

# MORNING PRAYERS

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen. Blessed be the holy and undivided Trinity, now and for evermore. Amen.

## AN ACT OF ADORATION

O Great God, the sovereign Lord of heaven and earth, I prostrate myself before Thee. With all the Angels and Saints I adore thee, I acknowledge Thee to be my Creator and sovereign Lord, my first beginning and last end. I render to Thee the homage of my being and life. I submit myself to Thy holy Will, and I devote myself to Thy divine service this day and for ever.

*Then say one Our Father, and one Hail Mary:*

## 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 Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and buried: He descended into Hell, the third day He rose again from the dead, He ascended into heaven, 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 Spirit, the holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

## ACTS OF FAITH, HOPE AND CHARITY

### *Act of Faith*

O my God, I firmly believe in one God in three Divine Persons—the Father, the Son, and the Holy Spirit; I believe in Jesus Christ, the true and only Son of God, who was born of the Virgin Mary, and died on the Cross for our salvation; I also believe all the sacred truths the Catholic Church believes and teaches, because Thou hast revealed them, who canst neither deceive nor be deceived.

### *Act of Hope*

O my God, relying upon Thy goodness and promises, I hope to obtain pardon for my sins, grace to serve Thee in this world, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

### *Act of Charity*

O my God, I love Thee above all things, with my whole heart and soul, because Thou art infinitely worthy of love; I love also my neighbour as myself for the love of Thee: I forgive all who have injured me, and ask pardon of all who I have injured.

*Make a firm resolution to avoid evil and to do good.*

Adorable Jesus Christ! divine Pattern of that perfection to which we should all aspire, I will endeavour this day to follow Thine example: to be mild, humble, chaste, zealous, patient, charitable and resigned. Incline my heart to keep Thy commandments. I am resolved to watch over myself with the greatest diligence, and to live soberly, justly and piously, for the time to come. I will take care of my words, that I may not offend with my tongue. I will turn away my eyes, that they may not see vanity; and I will be particularly attentive not to relapse this day into my accustomed failings, but to struggle against them with Thy gracious assistance. Enlighten my mind, purify my heart, and guide my steps, that I may pass all my life in Thy divine service. Amen.

*Say Three Hail Mary's in honour of the Immaculate Conception.*

#### PRAYER TO THE GUARDIAN ANGEL

Now that the star of light has risen, Let us to God most humbly pray, To save us from all hurtful things In all our actions of the day. To bridle and restrain our tongue, That wordy war may not resound, To cover and protect our sight, From dangerous follies all around. To drive iniquity away, And purify our inmost soul, And by spare use of meat and drink, Our rebel passions to control.

That, when the day has sped away, and He again the night shall bring, We may, through holy abstinence, With purity His glory sing. All glory to the Father be; All praise, eternal Son to Thee; All honour as is ever meet To God the holy Paraclete. Amen.

#### PRAYER FOR CONSECRATION OF THE DAY

O Lord God, King of heaven and earth, may it please Thee this day to order and to hallow, to rule and to govern our hearts and our bodies, our thoughts, our words and our works, according to Thy law and in the doing of Thy commandments, that we, being helped by Thee, O Saviour of the world, who livest and reignest for ever and ever. Amen.

#### MORNING OFFERING

O Jesus Christ through the most pure Heart of Mary, I offer you all 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, and in particular for the intentions of the Holy Father the Pope. Amen.