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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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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.*

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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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revealed them, Who can neither 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.*

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**Avoiding Serious Sins**

- 1.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, 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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**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.*

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

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

V. Behold the handmaid of the Lord  
R *Be it done unto me according to Thy word.* Hail Mary...

V. And the Word was made flesh:  
R *And dwelt among us.* Hail Mary . . .

V. Pray for us, O Holy Mother of God.  
R. *That we may be made worthy of the promises of Christ.*

Let us pray: Pour forth, we beseech 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. R. *Amen.*

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**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.*

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**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.*

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

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**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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