

# Handy Catholic Prayers 3.0f

## Prayer to St. Michael for assistance contra Satan



Saint Michael the Archangel, defend us in battle; be our defender against the wickedness and snares of the devil. May God rebuke him, we humbly pray; do thou, O Prince of heavenly hosts, by the power of God, thrust into Hell Satan and the other evil spirits who prowl about the world for the ruin of souls. Amen.

## Prayer to the Virgin: Remedy Against Evil Spirits

*Indulged by St. Pius X on July 8, 1908. Original text from the prayer dictated by Our Lady to Father Cestac on Jan. 13, 1864.* August Queen of Heaven, sovereign Mistress of the Angels, thou who from the beginning hast received from God the power and the mission to crush the head of Satan, we humbly beseech thee to send thy holy legions, that under thy command and by thy power they may pursue the evil spirits, encounter them on every side, resist their bold attacks, and drive them hence into eternal woe.

Who is like unto God?

O good and tender Mother, thou wilt always be our love and our hope.

O Mother of God, send thy holy Angels to defend us and drive far from us the cruel enemy.

Holy Angels and Archangels, defend us and keep us. Amen.

## Morning (Day's Beginning) Prayers:

### The Sign of the Cross + ...

Lord, one more day to love Thee! -- Brother Charles de Foucauld

O Jesus, watch over me always, especially today, or I shall betray Thee like Judas. -- St. Philip Neri

My God, send me thy Holy Spirit to teach me what I am and what thou art! -- St. John Vianney

May the Passion of Christ be ever in our heart. -- St. Paul of the Cross

### Upon Arising from Sleep

O Master and holy God, who art beyond our understanding: at thy word, light came forth out of darkness. In thy mercy, thou gave us rest through night-long sleep, and raised us up to glorify thy goodness and to offer our supplication to Thee. Now, in thy own tender love, accept us who adore Thee and give thanks to Thee with all our heart. Grant us all our requests, if they lead to salvation; give us the grace of manifesting that we are children of light and day, and heirs to thy eternal reward. In the abundance of thy mercies, O Lord, remember all thy people; all those present who pray with us; all our brethren on land, at sea, or in the air, in every place of Thy domain, who call upon thy love for mankind. Upon all, pour down thy great mercy, that we, saved in body and in soul, may persevere unflinchingly; and that, in our confidence, we may extol thy exalted and blessed Name, Father, Son, and Holy Spirit, always, now and forever. Amen.

### Another Just Rising Prayer

At my rising from sleep I thank Thee, O Holy Trinity, because of the abundance of Thy goodness and long-suffering; Thou wast not angry with me a sinner, nor let me perish because of my iniquities, but Thou hast been gracious to me, and sympathized with me in Thine Own Divine fashion, and hast raised me up when I had fallen into despair; and I now hasten to praise Thy power.

Lighten now Thou the eyes of my mind, and open my mouth to meditate on Thy words, to understand Thy commandments, to do Thy will, to sing to Thee with confession of the heart, and to praise Thine All-Holy Name, O Father, Son, and Holy Spirit, now and ever, and forever. Amen.

### Fatima Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer Thee my prayers, works, joys and sufferings, all that this

day may bring, be they good or bad: for the love of God, for the conversion of sinners, and in reparation for all the sins committed against the Sacred Heart of Jesus and the Immaculate Heart of Mary. Amen.

### Morning Offering to the Sacred Heart

O Jesus, through the Immaculate Heart of Mary, I offer Thee my prayers, works, joys and sufferings of this day for all the intentions of Thy Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our associates, and in particular for the intentions of our Holy Father for this month. Amen.

### Morning Offering to Jesus

O my Jesus, through the Immaculate Heart of Mary, I offer Thee my prayers, works, joys, and sufferings of this day for all the intentions of Thy Sacred Heart, in union with the holy Sacrifice of the Mass throughout the world. I wish to gain all the indulgences attached to the prayers I shall say and the good works I shall perform this day. Amen.

### Morning Consecration to Mary

Hail Mary, full of Grace...

My Queen, My Mother, I offer myself entirely to Thee. And to show my devotion to Thee, I offer Thee this day, my eyes, my ears, my mouth, my heart, my whole being without reserve. Wherefore, good Mother, as I am thine own, keep me, guard me as Thy property and possession. Amen

### Morning Offering w Brown Scapular

O my God, in union with the Immaculate Heart of Mary (*here kiss the scapular as a sign of your consecration*), I offer Thee the Precious Blood of Jesus from all the altars throughout the world, joining with It the offering of my every thought, word and action of this day. O my Jesus, I desire today to gain every indulgence and 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 Blood of Jesus, save us! Immaculate Heart of Mary, pray for us! Sacred Heart of Jesus, have mercy on us!

**NOON: The Angelus** *(To be said at 6am, noon and 6pm daily, except during the Easter season)*

V. The angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

(Hail Mary,...)

V. Behold the handmaid of the Lord

R. Let it be done unto me according to thy word.

(Hail Mary,...)

V. And the Word was made flesh

R. And dwelt among 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 race 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.

### **Afternoon and Evening Prayers:**

#### **Evening Prayer**

I adore thee, my God, and I love thee with all my heart. I give thee thanks for having created me, for having made me a Christian and for having preserved me this day.

Pardon me for any evil I may have done today; accept any good I have accomplished. Keep me while I take my rest and deliver me from all dangers. May thy grace be always with me. Amen.

#### **Evening Prayer to the Holy Spirit**

O Holy Spirit, most merciful Comforter: Thou proceedest from the Father in a manner beyond our understanding. Come, I beseech Thee, and take up thy abode in my heart. Purify and cleanse me from all sin, and sanctify my soul. Cleanse it from every impurity, water its dryness, melt its coldness, and save it from its sinful ways. Make me truly humble and resigned, that I may be pleasing to Thee, and that Thou might abide with me forever. Most Blessed Light, most Amiable Light, enlighten me. O Rapturous Joy of Paradise, Fount of Purest Delight, My God, give Thy Self to me and kindle in my innermost soul the fire of Thy love. My Lord,

instruct, direct, and defend me in all things. Give me strength against all immoderate fears and against despondency. Bestow upon me a true faith, a firm hope, and a sincere and a perfect love. Grant that I always do Thy Most Gracious Will. Amen. (by Saint Antiochus)

#### **Evening Prayer to the Son of God**

O Only-Begotten Word of the Father, Jesus Christ, who alone art perfect: according to the greatness of thy mercy, do not abandon me, thy servant, but ever rest in my heart. O Sweet Jesus, Good Shepherd of Thy flock, deliver me from the attacks of the Enemy. Do not allow me to become the prey of Satan's evil intent, even though I have within me the seed of eternal damnation. Instead, O Lord Jesus Christ, Adorable God, Holy King, while I sleep, protect me by Thy Holy Spirit, through Whom Thou sanctified Thy Apostles. Enlighten my mind by the light of the Holy Gospel, my soul by the love of Thy Cross, my heart by the purity of Thy teaching. Protect my body by Thy sacred passion, my senses by Thy humility, and awaken me in due time for Thy glorification. For Thou, above all, art adorable, together with Thy eternal Father, and the Holy Spirit, now and ever, and forever. Amen. (By Saint Antiochus)

### **Night (day's close, bedtime) Prayers:**

#### **Watch, O Lord**

Watch, O Lord, with those who wake, or watch, or weep tonight, and give Thy angels and saints charge over those who sleep. Tend Thy sick ones, O Lord Christ. Rest Thy weary ones. Bless Thy dying ones. Soothe Thy suffering ones. Pity Thy afflicted ones. Shield Thy joyous ones, and all for Thy love's sake. Amen. (by St. Augustine)

#### **Child's Bedtime Prayer**

Now I lay me down to sleep.  
I pray the Lord my soul to keep.  
And if I die before I wake,  
I pray the Lord my soul to take!

#### **Before Day's End**

Before the closing of the day,  
Creator, we Thee humbly pray,  
That, for Thy wonted mercy's sake,  
Thou us under protection take.  
May nothing in our minds excite

Vain dreams and phantoms of the night;  
Our enemies repress, that so  
Our bodies no uncleanness know.  
In this, most gracious Father, hear,  
With Christ, Thy equal Son, our prayer;  
Who, with the Holy Ghost and Thee,  
Doth live and reign eternally.

#### **Bedtime Prayer to God the Father**

O eternal God and Ruler of all creation, Thou hast allowed me to reach this hour. Forgive the sins I have committed this day by word, deed or thought. Purify me, O Lord, from every spiritual and physical stain. Grant that I may rise from this sleep to glorify Thee by my deeds throughout my entire lifetime, and that I be victorious over every spiritual and physical enemy. Deliver me, O Lord, from all vain thoughts and from evil desires, for yours is the kingdom, and the power, and the glory, Father, Son, and Holy Spirit, now and ever, and forever. Amen. (By Saint Macarius)

#### **Night Prayer in response to a request from our Lord**

Eternal Father, I desire to rest in Thy Heart this night. I make the intention of offering to Thee every beat of my heart, joining to them as many acts of love and desire. I pray that even while I am asleep, I will bring back to Thee souls that offend Thee. I ask forgiveness for the whole world, especially for those who know Thee and yet sin. I offer to Thee my every breath and heartbeat as a prayer of reparation. Amen.

#### **Bedtime + Brief Examination of Conscience and Request for Pardon**

God, come to my assistance.  
Lord make haste to help me.

Glory be ... (Gloria)

O my God, I thank thee for having preserved me today and for having given me so many blessings and graces. I renew my dedication to thee and ask thy pardon for all my sins.

*(Here, make a short review of the day, briefly recalling with gratitude the good things that have happened, and*

*repenting in sincere sorrow the sins you have committed.)*

### **Prayers to/for Christ:**

#### **The Golden Arrow**

May the most holy, most sacred, most adorable, most mysterious and unutterable Name of God be always praised, blessed, loved, adored, and glorified, in Heaven, on earth, and under the earth, by all the creatures of God, and by the Sacred Heart of Our Lord Jesus Christ in the most holy Sacrament of the altar. Amen

#### **Prayer of Saint Francis**

O Lord, make me an instrument of thy peace: where there is hatred, let me sow love; where there is injury, pardon; where there is discord, unity; where there is doubt, faith; where there is error, truth; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. O Divine Master, grant that I may seek: not so much to be consoled, as to console; to be understood, as to understand; to be loved, as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen

#### **Dedication to Christ**

Take, O Lord, and receive my entire liberty, my memory, my understanding, and my whole will. All that I am and all that I possess thou hast given me. I surrender it all to thee to be disposed of according to thy will. Give me only thy love and thy grace; with these I will be rich enough, and will desire nothing more. Amen

#### **Prayer Before Confession 1**

Receive my confession, O most loving and gracious Lord Jesus Christ, only hope for the salvation of my soul. Grant to me true contrition of soul, so that day and night I may by penance make satisfaction for my many sins. Savior of the world, O good Jesus, Who gave Yourself to the death of the Cross to save sinners, look upon me, most wretched of all sinners; have pity on me, and give me the light to know my sins, true sorrow for them, and a firm purpose of never committing them again.

O gracious Virgin Mary, Immaculate Mother of Jesus, I implore thee to obtain for me by thy powerful intercession these graces from thy Divine Son.

St. Joseph, pray for me. Amen

#### **Child's Prayer Before Confession**

Dear Jesus, help me to make a good Confession, Help me to find out my sins, Help me to be sorry for them, Help me to make up my mind not to sin again. have mercy on me, O Lord, and forgive me. Mary, my mother, pray for me.

#### **To St. Gerard, for a Good Confession**

St. Gerard, Patron of a Good Confession, who gave courage to souls whom fear and shame had overcome; who gave sorrow to their hearts, resolution to their wills, truth to their faltering lips; help me to make a good Confession. Enable me to know my sins, to be truly sorry for them, and to be firmly resolved, with God's grace, never to sin again.

Help me to confess my sins humbly and sincerely, to confess them in the spirit of faith, as confessing them to Our Lord Himself.

Stand by me in this Confession, O gentle Saint, an angel of God sent to free me from sin. Amen.

#### **An Act of Contrition**

O my God, I am sorry and beg pardon for all my sins, and detest them above all things, because they deserve Thy dreadful punishments, because they have crucified my loving Saviour Jesus Christ and, most of all, because they offend Thine infinite goodness; and I firmly resolve, by the help of Thy grace, never to offend Thee again, and carefully to avoid the occasions of sin. Amen

#### **I Confess**

I confess to Almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, and to all the Saints, that I have sinned exceedingly, in thought, word, and deed, through my fault\*, through my fault\*, through my most grievous fault\* [\*strike breast].

Therefore I beseech blessed Mary ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, and all the Saints, to pray to the Lord our God for me. Amen

#### **The Anima Christi** (post-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, strengthen me;  
O good Jesus hear me;  
Within thy wounds hide me;  
separated from thee, let me never be;  
From the evil one protect me;  
At the hour of my death, call me;  
And close to thee bid me; That with thy saints,  
I may be praising thee forever and ever. Amen.



#### **Blessing Before Meals**

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

#### **Grace after Meals**

We give Thee thanks, O Almighty God, for these Thy benefits. Who lives and reigns, world without end. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

#### **Prayer Before the Crucifix**

BEHOLD, O good and sweetest Jesus, I cast myself upon my knees in Thy sight, and with the most fervent desire of my soul I pray and beseech Thee to impress upon my heart lively sentiments of faith,



hope and charity,  
with true repentance for my sins  
and a most firm desire of amendment:  
whilst with deep affection and grief of soul  
I consider within myself  
and mentally contemplate Thy five most precious  
Wounds, having before mine eyes that which David, the  
prophet, long ago spoke in Thine own person concerning  
Thee, my Jesus:  
“They have pierced My hands and My feet,  
they have numbered all My bones.”

### **Prayers to Our Blessed Mother, other Saints:**

#### **The Memorare**

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

#### **Hail Holy Queen**

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 vale of tears. Turn  
then, most gracious advocate, thine eyes of mercy toward  
us, and after this our exile show 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. Amen

#### **Prayer of St. Gertrude the Great**

Our Lord dictated the following prayer to St. Gertrude  
the Great to release 1,000 Souls from Purgatory each  
time it is said.

"Eternal Father, I offer Thee the Most Precious Blood of  
Thy 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."

### **NOVENA PRAYER TO SAINT PHILOMENA**

**Patron** Babies, Infants, and Youth

**We beseech Thee, O Lord, to grant us the pardon of our  
sins by the intercession of Saint , virgin and martyr, who  
was always pleasing in Thy sight by her eminent chastity  
and by the profession of every virtue. Amen.**

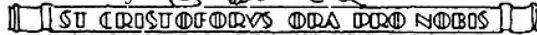
**Illustrious virgin and martyr, Saint Philomena, behold  
me prostrate before the throne whereupon it has pleased  
the Most Holy Trinity to place thee. Full of confidence in  
thy protection, I entreat thee to intercede for me with  
God, from the heights of Heaven deign to cast a glance  
upon thy humble client! Spouse of Christ, sustain me in  
suffering, fortify me in temptation, protect me in the  
dangers surrounding me, obtain for me the graces  
necessary to me, and in particular  
(Here specify your petition).**

**Above all, assist me at the hour of my death. Saint  
Philomena, powerful with God, pray for us. Amen.**

**O God, Most Holy Trinity, we thank Thee for the graces  
Thou didst bestow upon the Blessed Virgin Mary, and  
upon Thy handmaid Philomena, through whose  
intercession we implore Thy Mercy. Amen.**

#### **Prayer to Saint Christopher**

O Glorious St. Christopher, you have inherited a  
beautiful name, Christbearer, as a result of the  
wonderful legend that while carrying people  
across a raging stream you also carried the  
Child Jesus. Teach us to be true Christbearers to  
those who do not know Him. Protect all of us  
that travel both near and far and petition Jesus to  
be with us always. Amen.



#### **Special Prayer to St. Joseph**

Oh, **St. Joseph**, whose protection is so great, so strong, so  
prompt before the throne of **God**. I place in you all my  
interests and desires. Oh, **St. Joseph**, do assist me by your  
powerful intercession, and obtain for me from your  
divine Son all spiritual blessings, through **Jesus Christ**,  
our Lord. So that, having engaged here below your  
heavenly power, I may offer my thanksgiving and  
homage to the most loving of Fathers.

Oh, **St. Joseph**, I never weary of contemplating you,  
and **Jesus** asleep in your arms; I dare not approach while  
He reposes near your heart. Press **Him** in my name and  
kiss **His** fine head for me and ask him to return the Kiss  
when I draw my dying breath. **St. Joseph**, Patron of  
departing souls - Pray for me.

*(This prayer was found in the 50th year of Our Lord and  
Savior **Jesus Christ**. In 1505 it was sent from the Pope to  
Emperor Charles when he was going into battle. Whoever  
shall read **this prayer** or hear it or keep it about themselves,  
shall never die a sudden death, or be drowned, not shall  
posion take effect of them; neither shall they fall into the  
hands of the enemy; or shall be burned in any fire, or shall  
be overpowered in battle.*

*Say for **nine mornings** for anything you may desire. **It has  
never been known to fail**, so be sure you really want what  
you ask.)*

#### **A Worker's Prayer to St. Joseph, by Pope St. Pius X**

Glorious St. Joseph, model of all who are devoted to  
labor, obtain for me the **grace** to work in  
the **spirit** of **penance** in expiation of my many sins; to  
work conscientiously by placing love of **duty** above my  
inclinations; to gratefully and joyously deem it an honor  
to employ and to develop by labor the **gifts** I have  
received from God, to work methodically, peacefully, and  
in moderation and patience, without ever shrinking from  
it through weariness or difficulty to work; above all, with  
purity of **intention** and unselfishness, having unceasingly  
before my eyes death and the account I have to render  
of **time** lost, talents unused, **good** not done, and vain  
complacency in success, so baneful to the work of God.  
All for Jesus, all for Mary, all to imitate thee,  
O **patriarch** St. Joseph! This shall be my motto  
for **life** and eternity.