



# CATHOLIC PRAYERS FOR CHILDREN

**Knanaya Catholic Region**  
**St. Thomas Syro-Malabar Catholic Diocese of Chicago**

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## The Angelus

The Angel of the Lord declared to Mary: And she conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord is with you; blessed are you among women and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Behold the handmaid of the Lord: Be it done unto me according to your word.

Hail Mary . . .

And the Word was made Flesh: And dwelt among us.

Hail Mary . . .

Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech you, O Lord, your grace into our hearts that we, to whom the incarnation of Christ, your Son, was made known by the message of an angel, may be brought by His Passion and Cross to the glory of His Resurrection, through the same Christ Our Lord. Amen.

## Lord's Prayer

Our Father, who art in heaven, Hallowed be thy Name. Thy kingdom come. Thy will be done, on earth as it is in heaven.

Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

## Hail Mary

Hail Mary, full of grace, the Lord is with you; blessed are you among women and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

## Glory be to the Father

Glory be to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now, and ever shall be, world without end. Amen.

### **O My Jesus**

*(Requested by the Blessed Virgin Mary at Fatima)*

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

### **Prayer to Mary, Queen of Heaven**

Queen of heaven, rejoice. Alleluia.

The Son whom you were privileged to bear, Alleluia,  
Has risen as he said, Alleluia.

Pray to God for us, Alleluia.

Rejoice and be glad, Virgin Mary, Alleluia.

For the Lord has truly risen, Alleluia.

O God, it was by the Resurrection of your Son, our Lord Jesus Christ, that you brought joy to the world. Grant that through the intercession of the Virgin Mary, his Mother, we may attain the joy of eternal life. Through Christ, our Lord. Amen.

### **Hail, Holy Queen**

Hail, holy Queen, Mother of Mercy! Our life, our sweetness, and our hope! To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley, of tears. Turn, then, most gracious advocate, your eyes of mercy toward us; and after this our exile show unto us the blessed fruit of thy womb Jesus;

O clement, O loving, O sweet Virgin Mary.

Pray for us, O holy Mother of God

That we may be made worthy of the promises of Christ.

### **Memorare**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired by this confidence, I fly unto you, O Virgin of virgins, my mother; to you I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. Amen.

### **The Apostle's Creed**

I believe in God, the Father Almighty, Creator of Heaven and earth. I believe 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 was buried. He descended to the dead. On the third day, He rose again. He ascended to Heaven and is seated at the right hand of the Father. He will come

again 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.

### **Guardian Angel Prayer**

Angel of God, My Guardian Dear, to whom God's love commits me here. Ever this day/night, be at my side to light, guard, rule, and guide. Amen.

### **Prayer to your Patron Saint**

Pray to God for me, O Holy Saint {Name}, well-pleasing to God: for I turn to you, who are a speedy helper and intercessor for my soul. Amen.

### **The Divine Mercy Chaplet**

#### **Opening Prayers**

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!

*Begin with the Our Father, the Hail Mary and the Apostle's Creed.*

*Then, on the large bead before each decade:*

Eternal Father, I offer you the Body and Blood, Soul and Divinity, of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

*On the ten small beads of each decade, say:*

For the sake of His sorrowful Passion,  
Have mercy on us and on the whole world.

*Conclude with (Say 3 Times):*

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

*Closing Prayer:*

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to your holy will, which is Love and Mercy itself.

## **THE ROSARY**

### **THE JOYFUL MYSTERIES**

#### **The First Joyful Mystery: The Annunciation**

1. The time for the Incarnation is at hand.
2. Of all women God prepared Mary from her conception to be the Mother of the Incarnate Word.

3. The Angel Gabriel announces: "Hail, full of grace! The Lord is with thee."
4. Mary wonders at this salutation.
5. The Angel assures her: "Fear not . . . you shall conceive in your womb, and give birth to a Son."
6. Mary is troubled for she has made a vow of virginity.
7. The Angel answers that she will conceive by the power of the Holy Spirit, and her Son will be called the Son of God.
8. The Incarnation awaits Mary's consent.
9. Mary answers: "Behold the handmaid of the Lord. Be it done unto me according to your word."
10. The Word was made flesh and dwelt among us.



Spiritual Fruit: Humility

### **The Second Joyful Mystery: The Visitation**

1. Mary's cousin Elizabeth conceived a son in her old age . . . for nothing is impossible with God.
2. Charity prompts Mary to hasten to visit Elizabeth in the hour of her need.
3. The journey to Elizabeth's home is about eighty miles requiring four or five days.
4. Though long and arduous, the journey is joyous, for Mary bears with her the Incarnate Word.
5. At Mary's salutation, John the Baptist is sanctified in his mother's womb.
6. Elizabeth exclaims: "Blessed are you among women, and blessed is the fruit of your womb."
7. "How have I deserved that the mother of my Lord should come to me?"
8. "Blessed is she who believed that the Lord's words to her would be fulfilled."
9. Mary replies: "My soul proclaims the greatness of the Lord, and my spirit finds joy in God my Savior."
10. Mary serves her cousin in all humility for three months until the birth of John the Baptist.



Spiritual Fruit: Love of Neighbor

### **The Third Joyful Mystery: The Nativity**

1. Joseph and Mary go to Bethlehem to comply with the decree of Caesar Augustus.
2. The hour for Mary to give birth is near, but there is

no room in the inn.

3. In the stillness of the night, the Savior is born in a cave, Mary remaining a Virgin.
4. She wraps Him in swaddling clothes and lays Him in a manger.
5. In unspeakable joy Mary gathers to her bosom the Flower of her virginity.
6. Jesus enters the world in poverty to teach the lesson of detachment from earthly things.
7. The angel announces to the shepherds: "Today there is born to you in the town of David a Savior, Who is Christ the Lord."
8. The angelic chorus sing: "Glory to God in the highest, and peace to His people on earth."
9. The shepherds come to the stable to pay homage to the Infant Jesus.
10. The Magi come to adore the Holy Child and offer Him gifts.



Spiritual Fruit: Poverty of Spirit.

### **The Fourth Joyful Mystery: The Presentation**

1. Observing the law of Moses they take Jesus to the temple to present Him to the Lord.
2. According to the Law the first-born male child of every family should be consecrated to the Lord.
3. Mary offers her Son to the Father, then ransoms Him back at the price paid by the poor.
4. Jesus is not subject to the law of Moses, yet to teach obedience, submits to it.
5. Mary is not subject to the law of purification, yet in humility she submits to it.
6. God had revealed to Simeon that he would not see death until he had seen the Messiah.
7. Recognizing the Child, he prays: "Now you can dismiss your servant in peace. You have fulfilled your word."
8. "This Child is destined to be the downfall and rise of many in Israel, a sign that will be opposed."
9. And to Mary Simeon reveals: "And your own soul a sword shall pierce."
10. After they fulfill all the Law requires they return to Nazareth.



Spiritual Fruit: Purity of mind and body.

### **The Fifth Joyful Mystery: The Finding of Jesus in the Temple.**

1. When Jesus is twelve years old, He goes with His parents to Jerusalem for the feast of the Passover.
2. After the feast of the Passover, Joseph and Mary unknowingly set out for Nazareth without Jesus.
3. At the end of the first day's journey they discover Jesus is missing.
4. His parents return immediately looking for Him.
5. This loss causes grief and anxiety beyond our understanding to the hearts of Mary and Joseph.
6. On the third day they find Jesus in the Temple among the Doctors who were astonished at His wisdom.
7. Mary: "Son, why have you done this to us? Your father and I have been searching for you in sorrow."
8. Jesus: "Why did you search for me? Did you not know that I must be about my Father's business?"
9. Jesus goes down with them to Nazareth, and is subject to them.
10. Mary keeps all these things in her heart.



Spiritual Fruit: Obedience.

## **THE LUMINOUS MYSTERIES**

### **First Luminous Mystery: The Baptism of the Lord**

1. John is baptizing in the Jordan proclaiming a baptism of repentance.
2. "I am the voice of one crying in the desert, make straight the way of the Lord."
3. "One mightier than I is coming after me."
4. "I have baptized you with water, He will baptize you with the Holy Spirit."
5. Seeing Jesus, John exclaims: "Behold the Lamb of God."
6. After Jesus' baptism a voice from Heaven: "This is my beloved Son in whom I am well pleased."
7. The Spirit descends upon Jesus in the form of a dove.
8. In this heavenly manifestation is instituted the sacrament of baptism.
9. The divine Trinity is manifested: the voice of the Father is heard as the Spirit descends upon the Son.
10. Filled with the Holy Spirit, Jesus was led by the Spirit



into the desert for 40 days.

Spiritual Fruit: Gratitude for the gift of Faith.

### **The Second Luminous Mystery: The Wedding of Cana**

1. Jesus, His Mother and disciples were invited to a wedding in Cana.
2. During the wedding feast the wine ran short.
3. Mary turned to Jesus: "They have no wine."
4. Jesus replied: "What would you have me do? My hour has not yet come."
5. Mary said to the waiters: "Do whatever he tells you."
6. There were six stone water jars, each holding fifteen to twenty gallons.
7. Jesus bids the waiters to fill the jars with water, and then draw some out and take it to the chief steward.
8. The chief steward said to the groom: "Every man serves the good wine first... but you have saved the good wine until now."
9. At Mary's request, Jesus worked His first miracle.
10. By His presence, Christian marriage was raised to the dignity of a Sacrament.



Spiritual Fruit: Fidelity

### **The Third Luminous Mystery: The Proclamation of the Kingdom**

1. "Repent, for the kingdom of God is at hand."
2. "My kingdom is not of this world."
3. "Unless a man be born again of water and the Spirit, he cannot enter the kingdom of heaven."
4. "Whoever does not accept the kingdom of God as a little child will not enter into it."
5. "I have come to call sinners, not the just."
6. "Love your enemies, pray for those who persecute you."
7. "Blessed are the poor in spirit, for theirs is the kingdom of heaven."
8. "Blessed are they who hunger and thirst for justice, for they shall be satisfied."
9. "Blessed are they who suffer persecution for justice' sake, for theirs is the kingdom of heaven."
10. "You are Peter, and upon this rock I will build My



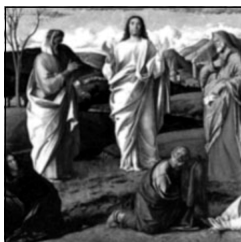


church... I will give you the keys of the kingdom of heaven."

Spiritual Fruit: Desire for Holiness.

### **The Fourth Luminous Mystery The Transfiguration**

1. Jesus took Peter, James and John up a high mountain to pray.
2. Jesus was transfigured before them.
3. "His face became as dazzling as the sun, his clothes as radiant as light."
4. This was to fortify their faith to withstand the coming tragedy of the Passion.
5. Jesus foresaw the 'scandal of the cross,' and prepared them for it by this manifestation of His glory.
6. Moses and Elias (representing the Law and the prophets of the Old Testament) were conversing with Jesus about His passion.
7. "Do not think I have come to destroy the Law or the Prophets... but to fulfill them."
8. From a cloud came a voice: "This is my beloved Son, listen to Him."
9. Jesus admonishes them not to tell the vision to anyone until the Son of Man rises from the dead.
10. We too will behold the transfigured Jesus on the Last Day.



Spiritual Fruit: Spiritual Courage.

### **The Fifth Luminous Mystery The Institution of the Eucharist**

1. I have eagerly desired to eat this Passover with you before I suffer.
2. Jesus took bread, blessed it: "Take and eat, this is My Body."
3. Taking the wine: "This cup is the new covenant in my Blood, shed for you."
4. At that Eucharistic meal, Jesus celebrated the first Mass.
5. At every Mass the sacrifice of Calvary is made present.
6. At the Last Supper Jesus instituted the sacrament of Holy Orders to perpetuate this sacrifice.
7. "Whoever eats my flesh and drinks my blood remains in me and I in him."
8. The Eucharist is a sacrifice inasmuch as it is offered up, and a sacrament inasmuch as it is received.



9. In the Mass we offer ourselves to God, and God gives himself to us.
10. The Mass will be fruitful in the measure of our surrender to the Father.

Spiritual Fruit: Love of our Eucharistic Lord.

## **THE SORROWFUL MYSTERIES**

### **The First Sorrowful Mystery The Agony in the Garden**

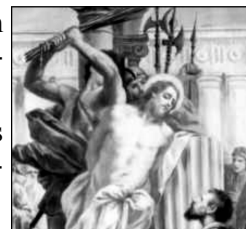
1. Jesus comes with his disciples to Gethsemani: "Stay here, while I go yonder and pray."
2. Entering the garden with Peter, James, and John, Jesus prays, "My soul is sorrowful unto death."
3. Jesus sees the sins of all mankind, whose guilt He has taken upon Himself.
4. He sees the wrath of the Father which His sufferings must appease.
5. So great is his anguish that His sweat becomes as drops of blood falling to the ground.
6. An angel appears to Him from heaven to strengthen Him.
7. "Father, if it be possible, let this cup pass from Me; yet, not My will but Yours be done."
8. Finding the disciples asleep: "Could you not watch one hour with me?"
9. Jesus is betrayed by Judas, cruelly bound and led away.
10. Father, by the merits of the agony of Jesus in the Garden, have mercy on us and on the whole world.



Spiritual Fruit: God's Will be done.

### **The Second Sorrowful Mystery The Scourging at the Pillar**

1. Jesus is taken before the High Priest where He is falsely accused, buffeted and insulted.
2. The Jewish leaders take Jesus before Pilate, for only he can impose the death penalty.
3. The robber, Barabbas, is preferred to Jesus.
4. Pilate can "find no cause in Him", yet to appease the Jews, he orders Jesus to be scourged.



5. The scourge is made of leather thongs to which are attached small sharp bones.
6. Jesus is bound to a pillar and cruelly scourged until His whole body is covered with deep wounds.
7. The Lamb of God offers His suffering for the sins of mankind.
8. Jesus suffers so much in His sacred flesh to satisfy, especially, for sins of the flesh.
9. The prophesy of Isaiah is fulfilled: "He was wounded for our iniquities, He was bruised for our sins."
10. Father, by the merits of Jesus in this painful scourging, have mercy on us and on the whole world.

Spiritual Fruit: Mortification of the senses.

### **The Third Sorrowful Mystery** **The Crowning with Thorns**

1. Pilate asks, "Are You a king?" Jesus answers: "I am a King, but My kingdom is not of this world."
2. In the praetorium, the soldiers place an old purple robe on Jesus in mockery of His claim to be a king.
3. They fashion a crown out of thorns, and forcefully press it down upon His head.
4. In His bound hands they place a reed, as a sceptre, in mockery of His kingship.
5. Kneeling before Him in derision, they spit on Him, and cry out: "Hail, King of the Jews!"
6. Taking the reed from His hand they strike Him on the head, driving the thorns more deeply into His scalp.
7. Pilate brings Jesus before the people, hoping His pitiful sight will soften them: "Behold the man!"
8. Their response: "Crucify Him! Crucify Him!"
9. Our Blessed Lord submitted to this terrible humiliation to make reparation for our pride.
10. Father, by the merits of this painful humiliation, have mercy on us and on the whole world.



Spiritual Fruit: Reign of Christ in our heart.

### **The Fourth Sorrowful Mystery** **The Carrying of the Cross**

1. One condemned to death by crucifixion is forced to carry the cross to the place of execution.
2. The suffering of Jesus is intense as the cross is laid on His bruised and wounded back and shoulders.

3. Weak and exhausted from loss of blood, lack of food and rest, Jesus falls three times under the cross.
4. Jesus meets His afflicted Mother causing untold anguish in the Hearts of Son and Mother.
5. The countenance of Jesus is disfigured with blood and sweat, with dust and spittle.
6. Veronica wipes His face, leaving on her towel the image of His countenance.
7. Fearing that Jesus might die on the way, the soldiers force Simon of Cyrene to carry the cross behind Jesus.
8. Jesus speaks to weeping women; "Weep not for Me, but for yourselves and your children."
9. "If anyone is to be My disciple, let him take up his cross and follow Me."
10. Father, by the merits of this painful journey to Calvary, have mercy on us and on the whole world.



Spiritual Fruit: Patient bearing of trials.

### **The Fifth Sorrowful Mystery: The Crucifixion**

1. The hands and feet of Jesus are nailed to the cross in the presence of His afflicted Mother.
2. "Father, forgive them for they know not what they do."
3. "This day you will be with Me in paradise."
4. "Woman, behold your Son. Son, behold your Mother."
5. "My God, My God, why have You forsaken Me?"
6. "I thirst."
7. "It is finished."
8. "Father, into Your hands I commend My spirit."
9. The side of Jesus is pierced with a lance. His body is taken down and placed in the arms of His Mother.
10. Father, by the merits of the crucifixion and death of Jesus, have mercy on us and on the whole world.



Spiritual Fruit: Pardoning of Injuries

## **THE GLORIOUS MYSTERIES**

### **The First Glorious Mystery: The Resurrection**

1. The body of Jesus is placed in the tomb on the evening of Good Friday.

2. His soul descends into the realm of the dead to announce to the Just the tidings of their redemption.
3. Fearing the body of Jesus will be taken, the chief priests place guards at the tomb.
4. On the third day Jesus rises from the dead, glorious and immortal.
5. The earth quakes as the angel rolls back the stone, the guards flee in terror.
6. The holy women coming to anoint the body of Jesus are amazed and frightened to find the tomb open.
7. An angel calms their fears: "He is not here. He has risen as He said."
8. Jesus appears to Mary Magdalen and Peter and two disciples on the way to Emmaus.
9. That evening He appears to the apostles behind locked doors: "Peace be unto you ... do not be afraid."
10. Jesus breathes on them and gives them the power to forgive sin.



Spiritual Fruit: Faith

### **The Second Glorious Mystery: The Ascension**

1. Jesus remains on earth forty days after His Resurrection to prove He has truly risen from the dead.
2. He commissions the apostles to preach the gospel to every creature, and promises to be with them forever.
3. He will not leave them orphans, but will send the Holy Spirit to enlighten and strengthen them.
4. Jesus proceeds to Mt. Olivet accompanied by His Mother and the apostles and disciples.
5. Extending His pierced hands over all in a last blessing, He ascends into heaven.
6. As He ascends a cloud takes Him from their sight.
7. Jesus ascends to take His place at the right hand of the Father.
8. What jubilation there must be amid the angels of heaven at the triumphant entry of Jesus.
9. The wounds in His glorified body are an endless plea before the Father on our behalf.
10. The disciples leave Mt. Olivet and "return to Jerusalem with great joy."



Spiritual Fruit: Christian Hope.

### **The Third Glorious Mystery The Descent of the Holy Spirit**

1. The apostles are gathered in the upper room where Jesus had held the Last Supper.
2. They are persevering in prayer with Mary the Mother of Jesus.
3. A sound comes from heaven like the rush of a mighty wind, and it fills the whole house.
4. The Holy Spirit descends on each of them in the form of tongues of fire.
5. Filled with the Gifts of the Holy Spirit, they are enlightened and strengthened to spread the gospel.
6. Having lost all fear of the Jewish leaders, the apostles boldly preach Christ crucified.
7. The multitudes are confounded because every man hears them speak in his own tongue.
8. The Holy Spirit comes upon the Infant Church never to leave it.
9. That first day Peter goes forth to preach and baptizes three thousand.
10. The feast of Pentecost is the birthday of the Church, for on that day it begins to grow.



Spiritual Fruit: Gifts of the Holy Spirit.

### **The Fourth Glorious Mystery: The Assumption**

1. After the apostles have dispersed, the Blessed Mother goes to live with John, the beloved disciple.
2. Mary lives many years on earth after the death of Christ.
3. She is a source of comfort, consolation and strength to the apostles.
4. As she had nourished the infant Jesus, so she nourishes spiritually the infant Church.
5. Mary dies, not of bodily infirmity, but is wholly ravished in a rapture of divine love.
6. Her body as well as her soul is taken up into heaven.
7. After her burial the apostles go to the tomb and find only fragrant lilies.
8. Jesus does not permit the sinless body of His Mother to decay in the grave.
9. Corruption of the body is an effect of original sin from which Mary is totally exempted.
10. The bodies of all mankind, at the last judgment, will be brought back and united again to the soul.



Spiritual Fruit: To Jesus through Mary.

### The Fifth Glorious Mystery: The Coronation

1. As Mary enters heaven, the entire court of heaven greets with joy this masterpiece of God's creation.
2. Mary is crowned by her divine Son as Queen of heaven and earth.
3. More than we can ever know the Hearts of Jesus and Mary overflow with joy at this reunion.
4. Only in heaven will we know the great majesty of that coronation, and the joy it gave to the angels and saints.
5. Even the angels, who by nature are greater than humans, hail Mary as their Queen.
6. Mary shares so fully in the glory of Christ because she shared so fully in His suffering.
7. Only in heaven will we see how central is the role of Mary in the divine plan of redemption.
8. The angels and saints longed for the coming of her whose heel crushes the head of the serpent.
9. Mary pleads our cause as a most powerful Queen and a most merciful and loving Mother.
10. A great sign appeared in heaven; a woman clothed with the sun, the moon under her feet, and on her head a crown of twelve stars.



Spiritual Fruit: Grace of Final Perseverance

### LITANY OF THE ROSARY

#### With biblical quotations

Lord, have mercy on us.  
 Christ have mercy on us.  
 Lord, have mercy on us.  
 Christ, hear us.  
 Christ graciously hear us.

God, the Father of heaven, have mercy on us.  
 God the Son, Redeemer of the world, have mercy on us.  
 God the Holy Spirit, have mercy on us.  
 Holy Trinity, one God, have mercy on us.

Holy Mary, pray for us. (*Lk.1:31-34, Mt.1:23*)  
 Holy Mother of God, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Holy Virgin of virgins, pray for us. (*Lk.1:31-34*)  
 Mother of Christ, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Mother of divine grace, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Mother most pure, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Mother most chaste, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Mother inviolate, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Mother undefiled, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Mother most amiable, pray for us. (*Lk.1:31-33, Mt.1:23*)

Mother most admirable, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Mother of good counsel, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Mother of our Creator, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Mother of our Savior, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Virgin most prudent, pray for us. (*Lk.1:31-34*)  
 Virgin most venerable, pray for us. (*Lk.1:31-34*)  
 Virgin most renowned, pray for us. (*Lk.1:31-34*)  
 Virgin most powerful, pray for us. (*Lk.1:31-34*)  
 Virgin most merciful, pray for us. (*Lk.1:31-34*)  
 Virgin most faithful, pray for us. (*Lk.1:31-34*)  
 Mirror of justice, pray for us. (*Lk.1:48*)  
 Seat of wisdom, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Cause of our joy, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Spiritual vessel, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Vessel of honor, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Vessel of singular devotion, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Mystical rose, pray for us. (*Song of Songs 2:12, 5:13 Ex. 25:31*)  
 Tower of David, pray for us. (*Song of Songs 4:4*)  
 Tower of ivory, pray for us. (*Song of Songs 7:4*)  
 House of gold, pray for us. (*1 Kings 6:21-22*)  
 Ark of the covenant, pray for us. (*Deut.31:9, Gen 7:7, 7:23*)  
 Gate of heaven, pray for us. (*Jn.10:10, Lk.1:31-33, Mt.1:23*)  
 Morning star, pray for us. (*Rev 2:28, 22:16, Lk.1:31-33, Mt.1:23*)  
 Health of the sick, pray for us. (*Lk.1:39-45, Jn.19:25-27, )*  
 Refuge of sinners, pray for us. (*Lk.1:31-33, Mt.1:23*)  
 Comforter of the afflicted, pray for us. (*Jn.2:1-11*)  
 Help of Christians, pray for us. (*Jn.2:1-11*)  
 Queen of Angels, pray for us. (*Ps.45, Lk.1:31-34, Mt.1:23*)  
 Queen of Patriarchs, pray for us. (*Ps.45, Lk.1:31-34, Mt.1:23*)  
 Queen of Prophets, pray for us. (*Ps.45, Lk.1:31-34, Mt.1:23*)  
 Queen of Apostles, pray for us. (*Ps.45, Lk.1:31-34, Mt.1:23*)  
 Queen of Martyrs, pray for us. (*Ps.45, Lk.1:31-34, Mt.1:23*)  
 Queen of Confessors, pray for us. (*Ps.45, Lk.1:31-34, Mt.1:23*)  
 Queen of Virgins, pray for us. (*Ps.45, Lk.1:31-34, Mt.1:23*)  
 Queen of all Saints, pray for us. (*Ps.45, Lk.1:31-34, Mt.1:23*)  
 Queen conceived without original sin, pray for us. (*Lk.1:28*)  
 Queen assumed into heaven, pray for us. (*Lk.1:28, 1:31-34*)  
 Queen of the most holy Rosary, pray for us.  
 Queen of Peace, pray for us. (*Lk.1:31-33, Mt.1:23*)

Lamb of God, who takes away the sins of the world,  
 Spare us, O Lord. (*Jn.1:29*)  
 Lamb of God, who takes away the sins of the world, Graciously hear us O Lord  
 Lamb of God, who takes away the sins of the world,  
 Have mercy on us.

**LET US PRAY**

Grant, we beseech you, O Lord God, unto us your servants, that we may rejoice in continual health of mind and body; and, by the glorious intercession of Blessed Mary ever Virgin, may be delivered from present sadness, and enter into the joy of your eternal gladness. Through Christ our Lord. Amen.

**O My Jesus**

*(Requested by the Blessed Virgin Mary at Fatima)*

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

**PRAYER FOR THE SOULS IN PURGATORY**

O gentle Heart of Jesus, ever present in the Blessed Sacrament, ever consumed with burning love for the poor captive souls in Purgatory, have mercy on them. Be not severe in your judgments, but let some drops of your precious Blood fall upon the devouring flames. And, Merciful Savior, send your angels to conduct them to a place of refreshment, light and peace. Amen.

**Our Father**, who art in heaven, Hallowed be thy Name. Thy kingdom come. Thy will be done, on earth as it is in heaven.

Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

**Hail Mary**, full of grace, the Lord is with you; blessed are you among women and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

**Glory be to the Father**, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now, and ever shall be, world without end. Amen.

Eternal rest grant unto them, O Lord; and let the perpetual light shine upon them. May their souls and all the souls of the faithful departed through the mercy of the God rest in peace.

***Our Father, Hail Mary, Glory be and Eternal Rest 5 times***

Eternal Father, We offer you the Most Precious Blood of your Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.

**A Child's Prayer for Parents**

Heavenly Father, I thank you for my father and mother, and for our home. Bless us all, and help us to love you. And in love to serve one another as Jesus taught us to do. Give me strength to do what is right today, and to do to others as I would want them to do to me.

I thank you, Lord, for my father. Help me to realize the depth of his love for me, so often left unspoken, and appreciate his great and continuous sacrifices. His fatherly care reflects your divine care; his strength, your power; his understanding, your wisdom. He is your faithful servant and image. Bless him with peace of soul, health of body, and success in his life. Amen.

Dear Blessed Mother Mary, help my mom to be a good mother. Give her peace and wisdom, strength and courage, grace and happiness. Be nearby when she needs help. Keep her close to your Son, Jesus. Help me to always show my mom how very much I love her. Amen.

**Prayer for the Help of the Holy Spirit**

O God, send forth your Holy Spirit into my heart that I may perceive, into my mind that I may remember, and into my soul that I may meditate. Inspire me to speak with piety, holiness, tenderness and mercy. Teach, guide and direct my thoughts and senses from beginning to end. May your grace ever help and correct me, and may I be strengthened now with wisdom from on high, for the sake of your infinite mercy. Amen.

**Consecration to the Sacred Heart**

Most sweet Jesus, Redeemer of the human race, look down upon us, humbly prostrate before you. We are yours and yours we wish to be; but to be more surely united with you, behold each one of us freely consecrates himself today to your most sacred Heart. Many, indeed, have never known you; many, too, despising your precepts, have rejected you. Have mercy on them all, most merciful Jesus, and draw them to your sacred Heart. Be you King, O Lord, not only of the faithful who have never forsaken you, but also of the prodigal children who have abandoned you; grant that they may quickly return to their Father's house, lest they die of wretchedness and hunger. Be you King of those who are deceived by erroneous opinions, or whom discord keeps aloof, and call them back to the harbor of truth and unity of faith, so that soon there may be but one flock and one shepherd. Be you King also of all those who sit in the ancient superstition of the Gentiles, and refuse not you to deliver them out of darkness into the light and kingdom of God. Grant, O Lord, to your Church, assurance of freedom and immunity from harm; give peace and order to all nations, and

make the earth resound from pole to pole with one cry: Praise to the divine Heart that wrought our salvation; to it be glory and honor forever. Amen.

### **Litany of the Sacred Heart of Jesus**

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

God the Father of Heaven, have mercy on us.

God the Son, Redeemer of the world, have mercy on us.

God the Holy Sprit, have mercy on us.

Holy Trinity, one God, have mercy on us.

Heart of Jesus, Son of the Eternal Father, have mercy on us.

Heart of Jesus, formed in the womb of the Virgin Mother by the Holy Sprit, have mercy on us.

Heart of Jesus, united substantially to the Word of God, have mercy on us.

Heart of Jesus, of infinite majesty, have mercy on us.

Heart of Jesus, holy temple of God, have mercy on us.

Heart of Jesus, tabernacle of the Most High, have mercy on us.

Heart of Jesus, house of God and gate of heaven, have mercy on us.

Heart of Jesus, glowing furnace of charity, have mercy on us.

Heart of Jesus, vessel of justice and love, have mercy on us.

Heart of Jesus, full of goodness and love, have mercy on us.

Heart of Jesus, abyss of all virtues, have mercy on us.

Heart of Jesus, most worthy of all praise, have mercy on us.

Heart of Jesus, King and center of all hearts, have mercy on us.

Heart of Jesus, in whom art all the treasures of wisdom and knowledge. Have mercy on us.

Heart of Jesus, in whom dwelleth all the fullness of the Godhead. Have mercy on us.

Heart of Jesus, in whom the Father was well pleased, have mercy on us.

Heart of Jesus, of whose fullness we have all received, have mercy on us.

Heart of Jesus, desire of the everlasting hills, have mercy on us.

Heart of Jesus, patient and rich in mercy, have mercy on us.

Heart of Jesus, rich to all who call upon Thee , have mercy on us.

Heart of Jesus, fount of life and holiness, have mercy on us.

Heart of Jesus, propitiation for our offenses, have mercy

on us.

Heart of Jesus, overwhelmed with reproaches, have mercy on us.

Heart of Jesus, bruised for our iniquities, have mercy on us.

Heart of Jesus, obedient even unto death, have mercy on us.

Heart of Jesus, pierced with a lance, have mercy on us.

Heart of Jesus, source of all consolation, have mercy on us.

Heart of Jesus, our life and resurrection, have mercy on us.

Heart of Jesus, our peace and reconciliation, have mercy on us.

Heart of Jesus, victim for our sins, have mercy on us.

Heart of Jesus, salvation of those who hope in Thee, have mercy on us.

Heart of Jesus, hope of those who die in Thee, have mercy on us.

Heart of Jesus, delight of all saints, have mercy on us.

Lamb of God, who take away the sins of the world, Spare us, O Lord.

Lamb of God, who take away the sins of the world, Graciously hear us, O Lord.

Lamb of God, who take away the sins of the world, Have mercy on us.

Jesus, meek and humble of Heart,

Make our hearts like unto you.

#### ***Let us pray:***

Almighty and everlasting God, look upon the Heart of your well-beloved Son and upon the acts of praise and satisfaction which He renders unto you in the name of sinners; and do Thou, in your great goodness, grant pardon to them who seek your mercy, in the name of the same your Son, Jesus Christ, who live and resigns with you, world without end. Amen.

### **PRAYER FOR PRIESTS**

Divine Savior, Jesus Christ, Who have entrusted your work of redemption to the priests, Who take your place on earth, I offer You, through the hands of Your most holy Mother, for the sanctification of Your priests and future priests this whole day, all my prayers, works, joys, sacrifices and sufferings. Give us saintly priests. Grant to them apostolic hearts, filled with love for You and all the souls belonging to You, so that, being themselves sanctified in You, they may sanctify us who are entrusted to their care and bring us safely into Heaven. Loving Jesus, bless all their priestly work and sacrifice. Bless all their prayers and words at the altar and in the confessional, in the pulpit, in the school and at the sickbed. Call many young men to the priesthood and the monastic life. Protect and sanctify all who will become your priests. And

grant to the souls of the priests who have departed this life, eternal rest. And do you, Mary, Mother of all priests, take them under your special protection and lead them ever to the highest priestly sanctity.

### **Prayer before Holy Communion**

My God, I detest all the sins of my life. I am sorry for them, because they have offended you, my God, Who art so good. I resolve never, never to commit sin any more. My good God, pity me, have mercy on me, and forgive me. Most sweet Jesus, Come spiritually into my heart. Purify it. Sanctify it. Render it like unto your own. Amen.

### **Prayer after Holy Communion**

Soul of Christ, sanctify me.  
 Body of Christ, save me.  
 Blood of Christ, inebriate me.  
 Water from the side of Christ, wash me.  
 Passion of Christ strengthens me.  
 O Good Jesus, hear me.  
 Within your wounds hide me.  
 Suffer me not to be separated from Thee.  
 From the malignant enemy defend me.  
 In the hour of my death call me.  
 And bid me come unto you,  
 That with all your saints, I may praise you Forever and ever. Amen.

### **A Guide for Confession**

The basic requirement for a good confession is to have the intention of returning to God like the "prodigal son" and to acknowledge our sins with true sorrow before the priest.

#### **Sin in my Life**

Modern society has lost a sense of sin. As a Catholic follower of Christ, I must make an effort to recognize sin in my daily actions, words and omissions.

The Gospels show how important is the forgiveness of our sins. Lives of saints prove that the person who grows in holiness has a stronger sense of sin, sorrow for sins, and a need for the Sacrament of Penance or Confession.

#### **The Differences in Sins**

As a result of Original Sin, human nature is weakened. Baptism, by imparting the life of Christ's grace, takes away Original Sin, and turns us back toward God. The consequences of this weakness and the inclination to evil persist, and we often commit personal or actual sin. Actual sin is sin which people commit. There are two kinds of actual sin, mortal and venial. Mortal sin is a deadly offense against God, so horrible that it destroys the life of grace in the soul. Three simultaneous conditions must be

fulfilled for a mortal sin:

- 1) The act must be something very serious.
- 2) The person must have sufficient understanding of what is being done.
- 3) The person must have sufficient freedom of the will.

#### **Before Confession**

Be truly sorry for your sins. The essential act of Penance, on the part of the penitent, is contrition, a clear and decisive rejection of the sin committed, together with a resolution not to commit it again, out of the love one has for God and which is reborn with repentance. The resolution to avoid committing these sins in the future (amendment) is a sure sign that your sorrow is genuine and authentic. This does not mean that a promise never to fall again into sin is necessary. A resolution to try to avoid the near occasions of sin suffices for true repentance. God's grace in cooperation with the intention to rectify your life will give you the strength to resist and overcome temptation in the future.

#### **Examination of Conscience**

Before going to Confession you should make a review of mortal and venial sins since your last sacramental confession, and should express sorrow for sins, hatred for sins and a firm resolution not to sin again.

A helpful pattern for examination of conscience is to review the Commandments of God and the Precepts of the Church:

Have God and the pursuit of sanctity in Christ been the goal of my life? Have I denied my faith? Have I placed my trust in false teachings or substitutes for God? Did I despair of God's mercy?

Have I avoided the profane use of God's name in my speech? Have I broken a solemn vow or promise?

Have I honored every Sunday by avoiding unnecessary work, celebrating the Mass (also holydays)? Was I inattentive at, or unnecessarily late for Mass, or did I leave early? Have I neglected prayer for a long time?

Have I shown Christ like respect to parents, spouse, and family members, legitimate authorities? Have I been attentive to the religious education and formation of my children?

Have I cared for the bodily health and safety of myself and all others? Did I abuse drugs or alcohol? Have I supported in any way abortion, "mercy killing," or suicide?

Was I impatient, angry, envious, proud, jealous, revengeful, and lazy? Have I forgiven others?

Have I been just in my responsibilities to employer and employees? Have I discriminated against others because of race or other reasons?

Have I been chaste in thought and word? Have I used sex only within marriage and while open to procreating life? Have I given myself sexual gratification? Did I deliberately look at impure TV, pictures, reading?

Have I stolen anything from another, from my employer, from government? If so, am I ready to repay it? Did I fulfill my contracts? Did I rashly gamble, depriving my family of necessities?

Have I spoken ill of any other person? Have I always told the truth? Have I kept secrets and confidences?

Have I permitted sexual thoughts about someone to whom I am not married?

Have I desired what belongs to other people? Have I wished ill on another?

Have I been faithful to sacramental living (Holy Communion and Penance)?

Have I helped make my parish community stronger and holier? Have I contributed to the support of the Church?

Have I done penance by abstaining and fasting on obligatory days? Have I fasted before receiving communion?

Have I been mindful of the poor? Do I accept God's will for me?

### **During Confession**

After examining your conscience and telling God of your sorrow, go into the confessional. You may kneel at the screen or sit to talk face-to-face with the priest.

Begin your confession with the sign of the cross, "In the name of the Father, and of the Son, and of the Holy Spirit. My last confession was \_\_\_\_\_ weeks (months, years) ago."

Say the sins that you remember. Start with the one (s) that is most difficult to say. (In order to make a good confession the faithful must confess all mortal sins, according to kind and number.) After confessing all the sins you remember since your last good confession, you may conclude by saying, "I am sorry for these and all the sins of my past life."

Listen to the words of the priest. He will assign you some penance. Doing the penance will diminish the temporal punishment due to sins already forgiven. When invited, express some prayer of sorrow or Act of Contrition such as:

### **Act of Contrition**

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen.

### **At the End of Confession**

Listen to the words of absolution, the sacramental forgiveness of the Church through the ordained priest. As you listen to the words of forgiveness you may make the sign of the cross with the priest. If he closes by saying, "Give thanks to the Lord for He is good," answer, "For His mercy endures forever."

### **After Confession**

Give thanks to God for forgiving you again. If you recall some serious sin you forgot to tell, rest assured that it has been forgiven with the others, but be sure to confess it in your next Confession.

Do your assigned Penance.

### **I Confess**

I confess to almighty God, and to you, my brothers and sisters, that I have sinned through my own fault, (strike the breast) in my thoughts and in my words, in what I have done, and in what I have failed to do; and I ask blessed Mary, ever virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord Our God.

## **General Prayer Before Sleeping**

Heavenly Father, Thank you for this day, thanks you for all the blessings. Please forgive anything that I did knowingly or unknowingly that displeased you. Father, help me to do better in following Jesus tomorrow. Bless my family and friends all through the night, in Jesus' name, I pray. Amen.

## **Short Acts of Faith, Hope, and Charity**

### **Act of Faith**

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

### **Act of Hope**

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



**Act of Charity**

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

**Litany of the Saints**

LORD, have mercy on us.  
 CHRIST, have mercy on us.  
 LORD, have mercy on us.  
 CHRIST, hear us.  
 CHRIST, graciously hear us.  
 GOD, THE FATHER OF HEAVEN, have mercy on us.  
 GOD THE SON, REDEEMER OF THE WORLD, have mercy on us.  
 GOD THE HOLY SPIRIT, have mercy on us.  
 HOLY TRINITY, ONE GOD, have mercy on us.  
 HOLY MARY, pray for us.  
 HOLY MOTHER OF GOD, pray for us.  
 HOLY VIRGIN OF VIRGINS, pray for us.  
 ST. MICHAEL, pray for us.  
 ST. GABRIEL, pray for us.  
 ST. RAPHAEL, pray for us.  
 ALL THE HOLY ANGELS AND ARCHANGELS, pray for us.  
 ALL THE HOLY ORDERS OF BLESSED SPIRITS pray for us.  
 ST. JOHN THE BAPTIST, pray for us.  
 ST. JOSEPH, pray for us.  
 ALL THE HOLY PATRIARCHS AND PROPHETS, pray for us.  
 ST. PETER, pray for us.  
 ST. PAUL, pray for us.  
 ST. ANDREW, pray for us.  
 ST. JAMES, pray for us.  
 ST. JOHN, pray for us.  
 ST. THOMAS, pray for us.  
 ST. JAMES, pray for us.  
 ST. PHILIP, pray for us.  
 ST. BARTHOLOMEW, pray for us.  
 ST. MATTHEW, pray for us.  
 ST. SIMON, pray for us.  
 ST. THADDEUS, pray for us.  
 ST. BARNABAS, pray for us.  
 ST. LUKE, pray for us.  
 ST. MARK, pray for us.  
 ALL THE HOLY APOSTLES AND EVANGELIST, pray for us.  
 ALL THE HOLY DISCIPLES OF OUR LORD, pray for us.  
 ALL THE HOLY INNOCENTS, pray for us.  
 ST. STEPHEN, pray for us.  
 ST. LAWRENCE, pray for us.  
 ST. VINCENT, pray for us.  
 SS. FABIAN AND SEBASTIAN, pray for us.  
 SS. JOHN AND PAUL, pray for us.

SS. COSMOS AND DAMIAN, pray for us.  
 SS. GERVASE AND PROTASE, pray for us.  
 ALL THE HOLY MARTYRS, pray for us.  
 ST. SYLVESTER, pray for us.  
 ST. GREGORY, pray for us.  
 ST. AMBROSE, pray for us.  
 ST. AUGUSTINE, pray for us.  
 ST. JEROME, pray for us.  
 ST. MARTIN, pray for us.  
 ST. NICHOLAS, pray for us.  
 ALL THE HOLY BISHOPS AND CONFESSORS, pray for us.  
 ALL THE HOLY DOCTORS, pray for us.  
 ST. ANTHONY, pray for us.  
 ST. BENEDICT, pray for us.  
 ST. BERNARD, pray for us.  
 ST. DOMINIC, pray for us.  
 ST. FRANCIS, pray for us.  
 ALL THE HOLY PRIEST AND LEVITES, pray for us.  
 ALL THE HOLY MONKS AND HERMITS, pray for us.  
 ST. MARY MAGDALEN, pray for us.  
 ST. AGATHA, pray for us.  
 ST. LUCY, pray for us.  
 ST. AGNES, pray for us.  
 ST. CECILIA, pray for us.  
 ST. CATHERINE, pray for us.  
 ST. ANASTASIA, pray for us.  
 ALL THE HOLY VIRGINS AND WIDOWS, pray for us.  
 ALL THE MEN AND WOMEN, SAINTS OF GOD, make intercession for us.  
 BE MERCIFUL, spare us, O Lord!  
 BE MERCIFUL, graciously hear us, O Lord!  
 FROM ALL EVIL. Good Lord, deliver us.  
 FROM ALL DEADLY SIN. Good Lord, deliver us.  
 FROM YOUR ANGER. Good Lord, deliver us.  
 FROM SUDDEN AND UNREPENTANT DEATH. Good Lord, deliver us.  
 FROM THE CRAFTS AND ASSAULTS OF THE DEVIL. Good Lord, deliver us.  
 FROM ANGER, AND HATRED, AND ALL UN-CHARITABLENESS. Good Lord, deliver us.  
 FROM THE SPIRIT OF FORNICATION. Good Lord, deliver us.  
 FROM LIGHTNING AND TEMPEST. Good Lord, deliver us.  
 FROM THE PERIL OF EARTHQUAKE, FIRE, AND FLOOD. Good Lord, deliver us.  
 FROM PESTILENCE, FAMINE, AND BATTLE. Good Lord, deliver us.  
 FROM EVERLASTING DAMNATION. Good Lord, deliver us.  
 BY THE MYSTERY OF THY HOLY INCARNATION. Good Lord, deliver us.

BY YOUR ADVENT. Good Lord, deliver us.  
 BY YOUR NATIVITY. Good Lord, deliver us.  
 BY YOUR BAPTISM AND HOLY FASTING. Good Lord, deliver us.  
 BY YOUR CROSS AND PASSION. Good Lord, deliver us.  
 BY YOUR PRECIOUS DEATH AND BURIAL. Good Lord, deliver us.  
 BY YOUR HOLY RESURRECTION. Good Lord, deliver us.  
 BY YOUR GLORIOUS ASCENSION. Good Lord, deliver us.  
 BY THE COMING OF THE HOLY SPIRIT THE COMFORTER. Good Lord, deliver us.  
 IN THE DAY OF JUDGMENT. Good Lord, deliver us.  
 EVEN THOUGH WE ARE SINNERS. We beseech thee to hear us, Lord.  
 THAT IT MAY PLEASE THEE TO SPARE US. We beseech thee to hear us, Lord.  
 THAT IT MAY PLEASE THEE TO PITY AND PARDON US. We beseech thee to hear us, Lord.  
 THAT IT MAY PLEASE THEE TO GIVE US TRUE REPENTANCE. We beseech thee to hear us, Lord.  
 THAT IT MAY PLEASE THEE TO RULE AND GOVERN THY HOLY CHURCH. We beseech thee to hear us, Lord.  
 THAT IT MAY PLEASE THEE TO PRESERVE THE APOSTOLIC LORD, AND TO KEEP ALL ORDERS OF THE CHURCH IN THY SACRED RELIGION. We beseech thee to hear us, Lord.  
 THAT IT MAY PLEASE THEE TO OVERTHROW THE ENEMIES OF THY HOLY CHURCH. We beseech thee to hear us, Lord.  
 THAT IT MAY PLEASE THEE TO BESTOW ON ALL CHRISTIAN KINGS AND PRINCES TRUE PEACE AND CONCORD. We beseech thee to hear us, Lord.  
 THAT IT MAY PLEASE THEE TO GIVE TO ALL CHRISTIAN NATIONS BOTH PEACE AND UNITY. We beseech thee to hear us, Lord V.  
 THAT IT MAY PLEASE THEE TO RESTORE UNITY TO THY CHURCH, AND TO LEAD ALL UNBELIEVERS INTO THE LIGHT OF THY HOLY GOSPEL. We beseech thee to hear us, Lord.  
 THAT IT MAY PLEASE THEE TO STRENGTHEN AND PRESERVE US IN TRUE WORSHIPPING OF THEE. We beseech thee to hear us, Lord.  
 THAT IT MAY PLEASE THEE TO ENDURE OUR HEARTS WITH HEAVENLY DESIRES. We beseech thee to hear us, Lord.  
 THAT IT MAY PLEASE THEE TO BESTOW ON ALL OUR BENEFACTORS THINE EVERLASTING BENEFITS. We beseech thee to hear us, Lord.  
 THAT IT MAY PLEASE THEE TO DELIVER FROM ETERNAL DAMNATION OUR SOULS, AND THOSE

OF OUR BRETHREN, KINDRED, AND BENEFACTORS. We beseech thee to hear us, Lord.  
 THAT IT MAY PLEASE THEE TO GIVE AND PRESERVE TO OUR USE THE KINDLY FRUITS OF THE EARTH. We beseech thee to hear us, Lord.  
 THAT IT MAY PLEASE YOU TO BESTOW UPON ALL THY FAITHFUL DEPARTED REST ETERNAL. We beseech thee to hear us, Lord.  
 THAT IT MAY PLEASE THEE GRACIOUSLY TO HEAR OUR PRAYER. We beseech thee to hear us, Lord.  
 O SON OF GOD. We beseech thee to hear us, Lord.  
 LAMB OF GOD, WHO TAKES AWAY THE SINS OF THE WORLD, Spare us, O Lord.  
 LAMB OF GOD, WHO TAKES AWAY THE SINS OF THE WORLD, Graciously hear us, O Lord.  
 LAMB OF GOD, WHO TAKES AWAY THE SINS OF THE WORLD, Have mercy on us.

### Prayer to Our Lady of Perpetual Help

Mother of Perpetual Help, you have been blessed and favored by God. You became not only the Mother of the Redeemer, but the Mother of the redeemed as well. We come to you today as you loving children. Watch over us and take care of us. As you held the child Jesus in your loving arms, so take us in your arms. Be a mother ready at every moment to help us. For God who is mighty has done great things for you, and his mercy is from age to age on those who love him. Our greatest fear is that in time of temptation, we may fail to call out to you, and become lost children. Intercede for us, dear Mother, in obtaining pardon for our sins, love for Jesus, final perseverance, and the grace always to call upon you, Mother of Perpetual Help. Amen.

3 Hail Mary

### Prayer to St. Joseph

O glorious St. Joseph, to you God committed the care of His only begotten Son amid the many dangers of this world. We come to you and ask you to take under your special protection the children God has given us. Through holy baptism they became children of God and members of His holy Church. We consecrate them to you today, that through this consecration they may become your foster children. Guard them, guide their steps in life, form their hearts after the hearts of Jesus and Mary.

### Prayer to St. Jude Thaddeus

Most Holy Apostle, St. Jude Thaddeus, faithful ser-

vant and friend of Jesus, the name of the traitor who delivered your beloved Master into the hands of his enemies has caused you to be forgotten by many. But the Church honors you, and I invoke you as the special advocate of those who are in trouble and almost without hope. Help me to realize that through our faith we triumph over lives difficulties by the power of Jesus who gave his life for us. Come to my assistance that I may receive the consolation and succor of heaven in all my needs, trials, and sufferings, particularly (here make your request) and that I may praise God with you and all the saints forever.

St. Jude, apostle of the Word of God, pray for us.  
 St. Jude, follower of the Son of God, pray for us.  
 St. Jude, preacher of the love of God, pray for us.  
 St. Jude, intercessor before God, pray for us.  
 St. Jude, friend of all in need, pray for us.  
 St. Jude, pray for us, and all who invoke your aid.

### Prayer to St. Anthony of Padua

Holy Saint Anthony, gentle and powerful in your help, your love for God and charity for His creatures, made you worthy, when on earth, to possess miraculous powers. Miracles waited on your word, which you were always ready to request for those in trouble or anxiety. Encouraged by this thought, I implore you to obtain for me (request). The answer to my prayer may require a miracle. Even so, you are the Saint of miracles. Gentle and loving Saint Anthony, whose heart is ever full of human sympathy, takes my petition to the Infant Savior for whom you have such a great love, and the gratitude of my heart will ever be yours. Amen.

### Prayer to St. Michael the Archangel

Saint Michael the Archangel, defend us in battle, be our protection against the malice 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 through the world for the ruin of souls. Amen.

### Prayer to St. Alphonsa

Oh, St. Alphonsa, you have been graciously chosen from our midst to be united with Jesus Christ, our savior, in the mystery of His passion, death and resurrection. You have grown to the heights of holiness and have been crowned with heavenly glory. Help us in our trials and tribulations, Oh! daughter of sufferings, obtain us the grace to lead a holy life, following your example, in total submission to the will of God. Be with us, transforming all our sorrows into a holy sacrifice in union with Christ crucified, in reparation to our sins, for the sanctification and salvation of the whole world. Amen

### Prayer to Blessed Chavara Kuriakose Elias

Most loving God, you are the source and fullness of all wisdom and knowledge. I thank you for giving me an intellect and mind. Fill my intellect mind with your light. Increase my memory power. Bless me to concentrate in my studies. Give me calmness of mind to overcome any fear or tension when I face exams. O, Lord enlightens and strengthens my mind to bring out the best from my studies and exams. Blessed Chavara Kuriakose Elias, help of students, pray for us.

### Prayer to Blessed Kunjachan

Lord Jesus Christ, who has been anointed for us, to preach the Gospel to the poor, to free those in prison, to give sight to the blind and to set free the oppressed, be gracious enough to honor our beloved Kunjachan with the halo of sanctity. Through his pure and humble life, shining forth with love for Thee, Kunjachan dedicated himself wholly to the spiritual and temporal relief of the poor and down trodden brethren. Bless us, O Lord, with the grace to grow in charity, purity and simplicity which adorned Kunjachan's life. Oh! Triune God, we pray You most humbly to grant us the particular favor, ....we beseech Thee, through the intercession of the beloved Kunjachan. Amen

## STATIONS OF THE CROSS

**Act of Contrition:** O my God, I am heartily sorry for having offended you, and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend you, my God, Who are 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.

### First Station: Jesus is condemned to death

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross You have redeemed the world.



Jesus, you stand all alone before Pilate. Nobody speaks up for you. Nobody helps defend you. You devoted your entire life to helping others, listening to the smallest ones, caring for those who were ignored by others. They don't seem to remember that as they prepare to put you to death.

As a child, sometimes I feel alone. Sometimes I feel that others don't stand up for me and defend me when I am afraid. Sometimes I don't feel like I am treated fairly, especially if I am scolded or corrected.

As an adult, sometimes I feel abandoned and afraid as well. Sometimes I too, feel like I am treated unfairly or blamed for things unfairly. I have a hard time when people criticize me at home or at work.

Help me be grateful for what you did for me. Help me to accept criticism and unfairness as you did, and not complain. Help me pray for those who have hurt me.

My Jesus, please teach us your love. Never let us be the people who hurt you, or even like Pilate, who did nothing to help you. Teach us to love and to help all people.

**Our Father.... Hail Mary.... Glory Be to the Father....**

**Leader:** Jesus Christ Crucified.

**All:** Have mercy on Us.

**Leader:** May the souls of the faithful departed, through the mercy of God, Rest in peace.

**All:** Amen.

### Second Station: Jesus carries His cross

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross You have redeemed the world.

Jesus, as you accepted your cross; you knew you would carry it to your death on Calvary. You knew it wouldn't be easy, but you accepted it and carried it just the same.



As a child, sometimes I don't like the problems that come my way. Sometimes I try to get others to take care of them or solve them for me. Sometimes I become upset and crabby when I'm asked to do even the smallest thing to help others.

As an adult I sometimes feel like I'm not appreciated. Sometimes I feel as if I accept more responsibility that I need to. I can feel sorry for myself, even though the crosses others carry are much larger than my own. In my self-pity, I don't reach out to help.

My Jesus, you have taught us that when we love people, we are willing to help them, even if it hurts. Give us the courage to help our family and friend, even if that means we must give up something we really wanted.

**Our Father.... Hail Mary.... Glory Be to the Father....**

**Leader:** Jesus Christ Crucified.

**All:** Have mercy on Us.

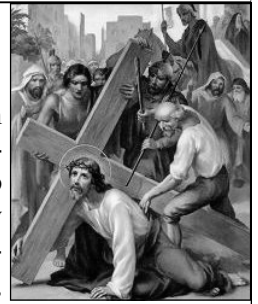
**Leader:** May the souls of the faithful departed, through the mercy of God, Rest in peace.

**All:** Amen.

### Third Station: Jesus falls the first time

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross You have redeemed the world.



Jesus, the cross you have been carrying is very heavy. You are becoming weak and almost ready to faint, and you fall down. Nobody seems to want to help you. The soldiers are interested in getting home, so they yell at you and try to get you up and moving again.

As a child, sometimes I start to do something, but then get tired of it. I hurry to get finished and sometimes don't do my work well. Sometimes I don't pay attention to what I should be doing. When things get hard for me, sometimes I give up.

As an adult, I sometimes put things off. I give up too easily, and sometimes don't do my work as well as I know I can.

My Jesus, You became weak and fell down in pain. Teach us never to make fun of those who are weak or those who have fallen. And when we fall, teach us to reach out to you.

**Our Father.... Hail Mary.... Glory Be to the Father....**

**Leader:** Jesus Christ Crucified.

**All:** Have mercy on Us.

**Leader:** May the souls of the faithful departed, through the mercy of God, Rest in peace.

**All:** Amen.

### Fourth Station: Jesus meets his mother

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross You have redeemed the world.



Jesus, you feel so alone with all those people yelling and screaming at you. You don't like the words they are saying about you, and you look for a friendly face in the crowd. You see your mother. She can't make the hurting stop, but it helps to see that she is on your side, that she is suffering with you. She does understand and care.

As a child, sometimes I feel like too many things are going on. Sometimes other kids pick on me and call me names. I need to look around me for a friendly face, and for the help I need. I need to share my troubles with those who truly care about me.

As an adult I sometimes feel overwhelmed by many things. Life is so competitive, and I worry so much about my future and those who have some control over it. I need to remember that being an adult does not mean having to solve every problem all by myself. I need to look

around me for a friendly face, for the help I need.

Jesus most suffering, Mary Mother most sorrowful, if, by my sins, I caused you pain and anguish in the past, by God's assisting grace it shall be so no more; rather be you my love henceforth till death.

**Our Father.... Hail Mary.... Glory Be to the Father....**

**Leader:** Jesus Christ Crucified.

**All:** Have mercy on Us.

**Leader:** May the souls of the faithful departed, through the mercy of God, Rest in peace.

**All:** Amen.

### **Fifth Station:**

#### **Simon of Cyrene helps Jesus to carry his cross**

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross You have redeemed the world.



Jesus, the soldiers are becoming impatient. This is taking longer than they wanted it to. They are afraid you won't make it to the hill where you will be crucified. As you grow weaker, they grab a man out of the crowd and make him help carry your cross. He was just watching what was happening, but all of a sudden he is helping you carry your cross.

As a child, sometimes I see people who need my help. Sometimes I pretend not to hear when my parents call me. I disappear when I know others could use my help.

As an adult, sometimes I try to do as little as I can and still get by. Others might need my help, but I ignore their needs. Even when I'm asked to help, I sometimes claim to be too busy.

My Jesus, Simon reached out and helped you carry the Cross. Team me to reach out to help those around me. Let me be so generous that I offer my help even without being asked.

**Our Father.... Hail Mary.... Glory Be to the Father....**

**Leader:** Jesus Christ Crucified.

**All:** Have mercy on Us.

**Leader:** May the souls of the faithful departed, through the mercy of God, Rest in peace.

**All:** Amen.

### **Fifth Station:**

#### **Simon of Cyrene helps Jesus to carry his cross**

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross You have redeemed the world.

Jesus, the soldiers are becoming impatient. This is tak-

ing longer than they wanted it to. They are afraid you won't make it to the hill where you will be crucified. As you grow weaker, they grab a man out of the crowd and make him help carry your cross. He was just watching what was happening, but all of a sudden he is helping you carry your cross.



As a child, sometimes I see people who need my help. Sometimes I pretend not to hear when my parents call me. I disappear when I know others could use my help.

As an adult, sometimes I try to do as little as I can and still get by. Others might need my help, but I ignore their needs. Even when I'm asked to help, I sometimes claim to be too busy.

My Jesus, Veronica saw the pain in Your face, and so she reached out to help you. Remind us that every time we see the face of someone who is suffering or lonely, we are really seeing You.

**Our Father.... Hail Mary.... Glory Be to the Father....**

**Leader:** Jesus Christ Crucified.

**All:** Have mercy on Us.

**Leader:** May the souls of the faithful departed, through the mercy of God, Rest in peace.

**All:** Amen.

### **Seventh Station: Jesus falls the second time**

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross You have redeemed the world.



This is the second time you have fallen on the road. As the cross grows heavier and heavier it becomes more difficult to get up. But you continue to struggle and try until you're up and walking again. You don't give up.

As a child, sometimes things get me down. Others seem to find things easier to do or to learn. Each time I fail, I find it harder to keep trying.

As an adult, sometimes I think I should know more than I do. I become impatient with myself and find it hard to believe in myself when I fail. It is easy to despair over small things, and sometimes I do.

Help me when things seem difficult for me. Even when it's hard, help me get up and keep trying as you did. Help me do my best without comparing myself with others.

My Jesus, often have I sinned and often, by sin, beaten you to the ground beneath the cross. Help me to use the efficacious means of grace that I may never fall again.

**Our Father.... Hail Mary.... Glory Be to the Father....****Leader:** Jesus Christ Crucified.**All:** Have mercy on Us.**Leader:** May the souls of the faithful departed, through the mercy of God, Rest in peace.**All:** Amen.**Eighth Station:****Jesus meets the women of Jerusalem****Leader:** We adore you, O Christ, and we praise you.**All:** Because by your holy cross You have redeemed the world.

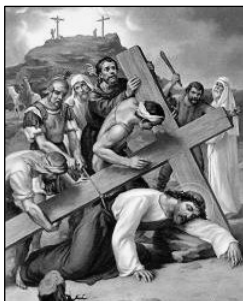
Jesus, as you carry your cross you see a group of women along the road. As you pass by you see they are sad. You stop to spend a moment with them, to offer them some encouragement. Although you have been abandoned by your friends and are in pain, you stop and try to help them.

As a child, sometimes I think a lot about myself. I think about what I want and would like people to spend their lives pleasing me.

As an adult, sometimes I act like a child. I become so absorbed in myself and what I'd like that I forget about the needs of others. I take them for granted, and often ignore their needs.

Help me think more about others. Help me remember that others have problems, too. Help me respond to them even when I'm busy or preoccupied with my own problems.

My Jesus, the women wept for You as You went off to die. May we pray now for all those who are dying and have died. Eternal rest grant unto them, O Lord, and let the perpetual light shine upon them.

**Our Father.... Hail Mary.... Glory Be to the Father....****Leader:** Jesus Christ Crucified.**All:** Have mercy on Us.**Leader:** May the souls of the faithful departed, through the mercy of God, Rest in peace.**All:** Amen.**Ninth Station: Jesus falls a third time****Leader:** We adore you, O Christ, and we praise you.**All:** Because by your holy cross You have redeemed the world.

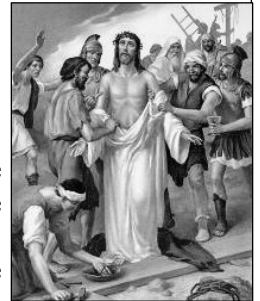
Jesus, your journey has been long. You fall again, beneath your cross. You know your journey is coming to an end. You struggle and struggle. You get up and keep going.

As a child, sometimes I fail time and time again. I find it hard to get along with my sisters and brothers, sometimes I'm not honest, sometimes I'm lazy. I'm tempted to stop trying. It's just too hard sometimes.

As an adult, I often feel I should have conquered my weaknesses by now. I become discouraged when I'm confronted by the same problems over and over again. Sometimes I get weary. When I have health problems, I can become discouraged and depressed.

Help me think of the cross you carried. Help me continue to hope that I can make the changes in my life I need to. You didn't give up. I can have the strength to get up again as well.

My Jesus, You never give up on us. Teach us to love ourselves even as much as you love us..

**Our Father.... Hail Mary.... Glory Be to the Father....****Leader:** Jesus Christ Crucified.**All:** Have mercy on Us.**Leader:** May the souls of the faithful departed, through the mercy of God, Rest in peace.**All:** Amen.**Tenth Station: Jesus clothes are taken away****Leader:** We adore you, O Christ, and we praise you.**All:** Because by your holy cross You have redeemed the world.

The soldiers notice you have something of value. They remove your cloak and throw dice for it. Your wounds are torn open once again. Some of the people in the crowd make fun of you. They tease you and challenge you to perform a miracle for them to see. They're not aware that you'll perform the greatest miracle of all!

As a child, sometimes I'm tempted to repeat stories I know are unclean and disrespectful. I sometimes try to act grown up by using crude and bad words.

As an adult, sometimes I repeat stories that are disrespectful of others. I can entertain thoughts that are not clean. Sometimes I give the young people around me a bad example to follow.

Help me to keep myself pure and clean. Help me say things that build up the people around me. Help me overcome worldly desires that I may become more like Jesus. Help me set a good example for others to follow.

My Jesus, they took away from you everything you had, even your clothing. May we always be willing to share our food and our clothes with those who have none.

**Our Father.... Hail Mary.... Glory Be to the Father....****Leader:** Jesus Christ Crucified.**All:** Have mercy on Us.

**Leader:** May the souls of the faithful departed, through the mercy of God, Rest in peace.

**All:** Amen.

### Eleventh Station: Jesus is nailed to the cross

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross You have redeemed the world.



You are stretched out on the cross you have carried so far. The soldiers take big nails and drive them into your hands and feet. You feel abandoned by the people you loved so much. People seem to have gone mad. You have done nothing but good, yet they drive nails through your hands and feet.

As a child, sometimes I hurt others. Sometimes I join with friends and decide not to like another. We gang up against another and cause them hurt and pain. Sometimes I say or do hurtful things to my brothers and sisters. I can wonder what they'd think about themselves if they believed everything I told them about themselves.

As an adult, sometimes I discriminate against others. Even without thinking, I judge others because of their color, intelligence, income level or name. I forget that I am to live as a brother or sister to all people. Sometimes I use harsh words when I speak to my children and family members. I can find it easy to look for something that isn't very important and make it very important.

Help me look again at the people around me. Help me see the hurt and pain I have caused in others. Be with me to help me make amends for the harm I have done.

My Jesus, when we are suffering, help us to remember that you too suffered. When we are bored because we can't go out, help us to remember that you could not leave the Cross. When we feel no one loves us, help us to remember that you died for love of us.

**Our Father.... Hail Mary.... Glory Be to the Father....**

**Leader:** Jesus Christ Crucified.

**All:** Have mercy on Us.

**Leader:** May the souls of the faithful departed, through the mercy of God, Rest in peace.

**All:** Amen.

### Twelfth Station: Jesus dies on the cross

**Leader:** We adore you, O Christ, and we praise you.

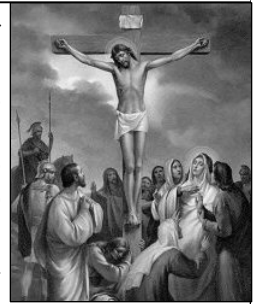
**All:** Because by your holy cross You have redeemed the world.

As Jesus hung on the cross, he forgave the soldiers who had crucified him, and prayed for his mother and friends. Jesus wanted all of us to be able to live forever

with God, so he gave all he had for us.

Jesus, let me take a few moments now to consider your love for me. Help me thank you for your willingness to go to your death for me. Help me express my love for you!

My Jesus, three hours didst you hang in agony, and then die for me; let me die before I sin, and if I live, live for your love and faithful service.



**Our Father.... Hail Mary.... Glory Be to the Father....**

**Leader:** Jesus Christ Crucified.

**All:** Have mercy on Us.

**Leader:** May the souls of the faithful departed, through the mercy of God, Rest in peace.

**All:** Amen.

### Thirteenth Station:

#### The body of Jesus is taken down from the cross

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross You have redeemed the world.



Jesus, how brutally you were put to death. How gently you are taken from the cross. Your suffering and pain are ended, and you are put in the lap of your mother. The dirt and blood are wiped away. You are treated with love.

As a child, sometimes I treat others better when they're sad or in pain. When somebody dies, I become very gentle and kind. I notice the good and kind things people say about those who have died.

As an adult, I seem to be kinder when someone dies. If only I could learn to see the good things about them while they were alive. If only I would tell those around me how much I love them, while I still have the opportunity to do so.

Help me look for the good in those around me, especially those I love the most. Help me live this day as if it were the last. Help me become a more gentle and loving person through my greater appreciation for those around me.

My Jesus, we promise that we will now do what you taught us to do. We will be your arms that give to the poor. We will be your feet to visit the sick. We will be your heart to love all those who are alone..

**Our Father.... Hail Mary.... Glory Be to the Father....**

**Leader:** Jesus Christ Crucified.

**All:** Have mercy on Us.



**Leader:** May the souls of the faithful departed, through the mercy of God, Rest in peace.

**All:** Amen.

#### Fourteenth Station: Jesus is laid in the tomb

**Leader:** We adore you, O Christ, and we praise you.

**All:** Because by your holy cross You have redeemed the world.



Jesus, your body is prepared for burial. Joseph gave you his own tomb. He laid your body there and rolled a large stone in front of it, then went home. What a sad day it has been for so many people.

As a child, sometimes I try to keep everything for myself. I find it hard to share my things with my brothers or sisters and with my friends.

As an adult, I can be selfish too. I can accumulate things and keep them for myself. I try to make sure I have what I want before I share what I have with anybody else.

Help me think of Joseph of Arimathea, who risked his own life as he accepted Jesus' body for burial. Help me think of how Joseph loved Jesus so much that he gave him his own tomb.

My Jesus, beside your body in the tomb I, too, would lie dead; but if I live, let it be for you, so as one day to enjoy with you in heaven the fruits of your passion and your bitter death.

**Our Father.... Hail Mary.... Glory Be to the Father....**

**Leader:** Jesus Christ Crucified.

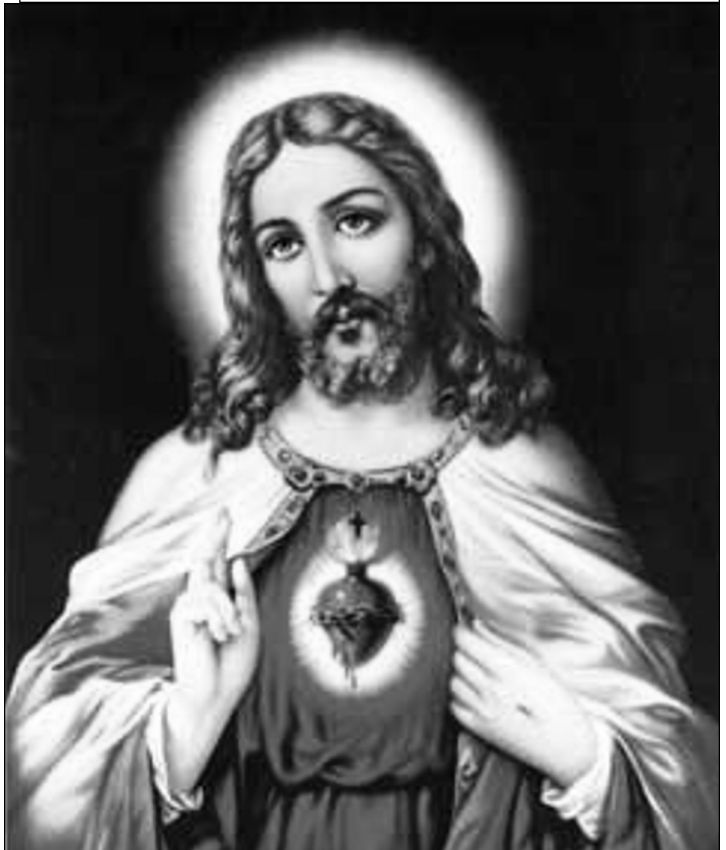
**All:** Have mercy on Us.

**Leader:** May the souls of the faithful departed, through the mercy of God, Rest in peace.

**All:** Amen.

#### Stations of the Cross: Concluding Prayer

Almighty and eternal God, merciful Father, who has given to the human race Your beloved Son as an example of humility, obedience, and patience, to precede us on the way of life, bearing the Cross: graciously grant us that we, inflamed by His infinite love, may take up the sweet yoke of His Gospel together with the mortification of the Cross, following Him as His true disciples, so that we shall one day gloriously rise with Him and joyfully hear the final sentence: "Come, blessed of My Father, and possess the kingdom which was prepared for you from the beginning," where You reign with the Son and the Holy Spirit, and where we hope to reign with You, world without end. Amen.



**JESUS LOVES YOU**