

Morning Prayers

1. *The Morning Offering*
2. Morning Prayer to the Blessed Virgin Mary
3. *Prayer for Protection at the Beginning of the Day* (RJMI)
4. *St. Patrick's Breastplate*
5. *RJMI Morning Prayer*
6. Prime for the day (see Divine Office)
7. [If you did not receive Holy Communion, then pray the *Spiritual Communion*. After Holy Communion or spiritual communion, pray the *Corpus Christi*.]

The Morning Offering

O my God, in union with the Immaculate Heart of Mary, I offer thee the precious Body and Blood of Jesus from all the altars throughout the world, joining with this Sacrament the offering of my every thought, word, and action of this day. O my Jesus, I desire today to gain every merit I can and I offer them, together with myself, to Mary Immaculate that she may best apply them to the interests of thy most Sacred Heart. Precious Body and Blood of Jesus, save us! Immaculate Heart of Mary, pray for us! Most Sacred Heart of Jesus, have mercy on us!

Morning Prayer to the Blessed Virgin Mary

The Angelus, beginning the day after the Octave Day of Pentecost until Resurrection Day; or the Regina Coeli, beginning Resurrection Day through the Octave Day of Pentecost. Prayed in the morning, at noon, and at evening.

The Angelus

- V.** The angel of the Lord declared unto Mary.
R. And she conceived by the Holy Spirit. *Hail Mary...*
- V.** Behold the handmaid of the Lord.
R. Be it done unto me according to thy word. *Hail Mary...*
- V.** And the Word was made flesh. (*here genuflect or bow your head*)
R. And dwelt amongst us. *Hail Mary...*
- 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.

The Regina Coeli

- V.** O Queen of heaven, rejoice!
R. Alleluia!
- V.** For he whom thou didst merit to bear.
R. Alleluia!
- V.** Hath risen as he said.
R. Alleluia!

- V.** Pray for us to God.
R. Alleluia!

- V.** Rejoice and be glad, O Virgin Mary.
R. Alleluia!

- V.** For the Lord hath risen indeed.
R. Alleluia!

LET US PRAY: O God, who through the resurrection of thy Son, our Lord Jesus Christ, didst vouchsafe to give joy to the world, grant, we beseech thee, that through the intercession of the Virgin Mary, his mother, we may attain to the joys of everlasting life. Through Christ our Lord. Amen.

Prayers for Protection at the Beginning of the Day

- V.** Angels and saints of God.
R. Pray for us and intercede for us!
- V.** St. Joseph the Carpenter.
R. Pray for us and intercede for us.
- V.** That we may work diligently and cheerfully in the service of our Lord.

May God the Father, God the Son, and God the Holy Spirit, through God the Son, Jesus Christ, grant us protection during this day through the special protection and intercession of [our holy mother] Mary, St. Michael, St. Gabriel, St. Raphael, our Guardian Angels, St. Joseph, good St. Anne, St. John the Baptist, St. Francis of Assisi, St. Anthony of Padua, St. Benedict, St. Patrick, St. Christopher, and all the angels and saints that can be of assistance to us during this day. (RJMI)

St. Patrick's Breastplate

I arise today through a mighty strength, the invocation of the Trinity, through belief in the threeness, through confession of the oneness of the Creator of creation.

I arise today through the strength of Christ's birth with his baptism, through the strength of his crucifixion with his burial, through the strength of his resurrection with his ascension, through the strength of his descent for the Judgment of Doom.

I arise today through the strength of the love of cherubim, in obedience of angels, in the service of archangels, in hope of resurrection to meet with reward, in prayers of patriarchs, in predictions of prophets, in preaching of apostles, in faith of confessors, in innocence of holy virgins, in deeds of righteous men.

I arise today through the strength of heaven, light of sun, radiance of moon, splendor of fire, speed of lightning, swiftness of wind, depth of sea, stability of earth, firmness of rock.

I arise today through God's strength to pilot me, God's might to uphold me, God's wisdom to guide me, God's eye to look before me, God's ear to hear me, God's word to speak for me, God's hand to guard me, God's way to lie before me, God's shield to protect me, God's host to save me from snares of devils, from temptations of vices, from everyone who shall wish me ill, afar and anear, alone and in multitude.

I summon today all these powers between me and those evils, against every cruel merciless power that may oppose my soul and body, against incantations of false prophets, against black

laws of pagandom, against false laws of heretics, against craft of idolatry, against spells of witches and smiths and wizards, against every knowledge that corrupts man's soul and body.

Christ to shield me today against poison, against burning, against drowning, against wounding, so that there may come to me abundance of reward.

Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ when I arise, Christ in the heart of every man who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in every eye that sees me, Christ in every ear that hears me.

I arise today through a mighty strength, the invocation of the Trinity, through belief in the threeness, through confession of the oneness of the Creator of creation.

Salvation is of the Lord. Salvation is of the Lord. Salvation is of Christ. May thy salvation, O Lord, be ever with us. Amen.

RJMI Morning Prayer

I would like to thank thee, Lord God, simply for thyself, for thy great goodness and wonderful kindness; and then for the great goodness and wonderful kindness of thy greatest masterpiece, thy mother [and my mother,] Mary; and then for the great goodness and wonderful kindness of all the angels and saints in heaven.

I would like to thank thee, Lord God, for all the graces and other helps thou hast given me, [first and foremost for the sanctification of my soul] and then for my temporal needs, for every breath and step I take.

And I pray that thou wilt grant me a perfect and pure fear (*bow your head*), love, faith, hope, and trust in thee and enable me to carry my cross this day in complete and total resignation to thy holy will, and to do so joyfully as proof that I am not complaining.

And I pray that thou wilt protect me from all sins and faults during this day. And if I should commit a sin or fault, make me aware of it forthwith so that I may confess it, amend my life, and do penance for it so that I may become perfect and holy as thou art perfect and holy. From my secret sins cleanse me, O Lord, and from those of others spare thy servant. Incline not my heart to evil words to make excuses in sins.

I pray, O Lord, that thou wilt protect me from the devils and damned humans when they attempt to possess, obsess, or tempt me. And when they attempt to do so, may it be the greatest cause of pain and agony to them. Protect me from any curses anyone tries to throw upon me, and may the curses go back upon their own heads sevenfold.

I would like to thank thee, O Lord, for allowing my Guardian Angel to protect me from the attacks of the devils and damned humans and my own concupiscence during my dreams last night so that first and foremost the ungodly dreams fall on dead ground; and I thank thee for protecting me from pollution.¹ And may thou grant me the same protection during this day.

¹ If pollution occurred: O Lord, please let me know if this pollution occurred because of a current sin I am guilty of and hence needs to be confessed; or if it

I now pray the St. Michael prayer and the St. Benedict prayer to persecute, torture, and torment all the devils and damned human beings and living human beings that attacked Catholics and men of good will in the previous day, directly, indirectly, exteriorly, and interiorly. And may these prayers be a great source of pain and agony to them. (*Pray the Exorcism Prayer of St. Michael the Archangel and the Exorcism Prayer of St. Benedict.*)

[Spiritual Communion]

My Jesus, I believe that thou art really present in the most Blessed Sacrament of the Altar. I love thee above everything else, and I long to receive thee into my soul. I cannot now receive thee in Holy Communion, but I beg thee to come to me at least spiritually. I embrace thee as already there and unite myself entirely to thee. Grant that I may never be separated from thee!

[Corpus Christi]

Body of Christ, save me;
Blood of Christ, inebriate me;
Divinity of Christ, sanctify me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me;
Oh my good Jesus, hear me;
Within thy wounds hide me;
Suffer me not to be separated from thee;
From the malignant enemy defend me;
In the hour of death, call me
And bid me come unto thee
So that with thy saints I may praise thee,
Forever and ever. Amen.

Night Prayers

1. Examination of conscience regarding thoughts and actions of the day
2. Compline for the day (see Divine Office)
3. Prayer to the Blessed Virgin Mary (see Morning Prayer to the Blessed Virgin Mary above)
4. *Evening Prayer of Thanksgiving*

Evening Prayer of Thanksgiving

Thank you, Lord God, for this peaceful and prosperous day. Thank you, Blessed Mother, St. Michael, St. Gabriel, St. Raphael, our Guardian Angels, St. John the Baptist, St. Joseph, the good St. Anne, St. Francis of Assisi, St. Anthony of Padua, St. Benedict, St. Patrick, St. Christopher, and all the angels and saints that have been of assistance to us during this day; and may the Lord grant us a peaceful night. (RJMI)

V. May the divine assistance remain with us always.

[R.] And may the souls of the faithful departed, through the mercy of God, rest in peace.] Amen.

occurred to keep me humble and aware of my own weakness, or for penance due to my sins, or to gain grace for others.