

EVENING PRAYERS

If possible, get your evening prayers said early in the evening. Don't wait until bedtime. That would mean giving the last, tired minutes of the day to God.

IN the Name of the ✠ Father, and of the Son, and of the Holy Ghost. Amen.

OUR Father.

HAIL, Mary.

Examine your conscience:

O God, show me my sins.

O God, make me sorry for my sins.

O God, deliver me from my sins.

Was I lazy in rising? Did I say my prayers? Have I done my work diligently? or have I been idle and wasted time? Have I judged my neighbour: given way to unkind feelings? Have I spoken evil of anyone, made mischief between neighbours, listened to evil? Have I been guilty of untruthfulness, deceit, or dishonesty? Have I indulged in vanity, seeking to gain admiration or praise? Have I given way to impatience, murmuring, or greediness, or to any bad thoughts? Have I used any bad words, been selfish in anything? Have I had any quarrel or disagreement?

Tell God, one by one, what your sins have been, and then say:

O GOD, I am very sorry that I have offended thee, who art so good: Forgive me for Jesus' sake, and I will try to sin no more. Amen.

Give thanks and ask for grace:

MY God, I thank thee for all the blessings thou hast sent me this day, and through my whole life.

O my God, I love thee, and I want to love thee more.

O dear God, I believe in thee, and I hope in thee for the pardon of my sins, for the help of thy grace, and for everlasting life, because of thy love, thy promises and thy power.

REMEMBER, gracious God, for good my father, mother, brothers, sisters, husband, (wife), children, god-children, bless all my relations, benefactors and friends (especially). Give thy grace and heavenly benediction to the clergy of my parish. Hear me, good Lord, who commend unto thy tender mercy all that labour under trials and afflictions. Have mercy upon this household; and grant that humility and meekness, peace and charity, chastity and purity, may rule therein. Grant

that we may so correct and amend ourselves, that we may love, and fear, and serve thee faithfully all our days. Through our Lord and Saviour Jesus Christ. Amen.

VISIT, we beseech thee, O Lord, this habitation: drive far from it all snares of the enemy; let thy holy angels dwell herein to preserve us in peace, and let thy blessing be ever upon us. Through Christ our Lord. Amen.

LIGHTEN our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night, for the love of thy only Son, our Saviour Jesus Christ. Amen.

BEDTIME PRAYERS

On going to bed, kneel and say:

OUR Father.

HAIL, Mary.

I WILL lay me down in peace and take my rest, for it is thou, Lord, only, that makest me dwell in safety.

✠ INTO thy hands, O Lord, I commend my spirit, for thou hast redeemed me, O Lord, thou God of truth.

The following is appropriate for use at any time in the evening:

A NIGHT LITANY

O God, our Father, hear us.

WE plead before thee the Sacred Heart of Jesus,
for all tonight who stand in most need of
thy merciful love and protection.

ON souls beset by temptation,
On those who are in deadly sin,
On those who are given up to worldliness,
and forgetful of thee,
On those who at this moment are in
danger of losing thee forever.

} Have mercy.

V. By thine agony,
R. Save them, Jesus.

V. Those who are tempting others,
R. Convert to thy love.

ON those carrying on wicked trades, and
profiting by sin,
On those indulging in sinful amusements,
On all frequenting haunts of sin,
On all who are imperiling their souls by
luxury and self-indulgence,

} Have mercy.

V. By thy scourging,
R. Save them, Jesus.

ON all who are out tonight; the home-
less, the weary, the starving, the
suicide, the intemperate,
On those who are out for sin,

} Have mercy.

V. To those who are out to rescue others.
R. Grant help and protection.

- V. For those who work at night; the police,
railwaymen, firemen; those employed in
hazardous occupations; those engaged on the
stage; soldiers, sailors, chauffeurs, aviators;
watchmen on duty; editors and journalists,
R. Let thy Presence be with them; by thy
night watching, save them, Jesus.
- V. For the sick and suffering, and all who are
enduring any agony of body or mind,
R. Comfort them.
- V. For all undergoing operations,
R. Strengthen them, Jesus, and help them in
body and soul.
- V. For the sleepless and lonely,
R. Be near them.
- V. For those in anxiety, nervous or mental
distress,
R. Calm them.
- V. For the insane,
R. Keep them in thy power.
- V. For night nurses,
R. Give faithfulness and sympathy.
- V. For priests and doctors called out this
night,
R. Reward them.
- V. By thy Crown of Thorns,
R. Deliver them, Jesus.
- V. For those who this night must suffer
bereavement,
R. Visit and sustain them.
- V. For those for whom this will be their last
night on earth,
R. Deepen their contrition and receive their
souls.

ON those dying alone without Priest or Sacrament,

On those dying rejecting the ministry of thy holy Church,

On those dying unconscious,

On those dying blind to their sin,

On those who are afraid to die,

} *Have mercy.*

V. For dying Priests, Religious, and all Communicants,

R. Have mercy upon them and receive them to thyself, Jesus.

V. For the faithful departed,

R. Grant them light and peace.

V. For ourselves in our last hour,

R. Grant the pardon of our sins, negligences and ignorances.

V. By thy holy death,

R. Deliver us, Jesus.

On behalf of those who have said no prayers today, let us say:

OUR Father.

On behalf of those who blaspheme and neglect the Blessed Sacrament, let us say:

BLESSED, ✠ praised, worshipped and adored be Jesus Christ on his throne of glory in heaven, and in the most holy Sacrament of the altar. Amen.