

†  
J.M.J.  
**Basic Daily Prayers**

In the Name of the Father,  
and of the Son,  
and of the Holy Spirit, Amen.  
*(Thinking of the Five Holy Wounds of  
Jesus, make the Sign of the Cross 5X  
upon arising in the morning and before  
sleeping at night.)*

**Morning Offerings**

O Jesus, through the  
Immaculate Heart of Mary, I  
offer You my prayers, works,  
joys and sufferings of this day  
for all the intentions of Your  
Sacred Heart, in union with the  
Holy Sacrifice of the Mass  
throughout the world,  
in reparation for my sins, for  
the intentions of all my relatives  
and friends, and in particular  
for the intentions of the Holy  
Father. Amen.

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Father. Amen.

Every breath I draw this day,  
every beating of my heart, every  
step I take, every word I say,  
every movement of my body and  
mind, I wish to be an act of Love  
for Thee, Jesus, just as Thy  
blessed Mother performed.

**Act of Marian Consecration**

O my Jesus, I desire today to gain  
every indulgence and merit I can,  
and offer them, together with  
myself, to Mary Immaculate, that  
she may best apply them to the  
interests of  
Thy Most Sacred Heart.

**A Night Prayer**

Goodnight sweet Jesus, my  
Savior; Goodnight, sweet Mary,  
my Mother; I give You my heart  
and my soul. Keep me from sin,  
now and forever. Amen.

*Father, into Thy hands  
I commend my spirit.*

Every breath I draw this day,  
every beating of my heart, every  
step I take, every word I say,  
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**Act of Contrition**

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

**Act of Faith**

O my God, I firmly believe that  
You are one God in three divine  
Persons, Father, Son, and Holy  
Spirit. I believe that Your divine  
Son became man and died for  
our sins, and that He will come to  
judge the living and the dead. I  
believe these and all the truths  
which the holy Catholic Church  
teaches, because You have  
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deceive nor be deceived. Amen.

**Act of Hope**

O my God, relying on Your  
infinite mercy and promises, I  
hope to obtain pardon of my sins,  
the help of Your grace, and life  
everlasting, through the merits of  
Jesus Christ, my Lord and  
Redeemer. Amen.

**Act of 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 my love. I love  
my neighbor as myself for the  
love of You. I forgive all who have  
injured me and I ask pardon of  
those whom I have injured.

Amen.



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

deceive nor be deceived. Amen.

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**Avoiding Serious Sins**

1. Pray three Hail Mary's each  
morning (and evening) in  
honor of Mary, the  
Immaculate Conception,  
praying to avoid mortal sin  
that day. Pray thrice:  
*By thy pure and Immaculate  
Conception, O Mary, make my  
body pure and my soul holy.*
2. Identify and avoid occasions  
of sin (persons, places, things,  
circumstances which have led  
you into sin in the past).
3. Pray at the moment of  
temptation, short prayers.
4. If you sin, pray an Act of  
Contrition and plan to go to  
Confession at the soonest  
opportunity. Omit receiving  
Holy Communion when not in  
the state of grace.

*From all sin deliver me,  
O Lord!*

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*From all sin deliver me,  
O Lord!*

### Three O' Clock Prayer to the Divine Mercy

You expired, O Jesus, but the source of life gushed forth for souls and an ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy envelope the whole world and empty Yourself out upon us.

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

#### Sacrifice Prayer

O Jesus, it is for love of Thee, for the conversion of sinners, and in reparation for the sins committed against the Immaculate Heart of Mary.



Hail, O Cross, our only hope.

### The Angelus (6am, Noon, 6pm)

☩ The angel of the Lord declared unto Mary; ☩ *And she conceived of the Holy Spirit.* Hail Mary . . .

☩ Behold the handmaid of the Lord

☩ *Be it done 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 we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His passion and cross be brought to the glory of His resurrection, through the same Christ our Lord. ☩ *Amen.*

*By thy Holy and Immaculate Conception, O Mary, deliver us from evil.*

### Act of Spiritual Communion

Mary, my Mother and Queen of My Heart,

Invite Jesus your Son to come spiritually into my heart.

#### Guardian Angel

Angel of God, my Guardian dear, to whom His love commits me here, ever this day (or night) be at my side, to light and guard, to rule and guide. From stain of sin oh keep me free. And at my death my helper be.  
Amen.

#### Prayer for Souls in Purgatory

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

Amen. *Merciful Lord Jesus, grant them everlasting rest.*

### Prayer for Spiritual Combat

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do Thou, O Prince of the Heavenly Host, by the Power of God, cast into hell Satan and all the evil spirits, who prowl through the world seeking the ruin of souls. Amen.

#### Prayer before studying

Come Holy Spirit, come through Mary.

#### Praise of God's Will

May the most just, the most high, the most lovable will of God be in all things done, and praised, and forever magnified!

*O Lord, increase our faith.*



O Love, O Great Love,  
O Infinite Love of God!

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O Love, O Great Love,  
O Infinite Love of God!

### Short Prayers

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Jesus, Mary, I love you; do not permit me to offend you.

Lord have Mercy!

Mary, help me.  
My Jesus, mercy!

Jesus, Mary and Joseph, I love you, save souls.

Admirable is the name of God.

Thanks be to God!  
*(Deo gratias!)*

Praised be Jesus Christ in the Most Blessed Sacrament!

O Jesus, King of Love, I trust in thy loving mercy.

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