

An Act of Contrition

O my God, I am sorry and beg pardon for all my sins. I detest them above all things, because they have crucified my Loving Saviour, Jesus Christ and, most of all, because they offend thy infinite goodness and I firmly resolve, with the help of thy grace, never to offend thee again, and be careful to avoid the occasions of sin.

Morning Offering

O Jesus, through the most immaculate heart of Mary, I offer you all my thoughts, words, deeds, joys, prayers and sufferings of this day for all the intentions of thy most Sacred Heart.



Sacred Heart of Jesus; have mercy on me.



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

Briefly pray for family, friends, the religious, the sick, and for those who have died.

Memorare

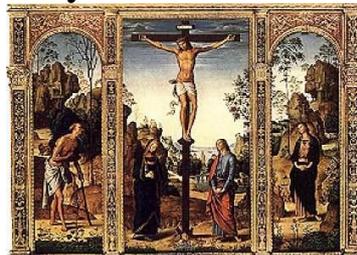
Remember, O most loving Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession, was left forsaken.

Filled, therefore, with confidence in thee, I fly unto thee, O Mother, Virgin of virgins; to thee do I come; before thee I stand, a sorrowful sinner. Despise not my words O Mother of the Word of God, but in thy mercy and grace, please hear and answer me. Amen.

Anima Christi

Soul of Christ, sanctify me;
Body of Christ save me;
Blood of Christ inebriate my heart;
Water of the Christ-side, wash me;
Passion of Christ, strengthen me;
O Good Jesus, hear me;
Within thy wounds, hide me;
Suffer not to let me be separated from you;
From the wicked enemy defend me;
In the hour of my death call me;
And bid me to come to thee
That with thy saints I may praise thee,
For ever and ever; Amen.

Prayer before a Crucifix



Behold, O kind and most sweet Jesus,
I cast myself on my knees in Thy sight,
and with a firm desire of my soul
I pray and beseech Thee that Thou wouldst impress upon my heart
lively sentiments of faith, hope and charity,
and a true repentance for my sins, and a firm purpose of amendment;
while with deep affection and grief of soul
I ponder within myself and mentally contemplate Thy five most precious Wounds,
having before my eyes that which David, the prophet, spake concerning Thee
O Good Jesus: "They have pierced My hands and My feet; they have numbered all
My bones."

[Our Father](#) [Hail Mary](#) and [Glory Be](#) for the Holy Father's intentions

Lastly: invoke the intercession of your favourite Saints.