

Daily prayers for the family
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DAILY PRAYERS FOR THE FAMILY



**“Where two or three are gathered together
for My sake, there I am in the midst
of them” (Matt. 18, 20).**

REMEMBER

Life is short and death is sure,
The hour of death remains obscure.
A soul you have, an only one,
If that be lost, all hope is gone.
Waste not your time, while time shall last,
For after death 'tis ever past.
The all-seeing God, your judge will be,
And Heaven or hell your destiny.
All earthly things will speed away,
Eternity, alone, will stay.

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IN THE MORNING

(Upon awaking, make the Sign of the Cross, call to mind the presence of God, and say:)

O MY GOD, I thank Thee from my heart for having watched over me this night and for bringing me now to the beginning of a new day. Glory be to the Father and to the Son and to the Holy Ghost. As it was in the beginning, is now, and ever shall be, world without end. Amen.

MORNING PRAYERS

In the name of God I commence this day.

I will avoid sin.

And everything that leads to it,

And I pledge myself to Jesus Christ forever.

Glory be to the Father who created me.

Glory be to the Son who redeemed me.

Glory be to the Holy Ghost who sanctifies me.

My God, I offer Thee this day

All I may do or think or say,

Uniting all with what is done

By Jesus Christ, Thy only Son.

O my God, I believe in Thee.

O my God, I hope in Thee.

O my God, I love Thee with my whole heart and soul.

Sweet Heart of Jesus,

I implore

That I may love Thee more and more.

Sweet Heart of Mary, be my salvation.

O good Jesus, bless me
And all who are near and dear to me.
St. Joseph, pray for me.

St. Michael, the Archangel, and my holy Patron Saints,
pray for me.

Angel of God, my guardian dear,
It was God's love that placed you here.
Ever this day be at my side
To light and guard, to rule and guide. Amen.

O Mary, my Queen and my Mother! I give myself
entirely to thee; and to show my devotion to thee, I
consecrate to 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 and guard
me as thy property and possession.

MORNING OFFERING

(For those who belong to the league of the Sacred Heart.)

O Jesus, through the Immaculate Heart of Mary, I offer
Thee my prayers, works, 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 intention recommended
by our Holy Father the Pope for this month.

MEAL 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, O Almighty God, for all Thy benefits which we have received from Thy bounty, through Christ our Lord. Amen.

May the souls of the faithful departed through the mercy of God rest in peace. Amen. Our Father. Hail Mary.

THE ANGELUS

The Angel of the Lord declared unto Mary. And she conceived of the Holy Ghost. Hail Mary.

Behold the handmaid of the Lord. Be it done unto me according to Thy word. Hail Mary.

And the Word was made Flesh. And dwelt among us. Hail Mary.

Pray for us, O Holy Mother of God.

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.

EJACULATORY PRAYERS

(One of the best ways to grow in grace and to live in the Presence of God is the use of indulgenced Ejaculatory Prayers. Say them frequently and fervently throughout the day. Here are a few of them:)

Jesus! Mary! Joseph!

My Jesus, Mercy!

My God, I love Thee.

Sweet Heart of Jesus, be my love.

Sweet Heart of Mary, be my salvation.

All for Thee, Most Sacred Heart of Jesus.

Jesus, meek and humble of heart, make my heart
like unto Thine.

Divine Heart of Jesus, convert sinners, save the dying, set
free the holy souls in Purgatory.

Immaculate Queen of Peace, pray for us.

O Mary, conceived without sin, pray for us
who have recourse to thee.

Help us, Joseph, in our earthly strife e'er to lead a pure
and blameless life.

Blessed be the hour in which our Lord was born and
crucified.

May the Heart of Jesus in the Most Blessed Sacrament
be praised, adored, and loved with grateful affection,
at every moment, in all the tabernacles of the world,
even to the end of time. Amen.

NIGHT PRAYERS

Sign of the Cross.

ACT OF FAITH: O my God, I firmly believe all the sacred truths which Thy Holy Catholic Church believes and teaches because Thou hast revealed them who canst neither deceive nor be deceived.

ACT OF HOPE: O my God, because Thou art so good and merciful, I hope to obtain pardon for my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

ACT OF CHARITY: O my God, I love Thee with my whole heart and soul because Thou art all good and deserving of all my love. For the love of Thee, I love my neighbor as myself. I forgive all who have injured me and ask pardon of all whom I have injured.

THE CONFITEOR: 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. Therefore, I beseech the 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.

(Here pause for a few minutes and think over the day. Be sorry for your sins and then say:)

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 I have offended Thee, O my God, who art 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.

O my God, I thank Thee for all the blessings Thou hast given to me this day. I offer to Thee my rest this night and with every breath I would love and adore Thee as the Angels and Saints do in Heaven. Bless and protect me this night, dear Lord. Bless and protect my loved ones and all those for whom I ought to pray. Help the dying and have mercy on the Poor Souls in Purgatory. St. Michael, the Archangel, my holy guardian Angel, my Patron Saints and all the Angels and Saints of Heaven, watch over me and pray for me.

Jesus, Mary, and Joseph, I give you my heart and my soul.

Jesus, Mary, and Joseph, assist me in my last agony.

Jesus, Mary, and Joseph, may I breathe forth my soul in peace with you. Amen.

LITANY OF THE BLESSED MOTHER

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,*

God the Son, Redeemer of
the world,

God the Holy Ghost,

Holy Trinity, one God,

Holy Mary,**

Holy Mother of God,

Holy Virgin of Virgins,

Mother of Christ,

*Have mercy on us.

**Pray for us.

Mother of divine grace,	Tower of Ivory,
Mother most pure,	House of gold,
Mother most chaste,	Ark of the covenant,
Mother inviolate,	Gate of Heaven,
Mother undefiled,	Morning star,
Mother most amiable,	Health of the sick,
Mother most admirable,	Refuge of sinners,
Mother of good counsel,	Comforter of the afflicted,
Mother of our Creator,	Help of Christians,
Mother of our Savior,	Queen of Angels,
Virgin most prudent,	Queen of Patriarchs,
Virgin most venerable,	Queen of Prophets,
Virgin most renowned,	Queen of Apostles,
Virgin most powerful,	Queen of Martyrs,
Virgin most merciful,	Queen of Confessors,
Virgin most faithful,	Queen of Virgins,
Mirror of justice,	Queen of all Saints,
Seat of wisdom,	Queen conceived without
Cause of our joy,	original sin,
Spiritual vessel,	Queen taken up into
Vessel of honor,	Heaven,
Singular vessel of devotion,	Queen of the most holy
Mystical rose,	Rosary,
Tower of David,	Queen of Peace,

Lamb of God, who takest away the sins of the world,
spare us, O Lord.

Lamb of God, who takest away the sins of the world,
graciously hear us, O Lord.

Lamb of God, who takest away the sins of the world,
have mercy on us.

Pray for us, O holy Mother of God. That we may be made
worthy of the promises of Christ.

LET US PRAY

Grant, O Lord, we beseech Thee, that we, Thy servants,
may rejoice in continual health of mind and body; and
through the glorious intercession of Blessed Mary ever
Virgin be freed from present sorrow and enjoy eternal
gladness. Through Christ our Lord. Amen.

THE MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that any one who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired with this confidence, I fly to 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.

THE HOLY ROSARY

(It is a good old Catholic custom to say the Rosary daily. This is a fitting way to close Night Prayers.)

Jesus came to us through Mary. We in turn go naturally to Him through her. One of the best and most common means to accomplish this purpose is the Rosary.

The Rosary is a form of supplication which unites in itself vocal and mental prayer. It consists of fifteen meditations on the principle events in our Lord's life and the life of His Blessed Mother. The fifteen mysteries, as they are called, are an excellent summary of the Gospel. We try to realize them clearly and to feel them deeply while we recite the fifteen decades of Hail Marys, each decade consisting of ten Hail Marys preceded by the Our Father and followed by the Glory be to the Father.

In reciting the Rosary then, we journey in spirit back to the days of our Lord and in company with the Blessed Mother recall the Joys, the Sorrows, and the Glories of Christ. With her we live over the Life of Christ again.

The five Joyful Mysteries remind us of the early Life of our Lord; the five Sorrowful Mysteries of His Passion and Death; the five Glorious Mysteries of our King in glory. In each of these fifteen mysteries, Mary shows us a picture of Christ. With that picture in mind, we recite the accompanying decade asking especially for the grace that each mystery suggests. Thus we sanctify the mind by holy thoughts, the heart by acts of sorrow and love, the lips by the inspired words of sacred prayer, and the fingers by contact with the blessed beads.

A pious custom assigns the different Mysteries of the Rosary to different days of the week and to different seasons of the year: 1. The Joyful Mysteries are honored on Mondays and Thursdays throughout the year and on all Sundays from the beginning of Advent to the beginning of Lent. 2. The Sorrowful Mysteries are honored on Tuesdays and Fridays throughout the year and on the Sundays of Lent. 3. The Glorious Mysteries are honored on Wednesdays and Saturdays throughout the year and on all Sundays from Easter to Advent.

It is very important that we dwell in mind at least briefly on each Mystery before we recite the decade honoring that Mystery. The indulgences attached to the Rosary are many and great, but all the indulgences of the Rosary presuppose a brief meditation on the Mystery commemorated. Merely pronouncing the words of the Rosary will not suffice for the indulgences.

One of the great needs of the hour is family rosary. That home is blessed indeed where the family rosary is an every night custom. Our Lord Himself has told us: "Where there are two or three gathered together in My name, there am I in the midst of them" (Math. 18, 20).

MANNER OF RECITING THE ROSARY

In the name of the Father, etc.

I believe in God, etc.

Glory be to the Father, etc.

Our Father, etc.

Three Hail Marys asking for an increase of the divine virtues of Faith, Hope, and Charity.

Glory be to the Father, etc.

(Recall the Mystery, ask for special grace, pray one Our Father, ten Hail Marys, and the Glory be to the Father for each decade.)

THE JOYFUL MYSTERIES

1. THE ANNUNCIATION. The Angel speaks to Mary.
(The grace of Humility.)
2. THE VISITATION. Mary visits her cousin Elizabeth.
(Love for our neighbor.)
3. THE NATIVITY. Jesus is born in the stable at Bethlehem.
(Detachment from the world.)
4. THE PRESENTATION. Jesus is offered in the temple.
(Respect for authority.)
5. CHRIST AND THE DOCTORS. Jesus is found in the temple. *(Catholic Action.)*

THE SORROWFUL MYSTERIES

1. AGONY. The Agony in the Garden. (*Resignation to God's will.*)
2. SCOURGING. The Scourging at the Pillar. (*Spirit of purity.*)
3. THORNS. The Crowning with Thorns. (*Moral courage.*)
4. WAY OF THE CROSS. The Carrying of the Cross. (*Patience in trouble.*)
5. CRUCIFIXION. Death of our Lord on the Cross. (*Sorrow for sin.*)

THE GLORIOUS MYSTERIES

1. RESURRECTION. Resurrection of our Lord from the dead. (*Increase of faith.*)
2. ASCENSION. Ascension of our Lord into Heaven. (*Increase of hope.*)
3. HOLY GHOST. Descent of the Holy Ghost. (*Increase of love.*)
4. ASSUMPTION. Assumption of the Blessed Mother. (*Devotion to Mary.*)
5. CORONATION. The Crowning of the Blessed Mother in Heaven. (*Perseverance.*)

CONSECRATION OF THE FAMILY TO THE SACRED HEART OF JESUS

(To insure the blessings of God upon your home, we add the Consecration Prayer of the family to the Sacred Heart. This prayer might well be repeated on the First Friday of each month.)

SACRED HEART OF JESUS, who didst manifest to Saint Margaret Mary Thy desire of reigning in Christian families, we today wish to proclaim Thy most complete dominion over our family. We would live in future with Thy life, we would cause to flourish in our midst those virtues to which Thou hast promised peace here below, we would banish far from us the spirit of the world which Thou hast cursed. Thou shalt reign over our minds in the simplicity of our faith, and over our hearts by the whole-hearted love with which they shall burn for Thee, the flame of which we shall keep alive by the frequent reception of Thy Divine Eucharist.

Deign, O Divine Heart, to preside over our assemblings, to bless our enterprises, both spiritual and temporal, to dispel our cares, to sanctify our joys, to alleviate our sufferings. If ever one or the other of us should have the misfortune to afflict Thee, remind him, O Heart of Jesus, that Thou art good and merciful to the penitent sinner. And when the hour of separation strikes, when death shall come to cast mourning into our midst, we will all, both those who go and those who stay, be submissive to Thy eternal decrees. We will console ourselves with the thought that a day will come when the entire family reunited in Heaven, can sing forever Thy glories and Thy mercies.

May the Immaculate Heart of Mary and the glorious Patriarch, St. Joseph, present this Consecration to Thee, and keep it in our minds all the days of our life. All glory to the Heart of Jesus, our King and our Father. Amen.



Dear Father Abbot:

Kindly send me _____ hundred copies of "Daily Prayers for the Family."

Please imprint at the bottom of the first page the following:

Name:

Address:

(Mail to: Benedictine Fathers, Benet Lake, Wisconsin)

PAX

December 1, 1956

Dear Father:

Take a glance at "Daily Prayers for the Family." To date we have sent out almost a half-million of them.

Many Pastors find this booklet very handy to send out to their parishioners along with their Christmas or Easter greetings, or to give it to their people when they take up the census.

It is inexpensive. \$3.50 per hundred. If you wish any little message of two or three lines with your name at the bottom of the front page, we will gladly take care of this imprinting for an extra 50 cents a hundred. Kindly indicate your wishes on the reverse order blank.

Abbot Richard Felix, O.S.B.

COMMON PRAYERS

Sign of the Cross

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

Lord's Prayer

Our Father, who art 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 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 to the Father

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now, and ever shall be world without end. Amen.

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 Ghost, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died, and was buried; He descended into hell, the third day He arose again from the dead; He ascended into Heaven, sitteth 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 Ghost; the Holy Catholic Church; the Communion of Saints; the forgiveness of sins; the resurrection of the body; and life everlasting. Amen.

DEO GRATIAS

Thanks be to God for His goodness to me,
Thanks be to God now and in eternity.
Thanks be to God for the wonders He has done,
Thanks be to God for His dear and only Son.
Thanks be to God for our sweet Virgin Mother,
Thanks be to God for becoming our Brother.
Thanks be to God for His Body and His Blood,
Thanks be to God for this legacy of love.
Thanks be to God for His Sacred Heart benign,
Thanks be to God for this treasure Divine.
Thanks be to God for my Angel Guardian bright,
Thanks be to God, morning, noon and night.
Thanks be to God in all ages and all climes,
Thanks be to God one hundred thousand times.
Thanks be to God in my joy and in my sorrow,
Thanks be to God for today and for tomorrow.
Thanks be to God in my illness and my health,
Thanks be to God both in poverty and wealth.
Thanks be to God at my work and at my prayers,
Thanks be to God in my troubles and in my cares.
Thanks be to God in my life and at my death,
Thanks be to God when drawing my last breath.

And when lifeless, my poor heart

Shall lie under the sod,

May my soul sing in Heaven,

Thanks be to Thee, O good and generous God.