

Grace Before Meals

BLESS ✠ us, O Lord, and these thy gifts, which, of thy bounty we are about to receive. Amen.

Thanksgiving After Meals

FOR ✠ these, and all his mercies, God's holy Name be praised. Through Christ our Lord. Amen.



MORNING PRAYERS

On rising from your bed say immediately:

I PRAISE my God this day:

I give myself to God this day:

I ask God to help me this day.

When dressed, kneel down and say some of the following:

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

OUR Father.

HAIL, Mary.

I BELIEVE.

O God, Thou art my God, who hast made me for thyself. O Lord, Heavenly Father, to thee I devote my heart, and my entire life. Grant me thy grace, I implore thee, that this day I may live as in thy presence, and walk in the path of thy commandments, following the example of my Saviour Christ, and being made like unto him. Give to me thy Holy Spirit that, trusting only in him, I may overcome those sins which beset me.

Vouchsafe, O gracious God, to me and to . . . such blessings as we need both temporal and spiritual. I ask in the Name and through the merits of Jesus Christ our Lord. Amen.

O LORD, our heavenly Father, Almighty and everlasting God, who hast safely brought me to the beginning of this day: Defend me in the same with thy mighty power; and grant that this day I fall into no sin, neither run into any kind of danger; but that all my doings, being ordered by thy governance, may be righteous in thy sight. Through Jesus Christ our Lord. Amen.

MAY the Almighty and merciful Lord ✠ Father, Son, and Holy Ghost, bless and preserve me, and bring me to life everlasting. Amen.

If you have time, the following may be said:

A MORNING LITANY

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

COME Holy Ghost, and fill the hearts of thy
faithful people and kindle in them the fire of
thy love.

OUR Father.

HAIL, Mary.

HOLY Father, who watchest over thy
children by night and by day,
Blessed Jesus, our Food and our Stay,
Sweet Spirit, Light and Guide of our souls,
Glorious Holy Trinity, Abyss of Love.

*Have mercy
and save me.*

HOLY, Blessed and Glorious Trinity,
In thy perfect Beauty,
In thy boundless Power,
With the Holy Mother,
With the Holy Angels,
With the Blessed Saints,
In union with every Mass which is offered
today,

I adore thee.

PRAISE and Thanksgiving for protection
during the past night,
Praise and Thanksgiving for all thy
mercies and blessings,
My daily work.
All my thoughts,
All my words,
All my deeds,
My joys and my consolations,
My sorrows and my troubles,
My difficulties, my doubts and anxieties,

I offer to thee.

ON all near and dear to me,
On our country and its rulers,
On the Holy Catholic Church, particularly
our part of it,
On all Bishops, particularly our own
Bishop,
On our Parish and our Priests,
On all Priests in their ministrations,
On all Religious in their life of prayer,
On all Missionaries throughout the world,
On all Travellers by land, by sea, or by
air,
On our Army and Navy and Merchant
Marine,
On all Christians married today,
On all Christian homes,
On all going out to work,
On all children at home or at school,
On all children born today,

Send thy blessing, O Lord.

V. To all who die today,
R. Give true contrition and receive their souls.

V. To the faithful departed,
R. Grant light and peace.

V. In my daily temptations,
R. Good Lord, deliver me.

V. When I forget thee,
R. Recall me to thyself.

V. In any danger of soul or body,
R. Preserve and defend me.

May the Blessed Mother help me with motherly
love,

May my Holy Guardian Angel watch over me
and pray when I forget to pray,

May my soul this day be made more fit,
For the day which has no end,
Through Jesus Christ our Lord. Amen.