Because my eyes have seen thy salvation, Which thou hast prepared before the face of all peoples: A light to the revelation of the Gentiles, and the glory of thy people Israel.” And his father and mother were wondering at those things which were spoken concerning him. And Simeon blessed them, and said to Mary his mother: “Behold this child is set for the fall, and for the resurrection of many in Israel, and for a sign which shall be contradicted; And thy own soul a sword shall pierce, that, out of many hearts, thoughts may be revealed.” And there was one Anna, a prophetess, the daughter of Phanuel, of the tribe of Aser; she was far advanced in years, and had lived with her husband seven years from her virginity. And she was a widow until fourscore and four years; who departed not from the temple, by fastings and prayers serving night and day. Now she, at the same hour, coming in, confessed to the Lord; and spoke of him to all that looked for the redemption of Israel. And after they had performed all things according to the law of the Lord, they returned into Galilee, to their city Nazareth.to them.

FORTY DAYS AFTER HIS BIRTH MARY PRESENTS THE CHILD JESUS IN THE TEMPLE, AND SUBMITS TO THE CEREMONY OF PURIFICATION

Our Father . . .

1. Joseph and Mary take the Infant Jesus to Jerusalem to present Him in the Temple.

Hail Mary . . .

2. They enter the court of the Temple, and pass unnoticed by those assembled there.

3. Mary offers the two turtledoves that are to be sacrificed for her legal purification.

4. Joseph makes the offering that redeems the Child Jesus from the service of the Temple.

5. Jesus is presented to the Lord and offers Himself as the Victim of our salvation.

6. Simeon is led by the Holy Spirit into the Temple and finds God's three chosen ones.

7. Taking the holy Child into his arms, he invokes God's blessing on Mary and Joseph.

8. He foretells that this Child is set for the fall and resurrection of many in Israel.

9. Mary's soul a sword shall pierce, that out of many hearts thoughts may be revealed.

10. Anna, a prophetess, also testifies that Mary's Child is the expected Redeemer of the world.

Glory be to the Father . . .

O my Jesus, forgive us . . .

## *Joyful Mysteries Decade 5*

### *The Finding of Jesus in the Temple*



THE CHILD JESUS IS FOUND TEACHING IN THE TEMPLE AFTER HAVING BEEN LOST FOR THREE DAYS

*Spiritual Fruit: True Wisdom and True Conversion, Piety, Joy of Finding Jesus*

‘Three times in a year shall all thy males appear before the Lord thy God in the place which he shall choose: in the feast of unleavened bread (the Passover), in the feast of weeks, and in that of tabernacles. [Dt 16.16]. The feast of unleavened bread represents the state of beginners, who should celebrate the Passover in the unleavened bread of sincerity and truth [cf. 1 Cor 5.8], and eat the Lamb with wild lettuce [cf. Ex 12.8], the bitterness of their sins . . . The feast of weeks, marked by the offering of two new loaves from the first fruits to the Lord, represents the state of proficient whose inner man is renewed from day to day [cf. 2 Cor 4.16], who offer the Lord the new loaves of purity in mind and body. The feast of tabernacles, or “tent-dwelling,” represents the state of the perfect, who as Isaiah says, sit in the tabernacles of confidence [Is 32.18]. Balaam, in the book of Numbers, spoke of these tents as beautiful as woody valleys [Num 24.5–6], the humility of poverty which offers shade from the heat of temporal things; and as watered gardens

near the rivers, the infusion of grace which cools the thirst of carnal concupiscence.’  
—*St. Anthony of Padua*

*Luke 2:41–52*

And his parents went every year to Jerusalem, at the solemn day of the pasch, And when he was twelve years old, they going up into Jerusalem, according to the custom of the feast, And having fulfilled the days, when they returned, the child Jesus remained in Jerusalem; and his parents knew it not. And thinking that he was in the company, they came a day’s journey, and sought him among their kinsfolks and acquaintance. And not finding him, they returned into Jerusalem, seeking him. And it came to pass, that, after three days, they found him in the temple, sitting in the midst of the doctors, hearing them, and asking them questions. And all that heard him were astonished at his wisdom and his answers. And seeing him, they wondered. And his mother said to him: “Son, why hast thou done so to us? behold thy father and I have sought thee sorrowing.” And he said to them: “How is it that you sought me? did you not know, that I must be about my father’s business?” And they understood not the word that he spoke unto them. And he went down with them, and came to Nazareth, and was subject to them. And his mother kept all these words in her heart. And Jesus advanced in wisdom, and age, and grace with God and men.

AFTER REMAINING IN JERUSALEM AND BEING LOST TO HIS PARENTS FOR  
THREE DAYS, JESUS IS FOUND IN THE TEMPLE

Our Father . . .

1. The 12 year old boy Jesus goes with Joseph and Mary to Jerusalem for the feast of the Passover.

Hail Mary . . .

2. On the return journey Joseph and Mary discover that He is not with them.

3. They seek Him among their kinsfolk and, not finding Him, return to Jerusalem.

4. In her vain search for her beloved Son the sorrowful Mother endures her third dolour.

5. They enter the Temple to pray, to seek light and guidance in their hour of desolation.

6. They find Jesus listening to the Doctors, and astonishing them by His answers.

7. Mary enquires why He has stayed away so long and caused His parents such anxiety.

8. He tells them that He has been doing the work given Him by His heavenly Father.

9. He goes down with them to Nazareth, and they are once more filled with joy.

10. He is subject to them, and leads with them a hidden life of poverty and prayer.

Glory be to the Father . . .

O my Jesus, forgive us . . .

## *The Sorrowful Mysteries of the Rosary*

TO BE SAID ON TUESDAY AND FRIDAY

Whereas in the Joyful Mysteries the sacred writers record at some length the part which Mary played in them, the same writers are silent about her part in the sorrowful mysteries. All that we learn from them is that the Mother of Jesus stood beneath the cross, and that from the cross Jesus recommended her to Saint John as his Mother, and Saint John to her as her son. But what we know about Mary and her relation to Jesus is sufficient to supply the rest. Mary shared in the sufferings of her Divine Son as no other human person ever did or could have done, and she did it with sentiments of complete submission to the will of God and love for souls.

The Sorrowful Mysteries of the rosary illustrate the sacrificial character of the Christian life. The crosses of life are manifold, but they can all be reduced to the one or other of the sufferings commemorated in these sorrowful mysteries. In particular they are: Fear, anxiety, disgust experienced with regard to the crosses that actually afflict us or that we see approaching: bodily pain, humiliation, the labours and hardships imposed upon us by our vocational duties, bitterness against those whom we consider the cause of our suffering, the urge to throw off the cross when patience gives out.

The general lesson inculcated by these mysteries is patience, the spirit of penance and love of the cross, and that is the object our Lady of Fatima had in view when she asked for meditation on the mysteries of the rosary.



## *Sorrowful Mysteries Decade 1*

### *The Agony in the Garden*



CHRIST PRAYS IN THE GARDEN OF GETHSEMANE AND SWEATS BLOOD

*Spiritual Fruit: Sorrow for Sin, Uniformity with the will of God*

‘Then did all the sufferings he was to endure pass distinctly before his eyes, as well as all the insults that he should endure from the Jews and from the Romans; all the injustice of which the judges of his cause would be guilty towards him; and, above all, he had before him the vision of that death of desolation which he should have to endure, forsaken by all, by men and by God, in the midst of a sea of sufferings and contempt. And this it was that caused him so heavy grief that he was obliged to pray for consolation to his eternal Father. O my Jesus! I compassionate Thee, I thank Thee, and I love Thee.’

—*St. Alphonsus Maria de Liguori*

*Luke 22:39–46*

And going out, he went, according to his custom, to the mount of Olives. And his disciples also followed him. And when he was come to the place,

he said to them: “Pray, lest ye enter into temptation.” And he was withdrawn away from them a stone’s cast; and kneeling down, he prayed, Saying: “Father, if thou wilt, remove this chalice from me: but yet not my will, but thine be done.” And there appeared to him an angel from heaven, strengthening him. And being in an agony, he prayed the longer. And his sweat became as drops of blood, trickling down upon the ground. And when he rose up from prayer, and was come to his disciples, he found them sleeping for sorrow. And he said to them: “Why sleep you? arise, pray, lest you enter into temptation”

JESUS ENTERS ON HIS AGONY, AND IN THE GARDEN OF GETHSEMANE SEES IN VISION ALL THAT HE IS ABOUT TO SUFFER FOR SINNERS

Our Father . . .

1. Jesus goes with His Apostles to the Garden of Olives and asks them to watch with Him.

Hail Mary . . .

2. Falling on His knees, He offers Himself as a Victim for the sins of the world.

3. In His sorrow He cries out to God to take away from Him the Chalice of suffering.

4. His Father wills that He drink it to the last drop, so He willingly accepts it.

5. He seeks comfort from His Apostles, and urges them to watch and pray with Him.

6. His soul torn with anguish, His body sweats blood, that falls in drops to the ground.

7. An angel is sent by God to console and strengthen Him for the coming conflict.

8. Judas enters the Garden with an armed band and betrays his Master with a kiss.

9. Jesus meets His enemies, who fall to the ground when He makes Himself known to them.

10. Forsaken by His Apostles, Jesus is led away captive to the court of the High Priest.

Glory be to the Father . . .

O my Jesus, forgive us . . .

## *Sorrowful Mysteries Decade 2*

### *The Scourging at the Pillar*



#### CHRIST IS SCOURGED AT THE PILLAR

##### *Spiritual Fruit: Mortification, Purity*

‘And how canst Thou, O Eternal Father, bear with this great injustice? How canst Thou behold Thy beloved Son suffering thus, and not interfere in his behalf? What is the crime that he has ever committed, to deserve so shameful and so severe a punishment?’

For the wickedness of My people have I struck Him. I well know, says the Eternal Father, that this my Son is innocent; but inasmuch as he has offered himself as a satisfaction to my justice for all the sins of mankind, it is fitting that I should so abandon him to the rage of his enemies.

Hast Thou, then, my adorable Saviour, in compensation for our sins, and especially for those of impurity, that most prevalent vice of mankind, been willing to have Thy most pure flesh torn in pieces? And who, then, will not exclaim, with St. Bernard, “How unspeakable is the love of the Son of God towards sinners!”

—*St. Alphonsus Maria de Liguori*

And there was one called Barabbas, who was put in prison with some seditious men, who in the sedition had committed murder. And when the multitude was come up, they began to desire that he would do, as he had ever done unto them. And Pilate answered them, and said: “Will you that I release to you the king of the Jews?” For he knew that the chief priests had delivered him up out of envy. But the chief priests moved the people, that he should rather release Barabbas to them. And Pilate again answering, saith to them: “What will you then that I do to the king of the Jews?” But they again cried out: “Crucify him.” And Pilate saith to them: “Why, what evil hath he done?” But they cried out the more: “Crucify him.” And so Pilate being willing to satisfy the people, released to them Barabbas, and delivered up Jesus, when he had scourged him, to be crucified.

JESUS, THE INNOCENT LAMB OF GOD, IS SCOURGED AT A PILLAR TO ATONE FOR MEN’S SENSUALITY AND SELF-INDULGENCE

Our Father . . .

1. The rabble clamour for Barabbas to be released, for Jesus to be put to death

Hail Mary . . .

2. Barabbas the robber is set free, Jesus the Holy One is condemned to be scourged.

3. Jesus trembles at the sight of the scourges that are to lacerate His tender flesh.

4. He is stripped of His garments and His hands are tied to the pillar.

5. He shrinks from the vulgar gaze of the rude and scoffing onlookers.

6. Soon His body will be bruised and beaten till it is covered with gaping wounds.

7. The scourges are got ready; He awaits the first stroke in an agony of fear.

8. As the first stroke falls His whole frame is convulsed with the violence of the pain.

9. His flesh quivers, His head falls on His breast, the breath comes quick and short.

10. The cords are cut, and Jesus, weak and helpless, falls to the ground.

Glory be to the Father . . .

O my Jesus, forgive us . . .

## *Sorrowful Mysteries Decade 3*

### *The Crowning with Thorns*



CHRIST IS CROWNED WITH THORNS

*Spiritual Fruit: Contempt of the world, Courage*

‘The crown of thorns embraced his head most tightly, and came down as low as the middle of the forehead.’

—*St. Bridget of Sweden*

*John 19:1–6*

Then therefore, Pilate took Jesus, and scourged him. And the soldiers plaiting a crown of thorns, put it upon his head; and they put on him a purple garment. And they came to him, and said: “Hail, king of the Jews”; and they gave him blows. Pilate therefore went forth again, and saith to them: “Behold, I bring him forth unto you, that you may know that I find no cause in him.” (Jesus therefore came forth, bearing the crown of thorns and

the purple garment.) And he saith to them: “Behold the Man.” When the chief priests, therefore, and the servants, had seen him, they cried out, saying: “Crucify him, crucify him.” Pilate saith to them: “Take him you, and crucify him: for I find no cause in him.”

JESUS, THE KING OF GLORY, IS CROWNED WITH THORNS, WHILE HIS SUBJECTS INFLICT PAIN AND HEAP RIDICULE UPON HIM

Our Father . . .

1. Jesus is again stripped of His garments and is now clothed with a scarlet cloak.

Hail Mary . . .

2. He is made sport of, as a mock King, and subjected to every form of indignity.

3. His strikers make a crown of sharp thorns and press it down upon His sacred head.

4. The thorns are driven into His brow and temples, causing Him intense pain.

5. The blood trickles through His hair, fills and blinds His eyes, disfigures His face.

6. He is mocked, and buffeted, and spat upon by His cruel tormentors.

7. Putting a reed in His hand, they offer insult to their Lord and King.

8. They bend the knee before Him in mock loyalty, and hail Him as King of the Jews.

9. They take the reed, and, striking Him on the head, drive the thorns in deeper still.



10. Jesus suffers for men's evil thoughts, for their pride and contempt of authority.

Glory be to the Father . . .

O my Jesus, forgive us . . .

## *Sorrowful Mysteries Decade 4*

### *The Carrying of the Cross*



#### CHRIST CARRIES THE CROSS

#### *Spiritual Fruit: Patience*

‘They then take two rough beams, and of them they quickly construct the cross, the length of which was fifteen feet, as St. Bonaventure says, with St. Anselm, and they lay it upon the shoulders of the Redeemer.

But Jesus did not wait, says St. Thomas of Villanova. for the executioner to lay the cross upon him; of his own accord he stretched forth his hands, and eagerly laid hold of it, and placed it upon his own wounded shoulders: “He waited not till the soldier should lay it upon him, but he grasped hold of it joyfully.” Come, he then said, come, my beloved cross; it is now three-and-thirty years that I am sighing and searching for thee. I embrace thee, I clasp thee to my heart, for thou art the altar upon which it is my will to sacrifice my life out of love for my flock.’

—*St. Alphonsus Maria de Liguori*

*Luke 23:26–32*

And as they led him away, they laid hold of one Simon of Cyrene, coming from the country; and they laid the cross on him to carry after Jesus. And there followed him a great multitude of people, and of women, who bewailed and lamented him. But Jesus turning to them, said: “Daughters of Jerusalem, weep not over me; but weep for yourselves, and for your children. For behold, the days shall come, wherein they will say: Blessed are the barren, and the wombs that have not borne, and the paps that have not given suck. Then shall they begin to say to the mountains: Fall upon us; and to the hills: Cover us. For if in the green wood they do these things, what shall be done in the dry?” And there were also two other malefactors led with him to be put to death.

CROWNED WITH THORNS, AND BEARING HIS OWN CROSS, JESUS SETS OUT ON THE WAY TO CALVARY, AMID THE MOCKERIES AND INSULTS OF THE CROWD

Our Father . . .

1. Jesus is condemned to die the death of a malefactor on the Cross.

Hail Mary . . .

2. He embraces the Cross on which, for love of us, He is soon to suffer and to die.

3. On his way He meets His holy Mother, whose heart is stricken with grief and sorrow.

4. Weak from pain and loss of blood, Jesus falls several times beneath His Cross.

5. Simon of Cyrene, at first His unwilling helper, becomes His fervent follower.

6. Jesus imprints His likeness on the veil with which Veronica wipes His sacred face.

7. Moved with pity, Jesus consoles the women of Jerusalem, who lament and weep for Him.

8. His executioners prepare to crucify Him and give Him wine and gall to drink.

9. He shudders as His garments are roughly torn from His bleeding body.

10. He is bidden to lie down, and His hands and feet are nailed to the Cross.

Glory be to the Father . . .

O my Jesus, forgive us . . .

## *Sorrowful Mysteries Decade 5*

### *The Crucifixion*



CHRIST IS NAILED TO THE CROSS

*Spiritual Fruit: Salvation, Forgiveness*

‘O my Jesus, when I behold Thee upon this tree, I find nothing in Thee from head to foot but pain and sorrow.’

—*St. Bernard*

*Luke 23:44–49*

And it was almost the sixth hour; and there was darkness over all the earth until the ninth hour. And the sun was darkened, and the veil of the temple was rent in the midst. And Jesus crying out with a loud voice, said: “Father, into thy hands I commend my spirit.” And saying this, he gave up the ghost. Now the centurion, seeing what was done, glorified God, saying: Indeed this was a just man. And all the multitude of them that were come together

to that sight, and saw the things that were done, returned striking their breasts. And all his acquaintance, and the women that had followed him from Galilee, stood afar off, beholding these things.

JESUS IS CRUCIFIED ON MOUNT CALVARY BETWEEN TWO THIEVES, AND HANGS IN AGONY ON HIS CROSS TILL HE HAS SHED HIS LIFE'S BLOOD FOR THE SALVATION OF THE WORLD

Our Father . . .

1. Jesus hears the jeers, the revilings, and blasphemies of the wicked citizens of Jerusalem. How often have my sins numbered me among them?

Hail Mary . . .

2. He pleads for mercy for all those who have wronged Him. He pleads for mercy for me, a sinner who has wronged Him.

3. He pardons the penitent thief his life of crime, and and pledges him life eternal.

4. He requests His Mother to watch over us, and makes us her spiritual children.

5. Bereft of all consolation, His agonized soul is sorrowful even unto death.

6. For the sins of the tongue and the taste, He suffers the torment of burning thirst.

7. He finishes the work that He came to do, by the supreme sacrifice of His life.

8. Bowing His head on His breast, He commits His soul into the hands of God.

9. His body is taken down from the Cross, and placed in the arms of His afflicted Mother.

10. He is reverently laid in the tomb, there to remain till It rises again from the dead.

Glory be to the Father . . .

O my Jesus, forgive us . . .

## *The Glorious Mysteries of the Rosary*

TO BE SAID ON WEDNESDAY AND SUNDAY

The Glorious Mysteries give us a preview, so to say, and a foretaste of the glory that awaits us in the life to come, which eye has not seen and ear has not heard and the human heart has not experienced. For this reason, they most powerfully stimulate Christian fervour and perseverance. Now, and not only in heaven, must we rise in a spiritual sense with Christ from the death of sin and walk in newness of life; now our thoughts and desires must dwell in heaven and delight in the company of angels and saints; now we must prepare our body for its glorified life by giving unstintingly of our physical strength to the service of God. In the light of these mysteries, we recognize the important role which bodily pain and hardship plays in the Christian way of the cross and we learn to mortify the body with all its evil inclinations now so that it may live eternally. Not only in heaven but now, must Mary be our Queen in whose service we glory and the imitation of whose virtues we make the ambition of our lives. Under the influence of the Holy Spirit, these mysteries convey invincible courage, patience, peace and joy. The Holy Spirit has made us His temples and dwells in us now, so that full of the Holy Spirit we shall rise in glory on the day of resurrection.



## *Glorious Mysteries Decade 1*

### *The Resurrection*



CHRIST RISES FROM THE DEAD, LEAVING BEHIND THE EMPTY TOMB AND APPEARING TO THE DISCIPLES

#### *Spiritual Fruit: Faith*

‘Obedience to the commandments is the resurrection of the dead, for by nature life follows upon virtue.’

—*St. Thalassios the Libyan*

*Luke 24:1–12*

And on the first day of the week, very early in the morning, they came to the sepulchre, bringing the spices which they had prepared. And they found the stone rolled back from the sepulchre. And going in, they found not the body of the Lord Jesus. And it came to pass, as they were astonished in their mind at this, behold, two men stood by them, in shining apparel. And

as they were afraid, and bowed down their countenance towards the ground, they said unto them: “Why seek you the living with the dead? He is not here, but is risen. Remember how he spoke unto you, when he was in Galilee, Saying: The Son of man must be delivered into the hands of sinful men, and be crucified, and the third day rise again.” And they remembered his words. And going back from the sepulchre, they told all these things to the eleven, and to all the rest. And it was Mary Magdalen, and Joanna, and Mary of James, and the other women that were with them, who told these things to the apostles. And these words seemed to them as idle tales; and they did not believe them. But Peter rising up, ran to the sepulchre, and stooping down, he saw the linen cloths laid by themselves; and went away wondering in himself at that which was come to pass.

ON THE THIRD DAY AFTER HIS DEATH JESUS RISES FROM THE DEAD, AND DURING FORTY DAYS APPEARS MANY TIMES TO HIS APOSTLES

Our Father . . .

1. Jesus brings to the souls of the just in Limbo the joyful news of their redemption.

Hail Mary . . .

2. Easter morn, re-united to His body, Jesus rises glorious and immortal from the dead.

3. He comes forth from the tomb radiant with glory, victorious over sin and death.

4. An angel rolls back the large stone, and the guards flee in terror.

5. Jesus appears to His holy Mother, His face and wounds all aglow with dazzling light.

6. Angels in the sepulchre tell the holy women that Jesus is not there, but risen.

7. He appears to them as they depart, and, falling down at His feet, they adore Him.

8. He appears to Mary Magdalen, who joyfully recognizes Him when He utters her name.

9. He joins the disciples going to Emmaus, and reveals Himself when eating with them.

10. He appears to the Apostles, who are afraid, and shows them His pierced hands and feet.

Glory be to the Father . . .

O my Jesus, forgive us . . .

## *Glorious Mysteries Decade 2*

### *The Ascension*



CHRIST ASCENDS INTO HEAVEN, AND IS SEATED AT THE RIGHT HAND OF GOD

#### *Spiritual Fruit: Hope and desire for ascension to Heaven*

‘Thus, our Lord Jesus, all glorious and resplendently shining, ascended into heaven, triumphantly leading with him the noble tribe of holy Fathers, and fulfilling that which the prophet Micah had said long before his ascension: “And their king shall pass before them, and the Lord at the head of them.” So that they all followed him with unspeakable joy, singing canticles of praises and thanksgiving to him, for their deliverance from all sorrow, and their entrance into all joy, and neverending felicity.

—*St. Bonaventure*

*Acts 1:6–11*

They therefore who were come together, asked him, saying: “Lord, wilt thou at this time restore again the kingdom to Israel?” But he said to them: “It is not for you to know the times or moments, which the Father hath put

in His own power: But you shall receive the power of the Holy Ghost coming upon you, and you shall be witnesses unto me in Jerusalem, and in all Judea, and Samaria, and even to the uttermost part of the earth.” And when he had said these things, while they looked on, he was raised up: and a cloud received him out of their sight. And while they were beholding him going up to heaven, behold two men stood by them in white garments. Who also said: “Ye men of Galilee, why stand you looking up to heaven? This Jesus who is taken up from you into heaven, shall so come, as you have seen him going into heaven.”

FORTY DAYS AFTER HIS RESURRECTION JESUS GOES WITH HIS APOSTLES AND DISCIPLES TO MOUNT OLIVET, AND, AFTER BLESSING THEM, IS RAISED ALOFT AND ASCENDS INTO HEAVEN

Our Father . . .

1. Jesus appears in the Cenacle where Mary, His Apostles and disciples are assembled.

Hail Mary . . .

2. He dines with them for the last time, and gives the Apostles His last instructions.

3. They are to go forth in His name and with His authority to teach all nations.

4. He will be with them and their successors all days to the very end of the world.

5. Jesus goes with Mary and the Apostles and disciples out to Mount Olivet.

6. He blesses them and bids them farewell, now that He is about to leave them.

7. They watch Him slowly mount into the sky, until a cloud hides Him from their sight.

8. Myriads of angels, and the souls of the just in their millions, accompany Him.

9. The Apostles stand gazing up into Heaven long after Jesus has gone from their view.

10. Angels remind them of His coming at the Last Day to judge the living and the dead.

Glory be to the Father . . .

O my Jesus, forgive us . . .

## *Glorious Mysteries Decade 3*

### *The Descent of the Holy Spirit*



THERE IS A SOUND LIKE A RUSHING WIND AND THE HOLY GHOST DESCENDS

*Spiritual Fruit: Holy Wisdom to know the truth and share with everyone,  
Divine Charity, Worship of the Holy Spirit*

They had all fled after seeing Christ die on the cross; they had gone into hiding, afraid of death. But after receiving the Holy Spirit, they came together again and gathered in the same place; there they encouraged one another and urged one another to suffer for the name of Jesus Christ. In such suffering they considered themselves blessed, and they rejoiced.'

—*St. Jean Baptiste de la Salle*

*Acts 2:1–12*

And when the days of the Pentecost were accomplished, they were all together in one place: And suddenly there came a sound from heaven, as of a mighty wind coming, and it filled the whole house where they were

sitting. And there appeared to them parted tongues as it were of fire, and it sat upon every one of them: And they were all filled with the Holy Ghost, and they began to speak with divers tongues, according as the Holy Ghost gave them to speak. Now there were dwelling at Jerusalem, Jews, devout men, out of every nation under heaven. And when this was noised abroad, the multitude came together, and were confounded in mind, because that every man heard them speak in his own tongue. And they were all amazed, and wondered, saying: “Behold, are not all these, that speak, Galileans? And how have we heard, every man our own tongue wherein we were born? Parthians, and Medes, and Elamites, and inhabitants of Mesopotamia, Judea, and Cappadocia, Pontus and Asia, Phrygia, and Pamphylia, Egypt, and the parts of Libya about Cyrene, and strangers of Rome, Jews also, and proselytes, Cretes, and Arabians: we have heard them speak in our own tongues the wonderful works of God.” And they were all astonished, and wondered, saying one to another: “What meaneth this?”

TEN DAYS AFTER HIS ASCENSION JESUS SENDS THE HOLY GHOST TO TEACH HIS APOSTLES ALL THINGS AND REMAIN WITH THEM FOREVER

Our Father . . .

1. Mary, the Apostles and disciples return in peace and gladness to the Cenacle.

Hail Mary . . .

2. They prepare by prayer and fasting for the coming of the Holy Ghost.

3. They begin the first Novena and enter on the first Christian Retreat.

4. Matthias is chosen to fill the place of Judas, and is numbered among the Apostles.

5. The noise of a mighty wind from Heaven heralds the coming of the Holy Ghost.



6. He rests over the head of each one present in the form of parted tongues of fire.

7. They are all filled with the Holy Ghost and in divers tongues give praise to God.

8. Jews from Jerusalem and people from every nation under the sun gather to hear the Apostles.

9. Peter preaches the first sermon and is understood by each one in his own tongue.

10. Three thousand are converted and baptized, and received into the Church.

Glory be to the Father . . .

O my Jesus, forgive us . . .

## *Glorious Mysteries Decade 4*

### *The Assumption*



THE BLESSED VIRGIN MARY IS ASSUMED INTO HEAVEN

*Spiritual Fruit: Grace of a Happy Death and True Devotion towards Mary*

‘The holy Church teaches us, in the collect of the Mass for the Vigil of the Assumption, that the divine mother has been removed from this earth that she might intercede for us with God, in sure confidence of being graciously heard. Hence Mary is named by St. Justinian, Arbitress: “Sequestra.”’

—*St. Alphonsus Maria de Liguori*

*2 Timothy 4:7–8*

I have fought a good fight, I have finished my course, I have kept the faith. As to the rest, there is laid up for me a crown of justice, which the Lord the just judge will render to me in that day: and not only to me, but to them also that love his coming. Make haste to come to me quickly.

*Canticle of Canticles 6:7–9*

There are threescore queens, and fourscore concubines, and young maidens without number. One is my dove, my perfect one is but one, she is the only one of her mother, the chosen of her that bore her. The daughters saw her, and declared her most blessed: the queens and concubines, and they praised her. Who is she that cometh forth as the morning rising, fair as the moon, bright as the sun, terrible as an army set in array?

TWELVE YEARS OR MORE AFTER THE ASCENSION OF JESUS, MARY GENTLY BREATHES HER LAST AND IS TAKEN BODY AND SOUL INTO HEAVEN

Our Father . . .

1. Mary's exile in this vale of tears is now drawing to a close.

Hail Mary . . .

2. She recalls the Holy Places and the scenes of her Son's passion for the last time.

3. She has followed with interest the work of the Apostles.

4. The spread of the infant Church to other lands comforts her.

5. Her intense longing to be with her Son in Heaven persists.

6. The Apostles unite in prayer for her release from this world.

7. She is finally called to her Son in Heaven.

8. Her soul and body are assumed to Heaven.

9. Her life of sinlessness and obedience to God is rewarded.

10. She is united for ever with her Son, possessing a unique position near Him in Heaven.

Glory be to the Father . . .

O my Jesus, forgive us . . .

## *Glorious Mysteries Decade 5*

### *The Coronation*



THE BLESSED VIRGIN MARY IS CROWNED IN HEAVEN

*Spiritual Fruit: Perseverance and Crown of Glory, Trust in Mary's  
Intercession*

‘Her Son placed seven lilies in the crown, and between the lilies he placed seven gems . . . The fifth gem is power, for she is so powerful before God that she can crush anything that has been created or made.

—*St. John the Baptist, ‘The Revelations of St. Bridget of Sweden’*

*Judith 15.10–13*

And when she was come out to him, they all blessed her with one voice, saying: “Thou art the glory of Jerusalem, thou art the joy of Israel, thou art the honour of our people: For thou hast done manfully, and thy heart has been strengthened, because thou hast loved chastity, and after thy husband

hast not known any other: therefore also the hand of the Lord hath strengthened thee, and therefore thou shalt be blessed for ever.” And all the people said: “So be it, so be it.”

*Judith 13:23–25*

And Ozias the prince of the people of Israel, said to her: “Blessed art thou, O daughter, by the Lord the most high God, above all women upon the earth. Blessed be the Lord who made heaven and earth, who hath directed thee to the cutting off the head of the prince of our enemies. Because he hath so magnified thy name this day, that thy praise shall not depart out of the mouth of men who shall be mindful of the power of the Lord for ever, for that thou hast not spared thy life, by reason of the distress and tribulation of thy people, but hast prevented our ruin in the presence of our God.”

*Apocalypse 12:1–2*

And a great sign appeared in heaven: A woman clothed with the sun, and the moon under her feet, and on her head a crown of twelve stars: And being with child, she cried travailing in birth, and was in pain to be delivered.

*Esther 4:17*

And the king loved her more than all the women, and she had favour and kindness before him above all the women, and he set the royal crown on her head, and made her queen instead of Vasthi.

MARY IS RECEIVED WITH EXULTATION BY THE WHOLE COURT OF HEAVEN,  
AND IS CROWNED BY HER SON AS QUEEN OF THE ANGELS AND SAINTS

Our Father . . .

1. Mary enters God’s Kingdom amid the joy and acclamations of the angels and saints.

Hail Mary . . .

2. Jesus is the first to welcome His blessed Mother into the home of her eternal reward.

3. She is welcomed by God the Father as His daughter, by the Holy Ghost as His Spouse.

4. The nine choirs of angels, led by Michael the Archangel, welcome her as their Queen.

5. She is welcomed by her parents, Joachim and Anne; by her holy spouse, Saint Joseph.

6. She is welcomed by the confessors, virgins, and martyrs, by the patriarchs and prophets.

7. Jesus enthrones her near Himself, and crowns her with the brightest diadem of glory.

8. Mary who, in times was the Mother of sorrows, is now in eternity and Mother of glory.

9. She who gave us Jesus, is now the Mediatrix of all His graces and favours to us.

10. Mary, the Mother of God and of men, is now the crowned Queen of the heavenly court.

Glory be to the Father . . .

O my Jesus, forgive us . . .

## *The Luminous Mysteries of the Rosary*

TO BE SAID ON THURSDAY

The Luminous Mysteries were introduced by Pope John Paul II in his October 2002 Apostolic Letter, *Rosarium Virginis Mariae*, for Roman Catholics to commemorate while praying the Rosary on Thursdays. Previously, there were only three sets of mysteries: Joyful Mysteries, Sorrowful Mysteries, and Glorious Mysteries.



## *Luminous Mysteries Decade 1*

### *The Baptism of the Lord*



JESUS IS BAPTISED BY JOHN THE BAPTIST AND THE HOLY SPIRIT DESCENDS ON HIM IN THE FORM OF A DOVE

*Spiritual Fruit: Openness to the Holy Spirit, the Healer*

*John 1:29–33*

The next day, John saw Jesus coming to him, and he saith: Behold the Lamb of God, behold him who taketh away the sin of the world. This is he, of whom I said: After me there cometh a man, who is preferred before me: because he was before me. And I knew him not, but that he may be made manifest in Israel, therefore am I come baptizing with water. And John gave testimony, saying: I saw the Spirit coming down, as a dove from heaven, and he remained upon him. And I knew him not; but he who sent me to baptize with water, said to me: He upon whom thou shalt see the Spirit

descending, and remaining upon him, he it is that baptizeth with the Holy Ghost.

## *Luminous Mysteries Decade 2*

### *The Wedding of Cana*



JESUS'S PERFORMS HIS FIRST MIRACLE AT THE INTERCESSION OF MARY

*Spiritual Fruit: To Jesus through Mary. The understanding of the ability to manifest-through faith*

*John 2:1-11*

And the third day, there was a marriage in Cana of Galilee: and the mother of Jesus was there. And Jesus also was invited, and his disciples, to the marriage. And the wine failing, the mother of Jesus saith to him: They have no wine. And Jesus saith to her: Woman, what is that to me and to thee? my hour is not yet come. His mother saith to the waiters: Whatsoever he shall say to you, do ye. Now there were set there six waterpots of stone, according to the manner of the purifying of the Jews, containing two or three measures apiece. Jesus saith to them: Fill the waterpots with water.

And they filled them up to the brim. And Jesus saith to them: Draw out now, and carry to the chief steward of the feast. And they carried it. And when the chief steward had tasted the water made wine, and knew not whence it was, but the waiters knew who had drawn the water; the chief steward calleth the bridegroom, and saith to him: Every man at first setteth forth good wine, and when men have well drunk, then that which is worse. But thou hast kept the good wine until now. This beginning of miracles did Jesus in Cana of Galilee; and manifested his glory, and his disciples believed in him.

## *Luminous Mysteries Decade 3*

### *The Proclamation of the Kingdom*



JESUS PROCLAIMS THE GOOD NEWS TO THE PEOPLE

*Spiritual Fruit: Trust in God (Call of Conversion to Messiah)*

*Luke 11:20*

But if I by the finger of God cast out devils; doubtless the kingdom of God is come upon you.

*Luke 17:21*

Neither shall they say: Behold here, or behold there. For lo, the kingdom of God is within you.

## *Luminous Mysteries Decade 4*

### *The Transfiguration*



JESUS IS TRANSFIGURED ON THE MOUNTAIN WITH MOSES AND ELIJAH

*Spiritual Fruit: Desire for Holiness*

*Matthew 17:1–9*

And after six days Jesus taketh unto him Peter and James, and John his brother, and bringeth them up into a high mountain apart: And he was transfigured before them. And his face did shine as the sun: and his garments became white as snow. And behold there appeared to them Moses and Elias talking with him. And Peter answering, said to Jesus: Lord, it is good for us to be here: if thou wilt, let us make here three tabernacles, one for thee, and one for Moses, and one for Elias. And as he was yet speaking, behold a bright cloud overshadowed them. And lo, a voice out of the cloud, saying: This is my beloved Son, in whom I am well pleased: hear ye him.

And the disciples hearing, fell upon their face, and were very much afraid. And Jesus came and touched them: and said to them, Arise, and fear not. And they lifting up their eyes saw no one but only Jesus. And as they came down from the mountain, Jesus charged them, saying: Tell the vision to no man, till the Son of man be risen from the dead.

## *Luminous Mysteries Decade 5*

### *The Institution of the Eucharist*



JESUS SHARES HIS BODY AND BLOOD WITH THE APOSTLES

*Spiritual Fruit: Adoration*

*Matthew 26:17–30*

And on the first day of the Azymes, the disciples came to Jesus, saying: Where wilt thou that we prepare for thee to eat the pasch? But Jesus said: Go ye into the city to a certain man, and say to him: the master saith, My time is near at hand, with thee I make the pasch with my disciples. And the disciples did as Jesus appointed to them, and they prepared the pasch. But when it was evening, he sat down with his twelve disciples. And whilst they were eating, he said: Amen. I say to you, that one of you is about to betray me. And they being very much troubled, began everyone to say: Is it I, Lord? But he answering, said: He that dippeth his hand with me in the dish, he shall betray me. The Son of man indeed goeth, as it is written of him: but woe to that man by whom the Son of man shall be betrayed: it were better for him, if that man had not been born. And Judas that betrayed him, answering, said: Is it I, Rabbi? He saith to him: Thou hast said it. And



whilst they were at supper, Jesus took bread, and blessed, and broke: and gave to his disciples, and said: Take ye, and eat. This is my body. And taking the chalice, he gave thanks, and gave to them, saying: Drink ye all of this. For this is my blood of the new testament, which shall be shed for many unto remission of sins. And I say to you, I will not drink from henceforth of this fruit of the vine, until that day when I shall drink it with you new in the kingdom of my Father. And a hymn being said, they went out unto mount Olivet.

# THE STATIONS OF THE CROSS

# *The Stations of the Cross Contents*

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## *The Way of the Cross*

Kneeling before the altar, make an [Act of Contrition](#), and form the intention of gaining the indulgences, whether for yourself or for the souls in Purgatory.

## *Preparatory Prayer*

My Lord Jesus Christ, Thou hast made this journey to die for me with love unutterable, and I have so many times unworthily abandoned Thee; but now I love Thee with my whole heart, and because I love Thee, I repent sincerely for ever having offended Thee. Pardon me, my God, and permit me to accompany Thee on this journey. Thou goest to die for love of me; I wish also, my beloved Redeemer, to die for love of Thee. My Jesus, I will live and die always united to Thee.



STATION 1: JESUS IS CONDEMNED TO DEATH

## *Station 1*

### *Jesus is Condemned to Death*

*V.* We adore Thee, O Christ, and we bless Thee.

*R.* Because by Thy holy Cross, Thou hast redeemed the world.

Consider how Jesus, after having been scourged and crowned with thorns, was unjustly condemned by Pilate to die on the Cross.

My adorable Jesus, it was not Pilate, no, it was my sins that condemned Thee to die. I beseech Thee, by the merits of this sorrowful journey, to assist my soul in its journey towards eternity. I love Thee, my beloved Jesus; I repent with my whole heart for having offended Thee. Never permit me to separate myself from Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

[Our Father](#), [Hail Mary](#) and [Glory Be](#).

Dear Jesus, Thou dost go to die  
For very love of me:  
Ah! let me bear Thee company;  
I wish to die with Thee.

*V.* Have mercy on us, O Lord.

*R.* Have mercy on us.





*STATION 2: JESUS BEARS HIS CROSS*

## *Station 2*

### *Jesus Bears His Cross*

*V.* We adore Thee, O Christ, and we bless Thee.

*R.* Because by Thy holy Cross, Thou hast redeemed the world.

Consider how Jesus, in making this journey with the Cross on His shoulders thought of us, and for us offered to His Father the death He was about to undergo.

My most beloved Jesus, I embrace all the tribulations Thou hast destined for me until death. I beseech Thee, by the merits of the pain Thou didst suffer in carrying Thy Cross, to give me the necessary help to carry mine with perfect patience and resignation. I love Thee, Jesus my love; I repent of having offended Thee. Never permit me to separate myself from Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

[Our Father](#), [Hail Mary](#) and [Glory Be](#).

Dear Jesus, Thou dost go to die  
For very love of me:  
Ah! let me bear Thee company;  
I wish to die with Thee.

*V.* Have mercy on us, O Lord.

*R.* Have mercy on us.



STATION 3: JESUS FALLS THE FIRST TIME

## *Station 3*

### *Jesus Falls the First Time*

*V.* We adore Thee, O Christ, and we bless Thee.

*R.* Because by Thy holy Cross, Thou hast redeemed the world.

Consider this first fall of Jesus under His Cross. His flesh was torn by the scourges, His head crowned with thorns, and He had lost a great quantity of blood. He was so weakened that he could scarcely walk, and yet he had to carry this great load upon His shoulders. The soldiers struck Him rudely, and thus He fell several times in His journey.

My beloved Jesus, it is not the weight of the Cross, but my sins, which have made Thee suffer so much pain. Ah, by the merits of this first fall, deliver me from the misfortune of falling into mortal sin. I love Thee, O my Jesus, with my whole heart; I repent of having offended Thee. Never permit me to separate myself from Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

[Our Father](#), [Hail Mary](#) and [Glory Be](#).

Dear Jesus, Thou dost go to die  
For very love of me:  
Ah! let me bear Thee company;  
I wish to die with Thee.

*V.* Have mercy on us, O Lord.

*R.* Have mercy on us.



STATION 4: JESUS MEETS HIS MOTHER

## *Station 4*

### *Jesus Meets His Mother*

*V.* We adore Thee, O Christ, and we bless Thee.

*R.* Because by Thy holy Cross, Thou hast redeemed the world.

Consider the meeting of the Son and the Mother, which took place on this journey. Jesus and Mary looked at each other, and their looks became as so many arrows to wound those hearts which loved each other so tenderly.

My most loving Jesus, by the sorrow Thou didst experience in this meeting, grant me the grace of a truly devoted love for Thy most holy Mother. And thou, my Queen, who wast overwhelmed with sorrow, obtain for me by thy intercession a continual and tender remembrance of the Passion of thy Son. I love Thee, Jesus my love; I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

[Our Father](#), [Hail Mary](#) and [Glory Be](#).

Dear Jesus, Thou dost go to die  
For very love of me:  
Ah! let me bear Thee company;  
I wish to die with Thee.

*V.* Have mercy on us, O Lord.

*R.* Have mercy on us.





STATION 5: JESUS IS HELPED BY SIMON

## *Station 5*

### *Jesus is Helped by Simon*

*V.* We adore Thee, O Christ, and we bless Thee.

*R.* Because by Thy holy Cross, Thou hast redeemed the world.

Consider how the Jews, seeing that at each step Jesus from weakness was on the point of expiring, and fearing that He would die on the way, when they wished Him to die the ignominious death of the Cross, constrained Simon the Cyrenian to carry the Cross behind our Lord.

My most sweet Jesus, I will not refuse the Cross, as the Cyrenian did; I accept it; I embrace it. I accept in particular the death Thou hast destined for me; with all the pains that may accompany it; I unite it to Thy death, I offer it to Thee. Thou hast died for love of me; I will die for love of Thee, and to please Thee. Help me by Thy grace. I love Thee, Jesus my love; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

[Our Father](#), [Hail Mary](#) and [Glory Be](#).

Dear Jesus, Thou dost go to die  
For very love of me:  
Ah! let me bear Thee company;  
I wish to die with Thee.

*V.* Have mercy on us, O Lord.

*R.* Have mercy on us.





STATION 6: VERONICA WIPES THE FACE OF JESUS

## *Station 6*

### *Veronica Wipes the Face of Jesus*

*V.* We adore Thee, O Christ, and we bless Thee.

*R.* Because by Thy holy Cross, Thou hast redeemed the world.

Consider how the holy woman named Veronica, seeing Jesus so afflicted, and His face bathed in sweat and blood, presented Him with a towel, with which He wiped His adorable face, leaving on it the impression of His holy countenance.

My most beloved Jesus, Thy face was beautiful before, but in this journey it has lost all its beauty, and wounds and blood have disfigured it. Alas, my soul also was once beautiful, when it received Thy grace in Baptism; but I have disfigured it since by my sins; Thou alone, my Redeemer, canst restore it to its former beauty. Do this by Thy Passion, O Jesus. I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

[Our Father](#), [Hail Mary](#) and [Glory Be](#).

Dear Jesus, Thou dost go to die  
For very love of me:  
Ah! let me bear Thee company;  
I wish to die with Thee.

*V.* Have mercy on us, O Lord.

*R.* Have mercy on us.



STATION 7: JESUS FALLS A SECOND TIME

## *Station 7*

### *Jesus Falls a Second Time*

*V.* We adore Thee, O Christ, and we bless Thee.

*R.* Because by Thy holy Cross, Thou hast redeemed the world.

Consider the second fall of Jesus under the Cross—a fall which renews the pain of all the wounds of the head and members of our afflicted Lord.

My most gentle Jesus, how many times Thou hast pardoned me, and how many times have I fallen again, and begun again to offend Thee! Oh, by the merits of this new fall, give me the necessary help to persevere in Thy grace until death. Grant that in all temptations which assail me I may always commend myself to Thee. I love Thee, Jesus my love; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

[Our Father](#), [Hail Mary](#) and [Glory Be](#).

Dear Jesus, Thou dost go to die  
For very love of me:  
Ah! let me bear Thee company;  
I wish to die with Thee.

*V.* Have mercy on us, O Lord.

*R.* Have mercy on us.



STATION 8: JESUS SPEAKS TO THE WOMEN

## *Station 8*

### *Jesus Speaks to the Women*

*V.* We adore Thee, O Christ, and we bless Thee.

*R.* Because by Thy holy Cross, Thou hast redeemed the world.

Consider how those women wept with compassion at seeing Jesus in such a pitiable state, streaming with blood, as He walked along. But Jesus said to them: Weep not for Me, but for your children.

My Jesus, laden with sorrows, I weep for the offences I have committed against Thee, because of the pains they have deserved, and still more because of the displeasure they have caused Thee, who hast loved me so much. It is Thy love, more than the fear of hell, which causes me to weep for my sins. My Jesus, I love Thee more than myself; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

[Our Father](#), [Hail Mary](#) and [Glory Be](#).

Dear Jesus, Thou dost go to die  
For very love of me:  
Ah! let me bear Thee company;  
I wish to die with Thee.

*V.* Have mercy on us, O Lord.

*R.* Have mercy on us.





STATION 9: JESUS FALLS A THIRD TIME

## *Station 9*

### *Jesus Falls a Third Time*

*V.* We adore Thee, O Christ, and we bless Thee.

*R.* Because by Thy holy Cross, Thou hast redeemed the world.

Consider the third fall of Jesus Christ. His weakness was extreme, and the cruelty of His executioners was excessive, who tried to hasten His steps when He had scarcely strength to move.

Ah, my outraged Jesus, by the merits of the weakness Thou didst suffer in going to Calvary, give me strength sufficient to conquer all human respect, and all my wicked passions, which have led me to despise Thy friendship. I love Thee, Jesus my love, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

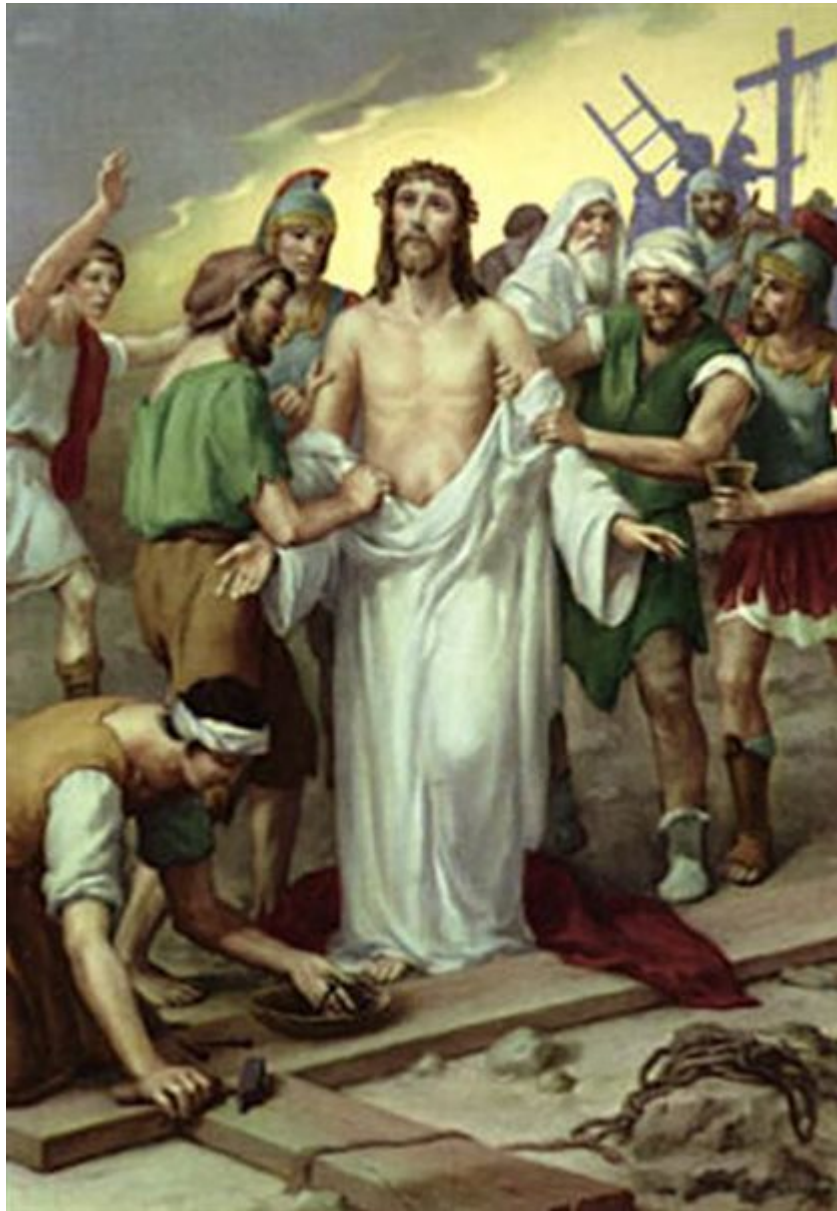
[Our Father](#), [Hail Mary](#) and [Glory Be](#).

Dear Jesus, Thou dost go to die  
For very love of me:  
Ah! let me bear Thee company;  
I wish to die with Thee.

*V.* Have mercy on us, O Lord.

*R.* Have mercy on us.





STATION 10: JESUS IS STRIPPED OF HIS GARMENTS

## *Station 10*

### *Jesus is Stripped of His Garments*

*V.* We adore Thee, O Christ, and we bless Thee.

*R.* Because by Thy holy Cross, Thou hast redeemed the world.

Consider the violence with which the executioners stripped Jesus. His inner garments adhered to His torn flesh, and they dragged them off so roughly that the skin came with them. Compassionate your Savior thus cruelly treated, and say to Him:

My innocent Jesus, by the merits of the torment Thou hast felt, help me to strip myself of all affection to things of earth, in order that I may place all my love in Thee, who art so worthy of my love. I love Thee, O Jesus, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

[Our Father](#), [Hail Mary](#) and [Glory Be](#).

Dear Jesus, Thou dost go to die  
For very love of me:  
Ah! let me bear Thee company;  
I wish to die with Thee.

*V.* Have mercy on us, O Lord.

*R.* Have mercy on us.



STATION 11: JESUS IS NAILED TO THE CROSS

## *Station 11*

### *Jesus is Nailed to the Cross*

*V.* We adore Thee, O Christ, and we bless Thee.

*R.* Because by Thy holy Cross, Thou hast redeemed the world.

Consider how Jesus, after being thrown on the Cross extended His hands, and offered to His Eternal Father the sacrifice of His death for our salvation. These barbarians fastened Him with nails, and then, raising the Cross, allowed Him to die with anguish on this infamous gibbet.

My Jesus! loaded with contempt, nail my heart to Thy feet, that it may ever remain there, to love Thee, and never quit Thee again. I love Thee more than myself; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

[Our Father](#), [Hail Mary](#) and [Glory Be](#).

Dear Jesus, Thou dost go to die  
For very love of me:  
Ah! let me bear Thee company;  
I wish to die with Thee.

*V.* Have mercy on us, O Lord.

*R.* Have mercy on us.



STATION 12: JESUS DIES ON THE CROSS

## *Station 12*

### *Jesus Dies on the Cross*

*V.* We adore Thee, O Christ, and we bless Thee.

*R.* Because by Thy holy Cross, Thou hast redeemed the world.

Consider how thy Jesus, after three hours' Agony on the Cross, consumed at length with anguish, abandons Himself to the weight of His body, bows His head, and dies.

O my dying Jesus, I kiss devoutly the Cross on which Thou didst die for love of me. I have merited by my sins to die a miserable death; but Thy death is my hope. Ah, by the merits of Thy death, give me grace to die, embracing Thy feet, and burning with love for Thee. I yield my soul into Thy hands. I love Thee with my whole heart; I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

[Our Father](#), [Hail Mary](#) and [Glory Be](#).

Dear Jesus, Thou dost go to die  
For very love of me:  
Ah! let me bear Thee company;  
I wish to die with Thee.

*V.* Have mercy on us, O Lord.

*R.* Have mercy on us.





STATION 13: JESUS IS TAKEN DOWN FROM THE CROSS

## *Station 13*

### *Jesus is Taken Down From the Cross*

*V.* We adore Thee, O Christ, and we bless Thee.

*R.* Because by Thy holy Cross, Thou hast redeemed the world.

Consider how, after the death of our Lord, two of His disciples, Joseph and Nicodemus, took Him down from the Cross, and placed Him in the arms of His afflicted Mother, who received Him with unutterable tenderness, and pressed Him to her bosom.

O Mother of sorrow, for the love of this Son, accept me for thy servant, and pray to Him for me. And Thou, my Redeemer, since Thou hast died for me, permit me to love Thee; for I wish but Thee, and nothing more. I love Thee, my Jesus, and I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

[Our Father](#), [Hail Mary](#) and [Glory Be](#).

Dear Jesus, Thou dost go to die  
For very love of me:  
Ah! let me bear Thee company;  
I wish to die with Thee.

*V.* Have mercy on us, O Lord.

*R.* Have mercy on us.





STATION 14: JESUS IS PLACED IN THE TOMB

## *Station 14*

### *Jesus is Placed in the tomb*

*V.* We adore Thee, O Christ, and we bless Thee.

*R.* Because by Thy holy Cross, Thou hast redeemed the world.

Consider how the disciples carried the body of Jesus to bury it, accompanied by His holy Mother, who arranged it in the sepulchre with her own hands. They then closed the tomb, and all withdrew.

Oh, my buried Jesus, I kiss the stone that encloses Thee. But Thou didst rise again the third day. I beseech Thee, by Thy resurrection, make me rise glorious with Thee at the last day, to be always united with Thee in heaven, to praise Thee and love Thee forever. I love Thee, and I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

[Our Father](#), [Hail Mary](#) and [Glory Be](#).

Dear Jesus, Thou dost go to die  
For very love of me:  
Ah! let me bear Thee company;  
I wish to die with Thee.

*V.* Have mercy on us, O Lord.

*R.* Have mercy on us.

## *Ending*

After this, say the [Our Father](#), [Hail Mary](#) and [Glory Be](#), five times, in honour of the Passion of Jesus Christ, to gain other indulgences granted those who recite them. Lastly, say one [Our Father](#), [Hail Mary](#) and [Glory Be](#), for the intention of the Sovereign Pontiff.

*St Alphonsus Liguori, Pray for us! Amen.*

# THE DIVINE MERCY

SAINT FAUSTINA, APOSTLE OF MERCY

# *The Divine Mercy Contents*

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## *The Divine Mercy*



THE DIVINE MERCY IMAGE

## *The Divine Mercy Chaplet*

### OPENING PRAYERS

You expired, O 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, envelope the whole world and empty Yourself out upon us.

### RECITE THREE TIMES

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

Then recite one [Our Father](#), one [Hail Mary](#), and the [Apostles' Creed](#).

### THE FIVE DECADES OF THE CHAPLET

#### ON THE LARGE BEAD

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 SMALLER BEADS

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

#### AFTER EACH DECADE

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

### CLOSING PRAYERS



RECITE THREE TIMES

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

CLOSING PRAYER

Eternal God, Your Mercy is endless, and Your treasury of compassion is inexhaustible. Look with kindness upon us and increase Your Mercy within us, so that, in difficult moments, we may not despair, nor become despondent, but may, with great confidence, submit ourselves to Your Holy Will, which is Love and Mercy itself. Amen.

Finally, make the [Sign of the Cross](#).

JESUS SAID TO SISTER FAUSTINA

“Say unceasingly this chaplet that I have taught you. Anyone who says it will receive great Mercy at the hour of death. Priests will recommend it to sinners as the last hope. Even the most hardened sinner, if he recites this Chaplet even once, will receive grace from My Infinite Mercy. I want the whole world to know My Infinite Mercy. I want to give unimaginable graces to those who trust in My Mercy. . . .”

“. . . . When they say this Chaplet in the presence of the dying, I will stand between My Father and the dying person not as the just judge but as the Merciful Savior.”

## *The Divine Mercy Information*

Jesus: “Paint an image according to the pattern you see, with the signature: Jesus, I trust in You. I promise that the soul that will venerate this image will not perish. I also promise victory over its enemies already here on earth, especially at the hour of death. I Myself will defend it as My own glory.” (Diary of St. Faustina, 47 and 48)

The Divine Mercy is a Roman Catholic devotion to the merciful love of God and the desire to let that love and mercy flow through one’s own heart towards those in need of it. The devotion is due to Saint Mary Faustina Kowalska (1905–1938), who is known as the Apostle of Mercy.

Faustina Kowalska reported a number of visions of Jesus and conversations with him which she wrote in her diary, later published as the book *Diary: Divine Mercy in My Soul*. The three main themes of the devotion are to ask for and obtain the mercy of God, to trust in Christ’s abundant mercy, and finally to show mercy to others and act as a conduit for God’s mercy towards them.

The devotion places emphasis on the veneration of the Divine Mercy image which Faustina reported as a vision of Jesus while she was in her cell in the convent. The image is displayed and venerated by Catholics on its own, and is solemnly blessed during Divine Mercy Sunday. The devotion includes specific prayers such as the Chaplet of Divine Mercy.

### THE TWO PROMISES OF THE DIVINE MERCY

*Promise 1:* “Each priest who worthily offers the Holy Sacrifice of the Mass for 30 consecutive days and, in addition, makes the Stations of the Cross daily, will receive for himself: and another soul selected by him, the assurance of eternal salvation.”

*Promise 2:* “Likewise, each individual who will receive Holy Communion worthily for 30 consecutive days, and will recite one Our Father and Hail Mary for the welfare of the Holy Catholic Church, will receive for himself and one other soul selected by him, the assurance of eternal salvation.”—Words of Our Lord Jesu Christ to Saint Faustina

### THE DEVOTION

“Proclaim that mercy is the greatest attribute of God.”  
—Words attributed to Jesus by Faustina in her diary.

The primary focus of the Divine Mercy devotion is the merciful love of God and the desire to let that love and mercy flow through one’s own heart towards those in need of it. As he dedicated the Shrine of Divine Mercy, Pope John Paul II referred to this when he said: “Apart from the mercy of God there is no other source of hope for mankind.”

As in the prayers that form the Chaplet of Divine Mercy, there are three main themes to the Divine Mercy devotion: to ask for and obtain the mercy of God, to trust in Christ’s abundant mercy, and finally to show mercy to others and act as a conduit for God’s mercy towards them.

The first and second elements relate to the signature “Jesus I trust in You” on the Divine Mercy image and Faustina stated that on April 28, 1935, the day the first Divine Mercy Sunday was celebrated, Jesus told her: “Every soul believing and trusting in My Mercy will obtain it.”

The third component is reflected in the statement “Call upon My mercy on behalf of sinners” attributed to Jesus in Faustina’s diary (Notebook I, items 186–187). This statement is followed in the diary by a specific short prayer: “O Blood and Water, which gushed forth from the Heart of Jesus as a fount of Mercy for us, I trust in You.” which Faustina also recommended for the Hour of Divine Mercy.

In her diary (Notebook II, item 742) Faustina wrote that Jesus told her: “*I demand from you deeds of mercy, which are to arise out of love for Me*” and that he explained that there are three ways of exercising mercy toward your neighbor: the first-by deed, the second-by word, the third-by prayer.

The Divine Mercy devotion views mercy as the key element in the plan of God for salvation and emphasizes the belief that it was through mercy that God gave his only son for the redemption of mankind, after the fall of Adam. The opening prayer for Divine Mercy Sunday Mass refers to this and begins: “Heavenly Father and God of Mercy, We no longer look for Jesus among the dead, for He is alive and has become the Lord of Life.”

## DIVINE MERCY IMAGE

Saint Faustina stated that in her vision Jesus told her:

“Paint an image according to the pattern you see with the signature: Jesus, I trust in You . . . I promise that the soul that will venerate this image will not perish.”

The chaplet is associated with the paintings of the image as in Faustina’s diary. The most widely used is a Polish image painted by Adolf Hyla. Hyla painted the image in thanksgiving for having survived World War II.

In the image, Jesus stands with one hand outstretched in blessing, the other clutching the side wounded by the spear, from which proceed beams of falling light, red and white in colour. An explanation of these colours was given to Saint Faustina by Jesus himself saying, “*The two rays represent blood and water.*” These colours of the rays refer to the “blood and water” referenced in the Gospel of John, (John 19:34) and which is also mentioned in the optional prayer of the Chaplet. The words “Jesus I Trust in Thee” usually accompany the image.

The original Divine Mercy image was painted by Eugene Kazimierowski in Vilnius, Lithuania under St. Faustina’s direction. However, according to her diary, she cried upon seeing that the finished picture was not as beautiful as the vision she had received, but Jesus comforted her saying, “*Not in the beauty of the colour, nor of the brush is the greatness of this image, but in My grace.*” The picture was widely used during the early years of the devotion, and is still in circulation within the movement, but the Hyla image remains one of the most reproduced renderings.

## CHAPLET AND NOVENA

Though the origins of the Chaplet and its use of rosary beads are distinctly Catholic in nature, the Chaplet of Divine Mercy can be said by non—Roman Catholics as well. Rosary beads are, indeed, used to say the prayer.

As a complement to the Divine Mercy Chaplet, a prayer can be said at 3 P.M. This is the hour of Jesus’ death as he died in the ninth hour.

“Jesus who died but the source of life flowed out for souls and the ocean of mercy opened up for the whole world. O fount of life, immeasurable Divine Mercy, cover the whole world and empty yourself out upon us. O blood and water which flowed out as a fountain of mercy for us, I trust in you. Holy God, Holy Mighty One, Holy Immortal One, Have mercy on us and on the whole world (repeat thrice) Jesus, King of mercy, I trust in you!”

The Chaplet may be said alone or as part of a Novena. Faustina wrote that in her visions Jesus instructed her that the Feast of the Divine Mercy (the Sunday after Easter) be preceded by a Divine Mercy Novena which would begin on Good Friday and conclude on Divine Mercy Sunday.

#### HOUR OF DIVINE MERCY

In her diary Faustina wrote that Jesus specified three o’clock each afternoon as the hour at which mercy was best received, and asked her to pray the Chaplet of Mercy and venerate the Divine Mercy image at that hour. On October 10, 1937, in her diary (Notebook V, item 1320) Faustina attributed the following statement to Jesus:

“As often as you hear the clock strike the third hour immerse yourself completely in My mercy, adoring and glorifying it, invoke its omnipotence for the whole world, and particularly for poor sinners, for at that moment mercy was opened wide for every soul. “

Three o’clock in the afternoon corresponds to the hour at which Jesus died on the cross. This hour is called the “hour of Divine Mercy” or the “hour of great mercy.”

#### DIVINE MERCY SUNDAY

The feast of Divine Mercy Sunday was instituted by Pope John Paul II and is celebrated the Sunday after Easter on the General Roman Calendar, and is associated with specific indulgences.

In an entry in her diary, Saint Faustina stated that anyone who participates in the Mass and receives the sacraments of Confession and the Eucharist on this day is assured by Jesus of full remission of their sins and punishments.

## *Divine Mercy Novena*

Jesus asked that the Feast of the Divine Mercy be preceded by a Novena to the Divine Mercy which would begin on Good Friday. He gave St. Faustina an intention to pray for on each day of the Novena, saving for the last day the most difficult intention of all, the lukewarm and indifferent of whom He said:

“These souls cause Me more suffering than any others; it was from such souls that My soul felt the most revulsion in the Garden of Olives. It was on their account that I said: ‘My Father, if it is possible, let this cup pass Me by.’ The last hope of salvation for them is to flee to My Mercy.”

In her diary, St. Faustina wrote that Jesus told her:

“On each day of the novena you will bring to My heart a different group of souls and you will immerse them in this ocean of My mercy. On each day you will beg My Father, on the strength of My passion, for the graces for these souls.”

During the Solemn Novena leading to Divine Mercy Sunday, the Chaplet of Divine Mercy should be offered each day for the day’s intentions.

Note: This Novena can be said at any time, as well as before Divine Mercy Sunday.

### THE NOVENA INTENTIONS

*Day 1*—All mankind, especially sinners.

*Day 2*—The souls of priests and religious.

*Day 3*—All devout and faithful souls.

*Day 4*—Those who do not believe in Jesus and those who do not yet know Him.

*Day 5*—The souls of separated brethren.

*Day 6*—The meek and humble souls and the souls of children.

*Day 7*—The souls who especially venerate and glorify Jesus' mercy.

*Day 8*—The souls who are detained in purgatory.

*Day 9*—The souls who have become lukewarm.

## *First Day*

“Today bring to Me all mankind, especially all sinners, and immerse them in the ocean of My mercy. In this way you will console Me in the bitter grief into which the loss of souls plunges Me.”

Most Merciful Jesus, whose very nature it is to have compassion on us and to forgive us, do not look upon our sins but upon our trust which we place in Your infinite goodness. Receive us all into the abode of Your Most Compassionate Heart, and never let us escape from It. We beg this of You by Your love which unites You to the Father and the Holy Spirit.

Eternal Father, turn Your merciful gaze upon all mankind and especially upon poor sinners, all enfolded in the Most Compassionate Heart of Jesus. For the sake of His sorrowful Passion show us Your mercy, that we may praise the omnipotence of Your mercy for ever and ever. Amen.



## *Second Day*

“Today bring to Me the Souls of Priests and Religious, and immerse them in My unfathomable mercy. It was they who gave me strength to endure My bitter Passion. Through them as through channels My mercy flows out upon mankind.”

Most Merciful Jesus, from whom comes all that is good, increase Your grace in men and women consecrated to Your service, that they may perform worthy works of mercy; and that all who see them may glorify the Father of Mercy who is in heaven.

Eternal Father, turn Your merciful gaze upon the company of chosen ones in Your vineyard—upon the souls of priests and religious; and endow them with the strength of Your blessing. For the love of the Heart of Your Son in which they are enfolded, impart to them Your power and light, that they may be able to guide others in the way of salvation and with one voice sing praise to Your boundless mercy for ages without end. Amen.

## *Third Day*

“Today bring to Me all Devout and Faithful Souls, and immerse them in the ocean of My mercy. These souls brought me consolation on the Way of the Cross. They were a drop of consolation in the midst of an ocean of bitterness.”

Most Merciful Jesus, from the treasury of Your mercy, You impart Your graces in great abundance to each and all. Receive us into the abode of Your Most Compassionate Heart and never let us escape from It. We beg this grace of You by that most wondrous love for the heavenly Father with which Your Heart burns so fiercely.

Eternal Father, turn Your merciful gaze upon faithful souls, as upon the inheritance of Your Son. For the sake of His sorrowful Passion, grant them Your blessing and surround them with Your constant protection. Thus may they never fail in love or lose the treasure of the holy faith, but rather, with all the hosts of Angels and Saints, may they glorify Your boundless mercy for endless ages. Amen.

## *Fourth Day*

“Today bring to Me those who do not believe in God and those who do not know Me, I was thinking also of them during My bitter Passion, and their future zeal comforted My Heart. Immerse them in the ocean of My mercy.”

Most compassionate Jesus, You are the Light of the whole world. Receive into the abode of Your Most Compassionate Heart the souls of those who do not believe in God and of those who as yet do not know You. Let the rays of Your grace enlighten them that they, too, together with us, may extol Your wonderful mercy; and do not let them escape from the abode which is Your Most Compassionate Heart.

Eternal Father, turn Your merciful gaze upon the souls of those who do not believe in You, and of those who as yet do not know You, but who are enclosed in the Most Compassionate Heart of Jesus. Draw them to the light of the Gospel. These souls do not know what great happiness it is to love You. Grant that they, too, may extol the generosity of Your mercy for endless ages. Amen.

## *Fifth Day*

“Today bring to Me the Souls of those who have separated themselves from My Church, and immerse them in the ocean of My mercy. During My bitter Passion they tore at My Body and Heart, that is, My Church. As they return to unity with the Church My wounds heal and in this way they alleviate My Passion.”

Most Merciful Jesus, Goodness Itself, You do not refuse light to those who seek it of You. Receive into the abode of Your Most Compassionate Heart the souls of those who have separated themselves from Your Church. Draw them by Your light into the unity of the Church, and do not let them escape from the abode of Your Most Compassionate Heart; but bring it about that they, too, come to glorify the generosity of Your mercy.

Eternal Father, turn Your merciful gaze upon the souls of those who have separated themselves from Your Son’s Church, who have squandered Your blessings and misused Your graces by obstinately persisting in their errors. Do not look upon their errors, but upon the love of Your own Son and upon His bitter Passion, which He underwent for their sake, since they, too, are enclosed in His Most Compassionate Heart. Bring it about that they also may glorify Your great mercy for endless ages. Amen.

## *Sixth Day*

“Today bring to Me the Meek and Humble Souls and the Souls of Little Children, and immerse them in My mercy. These souls most closely resemble My Heart. They strengthened Me during My bitter agony. I saw them as earthly Angels, who will keep vigil at My altars. I pour out upon them whole torrents of grace. I favour humble souls with My confidence.”

Most Merciful Jesus, You yourself have said, “Learn from Me for I am meek and humble of heart.” Receive into the abode of Your Most Compassionate Heart all meek and humble souls and the souls of little children. These souls send all heaven into ecstasy and they are the heavenly Father’s favourites. They are a sweet-smelling bouquet before the throne of God; God Himself takes delight in their fragrance. These souls have a permanent abode in Your Most Compassionate Heart, O Jesus, and they unceasingly sing out a hymn of love and mercy.

Eternal Father, turn Your merciful gaze upon meek souls, upon humble souls, and upon little children who are enfolded in the abode which is the Most Compassionate Heart of Jesus. These souls bear the closest resemblance to Your Son. Their fragrance rises from the earth and reaches Your very throne. Father of mercy and of all goodness, I beg You by the love You bear these souls and by the delight You take in them: Bless the whole world, that all souls together may sing out the praises of Your mercy for endless ages. Amen.

## *Seventh Day*

“Today bring to Me the Souls who especially venerate and glorify My Mercy, and immerse them in My mercy. These souls sorrowed most over my Passion and entered most deeply into My spirit. They are living images of My Compassionate Heart. These souls will shine with a special brightness in the next life. Not one of them will go into the fire of hell. I shall particularly defend each one of them at the hour of death.”

Most Merciful Jesus, whose Heart is Love Itself, receive into the abode of Your Most Compassionate Heart the souls of those who particularly extol and venerate the greatness of Your mercy. These souls are mighty with the very power of God Himself. In the midst of all afflictions and adversities they go forward, confident of Your mercy; and united to You, O Jesus, they carry all mankind on their shoulders. These souls will not be judged severely, but Your mercy will embrace them as they depart from this life.

Eternal Father, turn Your merciful gaze upon the souls who glorify and venerate Your greatest attribute, that of Your fathomless mercy, and who are enclosed in the Most Compassionate Heart of Jesus. These souls are a living Gospel; their hands are full of deeds of mercy, and their hearts, overflowing with joy, sing a canticle of mercy to You, O Most High! I beg You O God:

Show them Your mercy according to the hope and trust they have placed in You. Let there be accomplished in them the promise of Jesus, who said to them that during their life, but especially at the hour of death, the souls who will venerate this fathomless mercy of His, He, Himself, will defend as His glory. Amen.

## *Eighth Day*

“Today bring to Me the Souls who are in the prison of Purgatory, and immerse them in the abyss of My mercy. Let the torrents of My Blood cool down their scorching flames. All these souls are greatly loved by Me. They are making retribution to My justice. It is in your power to bring them relief. Draw all the indulgences from the treasury of My Church and offer them on their behalf. Oh, if you only knew the torments they suffer, you would continually offer for them the alms of the spirit and pay off their debt to My justice.”

Most Merciful Jesus, You Yourself have said that You desire mercy; so I bring into the abode of Your Most Compassionate Heart the souls in Purgatory, souls who are very dear to You, and yet, who must make retribution to Your justice. May the streams of Blood and Water which gushed forth from Your Heart put out the flames of Purgatory, that there, too, the power of Your mercy may be celebrated.

Eternal Father, turn Your merciful gaze upon the souls suffering in Purgatory, who are enfolded in the Most Compassionate Heart of Jesus. I beg You, by the sorrowful Passion of Jesus Your Son, and by all the bitterness with which His most sacred Soul was flooded: Manifest Your mercy to the souls who are under Your just scrutiny. Look upon them in no other way but only through the Wounds of Jesus, Your dearly beloved Son; for we firmly believe that there is no limit to Your goodness and compassion. Amen.

## *Ninth Day*

“Today bring to Me the Souls who have become Lukewarm, and immerse them in the abyss of My mercy. These souls wound My Heart most painfully. My soul suffered the most dreadful loathing in the Garden of Olives because of lukewarm souls. They were the reason I cried out: ‘Father, take this cup away from Me, if it be Your will.’ For them, the last hope of salvation is to run to My mercy.”

Most compassionate Jesus, You are Compassion Itself. I bring lukewarm souls into the abode of Your Most Compassionate Heart. In this fire of Your pure love, let these tepid souls who, like corpses, filled You with such deep loathing, be once again set aflame. O Most Compassionate Jesus, exercise the omnipotence of Your mercy and draw them into the very ardor of Your love, and bestow upon them the gift of holy love, for nothing is beyond Your power.

Eternal Father, turn Your merciful gaze upon lukewarm souls who are nonetheless enfolded in the Most Compassionate Heart of Jesus. Father of Mercy, I beg You by the bitter Passion of Your Son and by His three-hour agony on the Cross: Let them, too, glorify the abyss of Your mercy. Amen.



# DAILY PRAYERS

# *Daily Prayers Contents*

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## *To Mary*

### SUB TUUM PRAESIDIUM PRAYER

We fly to thy patronage, O holy Mother of God; despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin. Amen.

### MARIAN MOVEMENT OF PRIESTS HOLY SPIRIT PRAYER

Come, Holy Spirit, come by means of the powerful intercession of the Immaculate Heart of Mary, your well-beloved Spouse!

### PRAYER TO MARY, THE QUEEN OF ANGELS PRAYER

Who Is Like Unto God! O good and tender Mother! Thou shalt ever be our love and our hope. Holy Angels and Archangels keep us and defend us. Amen.

## *The 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 reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen

## *Alliance of Jesus and Mary*

I trust, O Heavenly Father, and offer Thee the United Hearts of Jesus and Mary. The triumphant Bleeding Wounds of Jesus and the Tears of Our Loving Heavenly Mother. Lord, Thy Will be done. Amen.

Heavenly Father, I trust, I offer Thee the United Hearts of Jesus and Mary. The triumphant Wounds of Jesus and tears of Our Loving Heavenly Mother Mary. Lord, Thy Will be done. Jesus, Mary, I Love You; save souls. Amen.

## *Consecration to Mary*

### ACT OF ADORATION

I adore You, O my God, and I love You with my whole heart. I thank You for having created me, made me a Christian, and preserved me during this night. I offer You all my actions of this day: grant that they may be done according to Your holy will and for Your glory. Keep me from sin and from every evil. May Your grace be always with me and with all those who are dear to me. Reward, O Lord, with eternal life all those who do good to us in Your name. Convert sinners, console the sick, the afflicted, and prisoners in their tribulations. Grant paradise to those who will die this day, and eternal rest to the faithful departed. Amen.

[Our Father.](#)

### CONSECRATION TO THE IMMACULATE

O Immaculate Mother of God and my Mother, Mary, I renew my total consecration to You, and I offer to Your Immaculate Heart my prayers and works, joys and sacrifices of this day in cooperation with Your mission of conquering the whole world to the Kingdom of Christ. “Allow me to praise You, O most holy Virgin, with my personal commitment and sacrifice. Allow me to live, work, suffer, be consumed, and die for You, just for You. Allow me to bring the whole world to You. Allow me to contribute to Your ever greater exaltation, to Your greatest possible exaltation. Allow me to give to You such glory that no one else has ever given You up to now. Allow others to surpass me in zeal for Your exaltation, and me to surpass them, so that by means of such noble rivalry Your glory may increase ever more profoundly, ever more rapidly, ever more intensely above all other beings Himself desires” (St. Maximilian Mary Kolbe).

O Mary, conceived without sin, pray for us who have recourse to You, and for all who do not have recourse to You, especially for the enemies of the

Holy Church and those recommended to You.

[Hail Mary.](#)

PRAYER TO SAINT JOSEPH

O Guardian and Father of virgins, Saint Joseph, to whose faithful care Jesus Himself and the Virgin of virgins, Mary, were entrusted: for the sake of these two most precious treasures, I beg and entreat you to preserve me from every sin so that I may always serve Jesus and Mary most chastely with pure mind heart, and body. Amen.

[Glory Be.](#)

*By Saint Maximillian Mary Kolbe*



## *Precious Blood of Jesus Novena*

Lord, thou bearest me written in Thy hands in Thy Hands in letters of indelible red, which are Thy most Holy Wounds, and to inspire me with confidence Thou gently sayest: “I have written thee in My Hands with the marks of My most Holy Wounds.” Therefore, will I ever say to Thee: “Read, Lord Jesus, read that handwriting and save me through Thy Precious Blood.”

O Sacred Heart of Jesus, I have asked you for many favors, but I plead for this one. Take it, place it in Your open Broken Heart, and when the Eternal Father sees it, covered with the mantle of YOUR most Precious Blood, He will not refuse it, if, in His infinite and far-seeing wisdom, He sees it is best for my spiritual and temporal welfare. It is not alone my prayer, but Thine (*Intention*).

## *Novena to Saint Philomena*

O great St. Philomena, glorious Virgin and Martyr, wonder-worker of our age, I return most fervent thanks to God for the miraculous gifts bestowed on thee, and beseech thee to impart to me a share in the graces and blessings of which thou hast been the channel to so many souls. Through the heroic fortitude with which thou didst confront the fury of tyrants and brave the frowns of the mighty rather than swerve from thy allegiance to the King of Heaven, obtain for me purity of body and soul, purity of heart and desire, purity of thought and affection.

Through thy patience under multiplied sufferings, obtain for me a submissive acceptance of all the afflictions it may please God to send me and as thou didst miraculously escape unhurt from the waters of the Tiber, into which thou wert cast by order of thy persecutor, so may I pass through the waters of tribulation without detriment to my soul. In addition to these favours, obtain for me, O faithful spouse of Jesus, the particular intention I earnestly recommend to thee at this moment (*Intention*).

O pure Virgin and holy Martyr, deign to cast a look of pity from Heaven on thy devoted servant, comfort me in affliction, assist me in danger, above all come to my aid in the hour of death. Watch over the interests of the Church of God, pray for its exaltation and prosperity, the extension of the faith, for the Sovereign Pontiff, for the clergy, for the perseverance of the just, the conversion of sinners, and the relief of the souls in purgatory, especially those dear to me. O great Saint, whose triumph we celebrate on earth, intercede for me, that I may one day behold the crown of glory bestowed on thee in Heaven, and eternally bless Him who so liberally rewards for all eternity the sufferings endured for His love during this short life. Amen.

PRAYER

O most pure Virgin, glorious Martyr, St. Philomena, whom God in His eternal power has revealed to the world in these unhappy days in order to revive the faith, sustain the hope and enkindle the charity of Christian souls, behold me prostrate at thy feet. Deign, O Virgin, full of goodness and kindness, to receive my humble prayers and to obtain for me that purity for which thou didst sacrifice the most alluring pleasures of the world, that strength of soul which made thee resist the most terrible attacks and that ardent love for our Lord Jesus Christ, which the most frightful torments could not extinguish in thee. So, that wearing thy holy cord and imitating thee in this life, I may one day be crowned with thee in heaven. Amen.

#### SAINT PHILOMENA CHORD PRAYER

O Saint Philomena, Virgin and Martyr, pray for us so that through your powerful intercession we may obtain that purity of spirits and heart that leads to the perfect love of God. Amen.

## *Saint Michael the Archangel Prayer*

Saint Michael the Archangel, defend us in battle: be our defence against the wickedness 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 the evil spirits who prowl about the world for the ruin of souls. Amen.

## *Guardian Angel Prayer*

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

## *Act of Contrition*

O my God, because You are so good. I am very sorry that I have sinned against You; and with the help of Your Grace, I will try not to sin again. Amen.

*(Popular Small UK Version)*

O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen

*(Main Version)*

## *Come Holy Spirit*

Come, Holy Spirit, fill the hearts of thy faithful, and kindle in them the fire of thy love. Send forth thy Spirit, and they shall be created; and thou shalt renew the face of the earth.

O God, You instructed the hearts of the faithful by the light of the Holy Spirit. Grant us in the same Spirit to be truly wise and ever to rejoice in His consolation, through Jesus Christ our Lord. Amen.

## *Memorare*

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



## *Hail Holy Queen*

Hail, Holy Queen, Mother of Mercy, our Life, our Sweetness, and our Hope.

To Thee do we cry, poor banished children of Eve. To Thee do we send up our sighs mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine Eyes of Mercy toward us, and after this our exile show us the Blessed Fruit of thy Womb, Jesus. O clement, O loving, O sweet Virgin Mary.

*V.* Pray for us O Holy Mother of God

*R.* That we may be made worthy of the promises of Christ.

Saint Joseph, foster father of Jesus, pray for us.

## *The Magnificat*

My soul doth magnify the Lord. And my spirit hath rejoiced in God my Saviour. Because He hath regarded the humility of His handmaid; for behold from henceforth all generations shall call me Blessed. Because He that is mighty, hath done great things to me; and Holy is His name. And His mercy is from generation unto generations, to them that fear Him. He hath shewed might in His arm: He hath scattered the proud in the conceit of their heart. He hath put down the mighty from their seat, and hath exalted the humble. He hath filled the hungry with good things; and the rich He hath sent empty away. He hath received Israel his servant, being mindful of his mercy: As He spoke to our fathers, to Abraham and to His seed for ever. Amen.

## *The angelus*

V. The angel of the Lord declared unto Mary.

R. And she conceived by the power of Holy Spirit.

[Hail Mary.](#)

V. Behold the handmaid of the Lord.

R. Be it done unto me according to your Word.

[Hail Mary.](#)

V. And the Word was made flesh.

R. And dwelt among us.

[Hail Mary.](#)

V. Pray for us, O Holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech thee, O Lord, Your grace into our hearts, that we to whom the incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His resurrection; through the same Christ our Lord. Amen.

[Glory Be.](#)

## *Prayer of Deliverance*

In the name of Our Lord Jesus Christ, Who died on the Cross, Who descended into hell; on the third day rose again and ascended into Heaven and seated at the right hand of the Father . . .

In the Name of Jesus, BEGONE you evil spirits of pride, anger, envy, gluttony, sloth, lust and avarice! Get away from each one of us! Get back to hell! Do not disturb us, for we are bought by the Most Precious Blood of Our Lord Jesus Christ.

In the name of the Blessed Virgin Mary who crushed the head of the serpent, do not disturb anyone of us because we are shielded by the mantle blue, scapular, and Rosary of the Blessed Mother. Get back to hell!

All hexes, spells, curses, charms, local and personal infestations—you have no more power over us because Mary has destroyed all these power.

May the Holy Spirit drive away all the evil spirits in us. May the seven gifts of the Holy Spirit empower us to resist the evil spirits.

May St. Michael protect us all the days of our life from the power of darkness. As we reject satan and accept Jesus as our personal Saviour, may the Almighty God bless us. In the Name of the Father, and of the Son and of the Holy Spirit. Amen.

## *Saint Gertrude the Great Purgatory Prayer*

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the Universal Church, those in my own home and within my family. Amen.

*(Free 1,000 Souls from Purgatory every time you say this prayer!)*

### *3 O'clock Prayer to the Divine Mercy*

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, envelope the whole world and empty Yourself out upon us. O Blood and Water, which gushed forth from the Heart of Jesus as a Fount of Mercy for us, I trust in You.

## *Protection and Healing Prayer*

Heavenly Father, I praise and thank you for all you have done for me, Please cover me with the protective, precious blood of your Son, Jesus Christ and increase your Holy Spirit in me with His gifts of wisdom, knowledge, understanding, hunger for prayer, guidance and discernment to help me know your will and surrender to it more completely.

Father please heal my negative emotions and any wounds in my heart and spirit. Send the sword of your Holy Spirit to sever and break all spells, curses, hexes, voodoo and all negative genetic, intergenerational and addictive material, past, present or to come, known or unknown, against me, my relationships and family, finances, possessions and ministry.

Father I forgive and I ask for forgiveness for my sins and failings and I ask that my whole person, body and mind, heart and will, soul and spirit, memory and emotions, attitudes and values lie cleansed, renewed and protected by the most precious blood of your Son Jesus.

In the name, power, blood and authority of Jesus Christ I bind and break the power and effect in or around me of any and all evil spirits who are trying to harm me in any way and I command these spirits and their companion spirits in the name of the Father, the Son and the Holy Spirit to leave me peacefully and quietly and go immediately and directly to the Eucharistic presence of Jesus Christ in the closest Catholic Church tabernacle, to be disposed of by Jesus and never again return to harm me.

Dear Holy Spirit please fill up any void in me to overflowing with your great love. All this Father I pray in the name of Jesus Christ by the guidance of your Holy Spirit.

Immaculate Heart of Mary, spouse of the Holy Spirit, please pray for me and with me. Amen.

## *The Miracle Prayer*

Lord Jesus, I come before you, just as I am. I am sorry for my sins. I repent of my sins. Please forgive me. In Your Name, I forgive all others for what they have done against me. I renounce Satan, the evil spirits and all their works. I give you my entire self. Lord Jesus, now and forever, I invite you into my life. I accept you as my Lord, God and Saviour. Heal me, change me, strengthen me in body, soul and spirit. Come, Lord Jesus, cover me with your Precious Blood, and fill me with your Holy Spirit. I love you Lord Jesus. I praise you Jesus. I thank you Jesus. I shall follow you every day of my life. Amen.

Blessed Virgin Mary, help me. Amen.

In union with the Angels that surround the Tabernacle, I adore You, O Blood of Jesus. Amen.



## *A Prayer for Daily Neglects*

Eternal Father, I offer Thee the Sacred Heart of Jesus, with all its love, all its sufferings and all its merits.

*First*, to expiate all the sins I have committed this day and during all my life.

[Glory Be.](#)

*Second*, to purify the good I have done poorly this day and during all my life.

[Glory Be.](#)

*Third*, to supply for the good I ought to have done, and that I have neglected this day and all my life.

[Glory Be.](#)

## *Heartbeat Reparation Prayer*

Eternal Father, I desire to rest in your heart this night. I make the intention of offering you every beat of my heart, joining to them as many acts of love and desire. I pray that even while I'm asleep, I will bring back to You souls that offend You. I ask forgiveness for the whole world, especially for those who know You and yet sin. I offer to You my every breath and heartbeat, as a prayer of reparation. Amen.

## *Good Night to Our Blessed Mother*

Night is falling dear Mother, the long day is o'er!  
And before thy loved image I am kneeling once more  
To thank thee for keeping me safe through the day  
To ask thee this night to keep evil away.

Many times have I fallen today, Mother Dear,  
Many graces neglected, since last I knelt here;  
Wilt thou not in pity, my own Mother mild,  
Ask Jesus to pardon the sins of thy child?

I am going to rest, for the day's work is done,  
Its hours and its moments have passed one by one;  
And the God who will judge me has noted them all,  
He has numbered each grace, He has counted each fall.

In His book they are written against the last day,  
O Mother, ask Jesus to wash them away;  
For one drop of His blood which for sinners was spilt,  
Is sufficient to cleanse the whole world of its guilt.

And if ere the dawn I should draw my last breath  
And the sleep that I take be the long sleep of death,  
Be near me, dear Mother, for dear Jesus' sake  
When my soul on Eternity's shore shall awake.

## *Daily Meditations*

‘Let nothing affright thee, nothing dismay thee. All is passing, God ever remains. Patience obtains all. Whoever possesses God Cannot lack anything God alone suffices.’—*Saint Teresa of Avila*

‘The first weapon that you must make use of is trust in me. It is your complete abandonment to me. Conquer the temptation of fear, of discouragement, of sadness. Distrust paralyzes your activity and greatly benefits my Adversary. Be serene; be joyful!’—*Mary (Marian Movement of Priests)*

‘It is enough for you to say just as a little child: ‘Mother, I trust you, I let myself be led by you. Tell me: what must I do?’—*Mary (Marian Movement of Priests)*

‘Obedience. I have come to do My Father’s will. I obeyed my Parents, I obeyed My tormentors and now I obey the Priests.’—*Jesus (Divine Mercy)*

‘Be ye therefore perfect as your heavenly Father is perfect’ Without Labour, there is no Rest, and Without Fighting, no Victory.’—*Matthew 5:48 and Imitation of Christ*

‘Live Mary’s Medjugorje Messages! Prayer, Fasting and Penance! Jesus is Merciful! Meditate on the Sorrowful Passion of Jesus!’—*Anonymous*

‘Do not be guided by feeling, because it is not always under your control; but all merit lies in the will.’—*Divine Mercy*

‘Do not sin. The pleasures of this life are worth nothing. Receive Communion, pray the Rosary every day. This sums up everything.’—*Blessed Alexandrina Maria da Costa*

‘Suffering is a great favour. Remember that everything soon comes to an end and take courage. Think of how our gain is eternal.’—*Saint Teresa of Avila*

‘Way-of Peace and True Liberty: Seek, child, to do the will-of others, rather than your own. Always choose to have less, rather than more. Look always for the last place, and seek to be beneath all others. Always wish and pray that the will-of God be fully carried-out in you. ‘—*The Imitation of Christ*

‘Keep your heart free and raise it up to God, for you have not here a lasting home.’—*Thomas à Kempis*

‘Pray, hope, and don’t worry.’—*Saint Padre Pio*

## OTHER PRAYERS

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## *The Fatima Prayers*

O my Jesus, forgive us our sins, save us from the fire of hell, lead all souls to Heaven, especially those who are in most need of Thy Mercy.

### THE PARDON PRAYER

My God, I believe, I adore, I trust and I love Thee! I beg pardon for all those that do not believe, do not adore, do not trust and do not love Thee.

### THE ANGEL'S PRAYER

O Most Holy Trinity, Father, Son and Holy Spirit, I adore Thee profoundly. I offer Thee the most precious Body, Blood, Soul and Divinity of Jesus Christ present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifferences by which He is offended. By the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary I beg the conversion of poor sinners.

### THE EUCHARISTIC PRAYER

Most Holy Trinity, I adore you! My God, my God, I love you in the Most Blessed Sacrament.

### THE SACRIFICE PRAYER

O Jesus, it is for the love of You, in reparation for the offences committed against the Immaculate Heart of Mary, and for the conversion of poor sinners [Some add here "that I pray/do this"].

### THE CONVERSION AND SALVATION PRAYERS

By your pure and Immaculate Conception, O Mary, obtain the conversion of Russia, Spain, Portugal, Europe and the whole world!



Sweet Heart of Mary, be the salvation of Russia, Spain, Portugal, Europe and the whole world.

## *Seven Dolors of Our Lady*

The Blessed Virgin Mary revealed to St. Bridget of Sweden (1303–1373) that seven graces are granted to the souls who honour her daily by saying seven Hail Mary's and meditating on her tears and dolors. The Hail Mary is prayed seven times, once after each meditation. This devotion was passed on by Saint Bridget.

### SEVEN SORROWS

#### 1. The prophecy of Simeon. (Luke 2:34–35)

And Simeon blessed them, and said to Mary his mother: Behold this child is set for the fall, and for the resurrection of many in Israel, and for a sign which shall be contradicted;

And thy own soul a sword shall pierce, that, out of many hearts, thoughts may be revealed.

#### 2. The flight into Egypt. (Matthew 2:13)

And when they were departed, behold, the angel of the Lord appeareth to Joseph in a dream, saying, Arise, and take the young child and his mother, and flee into Egypt, and be thou there until I bring thee word: for Herod will seek the young child to destroy him.

#### 3. The loss of the Child Jesus in the temple. (Luke 2:43–45)

And when they had fulfilled the days, as they returned, the child Jesus tarried behind in Jerusalem; and Joseph and his mother knew not of it.

But they, supposing him to have been in the company, went a day's journey; and they sought him among their kinsfolk and acquaintance.

And when they found him not, they turned back again to Jerusalem, seeking him.

#### 4. The meeting of Jesus and Mary on the Way of the Cross.

#### 5. The Crucifixion. (John 19:25)

Now there stood by the cross of Jesus his mother, and his mother's sister, Mary the wife of Cleophas, and Mary Magdalene.

## 6. The taking down of the Body of Jesus from the Cross. (Matthew 27:57–59)

When the even was come, there came a rich man of Arimathaea, named Joseph, who also himself was Jesus' disciple:

He went to Pilate, and begged the body of Jesus. Then Pilate commanded the body to be delivered.

And when Joseph had taken the body, he wrapped it in a clean linen cloth.

## 7. The burial of Jesus. (John 19:40–42)

Then took they the body of Jesus, and wound it in linen clothes with the spices, as the manner of the Jews is to bury.

Now in the place where he was crucified there was a garden; and in the garden a new sepulchre, wherein was never man yet laid.

There laid they Jesus therefore because of the Jews' preparation day; for the sepulchre was nigh at hand.

## *Consecration to the Sacred Heart of Jesus*

Adorable Heart of Jesus, the tenderest, the most amiable, the most generous of all hearts, penetrated with gratitude at the sight of Thy benefits, I come to consecrate myself wholly and unreservedly to Thee! I wish to devote all my energies to propagating Thy worship and winning, if possible, all hearts to Thee.

Receive my heart this day, O Jesus! Or rather take it, change it, purify it, to render it worthy of Thee; Make it humble, gentle, patient, faithful and generous like Thine, inflaming it with the fire of Thy love. Hide it in Thy Divine Heart with all hearts that love Thee and are consecrated to Thee; never permit me to take my heart from Thee again. Let me rather die than grieve Thy Adorable Heart. Thou knowest O Heart of Jesus, that the desire of my heart is to love Thee always, to be wholly Thine in life and in death, in time and eternity.

Most Sacred Heart of Jesus, have mercy on us.

Sacred Heart of Jesus, I trust in Thee.

## *Consecration to Our Lady of Mount Carmel*

O Mary! Queen and Mother of Carmel, I come today to consecrate myself entirely to Thee. To Thee as the Mother of Grace, I owe all that I am and all that I have, and my whole life is a small return for the many graces and blessings that have come from God to me through thy hands. Since thou regardest with an eye of special kindness those who wear thy Scapular, I implore thee to strengthen my weakness with thy power, to enlighten my mind with thy wisdom, to increase in me Faith, Hope and Charity that I may render, day by day, my debt of humble homage to thee.

May thy Scapular keep thine eyes of mercy turned towards me and bring me thy special protection in the daily struggle to be faithful to thy Divine Son and to thee!

May it separate me from all that is sinful in life and remind me constantly of my duty to behold thee and to clothe me with thy virtues! From henceforth, I shall strive to live in the sweet companionship of thy spirit, to offer all to Jesus through thee and to make my life the mirror of thy humility, charity, patience, meekness and prayerfulness.

O dearest Mother, support me by thy never failing love that I, an unworthy sinner, may come one day to exchange thy Scapular for the wedding garment of Heaven and dwell with thee and the Saints of Carmel in the Kingdom of thy Son. Amen.

*(300 days indulgence each time, plenary indulgence once a month for those who wear the Scapular.)*

*With Ecclesiastical Approbation.*

## *Militia of the Immaculata, Prayer of Marian Consecration*

O Immaculata, Queen of Heaven and earth, refuge of sinners and our most loving Mother, God has willed to entrust the entire order of mercy to you. I, (*name*), a repentant sinner, cast myself at your feet, humbly imploring you to take me with all that I am and have, wholly to yourself as your possession and property. Please make of me, of all my powers of soul and body, of my whole life, death and eternity, whatever most pleases you. If it pleases you, use all that I am and have without reserve, wholly to accomplish what was said of you: “She will crush your head,” and “You alone have destroyed all heresies in the whole world.” Let me be a fit instrument in your immaculate and merciful hands for introducing and increasing your glory to the maximum in all the many strayed and indifferent souls, and thus help extend as far as possible the blessed kingdom of the most Sacred Heart of Jesus. For wherever you enter you obtain the grace of conversion and growth in holiness, since it is through your hands that all graces come to us from the most Sacred Heart of Jesus.

*V.* Allow me to praise you, O Sacred Virgin.

*R.* Give me strength against your enemies.

*By Saint Maximilian Kolbe*

## *An act of Reparation for the First Saturdays of the Month*

O Most Holy Virgin, and Our Mother, we listen with grief to the complaints of your Immaculate Heart surrounded with the thorns placed therein at every moment by the blasphemies and ingratitude of ungrateful humanity. We are moved by the ardent desire of loving you as Our Mother and of promising a true devotion to Your Immaculate Heart.

We therefore kneel before You to manifest the sorrow we feel for the grievances that people cause You, and to atone by our prayers and sacrifices for the offenses with which they return your love. Obtain for them and for us the pardon of so many sins. Hasten the conversion of sinners that they may love Jesus Christ and cease to offend the Lord, already so much offended. Turn your eyes of mercy toward us, that we may love God with all our heart on earth and enjoy Him forever in Heaven. Amen.

## *Novena for the Defeat of Satan*

SAY FOR NINE CONSECUTIVE DAYS

PRAYER TO OUR LADY, QUEEN OF ANGELS

August Queen of Heaven, Sovereign Mistress of the Angels, Thou Who from the beginning has received from God the power and mission to crush the head of Satan, we humbly beseech Thee to send Thy Holy Legions that, under Thy command and Thy power, they may pursue the evil spirits, encounter them on every side, resist their bold attacks and drive them hence into the abyss of eternal woe. Amen

Who Is Like Unto God! O good and tender Mother! Thou shalt ever be our love and our hope. Holy Angels and Archangels, keep us and defend us. Amen

PRAYERS TO SAINT MICHAEL

Saint Michael the Archangel, defend us in battle; be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do you, O Prince of the heavenly host, by the power of God, thrust into hell Satan and the other evil spirits who prowl about the world for the ruin of souls. Amen

Glorious Saint Michael, Prince of the Heavenly Hosts, who standest always ready to give assistance to the faithful, who didst fight with the dragon, the old serpent and didst cast him out of Heaven, and now valiantly defendest the Church of God that the gates of hell shall not prevail against her, I earnestly entreat thee to assist us also against the painful and dangerous conflict which we have to sustain against the same formidable foe. Be with us, O mighty Prince, that we may courageously fight and wholly vanquish that proud spirit whom thou hast by the Divine Power so gloriously overthrown and whom our powerful King, Jesus Christ, has, in our nature,



so completely overcome; so that having triumphed over the enemy of our salvation, we may with thee and the Holy Angels praise God Who has granted the possibility of repentance and forgiveness to fallen man. Amen

Saint Michael, Archangel, most powerful Prince of the armies of the Lord and standard bearer of the Most Holy Trinity, pray for us, defend the Church and cast Satan into hell.

Saint Michael, Bulwark of believers, and strength of those who fight under the standard of the Cross, pray for us, defend the Church and cast Satan into hell.

Saint Michael, Our help in all adversities and Herald of the everlasting sentence, pray for us, defend the Church and cast Satan into hell.

Saint Gabriel, Glorious Archangel, Strength of God and Herald of the Incarnation, pray for us, defend the Church and cast Satan into hell.

Saint Gabriel, Guardian of the Immaculate Virgin, who revealed the glories of Mary, and who foretold the greatness of Jesus, pray for us, defend the Church and cast Satan into hell.

Saint Gabriel, Strength of the Just, Protector of the faithful and Defender of the Faith, pray for us, defend the Church and cast Satan into hell.

Saint Raphael, Glorious Archangel, Terror of demons and our refuge in trials, pray for us, defend the Church and cast Satan into hell.

Saint Raphael, filled with zeal for the conversion of souls, pray for us, defend the Church and cast Satan into hell.

Saint Raphael, Angel of Peace and Prosperity, whose name means "Medicine of God," pray for us, defend the Church and cast Satan into hell

Ardent Seraphim, by virtue of the Divine Blood, pray for us, defend the Church and cast Satan into hell.

Bright Cherubim, by virtue of the Divine Blood, pray for us, defend the Church and cast Satan into hell.

Sublime Thrones, by virtue of the Divine Blood, pray for us, defend the Church and cast Satan into hell.

Supreme Domination's, by virtue of the Divine Blood, pray for us, defend the Church and cast Satan into hell.

Invincible Powers, by virtue of the Divine Blood, pray for us, defend the Church and cast Satan into hell.

Heavenly Virtues, by virtue of the Divine Blood, pray for us, defend the Church and cast Satan into hell.

Sovereign Principalities, by virtue of the Divine Blood, pray for us, defend the Church and cast Satan into hell.

Most Holy Archangels, by virtue of the Divine Blood, pray for us, defend the Church and cast Satan into hell.

Most Holy Angels, by virtue of the Divine Blood, pray for us, defend the Church and cast Satan into hell.

O LORD GOD, send to our assistance the Archangels Saint Michael, Saint Gabriel, Saint Raphael and all the Holy Angels. May they who stand before the throne of Thy Majesty, offer unto Thee our humble petitions to be blessed by Thee, through Christ Our Lord. Amen

O Heavenly Father, we ask all things in the Name of Jesus Christ our Lord and Savior, for Thy glory, for the glory of Thy Son and for the glory of the Holy Ghost, Praise be to Thee, God, now and forever. Amen

#### PRAYER TO DEFEAT THE WORK OF SATAN

O Divine Eternal Father, in union with your Divine Son and the Holy Spirit, and through the Immaculate Heart of Mary, I beg You to destroy the Power of your greatest enemy—the evil spirits. Cast them into the deepest recesses

of hell and chain them there forever! Take possession of Your Kingdom which You have created and which is rightfully Yours. Heavenly Father, give us the reign of the Sacred Heart of Jesus and the Immaculate Heart of Mary. I repeat this prayer out of pure love for You with every beat of my heart and with every breath I take. Amen

## *Salutation to Mary*

Hail Mary! Daughter of God the Father,  
Hail Mary! Mother of God the Son,  
Hail Mary! Spouse of God the Holy Ghost,  
Hail Mary! Temple of the Most Blessed Trinity,  
Hail Mary! Celestial Rose of the ineffable love of God.  
Hail Mary! Virgin pure and humble, of whom the King of Heaven willed to  
be  
born and with thy milk to be nourished.  
Hail Mary! Virgin of virgins,  
Hail Mary! Queen of Martyrs, whose soul a sword transfixed,  
Hail Mary! Lady most Blessed! unto whom all power in Heaven and earth  
is given,  
Hail Mary! my Queen and my Mother! my Life, my Sweetness, and my  
Hope,  
Hail Mary! Mother most Amiable,  
Hail Mary! Mother most Admirable,  
Hail Mary! Mother of Divine Love,  
Hail Mary! Immaculate; Conceived without sin!  
Hail Mary! Full of Grace! the Lord is with thee! Blessed art thou among  
women! And blessed is the Fruit of thy womb, Jesus!

Blessed by thy Spouse, St. Joseph,  
Blessed by thy Father, St. Joachim,  
Blessed by thy Mother, St. Anne,  
Blessed by thy Guardian, St. John,  
Blessed by thy Holy Angel, St. Gabriel,

Glory be to God the Father, who chose thee,  
Glory be to God the Son, who loved thee,  
Glory be to God the Holy Ghost, who espoused thee,

Glorious Virgin Mary, may all men love and praise thee,

Holy Mary, Mother of God! pray for us and bless us, now and at death in the Name of Jesus, thy Divine Son!

*By Saint John Eudes*

## *Mary, Our Hope*

Mary, thou art Hope the brightest,  
Love most pure and sweet;  
Life and peace I find, reposing  
At thy blessed feet.  
When I call on thee, O Mary,  
When I think on thee,  
Joy and pleasure all-entrancing  
Fill my heart with glee.

If anon the clouds of sadness  
Rise within my heart,  
When they hear thy name, O Mary,  
Quickly they depart.  
Like a star on life's dark ocean  
Shining o'er the wave,  
Thou canst guide my bark to harbour,  
Thou my soul canst save.

Under thy protecting mantle,  
Queen beloved, I fly;  
There, I wish to live securely;  
There, I hope to die.

When I come my life to finish,  
Mary, loving thee,  
Then, I also know, dear Lady,  
Heaven is gained for me.

Cast thy gentle bonds around me,  
And my heart enchain,  
Prisoner of love for ever

Safe will I remain.  
Thus, my heart, O sweetest Mary,  
Is not mine, but thine:  
Take it; give it all to Jesus;  
Ne'er shall it be mine.

*By Saint Alphonsus Maria de Liguori*

## *The Nicene Creed*

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.

For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.



I believe in one, holy, catholic and apostolic Church.  
I confess one baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

## *Grace Before Meals*

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

## *Prayer of the Miraculous Medal*

“Even though a person be the worst sort, if only he agrees to wear the medal, give it to him and then pray for him, and at the proper moment strive to bring him closer to his Immaculate Mother, so that he have recourse to her in all difficulties and temptations.”—*Saint Maximilian Kolbe*

O Mary, conceived without sin, pray for us who have recourse to thee.  
Amen.

## *Saint Augustine's Prayer to the Holy Spirit*

Breathe in me O Holy Spirit that my thoughts may all be holy; Act in me O Holy Spirit that my works, too, may be holy; Draw my heart O Holy Spirit that I love but what is holy; Strengthen me O Holy Spirit to defend all that is holy; Guard me then O Holy Spirit that I always may be holy.

## *An Act of Spiritual Communion*

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

## *Prayer after Holy Communion to the Blessed Virgin Mary*

Mary, holy virgin mother, I have received your Son, Jesus Christ. With love you became his mother, gave birth to him, nursed him, and helped him grow to manhood. With love I return him to you, to hold once more, to love with all your heart, and to offer to the Holy Trinity as our supreme act of worship for your honor and for the good of all your pilgrim brothers and sisters.

Mother, ask God to forgive my sins and to help me serve him more faithfully. Keep me true to Christ until death, and let me come to praise him with you for ever and ever.

## *Prayer to End abortions*

Lord God, I thank you today for the gift of my life, and for the lives of all my brothers and sisters. I know there is nothing that destroys more life than abortion, yet I rejoice that You have conquered death by the Resurrection of Your Son. I am ready to do my part in ending abortion. Today I commit myself NEVER to be silent, NEVER to be passive, NEVER to be forgetful of the unborn. I commit myself to be active in the pro-life movement, and never to stop defending life until all my brothers and sisters are protected, and our nation once again becomes a nation with liberty and justice not just for some, but for all, through Christ our Lord. Amen!

## *Prayer for the Pope*

Lord, source of eternal life and truth, give to Your shepherd, the Pope, a spirit of courage and right judgement, a spirit of knowledge and love.

By governing with fidelity those entrusted to his care may he, as successor to the apostle Peter and vicar of Christ, build Your church into a sacrament of unity, love, and peace for all the world.

We ask this through our Lord Jesus Christ, Your Son, Who lives and reigns with You and the Holy Spirit, one God, forever and ever. Amen.



## *I'm Sorry, Lord Jesus!*

A story of how I feel when I fail—  
and who helps me most!  
There are some days I walk about  
and want to fight or scream or shout—  
I want to beat my fists and cry  
I want to quit, I want to die . . .

I seem to be so out of sorts—  
nothing's fun, not games or sports!  
There's nothing that I wanna do,  
except for maybe be with You!

All the things I've done for You  
I actually did for ME some too,  
I'm so selfish, I'm ashamed  
because I know that I'M to blame . . .

For all the things between us now  
were choices I HAD MADE somehow—  
All the times I sat alone,  
ignored my Lord, upon His throne!

I wish I'd lived my whole life through  
and spent it all alone with You—  
Never leaving to watch TV.  
or bowl or sleep (or even pee) . . .

And then Your Grace envelops me,  
and sets my soul and spirit free . . .  
You love me in SPITE of me,  
and all the times we disagree . . .

You're patient, loving, kind, it's true  
and I can never stop loving You—  
I have forever to walk and serve  
and be the servant You deserve!

Help me, Lord Jesus!

I've failed A LOT, and know what it's all about!

But Jesus has always taken me back, and helped me,  
and loved me like I was His own . . . and guess what? I AM!

*(By a wonderful person called 'Michael,' on an Internet Forum)*

# LITANIES

# *Litanies Contents*

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## LITANIES

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## *Litany of the Holy Name of Jesus*

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us. Jesus, hear us.

Jesus, graciously hear us.

God the Father of Heaven, have mercy on us.

God the Son, Redeemer of the world, have mercy on us.

God the Holy Ghost, have mercy on us.

Holy Trinity, One God, have mercy on us.

Jesus, Son of the living God, have mercy on us.

Jesus, splendor of the Father, have mercy on us.

Jesus, brightness of eternal light, have mercy on us.

Jesus, King of glory, have mercy on us.

Jesus, sun of justice, have mercy on us.

Jesus, Son of the Virgin Mary, have mercy on us.

Jesus, most amiable, have mercy on us.

Jesus, most admirable, have mercy on us.

Jesus, mighty God, have mercy on us.

Jesus, Father of the world to come, have mercy on us.

Jesus, angel of great counsel, have mercy on us.

Jesus, most powerful, have mercy on us.

Jesus, most patient, have mercy on us.

Jesus, most obedient, have mercy on us.

Jesus, meek and humble, have mercy on us.

Jesus, lover of chastity, have mercy on us.

Jesus, lover of us, have mercy on us.

Jesus, God of peace, have mercy on us.

Jesus, author of life, have mercy on us.

Jesus, model of virtues, have mercy on us.

Jesus, lover of souls, have mercy on us.

Jesus, our God, have mercy on us.  
Jesus, our refuge, have mercy on us.  
Jesus, Father of the poor, have mercy on us.  
Jesus, treasure of the faithful, have mercy on us.  
Jesus, Good Shepherd, have mercy on us.  
Jesus, true light, have mercy on us.  
Jesus, eternal wisdom, have mercy on us.  
Jesus, infinite goodness, have mercy on us.  
Jesus, our way and our life, have mercy on us.  
Jesus, joy of angels, have mercy on us.  
Jesus, King of patriarchs, have mercy on us.  
Jesus, master of Apostles, have mercy on us.  
Jesus, teacher of Evangelists, have mercy on us.  
Jesus, strength of martyrs, have mercy on us.  
Jesus, light of confessors, have mercy on us.  
Jesus, purity of virgins, have mercy on us.  
Jesus, crown of all saints, have mercy on us.

Be merciful, spare us, O Jesus.  
Be merciful, graciously hear us, O Jesus.

From all evil, Jesus, deliver us.  
From all sin, Jesus, deliver us.  
From Thy wrath, Jesus, deliver us.  
From the snares of the devil, Jesus, deliver us.  
From the spirit of fornication, Jesus, deliver us.  
From everlasting death, Jesus, deliver us.  
From the neglect of Thine inspirations, Jesus, deliver us.

Through the mystery of Thy holy Incarnation, Jesus, deliver us.  
Through Thy nativity, Jesus, deliver us.  
Through Thine infancy, Jesus, deliver us.  
Through Thy most divine life, Jesus, deliver us.  
Through Thy labors, Jesus, deliver us.  
Through Thine agony and Passion, Jesus, deliver us.  
Through Thy cross and dereliction, Jesus, deliver us.

Through Thy sufferings, Jesus, deliver us.  
Through Thy death and burial, Jesus, deliver us.  
Through Thy Resurrection, Jesus, deliver us.  
Through Thine Ascension, Jesus, deliver us.  
Through Thine institution of the most Holy Eucharist, Jesus, deliver us.  
Through Thy joys, Jesus, deliver us.  
Through Thy glory, Jesus, deliver us.

Lamb of God, Who takest away the sins of the world, Spare us, O Jesus.  
Lamb of God, Who takest away the sins of the world, Graciously hear us, O Jesus.  
Lamb of God, Who takest away the sins of the world, Have mercy on us.

Jesus, hear us,  
Jesus, graciously hear us.

Let Us Pray. O Lord Jesus Christ, Who hast said: Ask and ye shall receive, seek and ye shall find, knock and it shall be opened unto you; grant, we beseech Thee, to us who ask the gift of Thy divine love, that we may ever love Thee with all our hearts, and in all our words and actions, and never cease from praising Thee.

Give us, O Lord, a perpetual fear and love of Thy holy Name; for Thou never failest to govern those whom Thou dost solidly establish in Thy love, Who livest and reignest world without end.

Amen.

## *Litany of the Holy Ghost*

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.

Father all powerful, have mercy on us  
Jesus, Eternal Son of the Father, Redeemer of the world, save us.  
Spirit of the Father and the Son, boundless life of both, sanctify us.  
Holy Trinity, hear us.

Holy Ghost, Who proceedest from the Father and the Son, enter our hearts.  
Holy Ghost, Who art equal to the Father and the Son, enter our hearts.

Promise of God the Father, have mercy on us.  
Ray of heavenly light, have mercy on us.  
Author of all good, have mercy on us.  
Source of heavenly water, have mercy on us.  
Consuming fire, have mercy on us.  
Ardent charity, have mercy on us.  
Spiritual unction, have mercy on us.  
Spirit of love and truth, have mercy on us.  
Spirit of wisdom and understanding, have mercy on us.  
Spirit of counsel and fortitude, have mercy on us.  
Spirit of knowledge and piety, have mercy on us.  
Spirit of the fear of the Lord, have mercy on us.  
Spirit of grace and prayer, have mercy on us.  
Spirit of peace and meekness, have mercy on us.  
Spirit of modesty and innocence, have mercy on us.  
Holy Ghost, the Comforter, have mercy on us.  
Holy Ghost, the Sanctifier, have mercy on us.  
Holy Ghost, Who governest the Church, have mercy on us.  
Gift of God, the Most High, have mercy on us.



Spirit Who fillest the universe, have mercy on us.  
Spirit of the adoption of the children of God, have mercy on us.

Holy Ghost, inspire us with horror of sin.  
Holy Ghost, come and renew the face of the earth.  
Holy Ghost, shed Thy light in our souls.  
Holy Ghost, engrave Thy law in our hearts.  
Holy Ghost, inflame us with the flame of Thy love.  
Holy Ghost, open to us the treasures of Thy graces.  
Holy Ghost, teach us to pray well.  
Holy Ghost, enlighten us with Thy heavenly inspirations.  
Holy Ghost, lead us in the way of salvation.  
Holy Ghost, grant us the only necessary knowledge.  
Holy Ghost, inspire in us the practice of good. Holy Ghost, grant us the merits of all virtues.  
Holy Ghost, make us persevere in justice.  
Holy Ghost, be Thou our everlasting reward.

Lamb of God, Who takest away the sins of the world, Send us Thy Holy Ghost.

Lamb of God, Who takest away the sins of the world, pour down into our souls the gifts of the Holy Ghost.

Lamb of God, Who takest away the sins of the world, grant us the Spirit of wisdom and piety.

*V.* Come, Holy Ghost! Fill the hearts of Thy faithful,  
*R.* And enkindle in them the fire of Thy love.

Let Us Pray. Grant, Omerciful Father, that Thy Divine Spirit may enlighten, inflame and purify us, that He may penetrate us with His heavenly dew and make us fruitful in good works, through Our Lord Jesus Christ, Thy Son, Who with Thee, in the unity of the same Spirit, liveth and reigneth forever and ever.

Amen.

## *Litany of the Blessed Virgin Mary (Litany of Loreto)*

Lord, have mercy on us,  
Christ have mercy on us.  
Lord, have mercy on us.

Christ hear us.  
Christ, graciously hear us.

God the Father of Heaven, have mercy on us.  
God the Son, Redeemer of the world, have mercy on us.  
God the Holy Ghost, have mercy on us.  
Holy Trinity, One God, have mercy on us.

Holy Mary, pray for us.  
Holy Mother of God, pray for us.  
Holy Virgin of virgins, pray for us.  
Mother of Christ, pray for us.  
Mother of divine grace, pray for us.  
Mother most pure, pray for us.  
Mother most chaste, pray for us.  
Mother inviolate, pray for us.  
Mother undefiled, pray for us.  
Mother most amiable, pray for us.  
Mother most admirable, pray for us.  
Mother of good counsel, pray for us.  
Mother of our Creator, pray for us.  
Mother of our Saviour, pray for us.  
Mother of the Church, pray for us.  
Virgin most prudent, pray for us.  
Virgin most venerable, pray for us.

Virgin most renowned, pray for us.  
Virgin most powerful, pray for us.  
Virgin most merciful, pray for us.  
Virgin most faithful, pray for us.  
Preparation for Consecration, pray for us.  
Mirror of justice, pray for us.  
Seat of wisdom, pray for us.  
Cause of our joy, pray for us.  
Vessel of honor, pray for us.  
Singular vessel of devotion, pray for us.  
Mystical rose, pray for us.  
Tower of David, pray for us.  
Tower of ivory, pray for us.  
House of gold, pray for us.  
Ark of the covenant, pray for us.  
Gate of Heaven, pray for us.  
Morning star, pray for us.  
Health of the sick, pray for us.  
Refuge of sinners, pray for us.  
Comforter of the afflicted, pray for us.  
Help of Christians, pray for us.  
Queen of angels, pray for us.  
Queen of patriarchs, pray for us.  
Queen of prophets, pray for us.  
Queen of Apostles, pray for us.  
Queen of martyrs, pray for us.  
Queen of confessors, pray for us.  
Queen of virgins, pray for us.  
Queen of all saints, pray for us.  
Queen conceived without Original Sin, pray for us.  
Queen assumed into Heaven, pray for us.  
Queen of the most holy Rosary, pray for us.  
Queen of peace, pray for us.

Lamb of God, Who takest away the sins of the world, Spare us, O Lord.

Lamb of God, Who takest away the sins of the world, Graciously hear us, O Lord.

Lamb of God, Who takest away the sins of the world, Have mercy on us.

*V.* Pray for us, O holy Mother of God,

*R.* That we may be made worthy of the promises of Christ.

Let Us Pray. Grant, we beseech Thee, O Lord God, unto us Thy servants, that we may rejoice in continual health of mind and body, and by the glorious intercession of Blessed Mary, ever virgin, may be delivered from present sadness, and enter into the joy of Thine eternal gladness. Through Christ Our Lord.

Amen

## *Litany of Saint Joseph*

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ, hear us.

Christ, graciously hear us.

God, the Father of Heaven, have mercy on us.

God the Son, Redeemer of the world, have mercy on us.

God the Holy Spirit, have mercy on us.

Holy Trinity, One God, have mercy on us. .

Holy Mary, pray for us.

St. Joseph, pray for us.

Renowned offspring of David, pray for us.

Light of Patriarchs, pray for us.

Spouse of the Mother of God, pray for us.

Chaste guardian of the Virgin, pray for us.

Foster father of the Son of God, pray for us.

Diligent protector of Christ, pray for us.

Head of the Holy Family, pray for us.

Joseph most just, pray for us.

Joseph most chaste, pray for us.

Joseph most prudent, pray for us.

Joseph most strong, pray for us.

Joseph most obedient, pray for us.

Joseph most faithful, pray for us.

Mirror of patience, pray for us.

Lover of poverty, pray for us.

Model of artisans, pray for us.

Glory of home life, pray for us.

Guardian of virgins, pray for us.

Pillar of families, pray for us.  
Solace of the wretched, pray for us.  
Hope of the sick, pray for us.  
Patron of the dying, pray for us.  
Terror of demons, pray for us.  
Protector of Holy Church, pray for us.

Lamb of God, who take away the sins of the world, spare us, O Lord!.  
Lamb of God, who take away the sins of the world, graciously hear us, O Lord!.  
Lamb of God, who take away the sins of the world, have mercy on us.

*V.* He made him the lord of his household.  
*R.* And prince over all his possessions.

Let us pray. O God, in your ineffable providence you were pleased to choose Blessed Joseph to be the spouse of your most holy Mother; grant, we beg you, that we may be worthy to have him for our intercessor in heaven whom on earth we venerate as our Protector: You who live and reign forever and ever.

Amen.

## *Litany to Saint Philomena*

Lord have mercy on us.  
Christ have mercy on us.  
Lord have mercy on us.

God the Father of Heaven, have mercy on us.  
God the Son, Redeemer of the world, have mercy on us.  
God the Holy Ghost, have mercy on us.  
Holy Trinity one God, have mercy on us.  
Holy Mary, Queen of Virgins, pray for us.

St. Philomena, pray for us.  
St. Philomena, filled with the most abundant  
graces from your very birth, pray for us.  
St. Philomena, faithful imitator of Mary, pray for us.  
St. Philomena, model of Virgins, pray for us.  
St. Philomena, temple of the most perfect humility, pray for us.  
St. Philomena, inflamed with zeal for the Glory of God, pray for us.  
St. Philomena, victim of the love of Jesus, pray for us.  
St. Philomena, example of strength and perseverance, pray for us.  
St. Philomena, invincible champion of chastity, pray for us.  
St. Philomena, mirror of the most heroic virtues, pray for us.  
St. Philomena, firm and intrepid in the face of torments, pray for us.  
St. Philomena, scourged like your Divine Spouse, pray for us.  
St. Philomena, pierced by a shower of arrows, pray for us.  
St. Philomena, consoled by the Mother of God, when in chains, pray for us.  
St. Philomena, cured miraculously in prison, pray for us.  
St. Philomena, comforted by angels in your torments, pray for us.  
St. Philomena, who preferred torments and death to the splendors of a  
throne, pray for us.  
St. Philomena, who converted the witnesses of your martyrdom, pray for  
us.

St. Philomena, who wore out the fury of your executioners, pray for us.  
St. Philomena, protectress of the innocent, pray for us.  
St. Philomena, patron of youth, pray for us.  
St. Philomena, refuge of the unfortunate, pray for us.  
St. Philomena, health of the sick and the weak. pray for us.  
St. Philomena, new light of the church militant, pray for us.  
St. Philomena, who confounds the impiety of the world, pray for us.  
St. Philomena, who stimulates the faith and courage of the faithful, pray for us.  
St. Philomena, whose name is glorified in Heaven and feared in Hell, pray for us.  
St. Philomena, made illustrious by the most striking miracles, pray for us.  
St. Philomena, all powerful with God, pray for us.  
St. Philomena, who reigns in glory, pray for us.

Lamb of God, Who takest away the sins of the world, spare us, O Lord.  
Lamb of God, Who takest away the sins of the world, graciously hear us, O Lord.  
Lamb of God Who takest away the sins of the world, have mercy on us.

*V.* Pray for us, Great St. Philomena,  
*R.* That we may be made worthy of the promises of Christ.

*Let us pray*

We implore Thee, O Lord, by the intercession of Saint Philomena, Virgin and Martyr, who was ever most pleasing to Thy eyes by reason of her eminent purity and the practice of all the virtues, pardon us our sins and grant us all the graces we need (and name any special grace you may require).  
Amen.

*(Composed by Saint John Vianney)*



# HYMNS

# *Hymns Contents*

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## HYMNS

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## *Morning*

GOD of everlasting light,  
That art more bright than all things bright,  
Thou Judge to whom in thy great day  
All hearts their secrets shall display,

THOU art in halls of heaven the Lord  
Who holdest all things by thy word,  
Who rulest all things through thy Son,  
Fount of the Spirit with thee One.

THREEFOLD in praise, beholding all.  
Single in might and worshipful,  
Thou rulest the world in light divine  
Through the blest Cross's wondrous sign,

THOU formdest the world of old alone,  
And in the seventh heaven thy throne,  
O Judge that earnest from on high  
In humble guise, for us to die.

To thee, O Lord of heavenly might,  
Hosanna soundeth in the height;  
To thee our sweetest praises tend  
Who all began and all shalt end.

INCREASE of faith thou dost impart:  
Thou lookest on the meek of heart:  
To thee on thy celestial throne  
All praise divine and laud is done.

To Christ the Lord for evermore,

The Father and the Comforter,  
Life s every gift and blessing be  
From age to age eternally.

## *Evening*

CHRIST, very Light and Might, the world's Salvation,  
Filling the day with radiance of the bright sun,  
Thou who dost make the dark night, and adorn it  
With the starshining,

HUMBLY we pray thee, meetly order all things  
That in due time we welcome light's returning,  
And that thou sink in resting at the twilight  
Toils of the noonday.

Lo at the day's end now the sun is setting,  
Blessing the eve with pledge of resurrection,  
And in high heaven choirs of stars appearing  
Hallow the nightfall.

THEREFORE with holy rites we come before thee,  
Now doth each voice in holy hymns proclaim thee,  
Hearts with our lips in fair accord uniting  
Sing to thine honour.

THAT thou mayst hear our prayer and bring us healing,  
That thou mayst grant us pardon of offences,  
Strengthen our hearts, and wrap in peace our bodies,  
Soothing the weary.

AND though the shadows of the eve surround us,  
And though the world be wrapt in fears of nightfall,  
Yet shall our souls be clothed with faith, arising  
Splendent from heaven.

GRANT that all sins be banished, and all weakness

Drive from our minds, that they be ever watchful,  
Lest some foul spirit, lurking in the shadow  
Waiteth to harm them.

BODIES may sleep, but hearts shall keep their vigil  
Resting at peace in Christ the Lord for ever,  
In light and darkness holy psalms and anthems  
Chanting to Jesus.

GLORY for ever unto God the Father,  
Glory to Christ and to the equal Spirit,  
Whose trinal name our choirs of loving voices  
Sound through the ages.

## *Veni Creator Spiritus*

Come, Holy Spirit, Creator blest,  
and in our souls take up Thy rest;  
come with Thy grace and heavenly aid  
to fill the hearts which Thou hast made.

O comforter, to Thee we cry,  
O heavenly gift of God Most High,  
O fount of life and fire of love,  
and sweet anointing from above.

Thou in Thy sevenfold gifts are known;  
Thou, finger of God's hand we own;  
Thou, promise of the Father,  
Thou Who dost the tongue with power imbue.

Kindle our sense from above,  
and make our hearts o'erflow with love;  
with patience firm and virtue high  
the weakness of our flesh supply.

Far from us drive the foe we dread,  
and grant us Thy peace instead;  
so shall we not, with Thee for guide,  
turn from the path of life aside.

Oh, may Thy grace on us bestow  
the Father and the Son to know;  
and Thee, through endless times confessed,  
of both the eternal Spirit blest.

Now to the Father and the Son,

Who rose from death, be glory given,  
with Thou, O Holy Comforter,  
henceforth by all in earth and heaven. Amen.



## *Ave Maris Stella*

Hail, O Star of the ocean,  
God's own Mother blest,  
ever sinless Virgin,  
gate of heav'nly rest.

Taking that sweet Ave,  
which from Gabriel came,  
peace confirm within us,  
changing Eve's name.

Break the sinners' fetters,  
make our blindness day,  
Chase all evils from us,  
for all blessings pray.

Show thyself a Mother,  
may the Word divine  
born for us thine Infant  
hear our prayers through thine.

Virgin all excelling,  
mildest of the mild,  
free from guilt preserve us  
meek and undefiled.

Keep our life all spotless,  
make our way secure  
till we find in Jesus,  
joy for evermore.

Praise to God the Father,

honor to the Son,  
in the Holy Spirit,  
be the glory one. Amen.

## *The Stabat Mater*

At the cross  
her station keeping,  
Stood the mournful  
Mother weeping,  
Close to Jesus  
to the last.

Through her heart,  
his sorrow sharing,  
All his bitter  
anguish bearing.  
Now at length the  
sword had passed

Oh, how sad and sore distressed  
Was that Mother highly blessed  
Of the sole begotten One!

Christ above in torment hangs,  
She beneath beholds the pangs  
Of her dying, glorious Son.

Is there one who would not weep,  
'Whelmed in miseries so deep,  
Christ's dear Mother to behold?

Can the human heart refrain  
From partaking in her pain,  
In that mother's pain untold?

Bruised, derided, cursed, defiled,

She beheld her tender Child,  
All with bloody scourges rent.

For the sins of his own nation  
Saw him hang in desolation  
Till his spirit forth he sent.

O sweet Mother! Font of love,  
Touch my spirit from above,  
Make my heart with yours accord.

Make me feel as you have felt;  
Make my soul to glow and melt  
With the love of Christ, my Lord.

Holy Mother, pierce me through,  
In my heart each wound renew  
Of my Savior crucified.

Let me share with you his pain,  
Who for all our sins was slain,  
Who for me in torments died.

Let me mingle tears with you  
Mourning him who mourned for me,  
All the days that I may live.

By the cross with you to stay,  
There with you to weep and pray,  
Is all I ask of you to give.

Virgin of all virgins blest!  
Listen to my fond request:  
Let me share your grief divine.

Let me to my latest breath,  
In my body bear the death

Of that dying Son of yours.

Wounded with his every wound,  
Steep my soul till it has swooned  
In his very blood away.

Be to me, O Virgin, nigh,  
Lest in flames I burn and die,  
In his awful judgment day.

Christ, when you shall call me hence,  
Be your Mother my defense,  
Be your cross my victory.

While my body here decays,  
May my soul your goodness praise,  
Safe in heaven eternally.

Amen.

(Alleluia.)

## *Amazing Grace*

Amazing grace! How sweet the sound  
That saved a wretch like me!  
I once was lost, but now am found;  
Was blind, but now I see.

'Twas grace that taught my heart to fear,  
And grace my fears relieved;  
How precious did that grace appear  
The hour I first believed.

Through many dangers, toils and snares,  
I have already come;  
'Tis grace hath brought me safe thus far,  
And grace will lead me home.

The Lord has promised good to me,  
His word my hope secures;  
He will my shield and portion be,  
As long as life endures.

Yea, when this flesh and heart shall fail,  
And mortal life shall cease,  
I shall possess, within the veil,  
A life of joy and peace.

The world shall soon dissolve like snow,  
The sun refuse to shine;  
But God, who called me here below,  
Shall be forever mine.

When we've been there ten thousand years,

Bright shining as the sun,  
We've no less days to sing God's praise  
Than when we'd first begun.

## *When Mary, Immaculate, Tender and Mild*

When Mary, immaculate, tender and mild,  
Could find but a manger as crib for her Child,  
Her pure heart rejoiced in the Infant so fair,  
Protected by Joseph, the holy one, near.

When Mary, saw Jesus, her baby, asleep,  
His pillow, the straw in a stable for sheep,  
Her sorrow was great when, behold from the sky,  
Bright choirs of God's angels brought joy from on high.

When Mary thought sadly that Christ the great King,  
Had none but poor shepherds their homage to bring,  
Then kings from the Orient came to adore,  
And Mary, His mother, was joyful once more.

When Mary lost Jesus and sought in despair,  
She looked in the temple and lo, He was there.  
The heart of the mother was filled with great joy  
To find midst the doctors her well-beloved Boy.

When Mary saw Jesus on Calvary's hill,  
The crucified Victim, obeying God's will,  
A sword pierced her heart, yet she knew, though she wept,  
That Christ, our Redeemer, was God's promise kept.



# MEDITATIONS, MAXIMS AND ADMONISHMENTS

## INDEX

Be still and know that I AM.—Psalm 45:10

Pray, pray very much, and make sacrifices for sinners; for many souls go to hell, because there are none to sacrifice themselves and pray for them.—  
Our Lady of Fatima

Poor men and women who are sinners, I, a greater sinner than you, wish to give you this rose, a crimson one, because the precious blood of our Lord has fallen upon it. Please God that it may bring true fragrance into your lives—but above all, may it save you from the danger that you are in. Every day unbelievers and un-repentant sinners cry, “Let us crown ourselves with roses.” But our cry should be, “Let us crown ourselves with the roses of the holy Rosary.” How different are theirs from ours! Their roses are pleasures of the flesh, worldly honours and passing riches which wilt and decay in no time, but ours, which are the Our Father and Hail Mary which we have said devoutly over and over again, and to which we have added good penitential acts, will never wilt or die, and they will be just as exquisite thousands of years from now as they are today.—St. Louis Marie de Montfort

If we wish to love Jesus with the heart of the Immaculata, receive Him with her heart, praise Him with her acts, make reparation and at the same time give thanks through her . . . Then with her heart, with her acts we praise Jesus, or actually, it is she who loves and praises Jesus through us. We are then her instruments.—St. Maximilian Kolbe

Modern times are dominated by Satan and will be more so in the future. The conflict with hell cannot be engaged by men, even the most clever. The Immaculata alone has from God the promise of victory over Satan. However, assumed into Heaven, the Mother of God now requires our

cooperation. She seeks souls who will consecrate themselves entirely to her, who will become in her hands effective instruments for the defeat of Satan and the spreading of God's kingdom upon earth.—St. Maximilian Kolbe

If you want to be certain of being in the number of the Elect, strive to be one of the few, not one of the many. And if you would be quite sure of your salvation, strive to be among the fewest of the few; that is to say: do not follow the great majority of mankind, but follow those who enter upon the narrow way, who renounce the world, who give themselves to prayer, and who never relax their efforts by day or night, so that they may attain everlasting blessedness.—St. Anselm

My dear brethren, I call that man bad company who is without religion, who does not concern himself with either the commandments of God or those of the Church, who does not recognize Lent or Easter, who seldom comes to church or, if he does come, then only to scandalize others by his irreligious ways. You ought to shun his company; otherwise you will not be long in becoming like him without your even noticing it.—St. Jean Marie Baptiste Vianney, the Cure of Ars

That man attains to spiritual freedom, clearness of judgment, repose, tranquillity and peaceful confidence, together with true worship and obedience of the will when he represses all joy in passing things. Man has greater joy and comfort in creatures if he detaches himself from them.—St. John of the Cross

Apart from the cross there is no other ladder by which we may get to heaven.—St. Rose of Lima

If you believe in the Gospel that you like, and reject what you don't like, it is not the Gospel you believe in, but yourself.—St. Augustine

He who has become aware of his sins has controlled his tongue, but a talkative person has not yet come to know himself as he should.”—St. John Climacus

He who trusts himself is lost. He who trusts in God can do all things.—St. Alphonsus Maria de Ligouri

When we have handled something fragrant, our hands perfume whatever they touch, let our prayers pass through the Blessed Virgin's hands, and she will give them fragrance.—St. Jean Marie Baptiste Vianney, the Cure of Ars

Pray with great confidence, with confidence based upon the goodness and infinite generosity of God and upon the promises of Jesus Christ. God is a spring of living water which flows unceasingly into the hearts of those who pray.—St. Louis Marie de Montfort

It is not surprising, then, that the devil should do everything possible to influence us to give up prayer or to pray badly, because he knows better than we do how terrible it is for hell and how impossible it is that God should refuse us what we ask Him for in prayer. How many sinners would get out of sin if they managed to have recourse to prayer!—St. Jean Marie Baptiste Vianney, the Cure of Ars

You will not see anyone who is really striving after his advancement who is not given to spiritual reading. And as to him who neglects it, the fact will soon be observed by his progress.—St. Athanasius

The number of the elect is so small—so small—that were we to know how small it is, we should faint away with grief. The number of the elect is so small that were God to assemble them together, He would cry to them, as He did of old by the mouth of His prophet, 'Gather yourselves together, one by one—one from this province, one from that kingdom.—St. Louis Marie de Montfort

I wish to terrify them, says God, in order that struck by fear they may rise from the bed of sin and return to me.

When we hear people talk of riches, honors and amusements of the world, let us remember that all things have an end, and let us then say: "My God, I wish for You alone and nothing more."—St. Alphonsus Maria de Liguori

Without prayer it is impossible to resist temptations and to keep the commandments.—St. Alphonsus Maria de Ligouri

The soul that truly loves God loves all good, seeks all good, protects all good, praises all good, joins itself to good men, helps and defends them, and embraces all the virtues: it loves only what is true and worth loving. Do you think it possible that one who truly loves God cares, or can care, for vanities, or riches, or worldly things, or pleasures or honors? Neither can such a soul quarrel or feel envy, for it aims at nothing save pleasing its Beloved.—St. Teresa of Avila

Many begin well, but few there are who persevere.—St. Jerome

Let the end of life be considered, and there will be nothing in this world to be loved.—St. Lawrence Justinian

I saw the snares that the enemy spreads out over the world and I said groaning, “What can get through from such snares?” Then I heard a voice saying to me, “Humility.”—Let us charge into the good fight with joy and love without being afraid of our enemies. Though unseen themselves, they can look at the face of our soul, and if they see it altered by fear, they take up arms against us all the more fiercely. For the cunning creatures have observed that we are scared. So let us take up arms against them courageously. No one will fight with a resolute fighter.—St. John Climacus

If you have the courage to imitate Mary Magdalene in her sins, have the courage to imitate her penance!—St. Padre Pio

Preach the gospel at all times use words when necessary.—St. Francis of Assisi

Thank and sweetly kiss the hand of God that strikes you, because it is always the hand of a Father who strikes you because He loves you.—St. Padre Pio

Do not wait for old age to mortify your body and your passions. First, are you sure of reaching it? Again, how shall you do penance at that age?—St.

Ignatius of Loyola

The prayers of the Saints in heaven and of the just on earth are a perfume which never will be lost.—St. Padre Pio

There is nothing more pleasing to God, than to see a soul who patiently and serenely bears whatever crosses it is sent; this is how love is made, by putting lover and loved one on the same level . . . A soul who loves Jesus Christ desires to be treated the way Christ was treated—desires to be poor, despised and humiliated.—St. Alphonsus Maria de Liguori

Without a doubt, obedience is more meritorious than any other penance. And what greater penance can there be than keeping one's will continually submissive and obedient?—St. Catherine of Bologna

Virtues are formed by prayer. Prayer preserves temperance. Prayer suppresses anger. Prayer prevents emotions of pride and envy. Prayer draws into the soul the Holy Spirit, and raises man to Heaven.—St. Ephrem of Syria

The air that we breathe, the bread that we eat, the heart which throbs in our bosoms, are not more necessary for man that he may live as a human being, than is prayer for the Christian that he may live as a Christian.—St. Jean Eudes

A great means to preserve continual peace and tranquility of soul is to receive everything from the hands of God, both great and small, and in whatever way it comes.—St. Dorotheus

A spiritual communion acts on the soul as blowing does on a cinder—covered fire which was about to go out. Whenever you feel your love of God growing cold, quickly make a spiritual communion.—St. Jean Marie Baptiste Vianney, the Cure of Ars

Well and good if all things change, Lord God, provided we are rooted in You.—St. John of the Cross

Nothing created can bring to the soul joy equal to that of the Holy Ghost.—  
St. Ignatius of Loyola

“In the company of the innocent, you will be innocent; in the company of the elect, you will be elect; and in a crooked man’s company you will go wrong.” [Ps. 18:26,27]. Let us, then, follow the innocent and the upright. They, it is, who are God’s elect.—Pope St. Clement I of Rome

A little drop of simple obedience is worth a million times more than a whole vase of the choicest contemplation.—St. Mary Magdalene de Pazzi

Prayer is, beyond doubt, the most powerful weapon the Lord gives us to conquer evil passions and temptations of the devil; but we must really put ourselves into our prayer: it is not enough just to say the words, it must come from the heart. And also prayer needs to be continuous, we must pray no matter what kind of situation we find ourselves in: the warfare we are engaged in is on-going, so our prayer must be on-going also.—St. Alphonsus Maria de Liguori

Not to oppose error is to approve it; and not to defend truth is to suppress it; and indeed to neglect to confound evil men, when we can do it, is no less a sin than to encourage them.—Pope St. Felix III

Prayer ought to be humble, fervent, resigned, persevering, and accompanied with great reverence. One should consider that he stands in the presence of a God, and speaks with a Lord before whom the angels tremble from awe and fear.—St. Mary Magdalen de Pazzi

All vices must first be eradicated by the practice of good works in the active life, so that, the mind’s eye being purified, one may advance to the contemplation of God in the contemplative life—St. Isidore

It is by the path of love, which is charity, that God draws near to man, and man to God. But where charity is not found, God cannot dwell. If, then, we possess charity, we possess God, for “God is Charity”—St. Albert the Great

Heretics should be called by that name in order to raise horror of those who are such and cover their deadly venom with the veil of a name of salvation.—St. Ignatius of Loyola

Few souls understand what God would accomplish in them if they were to abandon themselves unreservedly to Him and if they were to allow His grace to mold them accordingly.—St. Ignatius Loyola

If God causes you to suffer much, it is a sign that He has great designs for you, and that He certainly intends to make you a Saint.—St. Ignatius Loyola

I see now, that true charity consists in bearing with the faults of those about us, never being surprised at their weaknesses, but edified at the least sign of virtue. I see above all that charity must not remain hidden in the bottom of our hearts: ‘nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house.’ It seems to me that this lamp is the symbol of charity; it must shine out not only to cheer those we love best but all in the house.—St. Therese of Lisieux

He who prays most receives most.—St. Alphonsus Maria de Liguori

What a weakness it is to love Jesus Christ only when He caresses us, and to be cold immediately once He afflicts us. This is not true love. Those who love thus, love themselves too much to love God with all their heart.—St. Margaret Mary Alacoque

The reason why sometimes you have asked and not received, is because you have asked amiss, either inconsistently, or lightly, or because you have asked for what was not good for you, or because you have ceased asking.—St. Basil the Great

In your prayers, if you would quickly and surely draw upon you the grace of God, pray in a special manner for our Holy Church and all those connected with it . . . The best of all prayers is that in which we ask that God’s holy will be accomplished, both in ourselves and in others.—St. Louis de Blois

If you have too much to do, with God's help you will find time to do it all.  
—St. Peter Canisius

We must be pure. I do not speak merely of the purity of the senses. We must observe great purity in our will, in our intentions, in all our actions.—St. Peter Julian Eymard

He who communicates most frequently will be freest from sin, and will make farthest progress in Divine Love.—St. Alphonsus Maria de Liguori

If we should be saved and become saints, we ought always to stand at the gates of the Divine mercy to beg and pray for, as an alms, all that we need.  
—St. Alphonsus Maria de Liguori

Lord, increase my sufferings, and with them increase Your love in my heart.  
—St. Rose of Lima

As the body without the soul cannot love, so the soul without prayer is dead and emits an offensive odor.—St. John Chrysostom

The deceitful charms of prosperity destroy more souls than all the scourges of adversity.—St. Bernard of Clairvaux

Man by prayer merits to receive that which God had from all eternity determined to give him.—St. Gregory

As the flesh is nourished by food, so is man supported by prayers.—St. Augustine

Either we must speak as we dress, or dress as we speak. Why do we profess one thing and display another? The tongue talks of chastity, but the whole body reveals impurity.—St. Jerome

Everything comes from love, all is ordained for the salvation of man, God does nothing without this goal in mind.—St. Catherine of Siena



If there be a true way that leads to the Everlasting Kingdom, it is most certainly that of suffering, patiently endured.—St. Colette

Mortification in eating is the alphabet of a spiritual life; and he who knows not how to subdue his gluttony will find it no easy matter to triumph over other vices which are much more difficult to conquer.—St. Vincent de Paul

The greater part of men choose to be damned.—St. Alphonsus Maria de Liguori

All graces given to those outside the Church are given them for the purpose of bringing them inside the Church.—St. Augustine

Let us love God, but let it be with the strength of our arms and the sweat of our brow.—St. Vincent de Paul

It is a good thing to induce others to exercise charity. To do so is to practice all virtues at once.—St. Vincent de Paul

Give me a person of prayer, and such a one will be capable of accomplishing anything.—St. Vincent de Paul

If the salvation of one soul is of such importance that we should endanger our temporal life in order to procure it, how could we abandon so great a number through fear of incurring some expense?—St. Vincent de Paul

It would be preferable to suffer all the possible torments of Earth until the Judgement Day than pass one day in Purgatory.—St. Cyril of Alexandria

Whoever wishes to listen well to divine speech must enclose himself in great silence.—St. Umilta of Faenza

I have my room, some books and a nearby chapel. That is complete happiness.—St. Miguel of Ecuador

Ignorance of Scripture is ignorance of Christ.—St. Jerome

The proof of love is in the works. Where love exists, it works great things. But when it ceases to act, it ceases to exist.—Pope St. Gregory the Great

Oh my Lord! How true it is that whoever works for you is paid in troubles! And what a precious price to those who love you if we understand its value.—St. Teresa of Avila

There is no such thing as bad weather. All weather is good because it is God's.—St. Teresa of Avila

There is more value in a little study of humility and in a single act of it than in all the knowledge in the world.—St. Teresa of Avila

We need no wings to go in search of Him, but have only to look upon Him present within us.—St. Teresa of Avila

Let us therefore leave the devil's deceitful service and take nothing at his hand. For he nothing giveth but trifles; nor giveth half an inch of pleasure without one whole ell of pain.—St. Thomas More

Enjoy yourself as much as you like—if only you keep from sin.—St. John Bosco

You ought to make every effort to free yourselves even from venial sin, and to do what is most perfect.—St. Teresa of Avila

Those who are saved are in the minority.—St. Thomas Aquinas

Half an hour's meditation is essential except when you are very busy. Then a full hour is needed.—St. Francis de Sales

Diseases of the soul come posting in on horseback, but leave slowly and on foot.—St. Francis de Sales

It is impossible for us who have fallen into the pit of iniquities ever to be drawn out of it, unless we sink into the abyss of the humility of the repentant.—St. John Climacus

There is no other way to God except through the burning love of the crucified.—St. Bonaventure

In her voyage across the ocean of this world, the Church is like a great ship being pounded by the waves of life's different stresses. Our duty is not to abandon ship but to keep her on her course.—St. Boniface

Let us stand fast in what is right, and prepare our souls for trial. Let us wait upon God's strengthening aid and say to him: "O Lord, you have been our refuge in all generations."—St. Boniface

Let us trust in him who has placed this burden upon us. What we ourselves cannot bear let us bear with the help of Christ. For he is all-powerful, and he tells us: "My yoke is easy, and my burden light."—St. Boniface

Let us continue the fight on the day of the Lord. The days of anguish and of tribulation have overtaken us; if God so wills, "let us die for the holy laws of our fathers," so that we may deserve to obtain an eternal inheritance with them.—St. Boniface

Be careful to give no credit to yourself for anything; if you do, you are stealing from God, to whom alone every good thing is due.—St. Vincent de Paul

If you wish to arrive speedily at the summit of perfection, animate yourself to a true love of shame, insults and calumny.—St. Ignatius

The greater and more persistent your confidence in God, the more abundantly you will receive all that you ask.—St. Albert the Great

Believe that others are better than you in the depths of their soul, although outwardly you may appear better than they.—St. Augustine

He commands some things which we cannot do that we may know what we ought to ask of him.—St. Augustine

Where there is no love, put love and you will find love.—St. John of the Cross

Remember that sacrifice exists in the will; and although force of habit may dull the sting of sacrifice, the merit last and increases with the repetition of the sacrifice.—St. Peter Julian Eymard

It is most laudable in a married woman to be devout, but she must not forget that she is a housewife; and sometimes she must leave God at the altar to find Him in her housekeeping.—St. Frances of Rome

To abstain from sinful actions is not sufficient for the fulfillment of God's law. The very desire of what is forbidden is evil.—St. John Baptist de la Salle

Jesus invited us to be like Him, humble of heart. But what is humility of the heart? It consists in receiving humiliations from God with a submissive love, in accepting one's state of life and one's duties whatever they are, and in not being ashamed of one's condition.—St. Peter Julian Eymard

The Father spoke one Word, which was His Son, and this Word He speaks always in eternal silence, and in silence must it be heard by the soul.—St. John of the Cross

Prayer is to our soul what rain is to the soil. Fertilize the soil ever so richly, it will remain barren unless fed by frequent rains.—St. Jean Marie Baptiste Vianney, the Cure of Ars

Let your baptism be ever your shield, your faith a helmet, your charity a spear, your patience a panoply. Let your works be deposits, so that you may receive the sum that is due you.—St. Ignatius of Antioch

Those who profess to be Christ's will be recognized by their actions. For what matters is not a momentary act of professing, but being persistently motivated by faith—St. Ignatius of Antioch

Deny your desires and you will find what your heart longs for. For how do you know if any desire of yours is according to God?—St. John of the Cross

God desires the least degree of obedience and submissiveness more than all those services you think of rendering him.—St. John of the Cross

O Lord, my God, who will seek You with simple and pure love and not find You are All he desires . . .—St. John of the Cross

# SPIRITUAL GUIDES

# *Spiritual Guides Contents*

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## *First Fridays Devotion in Reparation to the Sacred Heart of Jesus Christ*

The First Friday Devotions are a set of Catholic devotions to especially recognize the Sacred Heart of Jesus, and through it offer reparations for sins. In the visions of Christ reported by St. Margaret Mary Alacoque in the 17th century, several promises were made to those people that practiced the First Fridays Devotions, one of which included final perseverance.

According to the words of Christ through His apparitions to St. Margaret Mary, there are several promises to those that practice the First Friday Devotions:

“In the excess of the mercy of my Heart, I promise you that my all powerful love will grant to all those who will receive Communion on the First Fridays, for nine consecutive months, the grace of final repentance: they will not die in my displeasure, nor without receiving the sacraments; and my Heart will be their secure refuge in that last hour.”

The devotion consists of several practices that are performed on the first Fridays of nine consecutive months. On these days, a person is to attend Holy Mass and receive communion. If the need arises in order to receive communion in a state of grace, a person should also make use of the Sacrament of Penance before attending Mass. In many Catholic communities the practice of the Holy Hour of meditation during the Exposition of the Blessed Sacrament during the First Fridays is encouraged.

### THE TWELVE PROMISES OF THE SACRED HEART TO SAINT MARGARET MARY

1. I will give them all the graces necessary for their state of life.
2. I will give peace in their families.



3. I will console them in all their troubles.
4. They shall find in My heart an assured refuge during life and especially at the hour of death.
5. I will pour abundant blessings on all their undertakings.
6. Sinners shall find in My Heart the source and infinite ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall speedily rise to great perfection.
9. I will bless the homes in which the image of My Sacred Heart shall be exposed and honoured.
10. I will give to priests the power to touch the most hardened hearts.
11. Those who propagate this devotion shall have their name written in My Heart, and it shall never be effaced.
12. The all-powerful love of My Heart will grant to all those who shall receive Communion on the First Friday of nine consecutive months the grace of final repentance; they shall not die under My displeasure, nor without receiving their Sacraments; My Heart shall be their assured refuge at the last hour.

“And He showed me that it was His great desire of being loved by men and of withdrawing them from the path of ruin into which Satan hurls such crowds of them, that made Him form the design of manifesting His Heart to men, with all the treasures of love, of mercy, of grace, of sanctification and salvation which It contains, in order that those who desire to render Him and procure for Him all the honour and love possible, might themselves be abundantly enriched with those divine treasures of which this Heart is the source. He should be honoured under the figure of this Heart of flesh, and Its image should be exposed . . . He promised me that wherever this image should be expose with a view towards showing It special honour, He would pour forth His blessings and graces. This devotion was the last effort of His love that He would grant to men in these latter ages, in order to withdraw them from the empire of Satan which He desired to destroy, and thus to introduce them into the sweet liberty of the rule of His love, which He wished to restore in the hearts of all those who should embrace this devotion.”

—*Saint Margaret Mary*

## *First Saturday Devotion in Reparation to the Immaculate Heart of Mary*

The Blessed Mother said: “My daughter, look at my heart surrounded by the thorns with which ungrateful men pierce it at every moment by their blasphemies and ingratitude. You, at least, try to console me, and say that I promise to assist at the hour of death with all the graces necessary for salvation all those who, on the first Saturday of five consecutive months, go to Confession and receive Holy Communion, recite five decades of the Rosary, and keep me company for fifteen minutes while meditating on the fifteen mysteries of the Rosary with the intention of making reparation to me.”

1. Confession.
2. Communion.
3. Five decades of the Rosary.
4. Keep Mary company by meditation for fifteen minutes on the Rosary mysteries.

All this done with the intention of making reparation to the Immaculate Heart of Mary

## *The Brown Scapular of Our Lady of Mount Carmel*

O Lord, may we ever be the devoted servants of the Blessed Virgin Mary conceived without sin, so that by her intercession we may be cleansed from every stain of sin and attain everlasting life.

All those who out of true veneration and love for the Blessed Virgin constantly wear the scapular in a spirit of fidelity and confiding faith, after they have been placed by the Church itself with this habit or badge under the special protection of the Mother of God, shall enjoy this special protection in the matter and crisis which most concerns them for time and eternity. Whoever, therefore, even though he be now a sinner, wears the badge of the Mother of God throughout life as her faithful servant, not presumptuously relying on the scapular as on a miraculous amulet, but trustfully confiding in the power and goodness of Mary, may securely hope that Mary will through her powerful and motherly intercession procure for him all the necessary graces for true conversion and for perseverance in good. Such is the meaning and importance of the first privilege of the Carmelite Scapular, which is wont to be expressed in the words: “whoever wears the scapular until death, will be preserved from hell.” The second privilege of the scapular otherwise known as the Sabbatine privilege, may be briefly defined as meaning that Mary’s motherly assistance for her servants in the Scapular Confraternity will continue after death, and will find effect especially on Saturday (the day consecrated to her honour), provided that the members fulfil faithfully the not easy conditions necessary for obtaining this privilege.

“Just as men take pride in having others wear their livery, so the Most Holy Mary is pleased when Her servants wear Her Scapular as a mark that they have dedicated themselves to Her service, and are members of the Family of the Mother of God.”- *St. Alphonsus Maria de Liguori*

Those who wear the Brown Scapular may wish to gain the Sabbatine Privilege:

1. Wear the Brown Scapular continuously.
2. Observe chastity according to one's state in life.
3. Recite daily the "Little Office of the Blessed Virgin.

Or;

A. To observe the fasts of the church together with abstaining from meat on Wednesdays and Saturdays.

B. With permission of a Priest to say five decades of Our Lady's Most Holy Rosary

C. With permission of a Priest to substitute some other good work.

#### ENROLLEMENT

Any Catholic priest may invest a baptised Catholic with the Brown Scapular. Lay people may not bless a Scapular. There is a form of the blessing and investiture in the Book of Blessings which will normally be found in any Catholic parish.

The short form of the investiture is as follows:

Receive this Scapular, a sign of your special relationship with Mary, the Mother of Jesus, whom you pledge to imitate. May it be a reminder to you of your dignity as a Christian, in serving others and imitating Mary.

Wear it as a sign of her protection and of belonging to the Family of Carmel, voluntarily doing the will of God and devoting yourself to building a world true to his plan of community, justice and peace.

"Devotion to Our Lady of Mount Carmel is bound to the history and spiritual values of the Order of the Brothers of the Blessed Virgin Mary of Mount Carmel and is expressed through the scapular. Thus, whoever receives the scapular becomes a member of the order and pledges him/herself to live according to its spirituality in accordance with the characteristics of his/her state in life."

## *The Miraculous Medal*

The Miraculous Medal, also known as the Medal of the Immaculate Conception, is a medal originated by Saint Catherine Labouré following her reported vision of the Blessed Virgin Mary.

Many Catholics around the world (and some other Christians) wear the Miraculous Medal, which they believe if worn with faith and devotion will bring them special graces through the intercession of Mary at the hour of death.

The devotion commonly known as that of the Miraculous Medal owes its origin to Saint Catherine Labouré, a member of the Daughters of Charity of St. Vincent de Paul, known in religion as Sister Catherine, to whom the Blessed Virgin Mary appeared three separate times in the year 1830, at the mother-house of the community at Paris. The first of these apparitions occurred 18 July, the second 27 November, and the third a short time later. On the second occasion, Sister Catherine records that the Blessed Virgin appeared as if standing on a globe, and bearing a globe in her hands. As if from rings set with precious stones dazzling rays of light were emitted from her fingers. These, she said, were symbols of the graces which would be bestowed on all who asked for them. Sister Catherine adds that around the figure appeared an oval frame bearing in golden letters the words “O Mary, conceived without sin, pray for us who have recourse to thee”; on the back appeared the letter M, surmounted by a cross, with a crossbar beneath it, and under all the Sacred Hearts of Jesus and Mary, the former surrounded by a crown of thorns, and the latter pierced by a sword.

At the second and third of these visions a command was given to have a medal struck after the model revealed, and a promise of great graces was made to those who wear it when blessed. After careful investigation, M. Aladel, the spiritual director of Sister Catherine, obtained the approval of Mgr. de Quelen, Archbishop of Paris, and on 30 June, 1832, the first medals

were struck and with their distribution the devotion spread rapidly. One of the most remarkable facts recorded in connection with the Miraculous Medal is the conversion of a Jew, Alphonse Ratisbonne of Strasburg, who had resisted the appeals of a friend to enter the Church. M. Ratisbonne consented, somewhat reluctantly, to wear the medal, and being in Rome, he entered, by chance, the church of Sant' Andrea delle Fratte and beheld in a vision the Blessed Virgin exactly as she is represented on the medal; his conversion speedily followed. This fact has received ecclesiastical sanction, and is recorded in the office of the feast of the Miraculous Medal. In 1847, M. Etienne, superior-general of the Congregation of the Mission, obtained from Pope Pius IX the privilege of establishing in the schools of the Sisters of Charity a confraternity under the title of the Immaculate Conception, with all the indulgences attached to a similar society established for its students at Rome by the Society of Jesus. This confraternity adopted the Miraculous Medal as its badge, and the members, known as the Children of Mary, wear it attached to a blue ribbon. On 23 July, 1894, Pope Leo XIII, after a careful examination of all the facts by the Sacred Congregation of Rites, instituted a feast, with a special Office and Mass, of the Manifestation of the Immaculate Virgin under the title of the Miraculous Medal, to be celebrated yearly on 27 November by the Priests of the Congregation of the Mission, under the rite of a double of the second class. For ordinaries and religious communities who may ask the privilege of celebrating the festival, its rank is to be that of a double major feast. A further decree, dated 7 September, 1894, permits any priest to say the Mass proper to the feast in any chapel attached to a house of the Sisters of Charity.

*It is recommended to get your medal blessed by a Priest.*

## *Seven Dolours of Our Lady Devotion*

The Blessed Virgin Mary revealed to St. Bridget of Sweden (1303–1373) that seven graces are granted to the souls who honour her daily by saying seven Hail Mary's and meditating on her tears and dolours. The Hail Mary is prayed seven times, once after each meditation. This devotion was passed on by Saint Bridget.

### METHOD OF SAYING THE DOLOUR ROSARY

The only requisite for saying the Seven Dolour Rosary, and for gaining the Indulgences, is to meditate upon each of the Seven Dolours in turn while saying an Our Father on each medal and a Hail Mary on each bead.

The entire essential, therefore, consists of:

7 Meditations, 7 Our Fathers, 49 Hail Marys.

No more than that is required to gain Indulgences.

### THE SEVEN GRACES

1. I will grant peace to their families.
2. They will be enlightened about the divine mysteries.
3. I will console them in their pains and I will accompany them in their work.
4. I will give them as much as they ask for as long as it does not oppose the adorable will of my divine Son or the sanctification of their souls.
5. I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives.

6. I will visibly help them at the moment of their death, they will see the face of their Mother.

7. I have obtained (This Grace) from my divine Son, that those who propagate this devotion to my tears and dolours, will be taken directly from this earthly life to eternal happiness since all their sins will be forgiven and my Son and I will be their eternal consolation and joy.



## *A Rule of Life for those Consecrated to the Immaculate Virgin*

1. It is my duty to be a saint and a great saint.
2. For the glory of God, I must save myself and all souls, present and future, through the Immaculate.
3. Before anything else flee not only from mortal but also from deliberate venial sin.
4. Do not permit:
  - a. that evil remain without reparation and destruction; or
  - b. that good be without fruit or increase.
5. Let your rule be obedience to the will of God through the Immaculate. I am nothing but an instrument.
6. Think of what you are doing. Do not be concerned about anything else, whether bad or good.
7. Preserve order, and order will preserve you.
8. Peaceful and benevolent action.
9. Preparation-Action-Conclusion.
10. Remember that you belong exclusively, unconditionally, absolutely, irrevocably to the Immaculate: Whoever you are, whatever you have or can, whatever you do (thoughts, words, action) and endure (pleasant, unpleasant, indifferent things) belong to the Immaculate. Consequently, may she dispose of them according to her will (and not yours). In the same way it

belongs to her all your intentions; therefore, may she transform them, add others, take them away, as she likes (in fact, she does not offend justice).

You are an instrument in her hand, therefore do only what she wants; accept everything like a child to his own mother, trust her in everything. Take an interest about her, her veneration, her things and let her take care of you and your loved ones. Recognize that everything you have comes from her and nothing from you. All the fruits of your activities depend on the union with her, in the same way as she is an instrument of the divine mercy. O Immaculate, my life (every moment of it), my death (where, when and how) and my eternity belongs totally to you. Of everything you do whatever you like.

*By Saint Maximilian Mary Kolbe*

## *The Spiritual Pilgrim's Guidebook*

A firm faith is the mother of the renunciation of the world; the opposite, obviously, produces the opposite effect.

Unwavering hope is the door to the renunciation of every earthly affection; the opposite, obviously produces the opposite effect.

The love of God is the basis of detachment from the world; and here too the opposite, obviously, has the opposite effect.

Self-control is the mother of spiritual health. The mother of self-control is the thought of death combined with the remembrance of the sharpness of the wrath of the Lord our God.

Solitude and silence help to maintain purity; fasting pours water on the fire of the passions.

Contrition is the enemy of evil and base thoughts.

The death of avarice is attained by faith and flight from the world.

Perseverance in prayer is the annihilation of sloth.

The thought of judgment stirs the will to good purpose.

Love of humiliation is the cure for anger.

Detachment from visible things is to open your eyes to the invisible.

Silence and solitude are the enemies of pride; if you are involved with people, keep an eye out for occasions of humiliation.

Visible pride is cured by an attitude that is empty of arrogance; invisible pride is cured by the Eternal Invisible.

*By Saint John Climacus*

## *Saint Benedict's Twelve Degrees of Humility*

### 1. Holy fear of God, walking in the Divine Presence.

Keep the fear of GOD before your eyes, altogether shunning forgetfulness. Consider that GOD is always beholding you from Heaven, that your actions are everywhere visible to Him, and are constantly being reported by the angels.

### 2. Renunciation of our own will.

A man should not love his own will, nor delight in fulfilling his own desires. Let us carry out in deed the saying of the Lord: "I came not to do my own will, but the will of him who sent me, (John 6:38)." GOD is calling us to follow His holy Will. We are all part of His great plan of salvation, we all have a special role to play, therefore let us set our hearts on that which lasts forever and that is Heaven. Those who desire to follow their own will shall never leave the ground and shall always be part of the world.

### 3. Ready obedience.

For the love of GOD, one should subject himself to his superior in all obedience, imitating the Lord, of whom the apostle Paul says: "He was made obedient even unto death," (Phil 2:8). JESUS was obedient to the Father by following His Will and offering Himself on our behalf that we (sinners), may be reconciled with the Father and our sins be forgiven.

### 4. Patience in all sufferings and injuries.

Meeting in this obedience with difficulties and contradictions and even injustice, one should with a quiet mind hold fast to patience . . . Moreover, in adversities and injuries, patiently fulfil the Lord 's commands; when struck on one cheek offer the other, when robbed of tunic surrender also

your cloak, when forced to go a mile go two, and with the St. Paul, bear with false brethren, and bless those that curse you.

5. Telling our spiritual director or our superior all our thoughts and plans.

Humbly confess and do not conceal from the superior any evil thoughts that enter the heart, and any secret sins committed. The religious and laity are called to humble themselves before a priest to confess their sins. Therefore when that day comes, we can say to the Lord: “I have made known my sins to thee, and my faults I have not concealed.”

6. To enjoy all humiliations, to be pleased with the worst jobs, poor clothing, to love simplicity and poverty.

A man be content with the meanest and worst of everything, and esteem himself, in regard to work that is given him, as a bad and unworthy workman, saying to himself with the prophet: “I am brought to nothing; I am all ignorance; I am become as a dumb beast before thee; yet am I ever close to thee,” (Ps 72: 22–23).

7. To consider ourselves less than everyone else.

One should not only in his speech declare himself lower and of less account than all others, but should in his own inmost heart believe it, humbling himself with the prophet: “But I am a worm, and no man, the reproach of men, and the outcast of the people,” (Ps 21:7).

8. To avoid all love of singularity in words and actions.

Do nothing except what is commended by the common rules of the order or apostolate and the examples of the superior, living under rules which increases the desire to live and labor for the glory of GOD.

9. To love and practice silence.

Restrain the tongue and keep silence, not speaking until questioned. For the scripture shows “the talkative man shall not prosper on the earth, “ (Ps

139:12).

10. To avoid dissolute laughter and jokes.

Be not ready and prompt to laughter, for it is written: “The fool lifteth up his voice in laughter,” (Sir 21:23).

11. Never to speak in a loud voice and always be modest in our choice of words.

When you speak, do so gently and without laughter, humbly and seriously, in few and sensible words, and with clamor. It is written: “A wise man is known by the fewness of his words.”

12. To be humble in all of our actions.

Not only should one be humble of heart, but should also in behavior always manifest humility to those who look upon you. That is to say, whether at the Work of GOD, in the oratory, in the monastery, in the garden, on the road, in the fields, or anywhere else, and whether sitting, walking, or standing, you should always have your head bowed and eyes downcast. Constantly say in your heart what was said by the publican who would not so much as lift up his eyes towards Heaven: “ O’ GOD, be merciful to me a sinner,” (Luke 18:13).

FINALLY, when all these degrees of humility have been climbed, you will presently come to that perfect love of GOD which casts out all fear. Let us now imitate JESUS in his humility and follow in His example, for as Our Lord said:

“Learn from me, for I am meek and humble of heart.”

#### SAINT ANSELM’S SEVEN DEGREES OF HUMILITY

1. To acknowledge oneself contemptible;

2. To grieve on account of this;

3. To confess or admit we are so;
4. To convince our neighbor of this, that is to wish them to believe it;
5. To bear patiently that this be said of us;
6. To suffer oneself to be treated with contempt
7. To love being thus treated



## *Militia Immaculata*

The Militia Immaculata, or “Army of the Immaculate,” is a worldwide Catholic evangelization movement founded by St. Maximilian Kolbe in 1917.

The organization was formed in response to protests against the Pope by Freemasons in Rome. The MI, as it is also known, is open to all Catholics and encourages intercession to the Virgin Mary for the conversion of sinners. Joining the MI involves making a vow of consecration to Mary. Members wear the Miraculous Medal as an outward sign of their consecration.

“The purpose of the Knights is contained in these words: to do all you can for the conversion of sinners, heretics, schismatics and so on, above all the Masons, and for the sanctification of all persons under the sponsorship of the Blessed Virgin Mary, the Immaculate Mediatrix.”—*Saint Maximilian Kolbe, 1938*

TO JOIN

*Militia of the Immaculata (MI):*  
<http://miyouth.org/>

## *The Universal Living Rosary Association of Saint Philomena*

The Living Rosary Association was founded by Venerable Pauline Jaricot, at Lyons, France, in 1826, at the age of 27. She first founded the Propagation of the Faith at the age of twenty. Pauline was a close friend of Saint Jean Maria Vianney, the Cure of Ars. It was formally approved and richly indulgenced by Pope Gregory XVI, and accorded official canonical status on January 27, 1832.

The Living Rosary is not a new devotion, but a continuation of the Rosary preached by St. Dominic, and announced by Our Blessed Mother for centuries. In these days of evil, chaos, confusion, division and modernism, the Living Rosary will be a mighty force in every family, parish, diocese, and country. The Holy Rosary is a gift to us from the Queen of Heaven. If the Rosary is prayed faithfully, and is strengthened by the unity of association, it will render the attacks of Satan impotent. The Living Rosary is endowed with great power before the throne of God through the union of charity which flows through its members. Immense are the graces and merits obtained daily by every member when united and animated by the Fire of Divine Love in the Immaculate Heart of Mary. One who prays the Rosary alone receives the grace and merits of a single Rosary, but if he or she is united with two million members, then all of the graces and merits of the whole are gained.

### THE COMMITMENT

#### 1. THE DECADE:

One [Our Father](#), Ten [Hail Marys](#), Meditation on the Mystery.

#### 2. THE INTENTION:

Triumph of the Immaculate Heart of Mary, the Honour of Saint Philomena.

3. THE HOUR:

Any time of the day or night and in any place—no need to gather in a group.

4. THE DURATION:

Daily until death.

5. VOLUNTARY DONATION:

\$1.00 a month will help us meet the expenses of the Apostolate, plus sufficient postage.

6. SPREAD THE DEVOTION:

Bring in new members.

7. ONE DECADE FOR EACH:

List your BAPTISMAL name.

8. PRAY FOR ONE ANOTHER:

Pray for deceased members.

PRAY FOR US.

TO JOIN

Write to:

THE LIVING ROSARY

PO Box 1303

Dickinson, TX 77539

*The Universal Living Rosary Association of Saint Philomena*

[www.philomena.org](http://www.philomena.org)

The Arch-Confraternity of Saint Philomena. This is the Sanctuary of Saint Philomena, Mugnano del Cardinale, Italy place the remains of Saint Philomena are. You can join for many privileges.

*Arch-Confraternity of Saint Philomena*

[www.philomenafamily.com](http://www.philomenafamily.com)

# CHRISTIAN DOCTRINE DRILLS

# *Christian Doctrine Drills Contents*

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## *Main Drills*

### DRILL 1. THE COMMANDMENTS OF GOD

1. I am the Lord thy God; thou shalt not have strange gods before Me.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Remember that thou keep holy the Sabbath day.
4. Honor thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

### DRILL 2. PRECEPTS OF THE CHURCH

1. To hear Mass on Sundays and Holy-days of obligation.
2. To fast and abstain on the days appointed.
3. To confess our sins at least once a year.
4. To receive the Holy Eucharist during the Easter-time.
5. To contribute to the support of our pastors.

6. Not to marry persons who are not Catholics, or who are related to us within the third degree of kindred, nor privately without witness, nor to solemnize marriage at forbidden times.

#### DRILL 3. FAST DAYS

1. The forty days of Lent, that is every day from Ash Wednesday to Easter Sunday, Sunday excepted.
2. The Ember days, that is the Wednesday, Friday, and Saturday of the four Ember weeks.
3. The vigils of Pentecost and Christmas.

#### DRILL 4. EMBER DAYS

1. Wednesday, Friday and Saturday after the third Sunday in Advent.
2. Wednesday, Friday and Saturday after the first Sunday in Lent.
3. Wednesday, Friday and Saturday after Pentecost.
4. Wednesday, Friday and Saturday after September fourteenth.

#### DRILL 5. ROGATION DAYS

Three days immediately preceding Ascension Thursday.

#### DRILL 6. DAYS OF ABSTINENCE

1. Complete: All Fridays, Ash Wednesday, the Vigils of Immaculate Conception and Christmas.
2. Partial: (Meat only ONCE a day at the principal meal).
  - a. Wednesday and Saturday of the Ember weeks.
  - b. Holy Saturday.

c. Vigil of Pentecost.

DRILL 7. HOLY DAYS OF OBLIGATION

1 January: Solemnity of Mary, Mother of God

6 January: The Epiphany

19 March: Solemnity of St. Joseph, Husband of the Blessed Virgin Mary

Thursday of the sixth week of Easter: The Ascension

Thursday after Trinity Sunday: The Body and Blood of Christ

29 June: Solemnity of Saints Peter and Paul, Apostles

15 August: The Assumption of the Blessed Virgin Mary

1 November: All Saints

8 December: The Feast of the Immaculate Conception of the Blessed Virgin Mary

25 December: The Nativity of our Lord Jesus Christ (Christmas)

## *The Mass*

### DRILL 8. WHAT IS THE MASS?

The Mass is the perpetual sacrifice of the new law in which Christ offers Himself in an unbloody manner as He once offered Himself in a bloody manner on the cross.

### DRILL 9. PRINCIPAL PARTS

1. Offertory.
2. Consecration.
3. Communion.

### DRILL 10. THE ENDS FOR WHICH THE SACRIFICE OF THE MASS IS OFFERED

1. A-doration.
2. C-ontrition.
3. T-hanksgiving.
4. S-upplication.

### DRILL 11. COLOURS AND OCCASIONS

1. White :-On the feast of Our Lord, of the Blessed Virgin, of the angels, and of the saints that were not martyrs.
2. Red:-On the feasts of Pentecost of the Finding and Exaltation of the Cross and of the Apostles and Martyrs.
3. Purple :-In Advent and Lent, on Vigils and Ember days.

4. Green :-On Sundays and ordinary days of the year.
5. Black:-On Good Friday and in Masses of the dead.
6. Rose : Gaudete Sunday and Laetare Sunday.
7. Gold :-May be used as a substitute for white, red or green.

#### DRILL 12. SACRED VESSELS

1. Chalice
2. Ciborium
3. Monstrance
4. Luna
5. Pyx
6. Paten

#### DRILL 13. VESTMENTS WORN AT MASS

1. Amice
2. Alb
3. Cincture
4. Maniple
5. Stole
6. Chasuble

#### DRILL 14. FORMS OF MASS

1. Low Mass

2. High Mass
3. Requiem Mass
4. Solemn High Mass
5. Pontifical Mass
6. Nuptial Mass
7. Anniversary Mass
8. Votive Mass-for various intentions

DRILL 15. WHAT IS AN ALTAR?

An altar is a table of stone or wood having an altar stone containing relics of martyrs, on which the priest offers up the Holy Sacrifice of the Mass.

DRILL 16. WHAT IS THE CIBORIUM?

The ciborium is the vessel in which the Hosts destined for Communion of the faithful are preserved.

DRILL 17. WHAT ARE THE CHALICE LINENS?

The chalice linens properly so called are : The corporal, the pall, and the purificator.

DRILL 18. WHAT IS THE TABERNACLE?

The tabernacle is a, kind of chest made of wood, marble, or metal, having a door with lock and key, and containing the Sacred Species.

DRILL 19. WHAT IS MEANT BY LITURGICAL VESSELS?

This is a name given to the vessels used in divine worship.

DRILL 20. WHAT IS THE CHALICE?



The chalice is the cup used to hold the wine for consecration.

DRILL 21. WHAT IS THE PATEN?

The paten is a small round and slightly concaved dish, which covers the mouth of the chalice.

## *Benediction*

### DRILL 22. VESTMENTS WORN AT BENEDICTION

1. Surplice
2. Stole
3. Cope
4. Benediction Veil

### DRILL 23. WHAT IS THE OSTENSORIUM?

The ostensorium, or monstrance, is the sacred vessel in which the Blessed Sacrament is exposed for the adoration of the faithful.

### DRILL 24. TWO KINDS OF GENUFLECTION

1. Simple
2. Profound

## *The Sacraments*

### DRILL 25. THREE THINGS NECESSARY TO CONSTITUTE A SACRAMENT

1. An outward sign.
2. An inward grace.
3. The institution by Christ.

### DRILL 26. SEVEN SACRAMENTS

1. Baptism
2. Extreme Unction
3. Confirmation
4. Holy Orders
5. Holy Eucharist
6. Matrimony
7. Penance

### DRILL 27. MATTER AND FORM OF THE SACRAMENTS

Baptism :-Matter is water. Form: “I baptize thee in the name of the Father and of the Son and of the Holy Ghost.” Confirmation :-The matter is Holy Chrism and the form is: “I sign thee with the sign of the cross and I confirm thee with the chrism of salvation in the name of the Father and of the Son and of the Holy Ghost.”

Holy Eucharist :-Matter is wheaten bread and grape wine. Form is: “This is my body; this is my blood.” Penance:-The matter is the confession of sin and the request for pardon. The form is: “I forgive thee thy sins.” Extreme Unction :-The matter is the anointing of the senses with oil. The form is the prayer pronounced for the pardon of sins.

Holy Orders:-The matter is the imposition of the hands of the Bishop. The form is the prayer said in the Preface. Matrimony:-The contract itself is the Sacrament, the contracting parties are its ministers, their own persons are the matter affected, and the form is the expression of their mutual consent.

#### DRILL 28. SACRAMENTS OF THE LIVING

1. Confirmation
2. Holy Eucharist
3. Matrimony
4. Holy Orders
5. Extreme Unction

Called “Sacraments of the Living,” pre-suppose the state of grace, as a condition for the licit reception.

#### Sacraments of the Dead

1. Baptism
2. Penance

Called “Sacraments of the Dead”- may be received by persons in the state of sin because the immediate object of these Sacraments is the conferring of grace on those in such a condition.

# *Baptism*

DRILL 29. THREE KINDS OF BAPTISM

1. Water
2. Desire
3. Blood

DRILL 30. GIVE A SCRIPTURAL PROOF OF BAPTISM

“He that believeth and is baptized shall be saved.”-St. Mark XVI :16.

## *Penance*

### DRILL 31. PERFECT CONTRITION

(a) Contrition is perfect when it rises from a perfect love, that is, when we hate sin more than all evil, because it offends God, the Supreme Good.

### DRILL 31. IMPERFECT CONTRITION

(b) Contrition is imperfect when it arises from imperfect love, that is, when we hate sin because by it we lose heaven, and deserve hell, or because sin is so hateful in itself.

### DRILL 32. FIVE THINGS NECESSARY FOR A GOOD CONFESSION

1. We must examine our conscience.
2. We must have sorrow for our sins.
3. We must make a firm resolution never to offend God.
4. We must confess our sins to the priest.
5. We must accept the penance which the priest gives us.

# *Sin*

## DRILL 33. CLASSES OF SIN

### Original and Actual

## DRILL 34. TWO KINDS OF ACTUAL SIN

1. Mortal
2. Venial

## DRILL 35. THREE THINGS THAT CONSTITUTE A MORTAL SIN

1. Grievous matter
2. Sufficient reflection
3. Full consent of the will

## DRILL 36. FOUR WAYS OF COMMITTING SIN

1. Thought
2. Word
3. Deed
4. Omission

## DRILL 37—SEVEN CAPITAL SINS

1. Pride
2. Covetousness

3. Lust
4. Anger
5. Gluttony
6. Envy
7. Sloth

#### Opposite Virtues

1. Humility
2. Liberality
3. Chastity
4. Meekness
5. Temperance
6. Brotherly Love
7. Diligence

#### DRILL 38. SINS AGAINST THE HOLY GHOST

1. Presumption of God's mercy.
2. Despair of God's grace.
3. Impugning the known truth.
4. Envy at another's spiritual good.
5. Obstinacy in sin.
6. Final Impenitence.



DRILL 39. SINS CRYING TO HEAVEN FOR VENGEANCE

1. Wilful murder.
2. Sodomy. Oppression of the poor, widows, and orphans.
3. Defrauding laborers of their wages.

DRILL 40. NINE WAYS OF BEING ACCESSORY TO ANOTHER'S SIN

1. By counsel
2. By command
3. By consent
4. By provocation
5. By praise, and flattery
6. By concealment
7. By partaking
8. By silence
9. By defending ill done.

# *Confirmation*

## DRILL 41. GIFTS OF THE HOLY GHOST

1. Wisdom.
2. Understanding.
3. Counsel.
4. Fortitude.
5. Knowledge.
6. Piety.
7. Fear of the Lord.

## DRILL 42. FRUITS OF THE HOLY GHOST

1. Charity.
2. Joy .
3. Peace.
4. Patience.
5. Longanimity.
6. Goodness.
7. Benignity.
8. Mildness.

9. Faith.

10. Modesty.

11. Continency.

12. Chastity.

## *Holy Eucharist*

DRILL 43. GIVE A PROOF OF HOLY EUCHARIST

“This is My Body; this is My Blood.”

DRILL 44. THE EFFECTS OF HOLY COMMUNION BOTH AS REGARDS THE SOUL AND THE BODY.

1. Unites us to God Himself and nourishes our soul with His divine life.
2. Increases sanctifying grace and all virtues in our soul.
3. Lessens our evil inclinations.
4. Pledges everlasting life.
5. Fits our bodies for a glorious resurrection.
6. Continues the sacrifice of the Cross in His Church.

DRILL 45. SPIRITUAL COMMUNION

O my dear Jesus, since I cannot now receive Thee sacramentally, come at least spiritually into my heart. Grant me the grace to be an apostle of Thy Sacred Heart. My Jesus mercy!

## *Extreme Unction*

### DRILL 46. PREPARATION OF A SICK ROOM

1. A chair near the bed for the priest.
2. A small table covered with a clean white cloth.
  - a. A crucifix on the center of the table.
  - b. Two blessed candles.
  - c. A glass of holy water.
  - d. A glass of drinking water and a spoon.
  - e. A linen cloth or a napkin as Communion cloth for the sick.
  - f. A finger bowl with a little water in it for the priest's fingers, and a small towel.
  - g. A piece of cotton.

## *Holy Orders*

### DRILL 47. MINOR ORDERS

1. Porter
2. Reader
3. Exorcist Acolyte

### Major Orders

1. Subdeacon
2. Deacon
3. Priest.

## *Matrimony*

DRILL 48. FORBIDDEN TIMES

The forbidden times for solemnizing marriage are Advent and Lent.

## *Faith*

DRILL 49. WHAT IS FAITH?

Faith is a divine virtue infused into our souls by which we firmly believe as infallibly true, whatever God has revealed and His Church teaches.

DRILL 50. NAME THE QUALITIES OF OUR FAITH

1. Universal
2. Firm
3. Constant.
4. Living.

DRILL 51. THE CHIEF MYSTERIES OF OUR RELIGION

1. Unity.
2. Trinity.
3. Incarnation.
4. Death of Our Savior.
5. Resurrection.



## *The Church*

### DRILL 52. FOUR MARKS OF THE CHURCH

She is One, Holy, Catholic and Apostolic.

### DRILL 53. WHAT IS A PARISH CHURCH?

A parish church is one that is served by a pastor or a rector.

### DRILL 54. WHAT IS A CATHEDRAL?

A cathedral is a church that is the station of a bishop.

### DRILL 55. WHAT IS A METROPOLITAN CHURCH?

A metropolitan church is one that is served by an archbishop.

### DRILL 56. DIGNITARIES OF THE CHURCH

1. Pope
2. Bishops
3. Priests

### DRILL 57. TRUTHS OF THE CHURCH

The truths of the Catholic Church are found in the Apostles' Creed.

## *Virtues*

### DRILL 58. CARDINAL VIRTUES

1. Prudence.
2. Justice
3. Temperance.
4. Fortitude.

### DRILL 59. THEOLOGICAL VIRTUES

1. Faith
2. Hope
3. Charity

### DRILL 60. SPIRITUAL WORKS OF MERCY

1. To admonish the sinner.
2. To instruct the ignorant.
3. To counsel the doubtful.
4. To comfort the sorrowful.
5. To bear wrongs patiently.
6. To forgive injuries.
7. To pray for the living and the dead.

#### DRILL 61. CORPORAL WORKS OF MERCY

1. To feed the hungry.
2. To give drink to the thirsty.
3. To clothe the naked.
4. To harbour the harbourless.
5. To ransom the captive.
6. To visit the sick.
7. To bury the dead.

#### DRILL 62. EVANGELICAL COUNSELS

1. Poverty.
2. Chastity.
3. Obedience.

#### DRILL 63. THE EIGHT BEATITUDES

1. Blessed are the poor in spirit; for theirs is the kingdom of Heaven.
2. Blessed are the meek; for they shall possess the land.
3. Blessed are they that mourn; for they shall be comforted.
4. Blessed are they that hunger and thirst after justice; for they shall be filled.
5. Blessed are the merciful; for they shall obtain mercy.
6. Blessed are the clean of heart; for they shall see God.

7. Blessed are the peacemakers; for they shall be called the children of God.

8. Blessed are they that suffer persecution for justice' sake; for theirs is the kingdom of Heaven.

## *Feasts of the Church*

### DRILL 64. FEASTS WHICH DEPEND ON EASTER

- a. Easter occurs the first Sunday after the first full moon after the 21st of March.
- b. Ascension Thursday occurs forty days after Easter.
- c. Pentecost occurs ten days after Ascension Thursday.
- d. Trinity Sunday occurs the first Sunday after Pentecost.
- e. Corpus Christi occurs the Thursday after Trinity Sunday.
- f. The Feast of the Sacred Heart occurs the first Friday after the octave of Corpus Christi.

### DRILL 65. FEASTS OF OUR LORD

- 1. Christmas-December 25.
- 2. Circumcision-January 1.
- 3. Corpus Christi-The first Thursday after Trinity Sunday.
- 4. Easter-The first Sunday after the first full moon after March 21.
- 5. Ascension-Forty days after Easter.

### DRILL 66. THREEFOLD BIRTH OF CHRIST

- 1. The eternal birth in the bosom of His Father.
- 2. The temporal birth in Bethlehem.

3. The daily birth of Jesus Christ on the Altar at Mass and at Communion.

DRILL 67. GREAT FEASTS OF THE BLESSED VIRGIN

1. Immaculate Conception-December 8.

2. Purification-February 2.

3. Annunciation-March 25.

4. Mediatrix of All Graces-May 31.

5. Visitation-July 2.

6. Assumption-August 15.

7. Immaculate Heart-August 22.

8. Maternity-October 11.

9. Presentation-November 21.

## *The Rosary*

### DRILL 68. THE JOYFUL MYSTERIES

1. The Annunciation.
2. The Visitation.
3. The Birth of Our Lord.
4. The Presentation.
5. The Finding of the Child Jesus in the Temple.

### DRILL 69. THE SORROWFUL MYSTERIES

1. The Agony in the Garden.
2. The Scourging at the Pillar.
3. The Crowning of Thorns.
4. Carrying of the Cross.
5. Crucifixion.

### DRILL 70. THE GLORIOUS MYSTERIES

1. The Resurrection.
2. The Ascension.
3. The Descent of the Holy Ghost.
4. The Assumption.

5. The Coronation.

DRILL 70 B. THE LUMINOUS MYSTERIES

1 The Baptism in the Jordan.

2. The Wedding at Cana.

3. Proclamation of the Kingdom.

4. The Transfiguration.

5. Institution of the Eucharist.



## *The Holy Bible*

### DRILL 71. GREAT PROPHETS

1. Isaias.
2. Jeremias.
3. Daniel.
4. Ezechiel.

### DRILL 72. MINOR PROPHETS

1. Osee.
2. Amas.
3. Jonas.
4. Zacharias.
5. Joel.
6. Habacuc.
7. Abdias.
8. Micheas.
9. Nahum.
10. Sophonias.
11. Aggeus.

12. Malachias.

DRILL 73. THE BOOKS OF THE OLD TESTAMENT

1. Twenty-one historical books.
2. Seven moral books.
3. Seventeen prophetic books.

DRILL 74. THE BOOKS OF THE NEW TESTAMENT

1. The four gospels written by St. Matthew, St. Mark, St. Luke, and St. John.
2. The Acts of the apostles.
3. Fourteen epistles of St. Paul and the epistles of the other apostles.
4. The Apocalypse, or Revelations of St. John.

DRILL 75. TYPES OF OUR LORD

1. Adam.
2. Noah.
3. Abraham.
4. Abel.
5. Jacob.
6. Isaac.
7. Joseph.
8. Moses.

9. David.

10. Jonas.

11. Melchisedech.

12. The Pascal Lamb.

13. The Brazen Serpent.

14. The Manna.

DRILL 76. TYPES OF OUR BLESSED MOTHER

1. Eve.

2. Ruth.

3. Esther.

4. Judith.

## *The Liturgy*

### DRILL 77. WHAT IS THE SACRED LITURGY?

The sacred liturgy is the public worship which our Redeemer, the Head of the Church, renders to the Heavenly Father, and which the society of Christ's faithful renders to its Founder and through Him, to the Eternal Father. To put it briefly, it is the integral public worship of the Mystical Body of Jesus Christ, of its Head and of its members.

### DRILL 78. THE PRINCIPAL BOOKS OF THE ROMAN LITURGY

Among the principal books are the Missal, the Breviary, the Ritual, and the Martyrology.

- a. The Missal contains the prayers and ceremonies of the Mass.
- b. The Breviary contains the Divine Office which all those who are in sacred orders are obliged to recite every day in the name of the church.
- c. The Ritual contains the sacred rites to be observed in administering the sacraments and in other ecclesiastical functions.
- d. The Martyrology contains a list of saints whom the church commemorates from day to day.

## *Miscellaneous*

### DRILL 79. NAME THE PRINCIPAL ATTRIBUTES OF GOD

God is eternal and unchangeable, omnipresent and omniscient, all wise, all powerful ; He is infinitely holy and just; infinitely good and merciful; infinitely true and faithful.

### DRILL 80. THE APOSTLES

Sts. Peter and Andrew,

Sts. James and John,

Sts. Philip and Bartholomew,

Sts. Thomas and Matthew,

Sts. James the Less and Thaddeus,

St. Simon Zelotes and Judas Iscariot, who was replaced by Matthias.

### DRILL 81. EVANGELISTS AND THEIR SYMBOLS ST. MATTHEW CHERUB

St. Mark Lion

St. Luke Ox

St. John Eagle

### DRILL 82. WHO COMPOSED THE HAIL MARY?

1. The Angel Gabriel.

2. St. Elizabeth.

### 3. The Church.

#### DRILL 83. CHOIRS OF ANGELS

1. Angels.
2. Archangels.
3. Principalities.
4. Dominations.
5. Powers.
6. Thrones.
7. Virtues.
8. Cherubim.
9. Seraphim.

#### DRILL 84. THE STATIONS OF THE CROSS

1. Jesus is condemned to death.
2. Jesus is made bear His cross.
3. Jesus falls the first time.
4. Jesus meets His afflicted Mother.
5. Simon of Cyrene helps Jesus to carry His cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus speaks to the women of Jerusalem.

9. Jesus falls the third time.
10. Jesus is stripped of His garment.
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 sepulchre.

DRILL 85. SEVEN WORDS OF OUR LORD ON THE CROSS

1. Father forgive them, for they know not what they do.
2. Mother, behold Thy son; son behold Thy mother.
3. I thirst.
4. This day thou shalt be with Me in Paradise.
5. My God, my God, why hast Thou forsaken me?
6. It is consummated.
7. Father, into Thy hands I commend My spirit.

DRILL 86. PROMISES OF THE SACRED HEART

1. I will give them all graces necessary for their state in life.
2. I will establish peace in their homes.
3. I will console them in all their difficulties.
4. I will be their refuge in life, and above all in death.
5. I will bless all their undertakings.

6. Sinners shall find in my heart the source and boundless ocean of mercy.
7. Tepid souls shall grow fervent.
8. Fervent souls shall rise to great perfection.
9. I will bless the house in which the picture of my Sacred Heart is honoured and exposed.
10. I shall give to priests the power of touching the most hardened hearts.
11. Persons who propagate this devotion shall have their names written in my Heart never to be effaced therefrom.
12. I will grant the grace of final repentance to all those who shall communicate on the first Friday nine months consecutively. They shall not die in mortal sin, nor without having received the last Sacraments, for My Divine Heart will become their secure refuge at that last moment.

#### DRILL 87. CHIEF SACRAMENTALS

1. The Sign of the Cross.
2. Holy Water.
3. Crucifix.
4. Holy Oil.
5. Palm.
6. Rosary.
7. Prayer Book.

#### DRILL 88. INDULGENCES

Plenary and Partial.



DRILL 89. PROPERTIES OF A GLORIFIED BODY

1. Lucidity.
2. Agility.
3. Immortality.
4. Impassibility.
5. Spirituality.

DRILL 90. FOUR LAST THINGS

1. Death.
2. Judgment.
3. Heaven.
4. Hell.

DRILL 91. DEDICATION OF THE YEAR

January Holy Childhood

February Holy Family

March St. Joseph

April Holy Ghost

May Blessed Virgin

June Sacred Heart

July Precious Blood

August Blessed Sacrament

September The Seven Dolours

October The Holy Rosary

November Souls in Purgatory

December Immaculate Conception

DRILL 92. DEDICATION OF THE WEEK

Sunday—Holy Trinity

Monday—Souls in Purgatory

Tuesday—Guardian Angel

Wednesday—St. Joseph

Thursday—Blessed Sacrament

Friday—Precious Blood

Saturday—Blessed Virgin

DRILL 93. NAMES BY WHICH OUR LORD IS KNOWN

1. Our Saviour.
2. Our Redeemer.
3. Christ.
4. Our Lord.
5. The Second Person of the Blessed Trinity.

DRILL 94—NAMES BY WHICH OUR LADY IS KNOWN

1. Our Blessed Mother.

2. Mary.
3. Mother of God.
4. Mediatrix.
5. Co-Redemptress.

#### DRILL 95. HOLY OILS

1. Oil of the Sick used for the Sacrament of Extreme Unction.
2. Two oils used at Baptism: The oil of Chrism and the oil of the Catachumens.
3. Chrism used at Confirmation, Ordination of a priest and the Consecration of a Bishop.

#### DRILL 96. THREE KINDS OF GRACE

1. Sanctifying.
2. Actual.
3. Sacramental.

#### DRILL 97. BIBLICAL REFERENCES TO THE SEVEN SACRAMENTS.

##### *Baptism.*

And Jesus coming, spoke to them, saying: “All power is given to Me in heaven and in earth. Go, therefore, teach ye all nations: baptizing them in the name of the Father, and of the Son, and of the Holy Ghost, teaching them to observe all things whatsoever I have commanded you : and behold I am with you all days, even to the consummation of the world. (Matt. 28:18–20.)

##### *Confirmation.*

Now when the Apostles, who were in Jerusalem, had heard that Samaria had received the word of God, they sent unto them Peter and John, who, when they were come, prayed for them, that they might receive the Holy Ghost, for He was not as yet come upon any of them; but they were only baptized in the name of the Lord Jesus. Then they laid their hands upon them, and they received the Holy Ghost. (Acts 8:14–17.)

### *Holy Orders.*

And taking bread, He gave thanks and broke and gave to them, saying: “This is My Body, which is given for you. Do this for a commemoration of Me.” (Luke 22:19.)

### *Holy Eucharist.*

And whilst they were at supper, Jesus took bread, and blessed and broke, and gave to His disciples, and said: “Take ye, and eat: This is My Body.”

And taking the chalice, He gave thanks, and gave to them saying: “Drink ye all of this: for this is My Blood of the New Testament which shall be shed for many unto remission of sins.” (Matt. 26:26–28.)

### *Penance.*

Jesus said to them: “Peace be to you. As the Father hath sent me, I also send you.

When He had said this, He breathed on them; and He said to them : “Receive ye the Holy Ghost. Whose sins you shall forgive, they are forgiven them and whose sins you shall retain, they are retained.” (John 20:21–23.)

### *Extreme Unction.*

Is any man sick among you? Let him bring in the priests of the Church and let them pray for him, anointing him with oil in the name of the Lord. And

the prayer of faith shall save the sick man : and the Lord shall raise him up, and if he be in sins, they shall be forgiven him. (James 5:14–15.)

*Matrimony.*

What therefore God hath joined together, let no man put asunder. (Matt. 19:6.)

#### DRILL 98. THE EUCHARISTIC FAST

The new laws of fasting before Holy Communion were given by Pope Paul VI on November 21, 1964. “Priests and faithful, before Holy Mass or Holy Communion respectively, must abstain for one hour from solid foods and alcoholic beverages; and one hour from non-alcoholic beverages. Water does not break the fast.

“From now on, the fast, must be observed for the period of time indicated above, even by those who celebrate or receive Holy Communion at midnight or in the first hours of the day.

“The infirm, even if not bedridden, may take non-alcoholic beverages and that which is really and properly medicine, either in liquid or solid form, before Mass or Holy Communion without any time limit.

“We strongly exhort priests and faithful who are able to do so to observe the old and venerable form of the Eucharistic fast before Mass and Holy Communion.

All those who will make use of these concessions must compensate for the good received by becoming shining examples of a Christian life and principally with works of penance and charity.

## *Prayer to Christ the King*

O Christ Jesus, I acknowledge Thee as King of the universe. All that was made was created by Thee; exercise all Thy rights over me.

I renew my baptismal vows, renouncing Satan, his pomps and his works, and I promise to lead a true Christian life.

Very particularly do I pledge myself to strive according to my means for the triumph of the rights of God and of His Church.

Divine Heart of Jesus, I offer Thee my poor works to obtain that all hearts may acknowledge Thy sacred Kingship and thus may the reign of peace be established throughout the entire world. Amen.

*(Plenary indulgence once a day under the usual conditions)*

## PUBLISHER II



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PAPERBACK EDITION:

[ISBN-13: 978-1-78379-027-2](#)

TRUE DEVOTION TO MARY: WITH  
PREPARATION FOR TOTAL CONSECRATION  
BY SAINT LOUIS DE MONTFORT:

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