

## CONSECRATION OF THE MOST SACRED HEART OF JESUS

Most sweet Jesus, humbly kneeling at Your feet, we renew the consecration of our family to Your Divine Heart. Be our King forever! In You we have full and entire confidence. May Your Spirit penetrate our thoughts, our desires, our words and our works. Bless our undertaking, share in our joys, in our trials and in our labors. Grant us to know You better, to love You more, to serve You without faltering. By the Immaculate Heart of Mary, Queen of Peace, set up Your Kingdom in our country. Enter closely into the midst of our families and make them Your own through the solemn enthronement of Your Sacred Heart so that soon one cry may resound from home to home: “May the triumphant Heart of Jesus be everywhere loved, blessed and glorified forever!” Honor and glory be to the Sacred Hearts of Jesus and Mary! Sacred Heart of Jesus, protect our families. Amen.

## EUCCHARISTIC PRAYER OF AKITA

Most Sacred Heart of Jesus, **TRULY** present in the Holy Eucharist, I consecrate my body and soul to be entirely one with Your Heart, being sacrificed at every instant on all the altars of the world and giving praise to the Father, pleading for the coming of His Kingdom. Please receive this humble offering of myself. Use me as You will for the glory of the Father and the salvation of souls. Most Holy Mother of God, never let me be separated from Your Divine Son. Please defend and protect me as Your special child. Amen.

## ANIMA CHRISTI

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O Good Jesus, hear me.  
Within Thy wounds, hide me.  
Never let me be separated from Thee.  
From the wicked enemy defend me.  
At the hour of my death call me.  
And bid me to come to Thee.  
That with Thy saints I may praise Thee.  
Forever and ever. Amen.

## WHEN THE TABERNACLE DOOR IS OPEN

Worthy is the Lamb that was slain to receive Honor and glory, power and riches, now and forever. Amen.

## SERRAN PRAYER FOR VOCATIONS

O God, Who wills not the death of a sinner, but rather that he be converted and live, grant we beseech you, through the intercession of the Blessed Mary, ever Virgin, Saint Joseph, her spouse, Saint Junipero Serra, and all the saints, an increase of laborers for your Church, fellow laborers with Christ to spend and consume themselves for souls. Through the same Jesus Christ Your Son, Who lives and reigns with You, in the unity of the Holy Spirit. God forever and ever. Amen.

## PRAYER TO ST MICHAEL

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 host, by the power of God, cast into hell Satan and all the evil spirits who prowl through the world seeking the ruin of souls. Amen.

## THE ANGELUS

**Priest:** The Angel of the Lord declared unto Mary.

**People:** And she conceived of the Holy Spirit.

**Pr:** Hail, Mary... P: Holy Mary...

**Pr:** Behold the handmaid of the Lord.

**P:** Be it done unto me according to Thy word.

Hail, Mary...Holy Mary

**Pr:** And the WORD was made flesh.

**P:** (Genuflect) And dwelt among us.

**Pr:** Pray for us O Holy Mother of God.

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

**Pr:** Let us Pray

**All:** Pour forth, we beseech Thee, O Lord, Thy 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.

## REGINA COELI

**All:** Queen of Heaven rejoice, Alleluia. For He whom thou didst merit to bear, Alleluia. Hath risen as He said, Alleluia. Pray for us God, Alleluia.

**Priest:** Rejoice and be glad, O Virgin Mary! Alleluia!

**People:** Because the Lord is truly risen. Alleluia.

**Priest:** Let us pray.

**All:** O God, who by the resurrection of Thy Son, Our Lord Jesus Christ, granted joy to the whole world: grant, we beg You, that through the intercession of the Virgin

Mary, His Mother, we may lay hold to the joys of eternal Life. Through the same Christ our Lord. Amen.

## ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all, because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin. Amen.

## PRAYER AFTER COMMUNION

Jesus, My Lord and my God, I believe that Thou art truly present within me, Body, Blood, Soul, and Divinity. Increase my faith in this great mystery. I adore Thee and I love Thee with my whole heart, my King and changeless Friend. I thank Thee for the many graces Thou hast given to me, and in particular for coming to me in Holy Communion. I am not worthy to receive thee. Please help me to become more worthy. Give me the strength to do Thy Holy Will and to see Thee in everyone I meet. Bless my friends, relatives, and parishioners, the Holy Father and all priests and religious. Have mercy on all sinners and the souls in Purgatory. Lead all souls to heaven. Mary, My Dearest Mother, and you, O St. Joseph pray to Jesus for me. Amen.

## PRAYER AFTER MASS

(Say one Hail Holy Queen and three, Hail Mary’s)  
Jesus, My Lord and My God, our refuge and our strength, look down in mercy on Thy People who cry to Thee; and by the intercession of the glorious and immaculate Virgin Mary Mother of God, of St. Joseph, her spouse, of Thy blessed apostles, Peter and Paul, and of all the saints, in mercy and goodness hear our prayers for the conversion of sinners, and for the liberty and exaltation of our Holy Mother the Church. Through the same 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 by this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand sinful and sorrowful. O Mother of the word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

## PLEASE DO NOT REMOVE FROM CHURCH HOLY NAME SOCIETY PLEDGE

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, True God and True Man.

Blessed be the Name of Jesus.

I believe, O Jesus that Thou are the Christ, the Son of the living God.

I proclaim my love for the Vicar of Christ on Earth.

I believe all the sacred truths, which the Holy Catholic Church Believes and Teaches.

I promise to give good example by the regular practice of my faith.

In honor of His Divine Name, I pledge myself against perjury, blasphemy, profanity and obscene speech.

I pledge my loyalty to the flag of my country and to the God given principles of freedom, justice and happiness for which it stands.

I pledge my support to all lawful authority both civil and religious.

I dedicate myself to the Honor of the Sacred Name of Jesus Christ, and beg that He will keep me faithful to these pledges until death.

## A MORNING OFFERING

O sweet 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 the intentions of Your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our Bishop and all the members of the Apostleship of Prayer, and in particular those recommended by our Holy Father this month. Amen.

## CHAPLET OF DIVINE MERCY

(On the rosary beads)

(Say one Our Father, Hail Mary and Creed)

(Say at each 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 the sins of the whole world.”

(On the 10 small beads of each decade say)

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

(Concluding doxology) (After five decades)

(Say three times)

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

## **FATIMA PRAYER**

(Say after each decade of the rosary)

O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls into heaven, especially those who have most need of Thy mercy.

## **PRAYER AFTER ROSARY**

(Say after Hail Holy Queen) **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 meditating on these mysteries of the most holy rosary of the Blessed Virgin, we may imitate what they contain and obtain what they promise. Through the same Christ our Lord Amen.

## **PRAYER OF THE ANGEL OF FATIMA**

(Repeat three times)

My God, I believe, I adore, I hope and I love You! I beg pardon for those who do not believe, do not adore, do not hope and do not love You.

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 indifference with which He, Himself, is offended. By the infinite merits of the Sacred Heart of Jesus, and the Immaculate Heart of Mary, I beg of Thee the conversion of poor sinners.

## **A PRAYER FOR PRIESTS**

O Jesus, Eternal Priest, keep all Thy priests within the shelter of Thy sacred heart, where none may harm them. Keep unstained their anointed hands which daily touch Thy Sacred Body. Keep unsullied their lips purpled with Thy glorious priesthood. Let Thy holy love surround them and shield them from the world's contagion. Bless their labors with abundant fruit, and may the souls to whom they have ministered be here below their joy and consolation and in Heaven their beautiful and everlasting crown. Amen. O Mary, Queen of the clergy, pray for us; obtain for us a number of holy priests.

## **PRAYER BEFORE A CRUCIFIX**

Look down upon me good and gentle Jesus, while before Thy face I humbly kneel and with burning soul pray and beseech Thee to fix deep in my heart lively sentiments of faith, hope and charity, true contrition for my sins and a firm purpose of amendment, while I

contemplate with great love and tender pity Thy Five Wounds, pondering over them within me and calling to mind the words which David Thy prophet said of Thee my Jesus, "They have pierced My Hands and My feet. They have numbered all My Bones."

## **PRAYER FOR THE HOLY SOULS IN PURGATORY**

O gentle Heart of Jesus, ever present in the Blessed Sacrament, ever consumed with burning love for the poor captive souls in Purgatory, have mercy on them. Be not severe in Your judgments, but let some drops of Your Precious Blood fall upon the devouring flames. And, Merciful Savior, send Your angels to conduct them to a place of refreshment, light and peace. Amen. May the souls of the faithful departed through the mercy of God, rest in peace. Amen.

## **CONSECRATION TO JESUS THRU MARY**

In the presence of all the heavenly court I choose thee this day for my Mother and mistress. I deliver and consecrate to thee, as thy slave, my body and soul, my good, both interior and exterior, and even the value of all my good actions, past, present and future; leaving to thee the entire and full right of disposing of me, and all that belongs to me, without exception, according to thy good pleasure, for the greater glory of God in time and in eternity.

## **PRAYER FOR THE HELPLESS UNBORN**

Heavenly Father, in Your love for us, protect against the wickedness of the devil, those helpless little ones to whom You have given the gift of life. Touch with pity the hearts of those women pregnant in our world today who are not thinking of motherhood. Help them to see that the child they carry is made in Your image, as well as theirs, and is made for eternal life. Dispel their fear and selfishness and give them true womanly hearts to love their babies and give them birth and all the needed care that a mother alone can give. We ask this through Jesus Christ Your Son, Our Lord, Who lives and reigns with You and the Holy Spirit, one God, forever and ever. 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. May the Lord bless and increase this food, and may He sanctify all who eat it. Amen.

O Lord, grant unto Thy Church saintly priests and fervent religious, send forth, O Lord, laborers into Thy harvest. Amen.

By the infinite merits of the Sacred Heart of Jesus, and the Immaculate Heart of Mary, I beg of You the conversion of poor sinners. Amen.

## **ACT OF MERCY**

(To be prayed over a dying person and should be prayed as often as an act of mercy) (Say one Our Father and then)

1) Lord Jesus Christ! Thou Son of God and Son of the Virgin Mary, God and Man, Thou who in fear sweated blood for us on the Mount of Olives in order to bring peace, and to offer Thy Most Holy Death to God Thy Heavenly Father for the salvation of this dying person...If it be, however, that by his sins he merits eternal damnation, then may it be deflected from him. This O Eternal Father through Our Lord Jesus Christ, Thy Dear Son, Who liveth and reigneth in union with the Holy Spirit now and forever. Amen.

2) Lord Jesus Christ! Thou who meekly died on the trunk of the Cross for us, submitting Thy Will completely to Thy Heavenly Father in order to bring peace and to offer Thy most Holy Death to Thy Heavenly Father in order to free...(this person)...and to hide from him what he has earned with his sins; grant his O Eternal Father! Through Our Lord Jesus Thy Son, Who liveth and reigneth with Thee in union with the Holy Spirit now and forever. Amen.

3) Lord Jesus Christ! Thou Who remained silent to speak through the mouths of the Prophets; I have drawn Thee to me through Eternal Love, with Love drew Thee from Heaven into the body of the Virgin, which Love drew Thee from the body of the Virgin into the valley of this needful world, which Love kept Thee 33 years in this world, and as a sign of Great Love, thou hast given Thy Holy Body as True Food and Thy Holy Blood as True Drink, as a sign of Great Love Thou hast consented to be a prisoner and as a sign of Great Love Thou hast consented to be condemned to death, and hast consented to die and to be buried and truly risen and appeared to Thy Holy Mother and all the Holy Apostles, and as a sign of Great Love Thou hast ascended, under Thy own Strength and Power, and sitteth at the Right Hand of God Thy Heavenly Father, and Thou has sent Thy Holy Spirit into the hearts of Thy Apostles and the hearts of all who hope and believe in Thee. Through Thy Sign of Eternal Love, open Heaven today and take this dying person...and all his forgiven sins into the

Realm of Thy Heavenly Father, that he may reign with Thee now and forever. Amen.

## **SHORT EXAMINATION OF CONSCIENCE**

When was my last good confession?

Did I receive Communion or other sacraments while in the state of mortal sin?

Did I intentionally fail to confess some mortal sin in my previous confession?

Did I willfully and seriously doubt my faith or put myself in danger of losing it by reading literature hostile to Catholic teachings or by getting involved with non-Catholic sects?

Did I engage in superstitious activities: palm reading, fortune telling?

Did I take the name of God in vain? Did I curse or take a false oath? Did I use bad language?

Did I miss Mass on a Sunday or a holy day of obligation through my own fault, without any serious reason?

Did I fast and abstain on the prescribed days?

Did I disobey my parents or lawful superiors in important matters?

Was I selfish in how I treated others especially my spouse, my brothers and sisters, my relatives, or my friends?

Did I hatefully quarrel with anyone, or desire revenge?

Did I refuse to forgive? Did I cause physical injury or even death?

Did I get drunk? Did I take illicit drugs?

Did I consent to, advise, or actively take part in an abortion? Did I take contraceptive or abortifacient pills, or use other artificial means in order to prevent conception?

Did I willfully look at indecent pictures or watch immoral movies? Did I read immoral books or magazines? Did I engage in impure jokes or conversations?

Did I willfully entertain impure thoughts or feelings?

Did I commit impure acts, alone or with others?

Did I steal or damage another's property? How much?

Have I made reparation for the damages done? Have I been honest in my business relations?

Did I tell lies? Did I sin by slander? By detraction

telling unknown grave faults of others without necessity? Did I judge others rashly in serious matters?

Have I tried to make restitution for any damages of reputation that I have caused?

If you remember other serious sins besides those indicated here, include them also in your Confession.