

## DAILY PRAYERS

### Morning Offering

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, for the salvation of souls, the reparation for sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month.  
Amen.

### Prayer to Your Guardian Angel

Angel of God, my guardian dear,  
to whom God's love commits me here,  
ever this day be at my side,  
to light and guard, to rule and guide.  
Amen.

### Prayer to St. Michael the Archangel

St. 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, thrust into hell Satan and all evil spirits who wander the earth seeking the ruin of souls.  
Amen.

### Grace before Meals

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord.  
Amen.

### Thanksgiving After Meals

We give thee thanks, for all thy benefits, Almighty God, who live and reign for ever.  
[And may the souls of the faithful departed, through the mercy of God, rest in peace.]  
Amen.

### Prayer before Going to Bed

By Saint Alphonsus Liguori

Jesus Christ my God, I adore you and thank you for all the graces you have given me this day. I offer you my sleep and all the moments of this night, and I ask you to keep me from sin. I put myself within your sacred side and under the mantle of Our Lady. Let your holy angels stand about me and keep me in peace. And let your blessing be upon me.  
Amen.

### Jesus Prayer

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.

## Prayer to the Holy Spirit

By St. Augustine

Breathe into me, Holy Spirit, that my thoughts may all be holy. Move in me, Holy Spirit, that my work, too, may be holy. Attract my heart, Holy Spirit, that I may love only what is holy. Strengthen me, Holy Spirit, that I may defend all that is holy. Protect me, Holy Spirit, that I may always be holy.

## A Student's Prayer

By St. Thomas Aquinas

Come, Holy Spirit, divine Creator, true source of light and fountain of wisdom! Pour forth your brilliance upon my dense intellect, dissipate the darkness which covers me, that of sin and of ignorance. Grant me a penetrating mind to understand, a retentive memory, method and ease in learning, the lucidity to comprehend, and abundant grace in expressing myself. Guide the beginning of my work, direct its progress, and bring it to successful completion. This I ask through Jesus Christ, true God and true man, living and reigning with you and the Father, forever and ever.

Amen.

## Prayer of Children for Their Parents

Father, it is your commandment that we should honor our father and mother; hear the prayers we offer you for them. Grant them many years on earth and keep them in health of mind and body. Bless their work and all they do. Give them back a hundred-fold whatever they have done for me. Inspire them with your love and help them to fulfill your holy law. One day, may I be their comfort and support, so that having enjoyed their affection on earth I may have the joy of being with them forever in your home in Heaven. Through Christ our Lord.

Amen.

## Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who have most need of your mercy.

Amen.

## The Ten Commandments

1. I am the Lord your God: you shall have no other gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

## Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, 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 sin no more and to avoid the near occasion of sin.

Amen.

## Eternal Rest

**V.** Eternal rest grant unto them, O Lord.  
**R.** And let perpetual light shine upon them.  
**All.** May the souls of the faithful departed, through the mercy of God, rest in peace.

Amen.