

Morning Prayers

Daily Prayers for the Beginning of Each Day



JESUITS
USA Central and Southern Province

4511 West Pine Blvd
Saint Louis, MO 63108-2191
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JesuitsCentralSouthern.org

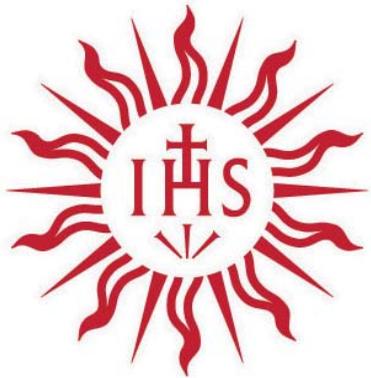
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

The Lord's Prayer

Our Father, who art in heaven, hallowed by 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.

Morning Offering

Jesus, 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 throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, and the reunion of all Christians. I offer them for the intentions of our bishops and of all members of the Apostleship of Prayer and in particular for the the intentions of the Holy Father.



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Act of Faith

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 can neither deceive nor be deceived.

Act of Hope

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

Act of Love

My God, I love You above all things, with my whole heart and souls, because You are all-good and worthy of all love. I love my neighbor as myself for the love of You. I forgive all who have offended me, and I ask pardon for those I have offended.

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Hail Holy Queen

Hail, holy Queen, Mother of Mercy, our life, our sweetness, and our hope! To you we cry, poor banished children of Eve; to you 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 our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Act of Contrition

O my God, I am heartily sorry for having offended you.

I detest all my sins because of your just punishments, but most of all because they offend you, my God, who are all-good and deserving of all my love.

I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin. Amen.

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Prayer for Generosity

Dear 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 labor and not ask for reward, except that of knowing that I am doing Your will.

Prayer for Calm

My Lord and my God, I do not know what will happen to me today, but what I do know is that nothing will happen to me today that you and I together can not handle. This thought is enough to bring me to face the day in peace. I adore You in Your wisdom and love. I commend myself into your hands with complete trust. Amen.

Conclusion

May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

St. Ignatius Loyola, pray for us.

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

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Lord, as we come to the end of this day, we ask that you forgive us our sins and give us a peaceful evening as we pray.

Act of Adoration

Almighty, eternal God, I acknowledge You as my first beginning and my last end, my creator and redeemer, my sanctification and my consummation, my God and my all. I thank you for your lavish gifts to me, to the whole human race, and to all creation.

The Gift of Life

Lord, teach me not to hold on to life too tightly. Teach me to take it as a gift. To enjoy it, to cherish it while I have it, but to let go gracefully and thankfully when the time comes. The gift is great, but the giver is greater still. You are the giver and in You is a life that never ends.

The Jesuit Examination of Conscience

- Thanksgiving**
Lord, I realize that all, even myself, is a gift from you.
- Today, for what things am I most grateful?
- Intention**
Lord, open my eyes and ears to be more honest with myself.
- Today, what do I really want for myself?
- Examination**
Lord, show me what has been happening to me and in me this day.
- Today, in what ways have I experienced your love?
- Contrition**
Lord, I am still learning to grow in your love.
- Today, what choices have been inadequate responses to your love?
- Hope**
Lord, let me look with longing toward the future.
- Today, how will I let you lead me to a brighter tomorrow?

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 with this confidence we fly to you, O Virgin of virgins, our Mother; to you we come; before you we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in your mercy hear and answer us.

For the Faithful Departed

God, the Creator and Redeemer of all the faithful, give to your departed servants the full remission of all their sins, that they may obtain the pardon they have always desired, You, who live and reign forever and ever. Amen.

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

Take and Receive

Take, Lord, and receive all my liberty, my memory, my understanding and my entire will – all that I have and call my own. You have given it all to me. To you, Lord, I now return it. Everything is yours; do with it what you will. Give me only your love and your grace. That is enough for me.

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within your wounds hide me.
Permit me not to be separated from you.
From the wicked foe defend me.
At the hour of my death call me
And bid me come to your side,
That with your saints I may praise you
For ever and ever. Amen.

Conclusion

Father, give our bodies rest and health, and let what we have done today bear fruit in the life to come. We ask this through Christ our Lord. Amen.
May the all-powerful Lord grant us a restful night and a peaceful death.
Hail Mary...

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