

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:

The Benedictus

BLESSED be the Lord God of Israel; * for he hath visited and redeemed his people; And hath raised up a mighty salvation for us, * in the house of his servant David;

As he spake by the mouth of his holy Prophets, * which have been since the world began;

That we should be saved from our enemies, * and from the hand of all that hate us.

To perform the mercy promised to our forefathers, * and to remember his holy covenant;

To perform the oath which he sware to our forefather Abraham, * that he would give us;

That we being delivered out of the hand of our enemies * might serve him without fear;

In holiness and righteousness before him, * all the days of our life.

And thou child, shalt be called the prophet of the Highest: * for thou shalt go before the face of the Lord to prepare his ways;

To give knowledge of salvation unto his people * for the remission of their sins,

Through the tender mercy of our God; * whereby the day-spring from on high hath visited us;

To give light to them that sit in darkness, and in the shadow of death, * and to guide our feet into the way of peace.

GLORY BE TO THE FATHER.

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 protec-
 tion 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 anxi-
 eties,

I offer to thee.

On all near and dear to me,
 On our country and its rulers,
 On the Holy Catholic Church, par-
 ticularly 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 armed services and Mer-
 chant 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.

℣. In any danger of soul or body,

℞. 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.

Just For Today

LORD, for to-morrow and its needs,
I do not pray;

Keep me, my God, from stain of sin
Just for to-day.

Let me both diligently work,
And duly pray.

Let me be kind in word and deed,
Just for to-day.

Let me be slow to do my will,
Prompt to obey;

Help me to sacrifice myself
Just for to-day.

And if to-day my tide of life
Should ebb away,

Give me thy Sacraments divine,
Sweet Lord, to-day.

So for tomorrow and its needs
I do not pray,

But keep me, guide me, love me, Lord,
Just for to-day.