



THE SYRO-MALABAR QURBANA



The Most Sacred Heart of Jesus

KNANAYA CATHOLIC REGION

St. Thomas Syro-Malabar Catholic Diocese of Chicago

(For private use only)



Our Lady of Perpetual Help, Pray for Us.

PRAYERS OF THE ROSARY

The Joyful Mysteries

1. Annunciation
2. Visitation
3. Nativity
4. Presentation at the Temple
5. Finding in the Temple

The Luminous Mysteries

1. Baptism of Jesus
2. Wedding of Cana
3. The proclamation of the Kingdom of God
4. The Transfiguration
5. The institution of the Eucharist

The Sorrowful Mysteries

1. Agony of Jesus in the Garden
2. Scourging of Jesus at Pillar
3. Crowning with Thorns
4. Carrying the Cross
5. Crucifixion

The Glorious Mysteries

1. Resurrection of Jesus
2. Descent of Holy Spirit
3. Ascension of Jesus
4. Assumption of the Virgin Mary
5. Coronation of Blessed Virgin Mary

The Fatima Prayer: "O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Your Mercy".

HAIL, HOLY QUEEN, Mother of Mercy, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine 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!

V. Pray for us, O Holy Mother of God.

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

Let us pray. O GOD, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

CATHOLIC PRAYERS

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.

Prayer Before Communion

Divine Savior, we come to Your sacred table to nourish ourselves, not with bread but with Yourself, true Bread of eternal life. Help us daily to make a good and perfect meal of this divine food. Let us be continually refreshed by the perfume of Your kindness and goodness. May the Holy Spirit fill us with His Love. Meanwhile, let us prepare a place for this holy food by emptying our hearts. Amen.

. . . by St. Francis de Sales

Prayer After Communion

What has passed our lips as food, O Lord, may we possess in purity of heart, that what is given to us in time, be our healing for eternity.

May Your Body, O Lord, which I have eaten, and Your Blood which I have drunk, cleave to my very soul, and grant that no trace of sin be found in me, whom these pure and holy mysteries have renewed. Who live and reign, world without end. Amen.

We humbly beseech You, almighty god, to grant that those whom You refresh with Your sacraments, may serve you worthily by a life well pleasing to You. Through our Lord Jesus Christ, Your Son, Who lives and reigns, world without end. Amen.