

## LITANY OF THE BLESSED VIRGIN MARY

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. <i>Pray for us</i>	Singular vessel of devotion...
Holy Mother of God...	Mystical rose...
Holy Virgin of virgins...	Tower of David...
Mother of Christ...	Tower of ivory...
Mother of the Church...	House of gold...
Mother of divine grace...	Ark of the covenant...
Mother most pure...	Gate of heaven...
Mother most chaste...	Morning star...
Mother inviolate...	Health of the sick...
Mother undefiled...	Refuge of sinners...
Mother most amiable...	Comforter of the afflicted...
Mother most admirable...	Help of Christians...
Mother of good counsel...	Queen of angels...
Mother of our Creator...	Queen of patriarchs...
Mother of our Savior...	Queen of prophets...
Virgin most prudent...	Queen of apostles...
Virgin most venerable...	Queen of martyrs...
Virgin most renowned	Queen of confessors...
Virgin most powerful...	Queen of virgins...
Virgin most merciful	Queen of all saints...
Virgin most faithful...	Queen conceived without
Mirror of justice...	original sin...
Seat of wisdom...	Queen assumed into
Cause of our joy...	heaven...
Spiritual vessel...	Queen of the most holy Ro-
Vessel of honor...	sary...
	<b>Queen of peace...</b>

V. Lamb of God who takes away the sins the world.

*R. Spare us, O Lord.*

V. Lamb of God, who takes away the sins of the world.

*R. Graciously hear us, O Lord.*

V. Lamb of God, who takes away the sins of the world.

*R. Have mercy on us.*

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 everlasting life; grant, we beseech you, that we, who meditate upon these mysteries of the most holy rosary of the Blessed Virgin Mary, may both imitate what they contain, and attain to what they promise. We ask this through Christ our Lord. *Amen.*

# Prayers & Practices



## Ordinary Catholic Living

### THE APOSTLES' 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 Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell, on the third day He arose again from the dead. He ascended into heaven and sits at the right hand of God, the Father Almighty; from thence He shall come 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.

### THE TEN COMMANDMENTS

1. I am the Lord thy God. Thou shall not have strange gods before Me.
2. Thou shall not take the name of the Lord thy God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor thy father and thy mother.
5. Thou shall not kill.
6. Thou shall not commit adultery.
7. Thou shall not steal.
8. Thou shall not bear false witness against thy neighbor.
9. Thou shall not covet thy neighbor's wife.
10. Thou shall not covet thy neighbor's goods.

### THE GREATEST COMMANDMENT

Jesus said that the whole Law can be summed up in two Commandments:

"You shall love the Lord your God with your whole heart, with your whole soul and with your whole mind.

You shall love your neighbor as yourself."

(Matthew 22:37-39)

## THE PRECEPTS OF THE CHURCH

### ARE THESE SIX:

1. To assist at Mass on all Sundays and holy days of obligation.
2. To confess your sins at least once a year.
3. To receive Holy Communion during the Easter season.
4. To fast and abstain on the days appointed.
5. To contribute to the support of the Church.
6. To observe the law of the Church concerning marriage.

### WHAT IS A SACRAMENT?

A Sacrament is an outward sign instituted by Christ to give grace.

### THE SEVEN SACRAMENTS

Baptism, Confirmation, Eucharist, Penance, Holy Orders, Matrimony, Anointing of the Sick

### THE CARDINAL VIRTUES

Prudence, Justice, Temperance, Fortitude

### THE THEOLOGICAL VIRTUES

Faith Hope Love

### THE SEVEN CAPITAL SINS

Pride, Anger, Covetousness, Lust, Envy, Gluttony, Sloth

### THE GIFTS OF THE HOLY SPIRIT

Wisdom, Fortitude, Understanding, Counsel, Knowledge, Piety, Fear of the Lord

### THE FRUITS OF THE HOLY SPIRIT

Charity, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Fidelity, Modesty, Self-Control, Chastity

### THE LAST THINGS

Death Judgment Heaven Hell

### HOW TO BAPTIZE IN CASE OF EMERGENCY

Pour ordinary water on the forehead of the person to be baptized, with the intention of doing what the Church does, and say while pouring it: "I baptize you in the name of the Father, and of the Son, and of the Holy Spirit."

Any person of faith of either sex who has reached the age of reason can and should baptize in case of necessity. The same person must say the words while pouring the water.



## SPIRITUAL WORKS OF MERCY

- Instruct the ignorant
- Counsel the doubtful
- Admonish the sinner
- Comfort the sorrowful
- Forgive injuries
- Bear wrongs patiently
- Pray for the living and dead

## CORPORAL WORKS OF MERCY

- Feed the hungry
- Give drink to the thirsty
- Clothe the naked
- Shelter the homeless
- Visit the sick
- Visit the imprisoned
- Bury the dead

## THE BEATITUDES

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are the meek, for they shall possess the land.
3. Blessed are those who mourn, for they shall be comforted.
4. Blessed are those who hunger and thirst for justice, for they shall be satisfied.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the pure of heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called the children of God.
8. Blessed are those who suffer persecution for justice's sake, for theirs is the kingdom of heaven. (Matt 5:3-10)

## PRAYER TO JESUS CHRIST CRUCIFIED

My good and dear Jesus, I kneel before You, asking You most earnestly to engrave upon my heart a deep and lively faith, hope and charity with true repentance for my sins, and a firm resolve to make amends. As I reflect upon Your five wounds, and dwell upon them with deep compassion and grief, I recall good Jesus the words the prophet David spoke long ago concerning Yourself: "They have pierced my hands and my feet, they have counted all my bones!"

## SPIRITUAL COMMUNION

"I wish, my Lord, to receive you with the purity, humility and devotion with which your most holy Mother received you, with the spirit and the fervor of the saints."

"The Eucharist is the living and lasting center around which the entire community of the Church gathers." John Paul II, Ecclesia in America #35

## MORNING PRAYERS



### THE SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. *Amen.*

### MORNING OFFERING

Oh my God, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass being offered throughout the world, in reparation for my sins, for the intentions of the Holy Father and for my own intentions.

### THE LORD’S PRAYER

Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; They 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 thee; blessed art thou among 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.*

### GLORY BE

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.*

### ANGEL OF GOD

Angel of God, my guardian dear, to whom His love entrusts me here, ever this day, be at my side to light and guard, to rule and guide. *Amen.*

### PRAYER TO ST. MICHAEL

St. Michael the Archangel, defend us in battle. Be our protection against the wickedness 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, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.



Mom’s Transmit the Faith

## DAILY PRAYERS



### PRAYER BEFORE MEALS

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

### PRAYER AFTER MEALS

We give Thee thanks, Almighty God, for all Thy benefits, who lives and reigns forever. And may the souls of the faithful departed, through the mercy of God, rest in peace. *Amen.*

### THE ANGELUS (AT NOON)

V. The Angel of the Lord declared unto Mary.  
*R. And she conceived by the Holy Spirit. Hail Mary....*  
V. Behold the handmaid of the Lord.  
*R. Be it done unto me according to Thy word. Hail Mary....*  
V. And the Word was made flesh.  
*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 grace into our hearts that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His resurrection, through the same Christ our Lord. Amen.

### DAILY PLAN OF ORDINARY LIFE

1. Morning Offering
2. Daily Holy Mass
3. Rosary
4. Mental Prayer
5. Spiritual Reading/ Holy Scripture
6. Examination of Conscience
7. Sacrament of Confession frequently

### HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of mercy, our life, our sweetness and our hope. To you do we cry, pour 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 exile show to us the blessed fruit of your 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.

## THE MASS

### “Why Should I Go to Mass Every Day?”

“The Mass is the most perfect form of prayer!”

The Cure d’Ars, St. Jean Vianney, said, “If we knew the value of the Mass, we would die of joy.”

Once, St. Teresa was overwhelmed with God’s goodness and asked Our Lord, “How can I thank You?” Our Lord replied, “Attend one Mass.”

St. Josemaria Escriva said:

“The holy Mass brings us face to face with one of the central mysteries of our faith, because it is the gift of the Blessed Trinity to the Church. It is because of this that we can consider the Mass as the centre and the source of a Christian’s spiritual life.”

### EXAMINATION OF CONSCIENCE

What sins have I committed of thought, word, deed and omission, against God, neighbor, and self? How have I refused to love as God loves?

### 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 good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance and to amend my life. Amen.

### ACT OF FAITH

O my God, I firmly believe that You are one God in three Divine Persons: Father, Son and Holy spirit. I believe that Your Divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because You revealed them, who can neither deceive nor be deceived.

### ACT OF HOPE

O my God, relying on Your infinite goodness and promises, I hope to obtain pardon for my sins, the help of Your grace and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

### ACT OF LOVE

O my God, I love you above all things, with my whole heart and soul, because You are all good and worthy of all my love. I love my neighbor as myself for the love of You. I forgive all who have injured me, and I ask pardon of all whom I have injured.

## PRAYER TO BEGIN MEDITATION

*(our personal conversation with God)*

My Lord and my God, I firmly believe that you are here, that you see me, that you hear me. I adore you with profound reverence. I ask pardon for my sins and the grace to make this time fruitful. Immaculate Mary, St. Joseph, my father and lord, my holy guardian angel, intercede for me.

## PRAYER AT THE END OF MEDITATION

I thank you, my God, for the good resolutions, affections and inspirations which You have communicated to me in this meditation. I ask your help for putting them into effect. Immaculate Mary, St. Joseph, my father and lord, my guardian angel, intercede for me.

## MYSTERIES OF THE ROSARY

### Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Birth of Christ
4. The Presentation in the Temple
5. The Finding of Jesus in the Temple

### Luminous Mysteries

1. Jesus is Baptized in the Jordan
2. Jesus manifested Himself at the marriage feast at Cana
3. Jesus calls for repentance as He proclaims the Kingdom of His Father
4. Jesus is transfigured
5. Jesus institutes the Eucharist

### Sorrowful Mysteries

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

### The Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit on the Apostles
4. The Assumption of Mary into Heaven
5. The Crowning of Mary as Queen of Heaven and Earth

## THE 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.*