

DAILY PRAYERS



*QUALITY BY VARIETY
IN YOUR PRAYER LIFE*

*For more devotion in your
ROSARY, turn to Page 39*

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Capam

DAILY PRAYERS, a prayer booklet,
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PURPOSE OF PRAYER

The purpose of all prayer is to raise the heart and the soul to God —and to keep them there. Mere words are not enough. "Rattling off" your prayers is worthless. Our Lord complained: "This people honors me with their lips, but their heart is far from me."

NEED OF PRAYER

The hands raised heavenward overcome more enemies than those who strike. —Bossuet.

Those who pray do more for the world than those who combat; and if the world is growing worse it is because there is more fighting done than praying. —Donaso Cortes.

THE WORLD NEEDS PRAYER MORE THAN GUNS!

PRAYER is the hand that moves the Hand that moves the world!

MODEL FOR PRAYER

Our Lord prayed perfectly, ceaselessly. His soul was always united with His Heavenly Father. He tells us: "Pray always." Like the Apostles, let us often go to Him, BEGGING: "Lord, teach us to pray!"

PRAYER BEFORE PRAYER

Open, O Lord, our mouths to bless Thy Holy Name. Cleanse our hearts from all vain, bad, and distracting thoughts; enlighten our understanding, inflame our will, that we may worthily, attentively, and devoutly recite these prayers and deserve to be heard in the presence of Thy divine majesty: through Christ Our Lord. Amen.

—*Breviary.*

PRAYER FOR UNION WITH CHRIST IN PRAYER

O Lord, I offer these prayers to Thee in union with that divine intention with which Thou Thyself, whilst on earth, didst render praise to God. —*Ibid.*

PRAYER FOR SELF

O My God—
Teach me to be generous,
To serve You as You deserve to be
served,
To give without counting the cost,
To fight without fear of being
wounded,

To work without seeking rest, and
To spend myself without expecting
any reward but the knowledge
that I am doing Your Holy Will.

MORNING OFFERING

(Say it every morning; never leave it out. This is your most important prayer.)

O Jesus, through the Immaculate Heart of Mary, I offer Thee all my prayers, works, and sufferings — all my thoughts, words, and actions — of this day, for all the intentions of Thy Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our Associates, and in particular for the intention of our Holy Father for this month (*specify intention*).

(The Holy Father's intention for each month is listed in CATHOLIC QUOTE, St. Benedict's Abbey, Atchison, Kansas, and in many other Catholic magazines and newspapers.)

A MORNING PRAYER

O Lord God Almighty, Who hast safely brought us to the beginning of this day, let Thy powerful grace so conduct us through it that we may not fall into any sin, but that all our words, thoughts, and works may be guided by the rules of Thy heavenly justice and tend to the observance of Thy Holy Law. Through our Lord Jesus Christ, Thy Son, Who liveth and reigneth with Thee in the unity of the Holy Ghost, God, for ever and ever. Amen.

SHORT MORNING PRAYER TO CHRIST

Great and Glorious God, my Lord Jesus Christ!

I implore Thee to enlighten me and to disperse the darkness of my soul.

Give me true faith, firm hope, and perfect charity.

Grant me, O Lord, to know Thee so well that in all things I may act by Thy light and in accordance with Thy Holy Will. Amen.

PRAYER FOR TODAY

O My God, this day in my prayers, I would remember:

My mother and father,

My brothers, sisters, relatives,

Friends and benefactors.

Those who love me and those who hate me.

The dying and those to die today.

The poor souls in purgatory:

The Holy Father and his intentions.

Mother Church and all her children,

All bishops, priests, brothers, and sisters.

My country, its president and all its officials,

The greatest and least of its citizens,

Those who died in military service for it,

Those who lost loved ones in the struggle.

The world and all its peoples.

All nations and all races,

The sick, the poor, the rich,

The neglected, the persecuted, the enslaved,

The tempted, the doubting, the despairing,

Those in danger and distress.

Men of good will that they may

come to the fullness of the Faith.
Men of evil ways that they may be
converted.

The triumph of God's Infinite Mer-
cy in my life and in all lives:
Through the merits of the Most
Precious Blood of Jesus, and the
intercession of His Most Holy
Mother. Amen.

SPIRITUAL COMMUNION

*(Give your SOUL meals daily;
keep it strong and growing as you
do your body.)*

O Jesus, I believe that Thou art
truly present in the Most Holy Sac-
rament of the Altar. I love Thee
above all things, and I desire to
possess Thee within my soul. Since
I cannot now receive Thee Sacra-
mentally, come at least spiritually
into my heart. I embrace Thee as
already being there, and unite my-
self wholly to Thee. Never permit
me to be separated from Thee.
Amen.

CONSECRATION TO MARY

*(The Mother of Jesus will help
you to love her Divine Son. Ask her
for her assistance.)*

O Mary, My Queen, My Mother,
I give myself entirely to Thee,
and to show my devotion to Thee,
I consecrate to Thee this day
my eyes, my ears, my mouth, my
heart, my whole being without re-
serve.

Therefore, Good Mother, as I am
Thine own, keep me, guard me as
Thy property and possession.

FATIMA PRAYER

*(A prayer sent from Heaven to
our "modern" unbelieving world. It
is simple to learn. Say it often:
YOUR REPARATION is needed.)*

O My God, I believe, I adore,
I hope, I love Thee:
And I ask forgiveness for all those
who do not believe, do not adore,
do not hope, and do not love.

SHORT CONSECRATION

I am all Thine, O Jesus, and all
that I have belongs to Thee,
through Mary, Thy Most Holy
Mother.

ANGELUS

- V. The Angel of the Lord declared
unto Mary,
R. And she conceived of the Holy
Ghost. Hail Mary, etc.
V. Behold, the Handmaid of the
Lord!
R. Be it done unto me according to
Thy Word. Hail Mary, etc.
V. The Word was made Flesh (gen-
u-flect),
R. And dwelt among us.
Hail Mary, etc.
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. Amen.

REGINA COELI (*Instead of Angelus during Eastertide*)

- V. O Queen of Heaven, rejoice! Alleluia.

R. For He whom thou didst merit
to bear, Alleluia,

V. Has arisen, as He said, Alleluia.

R. Pray for us to God, Alleluia.

V. Rejoice and be glad, O Virgin
Mary, Alleluia.

R. For the Lord hath risen indeed,
Alleluia.

LET US PRAY: O God, Who,
through the Resurrection of Thy
Son, our Lord Jesus Christ, didst
vouchsafe to fill the world with joy;
grant, we beseech Thee, that,
through His Virgin Mother, Mary,
we may lay hold on the joys of ev-
erlasting life. Through the same
Christ our Lord. Amen.

MEMORARE

Remember, O most gracious Vir-
gin Mary, that never was it known
that anyone who fled to thy protec-
tion, implored thy help, or sought
thy intercession, was left unaided.
Inspired with this confidence, I fly
unto thee, O Virgin of virgins, my
mother; to thee I come; before thee
I stand, sinful and sorrowful. O
Mother of the Word Incarnate, de-
spise not my petitions, but in thy
mercy, hear and answer me. Amen.

CONSECRATION TO ST. JOSEPH

O Blessed Saint Joseph! I consecrate myself to thy honor, and give myself to thee, that thou mayest always be my father, my protector, and my guide in the way of salvation. Obtain for me a great purity of heart and a fervent love of the interior life. After thy example may I do all my actions for the greater glory of God, in union with the Divine Heart of Jesus and the immaculate heart of Mary! And do thou, O blessed Joseph, pray for me, that I may experience the peace and joy of thy holy death. Amen.

GUARDIAN ANGEL PRAYER

(Be sure to say this prayer which you learned as a little child at least every morning and night. Too many people shamefully forget their Heavenly Companion.)

Angel of God, my Guardian dear,
To whom His love commits me
here;
Ever this day (night) be at my side
To light and guard, to rule and
guide. Amen.

PATRON SAINT

(Do you ever think of your patron saint? Remember: He (she) is your protector and model. Walk with your Heavenly Representative!)

Holy Patron, St., pray for me, and teach me e'er to follow thee.

ANOTHER PATRON SAINT PRAYER

O Great Saint, whose name I bear, protect me, pray for me, that, like thee, I may serve God faithfully on earth, and glorify Him eternally with thee in heaven. Amen.

PRAYER TO ALL THE SAINTS

O Holy Mary and all the Saints, intercede for us to God, that we may deserve to be heard and saved by Him, Who livest and reignest forever and ever. Amen.

—*Breviary.*

PRAYER FOR THE DYING

(Prepare for your own death by praying daily for the dying.)

Most Merciful Jesus, lover of souls, I pray Thee by the agony of Thy Most Sacred Heart, and by the sorrows of Thy Immaculate Mother, to wash in Thy Most Precious Blood, the sinners of the world who are now in their agony and who are to die this day (night).

Heart of Jesus, once in agony, have mercy on the dying.

O St. Joseph, Foster Father of Jesus, true Spouse of the Blessed Virgin Mary, Patron of a happy death, pray for us and for the dying of today (tonight). Amen.

PRAYER TO OUR LADY FOR A HAPPY DEATH

O Mary! I beseech thee by the sorrows thou didst experience in beholding thy Divine Son dying on the cross, procure for me a good death; obtain for me that, having loved Jesus and thee, my most tender Mother, here on earth, I may love you both and bless you eternally in heaven. Amen.

POOR SOULS

*(Do you pray for them regularly?
Let us hearken to their cry, "Have*

pity on me, at least you, my FRIENDS!" and help them.) Pray often:

Eternal rest grant unto all the faithful departed, O Lord,
And let perpetual light shine upon them!
May they rest in peace! Amen.

PRAYER FOR A GOOD HEART

Give me, O Lord, an ever watchful heart, which no subtle speculation may lure from Thee.

Give me a noble heart, which no unworthy affection can draw downward to the earth.

Give me an upright heart, which no insincere intention can warp.

Give me a firm heart, which no tribulation can crush or quell.

Give me a free heart, which no perverted or impetuous affection can claim for its own. Amen.

—(*St. Thomas Aquinas.*)

SHORT PRAYER FOR SANCTIFYING GRACE

O My God, grant me a spark
of Thy Interior Life!

DEDICATION TO GOD

(All things are yours, and you are Christ's. —*St. Paul.*)

Every beat of my heart shall mean:
I love Thee.

Every breath: I thank Thee.

Every pulse of my hand: I trust in
Thee.

Every movement: I long for Thee.

Every look of my eye: I seek Thee.

Every step I take: Lead me to Thee.

Every sound of my tongue: I praise
Thee.

Every snowflake shall mean:

Give me a pure heart.

Every drop of rain: Wash me of
all sin.

Every breeze: Give me Thy holy
spirit.

Every ray of the sun: Kindle in me
the fire of Thy love.

Every star: Give me the light of Thy
grace.

Every flower: Give me the sweet
perfume of true virtue.

Every leaf of a tree: Keep me from
falling.

Every blade of grass: Make me
humble and good.

Every grain of wheat: Make my
life fruitful. —*Author Unknown.*

EVENING PRAYERS

(Recommended for family prayer.)

O my God, I present myself before Thee at the end of another day, to offer Thee anew the homage of my heart. I humbly adore Thee, my Creator, my Redeemer, and my Judge! I believe in Thee, because Thou art faithful to Thy promises; I love Thee with my whole heart, because Thou art infinitely worthy of being loved; and for Thy sake I love my neighbor as myself.

Enable me, O my God, to return Thee thanks as I ought for all Thine inestimable blessings and favors. Thou hast thought of me, and loved me from all eternity; Thou hast formed me out of nothing; Thou hast delivered up Thy Beloved Son to the ignominious death of the Cross for my redemption; Thou hast made me a member of Thy holy Church; Thou hast preserved me from falling into the abyss of eternal misery, when my sins had provoked Thee to punish me; and Thou hast graciously continued to spare me, even though I have not ceased to offend Thee. What return, O my God, can I

make for Thine innumerable blessings, and particularly for the favors of this day? O all ye Angels and Saints, unite with me in praising the God of mercies, who is so bountiful to so unworthy a creature.

*Prayer Before Examination
of Conscience*

O my God, sovereign Judge of men, who desirest not the death of a sinner, but that he should be converted and saved, enlighten my mind, that I may know the sins I have this day committed in thought, word, or deed, and give me the grace of true contrition.

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 I have offended 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.

O God, hear my prayers on behalf of our Holy Father, Pope N.,

our Bishop N., our clergy, and for all that are in authority over us. Bless, I beseech Thee, the whole Catholic Church, and convert all heretics and unbelievers. Pour down Thy blessings, O Lord, upon all my friends, relations, and acquaintances, and upon my enemies, if I have any. Help the poor and sick, and those who are in their last agony. O God of mercy and goodness, have compassion on the souls of the faithful in purgatory; put an end to their sufferings, and grant them eternal light, rest, and happiness. Amen.

O Almighty and Eternal God, who savest all, and willest not that any should perish, look, we beseech Thee, upon the souls that are led astray by the deceits of the devil; that, rejecting all errors, the hearts of those who err may be converted, and return to the unity of Thy truth. Through Christ our Lord. Amen.

Bless, O Lord, the repose I am about to take, that, my bodily strength being renewed, I may be the better enabled to serve Thee. Amen.

O Blessed Virgin Mary, Mother

of Mercy, pray for me, that I may be preserved this night from all evil, whether of body or soul. Blessed St. Joseph, and all ye Angels and Saints, especially my guardian angel and my chosen patron, watch over me. I commend myself to your protection now and always. Amen.

Holy, holy, holy, Lord God of hosts: the earth is full of Thy glory. Glory be to the Father, glory be to the Son, glory be to the Holy Ghost. Amen.

(The preceding "Evening Prayers" are reproduced with special permission from the MANUAL OF PRAYERS, published by P. J. Kennedy & Sons, the official prayerbook of the United States, prepared and enjoined by order of the Third Plenary Council of Baltimore. 832 pages.)

PRAYER FOR PROTECTION OF HOME

Visit, we beseech Thee, O Lord, this house and family. Drive from it all the snares of the enemy. Let Thy holy angels dwell therein who may keep us in peace. And let Thy blessing be always upon us. Amen.

A YOUTH'S PRAYER

Give me clean hands, clean words,
clean thoughts.

Help me to stand for the hard right
against the easy wrong.

Save me from the habits that harm.

Teach me to work as hard and play
as fair in Your sight alone as if
all the world saw.

Forgive me when I am unkind and
help me to forgive those who are
unkind to me.

Keep me ready to help others at
some cost to myself.

Send me chances to do a little good
every day,

And so grow more like Christ.

PRAYER TO THE SACRED HEART

Most Sacred Heart of Jesus,
shower Thy blessings copiously on
Thy holy Church, on the Supreme
Pontiff, and on all the clergy; grant
perseverance to the just, convert sin-
ners, enlighten infidels, bless our
parents, friends, and benefactors,
assist the dying, liberate the souls
in purgatory, and extend over all
hearts the sweet empire of Thy love.

PRAYER FOR CHRISTLIKENESS

O My Jesus, teach me
To know Thee more clearly,
To love Thee more dearly,
To imitate Thee more nearly.

ASPIRATIONS

*(Sprinkle them over your day:
"You are the salt of the earth," says
Jesus. In order not to forget them,
tie your aspirations in with some-
thing common to your every-day
life, like the ringing of a bell, the
striking of a clock, becoming an-
gry, etc.)*

All for the honor and glory of God!

Blessed be God!

Blessed be His Holy Name!

Jesus! Mary! Joseph!

My God, Thy will be done!

My Jesus, mercy!

O Jesus, grant me patience!

O Jesus, convert sinners, save the
dying, free the souls in purga-
tory!

Sacred Heart of Jesus, I implore,
that I may love Thee ever more
and more!

Jesus, meek and humble of heart,

make my heart like unto Thine!
Blessed be the Immaculate Heart of
Mary!

MAIDEN'S HYMN OF PRAISE

Praise the Lord, my nylon hose;
Praise the Lord, my Sunday clothes.
Praise the Lord, cute mutton sleeves;
Praise the Lord, glad week-end eves.
Praise the Lord, O contract played;
Praise the Lord, the proms I've made.
Praise the Lord, my shining skates;
Praise the Lord, O phoning dates.
Praise the Lord, O Monday blues;
Praise the Lord, my brand new shoes.
Praise the Lord, my green plaid skirt;
Praise the Lord, my rides with Bert.
Praise the Lord, the words I've said;
Praise the Lord, my lipstick red.
Praise the Lord, my part in plays;
Praise the Lord, my last week's raise.
Praise the Lord, the Cokes I've downed;
Praise the Lord, I've lost a pound!
Praise the Lord, my apple pies;
Praise the Lord, my laughs and cries.
Accept, dear Lord, these little human
things;

Bless them each and grant to me
Grace to use them for Thy glory—
Now and in eternity. Amen.

—Adapted from Brian McShane's
"Lauds for Loretta". CATHOLIC
WOMAN'S WORLD.

THE TREMENDOUS PRAYER

COMMENT: The Mass travels with the sun; as the sun shines continually in some part of the world, so the Precious Body and Blood of Jesus Christ, the Savior, are offered perpetually over the face of the earth. Not a single moment elapses but what the Precious Blood is pouring for sinners ... for God's appeasement ...

- 1 a.m., Iceland
- 2 a.m., Azores
- 3 a.m., Brazil
- 4 a.m., East Canada
- 5 a.m., New York
- 6 a.m., Central U.S.
- 7 a.m., Rocky Mountains
- 8 a.m., California
- 9 a.m., West Canada
- 10 a.m., Alaska
- 11 a.m., Hawaii
- 12 a.m., Samoa

(Schedule of time and countries, as well as HOURLY PRAYER, taken from Father Stedman's MY LENTEN MISSAL.)

HOLY MASS – *Live With It!*

HOURLY PRAYER: Eternal Father, through the Immaculate Heart of Mary, I wish to unite myself with Jesus now offering His Precious Blood in (name of country) in the Holy Sacrifice of the Mass for the conversion of sinners, the relief of the Souls in Purgatory, and for the special grace I here implore. Amen.

- 1 p.m., New Zealand
- 2 p.m., East Indies
- 3 p.m., Japan
- 4 p.m., Australia
- 5 p.m., China
- 6 p.m., Siam
- 7 p.m., India
- 8 p.m., Persia
- 9 p.m., Jerusalem
- 10 p.m., Africa
- 11 p.m., Rome
- 12 p.m., Ireland

PRAYER FOR UNION WITH ALL MASSES

O Jesus, grant that I may be united with Thee in all the Masses which are being said everywhere in

the world at the present time. Let me be united with all the Masses which will be offered during this day (night), during my whole lifetime, during the existence of the world to the end of time—for Thy honor and glory, in reparation for sin, and for the conversion of sinners. Amen.

ASSIST AT MASS OFTEN (DAILY):

1. To give glory to the Heavenly Father.
2. To thank Him for all His blessings.
3. To make reparation for all our sins.
4. To obtain all the blessings we desire.
5. To release souls from purgatory, and to shorten our own time there.
6. To preserve us from all dangers to soul and body.
7. To be consoled at the hour of death for at that time its memory will be our greatest consolation.
8. To intercede for us at the judgment seat of God.

9. To better understand the sublimity of the passion of Christ, and to increase our love for Him.

—*St. Joseph's Daily Missal.*

PRAYER FOR PRIESTS

(*By Cardinal Cushing*)

O Almighty, Eternal God, look upon the face of Thy Son, and for love of Him Who is the Eternal High-priest, have pity on Thy priests. Remember, O most compassionate God, that they are but weak and frail human beings. Stir up in them the grace of their vocation which is in them by the imposition of the Bishop's hands. Keep them close to Thee, lest the enemy prevail against them so that they may never do anything in the slightest degree unworthy of their sublime vocation.

O Jesus, I pray Thee for Thy faithful and fervent priests; for Thy unfaithful and tepid priests; for Thy priests laboring at home or abroad in distant mission fields; for Thy tempted priests; for Thy lonely and desolate priests; for Thy young priests; for Thy dying priests; for the souls of Thy priests in Purgatory.

But above all, I commend to Thee the priests dearest to me; the priest who baptized me; the priests who absolved me from my sins; the priests at whose Masses I assisted and who gave me Thy Body and Blood in Holy Communion; the priests who taught and instructed me or helped and encouraged me; all the priests to whom I am indebted in any other way. O Jesus, keep them all, close to Thy heart, and bless them abundantly in time and in eternity. Amen.

ANOTHER PRAYER FOR PRIESTS

Divine Savior, Thou Friend of priests, send daily to all priests the seven gifts of the Holy Spirit, that they may become all things to all men, in life and in death. Give them patience with the little ones, compassion for the sick, humility with the poor, courage before the enemies of the Church. Make them tireless in teaching, patient and kind in the confessional, generous in the administration of Holy Communion. Let them appear terrible to hell and the powers of evil, let them be mes-

sengers of peace to all men of good will.

Wherever they go, may Thy blessing go with them, wherever they abide, may Thy peace enter in. Whomsoever they bless, may he also be blessed by Thee. Make them apostles, make them saints.

Eucharistic Heart of Jesus, model of the priestly heart, have mercy on us!

PRAYER IN HONOR OF THE PASSION

I beseech Thee, My Lord Jesus Christ, grant that Thy Passion may be to me a power by which I may be strengthened, protected, and defended.

May Thy wounds be to me food and drink, by which I may be nourished, filled, and overjoyed.

May the sprinkling of Thy Blood be to me a washing away of all my sins.

May Thy death prove to me life everlasting, Thy cross be to me an eternal glory.

In these be my refreshment, my joy, my preservation, and sweetness of heart. Who livest and reignest world without end. Amen.

CHRISTOPHER PRAYER FOR GOVERNMENT

Inspire us, O God, with such a deep love of our country that we will be actively concerned in its welfare as well as in that of all our fellow countrymen for time and for eternity.

Teach us to show by word and deed the same zealous interest in protecting and furthering the Christian principles upon which our nation is founded that others display in belittling or eliminating them.

Guide and strengthen the President, his Cabinet, the members of Congress, the delegates to the United Nations, the Governor of our State, the officials of our community, and all others, in high positions or low, who are entrusted with the task of protecting for all citizens those rights which come from You and You alone.

Teach us likewise to be worthy instruments in extending to all men of all nations, Your children and our brothers, the same peace, freedom, and security with which You have so abundantly blessed our land. Through Christ our Lord. Amen.

PATRIOTISM PRAYER

Our Father, Who art in heaven:

Give us, we pray Thee, the courage to stamp out the threat of paganism and slavery that hangs over the world today.

Be merciful to all who have died in the service of their country.

Console those who have lost their loved ones in the struggle.

Soothe the wounded from battle.

Sustain the courage of those who suffer persecution for conscience's sake.

Have pity on all who have been insulted, robbed, tortured, defiled, enslaved, and persecuted by their conquerors.

Grant wisdom to our leaders, civil and military, that they may most effectively direct our efforts at home and abroad.

Teach us all to walk humbly before Thee, O God, so that we may be worthy to conquer, and, having conquered, may build a peace with justice based on the Brotherhood of man under the Fatherhood of God. Amen.

PRAYER TO OUR LADY OF PEACE

Holy Virgin,

Turn a look of kindness upon those
who are in suffering,

who are in the midst of difficulties
and who cease not to struggle
against the misfortunes of this life.

Have pity on those who love and
are separated.

Have pity on the loneliness of the
heart.

Have pity on the feebleness of our
faith.

Have pity on the objects of our ten-
derness.

Have pity on those who weep,
on those who pray,
on those who fear.

Give us the hope of peace in this
troubled world of ours. Amen.

PRAYER FOR THE MISSIONS AND FOR VOCATIONS

O Lord Jesus Christ, Who for the
salvation of all men didst found
Thy Church in the Blood of Sacri-
fice, we beseech Thee, look with
mercy on this land of ours and on
the whole world where Thy truth is
unknown to many for whom Thou

didst endure Thy bitter Passion and Death. We commend to Thy Sacred Heart the work of carrying Thy Gospel to the neglected regions of America and of the world. Raise up holy and zealous apostles to bring Thy words of salvation to souls now thirsting for the truth. Have mercy on them, O Lord, and send shepherds to lead them into Thy one true fold. Amen.

PRAYER FOR A SICK PERSON

Most merciful Jesus, Who art the consolation and salvation of all who put their trust in Thee, we humbly beseech Thee, by Thy most bitter passion, grant the recovery of his (her) health to Thy servant, N., provided this be for his (her) soul's welfare, that with us he (she) may praise and magnify Thy holy name. But if it be Thy holy will to call him (her) out of this world, strengthen him (her) in his (her) last hour, grant him (her) a peaceful death and life everlasting. Amen.

DEAR SAINTS, TEACH ME . . .

St. Ann, teach me to love thy daughter, Mary.

St. Mary, teach me to become more and more worthy of the promises of Christ.

St. Joseph, teach me the virtue of silence.

St. Daniel, teach me wisdom.

St. Michael, teach me to conquer the devil.

St. John the Baptist, teach me mortification.

St. John the Beloved, teach me pure love of Jesus.

St. Peter, teach me fidelity.

St. Paul, teach me zeal for the salvation of souls.

St. Thomas, teach me to overcome doubt.

St. Stephen, teach me the spirit of martyrdom.

St. Simon of Cyrene, teach me love of the Cross.

St. Veronica, teach me concern for the afflicted.

St. Mary Magdalene, teach me repentance.

St. Dismas, teach me how to 'steal' Paradise.

St. Agnes, teach me purity.

- St. Maria Goretti, teach me resistance to temptation.
- St. Jerome, teach me love of the Holy Scriptures.
- St. Monica, teach me steadfastness in prayer.
- St. Augustine, teach me respect for a mother's prayers.
- St. Francis Borgia, teach me to despise earthly vanities.
- St. Francis de Sales, teach me always to smile.
- St. Francis of Assisi, teach me humility.
- St. Francis Xavier, teach me zeal for the missions.
- St. Philip Neri, teach me cheerfulness.
- St. Thomas More, teach me to 'keep my head'.
- St. Anthony, teach me to 'find' sanctity.
- St. Paschal, teach me love of the Blessed Sacrament.
- St. Wenceslaus, teach me love of the Holy Mass.
- St. John Vianney, teach me respect for the holy priesthood.
- St. Thomas Aquinas, teach me love of divine contemplation.
- St. Albert the Great, teach me love of heavenly wisdom.

St. Vincent de Paul, teach me love of the poor.

St. Elizabeth, teach me to break bread for the downtrodden.

St. Camillus, teach me to visit the sick.

St. John Bosco, teach me love of youth.

St. Margaret Mary, teach me love of the Sacred Heart.

St. Therese, teach me the value of 'little things' and how to do all for the honor and glory of God.
Amen.

PRAYER TO ST. RAPHAEL, ARCHANGEL

Glorious Archangel, Saint Raphael, great prince of the heavenly court, illustrious by thy gifts of wisdom and grace, guide of travelers by land and sea and air, consoler of the unfortunate and refuge of sinners, I entreat thee to help me in all my needs and in the trials of this life, as thou didst once assist the young Tobias in his journeying. And since thou art the "physician of God", I humbly pray thee to heal my soul of its many infirmities and my body of the ills that af-

flict it, if this favor is for my greater good. I ask, especially, for angelic purity that I may be made fit to be the living temple of the Holy Spirit. Amen.

CULTIVATE THE PRESENCE OF GOD

(If you walk in the presence of God, you will soon be a saint.)

St. Thomas Aquinas says: If at all times we were mindful of the presence of God, we would displease Him very seldom.

St. Jerome: The thought of the presence of God closes the door to sin.

Abbot Diocles: He who does not think of the presence of God will become either a brute or a devil.

St. Teresa: All our faults arise from not thinking of God as present to us, but imagining Him far away.

St. Teresa: He is a true lover who thinks ever of the beloved.

St. John of the Cross: Let God be the Bridegroom and the Beloved of your soul; remain always in His presence and so you shall avoid sin; learn to love Him and all things will prosper with you.

Micheas: I will show thee, O man, what is good, and what the Lord requireth of thee ... to walk carefully with thy God. (Old Testament.)

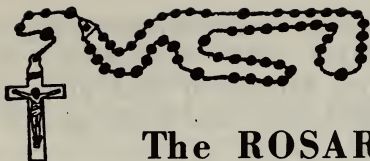
God: Walk before me and be perfect.

PRAYER FOR FORGIVENESS OF CARELESSNESS

O my God and my All, in Thy goodness and mercy, grant that before I die I may regain all the Graces which I have lost through my carelessness and folly. Permit me to attain that degree of merit and perfection to which Thou didst desire to lead me, and which I failed by my unfaithfulness to reach. Mercifully grant also that others regain the Graces which they have lost through my fault.

PRAYER TO THE GENTLE CHRIST

Eyes of Jesus, look on me.
Lips of Jesus, smile on me.
Ears of Jesus, hear me.
Arms of Jesus, enfold me.
Hands of Jesus, bless me.
Feet of Jesus, guide me.
Voice of Jesus, speak to me.
Heart of Jesus, love me.
Spirit of Jesus, abide in me.
Now and forever. Amen.



The ROSARY

(READ AND FOLLOW CAREFULLY. ENRICH YOUR ROSARY.)

In imitation of the manner of reciting the Rosary in many foreign countries during past centuries, the Rosary may be said by inserting the mystery into each Hail Mary, after the word "Jesus". Let us take an example: the first glorious mystery. The Hail Mary is said, and after the Name of "Jesus" the mystery is added, thus: "... fruit of thy womb, Jesus — WHO AROSE FROM THE DEAD. Holy Mary, Mother of God, pray, etc." The mystery is said in *each* Hail Mary, or ten times during each decade.

The three introductory Hail Marys, in which we petition for the three gifts of Faith, Hope, and Charity, are said in the same way. Example: "Hail Mary, full of grace, the Lord is with thee, blessed art thou among women, and blessed is

the fruit of thy womb, Jesus, IN WHOM WE BELIEVE. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.”

Though this way of praying the Rosary requires a little more time, it has two distinct advantages. One is that distractions are reduced and attention is better focused because of the repeated recitation of the particular mystery (ten times instead of only once during each decade). The second is that the Rosary takes on more of a direct conversation with our Lady — which it is supposed to be. You actually talk to the Mother of Jesus about the main mysteries by which her Son redeemed you.

Furthermore, vocal and mental prayer are nicely fused, as are the two elements of the Rosary, the Hail Mary and the mystery. Here is the Rosary at its best!

The traditional formulation of the mysteries in English is as follows. (Each of the following phrases is inserted after each “Jesus” in every Hail Mary of the respective decade.)

The three introductory Hail Marys:

- 1) In Whom we believe.
- 2) In Whom we hope.
- 3) Whom we love above all things.

The Joyful Mysteries:

- 1) Whom thou didst conceive of the Holy Ghost.
- 2) Whom thou didst carry to Elizabeth.
- 3) Who was born of thee in Bethlehem.
- 4) Whom thou didst present in the temple.
- 5) Whom thou didst find in the temple.

The Sorrowful Mysteries:

- 1) Who sweat blood for us.
- 2) Who was scourged for us.
- 3) Who was crowned with thorns for us.
- 4) Who carried the heavy cross for us.
- 5) Who was crucified for us.

The Glorious Mysteries:

- 1) Who arose from the dead.
- 2) Who ascended into heaven.
- 3) Who sent us the Holy Ghost.
- 4) Who took thee up into heaven.
- 5) Who crowned thee in heaven.

INSTRUCTIONS

ARE YOU SPIRITUALLY TONGUE-TIED?

You should know a variety of prayers. At least many of those printed in this booklet, besides, of course, the common prayers such as the Our Father, Hail Mary, Apostles' Creed, Hail Holy Queen, Acts of Faith, Hope, Love, Sorrow, etc.

Pray with zest. Try to enlarge and expand your prayer life. Prayer should be something romantic: a love affair between you and your God!

Make your prayer fit the occasion. Your morning prayers, for instance, should consist of the Morning Offering, Spiritual Communion, Consecration to Mary, Angelus, Acts of Faith, Hope, and Love, prayer to your Guardian Angel, prayer to your Patron Saint, Prayer for Today (Page 7), etc. Don't you see how well they fit for opening the day correctly? The Morning Offering to change the

dusty work of your daily routine (no matter how small or insignificant that work may be) into spiritual gold; the Spiritual Communion to feed your soul (since you cannot actually go to Holy Communion) just as bacon and eggs will feed your weakening human body; the Consecration to Mary to give yourself to your Spiritual Mother; she will be near to protect you from temptation and sin (or don't you need help!) and to keep you near Christ. The Angelus is so beautiful a prayer that it is known even to Protestants. Do you as a Catholic say it when it is supposed to be said—morning, noon, and night?

You say you can't learn all these prayers. All right, learn one, let us say, every month. Read it slowly from this booklet every day. It will stay with you gradually. Then go to the next one next month. You *can* learn the main ones if you really *want* to.

You will admit that you should know more prayers. Do something about it then. It's a downright shame to be so spiritually tongue-tied as so many of us are!

THE COUNTERFEITER, or WORKING ONESELF TO DEATH

Working (or doing anything else) without the blessing of God, as for example, in the state of mortal sin or even without a *good intention*, is doing like that forger of bills who for ten years of his life was bent on amassing a fortune by making counterfeit money. 'This is a sure and short road to wealth,' thought he; 'for as soon as my money begins to pass around, my income will be immense!' So day by day he slaved and long into the night, perfecting his dies and forging money until beads of perspiration would roll down his face; and his arms, from constant and feverish haste, would fall limp at his side.

At last he was through! Heaps of crisp bills lay stacked around about him ready for circulation. But just as the moneymaker was ready to pass them on, the stamp of the country was changed; the outstanding currency was called in and prohibited thenceforth to serve as a medium for exchange. So it happened that over night all his hopes were crushed and all his labor was *in vain*.

The greatest dupes the devil has are those men who, as the saying goes, work themselves to *death*. Men who exhaust an anxious existence in studies and plans and hard work to enrich themselves and their children; who sacrifice even duty, social and religious, only to find out at sad last that they have missed the very end for which they were placed in this world.

It were an infinite tragedy if at the end of life all our toil and labor—or the greater part of it—were stamped as *counterfeit*. "Lord, we have labored all the night (all our life) and have taken *nothing*." God help us!

Our good works in themselves are only of *passing* value, and merit only a temporal reward. It is our *union* with Christ as members of that mystical body of which He is Head which gives them a supernatural, *heavenly, infinite, everlasting* value. By keeping ourselves in the state of grace, by frequently receiving the Sacraments of Penance and Holy Communion, by regular and constant prayer, and by renewing our *good intention* (Morning Offering) often during the day we are laying by treasure for eternity.

POWER OF PRAYER

Prayer is endowed with the omnipotence of God Himself; and, by prayer, we too become endowed with the same divine attribute, in so far as it places omnipotence at our disposal.

Here, then, we have an instrument in our hands which will work wonders for us wherever we will;

a power which nothing can resist;
a master-key to all the treasures
of heaven;

a shield against every danger;

a comfort in every sorrow;

a light in darkness;

a joy that never fails;

a food that never palls on the
taste;

a strength which no hardship can
break;

a life which cannot die.

It is a source of knowledge, such as no earthly science can unfold; a mine of wealth yielding treasures of which death cannot rob us; a royal charter of such privileges and dignities as no mortal monarch ever possessed or can bestow.

—*Paradise of God.*

U-BOMB

However men degrade themselves; however black with sin the world becomes; however desperate the outlook, there is always hope for peace on earth for men of good will.

The specific solution is the U-Bomb of Faith and Hope, not the H-Bomb of death and despair.

And *you* are the U-Bomb. When you pray, you charge yourself with the grace of God. When you act you trigger off the bomb which sets up chain reactions, not of misery and death, but of peace and life. Every man is needed—but no one can do it all.

There are problems so big and so complex that not one but a whole cluster of U-Bombs must be fired together to be effective.

In less picturesque but more practical language, this means that on the parish, diocesan, and national levels, there must be a clustering together of our American Catholic men (and women) for unified action if we are going to make the strength of our Faith felt in bringing about the restoration of all things in Christ. —*From CATHOLIC MEN,*

Nihil Obstat

Louis Hauber, S.T.D., Censor Deputatus

Imprimatur

+ Edward J. Hunkeler, D.D.

Archbishop of Kansas City in Kansas

Kansas City, Kansas, August 9, 1961

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