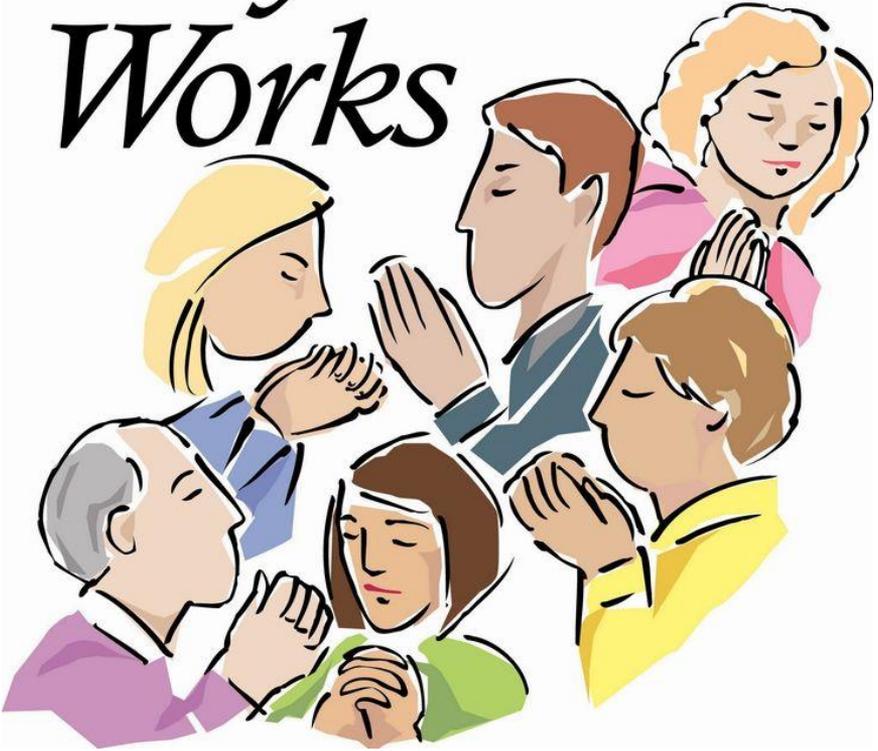


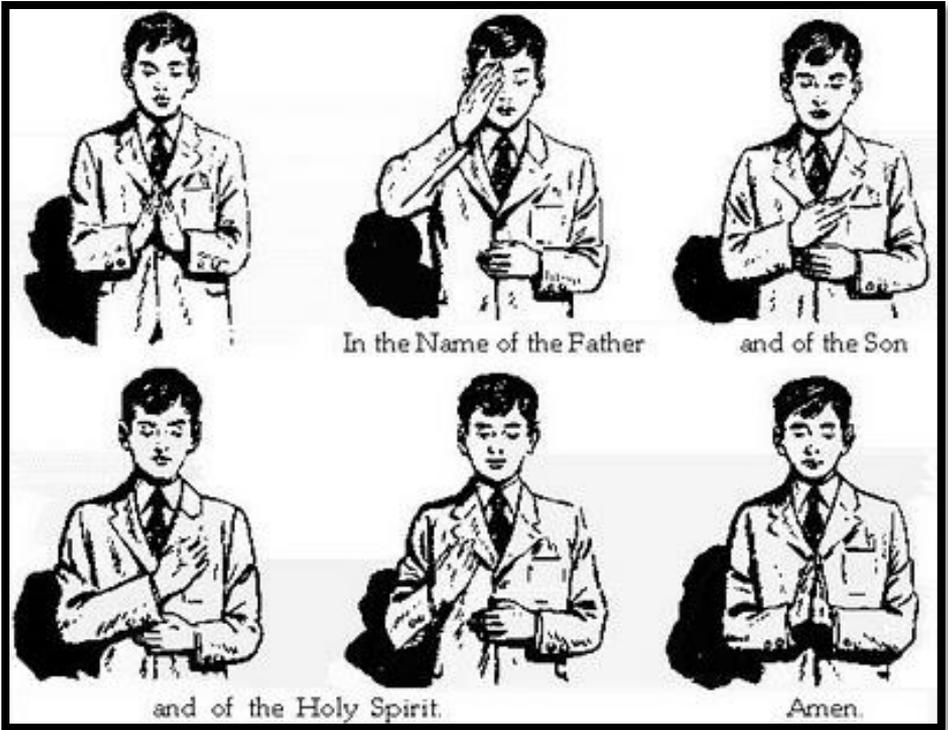
# St. Clare Catholic Church

# Prayer Works



## *Basic Catholic Prayers*

## The Sign of the Cross: In the Name of the Father, and of the Son and of the Holy Spirit. Amen



The sign of the cross is a form of Catholic blessing whereby a person traces a symbolic cross on their body, or in the air in commemoration of the crucifixion of Christ. The sign of the cross represents the victory of Jesus Christ over death. It is also used as an improvised prayer to ward off evil or to bless oneself in a time of prayer or need. In its most common Roman Catholic form, the sign of the cross is made by touching one's forehead with a finger or a few, then the chest, then the front of the left shoulder, and finally the front of the right shoulder.

The formal and proper form of the sign of the cross includes the use of three fingers, especially when entering the church. The sign is a reminder of one's baptism. Using Holy Water, found in fonts at the entrance, further connects the sign to Baptism.

In contemporary Church design, the Baptismal font is in the front to further signify the connection.

**Prayer Before Meals:** Blessed are you, O Lord God, King of the Universe, for you give us food to sustain our lives and make our hearts glad; through Jesus Christ our Lord. Amen. For these and all his mercies, God's holy Name be blessed and praised, through Jesus Christ our Lord. Amen.

**Prayer After Meals:** Dear Lord: Today we give thanks For our many blessings As we pray for those in need. We give thanks For our family and friends As we pray for those who are lonely. We give thanks for our freedoms As we pray for those who are oppressed. We give thanks for our good health As we pray for those who are ill. We give thanks for our comfort and prosperity As we share our blessings with others. On this day of Thanksgiving, May the love of God enfold us, The peace of God dwell within us And the joy of God inspire us. Amen.

**An Act of Faith:** O my God, I firmly believe that You are one God in three divine persons, Father, Son and Holy Spirit. I believe that Your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches because You have revealed them, who can neither deceive nor be deceived. Amen.

**An Act of Hope:** O my God, trusting in Your promises and because You are faithful, powerful and merciful, I hope, through the merits of Jesus Christ, for the pardon of my sins, final perseverance and the blessed glory of heaven. Amen.

**An Act of Love:** O my God, because You are infinite goodness and worthy of infinite love, I love You with my whole heart above all things, and for love of You I love my neighbor as myself. I forgive all who have offended me and ask pardon of all whom I have offended. Amen.

**An Act of Contrition (For all occasions):** 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.

**Morning Offering:** O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of the Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians, and the intentions of our Holy Father, the Pope. Amen.

**Prayer at Night:** O my God, I thank You for having preserved me today and for having given me so many blessings and graces. I renew my dedication to You and ask Your pardon for all my sins. (review the day quietly then pray The Canticle of Simeon which follows)

*Protect us, Lord, as we stay awake; watch over us as we sleep, that awake we may keep watch with Christ, and asleep, rest in His peace (alleluia). "Lord, now let Your servant go in peace; according to Your word: for my eyes have seen Your salvation which You have prepared in the presence of all peoples: a light for revelation to the Gentiles and for glory to Your people Israel."* (Luke 2:29-32)

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

**Prayer of Surrender to Jesus Christ:** Dear Lord Jesus, it is my will to surrender to you today, everything that I am, and everything that I'm striving to be.

I open the deepest areas of my heart to you and invite your Holy Spirit to dwell inside of me. I offer you my life, my heart, my mind, my body, soul and spirit, with all my hopes, plans and dreams.

I surrender to you my past, my present and my future.

I give you my health, my disabilities, physical appearance, home, family, marriage, children, sexuality & friendships. Jesus, I ask you to take Lordship over every aspect of my life. I surrender to you my broken heart, with all my hurt, pain, worry, anxiety, and fear, and I ask you to wash me clean.

I release everything into your loving and compassionate care. Lord, please speak to my heart. Open my ears to hear your voice. Help me to confide in you more deeply. I desperately need to feel your loving embrace. Please Lord, shut the doors that need to be shut, and open the doors that need to be opened. Set my feet upon the straight & narrow road that leads to everlasting life. We ask this through Christ our Lord. Amen.

**Prayer of Abandonment:** (Charles de Foucauld) Father, I abandon myself into your hands; Do with me what you will. Whatever you may do, I thank you; I am ready for all, I accept all. Let only your will be done in me and in all your creatures. I wish no more than this, O Lord. Into your hands I commend my soul: I offer it to you with all the love of my heart, for I love you, Lord, and so need to give myself, to surrender myself into your hands without reserve and with boundless confidence, for you are my Father.

**Prayer To St. 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 thou 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.

**The Serenity Prayer** God grant me the serenity to accept the things I cannot change; Courage to change the things I can; And wisdom to know the difference. Living one day at a time; Enjoying one moment at a time; Accepting hardships as the pathway to peace; Taking, as He did, this sinful world as it is, not as I would have it; Trusting that He will make things right if I surrender to His Will; So that I may be reasonably happy in this life and supremely happy with Him forever and ever in the next. Amen..

**Prayer to the Holy Spirit (By St. Augustine):** Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, 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. Amen.

Queen of Heaven: (During Easter Season) V. Queen of Heaven, rejoice, alleluia.

R. For He whom you did merit to bear, alleluia.

V. Has risen, as he said, alleluia.

R. Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia.

R. For the Lord has truly risen, alleluia.

Let us pray. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

The Angelus Is recited three times a day at 6am, noon and 6pm daily, except during the Easter season: DAWN – At 6:00 am., around dawn. MIDDAY – At noon EVENING – At 6:00 pm

Let us pray the Angelus daily and benefit from the immense graces that Jesus bestows through His Immaculate Mother to all those who honor the Incarnation of the Word of God, the greatest intervention of God in history as reflected in the beautiful verses of the Angelus:

*V. The angel of the Lord declared unto Mary.*

*R. And she conceived of the Holy Spirit. Hail Mary...*

*V. Behold the handmaid of the Lord R. Let it be 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 you, O Lord, your grace into our hearts, that we, to whom the Incarnation of Christ your 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

**Prayer before Using the Internet:** Angel of God, my guardian dear to whom God's love commits me here, ever during my trip through the Internet this day be at my side to light, to guard, to rule, to guide, and to protect me from all evil. May Jesus through Mary, and the intercession of St. Raphael, my Guardian Angel, St. Francis of Assisi, and all the angels and saints that can be of assistance to me, protect me from over curiosity and any traps, poison, and deceptions on this Internet in any way, shape, or form. Amen.  
(Hail Mary...)

**Prayer for Chastity** (St. Thomas Aquinas) Dearest Jesus! I know well that every perfect gift, and above all others that of chastity, depends upon the most powerful assistance of Your Providence, and that without You a creature can do nothing. Therefore, I pray You to defend, with Your grace, chastity, and purity in my soul as well as in my body. And if I have ever received through my senses any impression that could stain my chastity and purity, may You, who are the Supreme Lord of all my powers, take it from me, that I may with an immaculate heart advance in Your love and service, offering myself chaste all the days of my life on the most pure altar of Your Divinity. Amen.

**Spiritual Communion:** (This prayer is for those who did not receive Holy Communion.) *My Jesus, I believe that thou art really present in the most Blessed Sacrament of the Altar. I love thee above everything else, and I long to receive thee into my soul. I cannot now receive thee in Holy Communion, but I beg thee to come to me at least spiritually. I embrace thee as already there and unite myself entirely to thee. Grant that I may never be separated from thee! Amen.*

**Prayer to St. Joseph for Our Salvation:** Dear St. Joseph, adopt us as thy children and take charge of our salvation. Watch over us day and night, preserve us from occasions of sin, and obtain for us purity of soul and body and the spirit of prayer. Through thy intercession with Jesus, grant us a spirit of sacrifice, humility, and self-denial. Obtain for us a burning love for Jesus in the Blessed Sacrament and a sweet, tender love for Mary our Mother.

St. Joseph, be with us in life, be with us in death, and obtain for us a favorable judgment from Jesus, our merciful Savior. Amen.

**Prayers for the Faithful Departed:** I adore, salute, and praise thee, O sweetest Lord Jesus Christ, and I give thee thanks for the vast love wherewith thou didst deign to be made man for us, to endure hunger and thirst, toils and sorrows, and to bestow on us thyself in the Most Holy Sacrament, beseeching thee that thou wouldst vouchsafe to unite and blend with the merits of thy holy conversation and life this my prayer which I make to thee for the soul of N., faithful departed, and to supply from the great abundance of those merits, and perfectly to complete whatsoever he neglected in thy worship and love, in thanksgiving and prayer, in virtue and good works, and all the service due to thee, in all that by thy grace he could have done and did not do, or did from impure motives or carelessly and imperfectly. Amen.

**Response:** Hail, Jesus Christ, splendor of the Father; hail, Prince of peace, gate of heaven, living Bread, offspring of the Virgin, vessel of the Godhead. Everlasting rest grant unto him, O Lord, and let perpetual light shine upon him.

**Prayer for Priests:** O Jesus, eternal Priest, keep your priests within the shelter of Your Sacred Heart, where none may touch them. Keep unstained their anointed hands, which daily touch Your Sacred Body. Keep immaculate their lips, daily purpled with your Precious Blood. Keep pure and unearthly their hearts, sealed with the sublime mark of the priesthood. Let Your holy love surrounds them and shield them from the world's contagion.

Bless their labors with abundant fruit and may the souls to whom they minister be their joy and consolation here and in heaven their beautiful and everlasting crown. Amen.

O Lord, grant us priests! O Lord, grant us holy priests!

O Lord, grant us many holy priests! O Lord, grant us many holy religious vocations! V. St. John Marie Vianney. R. Pray for us.

**Prayer for Holy Vocations:** (USCCB/ United States Conference of Catholic Bishops) O God, Father of all Mercies, Provider of a bountiful Harvest, send Your Graces upon those You have called to gather the fruits of Your labor; preserve and strengthen them in

their lifelong service of you. Open the hearts of Your children that they may discern Your Holy Will; inspire in them a love and desire to surrender themselves to serving others in the name of Your son, Jesus Christ. Teach all Your faithful to follow their respective paths in life guided by Your Divine Word and Truth.

Through the intercession of the Most Blessed Virgin Mary, all the Angels, and Saints, humbly hear our prayers and grant Your Church's needs, through Christ, our Lord. Amen.

**Prayer of Saint Richard of Chichester:** Thanks be to thee, my Lord Jesus Christ, for all the benefits thou hast given me, for all the pains and insults thou hast borne for me. O most merciful redeemer, friend and brother, may I know thee more clearly, love thee more dearly, and follow thee more nearly, day by day. Amen.

**Prayer before attending Mass:** Almighty and everlasting God, behold I come to the Sacrament of Thine only begotten Son, our Lord Jesus Christ: I come as one infirm to the physician of life, as one unclean to the fountain of mercy, as one blind to the light of everlasting brightness, as one poor and needy to the Lord of heaven and earth. Therefore I implore the abundance of Thy measureless bounty that Thou wouldst vouchsafe to heal my infirmity, wash my uncleanness, enlighten my blindness, enrich my poverty and clothe my nakedness, that I may receive the Bread of Angels, the King of kings, the Lord of lords, with such reverence and humility, with such sorrow and devotion, with such purity and faith, with such purpose and intention as may be profitable to my soul's salvation. Grant unto me, I pray, the grace of receiving not only the Sacrament of our Lord's Body and Blood, but also the grace and power of the Sacrament. O most gracious God, grant me so to receive the Body of Thine only-begotten Son, our Lord Jesus Christ, which He took from the Virgin Mary, as to merit to be incorporated into His mystical Body, and to be numbered amongst His members. O most loving Father, give me grace to behold forever Thy beloved Son with His face at last unveiled, whom I now purpose to receive under the sacramental veil here below. Amen.

**Prayer After Mass - Anima Christi Prayer:** Soul of Christ, sanctify me; Body of Christ, save me; Water from the side of Christ, wash me; Passion of Christ, strengthen me; Good Jesus, hear me; Within the wounds, shelter me; From turning away, keep me; From the evil one, protect me; At the hour of my death, call me; Into your presence lead me; to praise you with all your saints, forever and ever. 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 unto 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.

Let us pray. Almighty and everlasting God, Who by the working of the Holy Spirit didst prepare both body and soul of the glorious Virgin Mother, Mary, that she might deserve to be made a worthy dwelling for Thy Son, grant that we who rejoice in her memory, may, by her loving intercession, be delivered from present evils and from lasting death, through the same Christ our Lord. Amen.

**Salve, Regina:** Salve, Regina: Salve, Regina, mater misericordiae; vita, dulcedo et spes nostra, salve. Ad te clamamus exsules filii Hevae. Ad te suspiramus gementes et flentes in hac lacrimarum valle. Eia ergo, advocata nostra, illos tuos misericordes oculos ad nos converte. Et Iesum, benedictum fructum ventris tui, nobis post hoc exilium ostende. O clemens, o pia, o dulcis Virgo Maria. V. *Ora pro nobis, sancta Dei Genitrix.*

R. *Ut digni efficamur promissionibus Christi.*

Oremus. Omnipotens sempiternae Deus, qui gloriosae Virginis



# Daily Prayer



## THE PRAYER PROCESS

- 1 GRATITUDE:** Begin by thanking God in a personal dialogue for whatever you are most grateful for today.
- 2 AWARENESS:** Revisit the times in the past twenty-four hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.
- 3 SIGNIFICANT MOMENTS:** Identify something you experienced in the last twenty-four hours and explore what God might be trying to say to you through that event (or person).

**4 PEACE:** Ask God to forgive you for any wrong you have committed (against yourself, another person, or Him) and to fill you with a deep and abiding peace.

**5 FREEDOM:** Speak with God about how He is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

**6 OTHERS:** Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

**7** Pray the *Our Father*.

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