

words, and works may be guided by the rules of Thy heavenly justice, and tend to the observance of Thy holy law, through our Lord Jesus Christ, Thy Son, who live and reign with Thee in the unity of the Holy Spirit, God for ever and ever. Amen.

O Lord God, King of heaven and earth, vouchsafe this day to direct and sanctify, to rule and govern my heart and body, my thoughts, words, and deeds, in Thy law, and in the works of Thy commandments, that henceforth and for ever, O Savior of the world, I may be Protected and saved, through Thy mighty help, who lives and reigns for ever. Amen.

O God, who, out of Thy unspeakable Providence, art pleased to appoint Thy holy Angels for our guardians; give ear to the supplications which I make for a continuance of their protection, and that I may be added to their joyful number for all eternity. Amen.

May the Blessed Virgin Mary, St. Joseph, and all the Saints, be my intercessors with the Lord; that I may be succored and preserved by Him Who live and reign to everlasting ages. Amen.

May our Lord bless me, and preserve me from all evil, and bring me to life everlasting; and may the souls of the faithful departed, through the mercy of God, rest in peace. Amen. "

An Act of Faith.

O my God, I firmly believe all that Thou have revealed, and which the holy Catholic Church proposes to me to be believed, because Thou art truth itself, which can neither deceive nor be deceived. In this faith, I desire to live and die.

An Act of Hope.

O my God, relying on Thy gracious promises, hope, by the merits of Jesus Christ, for the pardon of my sins, grace to serve Thee faithfully in this life by doing the good works which thou have commanded, and eternal happiness in the world to come, through Jesus Christ our Lord.

An Act of Love.

O MY God, I love thee with my whole heart, and above all things, because Thou art infinitely good in thyself and infinitely worthy to be loved; and for the love of Thee, I love my neighbor as myself.

An Act of Contrition.

O my God, I am heartily sorry for having offended Thee, 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 Thee, 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.

Act of Resignation to the Will of God.

May the most just, most high, and most amiable Will of God be done, praised, and eternally exalted in all things. Amen.

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Pamphlet 411

Morning Prayers

"The Christian begins his day, his prayers, and his activities with the Sign of the Cross: 'in the name of the Father and of the Son and of the Holy Spirit. Amen.' The baptized person dedicates the day to the glory of God and calls on the Savior's grace, which lets him act in the Spirit as a child of the Father. The sign of the cross strengthens us in temptations and difficulties" (CCC §2157).

"Blessed be the Holy and Undivided Trinity now and for ever. Amen.

Come, Holy Ghost, fill the hearts of Thy faithful, and kindle in them the fire of Thy love. Send forth Thy Spirit, and they shall be created, and you shall renew the face of the earth. O God, Who did instruct the hearts of the faithful by the light of the Holy Spirit; grant us in the Same Spirit to relish what is right, and ever to rejoice in His consolation. Through Jesus Christ, etc. Amen

An Act of Faith in the presence of God.

O my God, I firmly believe that you are here present, and see me, that you observe all my actions, all my thoughts, and the most secret motions of my heart. I acknowledge that I am not worthy to come into Thy presence, nor to lift up my eyes unto you, because I have so often sinned against you. But

Thy Goodness and Mercy invite me to come unto you: assist me, I beseech you, with thy Holy Spirit, and teach me to pray to you, as I ought.

Our Father, Who are 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 them that trespass against us; and lead us not into temptation; but deliver us from evil. Amen.

HAIL, Mary, full of grace the Lord is with thee; blessed are thou amongst women, and

blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Creed: I BELIEVE in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried; He descended into hell; the third day He rose again from the dead; He ascended into heaven, and sits at the right hand of God, the Father Almighty; from where He shall come to judge the living and the dead. I believe in the Holy Ghost, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. 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.

An Act of Adoration and Thanksgiving.

O ETERNAL God, Father, Son, and Holy Spirit, the beginning and end of all things; in Whom we live, and move, and have our being; prostrate before you in body and soul, I adore you with the most profound humility. I bless you, and give you thanks for all the benefits you have conferred upon me; that you have created me out of nothing, made me after your own image and likeness, redeemed me with the precious Blood of Thy Son, and sanctified me with Thy Holy Spirit, I thank you that you have called me into Thy Church, assisted me by Thy grace, admitted me to Thy Sacraments, watched over me by Thy special Providence; blessed me, notwithstanding my unworthiness, with the continuance of Thy gracious protection ; and for all the innumerable blessings which I owe to Thy undeserved bounty. I thank Thee especially for having preserved me during the night past, and for bringing me in safety to the beginning of another day. What return can I

make to Thee, O my God, for all that you have done for me? I will bless Thy Holy Name, and serve you all the days of my life. Bless the Lord, O my soul, and let all that is within me praise His Holy Name. (Here call to mind the chief sins of your life, and make resolutions against the temptations and dangerous occasions you may probably meet with this day).

An Act of Contrition

O MY God, how little have I served Thee in time past; how greatly have I sinned against Thee! I acknowledge my iniquity, and my sin is always before me. But I repent, O Lord, I repent. I am heartily sorry that I have lost that time in offending Thee which Thou gave me to be employed in Thy service, in advancing the good of my own soul, and obtaining everlasting life. I am sorry, above all things, that I have offended Thee, because Thou art infinitely good, and sin is infinitely displeasing to Thee. I love Thee with my whole heart, -- at least I desire so to do; and I firmly purpose, by the help of Thy Grace, to serve Thee more faithfully for the time to come.

Receive, I beseech Thee, the offering I now make to Thee of the remainder of my life. I renew the vows and promises made at my baptism. I renounce the devil, and all his works; the world and all its pomps. I now begin, and will endeavor to spend this day according to Thy holy will, performing all my actions so that they may be pleasing unto Thee. I will take particular care to avoid the failings I am so apt to commit, and to exercise the virtues most agreeable to my state [of life] and employment.

An Oblation.

I offer to Thee, O my God the life and death of Thy only Son; and with them these my affections and resolutions, my thoughts, words, deeds, and sufferings of this day, and of all my life, in honor of Thy adorable Majesty, in thanksgiving for all

Thy benefits, in satisfaction for my sins, and to obtain the assistance of Thy grace; that, persevering to the end in doing Thy Holy Will, I may love and enjoy Thee for ever in Thy glory.

A Petition.

You know, O God, how weak and unable I am to do good. Leave me not to myself, but take me under Thy protection, and give me grace faithfully to comply with these holy resolutions. Enlighten my understanding with a lively faith, raise up my will to a firm hope, and inflame it with an ardent charity. Strengthen my weakness, and cure the corruption of my heart; grant that, overcoming my enemies, both visible and invisible, I may make good use of Thy grace; -- and vouchsafe to add to these blessings the inestimable gift of final perseverance.

v. Unto Thee, O Lord, I have lifted up my voice.

R. And early in the morning my prayer shall come before Thee.

V. Let my mouth be ever filled with Thy praises.

R. That I may sing of Thy glory, and all the day long of Thy greatness.

V. Turn away Thy face, O Lord, from my sins.

R. And blot out all my iniquities.

V. Create in me a clean heart, O God.

R. And renew a right spirit within me.

V. Cast me not away from Thy presence.

R. And take not Thy Holy Spirit from me.

V. Restore unto joy of Thy salvation.

R. And strengthen me with a perfect spirit.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

Collects.

O Lord God Almighty, who have safely brought me to the beginning of this day, let Thy powerful grace so conduct me through it, that I may not fall into any sin, but that all my thoughts,