

Morning Offering

O Jesus,
through the most pure Heart of Mary,
I offer Thee all my prayers, works,
suffering and joys of this day for all the intentions
of thy Divine Heart in the Holy Mass. Amen.

Prayer of St. Teresa of Avila

Let nothing disturb thee
Let nothing fright thee,
All things are passing;
Patience gains all,
Whoever serves God wants for nothing,
for God alone is sufficient.

Act of Faith

My God, I believe in you and all your Church teaches, because you have said it, and your word is true.

Act of Hope

My God, I hope in you, for grace and for glory, because of your promises, your mercy and your power.

Act of Contrition

Oh! My God, because you are so good, I am very sorry that I have sinned against you; and by the help of your grace, I will not sin again. Amen.

Act of Charity

My God, because you are so good, I love you with all my heart, and for your sake, I love my neighbour as myself.

Prayer of St. Francis of Assisi

Lord make me a channel of your peace.
Where there is hatred let me sow love;
Where there is injury, pardon;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.
O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood, as to understand; to be loved as to love.
For it is in giving that we receive; in pardoning that we are pardoned; and in dying that we are born to eternal life.

Prayer of St. Ignatius of Loyola

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.

Prayer of St. Richard of Chichester

Thanks to thee, my Lord Jesus Christ,
For all the benefits you have given to me,
For all the pains and insults you have borne for me.
O most merciful Redeemer, Friend, and Brother,
May I know thee more clearly,
follow thee more nearly and love thee more dearly, day by day.

PRAYER TO THE HOLY SPIRIT

Come O Holy Spirit, fill the heart of your faithful, and enkindle in them the fire of your love.

V. Send forth your Spirit and they shall be created.

R/And thou shalt renew the face of the Earth.

Let us pray.

O God, who by the light of the Holy Spirit, has taught the hearts of the faithful, grant that by the gift of the same Spirit, we may be made always truly wise, and ever rejoice in His consolation, through the same Christ our Lord. Amen.

The 'Anima Christi'

(Prayed especially after receiving Holy Communion)

Soul of Christ, be my sanctification;
Body of Christ, be my salvation;
Blood of Christ, fill all my veins;
Water of Christ's side, wash out my stains;
Passion of Christ, my comfort be;
O good Jesu, listen to me;
In Thy wounds I fain would hide;
Ne'er to be parted from Thy side;
Guard me, should the foe assail me;
Call me when my life shall fail me;
Bid me come to Thee above,
With Thy saints to sing Thy love,
World without end. Amen.