

Printed here.

#### Imprimi Potest:

Leo D. Sullivan, S.J. Praepositus Provincialis Provinciae Chicagiensis S.J. Chicago, December 6, 1944

Imprimatur:

HEdward F. Hoban Bishop of Cleveland Cleveland, April 6, 1946

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by THE BRUCE PUBLISHING COMPANY Milwaukee, Wisconsin



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No Postage Stamp

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If Mailed in the

United States

JOHN CARROLL UNIVERSITY UNIVERSITY HEIGHTS CLEVELAND 18, OHIO

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#### PRAYER CARD for the Sick

#### PRAYER PAMPHLET for the Sick

by Thomas C. Biecker, S. J.

The prayers printed upon this CARD have been written to satisfy the mental the PAMPHLET are indentical to those and spiritual needs of the sick. That this purpose is being accomplished is evident from the many appreciative PRAYER CARD is kept as floor, ward letters sent us from some of the already 10,000 users of the PRAYER CARD in hospital and home.

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# PRAYER PAMPHLET FOR THE SICK

## By Thomas C. Biecker, S.J.

My Morning Prayer. Good morning, my Lord and my God. Thank You for having taken care of me through the night. While I slept, You watched over me. **Thank You**. I know not what will come to me today; but I am certain that nothing can happen to me which You have not foreseen, decreed, and ordained from all eternity. This assurance gives me peace. I reverence Your eternal plans and submit to them with all my love.

My Morning Offering. O Jesus, through the Immaculate Heart of Mary I offer You all my prayers, works, and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my associates, and in particular for the intention recommended this month by our Holy Father.



## **Prayers BEFORE Holy Communion**

Act of Faith. My God, I believe that what I shall receive on mý tongue this morning appears to be only a disc of dry bread, but through the simple words of Your ordained priest the bread itself has been changed into Your Sacred Body and Blood. I believe this because You said so and You cannot tell a lie.

Act of Humility. My God, You know who I am and what You are, and still You would come to me. Lord, I am not worthy of Your coming. But whom, if not You, shall I welcome? Who knows me, loves me, and can help me as You? For You made me for Yourself.

Act of Hope. My God, by receiving Your Body and Blood I hope through your goodness and mercy to obtain all the graces You wish to give me today to reach heaven. No one can plan my life with such efficient care as You. Give me, then, Your grace and Your peace, for I trust entirely in You.

Act of Love. My God, to say that I love You above all creatures, even above myself, may seem empty, for I have often loved Your creation in preference to You. But You understand. I do love You. Trusting in Your mercy, I shall begin again to try to love You above creatures and creation for Your sake.

## Prayers **BEFORE** Holy Communion

Act of Sorrow. My God, I am sorry for my ingratitude and my sins — for the sins which I have committed through frailty, the sins I have done to please others, the sins I have done to please myself. I am sorry for them not merely because I might have lost the esteem of others, nor because I am displeased with myself, nor because I fear the eternal flames of hell, but especially because I detest them and am sorry for them, for by them I have offended You who are so truly holy and so deserving of all my love. Lord, I am sincerely sorry. With Your help I promise to avoid the occasions of sin and not to repeat my offenses.

Petition to B.V.M. Dear Mother, Jesus is coming to me this morning, and I do not feel too well prepared. You know what is expected of me. Were you not to our joyous and lasting memory the first to greet Jesus as He came down among us in Bethlehem? Be then at my side during these moments with Him. Prompt me what to say: to adore Him, to love Him, to thank Him, to sympathize with Him, to tell Him all my needs, and the needs of those for whom I ought to pray. Mother, be truly my mother in these moments.

### "Come, O Lord, and tarry not."

(An indulgence of 500 days. A plenary indulgence once a month for the daily recitation under the usual conditions. No. 127, Preces et Pia Opera.)

## **Prayers AFTER Holy Communion**

Act of Love. My Lord and My God! Jesus, I love You. I do not see You, but I firmly believe that You are with me even as You were with Mary on earth.

Act of Adoration. I adore You, dear Lord, because from Your hands I come and to You in Your home I am going. Grant that this visit and those that follow may be for me a pledge of my eternal life with You.

Act of Humility. Jesus, You made me out of nothing, and yet You would come to me. How dear to Your Heart is my soul fashioned.to Your own Likeness, redeemed by Your Blood and made heir to heaven. Your love yearns for my love so strongly that You would even permit this suffering to make me love You a little more. Lord, that I may always understand Your paternal plans and love You more!

**Prayer of Understanding.** Dear Jesus, in my illness I sometimes grow lonely, discouraged, depressed, unable to pray – I even complain. You know that this is not my true self. Forgive me. No matter how hard it will be to say, "I love You,

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## **Prayers AFTER Holy Communion**

dear Jesus. Thank You," I shall always repeat it; for in those moments my love is most devoid of self and wholly Yours. Jesus, in all my sufferings and trials I love You and I thank You.

Petitions for Self and Others. And now I ask You humbly for a few favors and blessings. Give me better health, if this be to my spiritual good. But above all give me the grace to profit by this illness as You have intended from all eternity. The same grace I ask for my fellow patients. Take care of my parents, relatives, and friends, the doctors and nurses. Bless all priests and religious that they may grow in personal holiness and zeal for souls. Be merciful to the sinner and the dying, and give eternal peace to the Poor Souls in Purgatory.

Word at Parting. Jesus, I am grateful to You for Your visit. Of all my visitors today You are the most welcome. Bless me and come to me again. And now – I must leave You for a while. Be with me always with Your grace that I may not fall into grave sin or even lesser sins. Since I am weak I place all trust in You. Give me the grace of persevering to the end in loving you. Amen.



**Prayer to Jesus Crucified.** Behold, O good and sweetest Jesus, I cast myself upon my knees in Your sight, and with the most fervent desire of my soul I pray and beseech You to impress upon my heart lively sentiments of faith, hope, and charity, with true repentance for my sins and a most firm desire of amendment; while with deep affection and grief of soul I consider within myself and mentally contemplate Your five most precious Wounds, having before my eyes that which David, the prophet, long ago spoke in Your own person concerning You, my Jesus: They have pierced my hands and my feet; they have numbered all my bones.

(Plenary indulgence once daily under usual conditions. No. 171, Preces et Pia Opera.)

**Plenary Indulgence at Death.** One who kisses, or merely looks upon, a crucifix blessed with a Happy Death blessing, and says or repeats orally or mentally the Sacred Name of Jesus, may gain a plenary indulgence at death. **Prayer to Jesus Christ the King.** O Christ Jesus, I acknowledge you to be the King of the universe; all that has been made is created for You. Exercise over me all Your sovereign rights. I hereby renew the promises of my Baptism, renouncing Satan and all his works and pomps, and I engage myself to lead henceforth a truly Christian life. And in an especial manner do I undertake to bring about the triumph of the rights of God and Your Church, so far as in me lies. Divine Heart of Jesus, I offer You my poor actions to obtain the acknowledgment by every heart of Your sacred kingly power. In such wise may the kingdom of Your peace be firmly established throughout all the earth. Amen.

(Plenary indulgence once daily under usual conditions. No. 234, Preces et Pia Opera.)

(If you cannot receive Holy Communion this morning, you might say the following indulgenced prayer:)

**Spiritual Communion.** My Jesus, I believe that You are present in the Blessed Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot now receive You sacramentally into my heart, I embrace You as if You were already there, and I unite myself wholly to You. Never permit me to be separated from You.

(An indulgence of 3 years. A plenary indulgence once a month under the usual conditions when the prayer is said every day, for a month. No. 135, Preces et Pia Opera.) The Way of the Cross for the Sick. The sick and the infirm unable to make the Stations in the ordinary way may gain a plenary indulgence holding a crucifix blessed for this use by a priest. The Our Father, Hail Mary, and Glory Be... are said twenty times — one for each Station, five in honor of the five Sacred Wounds of Our Lord, and one for the intentions of our Holy Father. If one makes the Stations on the day that one receives Holy Communion, two plenary indulgences can be gained.

No. 164, Preces et Pia Opera.

My Night Prayer. Jesus Christ my God, I adore You and thank You for all the graces You have given me this day. I offer You my sleep and all the moments of this night, and I beseech You to keep me without sin. Wherefore I put myself within Your sacred Side and under the mantle of our Lady, my Mother. Let Your holy Angels stand about me and keep me in peace; and let Your blessing be upon me.

(St. Alphonsus M. de' Ligouri, No. 78, Preces et Pia Opera)

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# My Diary (Continued)



My Diary (Continued)*			
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