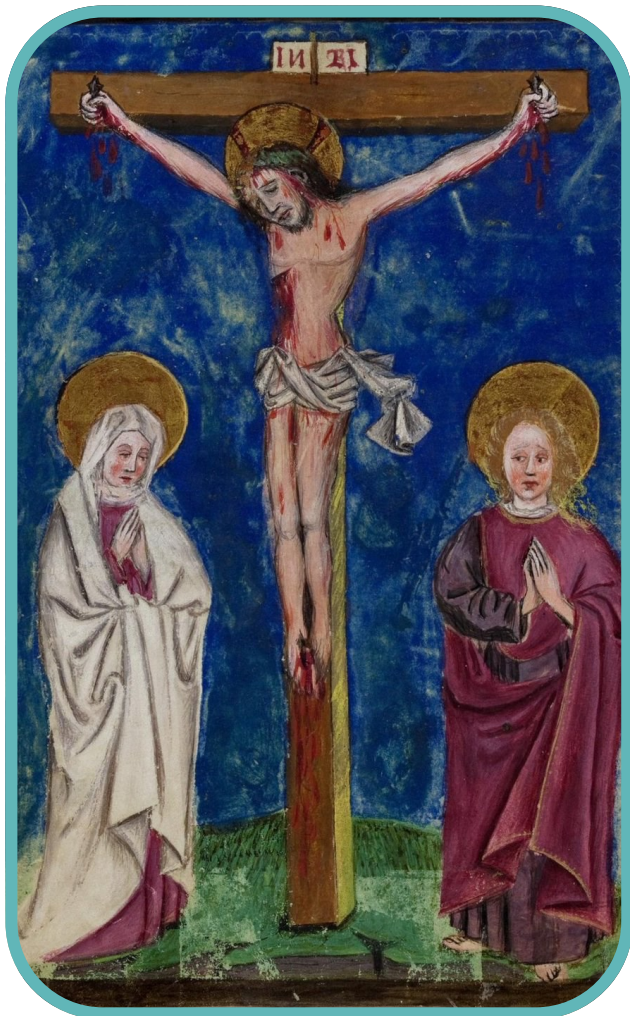


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J.M.J.

BASIC DAILY PRAYERS



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**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; also at
various times, when tired or tempted.*

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.

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.*

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 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.

Short Prayers

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

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

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!

Help me, Mother.
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.

Avoiding Serious Sins

1. Pray three Hail Marys each morning (and evening) in honor of Blessed 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!

Praise of God's Will

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