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Indulgenced Prayers and Ejaculations

APPROVED
by
THE CHURCH

Indulgenced Prayers and Ejaculations

COMPILED FROM APPROVED SOURCES

Approved by the Church
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NOTE—The * before the number of days or years means that a plenary indulgence may be gained “under the usual conditions” if the prayer is said every day for a month.

WHAT IS AN INDULGENCE?

An Indulgence is a remission granted by the Church to those who are free from the guilt of mortal sin, of the whole, or of a part of the temporal punishment due to sin.

By temporal punishment, as distinguished from eternal punishment, is meant the punishment which is due for sin, and which will end either in this world or in the next world in Purgatory.

The Catholic Church has at all times impressed upon the faithful the need of making satisfaction even for sins forgiven. In the early ages an elaborate system of public penance was enforced. Almost every kind of transgression had allotted to it a penalty proportioned to its gravity by which reparation was to be offered to God's offended majesty.

The practice of Indulgences in the Medieval Church arose out of the authoritative remission, in exceptional cases, of a certain proportion of this canonical penalty. Such Indulgence was not a mere permission to omit or postpone payment but was a discharge from the debt of temporal punishment which the sinner owed.

Nothing has ever been defined as to the precise meaning of an Indulgence of so many days or years but historically speaking we know that this term has arisen out of the remissions of the canonical penances which were imposed for periods of time: for instance, for so many years and so many quarantines (*i. e.*, Lents).

ALMIGHTY GOD

My God, and my all!

300 days.

My God, grant that I may love Thee,
and as the sole reward of my love,
grant that I may ever love Thee more
and more.

300 days.

My God, my only good, Thou art all
mine; grant that I may be all Thine.

** 300 days.*

Blessed be the Name of the Lord.

*500 days. (If said devoutly on hearing a
blasphemy.)*

My God, unite all minds in the truth
and all hearts in charity.

300 days.

Grant, O Lord, that I may do Thy
will, because Thou art my God.

** 500 days.*

To the King of ages, immortal and
invisible, to God alone be honor and
glory forever and ever. Amen.

** 500 days.*

O God, be merciful to me a sinner.

500 days.

O God, Thou art all-powerful, make
me holy.

500 days.

My God, I love Thee.

300 days.

Into Thy hands, O Lord, I commend
my spirit.

500 days.

Rescue me, Lord, from my enemies.

500 days.

Remember not, Lord, our old iniqui-
ties and forgive us our sins for Thy
Name's sake.

500 days.

Lord, increase our faith.

** 500 days.*

Almighty and eternal God, give us
an increase of faith, hope and char-
ity, and make us love what You com-
mand that we may deserve what You
promise. Through Christ our Lord.
Amen.

** 5 years.*

Visit, we beseech Thee, Lord, this
home, and keep far away from it the
snares of the enemy; may Thy holy
angels dwell herein and keep us in
peace; and may Thy blessing be al-
ways upon us. Through Christ our
Lord.

** 5 years, recited at evening.*

We give Thee thanks Almighty God
for Thy universal benefits, Who liv-

est and reignest forever and ever.
Amen.

300 days.

Holy God, Holy and strong, Holy and Immortal, have mercy on us. To Thee, O Blessed Trinity, be praise, glory, and thanksgiving, forever and ever.

** 500 days, for each separately.*

Take, O Lord, all my liberty. Receive my memory, understanding, and entire will. Thou hast bestowed on me whatever I have or possess: I give all back to Thee, and deliver it to Thee to be entirely subject to Thy Will. Only grant me Thy love and Thy grace, and I am rich enough and ask for nothing more.

** 3 years.*

THE HOLY TRINITY

The Sign of the Cross.

100 days. 300 days if made with Holy Water.

O most Holy Trinity, I adore Thee dwelling by Thy grace in my soul. O most Holy Trinity, dwelling by Thy grace in my soul, grant that I may love Thee more and more. O most Holy Trinity, dwelling by Thy grace in my soul, make me holy, more

and more. Remain with me, O Lord:
be Thou my true joy.

300 days, for each separately.

O Blessed Trinity, one God. I believe in Thee, I hope in Thee, I love Thee, I adore Thee; have mercy on me now and in the hour of my death, and be my salvation.

300 days.

THE HOLY GHOST

O Holy Spirit, sweet guest of my soul, remain with me, and see that I ever remain with Thee.

300 days.

Holy Spirit, Spirit of truth, come into our hearts; give the clarity of Your light to people, that in the unity of Faith they may please You.

300 days.

JESUS CHRIST

My Jesus, mercy!

** 300 days.*

Sweetest Jesus, be to me not a judge but a Saviour.

** 300 days.*

Jesus, my God, I love Thee above all things.

300 days.

Jesus, Son of David, have mercy on me.

** 500 days.*

Jesus, Mary, Joseph.

7 years.

We adore Thee and bless Thee most holy Lord Jesus Christ, here and in all Thy churches throughout the whole world, because by Thy holy Cross Thou hast redeemed the world.

7 years.

O Jesus our Saviour give us Your blessing, save us from eternal death, help Holy Church, give peace to all nations and release the souls suffering in Purgatory.

500 days.

Jesus Christ, Son of the Living God, Light of the world, I adore You, I live for You, I die for You. Amen.

300 days.

You are Christ, the Son of the Living God.

500 days before the Blessed Sacrament in the tabernacle.

Christ Jesus, my help and my Redeemer.

300 days.

Send, O Lord, laborers into Thy vineyard.

** 500 days.*

Jesus, King and Center of all hearts,
through the coming of Your King-
dom, give us peace.

300 days.

Jesus Christ, Son of the Living God,
Light of the World, I adore Thee.
For Thee I live, for Thee I die. Amen.

300 days.

Jesu, for Thee I live—Jesu, for Thee
I die—Jesu, I am Thine in life and
in death. Amen.

100 days.

O Jesus, life eternal in the bosom of
the Father, life of the souls made in
Thy likeness, in the name of Thy
love, make us know,—reveal to us,
Thy Heart!

300 days.

O Jesu, friend of the little ones, bless
the children of the whole world.

300 days.

Thou art the Christ, the Son of the
Living God.

*500 days, if said before the Blessed Sac-
rament, even if in the tabernacle.*

Blessed be Jesus Christ, and His
most pure Mother.

300 days.

Jesu, for love of Thee, I am with
Thee for Thy sake.

300 days.

O Jesu, Son of the Living God, have
mercy on us! O Jesu, Son of the
Virgin Mary, have mercy on us! O
Jesu, King and center of all hearts,
let there be peace in Thy Kingdom.

300 days.

O Jesu, with my whole heart I cling
to Thee.

300 days.

O Jesu, be to me Jesus and save me.

300 days.

THE BLESSED SACRAMENT

Blessed and praised every moment be
the most holy and divine Sacrament.

** 300 days.*

My Lord and my God.

*7 years. (These words are to be said
with faith, piety, and love, either during
the Elevation in the Mass, or when the
Blessed Sacrament is exposed on the
altar.)*

O Jesus in the Most Holy Sacrament,
have mercy on us.

300 days.

May the Most Holy Sacrament be forever praised and adored.

** 300 days.*

My Jesus, I believe that Thou art in the Blessed Sacrament. I love Thee above everything, and I long for Thee in my soul. Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. As though Thou wert already come, I embrace Thee and unite myself entirely to Thee; allow me not to be separated from Thee.

** 3 years. (Spiritual Communion, any form of words.)*

JESUS CRUCIFIED

We adore Thee, O Christ, and we bless Thee; because by Thy holy Cross Thou hast redeemed the world.

3 years.

I thank Thee, O Saviour, for having died upon the Cross for my sins.

** 300 days.*

Look down upon me, good and gentle Jesus, while before Thy Face I humbly kneel, and with burning soul pray and beseech Thee to fix deep in my heart lively sentiments of faith, hope and charity, true contrition for my sins and a firm purpose of amend-

ment; the while I contemplate with great love and tender pity Thy five wounds, pondering over them within me, and calling to mind the words which David, Thy prophet, said of Thee, my Jesus: "They have pierced My Hands and My Feet, they have numbered all My Bones."

10 years. (Plenary indulgence, applicable to the Souls in Purgatory, if said before a crucifix, after Holy Communion.)

THE PRECIOUS BLOOD

Eternal Father! I offer Thee the Precious Blood of Jesus Christ in satisfaction for my sins, for the relief of the holy souls in Purgatory, and for the wants of Holy Church.

500 days.

THE SACRED HEART

Eucharistic Heart of Jesus, on fire with love of us, inflame our hearts with love of Thee.

300 days.

May the Heart of Jesus be loved everywhere.

300 days.

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

** 500 days.*

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.

300 days.

Sweet Heart of Jesus, make me love Thee ever more and more!

** 300 days.*

Sweet Heart of Jesus, be my love.

300 days.

Heart of Jesus burning with love of us, inflame our hearts with love of Thee.

** 500 days.*

Heart of Jesus, I trust in Thee.

** 300 days.*

Eucharistic Heart of Jesus, have pity on us.

300 days.

Eucharistic Heart of Jesus, model of the priestly heart, have mercy on us.

300 days.

Sacred Heart of Jesus, Thy Kingdom come!

300 days.

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

300 days.

O Heart of love, I place all my trust in Thee: for though I fear all things from my weakness, I hope all things from Thy mercies.

** 300 days.*

Sacred Heart of Jesus, I believe in Thy love for me.

300 days.

Sacred Heart of Jesus, be Thou known, be Thou loved, be Thou imitated.

300 days, once a day.

Glory, love, and gratitude, be to the Sacred Heart of Jesus.

300 days.

Sweet Heart of Jesus, have mercy on us and upon our erring brethren.

300 days.

All for Thee, most Sacred Heart of Jesus.

300 days.

Most Sacred Heart of Jesus, have mercy on us.

500 days.

Sweet Heart of Jesus, I give myself to Thee through Mary.

300 days.

Sacred Heart of Jesus, strengthened in Thine agony by an angel, be our support in our own agony.

300 days.

Heart of Jesus, grant that I may love Thee and make Thee loved.

300 days.

O most Sacred Heart of Jesus, pour down Thy blessings upon Thy Church, upon the Supreme Pontiff and upon all the clergy; give perseverance to the just, convert sinners, enlighten unbelievers, bless our parents, friends and benefactors, help the dying, free the souls in Purgatory, and extend over all hearts the sweet empire of Thy love. Amen.

500 days.

O Divine Heart of Jesus, grant, we beseech Thee, eternal rest to the souls in Purgatory, the final grace to those who shall die today, true repentance to sinners, the light of Faith to pagans, and Thy blessing to me and mine. To Thee, O most compassionate Heart of Jesus, I commend all these souls, and I offer to Thee on

their behalf all the merits, together with the merits of Thy most Holy Mother and of all the saints and angels, and all the sacrifices of the Holy Mass, Communions, prayers and good works, which shall be accomplished today throughout the Christian world.

500 days.

O most Sacred Heart of Jesus! O fount of every Good! I adore Thee, I love Thee, and repent sincerely for my sins. I offer Thee this my poor heart. Do Thou make it humble, patient, pure, and in all things conformed to Thy Will. Grant, O good Jesus, that I may live in Thee and for Thee. Protect me in dangers, console me in afflictions; grant me health of body, succor in temporal needs, Thy blessing upon all my works, and the grace of a holy death.

500 days.

EUCCHARISTIC HEART OF JESUS

Blessed be the most Sacred Eucharistic Heart of Jesus.

300 days.

Eucharistic Heart of Jesus, burning with love of us, enkindle in our hearts the love of Thee.

300 days.

Blessed and praised be the Sacred Heart and Precious Blood of Jesus in the Most Holy Sacrament of the Altar.

300 days.

Praised be the Most Sacred Heart of Jesus in the Most Blessed Sacrament.

300 days.

Eucharistic Heart of Jesus, increase in us Faith, Hope and Charity.

300 days.

Eucharistic Heart of Jesus, furnace of divine Charity, give peace to the world.

300 days.

I adore Thee, O most Sacred Eucharistic Heart of Jesus.

300 days.

Praise, adoration, love, and thanksgiving be every moment given to the Eucharistic Heart of Jesus in all the tabernacles of the world, and unto the end of time. Amen.

300 days.

JESUS CHRIST THE KING

Jesus, King and center of all hearts, through the advent of Thy Kingdom, grant us peace.

300 days.

THE BLESSED MOTHER

Mary, Virgin Mother of God, pray to Jesus for me.

** 300 days.*

Mary, our hope, have pity on us.

300 days.

Mary sorrowing, Mother of all Christians, pray for us.

300 days.

Mother of love, of sorrow, and of mercy, pray for us.

300 days.

Holy Mary, deliver us from the pains of hell.

300 days.

My Mother, my sure trust.

300 days.

Virgin Mary, Mother of Jesus, make us saints.

300 days.

Mother of Mercy, pray for us.

300 days.

Mary, Virgin Mother of God, pray earnestly to Jesus for me.

** 300 days.*

O Mary, make me live in God, with God, and for God.

300 days.

To thee, O Virgin Mother, who wast never defiled with the slightest stain of original or actual sin, I commend and entrust the purity of my heart.

300 days.

O Mary, who didst enter the world free from stain, do thou obtain for me from God, that I may pass out of it free from sin.

300 days.

Blessed be the holy and Immaculate Conception of the most Blessed Virgin Mary, Mother of God.

** 300 days.*

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

** 300 days.*

Through thy Immaculate Conception, O Mary, keep my body pure, and my soul holy.

300 days.

O Purest Heart of Mary, Virgin most holy, obtain for me from Jesus purity and humility of heart.

** 300 days.*

Queen of the most Holy Rosary, pray for us.

300 days.

Our Lady of Lourdes, pray for us.

300 days.

Mother of Orphans, pray for us.

300 days.

Immaculate Queen of Peace, pray for us, *or*, Queen of Apostles, pray for us.

300 days.

Mother of Perpetual Succor, pray for us.

300 days.

Most worthy Queen of the world, Mary ever Virgin, intercede for our peace and safety, who hast given birth to Christ our Lord, Saviour of all.

300 days.

Virgin most sorrowful, pray for us.

** 300 days.*

Mother of Perpetual Help, pray for us.

300 days.

Almighty and merciful God, Who hast placed the ever Blessed Virgin Mary as the refuge and help of sinners, grant that being freed from all faults by her protection, we may secure the happy effects of Thy mercy, through Christ our Lord.

** 3 years.*

Virgin most sacred make me worthy
to praise you. Give me strength
against your foes.

300 days.

Holy Mary, save us from the pains
of hell.

300 days.

Mother of Mercy, pray for me.

300 days.

Virgin Mary, Mother of God, pray
to Jesus for me.

** 300 days.*

Blessed art thou, Virgin Mary, raised
in dignity above all women on earth.

300 days.

O Holy Mary, my mistress, into thy
blessed trust and special custody,
and into the bosom of thy mercy I
this day, every day, and in the hour
of my death, commend my soul and
my body: to thee I commit all my
anxieties and miseries, my life and
the end of my life, that by thy most
holy intercession and by thy merits
all my actions may be directed and
disposed according to thy will and
that of thy Son. Amen.

3 years.

My Queen, my Mother! I give my-
self 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, guard me, as thy property and possession.

500 days.

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 with 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 clemency hear and answer me. Amen.

3 years.

THE HOLY ANGELS

St. Michael Archangel, defend us in the day of battle, that we may not be lost in the dreadful judgment.

300 days.

St. Michael, first defender of the Kingship of Christ, pray for us.

300 days.

O Angel of God, whom God hath appointed to be my guardian, enlighten and protect, direct and govern me today (this night). Amen.

** 300 days.*

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

** 300 days.*

Angel who didst support our Saviour Jesus Christ, come and support us, too; come and do not delay.

300 days.

Angels, Archangels, Thrones and Dominations, Principalities and Powers, Virtues of the heavens, Cherubim and Seraphim, bless the Lord forever.

** 300 days.*

SAINT JOSEPH

Grant, O holy Joseph, that, ever secure under thy protection, we may pass our lives without guilt.

300 days.

St. Joseph, foster father of our Lord Jesus Christ, and true spouse of Mary ever Virgin, pray for us.

300 days, once a day.

Guardian of virgins and father, holy Joseph to whose faithful care Jesus Christ, very innocence, and Mary, Virgin of virgins, were committed, I pray and beg of thee by these dear pledges Jesus and Mary, free me

from all uncleanness, and make me, with spotless mind, pure heart, and chaste body, ever most chastely to serve Jesus and Mary all the days of my life. Amen.

** 3 years.*

O Joseph, virgin father of Jesus, most pure spouse of the Virgin Mary, pray for us daily to the Son of God, that, armed with the weapons of His grace, we may fight as we ought in life, and be crowned by Him in death.

500 days.

Remember, most pure spouse of Mary ever Virgin, my loving protector, St. Joseph, that never has it been heard that anyone ever invoked thy protection, or besought aid of thee, without being consoled. In this confidence I come before thee, I fervently recommend myself to thee. Despise not my prayer, foster father of our Redeemer, but do thou in thy pity receive it. Amen.

500 days.

THE SAINTS

O Holy Joachim, husband of Anne, father of the Blessed Virgin, bestow on thy servants here help and salvation.

300 days, once a day.

St. Nicholas, glorious Confessor of Christ, be kind and favorable to us.

100 days.

Humble St. Philip; beseech the Immaculate Virgin Mother of God for me.

100 days.

St. Joan of Arc, Apostle of the Kingship of Christ, pray for us.

300 days.

St. Theresa of the Infant Jesus, Patroness of the Missions, pray for us.

100 days.

O glorious St. Rita, thou who didst miraculously share in the sorrowful Passion of our Lord Jesus Christ, obtain for me that I may bear with resignation the sufferings of this life, and protect me in all my necessities.

300 days, once a day.

O Glorious St. Paul, who from a persecutor of the Christian name didst become an Apostle of burning zeal, and who, in order that Jesus Christ might be known to the furthest bounds of the earth, didst joyfully suffer imprisonment, scourging, stoning, shipwreck, and every kind of persecution, and who didst finally shed thy blood to the last drop; obtain for us the grace of ac-

cepting, as divine favors, the infirmities, torments, and calamities of this life, so that we may not be drawn from the service of God by the vicissitudes of this our exile, but on the contrary may prove ourselves more and more faithful and fervent. Pray for us, St. Paul, Apostle, that we may be made worthy of the promises of Christ.

LET US PRAY

O God Who hast taught many nations by the preaching of the blessed Apostle Paul, grant that we who cherish his memory, may obtain Thy favor. Through Christ Our Lord. Amen.

500 days.

O most beloved and great heroes of the Christian Faith, Ignatius and Francis, who, after being intimately united here below in one and the same bond of Religion to labor for the greater glory of God, didst merit to be raised on one and the same day to the altars of the Church; obtain, then, for me, your humble and devoted client, the very special grace of knowing and loving Jesus our Lord in deed and in truth, so that faithful and constant in following your example I may eagerly desire and seek above every created thing

the salvation of my own soul and the souls of all those redeemed by the Precious Blood of Jesus. Amen.

300 days.

O Glorious Patriarch St. Ignatius, we humbly beseech thee to obtain for us from God freedom, above all things, from sin, the greatest of evils. May thy example inflame our hearts with an efficacious desire to labor continually for the greater glory of God and the good of our neighbor; and obtain from the loving Heart of Jesus, our Lord, the crown of all other graces, the gift of final perseverance, and eternal beatitude. Amen.

300 days.

O Holy Margaret Mary, permitted by the Sacred Heart of Jesus to become partaker of His divine treasures, obtain for us, we beseech thee, from that adorable heart the graces of which we have need. We ask for them from thee with boundless confidence; may the Divine Heart be willing to grant them to us through thy intercession; so that once again it may through thee be glorified and loved. Pray for us, St. Margaret, that we may be worthy of the promises of Christ.

LET US PRAY

Lord Jesus Christ Who has marvelously revealed the unsearchable riches of Thy Sacred Heart to the blessed Margaret Mary Virgin, grant that by her merits and by imitating her example we may love Thee in all things and above all things, and so attain an everlasting dwelling in that same Heart of Thine: Who livest and reignest forever. Amen.

300 days.

THE FAITHFUL DEPARTED

Eternal rest give unto them, O Lord. And let perpetual light shine upon them. May they rest in peace. Amen.

300 days. (Applicable only to the dead.)

Merciful Lord Jesus, grant them eternal rest.

300 days. (Applicable only to the Holy Souls.)

FOR A HAPPY DEATH

Jesus, Mary, Joseph, I give you my heart and my soul. Jesus, Mary, Joseph, assist me in my last agony. Jesus, Mary, Joseph, may I breathe forth my soul in peace with you.

** 7 years, for each invocation.*

From a sudden and unprovided death,
deliver us O Lord.

300 days.

O Lord my God, from this day I accept from Thy Hand willingly and with submission the kind of death that it may please Thee to send me, with all its sorrows, pains, and anguish.

7 years. (Those who say this prayer once in their life after Confession and Communion thereby gain a plenary indulgence for the hour of death.)

Lord Jesus, pour down upon us the spirit of Thy love, that in the hour of our death we may deserve to conquer the enemy and win for ourselves the heavenly crown. Who livest and reignest forever and ever. Amen.

3 years.

Grant, we beseech Thee, O Lord, that at the hour of our death, nourished by Thy sacraments and having expiated all our faults, we may deserve to be joyfully received into the bosom of Thy mercy. Through Christ our Lord. Amen.

3 years.

