



2025 Jubilee Prayer Book

Catholic Diocese of Christchurch





Happy Jubilee! - Ngā mihi mō tō Tiupiri!

Pope Francis, announcing the Year of Hope - *Spes Non Confundit* - proclaimed: “*Hope does not disappoint*” (Rom 5:5). These are the words of St Paul, who encouraged the Christian community in Rome, reminding them—and us—that hope is the anchor of our faith. As we celebrate this Jubilee, we do so with hearts lifted by this same hope, trusting in God’s boundless mercy and love.

This prayer book has been prepared to accompany you on your spiritual journey throughout the Jubilee Year. One of my favourite saints is St Teresa of Ávila. She is recognised as a great teacher of prayer, she reminds us: “*Prayer is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with Him who we know loves us*” (*The Book of Her Life*, 8:5). Through prayer, we open our hearts to God, deepening our relationship with Him and growing in faith and trust.

It includes both traditional prayers that have been cherished through the centuries—such as the *Our Father*, the *Hail Mary*, and the *Memorare*—as well as reflections

to inspire personal conversation with the Lord. God desires to commune with us, to listen to us and speak to our heart. I encourage you to use this booklet as an entry into a deeper conversation with the one who loves you the most.

“Let us get up, therefore, and set out as pilgrims of hope, because, just as Mary did with St Elizabeth, we too can bring news of joy, and generate new life.” (Pope Francis, Message for the 61st World Day of Prayer for Vocations).

I offer you my ongoing prayers and blessings - Ka tuku atu ahau i aku inoi me aku manaakitanga ki a koe i ngā wā katoa.

A handwritten signature in black ink that reads "+ Michael Gielen". The signature is written in a cursive, flowing style.

+ Michael Gielen
Bishop of Christchurch

Preface

The Jubilee Year 2025 is a time of grace. It is an invitation for us to rekindle our hope in Christ. In his 2007 encyclical on hope, Pope Benedict XVI reminds us that "prayer is the school of hope" (32). True hope is not mere optimism but a firm trust in God's promises, cultivated in the heart of one who prays.

This booklet gathers prayers to accompany pilgrims on their journey of faith, echoing the Church's timeless conviction that "man needs God, otherwise he remains without hope" (*ibid.*, 23). In prayer, we learn to wait upon the Lord, who does not disappoint. As we lift our voices in adoration, praise, petition, and thanksgiving, we open our hearts to the transforming power of grace.

May these prayers be a source of renewal, strengthening our hopeful confidence in Christ, who has already won the victory. In this Jubilee Year, may we rediscover the joy of living in hope—a hope that "does not disappoint" (Rom 5:5), because it is founded on the love of God poured into our hearts.

Let us then pray with renewed fervour, so that this Jubilee may be a true foretaste of the eternal joy to come.

Bishop's Pastoral Office

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THE JUBILEE PRAYER

Father in heaven,
may the *faith* you have given us
in your son, Jesus Christ, our brother,
and the flame of *charity* enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed *hope*
for the coming of your Kingdom.

May your grace transform us
into tireless cultivators of the seeds of the Gospel.
May those seeds transform from within
both humanity and the whole cosmos
in the sure expectation
of a new heaven and a new earth,
when, with the powers of Evil vanquished,
your glory will shine eternally.

May the grace of the Jubilee
reawaken in us, *Pilgrims of Hope*,
a yearning for the treasures of heaven.
May that same grace spread
the joy and peace of our Redeemer
throughout the earth.
To you our God, eternally blessed,
be glory and praise for ever.

Amen



FOUNDATIONAL CATHOLIC PRAYERS

Ko te Tohu o te Rīpeka / The Sign of the Cross

Ki te ingoa o te Matua, o te
Tamaiti, o te Wairua Tapu.
Āmene.

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

Ko te Īnoi a te Ariki / The Lord's Prayer

E to mātou Matua i te rangi
kia whakatapua tōu ingoa;
kia tae mai tōu rangatiratanga,
kia whakaritea tōu hiahia
i te whenua kia pērā anō i tō
te rangi.

Our Father,
who art in heaven;
hallowed be thy name;
thy kingdom come;
thy will be done on earth
as it is in heaven.

Hōmai ki a mātou aianei he
taro mā mātou mō tēnei rā,
whakakāhoretia ō mātou hara,
me mātou e whakakore nei i
ngā hara o te hunga e hara
ana ki a mātou;
kaua mātou e tukua kia
whakawaia,
ēngari whakaorangia mātou i
te kino.
Āmene.

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.

Ko te Awe a Maria / The Hail Mary

Āwe e Maria
e kī ana koe i te keratia
kei ā koe te Ariki;
e whakapaingia ana koe
i roto i ngā wāhine
ā, e whakapaingia ana hoki
a Hēhu,
te hua o tōu kōpū.
E Hāta Maria
e te matua wahine o te Atua,
īnoi koe mō mātou,
mō te hunga hara,
āianeī, ā, a te haora o to
mātou matenga rawa.

Āmene.

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.

Ko te Korōria ki te Atua / Glory be to the Father

Korōria ki te Matua,
ki te Tamaiti,
ki te Wairua Tapu,
he pērā hoki ki te
tīmatanga
he pērā anō ināianeī,
ā, he pērā tonu,
ā, āke, āke.

Āmene.

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.

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 rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will 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.

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 have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

Act of Love

O Lord God, I love you above all things and I love my neighbour for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

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. Amen.

MORNING PRAYER

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, sufferings of this day, in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart; the salvation of souls, the reparation for sin, the reunion of Christians; and in particular for the intentions of the Holy Father this month.

Come, Creator Spirit

Come, Holy Spirit, Creator come,
from your bright heavenly throne!
Come, take possession of our souls,
and make them all your own.
You who are called the Paraclete,
best gift of God above,
the living spring, the living fire,
sweet unction, and true love!
You who are sevenfold in your grace,
finger of God's right hand,
his promise, teaching little ones
to speak and understand!

O guide our minds with your blessed light,
with love our hearts inflame,
and with your strength which never decays
confirm our mortal frame.

Far from us drive our hellish foe
true peace unto us bring,
and through all perils guide us safe
beneath your sacred wing.
Through you may we the Father know,
through you the eternal Son
and you the Spirit of them both
thrice-blessed three in one.
All glory to the Father be, and to the risen Son;
the same to you, O Paraclete,
while endless ages run. Amen.

Psalm 8

O God, be gracious and bless us
and let your face shed its light upon us.
So will your ways be known upon earth
and all nations learn your saving help.

Let the peoples praise you, O God;
let all the peoples praise you.

Let the nations be glad and exult
for you rule the world with justice.
With fairness you rule the peoples,
you guide the nations on earth.

Let the peoples praise you, O God;
let all the peoples praise you.

The earth has yielded its fruit
for God, our God, has blessed us.
May God still give us his blessing
till the ends of the earth revere him.

Let the peoples praise you, O God;
let all the peoples praise you.

Psalm 62(63)

O God, you are my God, for you I long;
for you my soul is thirsting.

My body pines for you
like a dry, weary land without water.

So I gaze on you in the sanctuary
to see your strength and your glory.

For your love is better than life,
my lips will speak your praise.

So I will bless you all my life,
in your name I will lift up my hands.

My soul shall be filled as with a banquet,
my mouth shall praise you with joy.

On my bed I remember you.

On you I muse through the night

for you have been my help;

in the shadow of your wings I rejoice.

My soul clings to you;

your right hand holds me fast.

Benedictus

Blessed be the Lord, the God of Israel!

He has visited his people and redeemed them.

He has raised up for us a mighty saviour

in the house of David his servant,

as he promised by the lips of holy men,

those who were his prophets from of old.

A saviour who would free us from our foes,
from the hands of all who hate us.
So his love for our fathers is fulfilled
and his holy covenant remembered.
He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our foes,
we might serve him in holiness and justice
all the days of our life in his presence.
As for you, little child,
you shall be called a prophet of God, the Most High.
You shall go ahead of the Lord
to prepare his ways before him,
To make known to his people their salvation
through forgiveness of all their sins,
the loving-kindness of the heart of our God
who visits us like the dawn from on high.
He will give light to those in darkness,
those who dwell in the shadow of death,
and guide us into the way of peace.

Morning Prayer by St Francis of Assisi

Lord, help me to live this day, quietly, easily;
to lean on your great strength, trustfully, restfully;
to wait for the unfolding of your will, patiently, serenely;
to meet others, peacefully, joyfully;
to face tomorrow, confidently, courageously.

PRAYERS THROUGHOUT THE DAY

The Jesus Prayer

Lord Jesus, Son of God, have mercy on me, a sinner.

The Angelus

*Traditionally recited three times a day: in the morning,
at noon and in the evening*

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail, Mary... (see page 3)

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.

Prayer to St Joseph

O 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. O 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. O St Joseph, I never weary 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. Amen.

Prayer to St Michael the Archangel

St Michael, the Archangel, defend us in battle; be our safeguard 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, thrust into Hell Satan and the other evil spirits who wander through the world for the ruin of souls. Amen.

Angel of God

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

St Augustine's Prayer to the Holy Spirit

Breathe in me, O Holy Spirit,
That my thoughts may all be holy.
Act in me, O Holy Spirit,
That my work, too, may be holy.
Draw my heart, O Holy Spirit,
That I love but what is holy.
Strengthen me, O Holy Spirit,
To defend all that is holy.
Guard me, then, O Holy Spirit,
That I always may be holy.

Prayer of St Francis for discernment

Most High and glorious God,
enlighten the darkness of my heart
and grant me right faith,
sure hope,
perfect love and deep humility.
Fill me, Lord,
with understanding and knowledge,
that I may fulfil your holy will. Amen.

St Ignatius of Loyola's Prayer of Surrender (Suscipe)

Take, Lord, receive all my liberty, my memory, my understanding, my whole will, all that I have and all that I possess. You gave it all to me, Lord; I give it all back to you. Do with it as you will, according to your good pleasure. Give me your love and your grace; for with this I have all that I need.

St Ignatius of Loyola's Prayer for Generosity

Lord, teach me to be generous.
Teach me to serve you as you deserve;
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labour and not to ask for reward,
save that of knowing that I do your will.

St Patrick's Breastplate

I bind unto myself today,
the power of God to hold and lead,
his eye to watch, his might to stay,
his ear to harken to my need:
the wisdom of my God to teach,
his hand to guide, his shield to ward;
the word of God to give me speech,
his heavenly host to be my guard.
Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

St John Henry Newman's Prayer, Radiating Christ

Dear Jesus, help me to spread Your fragrance everywhere I go. Flood my soul with Your spirit and life. Penetrate and possess my whole being so utterly that all my life may only be a radiance of Yours. Shine through me and be so in me that every soul I come in contact with may feel Your presence in my soul. Let them look up and see no longer me but only Jesus! Stay with me and then I shall begin to shine as You shine, so to shine as to be a light to others; the light, O Jesus, will be all from You; none of it will be mine: it will be You shining on others through me. Let me thus praise You in the way You love best: by shining on those around me. Let me preach You without preaching, not by words, but by my example, by the catching force, the sympathetic influence of what I do, the evident fullness of the love my heart bears to You.

Prayer before a Crucifix

Behold, O kind and most sweet Jesus, before thy face I humbly kneel, and with the most fervent desire of soul, I pray and beseech thee to impress upon my heart lively sentiments of faith, hope and charity, true contrition for my sins and a firm purpose of amendment. With deep affection and grief of soul, I ponder within myself, mentally contemplating thy five wounds, having before my eyes the words which David the Prophet spoke concerning thee: "They have pierced my hands and my feet, they have numbered all my bones."



Prayer before work or study

Direct, O Lord, we beseech you, all our actions by your holy inspirations, and carry them on by your gracious assistance, that every prayer and work of ours may begin always from you, and by you be happily ended. Through Christ our Lord. Amen.

Grace 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 you thanks, O Almighty God, for all thy benefits, who live and reign for ever. Amen. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Prayer to the Sacred Heart of Jesus

O most holy heart of Jesus, fountain of every blessing, I adore you, I love you, and with lively sorrow for my sins I offer you this poor heart of mine. Make me humble, patient, pure and wholly obedient to your will. Grant, Good Jesus, that I may live in you and for you. Protect me in the midst of danger. Comfort me in my afflictions. Give me health of body, assistance in my temporal needs, your blessing on all that I do, and the grace of a holy death. Amen.

PRAYERS TO OUR LADY

Regina Caeli

V. Queen of Heaven, rejoice, alleluia.

R. For He whom you did merit to bear, alleluia.

V. Has risen, as he said, alleluia.

R. Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia.

R. For the Lord has truly risen, alleluia.

Let us pray. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

Salve Regina (Hail Holy Queen)

Hail, Holy Queen, Mother of Mercy,

hail 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.

The Rosary

Each mystery is prayed using the following prayers:

Our Father (1), Hail Mary (10) & Glory be (1) – see pages 2 & 3

The Joyful Mysteries

(recited Monday and Saturday)

The Annunciation

The Visitation

The Nativity

The Presentation

The Finding in the Temple

Glory Be

10 Hail Mary

The Luminous Mysteries

(recited Thursday)

The Baptism of Jesus

The Wedding Feast of Cana

The Proclamation of the Kingdom

The Transfiguration

The Institution of the Eucharist

Hail Holy Queen

Glory Be

3 Hail Mary

The Sorrowful Mysteries

(recited Tuesday and Friday)

The Agony in the Garden

The Scourging at the Pillar

The Crowning with Thorns

The Carrying of the Cross

The Crucifixion

Our Father

Apostles Creed

Sign of the cross



The Glorious Mysteries

(recited Wednesday and Sunday)

The Resurrection

The Ascension

The Descent of the Holy Spirit

The Assumption

The Coronation of Mary Queen of Heaven and Earth

Prayers concluding the Rosary

Hail, Holy Queen... *(see page 16)*

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 on 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.

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 do 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.

Under Your Protection

We fly to thy protection,
O holy Mother of God.

Despise not our petitions in our necessities,
but deliver us always from all dangers
O glorious and blessed Virgin.

PRAYERS FOR VARIOUS NEEDS AND OCCASIONS

Prayer for those in prison

Lord, you offer freedom to all people. We pray for those in prison. Break the bonds of fear and isolation that exist. Support with your love prisoners and their families and friends, prison staff and all who care. Heal those who have been wounded by the actions of others, especially the victims of crime. Help us to forgive one another, to act justly, love mercy and walk humbly together with Christ in his strength and in his Spirit, now and every day. Amen

Prayer for Vocations

Gracious and loving Father, help the men and women of our Church to hear the call to serve the people of God. Our needs are great and our people thirst for your presence. Open the hearts of many, raise up faithful servants of the Gospel, dedicated holy priests, sisters, brothers and deacons, who will dedicate themselves to your people and their needs. We ask this through Christ our Lord. Amen.

Prayer for the Pope

Father, we pray for your protection and guidance over our Holy Father, N. Give him strength and wisdom. May he be a light in the darkness. We ask you to bring about reconciliation through his faithful teaching of peace and

justice. Grant him compassion and care to live the gospel in love and service to all people. Let him follow in the path of Peter and Paul who, filled with the Holy Spirit, preached that the Lord saves all who call upon his name. Amen.

Prayer for a Bishop

God, eternal shepherd, you tend your Church in many ways and rule us with love. You have chosen your servant, N., to be a shepherd of your flock. Give him a spirit of courage and right judgement, a spirit of knowledge and love. By governing with fidelity those entrusted to his care, may he build your Church as a sign of salvation for the world. Amen.

Prayer for Priests

Father, you have appointed your Son Jesus Christ eternal High Priest. Guide those he has chosen to be ministers of word and sacrament and help them to be faithful in fulfilling the ministry they have received. Grant this through our Lord Jesus Christ, your Son who lives and reigns with you and the Holy Spirit one God, forever and ever. Amen.

Prayer for Religious

Heavenly Father, in your wisdom you have called certain men and women to a life of special consecration so that in prayerful observance of a lifestyle of poverty, chaste celibacy and obedience, they might be witnesses to us that as St Paul says, "our true citizenship is in heaven." Give them, Lord, the grace of joy and perseverance in their holy vocation. We ask this through Christ, our Lord. Amen.

Prayer for the Family

Lord God, from You every family in Heaven and on earth is named. Through Your Son, Jesus, and the Holy Spirit, grant that every family may become a true shrine of life and love. Grant that Your grace may guide husbands and wives as they seek the good of their families. Grant that the young find in their families strength, dignity, and love. Grant that love, strengthened by matrimonial grace, may overcome all trials. We ask this of You, who is life, truth and love with the Son and the Holy Spirit. Amen.

Prayer before Exams

Loving God, thank you for the many talents and gifts you have given me and for the opportunity of education. Calm my nerves and anxiety, help me to remember all that I have studied, to express it clearly and to answer the questions the very best I can. Come, Holy Spirit.

Prayer for Christian Unity

Lord Jesus, who prayed that all might be one, grant us the grace to see the beauty of unity and to work towards it with open hearts and minds, that we may be a beacon of hope to the world.

Prayer for Survivors of Abuse

Lord Jesus, bearer of peace, join to your own suffering the pain of all who have been hurt, in body, mind and spirit, by those who betrayed the trust placed in them. Hear the cries of all who have been harmed and the cries of those who love them. Soothe their hearts with hope, steady their shaken spirits, lighten their burdens.

Prayer for a Happy Death

(From the Roman Missal)

Father, you made us in your own image and your Son accepted death for our salvation. Help us to keep watch in prayer at all times. May we be free from sin when we leave this world and rejoice in peace with you for ever.

Prayer for the Sick

(From the Roman Missal)

Father, your Son accepted our sufferings to teach us the virtue of patience in human illness.

Hear the prayers we offer for our sick brothers and sisters.

May all who suffer pain, illness or disease realise that they are chosen to be saints and know that they are joined to Christ in his suffering for the salvation of the world.

Prayer for the Dying

(From the Roman Missal)

God of power and mercy, you have made death itself the gateway to eternal life. Look with love on our dying brother/sister and make him/her one with your Son in his suffering and death, that, sealed with the blood of Christ, he/she may come before you free from sin.

Eternal Rest

Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.

May they rest in peace. Amen.

GOING TO CONFESSION

Psalm 129 (130)

Out of the depths I cry to you, O Lord,
Lord, hear my voice!
O let your ears be attentive
to the voice of my pleading.

If you, O Lord, should mark our guilt,
Lord, who would survive?
But with you is found forgiveness:
for this we revere you.

My soul is waiting for the Lord.
I count on his word.
My soul is longing for the Lord
more than watchman for daybreak.
Let the watchman count on daybreak
and Israel on the Lord.

Because with the Lord there is mercy
and fullness of redemption,
Israel indeed he will redeem
from all its iniquity.

Prayer before Confession

Almighty and merciful God, you have brought me here in the name of your Son to receive your mercy and grace in my time of need. Open my eyes to see the evil I have done. Touch my hear and convert me to yourself. Help me to confess my sins with a humble and contrite heart.

Act of Contrition *(traditional)*

O my God, I am heartily sorry for having offended thee, and I detest all my sins because of thy just punishments, but most of all because they offend thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of thy grace to sin no more and to avoid the near occasion of sin. Amen.

Act of Contrition *(alternate form)*

See page 5

Shorter Act of Contrition

O my God, because you are so good, I am very sorry that I have sinned against you; and I promise that with the help of your grace, I will not sin again. Amen.

Prayer of Thanksgiving After Confession

Merciful Lord, with a pure heart I thank you for taking away my sins. Let your Holy Spirit guide my life so that my soul may bear the fruit of love, joy, peace, patience, kindness, goodness, trustfulness, gentleness, and self-control.

Renew my desire to be your faithful friend and servant, increase my loving dependence on you, and grant me that joy and peace of heart which comes from doing your holy will. Through Christ our Lord. Amen.

PREPARING FOR MASS AND HOLY COMMUNION

Prayer before Mass

O God, to whom every heart is open, every desire known and from whom no secrets are hidden; purify the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily praise your holy name. Amen.

Act of Faith before Communion

O God, because you have said it, I believe that I shall receive the Sacred Body of Jesus Christ to eat, and his Precious Blood to drink. My God, I believe this with all my heart.

Act of Love and Desire before Communion

Jesus, I love you. I desire with all my heart to receive you. Jesus, come into my poor soul, and give me your Flesh to eat and your Blood to drink. Give me your whole Self, Body, Blood, Soul and Divinity, that I may live for every with you.

The Anima Christi

Soul of Christ, be my sanctification.
Body of Christ, be my salvation.
Blood of Christ, fill all my veins.
Water of Christ's side, wash out my stains.
Passion of Christ, my comfort be.

O good Jesus, listen to me.
In thy wounds I fain would hide,
n'er to be parted from thy side,
guard me, should the foe assail me.
Call me when my life shall fail me.
Bid me come to thee above,
with thy saints to sing thy love,
world without end. Amen.

Prayer of Thanksgiving after Communion

Lord, Father all-powerful, and ever-living God, I thank you, for even though I am a sinner, you have fed me with the precious Body and Blood of Thy Son, our Lord Jesus Christ. I pray that this holy communion may not bring me condemnation and punishment but forgiveness and salvation. May it be a helmet of faith and a shield of goodwill. May it purify me from evil ways and put an end to my evil passions. May it bring me charity and patience, humility and obedience, and growth in power to do good. May it be my strong defence against all my enemies, visible and invisible, and the perfect calming of all my evil impulses, bodily and spiritual. May it unite me more closely to you, the one true God and lead me safely through death to everlasting happiness with you. Grant this through Christ our Lord. Amen.

Spiritual Communion

O Jesus, I turn towards the holy tabernacle where you live hidden for love of me. I love you, my God. I cannot receive you in Holy Communion. Come, nevertheless, to visit me with your grace. Come spiritually into my heart. Purify it, sanctify it, render it like unto your own. Amen.

PRAYERS BEFORE THE BLESSED SACRAMENT

The Divine Praises

Blessed be God.

Blessed be his holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary, most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St Joseph, her most chaste spouse.

Blessed be God in his Angels and in his Saints.

O Sacrament Most Holy

O Sacrament most holy, O Sacrament divine!

All praise, and all thanksgiving, Be every moment thine!

An Act of Faith in the Real Presence

Lord, Jesus Christ, I believe you are as truly present in this holy sacrament, under the signs of bread and wine, as you were when dying upon a cross for the salvation of all mankind, or as you are now enthroned in glory in heaven at the right hand of the Father. You said that you would give us yourself as the bread of life, which if we

eat, we shall live forever. I believe this truth because you are truth itself. With confidence in your loving forgiveness therefore, I approach your altar, conscious that my unworthiness to receive you is outweighed by your desire to be united with my soul. You desire to nourish it on its earthly pilgrimage, until the day when I shall be with you in the eternal banquet, to feed on the unveiled beauty of your presence forever.

Prayer Before the Blessed Sacrament

Lord, Jesus, as I kneel before Your hidden presence, help me respond to Your graces so that I may be as really present to You, as You are to me, in the most Blessed Sacrament of Your love and mercy. Allow your radiant presence to re-ignite the fire of Your Spirit within me, so that I may be Your Sacrament of love and mercy and all. Amen.

Food For Service by Pope John XXIII

O Jesus, present in the Sacrament of the altar, teach all the nations to serve you with willing hearts, knowing that to serve God is to reign. May your sacrament, O Jesus, be light to the mind, strength to the will, joy to the heart. May it be the support of the weak, the comfort of the suffering, the wayfaring bread of salvation for the dying and for all the pledge of future glory. Amen.

EVENING PRAYER

Prayer of Thanksgiving

Almighty Father, you have given us the strength to work throughout this day. Receive our evening sacrifice of praise in thanksgiving for your countless gifts. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, God, for ever and ever. Amen.

Psalm 112 (113)

Praise, O servants of the Lord,
praise the name of the Lord!
May the name of the Lord be blessed
both now and for evermore!
From the rising of the sun to its setting
praised be the name of the Lord!

High above all nations is the Lord,
above the heavens his glory.
Who is like the Lord, our God,
who has risen on high to his throne
yet stoops from the heights to look down,
to look down upon heaven and earth?

From the dust he lifts up the lowly,
from his misery he raises the poor
to set him in the company of princes,
yes, with the princes of his people.
To the childless wife he gives a home
and gladdens her heart with children.

Psalm 15(16)

Preserve me, God, I take refuge in you.

I say to the Lord: 'You are my God.

My happiness lies in you alone.'

He has put into my heart a marvellous love

for the faithful ones who dwell in his land.

Those who choose other gods increase their sorrows.

Never will I offer their offerings of blood.

Never will I take their name upon my lips.

O Lord, it is you who are my portion and cup;

it is you yourself who are my prize.

The lot marked out for me is my delight:

welcome indeed the heritage that falls to me!

I will bless the Lord who gives me counsel,

who even at night directs my heart.

I keep the Lord ever in my sight:

since he is at my right hand, I shall stand firm.

And so my heart rejoices, my soul is glad;

even my body shall rest in safety.

For you will not leave my soul among the dead,

nor let your beloved know decay.

You will show me the path of life,

the fullness of joy in your presence,

at your right hand happiness for ever.

The Magnificat

My soul glorifies the Lord,
my spirit rejoices in God my Saviour.
He looks on his servant in her lowliness;
henceforth all generations will call me blessed.
The Almighty works marvels for me.
Holy his name!
His mercy is from age to age,
on those who fear him.
He puts forth his arm in strength
and scatters the proud hearted.
He casts the mighty from their thrones
and raises the lowly.
He fills the starving with good things,
sends the rich away empty.
He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever.

NIGHT PRAYER

The Daily Examen

For a few moments, quietly reflect on the events of the day—recalling the people you encountered, the thoughts you entertained, the words you spoke, and the actions you took.

Loving Father, I thank you for this day and for all the good things I have experienced. Forgive me, wherever I have sinned against you, against others, or against myself and let my heart rest in peace with you. Amen.

Psalm 4

When I call, answer me, O God of justice;
from anguish you released me, have mercy and hear me!
O men, how long will your hearts be closed,
will you love what is futile and seek what is false?

It is the Lord who grants favours to those whom he loves;
the Lord hears me whenever I call him.

Fear him; do not sin: ponder on your bed and be still
Make justice your sacrifice, and trust in the Lord.

‘What can bring us happiness?’ many say.
Let the light of your face shine on us, O Lord.
You have put into my heart a greater joy
than they have from abundance of corn and new wine.

I will lie down in peace and sleep comes at once
for you alone, Lord, make me dwell in safety.

Psalm 30 (31)

In you, O Lord, I take refuge.
Let me never be put to shame.
In your justice, set me free,
hear me and speedily rescue me.

Be a rock of refuge for me,
a mighty stronghold to save me,
for you are my rock, my stronghold.
For your name's sake, lead me and guide me.

Release me from the snares they have hidden
for you are my refuge, Lord.
Into your hands I commend my spirit.
It is you who will redeem me, Lord.

Nunc Dimittis

At last, all-powerful Master,
you give leave to your servant
to go in peace, according to your promise.
For my eyes have seen your salvation
which you have prepared for all nations,
the light to enlighten the Gentiles
and give glory to Israel, your people.

Lord, grant me a quiet night and a perfect end in you.

Amen.

REFLECTIONS AND PRAYERS ON THE THEME OF HOPE

Reflections

“By hope we desire, and with steadfast trust await from God, eternal life and the graces to merit it.”

(Catechism of the Catholic Church, 1843)

"Let us hold fast the confession of our hope without wavering, for he who promised is faithful."

(Hebrews 10:23)

“Hope does not disappoint us, because God’s love has been poured into our hearts through the Holy Spirit who has been given to us.” *(Romans 5:5)*

“For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience.”

(Romans 8:24-25)

“May we who have taken refuge in him be strongly encouraged to seize the hope set before us. We have this hope, a sure and steadfast anchor of the soul, a hope that enters the inner shrine behind the curtain, where Jesus, a forerunner on our behalf, has entered.”

(Hebrews 6:18-20)

“Since we belong to the day, let us be sober, and put on the breastplate of faith and love, and for a helmet the hope of salvation.” (*1Thessalonians 5:8*)

“Rejoice in your hope, be patient in tribulation, be constant in prayer.” (*Romans 12:12*)

I wait for the Lord, my soul waits,
and in his word I hope;
my soul waits for the Lord
more than watchmen for the morning,
more than watchmen for the morning.
O Israel, hope in the Lord!
For with the Lord there is steadfast love,
and with him is plenteous redemption.
And he will redeem Israel
from all his iniquities.

(*Psalms 130:5-8*)

Short prayers from the heart

Father, into your hands I commit my spirit. (*Luke 23:46*)

Jesus, Son of David, have mercy on me! (*Mark 10:47*)

Lord, to whom shall we go? You have the words of eternal life. (*John 6:68*)

My Lord and my God! (*John 20:28*)

[Lord], stay with us, for it is toward evening and the day is now far spent. (*Luke 24:29*)

Come, Lord Jesus! (*Revelation 22:20*)

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