



Let us Pray!

A collection of prayers and devotions to use at home

The Beatitudes

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are those who mourn,
for they shall be comforted.

Blessed are the meek,
for they shall inherit the earth.

Blessed are those who hunger and thirst after righteousness,
for they shall be satisfied.

Blessed are the merciful,
for they shall obtain mercy.

Blessed are the pure in heart,
for they shall see God.

Blessed are the peacemakers,
for they shall be called children of God.

Blessed are those who suffer persecution for righteousness' sake,
for theirs is the kingdom of heaven.

(Matthew 5:1-10 - Common Worship version)

Welcome to the first edition of *Let us Pray!*

In this publication you will find simple patterns for Daily Prayer and for making a Spiritual Communion to used at home. Use these while we are prevented from gathering at our church to offer the Sacrifice of the Mass and to receive the Lord Jesus in the Sacrament.

The patterns for Morning, Evening, and Night Prayers are short examples to structure your prayer life. There are a good number of online resources and mobile apps to help you pray the Daily Office in a fuller way. Please search online for “Church of England Daily Prayer”, or “Universalis” online (these are free resources). Alternatively, download the Church of England Daily Prayer or Universalis apps from the App Store. Universalis is the better app out of the two as it contains everything you need, from prayers at various points during the day to the readings for daily Mass.

Along with forms of Daily Prayer I have collected a variety of prayers. Each section of *Let us Pray!* has a theme (Traditional Prayers, Daily Prayer, The Trinity, Mary, and the Saints) and I hope you will take great joy in exploring and experimenting with these prayers – many of which have been composed by saints who have walked along the path of faith long before us.

This is not a novel. Don’t read it in one sitting, put it on the shelf, and never look at it again. This is a devotional booklet which hopefully will provide you with spiritual food for thought for days to come. You will find “good prayers” and “helpful prayers”, but probably also “challenging prayers” which you might struggle to voice and make your own before God. And that is ok. In my own experience, it is these challenging prayers and readings which encourage us to grow more spiritually.

May God bless you richly.

Father Diego

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Content

Traditional and Frequently Used Prayers

page 6

A short form of Daily Prayer and Spiritual Communion

11

Morning Prayer

13

Evening Prayer

15

Night Prayer

17

Act of Spiritual Communion

18

Prayers and Devotions to the Most Holy Trinity

21

To the Most Holy Trinity

23

The Litany

27

To God the Father

31

To God the Son

36

His Sacred Heart & the Holy Eucharist

39

Act of Adoration and Reparation

42

His Most Holy Name

44

The Jesus Prayer

45

Litany of the Most Holy Name

46

To the Crucified Lord

48

Seven Last Words of Christ

49

Stations of the Cross

54

To God the Holy Spirit

71

Litany of the Holy Spirit

73

Prayers and Devotions to Our Lady Mary

75

Marian Antiphons

81

The Rosary

83

Litany of the Blessed Virgin Mary

88

Prayers and Devotions to the Saints

91

My Patron Saint

93

Litany of the Saints

94

Other Prayers

98

Acknowledgments

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Front Cover image: The Last Judgement, by Fra Angelico (1395-1455); San Marco, Florence (Italy)

Icons on pages 12, 22, 76, and 92 by Monastery Icons

Traditional and Frequently Used 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 used in several Christian traditions. It represents the victory of Jesus Christ over death and we use it at both the beginning and the end of our prayers. In the Western Church the Sign of the Cross is made by touching one's forehead, then the chest, then the left shoulder, and finally the right shoulder.

Our Father *(The Lord's Prayer or Pater Noster)*

Our Father, who art in heaven,
hallowed be thy name; thy kingdom come;
thy will be done; on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever. Amen.

Our Father *(Shorter version used, for example, in the Rosary)*

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.

Two versions of this prayer are recorded in the gospels: a longer form within the Sermon on the Mount in Matthew 6, and a shorter form in Luke 11. The Book of Common Prayer uses both versions.

Hail Mary (*Ave Maria*)

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 our death. Amen.

This prayer is rooted in Gabriel's greeting to the Blessed Virgin at the Annunciation and Elizabeth's greeting to Mary at the Visitation (both Luke 1). The second part, asking for Mary's intercession, was added in the prayer at a later stage.

Glory Be (*Gloria Patri*)

Glory be to the Father, to the Son, and to the Holy Spirit:
as it was in the beginning is now and ever shall be,
world without end. Amen.

Glory Be (*Modern language*)

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now,
and shall be for ever. Amen

For the Morning

O my God, I adore you, and love you with all my heart.
I thank you for having created me, called me to follow your Son,
and for having preserved me during this night.
I offer you all my prayers, works, joys, and sufferings of this day –
grant that they may be according to your will, and for your greater glory.
Keep me from all sin and protect me from evil.
And let your grace be always upon me and my loved ones. Amen.

For Bedtime

O my God, I adore you, and love you with all my heart.
I thank you for having created me, called me to follow your Son,
and for having preserved me during this day.
I pray that you will forgive me whatever evil I have done,
and that you will accept whatever good I may have done.
Protect me while I rest and keep me from danger.
And let your grace be always upon me and my loved ones. Amen.

The Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth.

I believe 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 to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and 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 the life everlasting. Amen.

The Angelus

The angel of the Lord brought tidings to Mary.

And she conceived by the Holy Spirit.

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.

Behold the handmaid of the Lord.

Be it unto me according to thy word.

Hail Mary...

And the Word was made flesh.

And dwelt among us.

Hail Mary...

Pray for us, O holy Mother of God.

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

Let us pray,

Pour forth, we beseech thee,

O Lord, thy grace into our hearts, that,

as we have known the incarnation of thy Son Jesus Christ,

by the message of an angel,

so by his cross and passion,

we may come to share in the glory of his resurrection.

Through the same Christ our Lord. Amen.

The Angelus is a memorial of the Incarnation of Jesus. It is traditionally used three times a day; morning, noon, and evening.

In Eastertide (between Easter Day and Pentecost) it is replaced by the Regina Cœli (below).

The Regina Cœli

Joy to thee, O Queen of Heaven, alleluia!
He whom thou wast meet to bear, alleluia!
As he promised hath arisen, alleluia!
Pour for us to God thy prayer, alleluia!

Rejoice and be glad, O Virgin Mary, alleluia.

For the Lord is risen indeed, alleluia.

Let us pray.

O God,
who through the resurrection of thy Son our Lord Jesus Christ
hast vouchsafed to give joy to the whole world:
grant, we beseech thee, that through the prayers of his mother,
the Virgin Mary, we may obtain the joys of everlasting life;
through the same Christ our Lord. Amen.

Collect for Purity *(Common Worship)*

Almighty God, to whom all hearts are open,
all desires known, and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name;
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.

To my Guardian Angel

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.

For the Souls of the Departed

Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May they rest in peace. Amen.

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 Church teaches, because you have revealed them, who can neither deceive nor be deceived.

Act of Hope

O My God, relying on your infinite goodness and your promises, I hope to obtain the pardon of my sins, the assistance of your grace and life everlasting through the merits of Jesus Christ, my Lord and Redeemer.

Act of Charity *(or Love)*

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all love. I love my neighbour as myself for the love of you. I forgive all who have injured me and I ask pardon of all who I have injured.

Act of Contrition *(or Repentance)*

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 Saviour, Jesus Christ, suffered and died for us. In his name, O Loving Father, have mercy on me. Amen.

A short form of
Daily Prayer
and Spiritual Communion

*Forth in your name, O Lord, I go,
my daily labour to pursue,
you only, Lord, resolved to know
in all I think or speak or do.*

(Charles Wesley)



Morning Prayer

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

As a deer pants for flowing streams,
so pants my soul for you, O God.
My soul thirsts for God,
For the living God. (Psalm 42)

Glory be to the Father, to the Son, and to the Holy Spirit:
as it was in the beginning is now and ever shall be,
world without end. Amen.

As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you;
now and for ever. Amen.

After the opening prayer read prayerfully a section of one of the Gospels and spend some time thinking about what God is saying to you through this passage.

After reading the Scriptures say the Benedictus (The Song of Zachariah), Luke 1:68-79.

Blessed be the Lord the God of Israel, ♦
who has come to his people and set them free.

He has raised up for us a mighty Saviour, ♦
born of the house of his servant David.

Through his holy prophets God promised of old ♦
to save us from our enemies,
from the hands of all that hate us,

To show mercy to our ancestors, ♦
and to remember his holy covenant.

This was the oath God swore to our father Abraham: ♦
to set us free from the hands of our enemies,

Free to worship him without fear, ♦
holy and righteous in his sight
all the days of our life.

And you, child, shall be called the prophet of the Most High, ♦
for you will go before the Lord to prepare his way,

To give his people knowledge of salvation ♦
by the forgiveness of all their sins.

In the tender compassion of our God ♦
the dawn from on high shall break upon us,

To shine on those who dwell in darkness and the shadow of death, ♦
and to guide our feet into the way of peace.

Glory be to the Father, to the Son, and to the Holy Spirit:
as it was in the beginning is now and ever shall be,
world without end. Amen.

After this, offer your personal prayers to God.

Intercessions should be offered also

- ♦ *for the day and its tasks*
- ♦ *for those who will face pain and struggles this day*
- ♦ *for the Church leaders*
- ♦ *for the evangelization of our society*

Finish your intercessions by saying the Lord's Prayer (page 6) and the following prayer.

Eternal God and Father,
by your power we are created
and by your love we are redeemed:
guide and strengthen us by your Spirit,
that we may give ourselves to you
in love and service of one another;
through Jesus Christ our Lord. Amen.

The Lord bless us, and keep us from all evil,
and bring us to everlasting life. Amen.

Let us bless the Lord.

Thanks be to God.

Evening Prayer

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

Let my prayer be counted as incense before you,
and the lifting up of my hands as the evening sacrifice. (Psalm 141)

Glory be to the Father, to the Son, and to the Holy Spirit:
as it was in the beginning is now and ever shall be,
world without end. Amen.

As our evening prayer rises before you, O God,
so may your mercy come down upon us
to cleanse our hearts
and set us free to sing your praise. Amen.

After the opening prayer read prayerfully a section of one of the Gospels and spend some time thinking about what God is saying to you through this passage.

After reading the Scriptures say the Magnificat (The Song of Mary), Luke 1:46-55

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour; ♦
he has looked with favour on his lowly servant.

From this day all generations will call me blessed; ♦
the Almighty has done great things for me
and holy is his name.

He has mercy on those who fear him, ♦
from generation to generation.

He has shown strength with his arm ♦
and has scattered the proud in their conceit,

Casting down the mighty from their thrones ♦
and lifting up the lowly.

He has filled the hungry with good things ♦
and sent the rich away empty.

He has come to the aid of his servant Israel, ♦
to remember his promise of mercy,

The promise made to our ancestors, ♦
to Abraham and his children for ever.

Glory be to the Father, to the Son, and to the Holy Spirit:
as it was in the beginning is now and ever shall be,
world without end. Amen.

After this, offer your personal prayers to God.

Intercessions should be offered also

- ♦ *for HM the Queen and those in authority under her*
- ♦ *for the workers in the emergency and social services, and in care professions*
- ♦ *for doctors, nurses, medical researchers, and hospital staff*
- ♦ *for our parish and its growth in numbers, holiness, and commitment.*

Finish your intercessions by saying the Lord's Prayer (page 6) and the following prayer.

Most merciful God,
who by the death and resurrection of your Son Jesus Christ
delivered and saved the world:
grant that by faith in him who suffered on the Cross
we may triumph in the power of his victory;
through Jesus Christ our Lord. Amen.

The Lord bless us, and keep us from all evil,
and bring us to everlasting life. Amen.

Let us bless the Lord.

Thanks be to God.

Night Prayer

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

The tradition of the Church has been to reflect on the day that has passed before we go to sleep. A chance to give thanks for the good things that have happened; but also a time to think over the times when we have failed God and to ask for his forgiveness and strength to start again tomorrow.

Look back over the past day:

Who have I wronged or hurt in any way? What have I thought that is wrong?

What have I said that is wrong? What have I done wrong? What have I failed to do?

After this time of reflection, you may say the [Act of Contrition](#) at this point (page 10).

Followed by,

Holy God, holy and strong,
holy and immortal, have mercy upon us.

The Nunc dimittis (The Song of Simeon), Luke 2:29-32, is said.

Now, Lord, you let your servant go in peace: ♦
your word has been fulfilled.

My own eyes have seen the salvation ♦
which you have prepared in the sight of every people;

A light to reveal you to the nations ♦
and the glory of your people Israel.

Glory be to the Father etc...

Keep watch, dear Lord, with those who work,
or watch, or weep this night,
and give your angels charge over those who sleep.
Lord Jesus, tend the sick, give rest to the weary,
bless the dying, soothe the suffering, pity the afflicted, shield the joyous;
and all for your love's sake. Amen.

The Lord bless us and watch over us;
the Lord make his face shine upon us and be gracious to us;
the Lord look kindly on us and give us peace. Amen.

Night prayers end with one of the [Marian Antiphon](#) found on pages 81-82

Act of Spiritual Communion

When serious circumstances prevent you from receiving Holy Communion, it is possible to make an Act of Spiritual Communion, which is a source of grace.

Spiritual Communion is an **ardent desire to receive Jesus in the Most Holy Sacrament** and lovingly **embrace him** at a time when you cannot receive him in Holy Communion. Spiritual Communion increases our desire to receive sacramental Communion as part of Mass and helps us avoid the sins that would make us unable to receive Holy Communion worthily.

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

Almighty God, to whom all hearts are open,
all desires known, and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name;
through Christ our Lord. Amen.

The Comfortable Words

Read prayerfully the following words from the Lord Jesus Christ and meditate upon them.

Come to me, all who labour and are heavy laden,
and I will give you rest. (Matthew 11.28)

God so loved the world that he gave his only-begotten Son,
that whoever believes in him should not perish
but have eternal life. (John 3.16)

Those who eat my flesh and drink my blood have eternal life, and I will
raise them up on the last day; for my flesh is true food and my blood is
true drink. (John 6:54-55)

Listen! I am standing at the door, knocking;
if you hear my voice and open the door,
I will come in to you and eat with you,
and you with me. (Revelation/Apocalypse 3:20)

After the comfortable words (or instead of them) you could read the readings appointed for the Mass of the day in the lectionary.

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.

Act of Repentance

Take a moment to think about any recent failings against God's love and against your neighbours; recall sins you have committed since your last Communion and ask God for forgiveness.

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 Saviour, Jesus Christ, suffered and died for us. In his name, O Loving Father, have mercy on me. Amen.

Lord Jesus Christ, Son of the living God,
who, by the will of the Father and the work of the Holy Spirit,
through your Death gave life to the world,
free me by this, your most holy Body and Blood,
from all my sins and from every evil;
keep me always faithful to your commandments,
and never let me be parted from you. Amen.

Keep a few moments of silence. Focus your mind on the Lord Jesus - on his desire to give us fullness of life, on his longing to be in our hearts, and on that divine love that prompts him to give himself so freely and completely to us in the Sacrament of the Eucharist.

Act of Reception

In union, dear Lord, with the faithful at every altar of your Church where your Blessed Body and Blood are being offered to the Father, I desire to offer you praise and thanksgiving.

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 in 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.

Thanksgiving

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, embolden me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within your wounds hide me.

Never permit me to be parted from you.

From the evil Enemy defend me.

At the hour of my death call me

and bid me come to you,

that with your Saints I may praise you

for age upon age. Amen.

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



Prayers and Devotions to the Most Holy Trinity Father, Son, and Holy Spirit

*Holy, holy, holy! Lord God Almighty!
All thy works shall praise thy name in earth and sky and sea.
Holy, holy, holy! Merciful and mighty!
God in three Persons, blessed Trinity!*

(Reginald Heber)

HOLY TRINITY



Prayers to the Most Holy Trinity

The Most Holy Trinity is the mystery of love at the heart of our faith; Father, Son, and Holy Spirit, three divine Persons in one God who is Creator, Redeemer, and Sanctifier. Prayers addressed directly to the Trinity are, however, not as common as we may think. Here is a selection of them.

I Bind Unto Myself Today *(St Patrick's Breastplate)*

I bind unto myself today
the strong name of the Trinity
by invocation of the same,
the Three in One and One in Three.

I bind this day to me forever,
by power of faith, Christ's incarnation,
his baptism in the Jordan river,
his death on cross for my salvation,
his bursting from the spiced tomb,
his riding up the heavenly way,
his coming at the day of doom,
I bind unto myself today.

I bind unto myself today
the virtues of the starlit heaven,
the glorious sun's life-giving ray,
the whiteness of the moon at even,
the flashing of the lightning free,
the whirling wind's tempestuous shocks,
the stable earth, the deep salt sea
around the old eternal rocks.

I bind unto myself today
the power of God to hold and lead,
God's eye to watch, God's might to stay,
God's ear to hearken to my need,
the wisdom of my God to teach,
God's hand to guide, God's shield to ward,
the word of God to give me speech,
God's heavenly host to be my guard.

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

I bind unto myself the name,
the strong name of the Trinity
by invocation of the same,
the Three in One and One in Three,
of whom all nature has creation,
eternal Father, Spirit, Word.
Praise to the Lord of my salvation;
salvation is of Christ the Lord!

Saint Patrick's Breastplate, also known as The Lorica of Saint Patrick is a monastic prayer of protection whose original Old Irish lyrics were traditionally attributed to Saint Patrick during his Irish ministry in the 5th century. In 1889 it was adapted into the hymn I Bind Unto Myself Today.

Eternal God, Eternal Trinity (St Catherine of Siena)

Eternal God,
eternal Trinity,
you have made the Blood of Christ so precious
through His sharing in Your Divine nature.
You are a mystery as deep as the sea;
the more I search, the more I find,
and the more I find the more I search for You.
But I can never be satisfied;
what I receive will ever leave me desiring more.
When You fill my soul I have an ever-greater hunger,
and I grow more famished for Your light.
I desire above all to see You,
the true light, as you really are. Amen.

O Sanctissima (*O Most Holy*)

O most Holy Trinity,
I adore you
who dwell by your grace in my soul.
Sanctify me more and more,
make me love you more and more,
abide with me evermore
and be my true joy. Amen.

A Prayer of Surrender to the Divine Will

Most holy Trinity, Godhead indivisible,
Father, Son, and Holy Spirit,
our first beginning and our last end,
you have made us in accord with your own image and likeness.

Grant that all the thoughts of our minds,
all the words of our tongues,
all the affections of our hearts,
and all the actions of our being
may always be conformed to your holy will.

So may we, having seen you veiled in appearance here below
by means of faith,
come at last to contemplate you face-to-face,
in the perfect possession of you forever in heaven. Amen.

An Act of Oblation (*St Francis de Sales*)

I vow and consecrate to God all that is in me:
my memory and my actions to God the Father;
my understanding and my words to God the Son;
my will and my thoughts to God the Holy Spirit.

I consecrate my heart, my body,
my tongue, my senses and all my sorrows
to the sacred Humanity of Jesus Christ,
who consented to be betrayed
into the hands of wicked men
and to suffer the torment of the Cross for me.

An Act of Praise

I praise you, Father all-powerful.
I praise you, Divine Son, our Lord and Saviour.
I praise you, Spirit of Love and Consolation.
One God, three Persons, Triune Unity,
be near me in the temple of my soul.
Draw me to share in your life and love.
In your kindness
grant to me and to my family
the riches of your mercy,
and a share in your blessing,
that we may come to the glory of your Kingdom
and rejoice in loving you for all eternity. Amen.

We have heard about you *(adapted from the Iona Community)*

We have heard about you, God of all power.
You made the world out of kindness,
creating order out of confusion;
you made each one of us in your own image;
your fingerprint is on every soul. So we praise you.
We praise and worship you.

We have heard about you, Jesus Christ;
the carpenter who left his tools and trade;
the poor man who made others rich;
the healer who let himself be wounded;
the One taken as criminal on whom the soldiers spat
not knowing they were fouling the face of God;
the Saviour who died and rose again. So we praise you.
We praise and worship you.

We have heard about you, Holy Spirit.
You broke the bonds of every ethnicity and nation,
to let God speak in every tongue;
you made the disciples drunk with grace;
you converted souls and emptied pockets;
you showed how love made all things new
and opened the doors to change and freedom. So we praise you.
We praise and worship you.

The Litany

A litany is a very ancient and time-honoured form of intercessory prayer with fixed responses addressed to God or to saints. The Litany proposed below is taken from *Common Worship: Daily Prayer*.

In the Litany sections I and VII must always be used.

I

God the Father,	<i>have mercy upon us.</i>
God the Son,	<i>have mercy upon us.</i>
God the Holy Spirit,	<i>have mercy upon us.</i>
Holy, blessed and glorious Trinity,	<i>have mercy upon us.</i>

II

From all evil and mischief;
from pride, vanity and hypocrisy;
from envy, hatred and malice;
and from all evil intent,

good Lord, deliver us.

From sloth, worldliness and love of money;
from hardness of heart
and contempt for your word and your laws,

good Lord, deliver us.

From sins of body and mind;
from the deceits of the world, the flesh and the devil,

good Lord, deliver us.

From famine and disaster;
from violence, murder and dying unprepared,

good Lord, deliver us.

In all times of sorrow;
in all times of joy;
in the hour of death,
and at the day of judgement,

good Lord, deliver us.

III

By the mystery of your holy incarnation;
by your birth, childhood and obedience;
by your baptism, fasting and temptation,

good Lord, deliver us.

By your ministry in word and work;
by your mighty acts of power;
and by your preaching of the kingdom,

good Lord, deliver us.

By your agony and trial; by your Cross and passion;
and by your precious death and burial,

good Lord, deliver us.

By your mighty resurrection;
by your glorious ascension;
and by your sending of the Holy Spirit,

good Lord, deliver us.

IV

Hear our prayers, O Lord our God.

Hear us, good Lord.

Govern and direct your holy Church;
fill it with love and truth;
and grant it that unity which is your will.

Hear us, good Lord.

Give us boldness to preach the gospel in all the world,
and to make disciples of all the nations.

Hear us, good Lord.

Enlighten N. our Bishop and all who minister
with knowledge and understanding,
that by their teaching and their lives they may proclaim your word.

Hear us, good Lord.

Give your people grace to hear and receive your word,
and to bring forth the fruit of the Spirit.

Hear us, good Lord.

Bring into the way of truth all who have erred and are deceived.

Hear us, good Lord.

Strengthen those who stand; comfort and help the faint-hearted;
raise up the fallen; and finally beat down Satan under our feet.

Hear us, good Lord.

V

Guide the leaders of the nations into the ways of peace and justice.

Hear us, good Lord.

Guard and strengthen your servant Elizabeth our Queen,
that she may put her trust in you,
and seek your honour and glory.

Hear us, good Lord.

Endue the High Court of Parliament
and all the Ministers of the Crown
with wisdom and understanding.

Hear us, good Lord.

Bless those who administer the law,
that they may uphold justice, honesty and truth.

Hear us, good Lord.

Give us the will to use the resources of the earth to your glory,
and for the good of all creation.

Hear us, good Lord.

Bless and keep all your people.

Hear us, good Lord.

Bring your joy into all families;
strengthen and deliver those in childbirth,
watch over children and guide the young,
bring reconciliation to those in discord
and peace to those in stress.

Hear us, good Lord.

VI

Help and comfort the lonely,
the bereaved and the oppressed.

Lord, have mercy.

Keep in safety those who travel,
and all who are in danger.

Lord, have mercy.

Heal the sick in body and mind,
and provide for the homeless,
the hungry and the destitute.

Lord, have mercy.

Show your pity on prisoners and refugees,
and all who are in trouble.

Lord, have mercy.

Forgive our enemies, persecutors and slanderers,
and turn their hearts.

Lord, have mercy.

Hear us as we remember those who have died in the peace of Christ,
both those who have confessed the faith
and those whose faith is known to you alone,
and grant us with them a share in your eternal kingdom.

Lord, have mercy.

VII

Give us true repentance;
forgive us our sins of negligence and ignorance
and our deliberate sins;
and grant us the grace of your Holy Spirit
to amend our lives according to your holy word.

Holy God,
holy and strong,
holy and immortal,
have mercy upon us.



Prayers to God the Father

Most of our prayers are addressed to God the Father, our Creator, the first Person of the Most Holy Trinity. This is because our prayers are offered in union with the Lord Jesus (in his dialogue with the Father) and in the power of the Holy Spirit who has been poured in our hearts, and cries in us “Abba! Father!” (Galatians 4:6).

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 of Abandonment and Trust *(Thomas Merton)*

My Lord God, I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.

Not do I really know myself,
and that I think I am following your will
does not mean I am actually doing so.

But I believe the desire to please you does in fact please You.
And I hope I have that desire in all I am doing.

I hope I will never do anything apart from that desire.
And I know if I do this you will lead me by the right road
though I may know nothing about it.

I will trust you always though I may seem to be lost
and in the shadow of death.

I will not fear,
for you will never leave me to face my perils alone.

Collect for Trinity Sunday *(Common Worship)*

Almighty and everlasting God,
you have given us your servants grace,
by the confession of a true faith,
to acknowledge the glory of the eternal Trinity
and in the power of the divine majesty to worship the Unity:
keep us steadfast in this faith,
that we may evermore be defended from all adversities;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.

Before Reading the Scriptures *(Common Worship)*

Almighty and everlasting God,
who caused all holy Scriptures to be written for our learning:
help us so to hear them,
to read, mark, learn and inwardly digest them
that, through patience, and the comfort of your holy word,
we may embrace and for ever hold fast the hope of everlasting life,
which you have given us in our Saviour Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.

Other Collects *(Common Worship)*

Almighty God, you have created the heavens and the earth
and made us in your own image:
teach us to discern your hand in all your works
and your likeness in all your children;
through Jesus Christ our Lord. Amen.

O God, whose beauty is beyond our imagining
and whose power we cannot comprehend:
show us your glory as far as we can grasp it,
and shield us from knowing more than we can bear
until we may look upon you without fear;
through Jesus Christ our Lord. Amen.

For the Gift of the Holy Spirit *(Common Worship)*

Lord, you have taught us
that all our doings without love are nothing worth:
send your Holy Spirit
and pour into our hearts that most excellent gift of love,
the true bond of peace and of all virtues,
without which whoever lives is counted dead before you.
Through Jesus Christ our Lord. Amen.

For Strength of Faith *(adapted from the 1928 Prayer Book)*

Heavenly Father, in your Son Jesus Christ
you have given us a true faith and a sure hope.
Strengthen this faith and hope in us all our days,
that we may live as those who believe in
the communion of saints
the forgiveness of sins
and the resurrection to eternal life;
through Jesus Christ our Lord. Amen.

For Forgiveness *(Common Worship)*

Most merciful God, we confess to you,
before the whole company of heaven and one another,
that we have sinned in thought, word and deed
and in what we have failed to do.
Forgive us our sins, heal us by your Spirit
and raise us to new life in Christ. Amen.

An Offering to the Father *(adapted from the Chaplet of Divine Mercy)*

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.

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

Eternal Father, I offer you...

For all Creation (*Walter Rauschenbusch*)

O God, we thank thee for this universe, our great home; for its vastness and its riches, and for the manifoldness of the life which teems upon it and of which we are part. We praise thee for the arching sky and the blessed winds, for the driving clouds and the constellations on high. We praise thee for the salt sea and the running water, for the everlasting hills, for the trees and for the grass under our feet. We thank thee for our senses by which we can see the splendour of the morning, and hear the jubilant songs of love, and smell the breath of the springtime.

Grant us, we pray thee, a heart wide open to all this joy and beauty, and save our souls from being so steeped in care or so darkened by passion that we pass heedless and unseeing when even the thorn-bush by the wayside is aflame with the glory of God.

Enlarge within us the sense of fellowship with all the living things, our little brothers, to whom thou hast given this earth as their home in common with us. We remember with shame that in the past we have exercised the high dominion of man with ruthless cruelty, so that the voice of the Earth, which should have gone up to thee in song, has been a groan of travail. May we realize that they live not for us alone, but for themselves and for thee, and that they love the sweetness of life even as we, and serve thee in their place better than we in ours.

When our use of this world is over and we make room for others, may we not leave anything ravished by our greed or spoiled by our ignorance, but may we hand on our common heritage fairer and sweeter through our use of it, undiminished in fertility and joy, that so our bodies may return in peace to the great mother who nourished them and our spirits may round the circle of a perfect life in thee. Amen.

Teach my Heart this Day *(St Anselm of Canterbury)*

O Lord my God
teach my heart this day,
where and how to find you.
You have made me and re-made me,
and you have bestowed on me all the good things I possess,
and still I do not know you.
I have not yet done that for which I was made.
Teach me to seek you,
for I cannot seek you unless you teach me,
or find you unless you show yourself to me.
Let me seek you in my desire;
let me desire you in my seeking.
Let me find you by loving you;
let me love you when I find you. Amen.

Support us, O Lord *(St John Henry Newman)*

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

Guided by you *(St Teresa of Avila)*

Lord, grant that I may always allow myself to be guided by you,
always follow your plans,
and perfectly accomplish your holy will.
Grant that in all things, great and small,
today and all the days of my life,
I may do whatever you require of me.
Help me respond to the slightest prompting of your Grace,
so that I may be your trustworthy instrument for Your honour.
May your will be done in time and in eternity by me,
in me, and through me. Amen.

Prayers to God the Son

The Lord Jesus, the Son of God and Son of Mary, the Second Person of the Most Holy Trinity; he is the Word of the Father made flesh, God-with-us (cf. John 1:14). In him we have salvation, redemption, fulness of life, and communion with one another as members of his body (the Church). Prayers addressed to Jesus often focus on particular aspects of his being or moments of his life, such as his Passion and Cross, his Sacred Heart, and his presence in the Holy Eucharist.

O Jesus, living in Mary (*Jean-Jacques Olier*)

O Jesus, living in Mary,
come and live in your servants,
in the spirit of holiness,
in the fullness of your power,
in the perfection of your ways,
in the truth of your virtues,
in the communion of your mysteries.
Rule over every adverse power, through your Spirit,
for the glory of the Father. Amen.

We adore you (*St Francis of Assisi*)

We adore you, most holy Lord Jesus Christ,
here and in all your churches that are in the whole world,
and we bless you;
because by your Holy Cross you have redeemed the World. Amen.

Lord Jesus

Lord Jesus,
through your infant cries when you were born for me in the manger;
through your tears when you died for me on the Cross;
through your love as you live for me in the tabernacle,
have mercy on me and save me. Amen.

My Dearest Jesus (*Rafael Merry del Val*)

My dearest Jesus,
teach me to be patient when all the day long
my heart is troubled by little but vexatious crosses. Amen.

Lord Jesus, let me know myself *(St Augustine of Hippo)*

Lord Jesus, let me know myself and know you,
and desire nothing, save only you.
Let me hate myself and love you.
Let me do everything for the sake of you.
Let me humble myself and exalt you.
Let me think of nothing except you.
Let me accept whatever happens as from you.
Let me banish self and follow you,
and ever desire to follow you.
Let me fly from myself and take refuge in you,
that I may deserve to be defended by you.
Let me fear for myself, let me fear you,
and let me be among those who are chosen by you.
Let me be willing to obey for the sake of you.
Let me cling to nothing, save only to you,
and let me be poor because of you.
Look upon me, that I may love you.
Call me, that I may see you,
and for ever enjoy you. Amen.

To Jesus, For Those in Need

Lord Jesus Christ,
your Heart still cherishes all the redeemed
and is moved to pity for every human need.
Aware of your invitation, 'Come to Me,'
we pray for the afflicted, the sick, the confused,
for all broken hearts, and shattered lives.
We bring to you all their material, emotional, and spiritual needs
as well as our own.
By the love that led you to take flesh of the Virgin Mary,
we pray that you might enfold us all in your merciful love
heal our wounds and grant us what accords with your holy will. Amen.

To Jesus, a Prayer for Bedtime *(St Alphonsus Liguori)*

Jesus Christ my God, I adore you
and I thank you for all the graces you have given me this day.
I offer you my sleep and all the moments of this night,
and I implore you to keep me safe from sin.
To this end I place myself in your sacred side
and under the mantle of Our Lady, my Mother.
Let your holy angels surround me and keep me in peace;
and let your blessing be upon me. Amen.

Humility Prayer *(Rafael Merry del Val)*

Lord Jesus, incarnate Word of God,
teach me to be generous,
to serve you as you deserve,
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labour and not to look for any reward,
save that of knowing that I do your holy will.

Saint Richard's Prayer *(St Richard of Chichester)*

Thanks be to you, our Lord Jesus Christ,
for all the benefits which you have given us,
for all the pains and insults which you have borne for us.
Most merciful Redeemer, Friend and Brother,
may we know you more clearly,
love you more dearly,
and follow you more nearly, day by day. Amen.



Jesus - His Sacred Heart and the Holy Eucharist

Most Sacred, Most Loving Heart *(adapted from St John Henry Newman)*

O most sacred, most loving heart of Jesus,
You are concealed in the Holy Eucharist, and you beat for us.
O make our hearts beat with your heart.
Purify them of all that is earthly, all that is proud,
all that is hard and cruel,
of all stubbornness, of all disorder, of all deadness.
So fill our hearts with your presence,
so that nothing around us may have power to disturb them,
but that in your love and fear our hearts may have peace. Amen

Offering to the Sacred Heart of Jesus

My loving Saviour,
consume my heart in that burning love
with which your own Heart is inflamed.
Pour out upon me those graces
which flow from your love.
Let my heart be so united with yours
that our wills may be one,
and my will may in all things
be conformed with your will.
May your will be the guide and rule
of my desires and of my actions. Amen.

To Jesus in the Blessed Sacrament *(St Thomas Aquinas)*

Lord Jesus Christ,
you gave us the Eucharist as the memorial of your suffering and death.
May our worship of this Sacrament of your Body and Blood
help us to experience the salvation you won for us
and the peace of the kingdom
where you live with the Father and the Holy Spirit,
one God, forever and ever. Amen.

O Godhead hid (*St Thomas Aquinas*)

O Godhead hid, devoutly I adore Thee,
Who truly art within the forms before me;
to Thee my heart I bow with bended knee,
as failing quite in contemplating Thee.

Sight, touch, and taste in Thee are each deceived,
the ear alone most safely is believed:
I believe all the Son of God has spoken;
than truth's own word there is no true token.

God only on the cross lay hid from view;
but here lies hid at once the manhood too:
and I, in both professing my belief,
make the same prayer as the repentant thief.

Thy wounds, as Thomas saw, I do not see,
yet Thee confess my Lord and God to be;
made me believe Thee ever more and more,
in Thee my hope, in Thee my love to store.

O Thou memorial of our Lord's own dying!
O bread that living art and vivifying!
Make ever Thou my soul on Thee to live:
ever a taste of heavenly sweetness give.

O loving Pelican! O Jesus, Lord!
Unclean I am, but cleanse me in Thy blood;
of which a single drop, for sinners spilt,
is ransom for a world's entire guilt.

Jesus, Whom for the present veiled I see,
what I so thirst for, oh, vouchsafe to me:
that I may see Thy countenance unfolding,
and may be blest Thy glory in beholding.

My Dearest Jesus (*St Pius X*)

O Jesus, life eternal in the bosom of the Father,
life of souls made in your own likeness,
in the name of you love
reveal your Sacred Heart and make It known! Amen.

Very Bread, Good Shepherd, Tend Us *(St Thomas Aquinas)*

Very Bread, good Shepherd, tend us
Jesus, of thy love befriend us,
Thou refresh us, thou defend us,
Thine eternal goodness send us
In the land of life to see:

Thou who all things canst and knowest,
Who on earth such food bestowest,
Grant us with thy saints, though lowest,
Where the heavenly feast thou showest,
Fellow-heirs and guests to be.

To Jesus in the Blessed Sacrament

Hidden God, I cry to you!
Hidden Light, I turn to you!
Hidden Love, I run to you!

With all my strength, I worship you;
with all my love, I cling to you;
with all my soul, I long for you,
and fear no more to fall away from you.

Jesus, undying Love, who seeks me,
you Who died for love of me,
King in all your splendour, come to me,
Depart no more, dear Lord, from me.

O God, most precious and most priceless One;
O God, most glorious Uncreated One;
O God, Eternal Beatific One;
O God, O Infinite and Hidden One;
O God, Immense, O God the Living One;
you, Wisdom of the Everlasting One;
with all my heart I give myself to you.

O patient Love, who wearies not of me,
call me to ever follow you.
O bear with me, till I lose myself in you,
O bear with me, till I am found in you!

Act of Adoration and Reparation to Jesus in the Blessed Sacrament

Profoundly I adore you, Jesus; hid beneath this mystic veil, I acknowledge you as true God and true man. Accept this act of adoration, by which I would make reparation for the indifference of so many who pass before your holy temples and tabernacles where hour after hour you dwell with loving impatience for those who never enter to adore you; but who, like the Israelites in the wilderness seem, by their indifference, to loathe the Bread of Heaven.

I offer you, your own most Precious Blood shed on the Cross, in reparation for this coldness and indifference; and sharing in spirit in your agony and death, I cry out in never-ending praise:

O Sacrament most Holy,
O Sacrament Divine,
all praise and all thanksgiving,
be every moment thine!

The Lord's Prayer

Our Father, who art in heaven; hallowed by 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.

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 our death.

Glory Be

Glory be to the Father, to the Son and to the Holy Spirit
as it was in the beginning is now and ever shall be,
world without end.

Profoundly I adore you, Jesus, and acknowledge you as truly present in this Most Holy Sacrament. By this act of adoration, I would make amends for your people, so many of whom act as if they do not know you. When they see you being carried in procession, or enthroned in on the altar, they give you no outward signs of adoration and homage.

I offer you, your own most Precious Blood shed on the Cross, in reparation for this coldness and indifference; and sharing in spirit in your agony and death, I cry out in never-ending praise:

O Sacrament most Holy...

Our Father...

Hail Mary...

Glory be...

Profoundly I adore you, Jesus, true Bread of Life eternal, and by this act of adoration I would do compensation for all the wounds which cause your Sacred Heart such pain each day: the denial of your real presence in the Blessed Sacrament, and sporadic attendance to Mass.

I offer you, your own most Precious Blood shed on the Cross, in reparation for this coldness and indifference; and sharing in spirit in your agony and death, I cry out in never-ending praise:

O Sacrament most Holy...

Our Father...

Hail Mary...

Glory be...

Profoundly I adore you, Jesus, true victim for our sins. I offer you this act of adoration in compensation for the times we receive you unworthily in at Communion with hearts not ready and unwelcoming.

I offer you, your own most Precious Blood shed on the Cross, in reparation for this coldness and indifference; and sharing in spirit in your agony and death, I cry out in never-ending praise:

O Sacrament most Holy...

Our Father...

Hail Mary...

Glory be...

Jesus - His Most Holy Name

From apostolic times the name of Jesus has been treated with the greatest respect, as an honour to Our Lord himself. This Holy Name is explicitly exalted by Saint Paul in his Letter to the Philippians saying, *'God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.'* (Philippians 2:9-11).

In the New Testament the name of Jesus is invoked to drive out devils, cure illnesses, and perform miracles. And the Lord himself tells us that there is power in his own name saying, *'If you ask the Father anything in my name he will give it you'* (John 16:23).

But what is the origin of this name? The name Jesus derived from the Aramaic "Yeshu". It means "YWH is salvation" or "God saves". The Archangel Gabriel said to Mary, *'You will conceive in your womb and bear a son, and you will name him Jesus. He will be great, and will be called the Son of the Most High'* (Luke 1:31-32). And an angel said to Joseph in a dream *'She [Mary] will bear a son, and you are to name him Jesus, for he will save his people from their sins.'* (Matt 1:21). So, from the very beginning of the New Testament the Scriptures tells us that Jesus is our Saviour and that salvation comes through his Most Holy Name.

Besides the devotions listed below, one simple act of reverence towards the name of Our Lord is to gently bow your head when this is mentioned in prayer, reading the Scriptures, and during church services. You may have seen priests uncovering and bowing their heads at a mention of the Holy Name in the liturgy for the same reason.

The Jesus Prayer

The Jesus Prayer is an ancient form of prayer that originated in the Orthodox Church. There are many different variations of it but they all contains to basic elements; invocation of the Holy Name of the Lord and repetition.

Relentless practice of the Jesus Prayer will train you to seek, invoke and love God everywhere. After a little practice, this simple prayer can be offered whilst working, walking, carrying out your duties. Indeed, the aim of the prayer is to fulfil St Paul's invitation to the Christians of Thessalonica to 'pray without ceasing' (1 Thess 5:17).

Choose one variation of the Jesus Prayer. The first one listed below is the prayer of Bartimaeus; the blind man who persistently called to Jesus to cure him in Mark 10:46-52. After this, repeat the prayer quietly and calmly for ten minutes. As you pray, you may synchronise your breathing to your words; "Jesus, Son of David" (inhale), "have mercy on me!" (exhale). Do no count how many times you repeat the prayer but focus your mind on Jesus and on what wish to pray for. Increase the time of prayer by five minutes every few days, until you get to thirty minutes.

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

Variations of the Jesus Prayer

Jesus, Son of David, have mercy on me! *(from Mark 10:47)*

Jesus, Son of the living God, have mercy on me!

Jesus, Son of the living God, have mercy on me, a sinner!

Jesus, have mercy on me!

End your prayer time with

Our Father...

Hail Mary...

Glory be...

You do not need anything else. If you wish, you can use some rosary beads moving along each bead as you say the prayer. Alternatively, you can look for a prayer rope specifically made for the Jesus Prayer.

Litany of the Holy Name of Jesus

Lord have mercy.

Christ have mercy.

Lord have mercy.

Christ hear us.

Christ graciously hear us.

God, the Father of heaven,

God the Son, Redeemer of the world,

God the Holy Spirit,

Holy Trinity, one God,

Jesus, Son of the living God,

Jesus, splendour of the Father,

Jesus, brightness of everlasting light,

Jesus, king of glory,

Jesus, dawn of justice,

Jesus, Son of the Virgin Mary,

Jesus, worthy of our love,

Jesus, worthy of our wonder,

Jesus, mighty God,

Jesus, father of the world to come,

Jesus, prince of peace,

Jesus, all-powerful,

Jesus, pattern of patience,

Jesus, model of obedience,

Jesus, gentle and humble of heart,

Jesus, lover of us all,

Jesus, model of goodness,

Jesus, seeker of souls,

Jesus, our God,

Jesus, our refuge,

Jesus, treasure of the faithful,

Jesus, Good Shepherd,

Jesus, the true light,

Jesus, eternal wisdom,

Jesus, infinite goodness,

Jesus, our way and our life,

Lord have mercy.

Christ have mercy.

Lord have mercy.

Christ hear us.

Christ graciously hear us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

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have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

Jesus, joy of angels,
Jesus, king of patriarchs,
Jesus, teacher of apostles,
Jesus, master of evangelists,
Jesus, courage of martyrs,
Jesus, light of confessors,
Jesus, purity of virgins,
Jesus, crown of all saints,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Lord, be merciful,
From all evil,
From every sin,
From the snares of the devil,
From your anger,
From everlasting death,
From neglect of your Holy Spirit,
By the mystery of your incarnation,
By your birth,
By your childhood,
By your agony and crucifixion,
By your grief and sorrow,
By your death and burial,
By your rising to new life,
By your return in glory to the Father,
By your gift of the holy Eucharist,
By your joy and glory,

*Jesus, save your people.
Jesus, save your people.
Jesus, save your people.
Jesus, save your people.
Jesus, save your people.
Jesus, save your people.
Jesus, save your people.
Jesus, save your people.
Jesus, save your people.
Jesus, save your people.
Jesus, save your people.
Jesus, save your people.
Jesus, save your people.
Jesus, save your people.
Jesus, save your people.
Jesus, save your people.
Jesus, save your people.*

Christ, hear us,
Lord Jesus, hear our prayer,
Lamb of God, you take away the sins of the world,

*Christ, hear us.
Lord Jesus, hear our prayer.
spare us, O Lord.*

Lamb of God, you take away the sins of the world,

graciously hear us, O Lord.

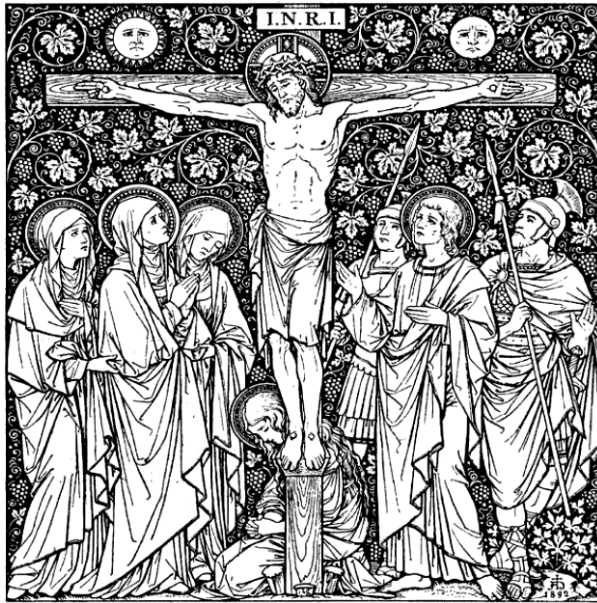
Lamb of God, you take away the sins of the world,

have mercy on us.

Let us pray.

Lord, may we who honour the holy name of Jesus enjoy his friendship in this life and be filled with eternal joy in the kingdom where he lives and reigns for ever and ever. Amen.

Jesus - The Crucified Lord



Before a Crucifix

Look down upon me, good and gentle Jesus
while before our face I humbly kneel and,
with burning soul, pray and beseech you
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,
your five most precious wounds, pondering over them
I call to mind the words which David,
your prophet, said to you, my Jesus:
*“They have pierced my hands and my feet,
they have numbered all my bones.”*

The Five Wounds of Jesus

Grant, Lord Jesus Christ,
that we who devoutly worship your five most precious Wounds,
may keep them deeply impressed upon our hearts
both in our life and in our deeds. Amen.

The Seven Last Words of Christ

The Seven Last Words of Christ refer, not to individual words, but to the final seven phrases that Our Lord uttered as he hung on the Cross. These phrases are taken from the combined accounts of the Lord's Passion and Death in the four Gospels. Greatly revered, these last words of Jesus have been the subject of many books, sermons and musical settings. And they have been adapted into various forms of devotion for the consideration and consolation of the Christian people.

God, come to my assistance.

Lord, make haste to help me.

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

Amen.

We adore you, O Christ, and we bless you,

because, by your holy Cross you have redeemed the world.

Read prayerfully one phrase at a time and consider it in silence for a few moments. Then, when you are ready, read the meditation and prayers that follows. Use each meditation as a guide and inspiration for your own personal reflections.

First Word: Luke 23:34

Father, forgive them; for they do not know what they are doing.

Jesus looks down from the Cross. He sees the soldiers who mocked, scourged, tortured him, and who nailed him to the Cross. He thinks about those who have sentenced him and those who let him be executed.

Is Jesus not also thinking of his friends who have deserted him, of Peter who has denied him three times, of the fickle crowd who only days before praised him on his entrance to Jerusalem? Is he not also thinking of us (of me?), who daily forget him in our lives?

How does Jesus react? In anger? No! At the height of his physical suffering, his love prevails and he asks the Father to forgive!

Right up to his final hours on earth, Jesus preaches forgiveness.

Pause to reflect. Then repeat these four prayers after each meditation.

The Lord's Prayer

Our Father, who art in heaven; hallowed by 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.

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 our death.

Glory Be

Glory be to the Father, to the Son and to the Holy Spirit
as it was in the beginning is now and ever shall be,
world without end.

We adore you, O Christ, and we bless you,
because, by your holy Cross you have redeemed the world.

Second Word: Luke 23:43

Truly, I say to you, today you will be with me in Paradise.

It is not just the religious leaders and the soldiers that mock Jesus, but even one of the criminals crucified with him. Yet, the other one speaks up for Jesus, saying '*this man has done nothing wrong*'. Then, turning to Jesus, he pleads, '*Jesus, remember me when you come in your kingdom*' (Luke 23:42). What wonderful faith this penitent sinner has! Ignoring his own suffering, Jesus responds in mercy.

The second word again is about forgiveness. Jesus shows his divinity by opening heaven for a repentant sinner - such generosity to a man that only asked to be remembered! This offers us hope for salvation, for if we turn our hearts and prayers to Jesus and accept his forgiveness, we will also be with him at the end of our lives.

Third Word: John 19:26-27

**Jesus said to his mother: “Woman, here is your son.”
Then he said to the disciple he loved: “Here is your mother”.**

Jesus and Mary are together again. They were together at the beginning of his ministry in Cana and now at its fulfilment on Calvary. What sorrow must fill Mary's heart! How she must have felt meeting her Son as he carried the Cross, and watching him being nailed to it. Once again, a sword pierces Mary's soul and we are reminded of the prophecy of Simeon at the Presentation of the infant Jesus in the Temple (Luke 2:35).

The third word is about family. As Jesus prepares to die he entrusts his mother and the disciples John to each other's care. From this moment the disciples takes Our Lady into his own home, and from this moment Mary becomes mother to all believers, to us all. A mother to me.

Fourth Word: Matthew 27:46 and Mark 15:34 My God, my God, why have you forsaken me?

Both Matthew's and Mark's gospels relate that it is in the ninth hour, after three hours of darkness, when Jesus cries out this fourth word. Jesus feels separated from his Father. This cry is from the painful heart of the human Jesus who must feel deserted by everyone - including God.

Jesus who came to save us is crucified. He is about to be engulfed in the raging sea of sin. The burden of all the sins of humanity for a moment overwhelm the humanity of our Saviour. Evil appears to be triumphing – as Jesus himself admits: ‘This is your hour’ (Luke 22:53). But it is only for a moment.

But there is more. The fourth word is also the opening line of Psalm 22, and thus Jesus' cry from the Cross recalls the cry of Israel, and of all innocent persons who suffer.

The fourth word gives voice to the times when we feel far from God, overwhelmed by our sins and regrettable decisions, or powerless before the force of evil. It is in this moments that we must cling to the Lord Jesus all the more.

Fifth Word: John 19:28
I thirst.

Jesus is now in shock. The wounds inflicted upon him by the scourging and beating he received, by the crow thorns and the falls on the way to Calvary, and by nails hammered in his flesh are now taking their toll.

The fifth word speak of longing. Yes, Jesus fulfils what the Scriptures foretold about his passion (Psalm 69:21) by asking for a drink. But Jesus also thirsts in a spiritual sense. He thirsts for love. He thirsts for the love and salvation of the world.

Where is our longing for the salvation Jesus brings?

Do we long for the living water he gives - water welling up to eternal life (John 4:14)?

Sixth Word: John 19:30
It is finished.

After Jesus had received the sour wine, he says, '*It is finished*', bows his head and hands over the spirit to the Father.

The sixth word isn't just saying that Jesus' suffering is very nearly over, but also that his mission is complete, and that his sacrifice is consummated. Jesus looks back to the many sacrifices prescribed by the old covenant and to the Passover lamb whose blood protected the firstborn of Israel. Each of these foreshadowed him: his own sacrifice on the Cross as the new Passover Lamb - and now that sacrifice in complete.

Where is our gratitude for this?

Where is our thanksgiving for such an amazing redemption bought at such a painful cost?

Seventh Word: Luke 23:46
Father, into thy hands I commend my spirit.

Jesus' garments have been consigned to his executioners who cast lots on them, his blood to the earth, his body to the firm grip of the nails, his blessed Mother to John. Now the Lord entrusts all he has left to his Father in heaven. In doing so Jesus quotes Psalm 31:5. This was the prayer that people were taught to pray before they went to bed. It is still the prayer that the Liturgy of the Hours asks us to pray each night at Compline, before we turn in for the night.

Jesus completes what he came to do - usher in the Kingdom of God, heal and bring life, take ours sins on himself, and lay down his own life for us. *'He emptied himself'* to do this (Philippians 2:7). Now he surrenders everything that is left, in one last sacrificial act of obedience.

What do we need to surrender to God?

What obstacles have we put in the way of doing God's will?

Our Father, who art in heaven...

Hail Mary, full of grace...

Glory be to the Father...

We adore you, O Christ, and we bless you...

Let us pray.

Keep us in peace, O Christ our God,
under the protection of your holy and venerable Cross;
save us from our enemies, visible and invisible,
and count us worthy to glorify you with thanksgiving,
with the Father and the Holy Spirit,
now and for ever. Amen.

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

The Stations of the Cross

The Stations of the Cross have formed part of Christian spirituality for many centuries. They originated when early Christians visited Jerusalem and wanted to follow literally in the footsteps of Jesus, tracing the path from Pilate's house to Calvary. Ever since then Christians of differing traditions have used this form of devotion.

God, come to my assistance.

Lord, make haste to help me.

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

Amen.

Let us pray.

Almighty Father, look with mercy on this your family
for which our Lord Jesus Christ was content to be betrayed
and given up into the hands of sinners
and to suffer death upon the cross;
who is alive and glorified with you and the Holy Spirit,
one God, now and for ever. Amen.

I will recount the gracious deeds of the Lord,
the praises of the Most High.

Who is this that comes from Edom, ♦ (Isaiah 63.1-3a,7-9)
coming from Bozrah, his garments stained crimson?

Who is this in glorious apparel, ♦
marching in the greatness of his strength?

'It is I, who announce that right has won the day, ♦
it is I,' says the Lord, 'for I am mighty to save.'

Why are your robes all red, O Lord, ♦
and your garments like theirs who tread the winepress?

'I have trodden the winepress alone, ♦
and from the peoples no one was with me.'

I will recount the gracious deeds of the Lord, ♦
the praises of the Most High;

All that God has done for us in his mercy, ♦
by his many acts of love.

For God said, 'Surely, they are my people,
my children who will not deal falsely,' ♦
and he became their Saviour in all their distress.

So God redeemed them by his love and pity; ♦
he lifted them up and carried them through all the days of old.

Glory be to the Father, to the Son and to the Holy Spirit
as it was in the beginning is now and ever shall be,
world without end.

I will recount the gracious deeds of the Lord,
the praises of the Most High.

Read prayerfully the meditations that follow - adapted from St John Henry Newman. Use each of these as a guide and inspiration for your own personal reflection. After each meditation use the prayers below.

The Lord's Prayer

Our Father, who art in heaven; hallowed by 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.

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 our death.

Glory Be

Glory be to the Father, to the Son and to the Holy Spirit
as it was in the beginning is now and ever shall be,
world without end.



The First Station
Jesus is condemned to death.

**We adore you, O Christ, and we bless you,
because, by your holy Cross you have redeemed the world.**

Dragged before Pilate and Herod, mocked, beaten, and spat upon, his back torn with scourges, his head crowned with thorns, Jesus, who on the last day will judge the world, is himself condemned by unjust judges to a shameful and excruciating death.

Jesus is condemned to death. His death warrant is signed, and who signed it but I, when I committed my first mortal sin? Those sins of mine were the voices which cried out, *'Let Him be crucified!'* That willingness and delight of heart with which I sinned was the consent which Pilate gave to this clamorous multitude. The hardness of heart which followed upon them, my proud impatience, my obstinate resolve to sin on, were the blows and the blasphemies with which the fierce soldiers and the crowds him.



The Second Station
Jesus receives His Cross.

**We adore you, O Christ, and we bless you,
because, by your holy Cross you have redeemed the world.**

A strong, heavy Cross is placed upon his torn shoulders. Jesus receives it gently and meekly, with gladness of heart, for it is to be the salvation of mankind.

True; but recollect, that heavy Cross is the weight of our sins. As it fell upon his neck and shoulders, it came down with a shock. Alas! what a sudden, heavy weight have I laid upon you, O Jesus.

Ah! how great a misery is it that I have lifted up my hand against my God. I acknowledge, O Jesus, that it was my sin that struck you on the face, that bruised your sacred arms, that tore your flesh with iron rods, that nailed you to the Cross, and let you to die slowly upon it.



The Third Station
Jesus falls the first time.

**We adore you, O Christ, and we bless you,
because, by your holy Cross you have redeemed the world.**

Jesus, bowed down under the weight of the unwieldy Cross, slowly sets forth on his way, amid the mockeries and insults of the crowd. He sets off with his whole heart, but his limbs fail him, and he falls.

Yes, it is as I feared. Jesus, the strong and mighty Lord, has found for the moment our sins stronger than himself. What, then, made him give way? I say, I repeat, it is an intimation and a memory to you, O my soul, of thy falling back into sin.

I repented of my sins, and I went on well for a time; but at length new temptations came, when I was off guard, and I suddenly fell away. Then all my good habits seemed to go at once; they were like a garment which is stripped off, so quickly and utterly did grace depart from me. At that moment I looked at my Lord, and lo! he had fallen down.



The Fourth Station
Jesus meets his Mother.

**We adore you, O Christ, and we bless you,
because, by your holy Cross you have redeemed the
world.**

Jesus journeys on. Looking up, he sees his Mother. For an instant they just see each other, and then he goes forward.

Mary had known him beautiful and glorious, with the freshness of divine innocence and peace upon his face; now she saw him so changed and deformed that she could scarce have recognized him, save for the piercing, thrilling, peace-inspiring look he gave her.

He looked like some outcast or outlaw who had frightful guilt upon him. He had been made sin for us; he who knew no sin. Not a feature, not a limb, but spoke of guilt, of a curse, of punishment, of agony.



The Fifth Station
Simon of Cyrene helps Jesus to carry the Cross.

**We adore you, O Christ, and we bless you,
because, by your holy Cross you have redeemed the world.**

At length Jesus' strength fails utterly, and he is unable to proceed. The executioners see a stranger – Simon of Cyrene. They seize on him, and compel him to carry the Cross with Jesus. This help came of Mary's intercession.

He, Jesus prayed, not for Himself; but Mary showed herself a mother by following him with her prayers, since she could help him in no other way. Mary's prayers sent this stranger to help Him. It was she who led the soldiers to see that they might be too fierce with Him.

Sweet Mother, even do the like to us. Pray for us ever, Holy Mother of God, pray for us, whatever be our cross, as we pass along on our way. Pray for us, and we shall rise again, though we have fallen. Pray for us when sorrow, anxiety, or sickness comes upon us. Pray for us and send some faithful servant of thine to succour us.



The Sixth Station
Jesus and Veronica.

**We adore you, O Christ, and we bless you,
because, by your holy Cross you have redeemed the
world.**

As Jesus toils along up the hill, covered with the sweat of death, a woman wipes His face with a napkin. In reward of her piety the cloth retains the impression of the sacred face upon it.

This devout servant of Jesus did what she could. As a woman had poured ointment on him at the feast, so Veronica now offered him this napkin in his passion.

O Jesus! let us one and all minister to you according to our places and powers. And as you accepted refreshment from your followers in the hour of trial, so give to us the support of your grace when we are hard pressed.



The Seventh Station
Jesus falls a second time.

**We adore you, O Christ, and we bless you,
because, by your holy Cross you have redeemed the world.**

The pain of his wounds and the loss of blood increases every step of the way, again his limbs fail him, and Jesus falls on the ground for a second time.

What has Jesus done to deserve all this? I know what to answer. He falls because I have fallen. I have fallen again because I have lost my spirit of devotion, I have approached prayer and the Sacraments in a cold or careless way, without inward affection. I have become lukewarm, tepid. I thought the battle of life was over, and became secure. I had no active faith, no sight of spiritual things. I came to church from habit, or because I thought others would think well of me.

I ought to be a new creature, I ought to live by faith, hope and charity; but I thought more of this world than the world to come. And thus I fell from you.



The Eighth Station
Jesus comforts the women of Jerusalem.

**We adore you, O Christ, and we bless you,
because, by your holy Cross you have redeemed the world.**

At the sight of the sufferings of Jesus the holy women are so pierced with grief that they cry out and bewail him. Jesus, turning towards them, says, *'Daughters of Jerusalem, weep not over Me, but weep for yourselves and for your children.'*

Ah! can it be, O Lord, that I shall prove one of those sinful children for whom you asked their mothers to weep. *'Weep not for Me,'* He said, *'for I am the Lamb of God, I am suffering now, but I shall triumph; and, when I triumph, those souls for whom I am dying, will either be my dearest friends or my deadliest enemies.'*

Is it possible? O my Lord, can I grasp the terrible thought that you really wept for me? – wept for me, as you wept over Jerusalem?



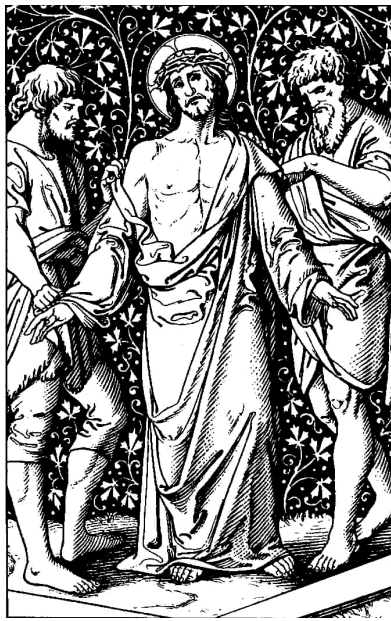
The Ninth Station
Jesus falls for the third time.

**We adore you, O Christ, and we bless you,
because, by your holy Cross you have redeemed the world.**

Jesus had now reached almost to the top of Calvary; but again he falls, and is again dragged up and driven onwards by the brutal soldiery.

This is the worst fall of the three. His strength has for a while utterly failed him, and it is some time before the soldiers can bring him to. He was thinking of me all the time he dragged himself along, up the hill of Calvary. He saw that I should fall again in spite of all former warnings and former assistance. He saw that I should become secure, comfortable, and over confident in myself.

I was lacking humility. I thought I had outlived the danger of sinning; I thought it was an easy thing to get to heaven, and I was not watchful. It was my pride, and so I fell a third time.



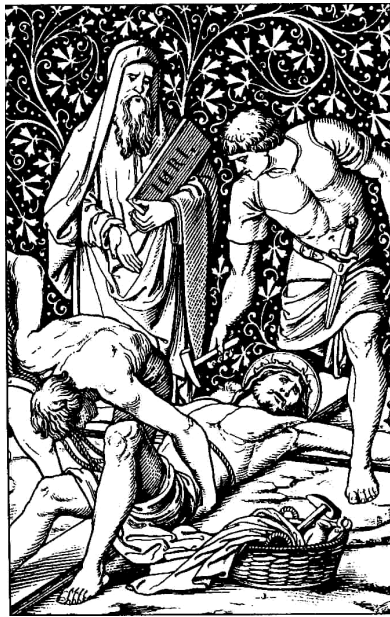
The Tenth Station
Jesus is stripped of his clothes.

**We adore you, O Christ, and we bless you,
because, by your holy Cross you have redeemed the world.**

Jesus has arrived at the place of sacrifice, and they begin to prepare him for the Cross. His garments are torn from his bleeding body, and he, the Holy of Holiest, stands exposed to the gaze of the coarse and scoffing multitude.

O my Jesus, who in your passion were stripped of your clothes, and held up to the curiosity and mockery of the crowd, strip me of myself. You endured shame on Calvary, that I might be spared the shame of Judgment.

But I, O Lord, how should I appear if you stripped of that robe of grace? How should I appear seen in my own personal life and nature, and without the garments of your mercy?



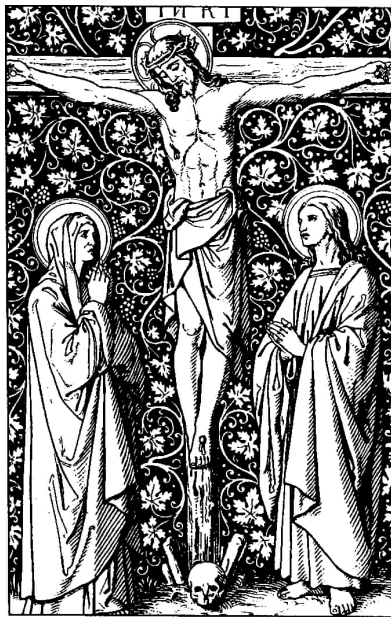
The Eleventh Station
Jesus is nailed to the Cross.

**We adore you, O Christ, and we bless you,
because, by your holy Cross you have redeemed the world.**

The Cross is set upright, and Jesus is raised up and fastened to it. As the savage executioners drive in the huge nails, he offers himself to the Father, as a ransom for the world. The blows are struck; the blood gushes forth.

Yes, they set up the Cross on high, and they place a ladder against it, and, having stripped Jesus of his garments, they make him climb. With his hands feebly grasping the side of a ladder, and his feet slowly, uncertainly, climbing up, the soldiers propped him, or he would have fallen. When Jesus reaches the point where his sacred feet were to be, he turns round with sweet modesty and gentleness towards the fierce multitude, stretching out his arms, as if he would embrace them. Then he places the backs of his hands close against the transverse beam, waiting for the sharp nails.

There he hangs to the entertainment to the mocking crowd, as terror to evil spirits, and to the wonder, awe, adoration of the holy angels.



The Twelfth Station
Jesus dies on the Cross.

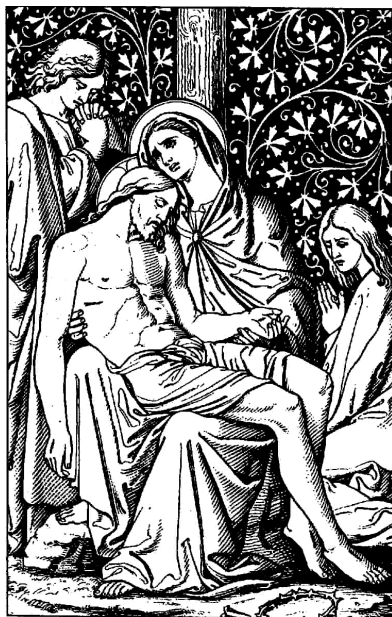
**We adore you, O Christ, and we bless you,
because, by your holy Cross you have redeemed the world.**

Jesus hangs on the Cross for three hours. During this time he prays for his murderers, promises Paradise to the penitent thief, and commits his Blessed Mother and his beloved disciple to one-another. After this he bows his head and gives up his spirit.

The worst is over. The Holiest is dead and departed. The most tender, the most affectionate, the holiest of the sons of men is gone. Jesus is dead, and with his death my sins shall die.

I protest once for all, before men and angels, that sin shall no more have dominion over me. I make myself God's own for ever. The salvation of my soul shall be my first concern. I put myself into God's hands, not by halves, but unreservedly.

I promise you, Lord Jesus, with the help of your grace, to keep out of the way of temptation, to be regular in my prayers, and to seek your presence in the Eucharist, so that you may not have died for me on the Cross in vain.



The Thirteenth Station
Jesus is taken down from the Cross.

**We adore you, O Christ, and we bless you,
because, by your holy Cross you have redeemed the world.**

The crowd have gone home; Calvary is left still, with only a handful of people. Joseph of Arimathea and Nicodemus take down from the Cross the body of Jesus, and place it in the arms of Mary.

O Mary, at last you have possession of thy Son. Now, when his enemies can do no more, they leave him to you. Your heart is pierced with the sword of which Simeon spoke when Jesus was an infant.

O Mother most sorrowful Jesus went from your home in the strength and beauty of his prime; and he comes back to you dislocated, torn to pieces, mangled, dead. Yet, O Blessed Mary, you are happier in this hour of woe than on the day of the marriage feast at Cana, for then Jesus was leaving you, but now in the future, as the Risen Saviour, he will be separated from you no more.



The Fourteenth Station
Jesus is laid in the tomb.

**We adore you, O Christ, and we bless you,
because, by your holy Cross you have redeemed the world.**

Jesus is not yet risen. His friends take him from the arms of Mary, and place him in a tomb. They close it safely, till the hour comes for His resurrection.

Lie down and sleep in peace in the calm grave for a little while, dear Lord, and then wake up for an everlasting reign. Then wake up to restore us all to true life. We, like the faithful women, will watch around you, for all our treasure, all our life, is lodged with you.

Use the following response after the Fourteenth Station,

We adore you, O Christ, and we bless you;
by your holy cross, you have redeemed the world.

You committed no sin, no guile was found on his lips.
We adore you, O Christ, and we bless you.

You bore our sins in your body on the Cross
that we might die to sin and live to righteousness.
By your holy cross, you have redeemed the world.

By your wounds you have been healed.
We adore you, O Christ, and we bless you;
by your holy cross, you have redeemed the world.

Let us pray.

O Lord Jesus Christ, Son of the living God,
set your passion, cross and death
between your judgment and our souls,
now and in the hour of our death.
Grant mercy and grace to the living,
rest to the departed, to your Church peace and concord
and to us sinners forgiveness, and everlasting life and glory;
for, with the Father and the Holy Spirit,
you are alive and reign, God, now and for ever. Amen.

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



Prayers to God the Holy Spirit

The Holy Spirit, the Third Person of the Most Holy Trinity; he is 'Lord and giver of life', and the One who enables us to pray. The Spirit comes to us 'from the Father and the Son'; because of this, direct prayers to the Holy Spirit are less frequent in our corporate worship. However, such prayers are used at key moments (e.g. Confirmation) to invoke his sanctifying presence and his seven gifts.

Come, Holy Ghost (*Veni Creator Spiritus*)

Come, Holy Ghost, our souls inspire,
and lighten with celestial fire;
thou the anointing Spirit art,
who dost thy sevenfold gifts impart.

Thy blessed unction from above
is comfort, life and fire of love;
enable with perpetual light
the dullness of our blinded sight.

Anoint and cheer our soiled face
with the abundance of thy grace;
keep far our foes, give peace at home;
where thou art guide no ill can come.

Teach us to know the Father, Son,
and thee, of Both, to be but One;
that through the ages all along
this may be our endless song:

Praise to thy eternal merit,
Father, Son and Holy Spirit. Amen.

Holy Spirit, Come into my Heart (*St Catherine of Siena*)

Holy Spirit, come into my heart;
draw it to yourself through your power, O my God,
and grant me true love with filial fear.
Preserve me, O beautiful Love, from every evil thought;
warm me, inflame me with your dear love,
and every pain will seem light to me.
My Father, my sweet Lord, help me in all my actions.
Jesus, love, Jesus, love. Amen.

For the guidance of the Holy Spirit (*Désiré-Joseph Mercier*)

O Holy Spirit, Beloved of my soul,
I adore you.
Enlighten me, guide me,
strengthen me and console me.
Tell me what I ought to do
and command me to do it.
I promise to submit to everything
that you ask of me
and to accept all
that you allow to happen to me.
Just show me what is your will. Amen.

To the Holy Spirit (*from the Byzantine Liturgy of Pentecost*)

Heavenly King, Comforter, the Spirit of truth,
everywhere present and filling all things,
Treasury of blessings and Giver of life,
come and dwell in us, cleanse us of every stain
and save our souls, O gracious Lord. Amen.

To the Holy Spirit in Every Need

Holy Spirit,
my light, my life, my love, my strength,
be with me now, and always:
in all my doubts, perplexities and trials, come, Holy Spirit;
in hours of loneliness, weariness and grief, come, Holy Spirit;
in failure and in loss, in disappointment, come, Holy Spirit;
when others fail me, when I fail myself, come, Holy Spirit;
when I am ill, unable to work, depressed, come, Holy Spirit;
now, and forever, and in all things, come, Holy Spirit.

Litany of the Holy Spirit

Lord have mercy.
Christ have mercy.
Lord have mercy.

Christ hear us.
Christ graciously hear us.
God, the Father of heaven,
God the Son, Redeemer of the world,
God the Holy Spirit,
Holy Trinity, one God,

Divine Essence, one true God,
Spirit of truth and wisdom,
Spirit of holiness and justice,
Spirit of understanding and counsel,
Spirit of love and joy,
Spirit of peace and patience,
Spirit of kindness and goodness,
Spirit of generosity and gentleness,
Spirit of faithfulness and modesty,
Spirit of self-control and chastity,
Love substantial of the Father and the Son,

Love and life of saintly souls,
Fire ever burning,
Living water to quench the thirst of hearts,

From all evil,
From all impurity of soul and body,
From all attachments to material things,
From all hypocrisy and pretence,
From all deliberate faults,
From our own will,
From self-centredness,
From deceiving our neighbours,
From disorderly passions,

*Lord have mercy.
Christ have mercy.
Lord have mercy.*

*Christ hear us.
Christ graciously hear us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
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have mercy on us.
have mercy on us.*

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

*deliver us, O Holy Spirit.
deliver us, O Holy Spirit.
deliver us, O Holy Spirit.
deliver us, O Holy Spirit.
deliver us, O Holy Spirit.
deliver us, O Holy Spirit.
deliver us, O Holy Spirit.
deliver us, O Holy Spirit.
deliver us, O Holy Spirit.
deliver us, O Holy Spirit.*

From inattentiveness to your inspirations, *deliver us, O Holy Spirit.*
From despising little things, *deliver us, O Holy Spirit.*
From malice, *deliver us, O Holy Spirit.*
From love of luxury, *deliver us, O Holy Spirit.*
From seeking anything other than you, *deliver us, O Holy Spirit.*
From everything that displeases you, *deliver us, O Holy Spirit.*

Most loving Father, *forgive us.*
Divine Word, *have pity on us.*
Holy and divine Spirit, *do not leave us.*

Lamb of God, Who takes away the sins of the world,
Send us the divine Consoler.

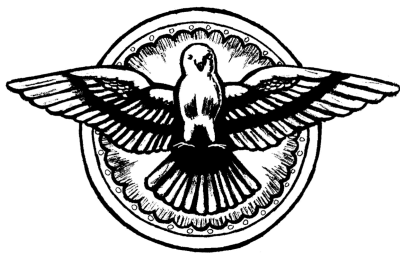
Lamb of God, Who takes away the sins of the world,
Fill us with the gifts of your Spirit.

Lamb of God, Who takes away the sins of the world,
Increase the fruits of the Spirit in us.

Come, Holy Spirit, fill the hearts of Your faithful,
And enkindle in them the fire of Your love.
Send forth Your Spirit, and they shall be created,
And You shall renew the face of the earth.

Let us pray.

O God,
who by the light of the Holy Spirit
did instruct the hearts of your faithful,
grant that by the same Holy Spirit
we may be truly wise and ever rejoice in His consolation,
through Christ our Lord. Amen.



Prayers and Devotions to Our Lady Mary, Mother of God

On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, 'They have no wine.'

And Jesus said to her, 'Woman, what concern is that to you and to me? My hour has not yet come.'

His mother said to the servants, 'Do whatever he tells you.'

(John 2:1-5)



Prayers to Our Lady, the Blessed Virgin Mary

Sub Tuum Præsidium *(Beneath Thy Protection)*

Beneath your protection we take refuge, O Holy Mother of God;
do not despise our petitions in our necessities,
but deliver us always from all dangers,
O Glorious and Blessed Virgin. Amen.

Used both as a hymn and as a prayer, the earliest version of Sub Tuum Præsidium was found in a Coptic Orthodox Christmas liturgy from the 3rd century.

Hail, O Mother! *(St John Chrysostom)*

Hail, O Mother! Virgin, heaven, throne,
glory of our Church, its foundation and ornament.
Earnestly pray for us to Jesus, your Son and Our Lord,
that through your intercession we may have mercy on the day of judgment.
Pray that we may receive all those good things
which are reserved for those who love God.
Through the grace and favour of Our Lord, Jesus Christ,
to Whom, with the Father and the Holy Spirit,
be power, honour, and glory, now and forever. Amen.

Blessed Mary, Who Can Repay *(St Augustine of Hippo)*

Blessed Virgin Mary, who can worthily repay you with praise
and thanks for having rescued a fallen world by your generous consent!
Receive our gratitude and by your prayers obtain the pardon of our sins.
Take our prayers into the sanctuary of heaven
and enable them to make our peace with God.
Holy Mary, help the miserable, strengthen the discouraged,
comfort the sorrowful, pray for your people,
plead for the clergy, intercede for all women consecrated to God.
May all who venerate you feel now your help and protection.
Be ready to help us when we pray,
and bring back to us the answers to our prayers.
Make it your continual concern to pray for the people of God,
for you were blessed by God
and were made worthy to bear the Redeemer of the world,
who lives and reigns forever. Amen.

O Holy Mary, My Mother *(A Father of the Council of Ephesus)*

Hail, Mary, Mother of God,
venerable treasure of the whole world.
You are the lamp that is never extinguished,
the crown of virginity, the rule of orthodoxy,
the incorruptible temple containing the one whom nothing can contain,
the mother and virgin, through whom the One who comes
in the Name of the Lord receives in the Gospel the name of “Blessed.”
We salute you,
 who have borne the immensity of God in your virginal womb.
Through you, the Most Holy Trinity is sanctified.
Through you, the Cross is venerated in the whole world.
Through you, heaven is filled with joy.
Through you, the angels and archangels rejoice.
Through you, demons are sent flying.
Through you, the tempter devil is cast out of heaven.
Through you, the fallen creature is elevated to heaven.
Through you, the whole universe, possessed by idolatry,
 has attained the knowledge of the truth.
Through you, holy baptism comes to those who believe.
Through you, the oil of gladness reaches us.
Through you, churches are established in the whole world.
Through you, peoples are led to conversion.
Through you, even more, the only-begotten Son of God
 has radiated like light upon those who sat in darkness
 and the shadow of death.
Through you, the prophets have announced their message,
 and the Apostles have proclaimed salvation to the nations.
Through you, the dead rise, and kings exercise their royalty,
 by the power of the Holy Trinity.

This prayer of praise to Mary has been attributed to one of the Fathers who took part in the Council of Ephesus in AD 431. The Council defined for the whole Church Mary as the Theotokos, the “Birth Giver of God”, or Mother of God. In the spirit of the Council, the prayer sees the entire Church (with its life and ministry) as dependent on Mary’s willing consent to become the Mother of the Lord Jesus.

Memorare (*Remember*)

Remember, O most gracious Virgin Mary,
that never was it known that anyone who fled to thy protection,
implored thy help, or sought thine 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.

First recorded in a collection of prayers from 15th century.

O Holy Mary, My Mother (*St Aloysius Gonzaga*)

O Holy Mary, my mother,
into your blessed trust and custody,
and into the care of your mercy I this day,
every day, and in the hour of my death,
commend my soul and my body.
To you I commit all my anxieties and miseries,
my life and the end of my life,
that by your most holy intercession
and by your merits all my actions
may be directed and disposed according to your will
and that of your Son. Amen.

To Our Lady, Help of Christians (*Saint John Bosco*)

Most Holy Virgin Mary, Help of Christians,
how sweet it is to come to your feet imploring your perpetual help.
If earthly mothers cease not to remember their children,
how can you, the most loving of all mothers forget me?
Grant then to me, I implore you,
your perpetual help in all my necessities,
in every sorrow, and especially in all my temptations.
I ask for your unceasing help for all who are now suffering.
Help the weak, cure the sick, convert sinners.
Grant through your intercessions many vocations to the religious life.
Obtain for us, O Mary, Help of Christians,
that having invoked you on earth
we may love and eternally thank you in heaven. Amen.

To Mary, Our Lady of Walsingham

O Mary,
recall the solemn moment when Jesus, your Divine son,
dying on the cross, confided us to your maternal care.
You are our Mother,
we desire ever to remain your devout children.
Let us therefore feel the effects
of your powerful intercession with Jesus Christ.
Make your name again glorious in this place once renowned
throughout our land by your visits, favours and many miracles.
Pray, O holy Mother of God for the conversion of England,
restoration of the sick, consolation for the afflicted,
repentance of sinners, peace to the departed.
O Blessed Mary, Mother of God,
Our Lady of Walsingham, intercede for us. Amen.

This is the traditional prayer used at the Shrine of Our Lady of Walsingham (Norfolk).

To Our Lady, Health of the Sick (Pope Francis)

O Mary, you shine continuously on our journey
as a sign of salvation and hope.
We entrust ourselves to you, Health of the Sick.
At the foot of the Cross
you participated in Jesus' pain, with steadfast faith.
You, Salvation of the Christian people, know what we need.
We are certain that you will provide, so that,
as you did at Cana of Galilee,
joy and feasting might return after this moment of trial.
Help us, Mother of Divine Love,
to conform ourselves to the Father's will
and to do what Jesus tells us:
He who took our sufferings upon Himself,
and bore our sorrows to bring us,
through the Cross, to the joy of the Resurrection. Amen.

Composed following the COVID-19 outbreak.

Marian Antiphons

The Marian antiphons are beautiful and ancient hymns to Our Lady which are sung at end of Compline or Night Prayers. These antiphons are seasonal because they change according to the liturgical time of the year.

Alma Redemptoris Mater *(from Advent to Candlemas)*

Loving mother of the Redeemer,
Gate of Heaven,
Star of the Sea,
assist your people who have fallen yet strive to rise again,
To the wonderment of nature you bore your Creator,
yet remained a virgin after as before,
you who received Gabriel's joyful greeting,
have pity on us poor sinners. Amen.

Ave, Regina Cælorum *(after Candlemas to the end of Lent)*

O Queen of Heav'n enthron'd,
Hail, by angels Mistress own'd
Root of Jesse, Gate of morn,
whence the world's true light was born.

Glorious Virgin, joy to thee,
Loveliest whom in Heaven they see,
Fairest thou where all are fair!
Plead with Christ our sins to spare.

Regina Cœli *(from Easter to Pentecost)*

Joy to thee, O Queen of Heaven, alleluia!
He whom thou wast meet to bear, alleluia!
As he promised hath arisen, alleluia!
Pour for us to God thy prayer, alleluia!

Salve Regina *(Ordinary Time after Pentecost, and after the Rosary)*

Hail, Holy Queen,
Mother of Mercy,
our life, our sweetness, and our hope.
To thee 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 towards us;
and after this our exile,
show unto us the blessed Fruit of thy womb, Jesus.
O Clement, O loving, O sweet Virgin Mary. Amen.



The Rosary of the Blessed Virgin Mary

The Rosary is a traditional way of praying while meditating on certain key events that define the Christian faith, called “mysteries”. Because of this, the vast majority of the Rosary is based on the recitation of verses from the Scriptures.

The word Rosary derives from the Latin word for a “crown of roses”. And in this sense, the Rosary is an offering we make to God and Our Lady, as if by crafting beautiful and fragrant flower-chains with our prayers. The Mysteries of the Rosary then are the “gems” in our crowns; the events through which God redeemed us in Jesus Christ, and demonstrated his unmeasured love for us. The beads which many people hold whilst praying the Rosary are also sometimes called “Rosary crowns” for this reason.

One of the best books the Rosary was written by a Methodist minister, *Five for Sorrow, Ten for Joy: Meditations on the Rosary* (J.N.Ward). Notably, however, this book does not include the Mysteries of Light (Luminous) which were endorsed by the Church in the year 2000.

The Mysteries of the Rosary

There are four sets of five Mysteries: Joyful, Luminous, Sorrowful, and Glorious.

In these we are invited to meditate on key events in the lives of the Lord Jesus and his mother Mary - events that have brought us salvation or represent a pledge of future glory.

The Five Joyful Mysteries (*prayed on Mondays and Thursdays*)

1. The Annunciation of the Lord to Mary:

The Archangel Gabriel “announces” to Mary that she shall conceive the Son of God.

2. The Visitation of Mary to Elizabeth:

Mary visits her cousin Elizabeth, who is pregnant with John the Baptist.

3. The Nativity of the Lord Jesus Christ:

The Word of God made flesh, God-with-us, is born in Bethlehem.

4. The Presentation of Jesus:

Mary and Joseph “present” Jesus in the Temple where they meet Simeon.

5. The Finding of Jesus in the Temple:

Mary and Joseph find young Jesus teaching the Rabbis in the Temple.

The Five Luminous Mysteries (prayed on Saturdays)

1. The Baptism of Jesus in the Jordan:

The voice of the Father proclaims Jesus as the Beloved Son.

2. The Wedding at Cana:

Christ changes water into wine, his first public miracle.

3. The Proclamation of the Kingdom:

Jesus calls to conversion and forgives those who draw near to him.

4. The Transfiguration of the Lord:

The glory of the Godhead shines forth from the face of Christ.

5. The Institution of the Holy Eucharist:

Jesus establishes the Eucharist; "Do **this** in memory of me".

The Five Sorrowful Mysteries (prayed on Tuesdays and Fridays)

1. Jesus' Agony in the Garden:

Jesus sweats water and blood while praying the night before his passion.

2. The Scourging of Jesus at the Pillar:

Pilate has Jesus whipped.

3. The Crowning with Thorns:

Roman soldiers crown Jesus' head with thorns.

4. The Carrying of the Cross:

Jesus meets His mother and falls three times on the way up Calvary.

5. The Crucifixion of the Lord:

Jesus is nailed to the cross and dies before His mother and His apostle John.

The Five Glorious Mysteries (prayed on Wednesdays and Sundays)

1. The Resurrection of Jesus:

Jesus rises from the dead.

2. The Ascension of the Lord:

Jesus leaves the Apostles and bodily "ascends" to heaven.

3. The Coming of the Holy Spirit at Pentecost:

The Apostles receive the Holy Spirit in tongues of fire in the upper room with Mary.

4. The Assumption of the Blessed Virgin Mary:

Mary is taken bodily--assumed--into heaven by God at the end of her life here on earth.

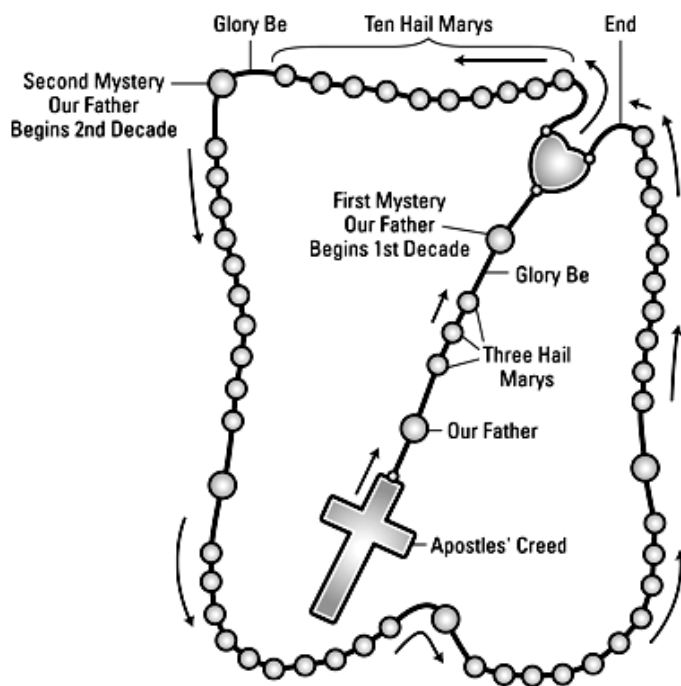
5. The Coronation of Mary and the triumph of Saints and Angels in heaven:

Mary is crowned Queen of Heaven and Earth.

Praying the Rosary is one of those practical things that take more time to explain how they're done, than actually doing them. But to put it simply, anyone who knows few traditional prayers can pray a Rosary; you will also need to follow the Mysteries as you pray. If you do not have any Rosary beads, it is perfectly fine to count with your fingers, though counting beads frees your mind to help you meditate. Immerse yourself in the scene described by each mystery, whilst quietly saying the prayers.

If you pray the Rosary with someone else the leader says the words in plain text, and everyone joins in with the words in bold.

1. Make the Sign of the Cross.
2. Holding the Crucifix, pray the Apostles' Creed.
3. On the first bead, pray the Lord's Prayer.
4. Pray three Hail Mary on each of the next three beads.
5. Pray the Glory Be.
6. For each of the five decades, read the Mystery, then pray the Lord's Prayer.
7. Say ten Hail Mary while meditating on the Mystery, then a Glory Be. Additional prayers (like the Fatima Prayer) may be said at this point.
8. After saying the five decades, pray the Hail Holy Queen, and the concluding prayer.



Praying the Rosary

God, come to my assistance.

Lord, make haste to help me.

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. I believe 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 to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and 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 the life everlasting. Amen.

The Lord's Prayer

Our Father, who art in heaven; hallowed by 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.**

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 our death.**

Glory Be

**Glory be to the Father, to the Son and to the Holy Spirit
as it was in the beginning is now and ever shall be,
world without end.**

**O my Jesus, forgive us our sins,
save us from the fires of hell, and lead all souls to heaven,
especially those in most need of your mercy.**

At the end of the Rosary,

Hail Holy Queen

**Hail, Holy Queen,
Mother of Mercy, our life, our sweetness, and our hope.
To thee 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 towards us;
and after this our exile,
show unto us the blessed Fruit of thy womb, Jesus.
O Clement, O loving, O sweet Virgin Mary. Amen.**

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

Let us pray.

O God, whose only begotten Son,
by His life, death, and resurrection,
has purchased for us the rewards of eternal life,
grant, we beseech thee,
that meditating upon these mysteries
of the Most Holy Rosary of the Blessed Virgin Mary,
we may imitate what they contain and obtain what they promise,
through the same Christ Our Lord.
Amen.

You can continue the Litany of Loreto (overleaf) at this point.

Litany of the Blessed Virgin Mary

The Litany of the Blessed Virgin Mary was originally approved in 1587 by Sixtus V. It is also known as the Litany of Loreto, for its first-known place of origin, the Shrine of Our Lady of Loreto or Shrine of the Holy House of Loreto (Italy).

The litany contains many of the titles used formally and informally for the Virgin Mary, and would often be recited as a call and response chant. This litany is often used at the end of the Holy Rosary.

Lord have mercy.

Christ have mercy.

Lord have mercy.

Christ hear us.

Christ graciously hear us.

God, the Father of heaven,

God the Son, Redeemer of the world,

God the Holy Spirit,

Holy Trinity, one God,

Holy Mary,

Holy Mother of God,

Holy Virgin of virgins,

Mother of Christ,

Mother of the Church,

Mother of divine grace,

Mother most pure,

Mother most chaste,

Mother inviolate,

Mother undefiled,

Mother most amiable,

Mother admirable,

Mother of good counsel,

Mother of our Creator,

Mother of our Saviour,

Mother of mercy,

Virgin most prudent,

Virgin most venerable,

Lord have mercy.

Christ have mercy.

Lord have mercy.

Christ hear us.

Christ graciously hear us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

Virgin most renowned,	<i>pray for us.</i>
Virgin most powerful,	<i>pray for us.</i>
Virgin most merciful,	<i>pray for us.</i>
Virgin most faithful,	<i>pray for us.</i>
Mirror of justice,	<i>pray for us.</i>
Seat of wisdom,	<i>pray for us.</i>
Cause of our joy,	<i>pray for us.</i>
Spiritual vessel,	<i>pray for us.</i>
Vessel of honour,	<i>pray for us.</i>
Singular vessel of devotion,	<i>pray for us.</i>
Mystical rose,	<i>pray for us.</i>
Tower of David,	<i>pray for us.</i>
Tower of ivory,	<i>pray for us.</i>
House of gold,	<i>pray for us.</i>
Ark of the covenant,	<i>pray for us.</i>
Gate of heaven,	<i>pray for us.</i>
Morning star,	<i>pray for us.</i>
Health of the sick,	<i>pray for us.</i>
Refuge of sinners,	<i>pray for us.</i>
Comfort of the afflicted,	<i>pray for us.</i>
Help of Christians,	<i>pray for us.</i>
Queen of Angels,	<i>pray for us.</i>
Queen of Patriarchs,	<i>pray for us.</i>
Queen of Prophets,	<i>pray for us.</i>
Queen of Apostles,	<i>pray for us.</i>
Queen of Martyrs,	<i>pray for us.</i>
Queen of Confessors,	<i>pray for us.</i>
Queen of Virgins,	<i>pray for us.</i>
Queen of all Saints,	<i>pray for us.</i>
Queen conceived without original sin,	<i>pray for us.</i>
Queen assumed into heaven,	<i>pray for us.</i>
Queen of the most holy Rosary,	<i>pray for us.</i>
Queen of families,	<i>pray for us.</i>
Queen of peace.	<i>pray for us.</i>

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.

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

Let us pray.

Grant, we beseech thee, O Lord God,
that we, your servants, may enjoy perpetual health of mind and body;
and by the intercession of the Blessed Mary, ever Virgin,
may be delivered from present sorrow, and obtain eternal joy.
Through Christ our Lord. Amen.



Prayers and Devotions to The Saints

holy partners in our heavenly calling

Since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

(Hebrews 12:1-2)



Who is my Patron Saint...

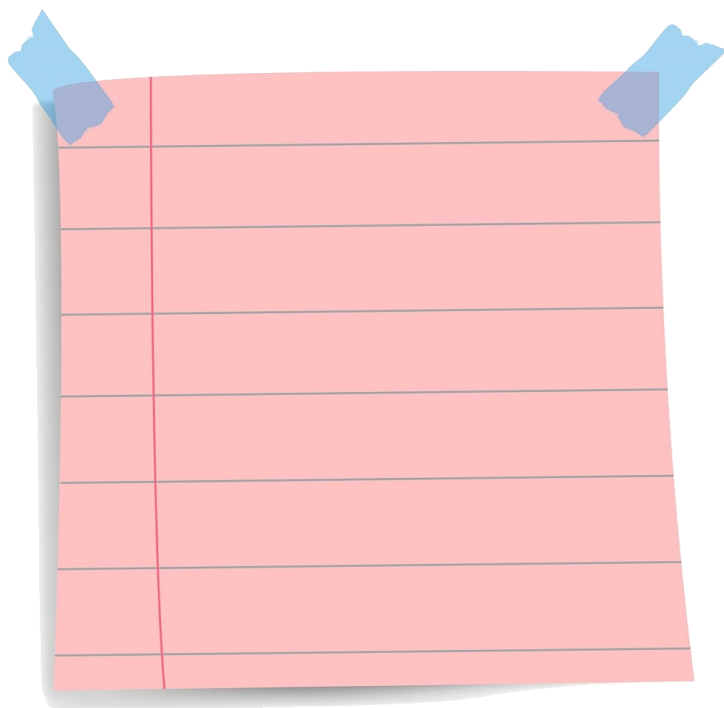
Many people have a particular affinity to a saint - maybe it's because of similar personal circumstances, or simply because they bear the same name.

Who is yours? If you don't have a favourite saint, why don't you do some research and take a heavenly friend as your patron? Someone who will assist you with their prayers, maybe guide you with their spiritual writings, or inspire you with their way of life.

Here are some questions to get you started.

- ♦ What is your name? → Are there saints with the same name?
- ♦ When is your birthday? → What saint is on the calendar for that day?
- ♦ What job do/did you do? → Who is the patron saint of that profession?
- ♦ What sport or hobby do you enjoy? → Who is the patron saint for these?
- ♦ Do you have any health concerns? → Is there a saint for these?

Write down the names of the saints you have found and look for information about them... just remember; sometimes for very ancient saints, all we know about them is based on colourful legends which may need interpretation!



Litany of the Saints

This is the oldest litany continually in use. It was used, if not by Pope Liberius, certainly by St. Gregory the Great († 604) in the “Litania Septiformis” at Rome. This litany forms one of our oldest liturgical offices in the West, and is the model for all others. It was used during the Rogation Days processions and at the Easter Vigil, as well as at the administration of certain sacraments like Baptism and Ordination.

When you use this litany you may add your favourite or patron saints to it.

I

Lord have mercy.

Christ have mercy.

Lord have mercy.

Christ hear us.

Christ graciously hear us.

God, the Father of heaven,

God the Son, Redeemer of the world,

God the Holy Spirit,

Holy Trinity, one God,

Lord have mercy.

Christ have mercy.

Lord have mercy.

Christ hear us.

Christ graciously hear us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

II

Holy Mary,

Holy Mother of God,

Holy Virgin of virgins,

St Michael,

St Gabriel,

St Raphael,

All you Holy Angels and Archangels,

St John the Baptist,

St Joseph,

All you Holy Patriarchs and Prophets,

St Peter and St Paul

St Andrew,

St James and St John

St Thomas,

St Jude,

St Matthias,

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

III

Lord, be merciful,
From all evil,
From all sin,
From a sudden and unprovided death,
From the snares of the devil,
From anger, hatred, and all ill-will,
From lightning and tempest,
From the scourge of earthquake,
From plague, famine, and war,
From everlasting death,
By the mystery of your holy Incarnation,
By your Birth,
By your Baptism and holy fasting,
By your Cross and Passion,
By your Death and Burial,
By your holy Resurrection,
By your wonderful Ascension,
By the coming of the Holy Spirit,
On the day of judgment,

Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.
Lord, save your people.

IV

Be merciful to us sinners,
That you will spare us,
That you will pardon us,
That it may please you to bring us to true penance,

Lord, hear our prayer.
Lord, hear our prayer.
Lord, hear our prayer.

Guide and protect your holy Church,
Preserve in holy religion those in holy Orders,

Lord, hear our prayer.
Lord, hear our prayer.
Lord, hear our prayer.

Give peace and unity to the whole Christian people,

Lord, hear our prayer.

Bring back to the unity of the Church
all those who are straying, and bring all unbelievers
to the light of the Gospel,

Lord, hear our prayer.

Strengthen and preserve us in your holy service,

Lord, hear our prayer.

Raise our minds to desire the things of heaven,

Lord, hear our prayer.

Reward all our benefactors with eternal blessings,
Lord, hear our prayer.
Deliver our souls from eternal damnation,
and the souls of our loved ones, relatives,
and benefactors, *Lord, hear our prayer.*
Give and preserve the fruits of the earth, *Lord, hear our prayer.*
Grant eternal rest to all the faithful departed,
Lord, hear our prayer.
That it may please you to hear and heed us,
Jesus, Son of the Living God, *Lord, hear our prayer.*



Lamb of God, who takes away the sins of the world,
Spare us, O Lord!
Lamb of God, who takes away the sins of the world,
Graciously hear us, O Lord!
Lamb of God, who takes away the sins of the world,
Have mercy on us!
Christ, hear us, *Christ, graciously hear us.*
Lord Jesus, hear our prayer. *Lord Jesus, hear our prayer.*
Lord, have mercy on us. *Lord, have mercy on us.*
Christ, have mercy on us. *Christ, have mercy on us.*
Lord, have mercy on us. *Lord, have mercy on us.*

Our Father, who art in heaven; hallowed by 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.

Let us pray.

Almighty God, listen to our prayers as we turn to you in faith.
Through the merits and intercession of your saints,
grant that, freed from distress and dangers in this present life,
we may truly follow your Son,
and so come to share the blessed vision of your glory in heaven.
Through the same Jesus Christ, Our Lord. Amen.

Other Prayers

To St Michael

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 hosts,
by the power of God, thrust into hell Satan,
and all the evil spirits, who prowl about the world
seeking the ruin of souls. Amen.

From 1886 to 1964, this prayer had to be recited after a said Mass.

To St Joseph

Blessed Joseph, husband of Mary, be with us this day.
You protected and cherished the Virgin;
loving the Child Jesus as your Son,
you rescued Him from the danger of death.
Defend the Church, the household of God,
purchased by the Blood of Christ.
Guardian of the Holy Family, be with us in our trials.
May your prayers obtain for us
the strength to flee from error
and wrestle with the powers of corruption
so that in life we may grow in holiness
and in death rejoice in the crown of victory. Amen.

To St Joseph (John XXIII)

Saint Joseph, be always our protector.
That your internal spirit of peace, silence, honest work,
and prayer in the service of the Church
give us life and happiness in union with your blessed Spouse,
our Sweet and Immaculate Mother,
in the strong and mild love to Jesus,
Glorious and Immortal King
of the centuries and the people. Amen.



"Be joyful
always, pray
at all times,
be thankful
in all
circumstances."

1 Thessalonians 5:16-18

