

Examination of Conscience: A prayerful self reflection on our thoughts, words, and deeds of the day. Have we kept the commandments and done what God has called us to do?

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

For those who have asked for my prayers:
three Hail Marys

VARIOUS OCCASIONS

Before Work: Direct, I beg You, O Lord, all of my actions by Your holy inspirations, and carry them on by Your gracious assistance, so that every prayer and work of mine may always begin with You, and through You be happily ended. Through Christ, our Lord. **Amen.**

Before Spiritual Reading and Meditation: Come, Holy Spirit, fill the hearts of Your faithful, and enkindle in them the fire of Your love. **Amen.**

After Spiritual Reading and Meditation: I give You thanks, O my God, for the light You have given me in this reading (meditation), and I beg You for the grace to help me put into practice what I have rightly understood. Through Christ our Lord. **Amen.**

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

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

Thanksgiving: I give You thanks, O my God, for all of Your benefits, You Who live and reign, forever and ever. **Amen.**

Protection from Evil: St. Michael, the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the Heavenly Hosts, by the power of God, cast in hell Satan, and all the evil spirits, who wander about the world seeking the ruin of souls. **Amen.**



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MY DAILY PRAYER

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BEGIN & END PRAYER

Begin & End Prayer with Sign of the Cross: In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.** +

MORNING PRAYERS

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

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 will be forever. **Amen.**

Our Father: (cf. Mt 6) 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.**

Hail Mary: (cf. Lk 1:28,42) Hail Mary, full of grace, the Lord is with thee; blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. **Amen.**

To St. Joseph: O powerful Guardian, St. 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 with pure mind, heart and body. **Amen.**

Morning Offering: 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. 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.**

Guardian Angel

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

NIGHT PRAYERS

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 day. Pardon me for the faults I have committed this day, and accept for Your glory the good I have accomplished. I entrust my soul and body to You this night. Accept the beats of my heart as acts of love for You. Keep far from me the snares of the devil. May Your holy angels keep me in peace. May Your grace be always with me and with all those who are dear to me. Grant paradise to those who will die this night. May the souls of the faithful departed, through Your mercy, rest in peace. **Amen.**

For Purity: I greet you, O Mary Immaculate, Daughter of the eternal Father, and I beg you to give me purity of thought. I greet you, O Mary Immaculate, Mother of the eternal Son, and I beg you to give me purity in speech. I greet you, O Mary Immaculate, Spouse of the Holy Spirit, and I beg you to give me purity in action.