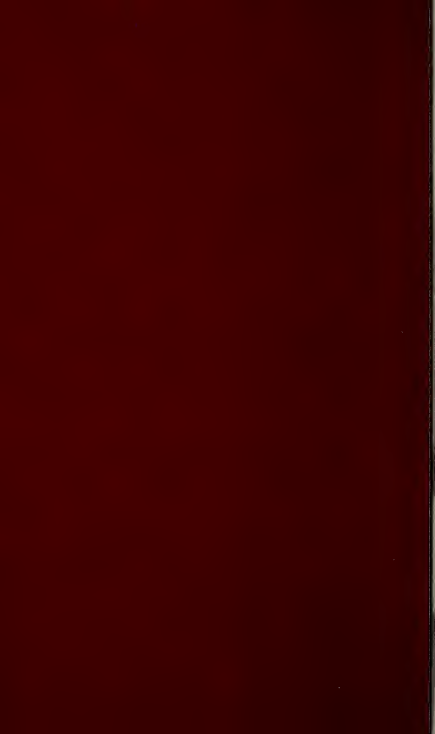


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Prayer Book
for Our Times



MONSIGNOR SHEEN



Prayer Book for Our Times



prepared by
MONSIGNOR SHEEN
of The Catholic Hour

in co-operation with
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CONTENTS

| | |
|--|----|
| MORNING PRAYERS | 1 |
| The Lord's Prayer — The Angelic Salutation — The Apostles' Creed — Consecration of the Day | |
| EVENING PRAYERS | 5 |
| Act of Faith — Act of Hope — Act of Charity — The Confiteor — Examination of Conscience — Act of Contrition | |
| OCCASIONAL PRAYERS | 9 |
| Prayer for a happy Death — Prayer for Peace — Prayer for Grace to Do the Will of God — Consecration of the Family to the Sacred Heart — The Salve Regina — A Prayer for Our Civil Au- thorities — Prayer for Enlighten- ment | |
| THOUGHTS FOR MEDITATION | 19 |
| The Ten Commandments — The Beatitudes — The Basic Law of Charity — Final Judgment — Necessity of Penance — Mercy of God — God's Care for Us — Our Responsibility to God — Peace in Christ's Reign — "The Following of Christ" | |



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Morning Prayers

THE LORD'S PRAYER

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.

THE ANGELIC SALUTATION

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.

THE APOSTLES' CREED

I BELIEVE in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord; Who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven, and sitteth at the right hand of God, the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost; the Holy Catholic Church; the communion of saints; the forgiveness of sins; the resurrection of the body; and life everlasting. Amen.

CONSECRATION OF THE DAY

ETERNAL God, behold me prostrate before the immensity of Thy majesty. I humbly adore Thee, and offer Thee all my thoughts, words, and works of this day. I intend to do everything for love of Thee, for Thy glory, and for the fulfilment of Thy divine will; in order to serve, praise, and bless Thee, to be enlightened in the mysteries of our holy faith, to secure my salvation, and to hope in Thy mercy; to satisfy the divine justice for my many grievous sins, to assist the holy souls in purgatory, and to obtain the grace of a true conversion for all sinners. I desire, in fine, to do everything in union with that most pure intention which Jesus and Mary had during life, and which the saints

now have in heaven, and the just on earth. Would that I could write down this intention with my own blood, and repeat it as often as there are moments in eternity! O my God, accept my good-will; grant me Thy holy blessing and efficacious grace never to commit a mortal sin throughout the course of my life, but particularly during this day, in which I desire and purpose to gain all the indulgences which it is possible for me to gain, and to be present in spirit at all the Masses which will be celebrated in the whole world, that I may apply them to the holy souls in purgatory, and free them from all pain. Amen.




Evening Prayers


ACT OF FAITH

I MOST firmly believe, because God, Who is the infallible Truth, has so revealed to the Holy Catholic Church, and through the Church reveals to us, that there is one only God in three divine Persons, equal and distinct, Father, Son, and Holy Ghost; that the Son became Man by taking to Himself flesh and a human soul through the operation of the Holy Ghost in the womb of the most pure Virgin Mary; that He died for us upon the cross, rose again, ascended into heaven, and from thence shall come again at the end of the world to judge all the living and the dead, to give paradise forever to the good and hell to the wicked; moreover, from the same motive, I believe all that the same Holy Church believes and teaches.

ACT OF HOPE

 MY God, because Thou art almighty, infinitely good and merciful, I hope that, by the merits of the Passion and Death of Jesus Christ, our Saviour, Thou wilt grant me eternal life, which Thou, most faithful, hast promised to all those who shall do the works of a good Christian, as I purpose to do by Thy holy help.

ACT OF CHARITY

 MY God, because Thou art the highest and most perfect good, I love Thee with my whole heart, and above all things; and rather than offend Thee, I am ready to lose all things; and moreover, for Thy love I love, and will love, my neighbor as myself.

THE CONFITEOR

I CONFESS to Almighty God; to blessed Mary, ever Virgin; to blessed Michael, the Archangel; to blessed John the Baptist; to the holy Apostles, Peter and Paul; and to all the Saints, that I have sinned exceedingly in thought, word, and deed, through my fault, through my fault, through my most grievous fault. Therefore I beseech blessed Mary, ever Virgin; blessed Michael, the Archangel; blessed John the Baptist; the holy Apostles, Peter and Paul; and all the Saints, to pray to the Lord our God for me.


May Almighty God have mercy on me, and forgive me my sins, and bring me to everlasting life through Christ our Lord. Amen.

May the Almighty and merciful Lord grant me pardon, absolution, and remission of all my sins. Amen.

EXAMINATION OF CONSCIENCE

Examine diligently what sins you may have fallen into this day, by thought, word, deed, or omission.


ACT OF CONTRITION

 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 art 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.



Occasional Prayers

PRAYER FOR A HAPPY DEATH

 JESUS, while adoring Thy last breath, I pray Thee to receive mine. In the uncertainty whether I shall have the command of my senses when I shall depart out of this world, I offer Thee from this moment my agony and all the pains of my passing away. Thou art my Father and my Saviour, and I give back my soul into Thy hands. I desire that my last moment may be united to the moment of Thy death, and that the last beat of my heart may be an act of pure love of Thee. Amen.

PRAYER FOR PEACE

GIVE peace, O Lord, in our days;
for there is none other that
fighteth for us but only Thou,
our God.

Let there be peace in Thy
strength, O Lord.

And plenty in Thy strong places.

Let us pray.

O God, from Whom proceed holy
desires, right counsels, and just
works; grant unto us, Thy serv-
ants, that peace which the world
cannot give, that our hearts may
be devoted to Thy service, and that,
being delivered from the fear of
our enemies, we may pass our time
in peace under Thy protection.
Through Christ our Lord. Amen.

PRAYER FOR GRACE TO DO THE WILL OF GOD

GRANT me, most kind Jesus,
Thy grace, that it may abide
with me, labor with me, and per-
severe with me to the end.

Grant me ever to desire and to
will that which is the more ac-
ceptable to Thee, and pleases Thee
more dearly.

May Thy will be mine, and my
will ever follow Thine, and be in
closest accord with it.

May it be my one care to will
and to be unwilling with Thee, and
may I be unable to will or not will
anything but what Thou willest or
willest not.

CONSECRATION OF THE FAMILY TO THE SACRED HEART

SACRED Heart of Jesus, Who didst manifest to Blessed Margaret Mary the desire of reigning in Christian families, we today wish to proclaim Thy most complete, regal dominion over our own. We would live in future with Thy life, we would cause to flourish in our midst those virtues to which Thou hast promised peace here below, we would banish far from us the spirit of the world which Thou hast cursed; and Thou shalt reign, over our minds in the simplicity of our faith, and over our hearts by the whole-hearted love with which they shall burn for Thee, the flame of which we shall keep

alive by the frequent reception of Thy divine Eucharist.

Deign, O divine Heart, to preside over our assemblings, to bless our enterprises, both spiritual and temporal, to dispel our cares, to sanctify our joys, to alleviate our sufferings. If ever one or another of us should have the misfortune to afflict Thee, remind him, O Heart of Jesus, that Thou art good and merciful to the penitent sinner. And when the hour of separation strikes, when death shall come to cast mourning into our midst, we will all, both those who go and those who stay, be submissive to Thy eternal decrees. We will console ourselves with the thought that a day shall come when the entire family, reunited in heaven, can sing for ever Thy glories and Thy mercies.

May the Immaculate Heart of Mary and the glorious Patriarch, Saint Joseph, present this consecration to Thee, and keep it in our minds all the days of our life. All glory to the Heart of Jesus, our King and our Father. Amen.

THE SALVE REGINA

HAIL, holy Queen, Mother of Mercy, our life, our sweetness, and our hope! To thee do 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 toward us; and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Pray for us, O Holy Mother of God;

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

Make me worthy to praise thee, O Holy Virgin.

Give me strength against thine enemies.

Blessed be God in His saints.
Amen.

We fly to thy patronage, O Holy Mother of God; despise not our petitions in our necessities, but deliver us from all dangers, O ever glorious and blessed Virgin.



A PRAYER FOR OUR CIVIL AUTHORITIES

WE PRAY Thee, O God of might, wisdom, and justice, through Whom authority is rightly administered, laws are enacted, and judgment decreed, assist, with Thy Holy Spirit of counsel and fortitude, the President of these United States, that his administration may be conducted in righteousness, and be eminently useful to Thy people over whom he presides, by encouraging due respect for virtue and religion; by a faithful execution of the laws in justice and mercy; and by restraining vice and immorality. Let the light of Thy divine wisdom direct the deliberations of Congress, and shine forth in all the proceedings and laws framed for our rule and government; so that

they may tend to the preservation of peace, the promotion of national happiness, the increase of industry, sobriety, and useful knowledge, and may perpetuate to us the blessings of equal liberty.

We pray for his Excellency the Governor of this State, for the members of the Assembly, for all Judges, Magistrates, and other officers who are appointed to guard our political welfare; that they may be enabled, by Thy powerful protection, to discharge the duties of their respective stations with honesty and ability.

We recommend likewise to Thy unbounded mercy all our brethren and fellow-citizens, throughout the United States, that they may be blessed in the knowledge, and sanctified in the observance, of Thy most holy law; that they may be

preserved in union, and in that peace which the world cannot give; and, after enjoying the blessings of this life, be admitted to those which are eternal.

PRAYER FOR ENLIGHTENMENT


Come, Holy Ghost, fill the hearts of Thy faithful:

And enkindle in them the fire of Thy love.

Send forth Thy Spirit and they shall be created:

And Thou shalt renew the face of the earth.

Let us pray.

 GOD, Who hast taught the hearts of the faithful by the light of the Holy Ghost, give us by the same Spirit a love and relish of what is right and just, and the constant enjoyment of His comforts. Through Christ our Lord. Amen.

Thoughts for Meditation

THE TEN COMMANDMENTS

- I. I am the Lord thy God; thou shalt not have strange gods before me.
- II. Thou shalt not take the name of the Lord thy God in vain.
- III. Remember that thou keep holy the Sabbath day.
- IV. Honor thy father and thy mother.
- V. Thou shalt not kill.
- VI. Thou shalt not commit adultery.
- VII. Thou shalt not steal.
- VIII. Thou shalt not bear false witness against thy neighbor.
- IX. Thou shalt not covet thy neighbor's wife.
- X. Thou shalt not covet thy neighbor's goods.

THE EIGHT BEATITUDES

- I. Blessed are the poor in spirit:
for theirs is the kingdom of
heaven.
- II. Blessed are the meek; for they
shall possess the land.
- III. Blessed are they that mourn:
for they shall be comforted.
- IV. Blessed are they that hunger
and thirst after justice: for
they shall have their fill.
- V. Blessed are the merciful: for
they shall obtain mercy.
- VI. Blessed are the clean of heart:
for they shall see God.
- VII. Blessed are the peacemakers:
for they shall be called the
children of God.
- VIII. Blessed are they that suffer per-
secution for justice' sake: for
theirs is the kingdom of heaven.

THE BASIC LAW OF CHARITY

"Thou shalt love the Lord thy God with thy whole heart, and with thy whole soul, and with thy whole mind. . . .

"Thou shalt love thy neighbor as thyself."

— *Matthew 22:37, 39.*

THE FINAL JUDGMENT

"And when the Son of man shall come in His majesty, and all the angels with Him, then shall He sit upon the seat of His majesty:

"And all nations shall be gathered together before Him, and He shall separate them one from another, as the shepherd separateth the sheep from the goats:

"And He shall set the sheep on His right hand, but the goats on His left.

"Then shall the King say to them that shall be on His right hand: Come, ye blessed of My Father, possess you the kingdom prepared for you from the foundation of the world.

"For I was hungry, and you gave Me to eat; I was thirsty, and you gave Me to drink; I was a stranger, and you took Me in:

"Naked, and you covered Me: sick, and you visited Me: I was in prison, and you came to Me....

"Amen I say to you, as long as you did it to one of these My least brethren, you did it to Me....

"Then He shall say to them also that shall be on His left hand: Depart from Me, you cursed, into everlasting fire which was prepared for the devil and his angels.

"For I was hungry, and you gave Me not to eat: I was thirsty, and you gave Me not to drink.

"I was a stranger, and you took Me not in: naked, and you covered Me not: sick and in prison, and you did not visit Me....

"Amen I say to you, as long as you did it not to one of these least, neither did you do it to Me."

— *Matthew 25:31-36, 40-43, 45.*

THE NECESSITY OF PENANCE

"If any man will come after Me, let him deny himself, and take up his cross daily, and follow Me.

"For whosoever will save his life, shall lose it; for he that shall lose his life for My sake, shall save it.

"For what is a man advantaged, if he gain the whole world, and lose himself, and cast away himself?

"For he that shall be ashamed of Me and of My words, of him the Son of Man shall be ashamed, when He shall come in His majesty, and that of His Father, and of the holy angels."

— *Luke 9:23-26.*

THE MERCY OF GOD

"Come to Me, all you that labor, and are burdened, and I will refresh you.

"Take up My yoke upon you, and learn of Me, because I am meek, and humble of heart: and you shall find rest to your souls.

"For My yoke is sweet and My burden light."

— *Matthew 11:28-30.*

GOD'S CARE FOR US

"Blessed is he who hath the God of Jacob for his Helper, whose hope is in the Lord his God: Who made heaven and earth, the sea and all things that are in them.

"Who keepeth truth forever: Who executeth judgment for them that suffer wrong: Who giveth food to the hungry.

"The Lord looseth them that are fettered: the Lord enlighteneth the blind.

"The Lord lifteth up them that are cast down: the Lord loveth the just.

"The Lord keepeth the strangers, he will support the fatherless and the widow; and the ways of sinners He will destroy."

— *Psalm 145:5-9.*

OUR RESPONSIBILITY TO GOD

"For none of us liveth to himself; and no man dieth to himself.

"For whether we live, we live unto the Lord; or whether we die, we die

unto the Lord. Therefore, whether we live, or whether we die, we are the Lord's."

— *Romans 14:7-8.*

PEACE IN CHRIST'S REIGN

"For a Child is born to us, and a Son is given to us, and the government is upon His shoulder: and His name shall be called Wonderful, Counselor, God the Mighty, the Father of the world to come, the Prince of Peace.

"His empire shall be multiplied, and there shall be no end of peace: He shall sit upon the throne of David, and upon his kingdom; to establish it and strengthen it with judgment and with justice, from henceforth and forever: the zeal of the Lord of hosts will perform this."

— *Isaias 9:6-7.*

THOUGHTS FROM
THE FOLLOWING OF CHRIST

"It is vanity to desire a long life, while you care so little for a virtuous life."

* * *

"Every man naturally desires knowledge; but what does knowledge avail without the fear of God?"

* * *

"When the day of judgment comes, we shall not be asked what we have read, but what we have done; not how well we have spoken, but how well we have lived."

* * *

"If you cannot make yourself as you would like to be, how can you expect to have others according to your liking?"

"We want others to be perfect; and yet we do not correct our own defects."

* * *

"You ought so to regulate yourself in all your actions and thoughts, as if today you were to die."

“What does it avail to live long, if we amend so little?”

* * *

“Christ was willing to suffer and to be despised; and do you dare complain when treated likewise?”

“Christ had enemies and slanderers; and do you wish to have all men as friends and benefactors?”

“Whence will your patience be crowned, if you meet with no adversity?”

* * *

“You are not holier because you are praised, nor are you worse because you are blamed.”

* * *

“For man looks into your face, but God looks into your heart. Man sees your works, but God sees your intentions.”

* * *

“If you regard the dignity of the Giver, no gift will seem to you small or cheap; for that cannot be small which is given by the highest Giver.”

“Jesus has now many lovers of His heavenly kingdom; but few bearers of His cross.

“He finds many companions at His table; but few at His fasts.

“Many follow Jesus to the breaking of bread; but few to the drinking of the chalice of His Passion.”

* * *

“Had there been anything better and more profitable for the salvation of mankind than suffering, Christ would surely have shown it by word and example.

“For He clearly exhorts the disciples who followed Him, and all those who wish to follow Him, to carry the cross, and says: ‘If any man will come after Me, let him deny himself, and take up his cross daily, and follow Me.’

“So then, when all has been carefully read and minutely examined, let the final conclusion be: ‘Through many tribulations we must enter into the kingdom of God.’ ”

