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Abbreviations

| | |
|------|---|
| AAS | <i>Acta Apostolicæ Sedis.</i> |
| ASS | <i>Acta Sanctæ Sedis.</i> |
| BB | <i>Book of Blessings, Congregation for Divine Worship XXX, 1989.</i> |
| BR | <i>Breviarium Romanum, Sacred Congregation for Rites, 1961.</i> |
| CCC | <i>Catechism of the Catholic Church, Second Edition, Libreria Editrice Vaticana, 1997.</i> |
| CE | <i>Compendium on the Eucharist, Congregation for Divine Worship and the Discipline of the Sacraments, 2016.</i> |
| CHBP | <i>Catholic Household Blessings and Prayers, United States Conference of Catholic Bishops, 2007.</i> |
| CLC | <i>Constitutions of the Congregation of the Legionaries of Christ, 2014.</i> |
| CR | <i>Calendarium Romanum, Congregation for Rites, 1969.</i> |

| | |
|------|---|
| CVV | <i>Christus Vita Vestra</i> , Ratio Institutionis of the Congregation of the Legionaries of Christ, 2017. |
| GCC | <i>General Chapter Communiqué of the Congregation of the Legionaries of Christ</i> , 2014. |
| GL | <i>Guía de Liturgia y Oración en Común</i> , Congregación de los Legionarios de Cristo, 2017. |
| GR | <i>Graduale Romanum</i> , 1974. |
| HCWE | <i>Holy Communion and Worship of the Eucharist Outside Mass</i> , Congregation for Divine Worship, 1973. |
| HI | <i>Handbook of Indulgences</i> , National Conference of Catholic Bishops, 1991. |
| HP | <i>Handbook of Prayers</i> , Midwest Theological Forum, Seventh American Edition, 2011, Fifth Printing, 2016. |
| L | <i>Lectionary</i> , Congregation for Divine Worship and the Discipline of the Sacraments, 2001. |
| LH | <i>Liturgy of the Hours</i> , Congregation for Divine Worship, English Translation, 1975. |
| MI | <i>Manual of Indulgences</i> , United States Conference of Catholic Bishops, 1999. |
| PCS | <i>Pastoral Care of the Sick</i> , National Conference of Catholic Bishops, 1983. |
| PMDM | <i>The Priest, Minister of Divine Mercy</i> , Congregation for the Clergy, 2011. |
| PP | <i>Directory on Popular Piety and the Liturgy</i> , Congregation for Divine Worship and the Discipline of the Sacraments, 2001. |
| RCA | <i>Reglamento para las casas de apostolado de la Congregación de los Legionarios de Cristo</i> , 2014. |
| REP | <i>Reconciliatio et Paenitentia</i> , Apostolic Exhortation, John Paul II, 1984. |
| RM | <i>Roman Missal</i> , Third Edition, Congregation for Divine Worship and the Discipline of the Sacraments, 2010. |
| RP | <i>Rite of Penance</i> , Congregation for Divine Worship, 1975. |
| SP | <i>El Seminarista Piadoso</i> , Puebla de los Ángeles, 1939. |
| TN | Translators' note. |

Basic Prayers

THE SIGN OF THE CROSS¹

[\(Latin\)](#)

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

✠. Amen.

THE LORD'S PRAYER²

[\(Latin\)](#)

¹ CHBP p 4.

² CHBP p 4; RM, The Order of Mass, The Communion Rite.

Our Father, who art in heaven, hallowed be 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.

THE HAIL MARY³

([Latin](#))

Hail, Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

THE GLORY BE (THE DOXOLOGY)⁴

([Latin](#))

℣. Glory be to the Father, and to the Son, and to the Holy Spirit.

℞. As it was in the beginning, is now, and ever shall be, world without end. Amen.

THANKSGIVING⁵

([Latin](#))

℣. We give you thanks for all your gifts, almighty God, living and reigning now and for ever.

℞. Amen.

CONCLUDING PRAYERS

([Latin](#))

℣. Christ our King!

℞. Thy Kingdom come!

℣. Virgin most prudent, Mary, Mother of the Church,

Or Mother of Sorrows,

Or Queen of Apostles,

℞. pray for us.

Part One

Legionary Prayers

The Constitutions set forth the principal spiritual practices of Legionaries. Lived with fervor and deep personal conviction, each of these practices trains us in some aspect of our relationship with God. Spread throughout the day or at various times of the year, they are like leaven in the dough, which helps make one's life a perpetual liturgy. In one who lives these encounters in a contemplative spirit,

³ CHBP p 4.

⁴ CHBP p 4.

⁵ BB 1034.

the union of wills little by little becomes habitual, extending throughout the day and achieving what Jesus taught: “the necessity to pray always” (Luke 18:1).⁶

Chapter 1

Making the Day Holy

Morning Prayers

In the morning Legionaries come in community before their Lord⁷ to renew their consecration, to offer God all they will do that day and to entrust themselves to the Blessed Virgin’s motherly protection.

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

✠. Amen.

HOW HOLY THIS FEAST⁸

✠. How holy this feast

✠. in which Christ is our food: his passion is recalled, grace fills our hearts, and we receive a pledge of the glory to come.

✠. You gave them bread from heaven to be their food.

✠. And this bread contained all goodness.⁹

✠. Let us pray:¹⁰

O God, who in this wonderful sacrament have left us a memorial of your passion, grant us, we pray, so to revere the sacred mysteries of your body and blood that we may always experience in ourselves the fruits of your redemption. Who live and reign for ever and ever.

✠. Amen.

Morning Offering

In the novitiate, the Morning Offering is prayed aloud in community.

[Other prayers for the morning offering](#)

⁶ CVV 135.

⁷ See CVV 282; See GCC 2014, 115.

⁸ HCWE 200.

⁹ LH, Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi), Midday Prayer.

¹⁰ RM, Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi), Collect.

PRAYER TO THE FATHER¹¹

Holy Father, I believe in you because you are truth itself. I hope in you because you are infinite mercy. I love you above all else because you are infinitely lovable and because I must love you with all my heart, all my soul and all my strength.¹² I thank you, Father, for granting me a new day to give you glory and extend your Kingdom.

PRAYER TO JESUS CHRIST

Lord Jesus, I offer you this new day and renew my total consecration to you – the center, standard and example of my life as a religious, priest and apostle. Grant me the grace of knowing you intimately in the Gospel, the Eucharist and the cross, and help me to imitate you by serving my neighbor.¹³

Sacred Heart of Jesus, I trust in you. Permeate my whole being with your love for mankind. Move me to embrace the cross in my life, to make reparation for sins and to give myself in service to others.¹⁴

May the longing to build up your Kingdom transform me day by day into you and impel me, pondering the value of each soul and the urgency of the mission, to bring the light of the Gospel to all people.¹⁵

PRAYER TO THE HOLY SPIRIT

Holy Spirit, delightful guest and consoler of my soul, come transform me into Christ and sustain me in the mission of building up his Kingdom. I beg you to grant me your seven gifts and to increase the faith, hope and love I received on the day of my baptism. Help me to be docile to your inspirations so I walk the path of God's will.¹⁶

PRAYER TO THE BLESSED VIRGIN MARY

Mary most holy, my mother and teacher, I greet you and bless you because the Mighty One has done great things for you.¹⁷ You are the living icon of consecration to God.¹⁸ Through your love I offer my life to Christ once more today to cooperate with him in the salvation of the world.¹⁹

¹¹ See SP pp 9-10.

¹² See Deuteronomy 6:5.

¹³ See CLC 8.

¹⁴ See CLC 9 and CLC 11, 2°.

¹⁵ See CLC 11.

¹⁶ See CLC 13.

¹⁷ See Luke 1:49.

¹⁸ See CVV 398.

¹⁹ See CVV 494.

Under your schooling I find the gentle, sure and certain path to acquire the attitudes of your Son's Heart.²⁰ Form in me, Mother, a heart that loves and that experiences joyful intimacy with the Lord.²¹

Queen of Apostles, I entrust my mission to your motherly care.²²

Prayed on Sundays and on Legionary feast days.

PRAYER FOR THE LEGIONARIES AND REGNUM CHRISTI MEMBERS

Lord Jesus, you have loved us first and called us to follow you in this portion of your Church: the Legion and Regnum Christi.

Instill in our hearts a growing love for our vocation that draws us to embrace wholeheartedly the Legion and Regnum Christi, and live out their spirit, discipline and specific apostolate.²³

Grant us the gift to live as one body in Christ, united in heart and spirit.²⁴

Examen to Prepare the Day

In the Lord's presence, Legionaries ready their hearts for the new day. It is helpful to pause for a moment to take stock of mood, expectations, desires and fears for the new day so the Lord can enlighten us and allow us to discover his presence in all things, in every encounter and happening. Ask the Lord for the light and strength to renew your resolution to listen to his voice and respond generously.

The Angelus (or Regina Cæli during Easter) is prayed after the Morning Offering.

[Angelus](#)

[Regina Cæli](#)

Greeting to the Blessed Virgin Mary

THE ANGELUS²⁵

[\(Latin\)](#)

Ÿ. The angel of the Lord declared unto Mary;

℞. And she conceived of the Holy Spirit.

Ÿ. Hail, Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

²⁰ See CVV 74. See Philippians 2:5-11.

²¹ See CVV 400.

²² See CLC 15, 2°.

²³ See CLC 16.

²⁴ See CLC 17.

²⁵ MI, Grants 17 §2, 2.

℞. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

℣. Behold the handmaid of the Lord.

℞. Be it done unto me according to thy word.

℣. Hail, Mary...

℣. And the Word was made flesh,

℞. And dwelt among us.

℣. Hail, Mary...

℣. Pray for us, O holy Mother of God.

℞. That we may be made worthy of the promises of Christ.

℣. Let us pray:

Pour forth, we beseech thee, O Lord, thy grace into our hearts, that we, to whom the incarnation of Christ thy Son was made known by the message of an angel, may by his passion and cross be brought to the glory of his resurrection. Through the same Christ our Lord.

℞. Amen.

It is a tradition in the Legion to conclude the Angelus or the Regina Cæli with three Glory Be's and the Prayer to the Guardian Angel.

℣. Glory be to the Father, and to the Son, and to the Holy Spirit.

℞. As it was in the beginning, is now, and ever shall be, world without end. Amen. **(Three times)**

PRAYER TO THE GUARDIAN ANGEL²⁶

℣. Angel sent by God to guide me,

℞. be my light and walk beside me;

be my guardian and protect me;

on the paths of life direct me. Amen.

Veni Creator

REGINA CÆLI²⁷

([Latin](#))

²⁶ HI, Grants 8.

²⁷ CHBP p 16.

During Easter the Angelus is replaced with the Regina Cæli which “happily conjoins the mystery of the incarnation of the Word with the Paschal event.”²⁸

Ÿ. Queen of heaven, rejoice, alleluia:

Ṛ. for the Son you were privileged to bear, alleluia,

Ÿ. is risen as he said, alleluia.

Ṛ. Pray for us to God, alleluia.

Ÿ. Rejoice and be glad, O Virgin Mary, alleluia!

Ṛ. For the Lord is truly risen, alleluia.

Ÿ. Let us pray:²⁹

O God, who gave joy to the world by the resurrection of your Son, our Lord Jesus Christ, grant, we beseech you, that through the intercession of the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord.

Ṛ. Amen.

It is a tradition in the Legion to conclude the Angelus or the Regina Cæli with three Glory Be's and the Prayer to the Guardian Angel.

Ÿ. Glory be to the Father, and to the Son, and to the Holy Spirit.

Ṛ. As it was in the beginning, is now, and ever shall be, world without end. Amen. (*Three times*)

PRAYER TO THE GUARDIAN ANGEL³⁰

Ÿ. Angel sent by God to guide me,

Ṛ. be my light and walk beside me;

be my guardian and protect me;

on the paths of life direct me. Amen.

Veni Creator

Other Prayers for the Morning Offering

These prayers may be used when the Morning Offering is prayed in private.

²⁸ PP 196.

²⁹ RM, Common of the Blessed Virgin Mary, IV: In Easter Time, Collect.

³⁰ HI, Grants 8.

PRAYER TO THE MOST HOLY TRINITY³¹

I believe in you, my God, because you are truth itself. I hope in you because you are infinite mercy and are faithful to your promises. I love you above all else because you are infinitely lovable and because I must love you alone with all my heart, all my soul and all my strength.³² I thank you, Lord, for watching over my sleep like the fondest of mothers, and granting me a new day to serve you and grow in holiness in the Legion.

PRAYER TO THE FATHER

Holy Father, you chose to create me and adopt me as a son so I would love and invoke you with the total trust of a child, I bless you for the love you have shown me by choosing me in Christ, before the foundation of the world, to be holy and without blemish before you.³³ You know me and realize how much I need your grace to fulfill your holy will; so, loving Father, grant me your grace in accordance with my needs. Increase in my heart the burning zeal that drives me tirelessly to bring everyone to share in the eternal life that consists in knowing and loving you, the only true God, and the one you sent, Jesus Christ.³⁴ Do not let me fall into the traps or give in to the temptations that the evil spirit sets for me today.

PRAYER TO JESUS CHRIST

Lord Jesus, I renew my consecration to you, offering myself on this new day so you can do as you please with my soul, my body, my strength, my mind and my will. I am yours without any reserve. Keep me faithful to your friendship. Enable me to spend this day eager to glorify the Father, fulfilling his will faithfully and constantly. Give me a steadfast heart to love you passionately, a pure heart to find you in everything, an unselfish heart consumed with sheer love for you and for the interests of your Kingdom, an ardent heart like yours. Lord Jesus, help all Legionaries and Regnum Christi members to love you more each day, and be more faithful and resolute apostles of your Kingdom.

PRAYER TO THE HOLY SPIRIT

Holy Spirit, delightful guest and consoler of my soul, enlighten my mind to know God's will for me. Inflammate my heart to love it passionately. Grant me the fortitude I need to accomplish it as perfectly as you ask of me. Lastly, Spirit of love, grant me the grace of responding faithfully to your holy inspirations.

³¹ See SP pp 9-10.

³² See Deuteronomy 6:5.

³³ See Ephesians 1:3-4.

³⁴ See John 17:3.

PRAYER TO THE BLESSED VIRGIN MARY

Mother, I come before you to bless you for the great things the Mighty One has done for you,³⁵ to thank you for the graces you have obtained for me, to consecrate to you all my thoughts, words and actions, and to ask your blessing for me and each of my brothers and sisters. Enable me to imitate the life of prayer, obedience, purity, sacrifice and simplicity that you shared with your Son, our brother and Lord. Help me to form a meek and humble heart like his. Obtain for me the grace of receiving the Eucharist as fervently as you throughout the years of your solitude. Intercede with your Son for the Legionaries and Regnum Christi members, that in his hands we may be a faithful instrument in extending his Kingdom throughout the world.

PRAYER OF DEDICATION

Regnum Christi and ECYD members say this prayer daily.

Lord Jesus,
I give you my hands to do your work.
I give you my feet to follow your path.
I give you my eyes to see as you see.
I give you my tongue to speak your words.
I give you my mind
so you think in me.
I give you my spirit
so you pray in me.
Above all I give you my heart
so in me you love your Father and all people.
I give you all that I am
so you grow in me;
till it is you, Christ,
who live and work and pray in me. Amen.

[Angelus](#)

[Regina Cæli](#)

[Veni Creator](#)

Mental Prayer

Prayer is "a vital and personal relationship with the living and true God." It can be affirmed that Christian life is a continual prayer, an uninterrupted loving conversation between God and his

³⁵ See Luke 1:48-49.

creature. This “great prayer” which is the Christian life needs moments of silence and listening, of exclusive intimacy, in which we experience the primacy of God in our own life and respond with the total gift of self. “But we cannot pray ‘at all times’ if we do not pray at specific times, consciously willing it. These are the special times of Christian prayer, both in intensity and duration.”

Despite the inherent excellence of liturgical prayer, “the spiritual life is not limited solely to participation in the liturgy. The Christian is indeed called to pray with his brethren, but he must also enter into his chamber to pray to the Father in secret” (See Matthew 6:6).³⁶

VENI CREATOR SPIRITUS

The hour of mental prayer, although a profoundly personal endeavor, begins with the community invocation of the Holy Spirit with the Veni Creator hymn. Together we ask him to pray in us and come “to the aid of our weakness; for we do not know how to pray as we ought” (Romans 8:26).³⁷

According to ancient tradition, the first stanza of the Veni Creator is sung kneeling; the rest of the hymn and the concluding prayer are sung standing.

Hymn.
VIII



V E-ni, cre- á-tor Spí-ri-tus, * mentes tu-ó-rum ví-si-
ta, imple su-pér-na grá-ti-a, quæ tu cre- ásti, péc-tora.
2. Qui díce- ris Pa- rácli-tus, donum De-i al- tíssimi, fons
vi-vus, ignis, cá-ri-tas et spi-ri- tá- lis úncti- o. 3. Tu sep-
ti- fórmis múne- re, dex-træ De-i tu dí-gitus, tu ri- te pro-
míssum Patris sermóne dí-tans gúttu-ra. 4. Accénde lumen
sénsibus, infúnde amórem córdibus, infírma nostri cór-

³⁶ CVV 514.

³⁷ CVV 516.

po-ris, virtú-te firmans pérpe-ti. 5. Hostem re-péllas lón-
 gi- us pa-cémque dones pró-ti-nus; ductó-re sic te prævi-
 o vi-témus omne nóxi-um. 6. Per te sci- ámus da Pa-
 trem noscámus atque Fí-li- um, te u-tri- úsque Spí-ri-tum
 credámus omni témpo-re. A- men.

V. Emítte Spíritum tuum, et creabúntur.

R. Et renovábis fáciem terræ.

O - rémus.
 Deus, qui corda fidélium Sancti Spíritus illustratióne do-
 cu-ísti, † da nobis in eódem Spíritu *recta* sápe-re, * et de
 eius semper consolatióne gaudére.
 Per Christum Dóminum **nostrum**. **R.** Amen.

VENI CREATOR SPIRITUS

Come, creator Spirit,
 visit the minds of your (people),
 fill with heavenly grace
 the hearts you created.

You who are called Advocate,

gift of God most high,
living fountain, fire, love,
and spiritual anointing.

You who are sevenfold in gift,
you, finger of God's right hand,
you, promise of the Father,
duly enriching mouths with speech.

Kindle light for the senses,
pour love into hearts,
strengthening with lasting power
the frailties of our body.

Repel the enemy far away
and grant peace immediately;
thus with you leading the way,
let us avoid every harm.

Through you may we know the Father
and recognize the Son
and believe you, the Spirit of both,
at every moment. Amen.

☩. Send forth your Spirit and they shall be created.

℞. And you shall renew the face of the earth.

☩. Let us pray:³⁸

O God, who taught the hearts of the faithful by the light of the Holy Spirit, grant that in the same Spirit, we may be truly wise and ever rejoice in his consolation. Through Christ our Lord.

℞. Amen.

PREPARATORY PRAYER

*Above all, prayer presupposes recollection, the recognition of the presence of God, which comes before all our efforts to be attentive to him. Recollection is not mere concentration, but giving the soul time to turn from visible realities to the invisible presence of God.*³⁹

EXAMEN OF THE PRAYER

The final minutes of the prayer are given over to examining what has happened within the soul during the time of prayer: What thoughts have left consolation or desolation in their wake, as well as what

³⁸ RM, Votive Mass 9, The Holy Spirit A, Collect.

³⁹ CVV 520.

interior movements of desire or aversion God has stirred up within. Under the light and power of the Holy Spirit the human will conforms to the divine will and engenders decisions that guide life itself. The convictions that sustain our lives are the ones forged in the crucible of prayer.⁴⁰

Celebration of the Eucharist

Preparation for the Celebration of the Eucharist

[Prayer of Saint Ambrose](#)

[Prayer of Saint Thomas Aquinas](#)

[Prayer to the Blessed Virgin Mary](#)

[Formula of Intent](#)

While Vesting

Thanksgiving after Mass

[Prayer of Saint Thomas Aquinas](#)

[Prayer to the Most Holy Redeemer \(Anima Christi\)](#)

[Prayer of Self-Offering](#)

[Prayer to our Lord Jesus Christ Crucified](#)

[The Universal Prayer \(attributed to Pope Clement XI\)](#)

Prayer to the Blessed Virgin Mary

The Eucharistic Sacrifice is the center of Christian life and the summit of the action by which God sanctifies the world in Christ and of the worship men offer the Father. Therefore, priests should celebrate the Eucharist devoutly and reverently, as befits so great a mystery, so that the witness of their faith helps everyone participate more deeply in it. Priests should prepare themselves with recollection and fervent prayer, and afterward give thanks to God for so great a gift. As far as possible, religious should participate in the daily Celebration of the Eucharist, offering not only the Host through the hands of the priest, but also themselves together with him. Their participation culminates in the pure and holy reception of Communion.⁴¹

Legionaries are to make the Eucharist the spiritual center of the community and offer him devout and earnest worship. They should seek to spend a prolonged time in daily adoration and frequently visit Christ in the Eucharist who, full of grace and truth, instills good morals, forges character, nourishes

⁴⁰ CVV 525.

⁴¹ CLC 51.

*the virtues, consoles the sorrowful, strengthens the weak, summons to imitation and sanctifies those who draw near to him.*⁴²

*The Eucharist contains the entire spiritual good of the Church, that is, Christ himself. Therefore, the Mass is the center of the day, where our human efforts are lifted up to God on the paten, one with Christ's own offering, giving him perfect glory and taking on eternal value; in turn, overabundant grace descends from God to nurture the soul and give strength for bearing him witness. For this reason the Eucharist is truly the fount and apex of the whole Christian life, where we unite ourselves intimately to Christ through communion in his Body and his Blood.*⁴³

Preparation for the Celebration of the Eucharist⁴⁴

[Prayer of Saint Ambrose](#)

[Prayer of Saint Thomas Aquinas](#)

[Prayer to the Blessed Virgin Mary](#)

[Formula of Intent](#)

[While Vesting](#)

Priests, who participate in a special way in the priesthood of Christ, should "celebrate the Eucharist devoutly and reverently, as befits so great a mystery, so that the witness of their faith helps everyone participate more deeply in it."⁴⁵ The following prayers may be helpful to recollect and prepare oneself to celebrate the Eucharist.

PRAYER OF SAINT AMBROSE

I draw near, loving Lord Jesus Christ, to the table of your most delightful banquet in fear and trembling, a sinner, presuming not upon my own merits, but trusting rather in your goodness and mercy.

I have a heart and body defiled by my many offenses, a mind and tongue over which I have kept no good watch. Therefore, O loving God, O awesome Majesty, I turn in my misery, caught in snares, to you the fountain of mercy, hastening to you for healing, flying to you for protection; and while I do not look forward to having you as Judge, I long to have you as Savior.

To you, O Lord, I display my wounds, to you I uncover my shame. I am aware of my many and great sins, for which I fear, but I hope in your mercies, which are without number. Look upon me, then, with eyes of mercy, Lord Jesus Christ, eternal King, God and Man, crucified for mankind. Listen to me, as I place my hope in you, have pity on me, full of miseries and sins, you, who will never cease to let the fountain of compassion flow.

⁴² CLC 52.

⁴³ CVV 482.

⁴⁴ RM, Preparation for Mass.

⁴⁵ CLC 51 1°.

Hail, O Saving Victim, offered for me and for the whole human race on the wood of the cross. Hail, O noble and precious Blood, flowing from the wounds of Jesus Christ, my crucified Lord, and washing away the sins of all the world.

Remember, Lord, your creature, whom you redeemed by your Blood. I am repentant of my sins, I desire to put right what I have done. Take from me, therefore, most merciful Father, all my iniquities and sins, so that, purified in mind and body, I may worthily taste the Holy of Holies.

And grant that this sacred foretaste of your Body and Blood which I, though unworthy, intend to receive, may be the remission of my sins, the perfect cleansing of my faults, the banishment of shameful thoughts, and the rebirth of right sentiments; and may it encourage a wholesome and effective performance of deeds pleasing to you and be a most firm defense of body and soul against the snares of my enemies. Amen.

PRAYER OF SAINT THOMAS AQUINAS

Almighty eternal God, behold, I come to the Sacrament of your Only Begotten Son, our Lord Jesus Christ, as one sick to the physician of life, as one unclean to the fountain of mercy, as one blind to the light of eternal brightness, as one poor and needy to the Lord of heaven and earth. I ask, therefore, for the abundance of your immense generosity, that you may graciously cure my sickness, wash away my defilement, give light to my blindness, enrich my poverty, clothe my nakedness, so that I may receive the Bread of Angels, the King of kings and Lord of lords, with such reverence and humility, such contrition and devotion, such purity and faith, such purpose and intention as are conducive to the salvation of my soul.

Grant, I pray, that I may receive not only the Sacrament of the Lord's Body and Blood, but also the reality and power of that Sacrament. O most gentle God, grant that I may so receive the Body of your Only Begotten Son our Lord Jesus Christ, which he took from the Virgin Mary, that I may be made worthy to be incorporated into his Mystical Body and to be counted among its members.

O most loving Father, grant that I may at last gaze for ever upon the unveiled face of your beloved Son, whom I, a wayfarer, propose to receive now veiled under these species: Who lives and reigns with you for ever and ever. Amen.

PRAYER TO THE BLESSED VIRGIN MARY

O most blessed Virgin Mary, Mother of tenderness and mercy, I, a miserable and unworthy sinner, fly to you with all the affection of my heart and I beseech your motherly love, that, as you stood by your most dear Son, while he hung on the cross, so, in your kindness, you may be pleased to stand by me, a poor sinner, and all priests who today are offering the Sacrifice here and throughout the entire holy Church, so that with your gracious help we may offer a worthy and acceptable oblation in the sight of the most high and undivided Trinity. Amen.

FORMULA OF INTENT

My intention is to celebrate Mass and to consecrate the Body and Blood of our Lord Jesus Christ according to the rite of Holy Roman Church, to the praise of almighty God and all the Church triumphant, for my good and that of all the Church militant, for all who have commended themselves to my prayers in general and in particular, and for the welfare of Holy Roman Church. Amen.

May the almighty and merciful Lord grant us joy with peace, amendment of life, room for true repentance, the grace and consolation of the Holy Spirit and perseverance in good works. Amen.

While Vesting⁴⁶

The following prayers can help the priest remain recollected while vesting and better prepare himself for the Celebration of the Eucharist.

WHILE WASHING YOUR HANDS

Give my hands, Lord, the power to wipe away all stain, so I can serve you in purity of mind and body.

PUTTING ON THE AMICE

Place on my head, Lord, the helmet of salvation, that I may repel the devil's attacks.

PUTTING ON THE ALB

Purify me, Lord, and cleanse my heart, so that, washed in the blood of the Lamb, I may enjoy everlasting happiness.

PUTTING ON THE CINCTURE

Gird me, Lord, with the cincture of purity and extinguish in my heart the passion of lust, so that the virtue of continence and chastity will remain within me.

PUTTING ON THE STOLE

Restore to me, Lord, the stole of immortality that I lost in the fall of my first parents. I am approaching your sacred mysteries, though unworthily; even so, let me merit eternal joy.

PUTTING ON THE CHASUBLE

Lord, you said, "My yoke is easy and my burden light." Let me carry it in such a way as to obtain your grace. Amen.

⁴⁶ HP p 84.

Thanksgiving after Mass⁴⁷

[Prayer of Saint Thomas Aquinas](#)

[Prayer to the Most Holy Redeemer \(Anima Christi\)](#)

[Prayer of Self-Offering](#)

[Prayer to our Lord Jesus Christ Crucified](#)

[The Universal Prayer \(attributed to Pope Clement XI\)](#)

[Prayer to the Blessed Virgin Mary](#)

PRAYER OF SAINT THOMAS AQUINAS

I give you thanks, Lord, holy Father, almighty and eternal God, who have been pleased to nourish me, a sinner and your unworthy servant, with the precious Body and Blood of your Son, our Lord Jesus Christ: this through no merits of mine, but due solely to the graciousness of your mercy.

And I pray that this Holy Communion may not be for me an offense to be punished, but a saving plea for forgiveness. May it be for me the armor of faith, and the shield of good will. May it cancel my faults, destroy concupiscence and carnal passion, increase charity and patience, humility and obedience and all the virtues, may it be a firm defense against the snares of all my enemies, both visible and invisible, the complete calming of my impulses, both of the flesh and of the spirit, a firm adherence to you, the one true God, and the joyful completion of my life's course.

And I beseech you to lead me, a sinner, to that banquet beyond all telling, where with your Son and the Holy Spirit you are the true light of your Saints, fullness of satisfied desire, eternal gladness, consummate delight and perfect happiness. Through Christ our Lord. Amen.

PRAYER TO THE MOST HOLY REDEEMER (ANIMA CHRISTI)

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, embolden me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within your wounds hide me.

Never permit me to be parted from you.

From the evil Enemy defend me.

At the hour of my death call me

and bid me come to you,

⁴⁷ RM, Appendices, Thanksgiving after Mass.

that with your Saints I may praise you
for age upon age. Amen.

PRAYER OF SELF-OFFERING

Receive, Lord, my entire freedom. Accept the whole of my memory, my intellect and my will. Whatever I have or possess, it was you who gave it to me; I restore it to you in full, and I surrender it completely to the guidance of your will. Give me only love of you together with your grace, and I am rich enough and ask for nothing more. Amen.

PRAYER TO OUR LORD JESUS CHRIST CRUCIFIED⁴⁸

Behold, O good and loving Jesus, that I cast myself on my knees before you and, with the greatest fervor of spirit, I pray and beseech you to instill into my heart ardent sentiments of faith, hope and charity, with true repentance for my sins and a most firm purpose of amendment. With deep affection and sorrow I ponder intimately and contemplate in my mind your five wounds, having before my eyes what the prophet David had already put in your mouth about yourself, O good Jesus: They have pierced my hands and my feet; they have numbered all my bones (Psalm 22:17-18).

THE UNIVERSAL PRAYER (ATTRIBUTED TO POPE CLEMENT XI)⁴⁹

Lord, by your grace
make my weak faith firm,
my wavering hope secure,
set my cold love on fire,
grant me passionate repentance for my sins.

I adore you as my first origin,
long for you as my final end,
praise you as my ever-present benefactor,
call on you as my gracious defender.

Guide me by your wisdom,
restrain me with your justice,
comfort me by your mercy,
protect me with your power.

Lord, I offer you:
my thoughts to be centered on you,
my words to speak of you,
my actions to do your will,
my sufferings for your sake.

⁴⁸ RM, Appendices, Thanksgiving after Mass, altered.

⁴⁹ RM, Appendices, Thanksgiving after Mass, altered.

I want whatever you want,
because you want it,
the way you want it,
as long as you want it.

Lord,
enlighten my mind,
inflame my will,
purify my heart,
sanctify my spirit.

Enable me
to regret past offenses,
to resist future temptations,
to correct wayward tendencies,
to cultivate needed virtues.

Lord, in your goodness, grant me the grace
to love you
and forget myself,
to seek my neighbor's good
and hold this world as nothing.

Teach me
to obey those in authority,
serve those under my care,
look after my friends,
forgive my enemies.

Lord, help me to overcome
sensuality by austerity,
greed by generosity,
anger by gentleness,
lukewarmness by fervor.

Make me prudent in planning,
unwavering in danger,
patient in adversity,
unassuming in success.

Keep me, Lord,
attentive at prayer,
moderate in food and drink,
diligent in my duties,
firm in my commitments.

Make me concerned to keep

an innocent heart,
a modest demeanor,
exemplary dealings,
and order in my life.

Lord, let me be alert
to tame my natural instincts,
foster the life of grace,
keep your law,
and win salvation.

Teach me
how shallow this world is,
how magnificent the Kingdom,
how fleeting temporal concerns are,
how lasting life eternal.

Lord, help me
to prepare for death,
fear judgment,
escape hell,
and reach paradise.

Grant this through Christ our Lord. Amen.

PRAYER TO THE BLESSED VIRGIN MARY

O Mary, Virgin and Mother most holy, behold, I have received your most dear Son, whom you conceived in your immaculate womb, brought forth, nursed and embraced most tenderly.

Behold him at whose sight you used to rejoice and be filled with all delight; him whom, humbly and lovingly, once again I present and offer to you to be clasped in your arms, to be loved by your heart, and to be offered up to the Most Holy Trinity as the supreme worship of adoration, for your own honor and glory and for my needs and for those of the whole world.

I ask you therefore, most loving Mother: entreat for me the forgiveness of all my sins and, in abundant measure, the grace of serving him in the future more faithfully, and at the last, final grace, so that with you I may praise him for all the ages of ages. Amen.

Liturgy of the Hours

Through the Liturgy of the Hours, priests and deacons should prolong throughout the hours of the day the praise and thanksgiving they offer in the celebration of the Eucharist. They should be aware that

*this song of praise is truly the voice of the Church addressed to her Bridegroom; moreover, it is the very prayer that Christ himself, together with his Mystical Body, addresses to the Father.*⁵⁰

*The Liturgy of the Hours prolongs the Eucharistic Sacrifice throughout the day and extends the graces of the Mass and its fruits to the Mystical Body and to the whole world.*⁵¹

*The Liturgy of the Hours celebrated in union with the prayer of the Church, either in community or individually according to the nature of each Institute, expresses the call proper to consecrated persons to raise their hearts in praise and intercession. Legionaries are called to the active apostolic life, and consequently are not obliged to pray the Liturgy of the Hours in community. However, proper law assigns one of the hours of the Divine Office as a community act of piety. In addition, the members of a community can agree to pray together other liturgical hours.*⁵²

BEFORE PRAYING THE LITURGY OF THE HOURS:

This traditional prayer may be used before praying the Liturgy of the Hours:

Lord, open my lips to praise your holy name. Cleanse my heart of any worthless, evil or distracting thoughts. Give me the wisdom and love I need to pray this Office with attention, reverence and devotion. Father, let my prayer be heard in your presence, for it is offered through Christ our Lord. Amen.

Conscience Examen

[5 steps](#)

[Prayers to begin the examen](#)

[Act of contrition](#)

*The conscience examen is a brief encounter with God and with ourselves in an atmosphere of prayer and conversation with Christ. It is a moment of spiritual discernment to rejoice in the good accomplished and to discover with faith and gratitude God's action in our lives. In it we also seek to separate ourselves interiorly from wrongs committed and retrace the steps that led us away from God, uniting ourselves more to his will.*⁵³

The course of the day disperses us; the examen reunifies us, according to the prayer of the psalmist: "Teach me, Lord, your way that I may walk in your truth, single-hearted and revering your name"

⁵⁰ CLC 49.

⁵¹ CVV 511.

⁵² CVV 512.

⁵³ CVV 543.

(Psalm 86:11).⁵⁴ Only with difficulty will a man of examen be laid low by the temptations, tests and adversities of life.⁵⁵

A good way of making the examen follows five steps, which we can remember according to their Latin expressions: lauda, pete lucem, examina, dole, propone:

- *Lauda:* Always begin by expressing gratitude to God for his present and past blessings, opening the soul in an atmosphere of trust and praise.
- *Pete lucem:* Pray to the Holy Spirit for the light to see ourselves as he sees us and to overcome the vanity and self-love that blinds us to our true selves (see Matthew 7:3).
- *Examina:* This is the time for the particular examen on a specific virtue or concrete attitude. It is followed by a general examen successively reviewing the activities of the day in order to uncover the light of God and our response of love, imperfection or sin in thought, word, action or omission, paying attention to the intimate attitudes whence they arose. It is also important to become aware of the spontaneous movements that have passed through the heart, going beyond the simple listing of deliberate actions and omissions. A great help in this is recognizing and naming with simplicity our desires and fears, aspirations and troubles so the Lord can enlighten and inspire in us his own attitudes. This central moment of examen takes place within a conversation with the Lord to avoid degenerating into a mere exercise of self-awareness.
- *Dole:* The humble and sincere acknowledgement of our weakness, seen in the light of the gratitude to God with which we began the examen, leads us to sorrow for our sins. The sins of omission should engender especial sorrow in the consecrated soul that lives immersed in grace and in endless proofs of God's love.
- *Propone:* "What shall I do?" (Acts 22:10). Like Saint Paul, Legionaries do not wallow in their wrongdoing, but trusting absolutely in Christ's mercy, look at him and ask what the next step should be. This translates into a specific resolution.⁵⁶

[Act of contrition](#)

[Night prayers](#)

The central moment of the examen (Examina) can be prayed in a deeper and simpler way by seeing oneself through the gaze of Christ, asking the Lord what good things he has been able to do during the day through his Legionary and what things he would have wanted to do, think or speak through him, but was unable to because of laziness, human respect, pride, resentment, etc.⁵⁷

⁵⁴ TN: The Scripture quotes are from the New American Bible.

⁵⁵ CVV 544.

⁵⁶ CVV 545.

⁵⁷ CVV 546.

One of these prayers for light may be used to begin the examen.

My Lord and my God, you know each person's heart. Give me the grace to examine mine sincerely and to know it truly so I can know myself deeply and discover my sins. By striving to overcome them, I hope you will grant me pardon and grace on earth and eternal life in heaven. Through Christ our Lord. Amen.

[5 steps](#)

[Act of contrition](#)

[Night prayers](#)

Or, especially at night:

My Lord and my God, you are sheer goodness and infinite mercy. I thank you with all my heart for the countless gifts you have given me, especially for creating and redeeming me, for calling me to the Catholic faith and the priesthood, for freeing me from so many dangers of soul and body and for all the special favors you have granted me today. Lord, in your goodness enlighten my mind so I can know my faults, and grant me the grace to be truly sorry and sincerely mend my ways.⁵⁸

[5 steps](#)

[Act of contrition](#)

[Night prayers](#)

Greeting to the Blessed Virgin Mary

[Angelus](#)

[Regina Cæli](#)

Morning, midday and evening establish the time frame of human activity, and thus summon us to pause, hand-in-hand with Mary, to pray the Angelus or Regina Cæli.

Its simple structure, its biblical character, its quasi-liturgical rhythm which sanctifies different moments of the day reminds us of the Paschal Mystery. Despite the passing of centuries, the Angelus retains an unaltered value and an intact freshness.⁵⁹

THE ANGELUS⁶⁰

[\(Latin\)](#)

∨. The angel of the Lord declared unto Mary;

⁵⁸ SP pp 110-111.

⁵⁹ CVV 500.

⁶⁰ MI, Grants 17 §2, 2.

℞. And she conceived of the Holy Spirit.

℣. Hail, Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

℞. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

℣. Behold the handmaid of the Lord.

℞. Be it done unto me according to thy word.

℣. Hail, Mary...

℣. And the Word was made flesh,

℞. And dwelt among us.

℣. Hail, Mary...

℣. Pray for us, O holy Mother of God.

℞. That we may be made worthy of the promises of Christ.

℣. Let us pray:

Pour forth, we beseech thee, O Lord, thy grace into our hearts, that we, to whom the incarnation of Christ thy Son was made known by the message of an angel, may by his passion and cross be brought to the glory of his resurrection. Through the same Christ our Lord.

℞. Amen.

It is a tradition in the Legion to conclude the Angelus or the Regina Cæli with three Glory Be's and the Prayer to the Guardian Angel.

℣. Glory be to the Father, and to the Son, and to the Holy Spirit.

℞. As it was in the beginning, is now, and ever shall be, world without end. Amen. (*Three times*)

PRAYER TO THE GUARDIAN ANGEL⁶¹

℣. Angel sent by God to guide me,

℞. be my light and walk beside me;

be my guardian and protect me;

on the paths of life direct me. Amen.

[Midday Hymns](#)

⁶¹ HI, Grants 8.

During Easter the Angelus is replaced with the Regina Cæli which “happily conjoins the mystery of the incarnation of the Word with the Paschal event.”⁶³

Ÿ. Queen of heaven, rejoice, alleluia:

Ṛ. for the Son you were privileged to bear, alleluia,

Ÿ. is risen as he said, alleluia.

Ṛ. Pray for us to God, alleluia.

Ÿ. Rejoice and be glad, O Virgin Mary, alleluia!

Ṛ. For the Lord is truly risen, alleluia.

Ÿ. Let us pray:⁶⁴

O God, who gave joy to the world by the resurrection of your Son, our Lord Jesus Christ, grant, we beseech you, that through the intercession of the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord.

Ṛ. Amen.

It is a tradition in the Legion to conclude the Angelus or the Regina Cæli with three Glory Be's and the Prayer to the Guardian Angel.

Ÿ. Glory be to the Father, and to the Son, and to the Holy Spirit.

Ṛ. As it was in the beginning, is now, and ever shall be, world without end. Amen. (*Three times*)

PRAYER TO THE GUARDIAN ANGEL⁶⁵

Ÿ. Angel sent by God to guide me,

Ṛ. be my light and walk beside me;

be my guardian and protect me;

on the paths of life direct me. Amen.

[Midday Hymns](#)

Midday Hymns

[Sunday](#)

⁶² CHBP p 16.

⁶³ PP 196.

⁶⁴ RM, Common of the Blessed Virgin Mary, IV: In Easter Time, Collect.

⁶⁵ HI, Grants 8.

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

[Friday](#)

[Saturday](#)

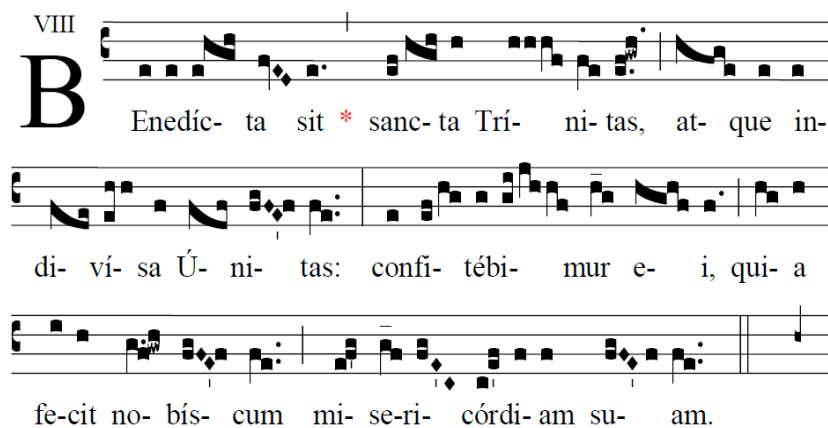
The hymn should be adapted to the liturgical calendar; for example, singing the Ave Maris Stella on feasts of the Blessed Virgin Mary, the Cælitum Ioseph on feasts of Saint Joseph, or the Benedicta Sit on days of thanksgiving to God. Other hymns not included here may also be used, provided they are suited to the liturgical occasion, such as the Stabat Mater on September 15 or the Christe Redemptor Omnium on Christmas.

The hymn and the concluding prayer are sung standing.

Sunday

BENEDICTA SIT SANCTA TRINITAS⁶⁶

VIII

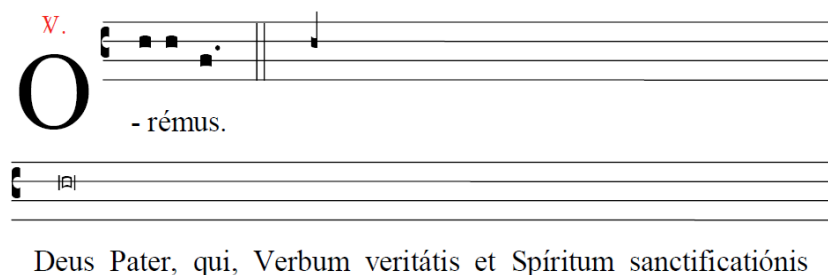


Benedíc- ta sit * sanc- ta Trí- ni- tas, at- que in-
di- ví- sa Ú- ni- tas: confi- tébi- mur e- i, qui a
fe- cit no- bís- cum mi- se- ri- córdi- am su- am.

V. Benedicámus Patrem et Fílium cum Sancto Spírítu.

R. Laudémus eum in sæcula.

V.



O - rémus.

Deus Pater, qui, Verbum veritátis et Spírítum sanctificatiónis

⁶⁶ GR, *In Sollemnitate Sanctíssimæ Trinitatis, Ad Introitum.*

mittens in mundum, admirabile mysterium tuum hominibus
 declarasti: † da nobis, in confessione veræ fide-i * æternæ
 glóriam Trinitatis agnoscere, et Unitatem adorare in potentia
 ma-iestá-tis.

Per Christum Dóminum nostrum. **R.** Amen.

BENEDICTA SIT SANCTA TRINITAS

SEE TOBIT 12:6

Blessed be the holy Trinity and undivided Unity: We will acknowledge him because he has worked with us his mercy.

V. Let us bless the Father and the Son with the Holy Spirit.

R. Let us bless him forever.

V. Let us pray:⁶⁷

God our Father, who by sending into the world the Word of truth and the Spirit of sanctification made known to the human race your wondrous mystery, grant us, we pray, that in professing the true faith, we may acknowledge the Trinity of eternal glory and adore your Unity, powerful in majesty. Through Christ our Lord.

R. Amen.

Monday

VENI SANCTE SPIRITUS⁶⁸

Seq.
I

V
 Eni, Sancte Spí-ri-tus, * et emít- te cá- li- tus lu-

⁶⁷ RM, The Solemnity of the Most Holy Trinity, Collect.

⁶⁸ L, In Sollemnitate Dominicæ Pentecostes, Sequentia.

cis tu-æ rá- di-um. 2. Ve-ni, pa-ter páu-pe-rum, veni, da- tor
 mú- ne-rum, ve-ni, lumen cór- di- um. 3. Conso- lá- tor óp-ti-
 me, dulcis hos- pes á- nimæ, dulce refri- gé- ri-um. 4. In labó-
 re réqui- es, in æstu tempé- ri- es, in fle- tu so- lá- ti- um.
 5. O lux be- a- tís- si- ma, reple cordis ín- ti- ma tu- ó- rum
 fí- dé- li- um. 6. Si- ne tu- o nú- mi- ne, ni- hil est in hómi- ne,
 ni- hil est in- nó- xi- um. 7. Lava quod est sór- di- dum, riga
 quod est á- ri- dum, sana quod est sáuci- um. 8. Flecte quod est
 rí- gi- dum, fove quod est frí- gi- dum, re- ge quod est dé-
 vi- um. 9. Da tu- is fí- dé- li- bus, in te con- fí- dén- ti- bus, sacrum
 septe- ná- ri- um. 10. Da virtú- tis mé- ri- tum, da sa- lú- tis éx- i-
 tum, da pe- rénne gáudi- um. A- men.

V. Emítte Spíritum tuum, et creabúntur.

R. Et renovábis fáciem terræ.

V.

 - rémus.

Deus, qui corda fidélium Sancti Spíritus illustratióne

do-cu-ísti, † da nobis in eódem Spíritu *recta* sápe-re, * et de

eius semper consolatióne gaudére.



Per Christum Dóminum **nostrum**. **R.** Amen.

VENI SANCTE SPIRITUS

Come, Holy Spirit,
 and send forth from heaven
 a ray of your light.

Come, father of the poor,
 come, giver of gifts,
 come, light of hearts.

Best consoler,
 delightful guest of the soul,
 delightful relief.

In labor, rest,
 in the fire of passion, temperance,
 in tears, solace.

O most blessed light,
 fill the inmost places of the heart
 of your faithful.

Without your divinity,
 there is nothing in man,
 there is nothing harmless.

Cleanse what is unclean,
 water what is dry,
 heal what is wounded.

Bend what is rigid,
warm what is cold,
direct what is off track.

Give to your faithful,
those who trust in you,
the sacred sevenfold gifts.

Give the reward of virtue,
give the deliverance of salvation,
give everlasting joy. Amen.

✠. Send forth your Spirit and they shall be created. (Psalm 104:30)

✠. And you shall renew the face of the earth.

✠. Let us pray:⁶⁹

O God, who taught the hearts of the faithful by the light of the Holy Spirit, grant that in the same Spirit, we may be truly wise and ever rejoice in his consolation. Through Christ our Lord.

✠. Amen.

Tuesday

IESU DULCIS MEMORIA⁷⁰

Hymn.

I
Iesu dulcis memó-ri- a, * dans ve-ra cordis gáudi-a
sed super mel et ómni-a e-ius dulcis præsénti- a.
2. Nil cáni-tur su- ávi- us, nil audí-tur iucúndi-us, nil cogi-
tátur dúlci-us, quam Iesus De- i Fí-li- us. 3. Iesu, spes pæni-
téntibus, quam pi- us es peténtibus! Quam bo-nus te

⁶⁹ RM, Votive Mass 9, The Holy Spirit A, Collect.

⁷⁰ BR, *Sanctissimum Nomen Iesu, Ad Vesperas, Hymnus.*

quærentibus! Sed quid inveni-éntibus? 4. Nec lingua valet
 dí-ce-re, nec líttera exprímere: expértus potest créde-
 re, quid sit Iesum di-lí-gere. 5. Sis, Iesu, nostrum gáudi-um,
 qui es futúrus præmi-um: sit nostra in te gló-ri-a,
 per cuncta semper sæcu-la. A-men.

V. Sit nomen Dómini benedíctum.

R. Ex hoc nunc, et usque in sæculum.

O - rémus.
 Sanctíssimum Iesu nomen venerántibus nobis, Dómine, con-
 céde propí-ti-us, † ut, eius in hac vita dulcédine *perfru-éntes*,*
 sempitérno gáudio in pátria reple-ámur.
 Per eúndem Christum Dóminum **nostrum**. **R.** Amen.

IESU DULCIS MEMORIA

The sweet memory of Jesus
 giving the true joys of the heart,
 but above honey and everything
 (is) his sweet presence.

Nothing more pleasant can be sung,

nothing more enjoyable can be heard,
nothing more delightful can be thought of,
than Jesus, the Son of God.

Jesus, the hope of penitents,
how kind you are to those who beg you!
How good to those who seek you!
But what (are you) to those who find you?

Neither is tongue capable of telling,
nor writing of expressing:
(only) one who has experienced it can believe
what it means to love Jesus.

Jesus, be our joy,
as you will be our reward:
in you be our glory
for all generations always. Amen.

∇. Blessed be the name of the Lord. (Psalm 113:2)

℞. Both now and for ever.

∇. Let us pray:⁷¹

As we venerate the most holy Name of Jesus, mercifully grant us, Lord, that, savoring its sweetness in this life, we may be filled with everlasting joy in our heavenly homeland. Through the same Christ our Lord.

℞. Amen.

Wednesday

CÆLITUM IOSEPH⁷²

Hymn.
I

C
Æ-li-tum, Io-seph, decus atque nostræ * certa spes
vi-tæ, columénque mundi, quas ti-bi læti cánimus, be-
níg-nus sú-scipe laudes. 2. Te, satum Da-vid, státu-it Cre-á-

The image shows a musical score for a hymn. It consists of three staves of music. The first staff begins with a large 'C' and the text 'Æ-li-tum, Io-seph, decus atque nostræ * certa spes'. The second staff continues with 'vi-tæ, columénque mundi, quas ti-bi læti cánimus, be-'. The third staff ends with 'níg-nus sú-scipe laudes. 2. Te, satum Da-vid, státu-it Cre-á-'. The music is written in a simple, square-note style on a four-line staff.

⁷¹ RM, Votive Mass 6, The Most Holy Name of Jesus, Collect.

⁷² LH, *S. Ioseph, sponsi BVM, sollemnitas, Ad laudes, Hymnus.*

tor Vírginis sponsum, volu-ítque Verbi te patrem di-
 ci, dedit et minís-trum es- se sa-lú-tis. 3. Tu Redemptó-
 rem stábu-lo iacéntem, quem chorus va-tum céci-nit futú-
 rum, ás-pi-cis gaudens, so-ci-ús-que ma-tris pri-mus a-
 dó-ras. 4. Laus sit excél-sæ Trí-a-di perénnis, quæ tibi in-
 sígnes tríbu-ens honóres, det tu-is no-bis mé-ri-tis be-
 á- tæ gáu- di-a vi- tæ. A- men.

V. Iustus germinábit sicut lílium.

R. Et florébit in ætérnum ante Dóminum.

O - rémus.
 Præsta, quæsumus, omnipotens De-us, † ut humánæ salútis
 mystéria, cuius primórdia beáti Ioseph fidéli custódi-æ *commi-*
 sísti, * Ecclésia tua, ipso intercedénte, iúgiter servet implénda.
 Per Christum Dóminum **nostrum**. **R.** Amen.

CÆLITUM IOSEPH

Joseph, you are the glory of those in heaven,
and the sure hope of our life, and the pillar of the world,
graciously accept the praises we joyfully sing to you.

The Creator appointed you,
descendant of David, to be the spouse of the Virgin,
and he wanted you to be called the father of the Word,
and he made you a servant of salvation.

Rejoicing, you behold the Redeemer lying in the stable,
who the choir of prophets sang would come,
and as a companion of his Mother you are the first to adore him.

Never-ending praise be to the most high Trinity
who, while granting you eminent honors,
through your merits, (we pray will) give us the joys of a blessed life. Amen.

Ÿ. The just man shall blossom like the lily.⁷³

Ṛ. He shall flourish for ever in the courts of our God.

Ÿ. Let us pray:⁷⁴

Grant, we pray, almighty God, that by Saint Joseph's intercession your Church may constantly watch over the unfolding of the mysteries of human salvation, whose beginnings you entrusted to his faithful care. Through Christ our Lord.

Ṛ. Amen.

Thursday

ADORO DEVOTE

Hymn.
V

A dó-ro devó-te, * la-tens vé-ri-tas, te quæ sub
his for-mis ve-re lá-ti-tas: ti-bi se cor me-um totum sú-bi-
cit, qui-a te con-tém-plans to-tum dé-fi-cit. 2. Vi-sus, gustus,

⁷³ LH, Solemnity of Saint Joseph, Spouse of Mary, Vespers, Responsory.

⁷⁴ RM, Solemnity of Saint Joseph, Collect.



 tac-tus in te fálli-tur; sed solus au-dí-tus tu-te crédi-tur.



 Credo quicquid di-xit De-i Fí-li-us: nihil Ve-ri-tá-tis



 ver-bo vé-ri-us. 3. Pi-e pe-li-cá-ne, Ie-su Dómine,



 me immúndum mun-da tu-o sángine, cu-ius una stil-la



 sal-vum fáce-re to-tum mundum posset omni scé-le-re.



 4. Ie-su, quem ve-látum nunc aspí-ci-o, quando fi-et il-lud



 quod tam cú-pi-o: ut, te re-ve-lá-ta cernens fá-ci-e, vi-su



 sim be-á-tus tu-æ gló-ri-æ? A-men.

V. Panem de cælo præstitisti eis.

R. Omne delectaméntum in se habéntem.



O - rémus.



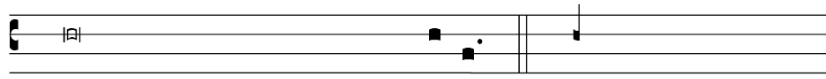
 Deus, qui nobis sub sacraménto mirábili passiónis tuæ memó-



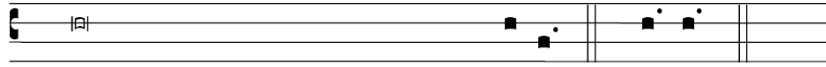
 riam reliquisti, † tribue, quæsumus, ita nos Córporis et Sán-



 guinis tui sacra mystéri-a venerá-ri, * ut redemptiónis tuæ



fructum in nobis iúgiter senti-ámus.



Qui vivis et regnas in sácula saeculó-rum. **R.** Amen.

ADORO DEVOTE

I devoutly adore you, O hidden truth,
who are truly hidden beneath these appearances;
my whole heart submits to you,
because in contemplating you, it forsakes itself completely.

Sight, taste, touch are all deceived regarding you,
but hearing alone is safely believed.

I believe all that the Son of God has said;
there is nothing truer than the word of Truth.

Lord Jesus, merciful Pelican,
cleanse me, who am unclean, with your blood,
one drop of which could free
the entire world of all crime.

Jesus, whom I now contemplate veiled,
when will what I so desire happen?
That, seeing you with your face unveiled,
I may be blessed at the sight of your glory. Amen.

V. You gave them bread from heaven to be their food. (**Wisdom 16:20**)

R. And this bread contained all goodness.

V. Let us pray:⁷⁵

O God, who in this wonderful Sacrament have left us a memorial of your passion, grant us,
we pray, so to revere the sacred mysteries of your Body and Blood that we may always
experience in ourselves the fruits of your redemption. Who live and reign for ever and ever.

R. Amen.

⁷⁵ RM, Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi), Collect.

Friday

TE SÆCULORUM PRINCIPEM⁷⁶

Hymn.
I



T E sæ-culó-rum príncipem, * te, Christe, re-gem gén-ti-um, te ménti-um, te córdi-um unum faté-mur árbitrum.


2. Quem prona adó-rant ágmina hymnísque lau-dant cæ-li-tum, te nos ovántes ómni-um regem suprémum dí-ci-mus. 3. O Christe, princeps páci-fer, mentes rebélles súbi-ce, tu-óque amó-re dévi-os ovíle in u-num cóngre-ga.

4. Ie-su, ti-bi sit gló-ri-a, qui cuncta a-mó-re ténpe-ras, cum Patre et almo Spí-ri-tu in sempi-tér-na sæcu-la. A-men.

V. Tua est magnificéntia et poténtia.

R. Tuum, Dómine, regnum.

V.



O - rémus.

Omnípotens sempitérne Deus, qui in dilécto Fílio tuo,

⁷⁶ LH, *Domini nostri Iesu Christi universorum Regis sollemnitás, ad I Vesperas, Hymnus.*

universórum Rege, ómnia instauráre voluís-ti, † concéde
propítius, ut tota creatúra, a servitúte *libe-ráta*, * tuæ maiestáti
desérviat ac te sine fine colláudet.

Per eúndem Christum Dóminum **nostrum**. **R.** Amen.

TE SÆCULORUM PRINCEPTEM

Christ, we acknowledge you as the Prince of the ages,
the King of the nations,
the sole judge
of minds and hearts.

The hosts of the saints in heaven prostrate adore you
and praise you with hymns;
we rejoicing proclaim you
supreme King over all people!

O Christ, Prince, bringer of peace,
subdue rebellious minds,
and through your love gather the strays
into the one sheepfold.

Glory to you, Jesus;
you moderate all things with love,
together with the Father and the kind Spirit
for everlasting ages. Amen.

Ÿ. Yours is the splendor and the power;⁷⁷

R. Yours is the Kingdom, O Lord.

Ÿ. Let us pray:⁷⁸

⁷⁷ LH, Solemnity of Our Lord Jesus Christ, King of the Universe, Vespers I, Responsory.

⁷⁸ RM, Solemnity of Our Lord Jesus Christ, King of the Universe, Collect.

Almighty ever-living God, whose will is to restore all things in your beloved Son, the King of the universe, grant, we pray, that the whole creation, set free from slavery, may render your majesty service and ceaselessly proclaim your praise. Through the same Christ our Lord.

℞. Amen.

Saturday

The Ave Maris Stella is sung on Saturdays except during Easter Time when the [Regina Cæli](#) is sung.

AVE MARIS STELLA⁷⁹

Hymn.
I

A-ve, ma-ris stella, * De-i ma-ter alma, atque
semper vir-go, fe-lix cæli porta. 2. Sumens illud
«Ave» Gabri-é-lis o-re, funda nos in pa-ce,
mu-tans Evæ nomen. 3. Solve vincla re-is, pro-fer
lumen cæcis, ma-la nostra pelle, bona cuncta posce.
4. Monstra te esse matrem, sumat per te pre-cem qui
pro nobis natus tu-lit esse tu-us. 5. Sit laus De-o
Patri, summo Christo de-cus, Spi-ri-tu-i Sancto
honor, tribus unus. A-men.

⁷⁹ LH, *Commune Beata Maria Virginis, Ad II Vesperas, Hymnus.*

[During Advent](#)

[After Christmas](#)

[During Lent](#)

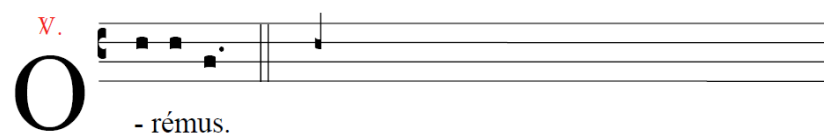
[During Ordinary Time](#)

During Advent

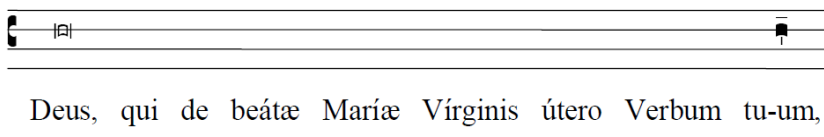
V. Ángelus Dómini nuntiávit Mariáe.

R. Et concépit de Spíritu Sancto.

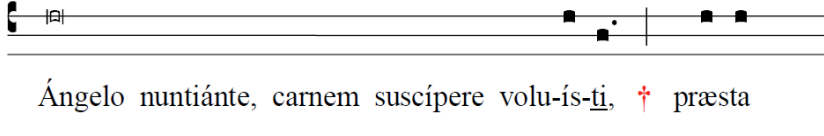
V.
O - rémus.



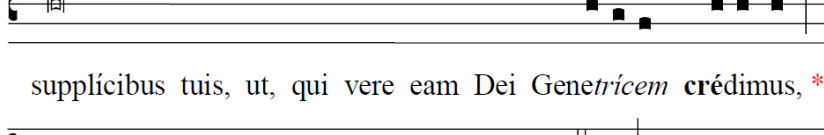
Deus, qui de beátæ Mariæ Vírginis útero Verbum tu-um,



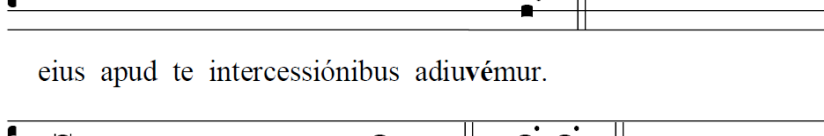
Ángelo nuntiánte, carnem suscípere volu-ís-ti, † præsta



supplicibus tuis, ut, qui vere eam Dei Genetrícem **erédimus**, *



eius apud te intercessiónibus adiuvémur.



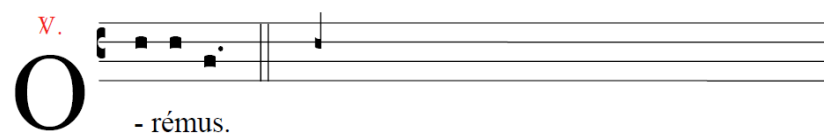
Per Christum Dóminum **nostrum**. **R.** Amen.

After Christmas

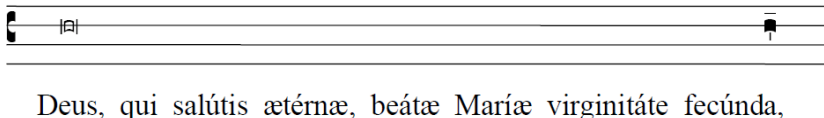
V. Post partum Virgo invioláta permansísti.

R. Dei Génatrix, intercède pro nobis.

V.
O - rémus.



Deus, qui salútis æternæ, beátæ Mariæ virginitáte fecúnda,



humáno géneri præmia præstitís-ti, † tríbue, quæsumus, ut
 ipsam pro nobis intercédere *senti-ámus*, * per quam merúimus
 Fílium tuum auctórem vitæ suscípe-re, Dóminum nostrum
 Iesum Christum, Fílium **tu-**um.
 Qui tecum vivit et regnat in sæcula sæculó-rum. **R.** Amen.

During Lent

V. Dignáre me laudáre te, Virgo sacráta.

R. Da mihi virtútem contra hostes **tuos**.

V.
O - rémus.
 Famulórum, quæsumus, Dómine, delícta ignósce, † ut, qui
 tibi placére de áctibus nostris *non va-lémus*, * Genetrícis
 Fílii tui Dómini nostri intercessióne salvémur.
 Qui tecum vivit et regnat in sæcula sæculó-rum. **R.** Amen.

During Ordinary Time

V. Ora pro nobis sancta Dei **Génetrix**.

R. Ut digni efficiámur promissiónibus **Christi**.

V.
O - rémus.

Sanctíssimæ venerántibus Vírginis Mariæ memóriam glori-
 ósam, † ipsíus nobis, quæsumus, Dómine, intercessi-óne con-
 céde, * ut de plenitúdine grátia tuæ nos quoque mereámur
 accípe-re.

Per Christum Dóminum **nostrum**. **R.** Amen.

AVE MARIS STELLA

Hail, Star of the sea,
 nurturing Mother of God,
 and ever Virgin,
 happy gate of Heaven.

Taking up that "Ave"
 from the mouth of Gabriel,
 establish us in peace,
 inverting the name "Eva."

Loosen the chains for the guilty,
 bring light to the blind,
 drive away our evil (deeds),
 request all good things (for us).

Show yourself to be a Mother:
 through you may he receive (our) prayer
 who, born for our sake,
 accepted to be yours.

To God the Father be praise,
 to the Most High Christ glory,
 to the Holy Spirit honor,

one (praise/glory/honor) to the Three. Amen.

During Advent

℣. The angel of the Lord declared unto Mary.

℞. And she conceived of the Holy Spirit.

℣. Let us pray:⁸⁰

Father, in your plan for our salvation your Word became man, announced by an angel and born of the Virgin Mary. May we who believe that she is the Mother of God receive the help of her prayers. Through Christ our Lord.

℞. Amen.

After Christmas

℣. After the birth of your Son, you remained a virgin.⁸¹

℞. Mother of God, intercede for us.

℣. Let us pray:⁸²

O God, who through the fruitful virginity of Blessed Mary bestowed on the human race the grace of eternal salvation, grant, we pray, that we may experience the intercession of her, through whom we were found worthy to receive the author of life, our Lord Jesus Christ, your Son. Who lives and reigns for ever and ever.

℞. Amen.

During Lent

℣. Allow me praise you, Virgin most holy;⁸³

℞. Give me strength against your enemies.

℣. Let us pray:⁸⁴

Pardon the fault of your servants, we pray, O Lord, that we, who cannot please you by our own deeds, may be saved through the intercession of the Mother of your Son and our Lord. Who lives and reigns for ever and ever.

℞. Amen.

⁸⁰ RM, Common of the Blessed Virgin Mary, II: In Advent, Collect.

⁸¹ LH, Common of the Blessed Virgin Mary, Memorial of the Blessed Virgin on Saturday, Morning Prayer, Responsoy.

⁸² RM, Common of the Blessed Virgin Mary, III: In Christmas Time, Collect.

⁸³ MI, Pious invocations, examples of invocations currently in use.

⁸⁴ RM, Common of the Blessed Virgin Mary, I: Ordinary Time, 4, Collect.

During Ordinary Time

Ÿ. Pray for us, O holy Mother of God.⁸⁵

Ṛ. That we may be made worthy of the promises of Christ.

Ÿ. Let us pray:⁸⁶

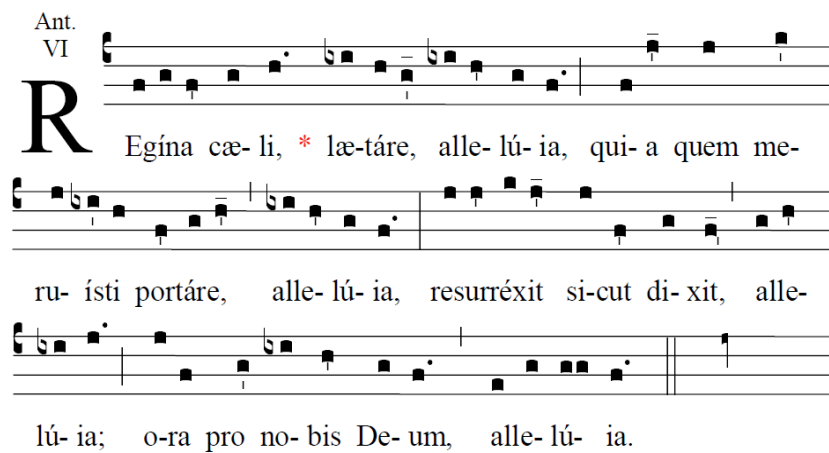
As we venerate the glorious memory of the most holy Virgin Mary, grant, we pray, O Lord, through her intercession, that we, too, may merit to receive from the fullness of your grace. Through Christ our Lord.

Ṛ. Amen.

REGINA CÆLI

During Easter

Ant.
VI

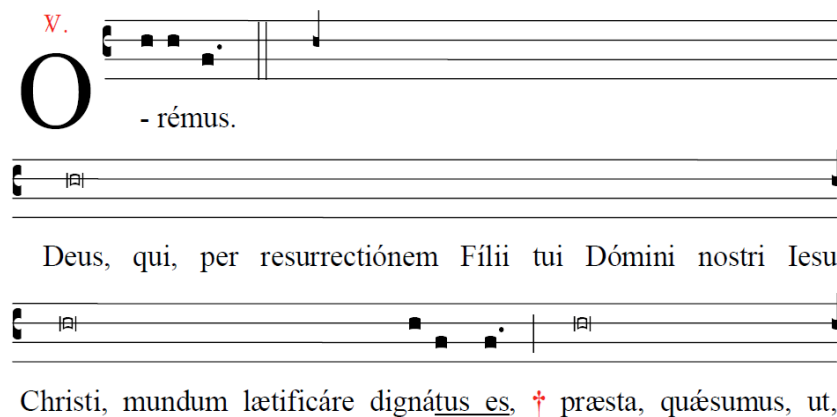


R Egína cæ-li, * læ-táre, alle-lú-ia, qui-a quem me-
ru-ísti portáre, alle-lú-ia, resurréxit si-cut di-xit, alle-
lú-ia; o-ra pro no-bis De-um, alle-lú-ia.

Ÿ. Gaude et lætáre, Virgo María, allelúia.

Ṛ. Quia surréxit Dóminus vere, allelúia.

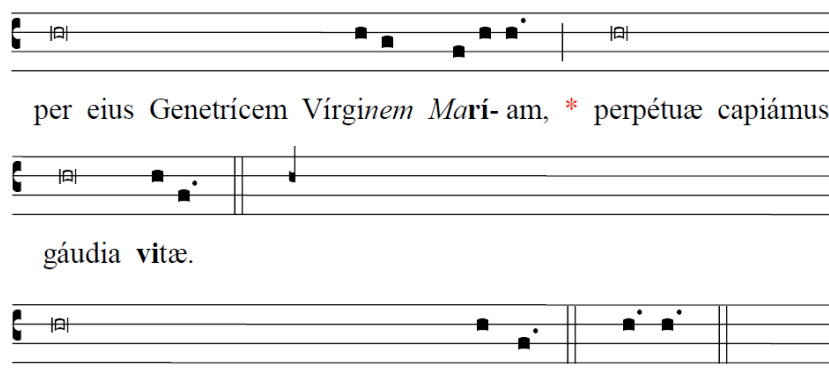
V.



O - rémus.
Deus, qui, per resurrectionem Fílii tui Dómini nostri Iesu
Christi, mundum lætificáre dignátus es, † præsta, quæsumus, ut,

⁸⁵ MI, Pious invocations, examples of invocations currently in use.

⁸⁶ RM, Common of the Blessed Virgin Mary, I: In Ordinary Time, 3, Collect.



per eius Genetricem *Virginem Mari-* am, * perpétuæ capiámus

gáudia vitæ.

Per eúndem Christum Dóminum **nostrum**. **R.** Amen.

REGINA CÆLI

Queen of heaven, rejoice, alleluia:
 for the Son you were privileged to bear, alleluia,
 is risen as he said, alleluia.
 Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia!

R. For the Lord is truly risen, alleluia.

V. Let us pray:⁸⁷

O God, who gave joy to the world by the resurrection of your Son, our Lord Jesus Christ, grant, we beseech you, that through the intercession of the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord.

R. Amen.

Rosary

[The Apostles' Creed](#)

[The Joyful Mysteries \(Monday and Saturday\)](#)

[The Luminous Mysteries \(Thursday\)](#)

[The Sorrowful Mysteries \(Tuesday and Friday\)](#)

[The Glorious Mysteries \(Wednesday and Sunday\)](#)

The Rosary ranks among the finest and most praiseworthy traditions of Christian contemplation and as such is an especially valuable means for those who seek to live a contemplative and evangelizing

⁸⁷ RM, Common of the Blessed Virgin Mary, IV: In Easter Time, Collect.

spirit. Developed in the West, it is a typically meditative prayer, corresponding in some way to the “prayer of the heart” or the “Jesus prayer” which took root in the soil of the Christian East.⁸⁸

On the basis of the recitation of the Our Father, Hail Mary and Glory Be, we recall the mysteries of the life, passion, death and resurrection of Christ, seen through the eyes of the Virgin Mary. She instills these mysteries in the hearts of her sons and makes them real in their lives. In this way we allow the Virgin Mother to be the one to form us in the attitudes of the heart of her Son.⁸⁹

The Rosary brings peace to the soul, soothes fatigue and disappointments, instills faith and renews trust. Thus, besides being a prayer for a set moment of the day, the Rosary can help elevate the mind to God spontaneously between activities.⁹⁰

If only one set of mysteries is prayed, be mindful of the liturgical character of the day when deciding on the set of mysteries — for example, by praying the glorious mysteries during the Easter Octave.⁹¹

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.⁹²

There are, at present, many legitimate ways of introducing the Rosary in different parts of the Church and following different customs. They should all appropriately prepare the mind for contemplation. It is common practice to recite the Apostles’ Creed.

THE APOSTLES’ CREED⁹³

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand
of God the Father almighty;
from there he will come to judge the living and the dead.

⁸⁸ CVV 496.

⁸⁹ CVV 497.

⁹⁰ CVV 498.

⁹¹ See PP 200.

⁹² TN: This is the standard form of the Rosary in the dioceses of the United States, approved by the USCCB.

⁹³ RM, The Order of the Mass, Liturgy of the Word, 19.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

Then, for an increase in the virtues of faith, hope and charity, an Our Father, three Hail Marys and a Glory Be are prayed.

It is a tradition in the Legion to offer each mystery for an intention. When the Rosary is prayed in community, the intention is stated after reading the Gospel passage.

[The Joyful Mysteries \(Monday and Saturday\)](#)

[The Luminous Mysteries \(Thursday\)](#)

[The Sorrowful Mysteries \(Tuesday and Friday\)](#)

[The Glorious Mysteries \(Wednesday and Sunday\)](#)

THE JOYFUL MYSTERIES (MONDAY AND SATURDAY)

1. The Incarnation of the Son of God

Coming to Mary, the angel Gabriel said, "Hail, favored one! The Lord is with you." But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus."

Luke 1:28-31

2. Our Lady Visits her Kinswoman Elizabeth

When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the holy Spirit, cried out in a loud voice and said, "Most blessed are you among women and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me?"

Luke 1:41-43

3. The Birth of our Lord Jesus Christ

While Joseph and Mary were there, the time came for her to have her child and she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn.

Luke 2:6-7

4. The Presentation of the Lord in the Temple

When the days were completed for their purification according to the law of Moses, Joseph and Mary took Jesus up to Jerusalem to present him to the Lord, just as it is written in the law of the Lord, "Every male that opens the womb shall be consecrated to the Lord," and to offer the sacrifice of "a pair of turtledoves or two young pigeons," in accordance with the dictate in the law of the Lord.

Luke 2:22-24

5. The Finding of Jesus in the Temple

After three days Joseph and Mary found Jesus in the temple, sitting in the midst of the teachers, listening to them and asking them questions, and all who heard him were astounded at his understanding and his answers.

Luke 2:46-47

Final prayers

THE LUMINOUS MYSTERIES (THURSDAY)

1. The Baptism of Jesus in the Jordan

It happened in those days that Jesus came from Nazareth of Galilee and was baptized in the Jordan by John. On coming up out of the water he saw the heavens being torn open and the Spirit, like a dove, descending upon him. And a voice came from the heavens, "You are my beloved Son; with you I am well pleased."

Mark 1:9-11

2. Jesus Reveals himself to his Disciples at the Wedding in Cana

When the headwaiter tasted the water that had become wine, without knowing where it came from (although the servers who had drawn the water knew), the headwaiter called the bridegroom and said to him, "Everyone serves good wine first and then when people have drunk freely, an inferior one; but you have kept the good wine until now." Jesus did this as the beginning of his signs in Cana in Galilee and so revealed his glory, and his disciples began to believe in him.

John 2:9-11

3. The Proclamation of the Kingdom of God

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The Kingdom of God is at hand. Repent and believe in the gospel."

Mark 1:14-15

4. The Transfiguration of Christ

While Jesus was praying his face changed in appearance and his clothing became dazzling white. While he was still speaking, a cloud came and cast a shadow over Peter and John and James, and they became frightened when they entered the cloud. Then from

the cloud came a voice that said, "This is my chosen Son; listen to him." After the voice had spoken, Jesus was found alone.

Luke 9:29, 34-36

5. The Institution of the Eucharist

The Lord Jesus, on the night he was handed over, took bread and, after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."

1 Corinthians 11:23-25

Final prayers

THE SORROWFUL MYSTERIES (TUESDAY AND FRIDAY)

1. The Agony of Christ in the Garden

Jesus advanced a little and fell to the ground and prayed that if it were possible the hour might pass by him; he said, "Abba, Father, all things are possible to you. Take this cup away from me, but not what I will but what you will."

Mark 14:35-36

2. The Scourging at the Pillar

We had all gone astray like sheep, all following our own way; but the Lord laid upon him the guilt of us all. Though harshly treated, he submitted and did not open his mouth; like a lamb led to slaughter or a sheep silent before shearers, he did not open his mouth.

Isaiah 53:6-7

3. The Crowning with Thorns

The soldiers led Jesus away inside the palace, that is, the praetorium, and assembled the whole cohort. They clothed him in purple and, weaving a crown of thorns, placed it on him. They began to salute him with, "Hail, King of the Jews!" and kept striking his head with a reed and spitting upon him. They knelt before him in homage.

Mark 15:16-19

4. Jesus Carries his Cross

The verdict of Pilate was that their demand should be granted. So he released the man who had been imprisoned for rebellion and murder, for whom they asked, and he handed Jesus over to them to deal with as they wished. As they led him away they took hold of a certain Simon, a Cyrenian, who was coming in from the country; and after laying the cross on him, they made him carry it behind Jesus.

Luke 23:24-26

5. Jesus Dies on the Cross

At noon darkness came over the whole land until three in the afternoon. And at three o'clock Jesus cried out in a loud voice, "*Eloi, Eloi, lema sabachthani?*" which is translated, "My God, my God, why have you forsaken me?" Jesus gave a loud cry and breathed his last. When the centurion who stood facing him saw how he breathed his last he said, "Truly this man was the Son of God!"

Mark 15:33-34, 37, 39

Final prayers

THE GLORIOUS MYSTERIES (WEDNESDAY AND SUNDAY)

1. The Resurrection of the Lord

On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, "Peace be with you." When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord.

John 20:19-20

2. The Ascension of the Lord

When Jesus had said this, as they were looking on, he was lifted up and a cloud took him from their sight. While they were looking intently at the sky as he was going, suddenly two men dressed in white garments stood beside them. They said, "Men of Galilee, why are you standing there looking at the sky?"

Acts 1:9-11

3. The Coming of the Holy Spirit on the Apostles

When the time for Pentecost was fulfilled, they were all in one place together. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.

Acts 2:1, 3-4

4. The Assumption of Mary into Heaven

Behold, I tell you a mystery. We shall not all fall asleep, but we will all be changed, in an instant, in the blink of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised incorruptible and we shall be changed. For that which is corruptible must clothe itself with incorruptibility and that which is mortal must clothe itself with immortality. And when this which is corruptible clothes itself with incorruptibility and this which is mortal clothes itself with immortality, then the word that is written shall come about: "Death is swallowed up in victory. Where, O death, is your victory? Where, O death, is your sting?"

1 Corinthians 15:51-55

5. The Coronation of Mary, Mother of the Church

Then God's temple in heaven was opened and the ark of his covenant could be seen in the temple. A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. Then I heard a loud voice in heaven say: "Now have salvation and power come, and the Kingdom of our God and the authority of his Anointed."

Revelation 11:19; 12:1, 10

FOR THE INTENTIONS OF THE HOLY FATHER

When the Rosary is prayed in community, an Our Father, a Hail Mary and a Glory Be are prayed after the fifth mystery, for the Pope's intentions.⁹⁴

HAIL HOLY QUEEN

Hail, holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us; and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

LITANY OF THE BLESSED VIRGIN MARY

If no other litany follows, the litany of the Blessed Virgin Mary is prayed.

Lord, have mercy

Lord, have mercy

Christ, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

God our Father in heaven

Have mercy on us

God the Son, Redeemer of the world

God the Holy Spirit

Holy Trinity, one God

Holy Mary

Pray for us

Holy Mother of God

⁹⁴ The condition of praying for the Pope's intentions is fully satisfied by reciting one Our Father and one Hail Mary (Manual of Indulgences, Norms on Indulgences, 23 §5).

Most honored of virgins
Mother of Christ
Mother of the Church
Mother of divine grace
Mother most pure
Mother of chaste love
Mother and Virgin
Sinless Mother
Dearest of mothers
Model of motherhood
Mother of good counsel
Mother of our Creator
Mother of our Savior
Mother of Regnum Christi
Virgin most wise
Virgin rightly praised
Virgin rightly renowned
Virgin most powerful
Virgin gentle in mercy
Faithful Virgin
Mirror of justice
Throne of wisdom
Cause of our joy
Shrine of the Spirit
Glory of Israel
Vessel of selfless devotion
Mystical Rose
Tower of David
Tower of ivory
House of gold
Ark of the covenant
Gate of heaven
Morning Star
Health of the sick
Refuge of sinners
Comfort of the troubled
Help of Christians
Queen of angels
Queen of patriarchs and prophets
Queen of apostles and martyrs
Queen of confessors and virgins
Queen of all saints

Queen conceived without sin
Queen assumed into heaven
Queen of the Rosary
Queen of the family
Queen of peace

Lamb of God, you take away the sins of the world
Have mercy on us

Lamb of God, you take away the sins of the world
Have mercy on us

Lamb of God, you take away the sins of the world
Have mercy on us

℣. Pray for us, O holy Mother of God,⁹⁵

℟. that we may be made worthy of the promises of Christ.

PRAYER

Option A⁹⁶

℣. Let us pray:

Grant, Lord God, that we, your servants, may rejoice in unending health of mind and body, and, through the glorious intercession of Blessed Mary ever-Virgin, may we be set free from present sorrow and come to enjoy eternal happiness. Through Christ our Lord.

℟. Amen.

Option B⁹⁷

℣. Let us pray:

O God, whose Only-Begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord.

℟. Amen.

[Benediction Hymns](#)

⁹⁵ CHBP p 18.

⁹⁶ RM, Common of the Blessed Virgin Mary, I: In Ordinary Time, 1, Collect.

⁹⁷ CHBP p 18.

Spiritual Reading

Reflective spiritual reading is both bedrock and soil for the interior life and prayer. It provides thoughts, ideas and vocabulary for the spiritual life; nourishes the soul and brings it to understand better the riches of the faith; shows how to incarnate that faith concretely in one's own life; helps overcome routine; creates a lofty and pure interior atmosphere; inflames the heart with the great ideals of holiness and the apostolate; opens horizons and increases the joy of following Christ. In the history of the Church, good spiritual reading is often the beginning of conversion and not infrequently spurs a soul to holiness.⁹⁸

Legionaries should acquire "the supreme good of knowing Christ Jesus" (Philippians 3:8) by daily contact with Sacred Scripture. Since ignorance of Scripture is ignorance of Christ, they are to approach Sacred Scripture with a listening heart especially through the liturgy, spiritual reading and attentive study. They should turn the reading of Scripture into a prayer, entering into a conversation with God, since we hear him when we read his word.⁹⁹

PRAYER BEFORE READING SACRED SCRIPTURE¹⁰⁰

Joseph Busnaya, a Syrian monk of the 10th century, said that we should constantly ask the Lord for light to understand the Sacred Scriptures and recommended saying this prayer when we take the Gospel in our hands:

Lord Jesus Christ, unworthy though I am, I hold you through your Gospel in my unclean hands. I beg you, speak words of life and consolation to me through the voice of your holy Gospel. Grant me the grace to listen to your words with renewed interior openness and to sing your glory with the voice of the Spirit. Amen.

This may be prayed before lectio divina or a Gospel reflection, such as at the beginning of the Encounter with Christ.

Invocations of the Lord Jesus¹⁰¹

In the novitiate and the stages of humanities and philosophy, the Invocations of the Lord Jesus are prayed in community before the Eucharist.¹⁰²

I

Petitions to God

Lord, have mercy

⁹⁸ CVV 529.

⁹⁹ CLC 48.

¹⁰⁰ *Rabban Busnaya*, Bar Giovanni di Kaldoun (Translated from the Spanish).

¹⁰¹ *Rites of the Congregation of the Legionaries of Christ*, 2017.

¹⁰² CVV 923 b, 4.

Lord, have mercy

Christ, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

II Faith

Lord Jesus, you are the eternal Son of the Father

I believe in you

Lord Jesus, you are the Savior of all people

Lord Jesus, you were incarnate of the Virgin Mary by the Holy Spirit

Lord Jesus, you suffered and died on the cross to redeem us from our sins

Lord Jesus, you rose on the third day

Lord Jesus, you are seated at the right hand of the Father

Lord Jesus, you will come to judge the living and the dead

Lord Jesus, you are the cornerstone of the Church

Lord Jesus, you make your sacrifice present each day on the altar

Lord Jesus, you are the way, the truth and the life

Lord Jesus, you are the Lord of life and history

III Hope

Lord Jesus, in you we can do all things

I trust in you

Lord Jesus, you are the One the Father sent

Lord Jesus, you are faithful to your promises

Lord Jesus, you are the friend who lays down his life for his friends

Lord Jesus, you alone have the words of eternal life

Lord Jesus, you are the Good Shepherd who calls each one by name

Lord Jesus, you are rich in mercy

Lord Jesus, you are the vine that enables us to bear fruit

Lord Jesus, you call us to be apostles of your Kingdom

Lord Jesus, you are the light shining on our pilgrim journey to the Father

Lord Jesus, you went to prepare us a dwelling place in the Father's house

IV
Love

Lord Jesus, you loved us first

I love you

Lord Jesus, you redeemed us from sin

Lord Jesus, you opened to us the gates of your Kingdom

Lord Jesus, you made us sons of God

Lord Jesus, you enriched us with the gift of the Holy Spirit

Lord Jesus, you stay with us in the sacrament of the Eucharist

Lord Jesus, you gave us your Mother at the foot of the cross

Lord Jesus, you gave us the gift of the Catholic faith

Lord Jesus, you gave us the gift of consecrated life

Lord Jesus, you gave us the gift of the priesthood

Lord Jesus, you gave us the gift of the Legion of Christ and the Regnum Christi Movement

Lord Jesus, you entrusted us with your Gospel, to extend your Kingdom throughout the world

Lord Jesus, you are our Lord and our God

✠. Jesus, gentle and humble of heart,¹⁰³

✠. Touch our hearts and make them like your own.

CONCLUDING PRAYER¹⁰⁴

✠. Let us pray:

Father in heaven, we call upon your Son, the center, standard and example of our lives as religious, priests and apostles. Grant our humble request: Help us to keep growing in our interior understanding of the mystery of Christ in order to live it to the full. Through Christ our Lord.

✠. Amen.

¹⁰³ CHBP p 395.

¹⁰⁴ See RM, First Sunday of Lent, Collect.

Night Prayers

[Conscience examen](#)

[Hymns](#)

[Sunday I](#)

[Sunday II](#)

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

[Friday](#)

[Antiphons in Honor of the Blessed Virgin](#)

At night, Legionaries gather in community “to thank God for his benefits.”¹⁰⁵ During Night Prayers there is time for silent prayer to examine one’s conscience and prepare the next day’s meditation. Night Prayers in community conclude with Compline.

Legionaries seek to spend a prolonged time in daily adoration, a time of intimacy, contemplation and conversation with Christ the friend, present and alive in the Eucharist.¹⁰⁶

Unless Eucharistic adoration was held at some other time of the day, Night Prayers are usually prayed within adoration. In this case there is a prolonged time of silent prayer after exposition; at the end, Compline is prayed in community and Benediction follows.¹⁰⁷

When the meditation points are preached, they follow the conscience examen. Compline is then prayed in situ.

Compline

INTRODUCTORY VERSE

As the presider begins, all make the Sign of the Cross.

Ÿ. God, † come to my assistance.

℞. Lord, make haste to help me.

¹⁰⁵ GCC 2014, 115.

¹⁰⁶ CVV 488.

¹⁰⁷ See GL 207.

All: Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen. (*Outside Lent: Alleluia.*)

HYMNS

Hymns approved by the bishops' conferences of Canada, the Philippines, the United States and other territories:

Section I

Hymns approved by the bishops' conferences of Ireland and other territories:

Section II

Religious poetry:

Section III

Any of the Compline hymns may be sung or said in place of the suggested hymn of the day, with due regard for the liturgical season.

Section I

The following Compline hymns are approved by the bishops' conferences of Canada, the Philippines, the United States and other territories.

Holy God, we praise thy Name

This world, my God, is held within your hand

O Christ, you are the light and day

All praise to you, O God, this night

The Master came to bring good news

Te lucis ante términum

Christe, qui, splendor et dies

Lenten Season until Holy Week

The Master came to bring good news

When from the darkness comes no light

Let all mortal flesh keep silence

During Holy Week

When I survey the wondrous cross

O sacred head, surrounded

Keep in mind that Jesus Christ has died for us

This I ask: that you love each other

Vexilla regis proudeunt

During the Easter Season

At the Lamb's high feast we sing

Holy God, we praise thy Name!
Lord of all, we bow before thee!
All on earth thy scepter claim,
All in heaven above adore thee!
Infinite thy vast domain,
Everlasting is thy reign.

Hark the loud celestial hymn
Angel choirs above are raising;
Cherubim and Seraphim,
In unceasing chorus praising,
Fill the heavens with sweet accord:
Holy, Holy, Holy Lord!

Holy Father, Holy Son,
Holy Spirit, Three we name thee,
While in essence only One,
Undivided God we claim thee;
And adoring bend the knee,
While we own the mystery.

Psalmody

Or

This world, my God, is held within your hand,
Though we forget your love and steadfast might
And in the changing day uncertain stand,
Disturbed by morning and afraid of night.

From youthful confidence to careful age,
Help us each one to be your loving friend,
Rewarded by the faithful servant's wage,
God in three persons, reigning without end.

Psalmody

Or

O Christ, you are the light and day

Which drives away the night,
The ever shining Sun of God
And pledge of future light.

As now the evening shadows fall
Please grant us, Lord, we pray,
A quiet night to rest in you
Until the break of day.

Remember us, poor mortal men,
We humbly ask, O Lord,
And may your presence in our souls,
Be now our great reward.

Psalmody

Or

All praise to you, O God, this night
For all the blessings of the light;
Keep us, we pray, O King of kings,
Beneath your own almighty wings.

Forgive us, Lord, through Christ your Son,
Whatever wrong this day we've done;
Your peace give to the world, O Lord,
That man might live in one accord.

Enlighten us, O blessed Light,
And give us rest throughout this night.
O strengthen us, that for your sake,
We all may serve you when we wake.

Psalmody

Or

The Master came to bring good news
The news of love and freedom,
To heal the sick and seek the poor,
To build the peaceful Kingdom.

Refrain:

Father, forgive us! Through Jesus, hear us!
As we forgive one another.

Through Jesus Christ the Law's fulfilled,

The man who lived for others.
The law of Christ is love alone,
To serve now all our brothers.

Refrain:

Father, forgive us! Through Jesus, hear us!
As we forgive one another.

To seek he sinners Jesus came,
To live among the friendless,
To show them love that they might share
The Kingdom that is endless.

Refrain:

Father, forgive us! Through Jesus, hear us!
As we forgive one another.

Forgive us, Lord, as we forgive
And seek to help each other.
Forgive us, Lord and we shall live
To pray and work together.

Refrain:

Father, forgive us! Through Jesus, hear us!
As we forgive one another.

Psalmody

Or

Te lucis ante términum,
rerum Creátor, póscimus,
ut sólita cleméntia
sic præsul ad custódiám.

Te corda nostra sómnient,
te per sopórem séntient,
tuámque semper glóriam
vicína luce cóncinant.

Vitam salúbrem tríbue,
nostrum calórem refíce,
tætram noctis calíginem
tua collústret cláritas.

Præsta, Pater omnípotens,
per Iesum Christum Dóminum,

qui tecum in perpétuum
regnat cum Sancto Spíritu. Amen.

Psalmody

Or

Christe, qui, splendor et dies,
noctis ténebras détegis,
lucisque lumen créderis,
lumen beátis prædicans.

Precámur, sancte Dómine,
hac nocte nos custódias;
sit nobis in te réquies,
quiétas horas tríbue.

Somno si dantur óculi,
cor semper ad te vígilet;
tuáque dextra prótegas
fidéles, qui te díligunt.

Defénsor noster, áspice,
insidiántes réprime,
gubérna tuos fámulos,
quos sángine mercátus es.

Sit, Christe, Rex piíssime,
tibi Patrique glória,
cum Spíritu Paráclito,
in sempitérna sæcula. Amen.

Psalmody

The following hymns may be sung or said during the Lenten Season until Holy Week.

The Master came to bring good news

When from the darkness comes no light

Let all mortal flesh keep silence

When from the darkness comes no light,
When from the weeping comes no laughter;
When in the day we hope for night
Nor any comfort coming after:
Grant us your peace

When in our confidence our fears
Clutch at the heart and make us tremble;
When in our joy we weep cold tears,
And in our frankness we dissemble:
Grant us your light.

When in our love there is not care,
And in our yearning we are dullness;
When what we know we cannot dare,
And we are nothing that is fullness:
Grant us your truth.

Psalmody

Or

Let all mortal flesh keep silence,
And with fear and trembling stand;
Ponder nothing earthly-minded,
For with blessing in his hand
Christ our Lord to earth descends now,
Our full homage to demand.

Rank on rank the host of heaven
Spreads its vanguard on the way,
As the Light of Light descends now
From the realms of endless day,
That the power of hell may vanish
As the darkness clears away.

Psalmody

The following hymns may be sung or said during Holy Week.

When I survey the wondrous cross

O sacred head, surrounded

Keep in mind that Jesus Christ has died for us

This I ask: that you love each other

Vexilla regis proudeunt

When I survey the wondrous cross
On which the Prince of glory died,
My richest gain I count but loss,
And pour contempt on all my pride.

Forbid it, Lord, that I should boast,
Save in the death of Christ my God;
The vain delights that charm me most:
I sacrifice them to his blood.

See from his head, his hands, his feet
What grief and love flow mingling down;
Did e'er such Love and sorrow meet,
Or thorns compose so rich a crown?

Were all the realm of nature mine,
That were a present far too small;
Love so amazing, so divine,
Demands my soul, my life, my all.

Psalmody

Or

O sacred head, surrounded
By crown of piercing thorn.
O bleeding head, so wounded,
Reviled and put to scorn.
Our sins have marred the glory
Of thy most holy face,
Yet angel hosts adore thee,
And tremble as they gaze.

The Lord of every nation
Was hung upon a tree;
His death was our salvation,
Our sins, his agony.
O Jesus, by thy passion,
Thy life in us increase;
Thy death for us did fashion
Our pardon and our peace.

Psalmody

Or

Antiphon:

Keep in mind that Jesus Christ has died for us
and is risen from the dead.
He is our saving Lord,

he is joy for all ages.

If we die with the Lord,
we shall live with the Lord.

Antiphon:

Keep in mind that Jesus Christ has died for us
and is risen from the dead.
He is our saving Lord,
he is joy for all ages.

If we endure with the Lord,
we shall reign with the Lord.

Antiphon:

Keep in mind that Jesus Christ has died for us
and is risen from the dead.
He is our saving Lord,
he is joy for all ages.

In him all our sorrow,
in him all our joy.

Antiphon:

Keep in mind that Jesus Christ has died for us
and is risen from the dead.
He is our saving Lord,
he is joy for all ages.

In him hope of glory,
in him all our love.

Antiphon:

Keep in mind that Jesus Christ has died for us
and is risen from the dead.
He is our saving Lord,
he is joy for all ages.

In him our redemption,
in him all our grace.

Antiphon:

Keep in mind that Jesus Christ has died for us
and is risen from the dead.
He is our saving Lord,
he is joy for all ages.

In him our salvation,
in him all our peace.

Antiphon:

Keep in mind that Jesus Christ has died for us
and is risen from the dead.

He is our saving Lord,
he is joy for all ages.

Psalmody

Or

Antiphon:

This I ask: that you love each other
as I have loved you.

I look on you as friends, as friends.

Don't be distressed;
let your hearts be free,
for I leave with you my peace, my word.

Antiphon:

This I ask: that you love each other
as I have loved you.

I look on you as friends, as friends.

If you really love me,
be glad, have hope,
for I leave with you my Spirit to guide you.

Antiphon:

This I ask: that you love each other
as I have loved you.

I look on you as friends, as friends.

When the end is near
I still am with you,
for I will never leave you alone.

Antiphon:

This I ask: that you love each other
as I have loved you.

I look on you as friends, as friends.

Psalmody

Or

Vexilla regis pródeunt,
fulget crucis mystérium,
quo carne carnis cónditor
suspénsus est patíbulo;

Quo, vulnerátus ínsuper
mucrónē diro lánceæ,
ut nos leváret crímīne,
manávit und' et ságuine.

Arbor decór' et fúlgida
ornáta Regis púrpura,
elécta digno stípīte
tam sancta membra tángere!

Beata, cuius bráchiis
prétium pepéndit sáeculi;
statéra facta córporis
tulítque prædam tártari.

Salve, ara, salve, víctima,
de passiónis glória,
qua vita mortem pértulit
et morte vitam réddidit!

O crux, ave, spes única!
hoc passiónis témpore
piis adáuge grátiam
reisque dele crímīna.

Te, fons salútis, Trínitas,
colláudet omnis spíritus;
quos per crucis mystérium
salvas, fove per sáecula. Amen.

Psalmody

The following hymn may be sung or said during the Easter Season.

At the Lamb's high feast we sing
Praise to our victorious King,
Who has washed us in the tide
Flowing from his wounded side;
Praise the Lord, whose love divine
Gives his sacred blood for wine,

Gives his body for the feast,
Christ the victim, Christ the priest.

Where the paschal blood is poured,
Death's dark angel sheathes his sword;
Israel's hosts in triumph go
Through the waves that drown the foe.
Christ the Lamb, whose blood was shed,
Paschal victim, paschal bread;
Let us with a fervent love
Taste the manna from above.

Mighty victim from on high,
Pow'rs of hell now vanquished lie;
Sin is conquered in the fight:
You have brought us life and light;
Your resplendent banners wave,
You have risen from the grave;
Christ has opened Paradise,
And in him all men shall rise.

Easter triumph, Easter joy,
Sin alone can this destroy;
Souls from sin and death set free
Glory in their liberty.
Hymns of glory, hymns of praise,
Father, unto you we raise;
Risen Lord, for joy we sing:
Let our hymns through heaven ring.

Psalmody

Section II

The following Compline hymns are approved by the bishops' conferences of Ireland and other territories.

Christ, the true light of us, true morn

Now it is evening; time to cease from labour

Lead, kindly Light, amid the encircling gloom

Now thank we all our God

Christ, the true light of us, true morn,
Dispersing far the shades of night,
Light whereof every light is born,

Pledge of the beatific light,
Thou all the night our guardian be
Whose watch no sleep or slumber knows;
Thou be our peace, that stayed on thee
Through darkness we may find repose.

Sleep then our eyes, but never sleep
The watchful heaven-directed heart,
And may thy hand in safety keep
The servants whose desire thou art.

Look on us, thou, and at our side
Our foes and thine repulse afar;
Through every ill the faithful guide
Who in thy blood redeemed are.

While soul within the body clings,
Body and soul defend us, Lord,
Sure in the shadow of thy wings,
Kept in thy lasting watch and ward.

Psalmody

Or

Now it is evening; time to cease from labour,
Father, according to thy will and pleasure,
Through the night-season, have thy faithful people
Safe in thy keeping.

Far from our dwelling drive the evil spirits;
Under the shadow of thy wings protect us;
Be thou our guardian through the hours of darkness,
Strong to defend us.

Call we, ere sleeping, on the name of Jesus;
Rise we at day-break, strong to serve thee better;
Order our goings, well begun and ended,
All to thy glory.

Fountain of goodness, bless the sick and needy;
Visit the captive, solace the afflicted;
Shelter the stranger, feed your starving children;
Strengthen the dying.

Father, who neither slumberest nor sleepest,
Thou, to whom darkness is as clear as noonday,

Have us this night-time, for the sake of Jesus,
Safe in thy keeping.

[Psalmody](#)

Or

Lead, kindly Light, amid the encircling gloom,
Lead thou me on;

The night is dark and I am far from home,
Lead thou me on.

Keep thou my feet; I do not ask to see
The distant scene; one step enough for me.

I was not ever thus, nor prayed that thou
Shouldst lead me on;

I loved to choose and see my path; but now
Lead thou me on.

I loved the garish day and, spite of fears,
Pride ruled my will: remember not past years.

So long thy power hath blest me, sure it still
Will lead me on

O'er moor and fen, o'er crag and torrent, till
The night is gone,

And with the morn those angel faces smile,
Which I have loved long since and lost awhile.

[Psalmody](#)

Or

Now thank we all our God,
With heart and hands and voices,
Who wondrous things has done,
In whom his world rejoices;
Who from our mother's arms
Has blessed us on our way
With countless gifts of love,
And still is ours today.

O may this bounteous God
Through all our life be near us,
With ever joyful hearts
And blessed peace to cheer us;

And keep us in his grace,
And guide us when perplexed,
And free us from all ills
In this world and the next.

All praise and thanks to God
The Father now be given,
The Son and him who reigns
With them in highest heaven,
The one eternal God,
Whom earth and heaven adore;
For thus it was, is now,
And shall be evermore.

Psalmody

Section III

RELIGIOUS POETRY

The religious poetry is especially appropriate for the Office of Readings but may be used in place of the hymn at any of the Hours. The following poems are suitable for Compline.

O King of the Friday

Upon a gloomy night

O King of the Friday
Whose limbs were stretched on the cross,
O Lord who did suffer
The bruises, the wounds, the loss,
We stretch ourselves
Beneath the shield of thy might,
Some fruit from the tree of thy passion
Fall on us this night!

Psalmody

Or

Upon a gloomy night,
With all my cares to loving ardours flushed,
(O venture of delight!)
With nobody in sight
I went abroad when all my house was hushed.
In safety, in disguise,

In darkness up the secret stair I crept,
(O happy enterprise)
Concealed from other eyes
When all my house at length in silence slept.

Upon that lucky night
In secrecy, inscrutable to sight,
I went without discerning
And with no other light
Except for that which in my heart was burning.

It lit and led me through
More certain than the light of noonday clear
To where One waited near
Whose presence well I knew,
There where no other presence might appear.

Oh night that was my guide!
Oh darkness dearer than the morning's pride,
Oh night that joined the lover
To the beloved bride
Transfiguring them each into the other.

Within my flowering breast
Which only for himself entire I save
He sank into his rest
And all my gifts I gave
Lulled by the airs with which the cedars wave.

Over the ramparts fanned
While the fresh wind was fluttering his tresses,
With his serenest hand
My neck he wounded, and
Suspended every sense with its caresses.

Lost to myself I stayed
My face upon my lover having laid
From all endeavour ceasing:
And all my cares releasing
Threw them amongst the lilies there to fade.

PSALMODIES

[Sunday I](#)

[Sunday II](#)

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

[Friday](#)

Sunday I

After Evening Prayer I of Sundays and solemnities, and during the Christmas and Easter Octaves:

INTRODUCTORY VERSE

As the presider begins, all make the Sign of the Cross.

V. God, † come to my assistance.

R. Lord, make haste to help me.

All: Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen. (*Outside Lent: Alleluia.*)

SUGGESTED HYMN

Sweet Savior, bless us ere we go,
your word into our minds instill,
and make our lukewarm hearts to glow
with lowly love and fervent will.
Through life's long day and death's dark night,
O gentle Jesus, be our light.

The day is done, its hours have run,
and you have taken count of all,
the scanty triumphs grace has won,
the broken vow, the frequent fall.
Through life's long day and death's dark night,
O gentle Jesus, be our light.

For all we love — the poor, the sad,
the sinful — unto you we call;
O let your mercy make us glad;
you are our Jesus and our All.
Through life's long day and death's dark night,
O gentle Jesus, be our light.

PSALMODY

Ant. 1: Have mercy, Lord, and hear my prayer.

Easter: *Ant.* Alleluia, alleluia, alleluia.

During Easter, the antiphon is omitted at the end of the first psalm and the beginning of the second. After the Glory to the Father of the first psalm, the second psalm follows immediately.

Psalm 4
Thanksgiving

The resurrection of Christ was God's supreme and wholly marvelous work. (Saint Augustine)

When I call, answer me, O God of justice;
from anguish you released me; have mercy and hear me!

O men, how long will your hearts be closed,
will you love what is futile and seek what is false?

It is the Lord who grants favors to those whom he loves;
the Lord hears me whenever I call him.

Fear him; do not sin: ponder on your bed and be still.
Make justice your sacrifice and trust in the Lord.

"What can bring us happiness?" many say.
Let the light of your face shine on us, O Lord.

You have put into my heart a greater joy
than they have from abundance of corn and new wine.

I will lie down in peace and sleep comes at once
for you alone, Lord, make me dwell in safety.

Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be for ever. Amen.

Ant. Have mercy, Lord, and hear my prayer.

Ant. 2: In the silent hours of night, bless the Lord.

Psalm 134
Evening prayer in the temple

Praise our God, all you his servants, you who fear him, small and great. (Revelation 19:5)

O come, bless the Lord,
all you who serve the Lord,
who stand in the house of the Lord,
in the courts of the house of our God.

Lift up your hands to the holy place
and bless the Lord through the night.

May the Lord bless you from Zion,
he who made both heaven and earth.

Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be for ever. Amen.

Ant. In the silent hours of night, bless the Lord.

Easter: Ant. Alleluia, alleluia, alleluia.

READING

DEUTERONOMY 6:4-7

Hear, O Israel! The Lord is our God, the Lord alone! Therefore, you shall love the Lord, your God, with all your heart, and with all your soul, and with all your strength. Take to heart these words which I enjoin on you today. Drill them into your children. Speak of them at home and abroad, whether you are busy or at rest.

RESPONSORY

V. Into your hands, Lord, I commend my spirit.

R. Into your hands, Lord, I commend my spirit.

V. You have redeemed us, Lord God of truth.

R. I commend my spirit.

V. Glory to the Father, and to the Son, and to the Holy Spirit.

R. Into your hands, Lord, I commend my spirit.

[Gospel Canticle](#)

Holy Saturday

For our sake Christ was obedient, accepting even death, death on a cross. Therefore, God raised him on high and gave him the name above all names.

Easter Octave

This is the day the Lord has made; let us rejoice and be glad, alleluia!

Easter Season

V. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

R. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

V. You have redeemed us, Lord God of truth.

R. Alleluia, alleluia.

V. Glory to the Father, and to the Son, and to the Holy Spirit.

R. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

GOSPEL CANTICLE

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace. (*During Easter: Alleluia.*)

Nunc Dimittis
Luke 2:29-32

Christ is the light of the nations and the glory of Israel.

All make the Sign of the Cross.

Lord, † now you let your servant go in peace;
your word has been fulfilled:

my own eyes have seen the salvation
which you have prepared in the sight of every people:

a light to reveal you to the nations
and the glory of your people Israel.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace. (*During Easter: Alleluia.*)

PRAYER

After Evening Prayer I on Sunday or during the Easter Octave:

Let us pray:

Lord, be with us throughout this night. When day comes may we rise from sleep to rejoice in the resurrection of your Christ, who lives and reigns for ever and ever.

℞. Amen.

On other occasions:

Let us pray:

Lord, we beg you to visit this house and banish from it all the deadly power of the enemy. May your holy angels dwell here to keep us in peace, and may your blessing be upon us always. Through Christ our Lord.

℞. Amen.

CONCLUSION

May the all-powerful Lord grant us a restful night and a peaceful death.

℞. Amen.

Benediction Hymns

Antiphons in Honor of the Blessed Virgin

Sunday II

After Evening Prayer II of Sundays and solemnities, and during the Easter Triduum, the Easter and Christmas Octaves, as well as the days when the Office for the Dead is prayed (e.g. November 2):

INTRODUCTORY VERSE

As the presider begins, all make the Sign of the Cross.

Ÿ. God, † come to my assistance.

℞. Lord, make haste to help me.

All: Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen. (*Outside Lent: Alleluia.*)

SUGGESTED HYMN

We praise you, Father, for your gifts
of dusk and nightfall over earth,
foreshadowing the mystery
of death that leads to endless day.

Within your hands we rest secure;
in quiet sleep our strength renew,
yet give your people hearts that wake
in love to you, unsleeping Lord.

Your glory may we ever seek
in rest, as in activity,
until its fullness is revealed,
O source of life, O Trinity.

PSALMODY

Ant. Night holds no terrors for me sleeping under God's wings.

Easter: Ant. Alleluia, alleluia, alleluia.

Safe in God's sheltering care

I have given you the power to tread upon serpents and scorpions. (Luke 10:19)

He who dwells in the shelter of the Most High
and abides in the shade of the Almighty
says to the Lord: "My refuge,
my stronghold, my God in whom I trust!"

It is he who will free you from the snare
of the fowler who seeks to destroy you;
he will conceal you with his pinions
and under his wings you will find refuge.

You will not fear the terror of the night
nor the arrow that flies by day,
nor the plague that prowls in the darkness,
nor the scourge that lays waste at noon.

A thousand may fall at your side,
ten thousand fall at your right,
you, it will never approach;
his faithfulness is buckler and shield.

Your eyes have only to look
to see how the wicked are repaid,
you who have said: "Lord, my refuge!"
and have made the Most High your dwelling.

Upon you no evil shall fall,
no plague approach where you dwell.
For you has he commanded his angels,
to keep you in all your ways.

They shall bear you upon their hands
lest you strike your foot against a stone.
On the lion and viper you will tread
and trample the young lion and the dragon.

Since he clings to me in love, I will free him;
protect him for he knows my name.
When he calls I shall answer: "I am with you."
I will save him in distress and give him glory.

With length of life I will content him;
I shall let him see my saving power.

Glory to the Father, and to the Son, and to the Holy Spirit,

as it was in the beginning, is now, and will be for ever. Amen.

Ant. Night holds no terrors for me sleeping under God's wings.

Easter: Ant. Alleluia, alleluia, alleluia.

READING

REVELATION 22:4-5

They shall see the Lord face to face and bear his name on their foreheads. The night shall be no more. They will need no light from lamps or the sun, for the Lord God shall give them light and they shall reign forever.

RESPONSORY

V. Into your hands, Lord, I commend my spirit.

R. Into your hands, Lord, I commend my spirit.

V. You have redeemed us, Lord God of truth.

R. I commend my spirit.

V. Glory to the Father, and to the Son, and to the Holy Spirit.

R. Into your hands, Lord, I commend my spirit.

[Gospel Canticle](#)

Holy Saturday

For our sake Christ was obedient, accepting even death, death on a cross. Therefore, God raised him on high and gave him the name above all names.

Easter Octave

This is the day the Lord has made; let us rejoice and be glad, alleluia!

Easter Season

V. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

R. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

V. You have redeemed us, Lord God of truth.

R. Alleluia, alleluia.

V. Glory to the Father, and to the Son, and to the Holy Spirit.

R. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

GOSPEL CANTICLE

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace. (*During Easter: Alleluia.*)

Nunc Dimittis

Luke 2:29-32

Christ is the light of the nations and the glory of Israel.

All make the Sign of the Cross.

Lord, † now you let your servant go in peace;
your word has been fulfilled:

my own eyes have seen the salvation
which you have prepared in the sight of every people:
a light to reveal you to the nations
and the glory of your people Israel.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace. (*During Easter: Alleluia.*)

PRAYER

After Evening Prayer II on Sunday, during the Easter Octave or for Office for the Dead:

Let us pray:

Lord, we have celebrated today the mystery of the rising of Christ to new life. May we now rest in your peace, safe from all that could harm us, and rise again refreshed and joyful, to praise you throughout another day. We ask this through Christ our Lord.

℞. Amen.

On other occasions:

Let us pray:

Lord, we beg you to visit this house and banish from it all the deadly power of the enemy. May your holy angels dwell here to keep us in peace, and may your blessing be upon us always. We ask this through Christ our Lord.

℞. Amen.

CONCLUSION

May the all-powerful Lord grant us a restful night and a peaceful death.

℞. Amen.

Benediction Hymns

Antiphons in Honor of the Blessed Virgin

Monday

INTRODUCTORY VERSE

As the presider begins, all make the Sign of the Cross.

Ÿ. God, † come to my assistance.

℞. Lord, make haste to help me.

All: Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen. (*Outside Lent: Alleluia.*)

SUGGESTED HYMN

Now at the daylight's ending
we turn, O God, to you:
send forth your Holy Spirit,
our spirit now renew.

To you in adoration,
in thankfulness and praise,
in faith and hope and gladness,
our loving hearts we raise.

The gift you gave at daylight
this night you take away,
to leave within our keeping
the blessings of this day.

Take all its joy and sorrow,
take all that love can give,
but all that needs forgiveness,
dear Father, now forgive.

With watchful eyes, O Shepherd,
look down upon your sheep,
stretch forth your hands in healing
and close our eyes in sleep.

Come down, O Holy Spirit,
to be our loving Guest;
be near us, holy angels,
and guard us as we rest.

We praise you, heav'nly Father:
from you all light descends;
you give us heaven's glory
when life's brief daylight ends.

We praise you, Jesus, Savior,
the light of heav'n above;
we praise you, Holy Spirit,
the living flame of love.

PSALMODY

Ant. O Lord, our God, unwearied is your love for us.

Easter: Ant. Alleluia, alleluia, alleluia.

Psalm 86

Poor man's prayer in trouble

Blest be God who comforts us in all our trials. (2 Corinthians 1:3-4)

Turn your ear, O Lord, and give answer
for I am poor and needy.
Preserve my life, for I am faithful:
save the servant who trusts in you.

You are my God; have mercy on me, Lord,
for I cry to you all the day long.
Give joy to your servant, O Lord,
for to you I lift up my soul.

O Lord, you are good and forgiving,
full of love to all who call.
Give heed, O Lord, to my prayer
and attend to the sound of my voice.

In the day of distress I will call
and surely you will reply.
Among the gods there is none like you, O Lord;
nor work to compare with yours.

All the nations shall come to adore you
and glorify your name, O Lord:
for you are great and do marvelous deeds,

you who alone are God.

Show me, Lord, your way
so that I may walk in your truth.
Guide my heart to fear your name.

I will praise you, Lord my God, with all my heart
and glorify your name for ever;
for your love to me has been great:
you have saved me from the depths of the grave.

The proud have risen against me;
ruthless men seek my life:
to you they pay no heed.

But you, God of mercy and compassion,
slow to anger, O Lord,
abounding in love and truth,
turn and take pity on me.

O give your strength to your servant
and save your handmaid's son.
Show me a sign of your favor
that my foes may see to their shame
that you console me and give me your help.

Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be for ever. Amen.

Ant. O Lord, our God, unwearied is your love for us.

Easter: Ant. Alleluia, alleluia, alleluia.

READING

1 THESSALONIANS 5:9-10

God has destined us for acquiring salvation through our Lord Jesus Christ. He died for us, that all of us, whether awake or asleep, together might live with him.

RESPONSORY

V. Into your hands, Lord, I commend my spirit.

R. Into your hands, Lord, I commend my spirit.

V. You have redeemed us, Lord God of truth.

R. I commend my spirit.

V. Glory to the Father, and to the Son, and to the Holy Spirit.

R. Into your hands, Lord, I commend my spirit.

[Gospel Canticle](#)

Holy Saturday

For our sake Christ was obedient, accepting even death, death on a cross. Therefore, God raised him on high and gave him the name above all names.

Easter Octave

This is the day the Lord has made; let us rejoice and be glad, alleluia!

Easter Season

℣. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

℞. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

℣. You have redeemed us, Lord God of truth.

℞. Alleluia, alleluia.

℣. Glory to the Father, and to the Son, and to the Holy Spirit.

℞. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

GOSPEL CANTICLE

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace. (*During Easter: Alleluia.*)

Nunc Dimittis

Luke 2:29-32

Christ is the light of the nations and the glory of Israel.

All make the Sign of the Cross.

Lord, † now you let your servant go in peace;
your word has been fulfilled:

my own eyes have seen the salvation
which you have prepared in the sight of every people:

a light to reveal you to the nations
and the glory of your people Israel.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace. (*During Easter: Alleluia.*)

PRAYER

Let us pray:

Lord, give our bodies restful sleep and let the work we have done today bear fruit in eternal life. We ask this through Christ our Lord.

℞. Amen.

CONCLUSION

May the all-powerful Lord grant us a restful night and a peaceful death.

℞. Amen.

Benediction Hymns

Antiphons in Honor of the Blessed Virgin

Tuesday

INTRODUCTORY VERSE

As the presider begins, all make the Sign of the Cross.

℣. God, † come to my assistance.

℞. Lord, make haste to help me.

All: Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen. (*Outside Lent: Alleluia.*)

SUGGESTED HYMN

Creator of the stars of night,
your people's everlasting light,
Lord Jesus, Savior of us all,
now hear your servants when they call.

Our Father heard the helpless cry
of all creation doomed to die,
and saved our lost and guilty race
by healing gifts of heav'nly grace.

When earth was near its evening hour,
you did, in love's redeeming power,
like bridegroom from his chamber,
come forth from a maiden mother's womb.

At your great name, exalted now,

all knees should bend, all heads should bow,
all things in heav'n and earth adore
and praise you, King forevermore.

To you, O holy One, we pray,
our judge in that tremendous day,
ward off, while yet we dwell below,
the weapons of our crafty foe.

To God the Father, God the Son,
and God the Spirit, three in one,
praise, honor, might, and glory be
from age to age eternally.

PSALMODY

Ant. Do not hide your face from me; in you I put my trust.

Easter: Ant. Alleluia, alleluia, alleluia.

Psalm 143:1-11 Prayer in distress

Only by faith in Jesus Christ is a man made holy in God's sight. No observance of the law can achieve this. (Galatians 2:16)

Lord, listen to my prayer:
turn your ear to my appeal.
You are faithful, you are just; give answer.
Do not call your servant to judgment
for no one is just in your sight.

The enemy pursues my soul;
he has crushed my life to the ground;
he has made me dwell in darkness
like the dead, long forgotten.
Therefore my spirit fails;
my heart is numb within me.

I remember the days that are past:
I ponder all your works.
I muse on what your hand has wrought
and to you I stretch out my hands.
Like a parched land my soul thirsts for you.

Lord, make haste and answer;
for my spirit fails within me.
Do not hide your face

lest I become like those in the grave.

In the morning let me know your love
for I put my trust in you.
Make me know the way I should walk:
to you I lift up my soul.

Rescue me, Lord, from my enemies;
I have fled to you for refuge.
Teach me to do your will
for you, O Lord, are my God.
Let your good spirit guide me
in ways that are level and smooth.

For your name's sake, Lord, save my life;
in your justice save my soul from distress.

Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be for ever. Amen.

Ant. Do not hide your face from me; in you I put my trust.

Easter: Ant. Alleluia, alleluia, alleluia.

READING

1 PETER 5:8-9

Stay sober and alert. Your opponent the devil is prowling like a roaring lion looking for someone to devour. Resist him, solid in your faith.

RESPONSORY

V. Into your hands, Lord, I commend my spirit.

R. Into your hands, Lord, I commend my spirit.

V. You have redeemed us, Lord God of truth.

R. I commend my spirit.

V. Glory to the Father, and to the Son, and to the Holy Spirit.

R. Into your hands, Lord, I commend my spirit.

[Gospel Canticle](#)

Holy Saturday

For our sake Christ was obedient, accepting even death, death on a cross. Therefore, God raised him on high and gave him the name above all names.

Easter Octave

This is the day the Lord has made; let us rejoice and be glad, alleluia!

Easter Season

℣. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

℞. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

℣. You have redeemed us, Lord God of truth.

℞. Alleluia, alleluia.

℣. Glory to the Father, and to the Son, and to the Holy Spirit.

℞. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

GOSPEL CANTICLE

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace. (*During Easter: Alleluia.*)

Nunc Dimittis

Luke 2:29-32

Christ is the light of the nations and the glory of Israel.

All make the Sign of the Cross.

Lord, † now you let your servant go in peace;

your word has been fulfilled:

my own eyes have seen the salvation

which you have prepared in the sight of every people:

a light to reveal you to the nations

and the glory of your people Israel.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now, and will be for ever. Amen.

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace. (*During Easter: Alleluia.*)

PRAYER

Let us pray:

Lord, fill this night with your radiance. May we sleep in peace and rise with joy to welcome the light of a new day in your name. We ask this through Christ our Lord.

℞. Amen.

CONCLUSION

May the all-powerful Lord grant us a restful night and a peaceful death.

℞. Amen.

Benediction Hymns

Antiphons in Honor of the Blessed Virgin

Wednesday

INTRODUCTORY VERSE

As the presider begins, all make the Sign of the Cross.

℣. God, † come to my assistance.

℞. Lord, make haste to help me.

All: Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen. (*Outside Lent: Alleluia.*)

SUGGESTED HYMN

The day you gave us, Lord, is ended,
the darkness falls at your behest;
to you our morning hymns ascended,
your praise shall sanctify our rest.

We thank you that your Church, unsleeping
while earth rolls onward into light,
through all the world her watch is keeping,
and rests not now by day or night.

Across each continent and island
as dawn leads on another day,
the voice of prayer is never silent,
nor dies the strain of praise away.

The sun that bids us rest is waking
your friends beneath the western sky,
and hour by hour fresh lips are making
your wondrous doings heard on high.

So be it, Lord, your throne shall never,
like earth's proud empires, pass away:
Your Kingdom stands and grows forever,
till all your creatures own your sway.

PSALMODY

Ant. 1: Lord God, be my refuge and my strength.

Easter: Ant. Alleluia, alleluia, alleluia.

*During Easter, the antiphon is omitted at the end of the first psalm and the beginning of the second.
After the Glory to the Father of the first psalm the second psalm follows immediately.*

Psalm 31:1-6

Trustful prayer in adversity

Father, into your hands I commend my spirit. (Luke 23:46)

In you, Lord, I take refuge.
let me never be put to shame.
In your justice, set me free,
hear me and speedily rescue me.

Be a rock of refuge for me,
a mighty stronghold to save me,
for you are my rock, my stronghold.
For your name's sake, lead me and guide me.

Release me from the snares they have hidden
for you are my refuge, Lord.
Into your hands I commend my spirit.
It is you who will redeem me, Lord.

Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be for ever. Amen.

Ant. Lord God, be my refuge and my strength.

Ant. 2: Out of the depths I cry to you, Lord.

Psalm 130

A cry from the depths

He will save his people from their sins. (Matthew 1:21)

Out of the depths I cry to you, O Lord,
Lord, hear my voice!
O let your ears be attentive
to the voice of my pleading.

If you, O Lord, should mark our guilt,
Lord, who would survive?
But with you is found forgiveness:

for this we revere you.

My soul is waiting for the Lord,
I count on his word.

My soul is longing for the Lord
more than watchmen for daybreak.
Let the watchman count on daybreak
and Israel on the Lord.

Because with the Lord there is mercy
and fullness of redemption,
Israel indeed he will redeem
from all its iniquity.

Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be for ever. Amen.

Ant. Out of the depths I cry to you, Lord.

Easter: Ant. Alleluia, alleluia, alleluia.

READING

EPHESIANS 4:26-27

If you are angry, let it be without sin. The sun must not go down on your wrath; do not give the devil a chance to work on you.

RESPONSORY

V. Into your hands, Lord, I commend my spirit.

R. Into your hands, Lord, I commend my spirit.

V. You have redeemed us, Lord God of truth.

R. I commend my spirit.

V. Glory to the Father, and to the Son, and to the Holy Spirit.

R. Into your hands, Lord, I commend my spirit.

[Gospel Canticle](#)

Holy Saturday

For our sake Christ was obedient, accepting even death, death on a cross. Therefore, God raised him on high and gave him the name above all names.

Easter Octave

This is the day the Lord has made; let us rejoice and be glad, alleluia!

Easter Season

℣. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

℟. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

℣. You have redeemed us, Lord God of truth.

℟. Alleluia, alleluia.

℣. Glory to the Father, and to the Son, and to the Holy Spirit.

℟. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

GOSPEL CANTICLE

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace. (*During Easter: Alleluia.*)

Nunc Dimittis

Luke 2:29-32

Christ is the light of the nations and the glory of Israel.

All make the Sign of the Cross.

Lord, † now you let your servant go in peace;
your word has been fulfilled:

my own eyes have seen the salvation
which you have prepared in the sight of every people:

a light to reveal you to the nations
and the glory of your people Israel.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace. (*During Easter: Alleluia.*)

PRAYER

Let us pray:

Lord Jesus Christ, you have given your followers an example of gentleness and humility, a task that is easy, a burden that is light. Accept the prayers and work of this day, and give us the rest that will strengthen us to render more faithful service to you who live and reign for ever and ever.

℟. Amen.

CONCLUSION

May the all-powerful Lord grant us a restful night and a peaceful death.

℞. Amen.

Benediction Hymns

Antiphons in Honor of the Blessed Virgin

Thursday

INTRODUCTORY VERSE

As the presider begins, all make the Sign of the Cross.

Ÿ. God, † come to my assistance.

℞. Lord, make haste to help me.

All: Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen. (*Outside Lent: Alleluia.*)

SUGGESTED HYMN

Lord of all hopefulness, Lord of all joy,
whose trust, ever childlike, no cares could destroy,
be there at our waking and give us, we pray,
your bliss in our hearts, Lord, at the break of the day.

Lord of all eagerness, Lord of all faith,
whose strong hands were skilled at the plane and the lathe,
be there at our labors and give us, we pray,
your strength in our hearts, Lord, at the noon of the day.

Lord of all kindness, Lord of all grace,
your hands swift to welcome, your arms to embrace,
be there at our homing and give us, we pray,
your love in our hearts, Lord, at the eve of the day.

Lord of all gentleness, Lord of all calm,
whose voice is contentment, whose presence is balm,
be there at our sleeping and give us, we pray,
your peace in our hearts, Lord, at the end of the day.

PSALMODY

Ant. In you, my God, my body will rest in hope.

Easter: Ant. Alleluia, alleluia, alleluia.

Psalm 16
God is my portion, my inheritance

The Father raised up Jesus from the dead and broke the bonds of death. (Acts 2:24)

Preserve me, God, I take refuge in you.
I say to the Lord: "You are my God.
My happiness lies in you alone."

He has put into my heart a marvelous love
for the faithful ones who dwell in his land.
Those who choose other gods increase their sorrows.
Never will I offer their offerings of blood.
Never will I take their name upon my lips.

O Lord, it is you who are my portion and cup;
it is you yourself who are my prize.
The lot marked out for me is my delight:
welcome indeed the heritage that falls to me!

I will bless the Lord who gives me counsel,
who even at night directs my heart.
I keep the Lord ever in my sight:
since he is at my right hand, I shall stand firm.

And so my heart rejoices, my soul is glad;
even my body shall rest in safety.
For you will not leave my soul among the dead,
nor let your beloved know decay.

You will show me the path of life,
the fullness of joy in your presence,
at your right hand happiness for ever.

Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be for ever. Amen.

Ant. In you, my God, my body will rest in hope.

Easter: Ant. Alleluia, alleluia, alleluia.

READING

1 THESSALONIANS 5:23

May the God of peace make you perfect in holiness. May he preserve you whole and entire, spirit, soul, and body, irreproachable at the coming of our Lord Jesus Christ.

RESPONSORY

✠. Into your hands, Lord, I commend my spirit.

℞. Into your hands, Lord, I commend my spirit.

℣. You have redeemed us, Lord God of truth.

℞. I commend my spirit.

℣. Glory to the Father, and to the Son, and to the Holy Spirit.

℞. Into your hands, Lord, I commend my spirit.

Gospel Cantic

Holy Saturday

For our sake Christ was obedient, accepting even death, death on a cross. Therefore, God raised him on high and gave him the name above all names.

Easter Octave

This is the day the Lord has made; let us rejoice and be glad, alleluia!

Easter Season

℣. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

℞. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

℣. You have redeemed us, Lord God of truth.

℞. Alleluia, alleluia.

℣. Glory to the Father, and to the Son, and to the Holy Spirit.

℞. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

GOSPEL CANTICLE

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace. (*During Easter: Alleluia.*)

Nunc Dimittis

Luke 2:29-32

Christ is the light of the nations and the glory of Israel.

All make the Sign of the Cross.

Lord, † now you let your servant go in peace;
your word has been fulfilled:

my own eyes have seen the salvation
which you have prepared in the sight of every people:

a light to reveal you to the nations
and the glory of your people Israel.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace. (*During Easter: Alleluia.*)

PRAYER

Let us pray:

Lord God, send peaceful sleep to refresh our tired bodies. May your help always renew us and keep us strong in your service. We ask this through Christ our Lord.

R. Amen.

CONCLUSION

May the all-powerful Lord grant us a restful night and a peaceful death.

R. Amen.

[Benediction Hymns](#)

[Antiphons in Honor of the Blessed Virgin](#)

Friday

INTRODUCTORY VERSE

As the presider begins, all make the Sign of the Cross.

Y. God, † come to my assistance.

R. Lord, make haste to help me.

All: Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen. (*Outside Lent: Alleluia.*)

SUGGESTED HYMN

Abide with me, fast falls the eventide;
the darkness deepens, Lord, with me abide;
when other helpers fail and comforts flee:
help of the helpless, O abide with me!

Swift to its close ebbs out life's little day,
earth's joys grow dim, its glories pass away;
change and decay in all around I see:

O God, the changeless one, abide with me!

Hold then your cross before my closing eyes,
shine through the gloom and point me to the skies;
heaven's morning breaks and earth's vain shadows flee:
in life, in death, O Lord, abide with me!

PSALMODY

Ant. Day and night I cry to you, my God.

Easter: Ant. Alleluia, alleluia, alleluia.

Psalm 88

Prayer of a very sick person

This is your hour when darkness reigns. (Luke 22:53)

Lord my God, I call for help by day;
I cry at night before you.
Let my prayer come into your presence.
O turn your ear to my cry.

For my soul is filled with evils;
my life is on the brink of the grave.
I am reckoned as one in the tomb:
I have reached the end of my strength,

like one alone among the dead;
like the slain lying in their graves;
like those you remember no more,
cut off, as they are, from your hand.

You have laid me in the depths of the tomb,
in places that are dark, in the depths.
Your anger weighs down upon me:
I am drowned beneath your waves.

You have taken away my friends
and made me hateful in their sight.
Imprisoned, I cannot escape;
my eyes are sunken with grief.

I call to you, Lord, all the day long;
to you I stretch out my hands.
Will you work your wonders for the dead?
Will the shades stand and praise you?

Will your love be told in the grave

or your faithfulness among the dead?
Will your wonders be known in the dark
or your justice in the land of oblivion?

As for me, Lord, I call to you for help:
in the morning my prayer comes before you.
Lord, why do you reject me?
Why do you hide your face!

Wretched, close to death from my youth,
I have borne your trials; I am numb.
Your fury has swept down upon me;
your terrors have utterly destroyed me.

They surround me all the day like a flood,
they assail me all together.
Friend and neighbor you have taken away:
my one companion is darkness.

Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be for ever. Amen.

Ant. Day and night I cry to you, my God.

Easter: Ant. Alleluia, alleluia, alleluia.

READING

JEREMIAH 14:9

You are in our midst, O Lord, your name we bear: do not forsake us, O Lord, our God!

RESPONSORY

V. Into your hands, Lord, I commend my spirit.

R. Into your hands, Lord, I commend my spirit.

V. You have redeemed us, Lord God of truth.

R. I commend my spirit.

V. Glory to the Father, and to the Son, and to the Holy Spirit.

R. Into your hands, Lord, I commend my spirit.

[Gospel Canticle](#)

Holy Saturday

For our sake Christ was obedient, accepting even death, death on a cross. Therefore, God raised him on high and gave him the name above all names.

Easter Octave

This is the day the Lord has made; let us rejoice and be glad, alleluia!

Easter Season

℣. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

℞. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

℣. You have redeemed us, Lord God of truth.

℞. Alleluia, alleluia.

℣. Glory to the Father, and to the Son, and to the Holy Spirit.

℞. Into your hands, Lord, I commend my spirit, alleluia, alleluia.

GOSPEL CANTICLE

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace. (*During Easter: Alleluia.*)

Nunc Dimittis

Luke 2:29-32

Christ is the light of the nations and the glory of Israel.

All make the Sign of the Cross.

Lord, † now you let your servant go in peace;
your word has been fulfilled:

my own eyes have seen the salvation
which you have prepared in the sight of every people:

a light to reveal you to the nations
and the glory of your people Israel.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace. (*During Easter: Alleluia.*)

PRAYER

Let us pray:

All-powerful God, keep us united with your Son in his death and burial so that we may rise to new life with him, who lives and reigns for ever and ever.

℞. Amen.

CONCLUSION

May the all-powerful Lord grant us a restful night and a peaceful death.

℞. Amen.

Benediction Hymns

Antiphons in Honor of the Blessed Virgin

Antiphons in Honor of the Blessed Virgin

The only prescribed antiphon for a specific liturgical season is the Regina Cæli during Easter. In the Legion the following distribution of antiphons is followed throughout the year.

During Advent and Christmas

Alma Redemptoris Mater

During Lent

Ave Regina Cælorum

During Easter

Regina Cæli

During Ordinary Time before Lent

Sub Tuum Praesidium

During Ordinary Time after Pentecost Sunday

Salve Regina

Salve Regina Tonus Sollemnis

ALMA REDEMPTORIS MATER

During Advent and Christmas

Ant.
V

A L-ma * Redemptó-ris mater, quæ pérvī-a cæ-li
porta manes, et stella ma-ris, succúrre cadénti, súrge-
re qui cu-rat, pópu-lo; tu quæ genu-ísti, natú-ra mi-rán-

te, tu-um sanctum Geni-tó-rem, Virgo pri-us ac posté-
 ri-us, Gabri-é-lis ab o-re sumens il-lud Ave, peccató-
 rum mi-se-ré-re.

AVE REGINA CÆLORUM

During Lent

Ant.
VI

A-ve, Regí-na cælórum, * ave, Dómina ange-ló-rum,
 sal-ve, radix, salve, por-ta, ex qua mundo lux est orta.
 Gaude, Virgo glo-ri-ó-sa, su-per omnes spe-ci-ó-sa; va-le,
 o valde decó-ra, et pro no-bis Christum exó-ra.

REGINA CÆLI

During Easter

Ant.
VI

Regína cæ-li, * læ-tá-re, alle-lú-ia, qui-a quem me-
 ru-ísti portá-re, alle-lú-ia, resurréxit si-cut di-xit, alle-
 lú-ia; o-ra pro no-bis De-um, alle-lú-ia.

SUB TUUM PRÆSIDIUM

During Ordinary Time before Lent

Ant.
VII a

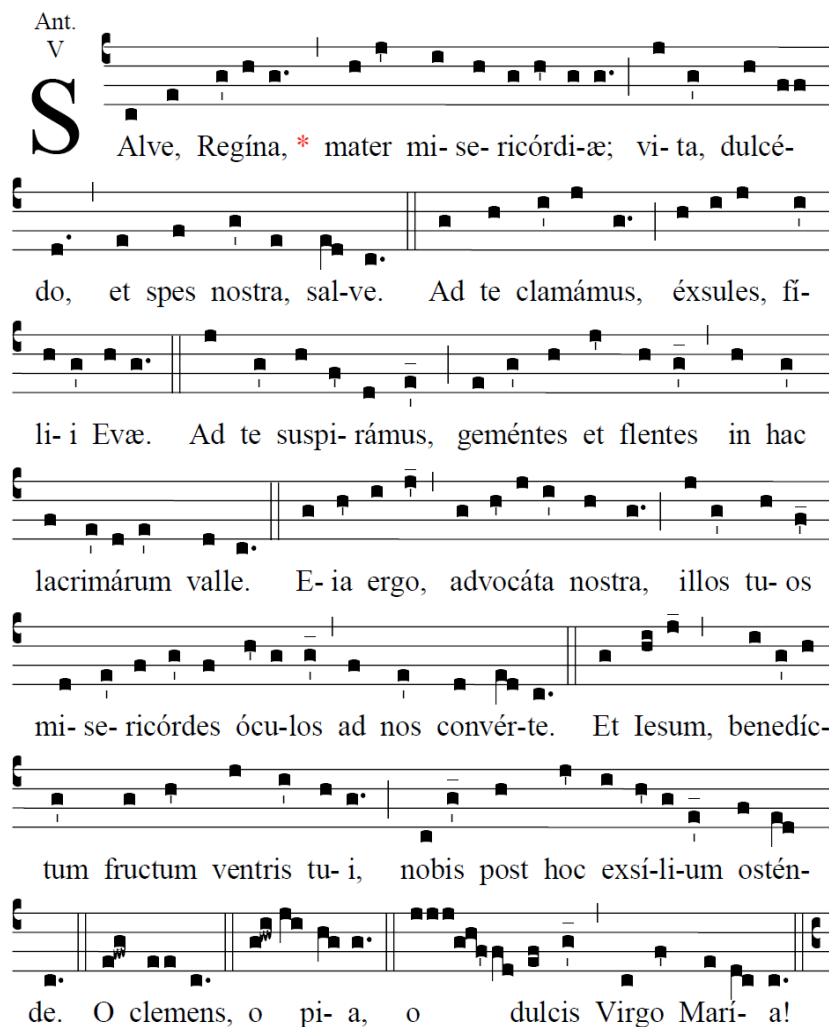


S UB tu-um præsi-di-um confúgimus, * sancta De-i
Génatrix; nostras depre-ca-ti-ónes ne despí-ci-as in neces-
si-tá-ti-bus, sed a pe-rí-cu-lis cunctis líbe-ra nos sem-
per, Virgo glo-ri-ó-sa et be-ne-díc-ta.

SALVE REGINA

During Ordinary Time after Pentecost Sunday

Ant.
V



S alve, Regina, * mater mi-se-ricórdi-æ; vi-ta, dulcé-
do, et spes nostra, sal-ve. Ad te clamá-mus, éxsules, fi-
li-i Evæ. Ad te suspi-rá-mus, geméntes et flentes in hac
lacrimárum valle. E-ia ergo, advocáta nostra, illos tu-os
mi-se-ricórdes ócu-los ad nos convér-te. Et Iesum, benedíc-
tum fructum ventris tu-i, nobis post hoc exsí-li-um ostén-
de. O clemens, o pi-a, o dulcis Virgo Mari-a!

SALVE REGINA (TONUS SOLLEMNIS)

On Saturdays of Ordinary Time and feast days of the Blessed Virgin Mary, the Salve Regina Tonus Sollemnis may be sung.

The image shows a musical score for the Salve Regina (Tonus Sollemnis). It consists of ten staves of music with Latin lyrics underneath. The lyrics are:
I
S Al- ve, * Re-gí- na, ma-ter mi-se-ricórdi- æ;
vi- ta, dulcé- do, et spes nostra, sal- ve. Ad te
clamá-mus, éxsules, fí-li- i Evæ. Ad te suspi-rá-
mus, geméntes et flen- tes in hac lacrimá-rum valle.
E- ia ergo, advocá- ta nóstra, illos tu- os mise- ri-
cór-des ócu-los ad nos convér- te. Et Iesum, benedic-
tum fructum ventris tu- i, no-bis post hoc exsí-li- um
os- tén-de. O cle- mens, o pi- a, o dulcis *
Virgo Ma- rí- a.

Chapter 2

Occasional Spiritual Practices

Sacrament of Penance

The sacrament of Penance, an encounter with the merciful love of God and of reconciliation with him and with the Church, furthers the needed conversion of heart and is a source of interior renewal and

*ever greater identification with Jesus Christ. Therefore, Legionaries should frequently go to confession, in a spirit of faith, penance and simplicity, having first prepared themselves by the daily conscience examen and by an attitude of repentance and a purpose of amendment.*¹⁰⁸

After baptism, it is through the sacrament of Penance that the baptized can be reconciled with God and with the Church. It is an encounter with Christ — who bathes our souls with his redeeming blood — and with his Mystical Body, the Church, which has felt the effects of our sins. This sacrament fosters an attitude of constant conversion of heart, teaches us that without grace we can do nothing, and leaves in the soul an experience of renewal, peace, joy and growing identification with Christ.

*For this reason recourse to frequent confession, which was introduced into the Church by the inspiration of the Holy Spirit, is recommended. By it, genuine self-knowledge is increased, Christian humility grows, bad habits are corrected, spiritual neglect and tepidity are resisted, the conscience is purified, the will strengthened, a salutary self-control is attained and grace is increased in virtue of the Sacrament itself.*¹⁰⁹

Rite of Penance¹¹⁰

RECEPTION OF THE PENITENT

The priest and penitent make the Sign of the Cross together:

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

The priest invites the penitent to have trust in God, in these or similar words:

May God, who has enlightened every heart, help you to know your sins and trust in his mercy.

℟. Amen.

Then the priest may read or say from memory a text of Scripture which proclaims God's mercy and calls man to conversion.

The penitent then makes a confession of their sins.

The priest should make sure that he adapts his counsel to the penitent's circumstances. The priest then asks the penitent to express their sorrow, which the penitent may do in these or other words:

ACT OF CONTRITION

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with

¹⁰⁸ CLC 50 §1.

¹⁰⁹ CVV 491.

¹¹⁰ RP 41-47.

your help, to do penance, to sin no more and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

ABSOLUTION

God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and **I ABSOLVE YOU FROM YOUR SINS IN THE NAME OF THE FATHER, AND OF THE SON, † AND OF THE HOLY SPIRIT.**

R. Amen.

PROCLAMATION OF PRAISE OF GOD AND DISMISSAL

V. Give thanks to the Lord, for he is good.

R. His mercy endures forever.

The Lord has freed you from your sins. Go in peace.

or

Go in peace and proclaim to the world the wonderful works of God, who has brought you salvation.

Prayers of the Priest

Before the consciences of the faithful, who open up to him with a mixture of fear and trust, the confessor is called to a lofty task which is one of service and penance and human reconciliation. It is a task of learning the weaknesses and falls of those faithful people, assessing their desire for renewal and their efforts to achieve it, discerning the action of the Holy Spirit in their hearts, imparting to them a forgiveness which God alone can grant, "celebrating" their reconciliation with the Father portrayed in the parable of the prodigal son, reinstating these redeemed sinners in the ecclesial community with their brothers and sisters, and paternally admonishing these penitents with a firm, encouraging and friendly "Do not sin again."¹¹¹

PRIEST'S PRAYER BEFORE HEARING CONFESSIONS¹¹²

Lord, give me wisdom, the attendant at your throne, so I may judge your people with justice and your afflicted ones with right judgment.

Let me use the keys of the Kingdom of heaven in such a way as not to open to whom I should close, or close to whom I should open. Make my intention pure, my zeal sincere, my charity patient, my work fruitful.

¹¹¹ REP 29.

¹¹² PMDM, Appendix II, Priest's prayer before hearing confessions, altered.

Let me be gentle but not indulgent, strict but not harsh. Let me neither despise the poor nor be flattered by the powerful. Give me kindness for encouraging sinners, prudence for questioning them, competence for instructing them.

Grant me, I beg you, the skill to turn them away from sin, the zeal to strengthen them in doing good, and the skill to spur them on to what is best. Make me mature in my answers, sound in my advice. Give me light in obscure matters, insight into complex ones, success in difficult ones.

May I never linger in useless conversation or let evil infect me. May I save others and not lose myself. Amen.

PRIEST'S PRAYER AFTER HEARING CONFESSIONS¹¹³

Lord Jesus Christ, sweet lover and sanctifier of souls, purify my heart of any evil desire or thought with the outpouring of your Spirit.

With your infinite kindness and mercy, make up for whatever has been lacking in my ministry due to my negligence or ignorance.

I commend to your sacred passion all the faithful whom you have led to the sacrament of reconciliation and sanctified with your precious blood. Safeguard them from sin, keep them in holy fear and love of you, help them to progress daily in virtue and bring them to eternal life. You live and reign with the Father and the Holy Spirit for ever and ever. Amen.

Stations of the Cross

In the pious exercise of the Way of the Cross, we recall anew the sufferings which our divine Redeemer endured while going from the prætorium of Pilate, where he was condemned to death, to Mount Calvary, where he died on the cross for our salvation.¹¹⁴

[Traditional Stations of the Cross](#)

[Scriptural Stations of the Cross](#)

Traditional Stations of the Cross

THE FIRST STATION: JESUS IS CONDEMNED TO DEATH

V. We adore you, O Christ, and we bless you,

R. Because by your holy cross you have redeemed the world.¹¹⁵

¹¹³ PMDM, Appendix II, Priest's prayer before hearing confessions, altered.

¹¹⁴ MI, Other Concessions, 13.

¹¹⁵ MI, Appendix, Pious Invocations, Examples of invocations currently in use.

I was like a trusting lamb led to slaughter, not knowing that they were hatching plots against me: "Let us destroy the tree in its vigor; let us cut him off from the land of the living, so that his name will no longer be remembered."

Jeremiah 11:19

When Pilate heard these words he brought Jesus out and seated him on the judge's bench in the place called Stone Pavement, in Hebrew, Gabbatha. It was preparation day for Passover and it was about noon. And he said to the Jews, "Behold, your king!" They cried out, "Take him away, take him away! Crucify him!" Pilate said to them, "Shall I crucify your king?" The chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified.

John 19:13-16

℣. Let us pray:¹¹⁶

Look, we pray, O Lord, on this your family, for whom our Lord Jesus Christ did not hesitate to be delivered into the hands of the wicked and submit to the agony of the cross. Who lives and reigns for ever and ever.

℞. Amen.

THE SECOND STATION: JESUS CARRIES HIS CROSS

℣. We adore you, O Christ, and we bless you,

℞. Because by your holy cross you have redeemed the world.

Abraham took the wood for the burnt offering and laid it on his son Isaac, while he himself carried the fire and the knife. As the two walked on together, Isaac spoke to his father Abraham: "Father!" he said. "Here I am," he replied. Isaac continued, "Here are the fire and the wood, but where is the sheep for the burnt offering?" "My son," Abraham answered, "God will provide the sheep for the burnt offering." Then the two walked on together.

Genesis 22:6-8

They took Jesus, and carrying the cross himself he went out to what is called the Place of the Skull, in Hebrew, Golgotha.

John 19:17

℣. Let us pray:¹¹⁷

Almighty ever-living God, who as an example of humility for the human race to follow caused our Savior to take flesh and submit to the cross, graciously grant that we may heed his lesson of patient suffering and so merit a share in his resurrection. Who lives and reigns for ever and ever.

¹¹⁶ RM, Palm Sunday, Prayer over the People.

¹¹⁷ RM, Palm Sunday, Collect.

℞. Amen.

THE THIRD STATION: JESUS FALLS FOR THE FIRST TIME

℣. We adore you, O Christ, and we bless you,

℞. Because by your holy cross you have redeemed the world.

He grew up like a sapling before him, like a shoot from the parched earth; he had no majestic bearing to catch our eye, no beauty to draw us to him. He was spurned and avoided by men, a man of suffering, knowing pain, like one from whom you turn your face, spurned, and we held him in no esteem.

Isaiah 53:2-3

Jesus began to teach his disciples that the Son of Man must suffer greatly and be rejected by the elders, the chief priests and the scribes, and be killed, and rise after three days. He spoke this openly. Then Peter took him aside and began to rebuke him.

Mark 8:31-32

℣. Let us pray:¹¹⁸

O God, who in the abasement of your Son have raised up a fallen world, fill your faithful with holy joy, for on those you have rescued from slavery to sin you bestow eternal gladness. Through Christ our Lord.

℞. Amen.

THE FOURTH STATION: JESUS MEETS HIS MOTHER

℣. We adore you, O Christ, and we bless you,

℞. Because by your holy cross you have redeemed the world.

Let my eyes stream with tears night and day, without rest, over the great destruction which overwhelms the virgin daughter of my people, over her incurable wound.

Jeremiah 14:17

Simeon blessed them and said to Mary his mother, "Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed."

Luke 2:34-35

℣. Let us pray:¹¹⁹

O God, at whose passion, according to the prophecy of Simeon, a sword of sorrow pierced the most sweet soul of the glorious Virgin and Mother Mary; grant that we, who

¹¹⁸ RM, XIV Sunday of Ordinary Time, Collect.

¹¹⁹ RM 1962, *Festum Septem Dolorum Beatæ Mariæ Virginis, Collecta*.

commemorate and reverence her sorrows, may experience that blessed effect of your passion. Who lives and reigns for ever and ever.

℞. Amen.

THE FIFTH STATION: SIMON OF CYRENE HELPS JESUS TO CARRY HIS CROSS

℣. We adore you, O Christ, and we bless you,

℞. Because by your holy cross you have redeemed the world.

Who is this that comes from Edom, in crimsoned garments, from Bozrah? Who is this, glorious in his apparel, striding in the greatness of his strength? "It is I, I who announce vindication, mighty to save." Why is your apparel red and your garments like one who treads the wine press? "The wine press I have trodden alone and from the peoples no one was with me. I trod them in my anger and trampled them down in my wrath; their blood spurted on my garments, all my apparel I stained. For a day of vindication was in my heart, my year for redeeming had come. I looked about, but there was no one to help, I was appalled that there was no one to lend support; so my own arm brought me victory and my own wrath lent me support."

Isaiah 63:1-5

The soldiers pressed into service a passer-by, Simon, a Cyrenian, who was coming in from the country, the father of Alexander and Rufus, to carry his cross.

Mark 15:21

℣. Let us pray:¹²⁰

Turn our hearts to you, eternal Father, and grant that, seeking always the one thing necessary and carrying out works of charity, we may be dedicated to your worship. Through Christ our Lord.

℞. Amen.

THE SIXTH STATION: VERONICA WIPES THE FACE OF JESUS

℣. We adore you, O Christ, and we bless you,

℞. Because by your holy cross you have redeemed the world.

Hear, O mountains, the Lord's case; pay attention, O foundations of the earth! For the Lord has a case against his people; he enters into trial with Israel. My people, what have I done to you? How have I wearied you? Answer me!

Micah 6:2-3

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the

¹²⁰ RM, Saturday, I Week of Lent, Collect.

well. It was about noon. A woman of Samaria came to draw water. Jesus said to her, "Give me a drink."

John 4:5-7

℣. Let us pray:¹²¹

Almighty and most gentle God, who brought forth from the rock a fountain of living water for your thirsty people, bring forth, we pray, from the hardness of our heart, tears of sorrow, that we may lament our sins and merit forgiveness from your mercy. Through Christ our Lord.

℞. Amen.

THE SEVENTH STATION: JESUS FALLS FOR THE SECOND TIME

℣. We adore you, O Christ, and we bless you,

℞. Because by your holy cross you have redeemed the world.

It was our pain that he bore, our sufferings he endured, we thought of him as stricken, struck down by God and afflicted, but he was pierced for our sins, crushed for our iniquity. He bore the punishment that makes us whole, by his wounds we were healed. We had all gone astray like sheep, all following our own way; but the Lord laid upon him the guilt of us all.

Isaiah 53:4-6

Jesus and his disciples left from there and began a journey through Galilee, but he did not wish anyone to know about it. He was teaching his disciples and telling them, "The Son of Man is to be handed over to men and they will kill him, and three days after his death he will rise." But they did not understand the saying and they were afraid to question him.

Mark 9:30-32

℣. Let us pray:¹²²

Be pleased, O Lord, we pray, with these oblations you receive from our hands, and, even when our wills are defiant, constrain them mercifully to turn to you. Through Christ our Lord.

℞. Amen.

THE EIGHTH STATION: JESUS MEETS THE WOMEN OF JERUSALEM

℣. We adore you, O Christ, and we bless you,

℞. Because by your holy cross you have redeemed the world.

¹²¹ RM, Masses and Prayers for Various Needs and Occasions, For the Forgiveness of Sins, B, Collect.

¹²² RM, Saturday, IV Week of Lent, Prayer over the Offerings.

As David went up the ascent of the Mount of Olives, he wept without ceasing. His head was covered and he was walking barefoot. All those who were with him also had their heads covered and were weeping as they went.

2 Samuel 15:30

A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children, for indeed, the days are coming when people will say, 'Blessed are the barren, the wombs that never bore and the breasts that never nursed.' At that time people will say to the mountains, 'Fall upon us!' and to the hills, 'Cover us!' for if these things are done when the wood is green what will happen when it is dry?"

Luke 23:27-31

✠. Let us pray:¹²³

Clothe us, Lord God, with the virtues of the Heart of your Son and set us aflame with his love, that, conformed to his image, we may merit a share in eternal redemption. Through Christ our Lord.

✠. Amen.

THE NINTH STATION: JESUS FALLS FOR THE THIRD TIME

✠. We adore you, O Christ, and we bless you,

✠. Because by your holy cross you have redeemed the world.

Though he was harshly treated, he submitted and opened not his mouth; like a lamb led to slaughter or a sheep before shearers, he did not open his mouth. Seized and condemned, he was taken away. Who would have thought any more of his destiny? For he was cut off from the land of the living, struck for the sin of his people.

Isaiah 53:7-8

The disciples were on the way going up to Jerusalem, and Jesus went ahead of them. They were amazed and those who followed were afraid. Taking the Twelve aside again, he began to tell them what was going to happen to him. "Behold, we are going up to Jerusalem and the Son of Man will be handed over to the chief priests and the scribes, and they will condemn him to death and hand him over to the Gentiles who will mock him, spit upon him, scourge him and put him to death, but after three days he will rise."

Mark 10:32-34

✠. Let us pray:¹²⁴

¹²³ RM, Votive Masses, The Most Sacred Heart of Jesus, Collect.

¹²⁴ RM, Masses and Prayers for Various Needs and Occasions, For the Forgiveness of Sins, A, Collect.

Graciously hear the prayers of those who call upon you, we ask, O Lord, and forgive the sins of those who confess to you, granting us in your kindness both pardon and peace. Through Christ our Lord.

℞. Amen.

THE TENTH STATION: JESUS IS STRIPPED OF HIS GARMENTS

℣. We adore you, O Christ, and we bless you,

℞. Because by your holy cross you have redeemed the world.

Many dogs surround me; a pack of evildoers closes in on me. So wasted are my hands and feet that I can count all my bones. They stare at me and gloat; they divide my garments among them; for my clothing they cast lots.

Psalm 22:17-19

When the soldiers had crucified Jesus, they took his clothes and divided them into four shares, a share for each soldier. They also took his tunic, but the tunic was seamless, woven in one piece from the top down. So they said to one another, "Let's not tear it, but cast lots for it to see whose it will be," in order that the passage of scripture might be fulfilled that says: "They divided my garments among them and for my vesture they cast lots." This is what the soldiers did.

John 19:23-24

℣. Let us pray:¹²⁵

Renew us, God, in the likeness of your Son, by whose passion you have freed mankind from the bonds of death we have inherited as the legacy of sin. May your grace purge in us the image of the old man, that the image of the new man, Jesus Christ, may shine through us. Through the same Christ our Lord.

℞. Amen.

THE ELEVENTH STATION: JESUS IS NAILED TO THE CROSS

℣. We adore you, O Christ, and we bless you,

℞. Because by your holy cross you have redeemed the world.

Because of his anguish he shall see the light; because of his knowledge he shall be content; my servant, the just one, shall justify the many, their iniquity he shall bear. Therefore I will give him his portion among the many and he shall divide the spoils with the mighty, because he surrendered himself to death, was counted among the transgressors, bore the sins of many and interceded for the transgressors.

Isaiah 53:11-12

¹²⁵ Proper missal of the Diocese of Orihuela and Alicante, Spain, Feast of the Holy Face of our Lord Jesus Christ, Collect.

There the soldiers crucified Jesus and with him two others, one on either side, with Jesus in the middle. Pilate also had an inscription written and put on the cross. It read "Jesus the Nazorean, the King of the Jews." Now many of the Jews read this inscription, because the place where Jesus was crucified was near the city; and it was written in Hebrew, Latin and Greek.

John 19:18-20

℣. Let us pray:¹²⁶

O God, who willed that your Only Begotten Son should undergo the cross to save the human race, grant, we pray, that we, who have known his mystery on earth, may merit the grace of his redemption in heaven. Through Christ our Lord.

℞. Amen.

THE TWELFTH STATION: JESUS DIES ON THE CROSS

℣. We adore you, O Christ, and we bless you,

℞. Because by your holy cross you have redeemed the world.

My God, my God, why have you abandoned me? Why so far from my call for help, from my cries of anguish? My God, I call by day, but you do not answer; by night, but I have no relief. For kingship belongs to the Lord, the ruler over the nations. All who sleep in the earth will bow low before God; All who have gone down into the dust will kneel in homage. And I will live for the Lord; my descendants will serve you. The generation to come will be told of the Lord, that they may proclaim to a people yet unborn the deliverance you have brought.

Psalm 22:2-3, 29-32

At noon darkness came over the whole land until three in the afternoon. And at three o'clock Jesus cried out in a loud voice, "*Eloi, Eloi, lema sabachthani?*" which is translated, "My God, my God, why have you forsaken me?" Some of the bystanders who heard it said, "Look, he is calling Elijah." One of them ran, soaked a sponge with wine, put it on a reed and gave it to him to drink, saying, "Wait, let us see if Elijah comes to take him down." Jesus gave a loud cry and breathed his last. The veil of the sanctuary was torn in two from top to bottom. When the centurion who stood facing him saw he breathed his last he said, "Truly this man was the Son of God!"

Mark 15:33-39

℣. Let us pray:¹²⁷

O God, whose mercies are without number and whose treasure of goodness is infinite, graciously increase the faith of the people consecrated to you, that all may grasp and rightly

¹²⁶ RM, Feast of the Exaltation of the Holy Cross, Collect.

¹²⁷ RM, Votive Masses, The Mercy of God, Collect.

understand by whose love they have been created, through whose blood they have been redeemed and by whose Spirit they have been reborn. Through Christ our Lord.

℞. Amen.

THE THIRTEENTH STATION: JESUS IS TAKEN DOWN FROM THE CROSS

℣. We adore you, O Christ, and we bless you,

℞. Because by your holy cross you have redeemed the world.

I will pour out on the house of David and on the inhabitants of Jerusalem a spirit of mercy and supplication, so that when they look on him whom they have thrust through, they will mourn for him as one mourns for an only child and they will grieve for him as one grieves over a firstborn. On that day the mourning in Jerusalem will be as great as the mourning for Hadadrimmon in the plain of Megiddo.

Zechariah 12:10-11

Since it was preparation day, in order that the bodies might not remain on the cross on the sabbath, for the sabbath day of the week was a solemn one, the Jews asked Pilate that their legs be broken and they be taken down. So the soldiers came and broke the legs of the first and then of the other one who was crucified with Jesus. But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out. An eyewitness has testified and his testimony is true; he knows that he is speaking the truth, so that you also may come to believe. For this happened so that the scripture passage might be fulfilled: "Not a bone of it will be broken." And again another passage says: "They will look upon him whom they have pierced."

John 19:31-37

℣. Let us pray:¹²⁸

Look, O Lord, upon the face of your Christ, who handed himself over as a ransom for all, so that through him, from the rising of the sun to its setting, your name may be exalted among the nations and in every place a single offering may be presented to your majesty. Through Christ our Lord.

℞. Amen.

THE FOURTEENTH STATION: JESUS IS LAID IN THE TOMB

℣. We adore you, O Christ, and we bless you,

℞. Because by your holy cross you have redeemed the world.

He was given a grave among the wicked, a burial place with evildoers, though he had done no wrong, nor was deceit found in his mouth. But it was the Lord's will to crush him with

¹²⁸ RM, Masses and Prayers for Various Needs and Occasions, For the Evangelization of Peoples, A, Prayer over the Offerings.

pain. By making his life as a reparation offering, he shall see his offspring, shall lengthen his days and the Lord's will shall be accomplished through him. Because of his anguish he shall see the light; because of his knowledge he shall be content; my servant, the just one, shall justify the many, their iniquity he shall bear.

Isaiah 53:9-11

When it was already evening, since it was the day of preparation, the day before the sabbath, Joseph of Arimathea, a distinguished member of the council, who was himself awaiting the Kingdom of God, came and courageously went to Pilate and asked for the body of Jesus. Pilate was amazed that he was already dead. He summoned the centurion and asked him if Jesus had already died. And when he learned of it from the centurion, he gave the body to Joseph. Having bought a linen cloth, he took him down, wrapped him in the linen cloth and laid him in a tomb that had been hewn out of the rock. Then he rolled a stone against the entrance to the tomb.

Mark 15:42-46

✠. Let us pray:¹²⁹

Almighty ever-living God, who have restored us to life by the blessed death and resurrection of your Christ, preserve in us the work of your mercy, that, by partaking of this mystery, we may have a life unceasingly devoted to you. Through Christ our Lord.

✠. Amen.

FINAL BLESSING¹³⁰

✠. May abundant blessing, O Lord, we pray, descend upon your people, who have honored the death of your Son in the hope of their resurrection: may pardon come, comfort be given, holy faith increase and everlasting redemption be made secure. Through Christ our Lord.

✠. Amen.

Scriptural Stations of the Cross

Introduced by Saint John Paul II on Good Friday of 1991.

THE FIRST STATION: JESUS IN THE GARDEN OF GETHSEMANE

They came to a place named Gethsemane and Jesus said to his disciples, "Sit here while I pray." He took with him Peter, James and John, and began to be troubled and distressed. Then he said to them, "My soul is sorrowful even to death. Remain here and keep watch." He advanced a little and fell to the ground and prayed that if it were possible the hour might pass by him; he said "Abba, Father, all things are possible to you. Take this cup away from

¹²⁹ RM, Good Friday, The Celebration of the Passion of the Lord, Prayer after Communion.

¹³⁰ RM, Good Friday, Celebration of the Passion of the Lord, Prayer over the People.

me, but not what I will but what you will." When he returned he found them asleep. He said to Peter, "Simon, are you asleep? Could you not keep watch for one hour? Watch and pray that you may not undergo the test. The spirit is willing but the flesh is weak." Withdrawing again, he prayed, saying the same thing. Then he returned once more and found them asleep, for they could not keep their eyes open and did not know what to answer him. He returned a third time and said to them, "Are you still sleeping and taking your rest? It is enough. The hour has come. Behold, the Son of Man is to be handed over to sinners."

Mark 14:32-41

THE SECOND STATION: JESUS, BETRAYED BY JUDAS, IS ARRESTED

In Gethsemane, Jesus said to his disciples, "Get up, let us go. See, my betrayer is at hand." Then, while he was still speaking, Judas arrived, accompanied by a crowd with swords and clubs who had come from the chief priests, the scribes and the elders. His betrayer had arranged a signal with them, saying, "The man I shall kiss is the one; arrest him and lead him away securely." He came and immediately went over to him and said, "Rabbi." And he kissed him. At this they laid hands on him and arrested him.

Mark 14:42-46

THE THIRD STATION: JESUS IS CONDEMNED BY THE SANHEDRIN

The chief priests and the entire Sanhedrin kept trying to obtain testimony against Jesus in order to put him to death, but they found none. Many gave false witness against him, but their testimony did not agree. Some took the stand and testified falsely against him, alleging, "We heard him say, 'I will destroy this temple made with hands and within three days I will build another not made with hands.'" Even so their testimony did not agree. The high priest rose before the assembly and questioned Jesus, saying, "Have you no answer? What are these men testifying against you?" But he was silent and answered nothing. Again the high priest asked him and said to him, "Are you the Messiah, the Son of the Blessed One?" Then Jesus answered, "I am; and 'you will see the Son of Man seated at the right hand of the power and coming with the clouds of heaven.'" At that the high priest tore his garments and said, "What further need have we of witnesses? You have heard the blasphemy. What do you think?" They all condemned him as deserving die.

Mark 14:55-64

THE FOURTH STATION: JESUS IS DENIED BY PETER

While Peter was below in the courtyard, one of the high priest's maids came along. Seeing Peter warming himself, she looked intently at him and said, "You too were with the Nazarene, Jesus." But he denied it saying, "I neither know nor understand what you are talking about." So he went out into the outer court. Then the cock crowed. The maid saw him and began to say to the bystanders, "This man is one of them." Once again he denied it. A little later a bystander said to Peter once more, "Surely you are one of them; for you too are a Galilean." He began to curse and to swear, "I do not know this man about whom you are talking." And

immediately a cock crowed a second time. Then Peter remembered the word that Jesus had said to him, "Before the cock crows twice you will deny me three times." He broke down and wept.

Mark 14:66-72

THE FIFTH STATION: JESUS IS JUDGED BY PILATE

As soon as morning came, the chief priests with the elders and the scribes, that is, the whole Sanhedrin, held a council. They bound Jesus, led him away and handed him over to Pilate. Pilate questioned him, "Are you the King of the Jews?" He said to him in reply, "You say so." The chief priests accused him of many things. Again Pilate questioned him, "Have you no answer? See how many things they accuse you of." Jesus gave him no further answer, so that Pilate was amazed.

Now on the occasion of the feast Pilate used to release to them one prisoner whom they requested. A man called Barabbas was then in prison along with the rebels who had committed murder in a rebellion. The crowd came forward and began to ask him to do for them as he was accustomed. Pilate answered, "Do you want me to release to you the King of the Jews?" For he knew that it was out of envy that the chief priests had handed him over. But the chief priests stirred up the crowd to have him release Barabbas for them instead. Pilate again said to them in reply, "Then what do you want me to do with the man you call the King of the Jews?" They shouted again, "Crucify him." Pilate said to them, "Why? What evil has he done?" They only shouted the louder, "Crucify him." So Pilate, wishing to satisfy the crowd, released Barabbas to them and, after he had Jesus scourged, handed him over to be crucified.

Mark 15:1-15

THE SIXTH STATION: JESUS IS SCOURGED AND CROWNED WITH THORNS

Pilate, wishing to satisfy the crowd, released Barabbas to them and, after he had Jesus scourged, handed him over to be crucified. The soldiers led him away inside the palace, that is, the prætorium, and assembled the whole cohort. They clothed him in purple and, weaving a crown of thorns, placed it on him. They began to salute him with, "Hail, King of the Jews!" and kept striking his head with a reed and spitting upon him. They knelt before him in homage.

Mark 15:15-19

THE SEVENTH STATION: JESUS BEARS THE CROSS

Carrying the cross himself Jesus went out to what is called the Place of the Skull, in Hebrew, Golgotha.

John 19:17

THE EIGHTH STATION: JESUS IS HELPED BY SIMON THE CYRENIAN TO CARRY THE CROSS

The soldiers pressed into service a passer-by, Simon, a Cyrenian, who was coming in from the country, the father of Alexander and Rufus, to carry Jesus' cross.

Mark 15:21

THE NINTH STATION: JESUS MEETS THE WOMEN OF JERUSALEM

A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children, for indeed, the days are coming when people will say, 'Blessed are the barren, the wombs that never bore and the breasts that never nursed.' At that time people will say to the mountains, 'Fall upon us!' and to the hills, 'Cover us!' for if these things are done when the wood is green what will happen when it is dry?" Now two others, both criminals, were led away with him to be executed.

Luke 23:27-32

THE TENTH STATION: JESUS IS CRUCIFIED

When they came to the place called the Skull, they crucified Jesus and the criminals there, one on his right, the other on his left. Then Jesus said, "Father, forgive them, they know not what they do." They divided his garments by casting lots. The people stood by and watched; the rulers, meanwhile, sneered at him and said, "He saved others, let him save himself if he is the chosen one, the Messiah of God." Even the soldiers jeered at him. As they approached to offer him wine, they called out, "If you are King of the Jews, save yourself." Above him there was an inscription that read, "This is the King of the Jews."

Luke 23:33-38

THE ELEVENTH STATION: JESUS PROMISES HIS KINGDOM TO THE GOOD THIEF

One of the criminals hanging there reviled Jesus, saying, "Are you not the Messiah? Save yourself and us." The other, however, rebuking him, said in reply, "Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal." Then he said, "Jesus, remember me when you come into your Kingdom." He replied to him, "Amen, I say to you, today you will be with me in Paradise."

Luke 23:39-43

THE TWELFTH STATION: JESUS SPEAKS TO HIS MOTHER AND THE DISCIPLE

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home.

John 19:25-27

THE THIRTEENTH STATION: JESUS DIES ON THE CROSS

It was now about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun. Then the veil of the temple was torn down the middle. Jesus cried out in a loud voice, "Father, into your hands I commend my spirit"; and when he had said this he breathed his last. The centurion who witnessed what had happened glorified God and said, "This man was innocent beyond doubt." When all the people who had gathered for this spectacle saw what had happened, they returned home beating their breasts; but all his acquaintances stood at a distance, including the women who had followed him from Galilee and saw these events.

Luke 23:44-49

THE FOURTEENTH STATION: JESUS IS PLACED IN THE TOMB.

There was a virtuous and righteous man named Joseph who, though he was a member of the council, had not consented to their plan of action. He came from the Jewish town of Arimathea and was awaiting the Kingdom of God. He went to Pilate and asked for the body of Jesus. After he had taken the body down, he wrapped it in a linen cloth and laid him in a rock-hewn tomb in which no one had yet been buried. It was the day of preparation and the sabbath was about to begin. The women who had come from Galilee with him followed behind, and when they had seen the tomb and the way in which the body was laid in it, they returned and prepared spices and perfumed oils. Then they rested on the sabbath according to the commandment.

Luke 23:50-56

FINAL BLESSING¹³¹

✠. May abundant blessing, O Lord, we pray, descend upon your people, who have honored the death of your Son in the hope of their resurrection: may pardon come, comfort be given, holy faith increase and everlasting redemption be made secure. Through Christ our Lord.

✠. Amen.

Eucharistic Hour

An especially cherished moment during the week is the hour of Eucharistic adoration — held on Thursday in community, usually at night — spent listening to the Lord's word and accompanying him spiritually in his agony in Gethsemane: "So you could not keep watch with me for one hour?" (Matthew 26:40). Religious life is "a spousal covenant with Christ." The Eucharistic Hour is a time to share his lot and experience his sentiments, not leaving him alone in his intercession with the Father for the whole world.¹³²

¹³¹ RM, Good Friday, Celebration of the Passion of the Lord, Prayer over the People.

¹³² CVV 489.

*After exposition, a priest, deacon or other member of the community proclaims the Gospel and upon finishing, can give a brief reflection on it. A prolonged period of silence follows, which concludes with a litany. This first part should last a half-hour. The Eucharistic Hour then continues with Night Prayers as usual.*¹³³

*When the Eucharistic Hour does not take place at the time proper for Compline, after exposition either some other hour of the Divine Office or the Rosary may be prayed, in community or individually. Upon finishing, the Gospel is proclaimed, and either a brief reflection or time for personal prayer follows. Before Benediction, the litany is prayed in community.*¹³⁴

Spiritual Talk

*When Legionaries preach to their brothers, they have a privileged opportunity not only to teach and move them towards the good, but also to share their own heart and experiences with them: cor ad cor loquitur. For Legionaries, preaching to a given group — as important as they may be — is not the same as preaching to their brothers in the Legion. In the light of the intimate connection between them due to their shared vocation, their preaching should reflect and reinforce the deep, mysterious brotherhood that unites them. Thus the tone and content of their preaching, far from being impersonal, bears the richness of one who communicates truths and motivations which will find a common resonance. The talk is followed by a moment of prayer, aided by a practical examen which can be prepared by the preacher. Occasionally, it may be beneficial if a question and answer session or some moments of fraternal exchange follow a conference.*¹³⁵

Practical Examen

*All that has been said concerning the conscience examen is also applicable to the practical examen, which is an accompaniment to a spiritual talk or a standalone practice on days of retreat or spiritual exercises. The practical examen helps us to slow down and delve into an attitude, or a principle of spirituality, formation or apostolate. Here too it is crucial not to limit oneself to mere analysis: all examen implies certain conversion of heart and a resolution that orients oneself toward a life more like Christ's.*¹³⁶

Retreats and Spiritual Exercises

In the Legion, the annual eight-day Ignatian spiritual exercises are done “in accordance with the spirit of the Congregation.” The Church has recognized in these exercises an inspiration from God aimed at

¹³³ See GL 180-182.

¹³⁴ See GL 180-182.

¹³⁵ CVV 569, b.

¹³⁶ CVV 547.

leading the soul to encounter God and self, detaching oneself from sin and living the truth in charity. These exercises are a true crucible of saints and apostles.¹³⁷

Spiritual exercises are a privileged moment to hear and understand what God wants for the “today” of our lives, become aware of his will and decide to carry it out. The fruit of this spiritual discernment should be engraved on the soul above all, but it is also a helpful reminder to summarize in a written program of life the graces and resolutions received as inspirations.¹³⁸

The flame enkindled in the soul over the spiritual exercises is kept burning through monthly spiritual retreats. Legionaries, called to intense apostolic action in the midst of the world, must keep the Lord as the center of their lives, purifying themselves from worldly attachments and cultivating interior silence. The monthly retreat offers us a break along the way in order to examine the state of our relationship with God, with our brothers, with other people and with regards to the mission entrusted to us. This is achieved through meditation on the word of God, through examen and analysis under God’s light of one’s personal attitudes and behaviors, and above all, through a renewing personal dialogue with Christ.¹³⁹

Part Two

Other Spiritual Practices

Besides the means that the Constitutions present as a path of spiritual life and holiness for all Legionaries¹⁴⁰, this second part offers other prayers and devotions that, according to the stage of formation and individual circumstances, may foster the “contemplation of divine realities and assiduous union with God.”¹⁴¹

Chapter 3

Prayers Throughout the Day

On Rising

On rising, Legionaries call to mind the only purpose of their life: to give glory to God by building up the Kingdom of Christ.

✠. Christ our King,

¹³⁷ CVV 535.

¹³⁸ CVV 538.

¹³⁹ CVV 539.

¹⁴⁰ See CLC 48-54.

¹⁴¹ CLC 47 1°.

℟. Thy Kingdom come!

PRAISE TO THE HOLY TRINITY¹⁴²

SEE TOBIAS 12:6

Praise to the Holy Trinity and undivided Unity. Let us praise God for he has shown us his mercy.

HYMN OF THANKSGIVING¹⁴³

You are God: we praise you;
you are the Lord: we acclaim you;
you are the eternal Father:
all creation worships you.

To you all angels, all the powers of heaven,
Cherubim and Seraphim, sing in endless praise:
Holy, holy, holy, Lord, God of power and might,
heaven and earth are full of your glory.

The glorious company of apostles praise you,
the noble fellowship of prophets praise you,
the white-robed army of martyrs praise you.

Throughout the world the holy Church acclaim you:
Father, of majesty unbounded,
your true and only Son, worthy of all worship,
and the Holy Spirit, advocate and guide.

You, Christ, are the King of glory,
the eternal Son of the Father

When you became man to set us free
you did not spurn the Virgin's womb.

You overcame the sting of death,
and opened the Kingdom of heaven to all believers.

You are seated at God's right hand in glory.
We believe that you will come, and be our judge.

Come then, Lord, and help your people,
bought with the price of your own blood,
and bring us with your saints to glory everlasting.

Save your people, Lord,
and bless your inheritance.

¹⁴² LH, Trinity Sunday, Evening Prayer I, Antiphon 2.

¹⁴³ LH, Ordinary, Office of Readings, *Te Deum*.

Govern and uphold them now and always.

Day by day we bless you.

We praise your name for ever.

Keep us today, Lord, from all sin.

Have mercy on us, Lord, have mercy.

Lord, show us your love and mercy,
for we put our trust in you.

In you, Lord, is our hope:
and we shall never hope in vain.

Lord, hear my prayer,
and let my cry reach you.

PRAYER¹⁴⁴

Almighty Father, you have brought us to the light of a new day: Keep us safe the whole day through from any sinful inclination. May all our thoughts, words and actions aim at doing what is pleasing in your sight. Through Christ our Lord. Amen.

Prayers When Leaving the House

([Latin](#))

KISSING THE BIBLE OR THE CRUCIFIX

Lord, increase our faith.¹⁴⁵ (See Luke 17:5)

UNDER YOUR PROTECTION¹⁴⁶

Under your protection, we take refuge, O holy Mother of God; despise not our petitions in our necessities, but deliver us always from every danger, O glorious and blessed Virgin.

DIVINE HELP¹⁴⁷

May God's help remain with us always. Amen.

¹⁴⁴ LH, Ordinary Time, Week II, Monday, Morning Prayer, altered.

¹⁴⁵ HI, Pious Invocations, examples 12.

¹⁴⁶ MI, Grants 17, 2.

¹⁴⁷ BR, *Ordinarium divini Officii, Ad Completorium*.

MAY THE VIRGIN MARY BLESS US¹⁴⁸

May the Virgin Mary bless us with her holy child.

PRAYER TO THE GUARDIAN ANGEL¹⁴⁹

Angel sent by God to guide me,
be my light and walk beside me;
be my guardian and protect me;
on the paths of life direct me. Amen.

Prayers for Beginning Work

[Come Holy Spirit](#)

[Prayer before study](#)

[Prayer before Meetings](#)

“The children of this world are more prudent in dealing with their own generation than are the children of light” (Luke 16:8). In their apostolate Legionaries let these words of the Lord confront and challenge them, shaking them out of modes of working that are routine, inefficient, or outdated. They want to offer to Christ work that shows just the contrary: at least the same amount of prudence, audacity and shrewdness that the worldly put into accomplishing their designs. Legionaries do not stop short of putting at the service of the mission all that is humanly within their power. To begin with, they avoid improvisation and order their work according to a concrete plan, including milestones and a timeline. They are not, therefore, “wicked, lazy servants” (Matthew 25:26). Nevertheless, once they have done their part, they entrust the fruits entirely to God.¹⁵⁰

COME HOLY SPIRIT¹⁵¹

([Latin](#))

℣. Come, Holy Spirit,

℞. fill the hearts of your faithful and kindle in them the fire of your love.

℣. Send forth your Spirit and they shall be created,

℞. And you shall renew the face of the earth.

℣. Let us pray:

¹⁴⁸ MI, Pious Invocations, examples of invocations currently in use.

¹⁴⁹ HI, Grants 8.

¹⁵⁰ CVV 328.

¹⁵¹ MI, Grants 26, 2.

O God, who have taught the hearts of the faithful by the light of the Holy Spirit, grant that in the same Spirit we may be truly wise and ever rejoice in his consolation. Through Christ our Lord.¹⁵²

℟. Amen.

PRAYER BEFORE STUDY

*Legionaries dedicate a significant amount of energy to study, a requirement intrinsic to their vocation and mission.*¹⁵³

This prayer attributed to Saint Thomas Aquinas may be prayed before study.

Ineffable Creator, who, from the treasure of your wisdom, have established the three hierarchies of angels, have arrayed them in marvelous order above the fiery heavens and have marshaled the regions of the universe with such artful skill,

You are proclaimed the true font of light and wisdom, and the primal origin raised high beyond all things.

Pour forth a ray of your brightness into the darkened places of my mind; disperse from my soul the twofold darkness into which I was born: sin and ignorance.

You make eloquent the tongues of infants. Refine my speech and pour forth upon my lips the goodness of your blessing.

Grant to me keenness of mind, capacity to remember, skill in learning, subtlety to interpret and eloquence in speech.

May you guide the beginning of my work, direct its progress and bring it to completion. You are true God and true man, who live and reign for ever and ever. Amen.

PRAYER BEFORE MEETINGS

*Meetings are a means of building communion and establishing collaboration in the diverse areas of a Legionary's life: formation, fraternal life, apostolate and practical organization of activities. Every meeting is an opportunity to exercise faith in Christ's action and presence, for as he promised: "Where two or three are gathered together in my name, there am I in the midst of them" (Matthew 18:20).*¹⁵⁴

*This prayer may be prayed "before meetings dealing with common concerns."*¹⁵⁵

We stand before you, Holy Spirit, conscious of our sinfulness but aware that we gather in your name. Come to us, remain with us and enlighten our hearts. Give us light and strength to know your will, to make it our own and to live it in our lives. Guide us by your wisdom, support us by your power, for you are God, sharing the glory of Father and Son. You desire justice for all: enable us to uphold the rights of others; do not allow us to be misled by

¹⁵² RM, Votive Mass 9, The Holy Spirit A, Collect.

¹⁵³ CVV 575.

¹⁵⁴ CVV 584.

¹⁵⁵ CHBP p 305.

ignorance or corrupted by fear or favor. Unite us to yourself in the bond of love and keep us faithful to all that is true. As we gather in your name, may we temper justice with love, so that all our decisions may be pleasing to you and earn the reward promised to good and faithful servants. You live and reign with Father and Son, one God, for ever and ever. Amen.

Prayers in the Presence of the Blessed Sacrament

When the community gathers for prayer in the presence of the Blessed Sacrament, they begin with a prayer or Eucharistic hymn to express their common faith in Christ's real presence.

HOW HOLY THIS FEAST

[\(Latin\)](#)

How holy this feast in which Christ is our food: his passion is recalled, grace fills our hearts and we receive a pledge of the glory to come.

✠. You gave them bread from heaven to be their food.

✠. And this bread contained all goodness.

✠. Let us pray:

O God, who in this wonderful sacrament have left us a memorial of your passion, grant us, we pray, so to revere the sacred mysteries of your body and blood that we may always experience in ourselves the fruits of your redemption. Who live and reign for ever and ever.

✠. Amen.

Eucharistic Visits

The tabernacle, which holds the Eucharist, the treasure of the Church, is the place of encounter between Jesus Christ and his Legionaries. "The teacher is here and is asking for you" (John 11:28). The formation houses should always have various smaller chapels besides the main chapel to facilitate these grace-filled encounters. From these moments of intimacy with the Lord spring gratitude, strength in the fight, confidence and joy from being with him. There the living and glorious Lord instills good morals, forges character, nourishes the virtues, consoles the sorrowful, strengthens the weak, summons to imitation and sanctifies those who draw near to him.¹⁵⁶

Abiding with Christ the Lord, the faithful enjoy his intimate friendship and pour out their hearts before him for themselves and for those dear to them and they pray for the peace and salvation of the world. Offering their entire lives with Christ to the Father in the Holy Spirit, they derive from this sublime colloquy an increase of faith, hope and charity. Thus they foster those right dispositions that enable them with due devotion to celebrate the memorial of the Lord and receive frequently the bread given us by the Father.¹⁵⁷

¹⁵⁶ CVV 486.

¹⁵⁷ PP 164.

SPIRITUAL COMMUNION¹⁵⁸

My Jesus, I believe you are present in the Most Blessed Sacrament. I love you above all things and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

Visits to the Blessed Virgin Mary

An expression of this filial love is found in stopping before an image of the Blessed Virgin Mary during the day to open one's heart to her. The Legion suggests asking her in the visit after Night Prayers for the grace of graces: final perseverance in the faith and in one's vocation.¹⁵⁹

Saturday Visit

The community gathers every Saturday for a brief moment of prayer at the grotto of Our Lady.¹⁶⁰

The visit begins with a Hail Mary and a prayer to the Blessed Virgin Mary . A moment of silent personal prayer then follows. In May, a hymn and a short Marian reflection from a member of the community are a traditional part of the visit.¹⁶¹

Prayers Before and After Meals

All our food has sprouted, grown and ripened by the power of God, who seeks to provide us with nourishment. That is why we bless the food before our meals.¹⁶²

BEFORE MEALS¹⁶³

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

✠. Amen.

During significant liturgical seasons the appropriate antiphon is said.

Proper Antiphons

✠. Our Father,

✠. who art in heaven, hallowed be thy name. Thy Kingdom come; thy will be done on earth

¹⁵⁸ *Spiritual Communion Prayer*, Saint Alphonsus Liguori.

¹⁵⁹ CVV 495.

¹⁶⁰ CVV 501.

¹⁶¹ CVV 501.

¹⁶² CVV 603.

¹⁶³ See BB 1033.

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.

✠. Bless † us, O Lord, and these your gifts which we are about to receive from your goodness. Through Christ our Lord.

✠. Amen.

After the blessing of the meal all remain standing while a brief passage from the Gospel is read before lunch, or a number of the Constitutions before supper. These readings call to mind the fundamental orientation of their lives.¹⁶⁴

AFTER MEALS¹⁶⁵

During significant liturgical seasons the appropriate antiphon is said.

✠. We give you thanks for all your gifts, almighty God, living and reigning now and for ever.

✠. Amen.

✠. Lord, reward with eternal life those who have provided for us out of love for you.

✠. Amen.

Or:

✠. May the souls of the faithful departed, through the mercy of God, rest in peace.¹⁶⁶

✠. Amen.

All make the Sign of the Cross in silence.

Proper Antiphons for Certain Liturgical Seasons

The blessing at table should be given a tone that is in keeping with the festive or penitential character of the various days and seasons of the liturgical year.¹⁶⁷

Advent

From December 17 until Christmas Eve

Christmas Season

From the Epiphany through the Baptism of the Lord

Lent

¹⁶⁴ RCA 48, 1°.

¹⁶⁵ BB 1034.

¹⁶⁶ HP p 502.

¹⁶⁷ BB 1032.

[Holy Week](#)

[Easter Season](#)

[Novena of Pentecost and Sunday](#)

Advent

Mark 1:3

A voice of one crying out in the desert: "Prepare the way of the Lord, make straight his paths."

From December 17 until Christmas Eve

See Luke 1:78-79

The daybreak from on high will visit us to guide our feet into the path of peace.

Christmas Season

John 1:14

The Word became flesh and made his dwelling among us.

From the Epiphany through the Baptism of the Lord

Matthew 2:2

We saw his star at its rising and have come to do him homage.

Lent

Mark 1:12-13

The Spirit drove him out into the desert and he remained in the desert for forty days, tempted by Satan.

Holy Week

See Philippians 2:8

For our sake Christ became obedient to death, even death on a cross.

Easter Season

Psalms 118:24

This is the day the Lord has made; let us rejoice in it and be glad. Alleluia!

Novena of Pentecost and Sunday

See Wisdom 1:7; Acts 2:4

The Spirit of the Lord fills the whole earth and they were all filled with the Holy Spirit. Alleluia!

On Going to Bed

MISERERE¹⁶⁸

PSALM 51

¹⁶⁸ LH, Week I, Morning Prayer.

Sleep, because of its likeness to bodily death, invites us to reflect on our own death. Therefore, by praying the Miserere before going to bed, Legionaries may renew the attitudes of repentance and of complete trust in the power and grace of God.

Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner was I conceived.

Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.

A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

Give me again the joy of your help;
with a spirit of fervor sustain me,
That I may teach transgressors your ways
and sinners may return to you.

O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

For in sacrifice you take no delight,
burnt offering from me you would refuse.
My sacrifice, a contrite spirit;

a humbled, contrite heart you will not spurn.

In your goodness show favor to Zion:
rebuild the walls of Jerusalem.

Then you will be pleased with lawful sacrifice,
holocausts offered on your altar.

PRAYER¹⁶⁹

Lord, we beg you to visit this house and banish from it all the deadly power of the enemy. May your holy angels dwell here to keep us in peace and may your blessing be upon us always. Through Christ our Lord. Amen.

PRAYER TO THE HOLY FAMILY¹⁷⁰

Jesus, Mary and Joseph,
I give you my heart and my soul.

Jesus, Mary and Joseph,
assist me in my last agony.

Jesus, Mary and Joseph,
may I breathe forth my soul in peace with you.

Chapter 4

Additional Legionary Prayers

Legionary prayer life is an expression of our Christ-centered spirituality. Legionaries love Christ and love what Christ loves. The following prayers can help foster this love during personal prayer time.

To Jesus Christ

Christ-centeredness constitutes the fundamental and specific characteristic of the Legionary spirit. Therefore, aided by God's grace, Legionaries should strive to make Christ Jesus the center, standard and example of their lives as religious, priests and apostles. They should seek to know, love and experience him intimately, above all in the Gospel, the Eucharist and the cross, and strive to imitate him in a special way through self-giving to their neighbor.¹⁷¹

¹⁶⁹ LH, Ordinary of Solemnities, Final Prayer.

¹⁷⁰ MI, Pious Invocations, Examples of Invocations Currently in Use.

¹⁷¹ CLC 8.

PRAYER TO CHRIST THE KING

Christ Jesus, I acknowledge you as King of the universe: everything that exists has been created by you. Exercise over me all your rights. I renew my baptismal promises, rejecting Satan and all his works and all the glamour of evil, and I promise to live as a good Christian. Very specially, I pledge myself to do all in my power to further the rights of God and the rights of your Church. Christ Jesus, I offer you my poor efforts to bring every heart to acknowledge and live your message of peace, justice and love.

To the Holy Spirit¹⁷²

*The Holy Spirit, consoler and delightful guest of the soul, is the craftsman of our transformation into Christ and sustains us in the mission of building up the Kingdom. Therefore, Legionaries should foster an intimate relationship with the Holy Spirit; they should pray for his gifts and for an increase in the theological virtues. They should be docile to his inspirations in order to walk the path of God's will faithfully.*¹⁷³

Holy Spirit, inspire in me:
what I should think,
what I should say,
what I should leave unsaid,
what I should write,
what I should do,
and how I should act,
to achieve the good of all my brothers and sisters,
fulfill my mission,
and extend Christ's Kingdom. Amen.

To the Blessed Virgin Mary

[Consecration of the Day to the Blessed Virgin Mary](#)

[The Memorare](#)

[Mary Mother of Grace](#)

[Blessed Be your Purity](#)

[Stabat Mater](#)

[Consecration to the Blessed Virgin Mary](#)

[You are all beautiful](#)

¹⁷² Based on a prayer written by Cardinal Jean Verdier, PSS (1864-1940).

¹⁷³ CLC 13.

*As he follows Christ, the Legionary, conscious of the mission that God entrusted to the Virgin Mary in the history of salvation and in the life of the Church, takes her as his Mother and teacher in the spiritual life. Legionaries recognize that devotion to Mary consists especially in the imitation of her virtues. On her part, the Blessed Virgin Mary shares with them the love which enables them to offer their lives every day for Christ and to cooperate with him in the salvation of the world.*¹⁷⁴

CONSECRATION OF THE DAY TO THE BLESSED VIRGIN MARY¹⁷⁵

My queen and my mother, I give myself entirely to you and, in proof of my affection, I give you today my eyes, my ears, my tongue, my heart — my whole being without reserve. Since I am your own, keep me and guard me as your property and possession. Amen.

THE MEMORARE¹⁷⁶

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, I fly to you, O Virgin of virgins, my mother. To you I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. Amen.

MARY MOTHER OF GRACE¹⁷⁷

Mary, Mother of grace and Mother of mercy, shield me from the enemy and receive me at the hour of my death.

BLESSED BE YOUR PURITY¹⁷⁸

Blessed be your purity,
may it be blessed for ever,
for no less than God takes delight
in such exalted beauty.
To you, heavenly Princess,
Holy Virgin Mary,
I offer on this day
my whole heart, life and soul.
Look upon me with compassion;
do not leave me, my mother.

¹⁷⁴ CVV 494.

¹⁷⁵ HP p 434.

¹⁷⁶ HP p 429.

¹⁷⁷ MI, Other Concessions, 17 § 2.

¹⁷⁸ HP p 434.

At the cross her station keeping
Stood the mournful Mother weeping
Close to Jesus to the last.

Through her heart, his sorrow sharing,
All his bitter anguish bearing,
Now at length the sword had passed.

Oh, how sad and sore distressed
Was that Mother highly blessed
Of the sole begotten One!

Christ above in torment hangs,
She beneath beholds the pangs
Of her dying, glorious Son.

Is there one who would not weep,
'Whelmed in miseries so deep,
Christ's dear Mother to behold?

Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?

Bruised, derided, cursed, defiled,
She beheld her tender Child,
All with bloody scourges rent.

For the sins of his own nation,
Saw him hang in desolation,
Till his spirit forth he sent.

O sweet Mother! Font of love,
Touch my spirit from above,
Make my heart with yours accord.

Make me feel as you have felt;
Make my soul to glow and melt
With the love of Christ, my Lord.

Holy Mother, pierce me through,
In my heart each wound renew
Of my Savior crucified.

Let me share with you his pain,
Who for all our sins was slain,

¹⁷⁹ L, Solemnity of Our Lady of Sorrows, Sequence.

Who for me in torments died.

Let me mingle tears with you,
Mourning him who mourned for me,
All the days that I may live.

By the cross with you to stay,
There with you to weep and pray,
Is all I ask of you to give.

Virgin of all virgins blest!
Listen to my fond request:
Let me share your grief divine.

Let me to my latest breath,
In my body bear the death
Of that dying Son of yours.

Wounded with his every wound,
Steep my soul till it has swooned
In his very blood away.

Be to me, O Virgin, nigh,
Lest in flames I burn and die,
In his awful judgment day.

Christ, when you shall call me hence,
Be your Mother my defense,
Be your cross my victory.

While my body here decays,
May my soul your goodness praise,
Safe in heaven eternally. Amen.

CONSECRATION TO THE BLESSED VIRGIN MARY¹⁸⁰

Enraptured by the splendor of your heavenly beauty and impelled by the anxieties of the world, we cast ourselves into your arms, O immaculate Mother of Jesus and our Mother, Mary, confident of finding in your most loving Immaculate Heart appeasement of our ardent desires and a safe harbor from the tempests which beset us on every side.

Though degraded by our faults and overwhelmed by countless frailties, we admire and praise the peerless richness of sublime gifts with which God has filled you, above every other mere creature, from the first moment of your conception until the day on which, after your assumption into heaven, he crowned you Queen of the Universe.

¹⁸⁰ Prayer composed by Pope Pius XII for the Marian Year 1953-1954 (AAS 45 [1953], 757). Source for English Translation: *Prayer Book*, by The Reverend John P. O'Connell, M.A., S.T.D. and Jex Martin, M.A., The Catholic Press, Inc., Chicago, Illinois, 1954.

O crystal fountain of faith, bathe our minds with the eternal truths! O fragrant lily of all holiness, captivate our hearts with your heavenly perfume! Conqueress of evil and death, inspire in us a deep horror of sin which makes the soul detestable to God and a slave of hell.

O well beloved of God, hear the ardent cry which rises up from every heart! Bend tenderly over our aching wounds. Convert the wicked, dry the tears of the afflicted and oppressed, comfort the poor and humble, quench hatreds, sweeten harshness, safeguard the flower of purity in youth, protect the holy Church, make all people feel the attraction of Christian goodness.

In your name, resounding harmoniously in heaven, may they recognize that they are brothers and that the nations are members of the one family, upon which may there shine forth the sun of a universal and sincere peace.

Receive, O most sweet Mother, our humble supplication and above all obtain for us that one day, happy with you, we may repeat before your throne that hymn which today is sung on earth around your altars:

YOU ARE ALL-BEAUTIFUL¹⁸¹

Ÿ. You are all-beautiful, O Mary!

Ṛ. And there is in you no stain of original sin.

Ÿ. You are the glory of Jerusalem.

Ṛ. You are the joy of Israel.

Ÿ. You are the honor of our people.

Ṛ. And the advocate of sinners.

Ÿ. O Mary!

Ṛ. O Mary!

Ÿ. Virgin most prudent.

Ṛ. Mother most clement.

Ÿ. Pray for us.

Ṛ. Intercede for us with Christ our Lord.

ANTIPHON AND PRAYER

[Novena of the Assumption](#)

[Novena of the Immaculate Conception](#)

Novena of the Assumption

The novena begins with the [Consecration to the Blessed Virgin Mary](#) and the prayer, [You Are All-Beautiful](#); the following is then said:

¹⁸¹ Ancient prayer based on the Song of Songs 4:7 and Judith 15:9.

ANTIPHON¹⁸²

Ÿ. The holy Mother of God is exalted in glory.

Ṛ. Above the choirs of angels in the Kingdom of heaven.

PRAYER¹⁸³

Ÿ. Let us pray:

Almighty ever-living God, who assumed the Immaculate Virgin Mary, the Mother of your Son, body and soul into heavenly glory, grant, we pray, that, always attentive to the things that are above, we may merit to be sharers of her glory. Through Christ our Lord.

Ṛ. Amen.

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

[Marian Antiphons](#)

Novena of the Immaculate Conception

The novena begins with the [Consecration to the Blessed Virgin Mary](#) and the prayer, [You Are All-Beautiful](#); the following is then said:

ANTIPHON

Ÿ. You were free from sin from the moment of your conception.

Ṛ. Pray for us to the Father whose Son you bore.

PRAYER¹⁸⁴

Ÿ. Let us pray:

O God, who by the Immaculate Conception of the Blessed Virgin prepared a worthy dwelling for your Son, grant, we pray, that, as you preserved her from every stain by virtue of the death of your Son, which you foresaw, so through her intercession, we, too, may be cleansed and admitted to your presence. Through Christ our Lord.

Ṛ. Amen.

[Conscience examen](#)

¹⁸² LH, Solemnity of the Assumption of the Blessed Virgin Mary, Midday Prayer.

¹⁸³ RM, Solemnity of the Assumption of the Blessed Virgin Mary, Mass during the Day, Collect.

¹⁸⁴ RM, Solemnity of the Immaculate Conception of the Blessed Virgin Mary, Collect.

[Night prayers](#)

[Benediction hymns](#)

[Marian Antiphons](#)

To Our Patrons and Protectors

[Saint John, Apostle and Evangelist](#)

[Saint Paul the Apostle](#)

[Saint Joseph, Spouse of the Blessed Virgin Mary](#)

[Saint Michael the Archangel](#)

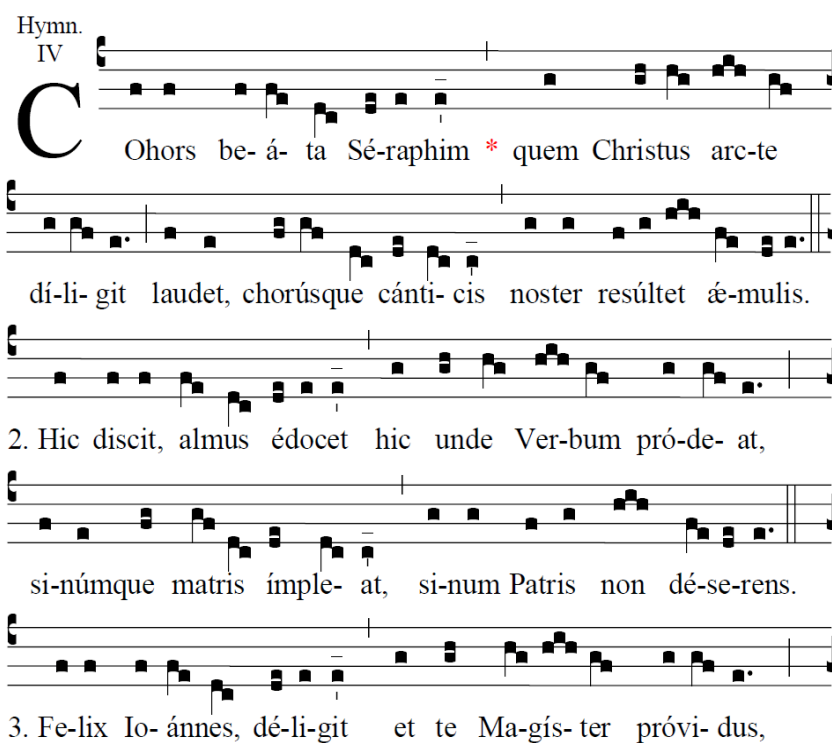
Saint John, Apostle and Evangelist

The images at the front of our chapels are a modest portrayal of Calvary: Christ crucified, with his side pierced by a lance, is for us an image of the Sacred Heart who offers his redeeming love to the world. The image of Our Lady to one side of the crucifix represents Our Lady of Sorrows at the foot of the cross. Like Saint John the Evangelist, Legionaries find their place beside her.¹⁸⁵

COHORS BEATA SERAPHIM¹⁸⁶

This may be used for midday hymn on December 27.

Hymn.
IV



C Ohors be- á- ta Sé-raphim * quem Christus arc-te
dí-li- git laudet, chorúsque cánti- cis noster resúltet æ-mulis.
2. Hic discit, almus édocet hic unde Ver-bum pró-de- at,
si-númque matris ímple- at, si-num Patris non dé-se-rens.
3. Fe-lix Io- ánnes, dé-li-git et te Ma-gís- ter próvi- dus,

¹⁸⁵ CVV 474.

¹⁸⁶ LH, *S. Ioannis, Apostoli et Evangelistæ, Festum, Ad Laudes matutinas, Hymnus.*

ut cla-ra Tha-bor lúmi-na hor-tíque cernas tæ-di-a.

4. Tu, raptus in sub-lími-a arcána cæ-li cónspi-cis,
Agni sed et mys-té-ri-a Eccle-si-æque pér-ci-pis.

5. O digne fi-li Vírgi-ne, succéssor al-ti nómi-nis,
nos adde Matri fí-li-os, nos conde Christi in pécto-re.

6. Verbo sit ingens gló-ri-a, ca-ro quod est et cré-di-tur,
cum Patre et almo Spí-ri-tu in sempi-térna sæcu-la. A-men.

Ÿ. Constitues eos principes super omnem **terram**.

Ŕ. Memores erunt nominis tui, **Domine**.

Ÿ. Orémus. Deus, qui per beátum apóstolum Ioánnem Verbi tui nobis arcána reserásti, † præsta, quæsumus, ut, quod ille nostris áuribus excellénter *infúdit*, * *intellégentiæ* competéntis eruditióné capiámus. Per Christum Dóminum **nostrum**.

Ŕ. Amen.

COHORS BEATA SERAPHIM

May the blessed army of the Seraphim
praise him whom Christ loves intensely,
and may our choir resound
with equal songs.

He learns, he teaches propitiously
whence the Word proceeds
and fills the Mother's womb
without leaving the Father's side.

O happy John, the Master selected you
in view of what was to come,

that you witness the bright lights on Tabor
and the anguish of the garden.

Carried up to the sublime spheres,
you contemplate the secrets of heaven,
but you also perceive the mysteries
of the Lamb and of the Church.

O you who were a worthy son of the Virgin,
inheritor of the lofty name,
add us as children of the Mother,
put us into the Heart of Christ.

Mighty glory be to the Word,
which is believed to be flesh as well,
with the Father and the life-giving Spirit
for everlasting ages. Amen.

℣. You have made them rulers over all the earth.¹⁸⁷

℞. They will always remember your name, O Lord.

℣. Let us pray:¹⁸⁸

O God, who through the blessed Apostle John have unlocked for us the secrets of your Word,
grant, we pray, that we may grasp with proper understanding what he has so marvelously
brought to our ears. Through Christ our Lord.

℞. Amen.

Saint Paul the Apostle

“Caritas Christi urget nos” – “The love of Christ impels us” (2 Corinthians 5:14). This expression of Saint Paul synthesizes and recalls the traits which are most characteristic of a Legionary: Christ as the center of our interior life, charity as the cohesive strength between us as brothers, and the sense of joyful urgency as our style of apostolate.¹⁸⁹

PRESSI MALORUM¹⁹⁰

This may be used for the midday hymn on January 25.

¹⁸⁷ LH, Feast of Saint John, Apostle and Evangelist, Morning Prayer, Responsory; see Psalm 45:17.

¹⁸⁸ RM, Feast of Saint John, Apostle and Evangelist, Collect.

¹⁸⁹ CVV 117.

¹⁹⁰ LH, *In conversione S. Pauli, Apostoli, Festum, Ad Officium lectionis, Hymnus.*

Hymn.
III

P Ressi ma-ló-rum pónde-re * te, Paule, adimus súp-pli-

ces, qui certa largus désu-per dabis sa-lú-tis pí-g-no-ra.

2. Nam tu be- á-to cónci-tus divíni amó-ris ím-pe-tu,

quos inse-cú-tor óde-ras, de-fénsor inde ampléc-te-ris.

3. Amó-ris e-ia, prísti-ni ne sis, precámur, ím-memor,

et nos supérnæ lánguidos in spem redú-cas grá-ti-æ.

4. Te depre-cánte fló-re-at igná-ra damni cá-ri-tas,

quam nulla turbent iúrgi-a nec ul-lus error sáu-ci-et.

5. O gra-ta cæ-lo víctima, te, lux amórque Gén-ti-um,

o Paule, clarum víndi-cem, nos te patró-num pós-ci-mus.

6. Laus Trini-tá-ti, cánti-ca sint sempitérnæ gló-ri-æ,

quæ nos boni certáminis tecum co-ró-net præ-mi-is. A-men.

℣. Tu es vas electiónis, sancte Paule apóstole,

℞. prædicátor veritátis in univérso mundo.

℣. Orémus. Dómine Deus, qui beátum Paulum apóstolum ad prædicándum Evangélium

mirábiliter designásti, † da fide mundum univérsum ímbui, quam ipse coram régibus gentibúsq*ue* portávit, * ut iúgiter Ecclésia tua cápiat augméntum. Per Christum Dóminum nostrum.

℞. Amen.

PRESSI MALORUM

Oppressed by the weight of evils,
we come to you, Paul, as supplicants,
you who generously from on high
will give (us) the sure pledges of salvation.

For you, stirred by the blessed urge
of divine love,
those whom you had hated as persecutor
you have since embraced as defender.

Look, we ask you that you not be forgetful
of that original love,
and lead us, who are weak,
back to the hope of heavenly grace.

Through your intercession
may charity flourish that is free of harm,
which may no strife disturb,
and no error hurt.

O victim, dear to heaven,
O Paul, light and love of the gentiles,
we ask you to be (our) illustrious protector,
(our) patron.

Let there be praise to the Trinity,
songs of eternal glory,
who (we pray will) crown us together with you
with the rewards for the good fight. Amen.

℣. You are a chosen instrument, holy apostle Paul.¹⁹¹

℞. Preacher of truth to the whole world.

℣. Let us pray:¹⁹²

¹⁹¹ LH, Feast of the Conversion of Saint Paul the Apostle, Morning Prayer, Responsory.

¹⁹² RM, Feast of the Conversion of Saint Paul the Apostle, Collect.

O God, who taught the whole world through the preaching of the blessed Apostle Paul, draw us, we pray, nearer to you through the example of him whose conversion we celebrate today and so make us witnesses to your truth in the world. Through Christ our Lord.

℟. Amen.

Saint Joseph, Spouse of the Blessed Virgin Mary

Mary is the Mother of the Church because she gave birth to the Church's Head, the Son of God, and for giving birth a second time, at the foot of the cross, to the Body of Christ. At the first birth, Saint Joseph, a chaste man, was at her side as witness of the first fruits of salvation. At the second, Saint John, the celibate apostle and priest of her Son, was at her side. Mary sees the reflection of these two men in every Legionary and so takes them into her Immaculate heart.¹⁹³

LITANY OF SAINT JOSEPH¹⁹⁴

Lord, have mercy

Lord, have mercy

Christ, have mercy

Christ, have mercy

Holy Trinity, One God

Have mercy on us

Holy Mary

Pray for us

Saint Joseph

Noble son of the House of David

Light of patriarchs

Husband of the Mother of God

Guardian of the Virgin

Foster father of the Son of God

Head of the holy family

Joseph, chaste and just

Joseph, prudent and brave

Joseph, obedient and loyal

Pattern of patience

Lover of poverty

Model of workers

Example to parents

¹⁹³ CVV 399.

¹⁹⁴ Approved for public use by Pius X on March 18, 1909 (*ASS* [1909], 290-292). HP pp 499-500.

Guardian of virgins
Pillar of family life
Comfort of the troubled
Hope of the sick
Patron of the dying
Terror of evil spirits
Protector of the Church

Lamb of God, you take away the sins of the world
Have mercy on us

Lamb of God, you take away the sins of the world
Have mercy on us

Lamb of God, you take away the sins of the world
Have mercy on us

℣. God made him the master of his household.¹⁹⁵

℞. He gave him charge over all his possessions.

℣. Let us pray:¹⁹⁶

O God, who in your inexpressible providence were pleased to choose Saint Joseph as spouse of the most holy Mother of your Son, grant, we pray, that we, who revere him as our protector on earth, may be worthy of his heavenly intercession. Through Christ our Lord.

℞. Amen.

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

[Marian Antiphons](#)

Saint Michael the Archangel

Saint Paul himself affirms that “our struggle is not with flesh and blood but with the principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens” (Ephesians 6:12) that loathe mankind and draw us into evil, sowing hate and tears in the world. Jesus came into the world “that through death he might destroy the one who has the power of death, that is, the devil” (Hebrews 2:14). Legionaries share this same mission: to invite people to accept the Kingdom

¹⁹⁵ LH, Solemnity of Saint Joseph, Spouse of the Blessed Virgin Mary, Morning Prayer, Responsory; see Genesis 39:4.

¹⁹⁶ RM, Votive Mass 13, Saint Joseph, Collect.

*of Christ into their lives and destroy the works of the evil one. That is why we put ourselves under the protection of Saint Michael the Archangel.*¹⁹⁷

PRAYER TO SAINT MICHAEL THE ARCHANGEL¹⁹⁸

Saint Michael the Archangel, defend us in battle; be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray. And do thou, O prince of the heavenly host, by the power of God thrust into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

TIBI CHRISTE SPLENDOR PATRIS¹⁹⁹

This may be used for midday hymn on September 29.

Hymn.
II

T I-bi, Christe, splendor Patris, * vi-ta, virtus córdi-um,
in conspéctu ange-ló-rum vo-tis, vo-ce psál-limus;
al-ternántes concre-pándo me-los da-mus vó-ci-bus.
2. Col-laudámus venerántes íncli-tos archánge-los, sed præ-
cí-pu-e pri-má-tem cæ-léstis exérci-tus, Micha-é-lem
in vir-tú-te conte-rén-tem Sá-ta-nam. 3. Quo custó-de
procul pel-le, rex Christe pi-íssime, omne ne-fas i-
ni-mí-ci; mundos corde et córpo-re pa-ra-dí-so redde

¹⁹⁷ CVV 109.

¹⁹⁸ Prayer recited after Mass as indicated by Leo XIII before the reform the liturgy; HP p 259.

¹⁹⁹ LH, SS. Michaelis, Gabrielis et Raphaelis, Archangelorum, Festum, Ad Laudes matutinas, Hymnus.

tu-o nos so-la cle-ménti-a. 4. Gló-ri-am Pa-tri me-lódis
 personémus vóci-bus, gló-ri-am Christo ca-námus, gló-ri-
 am Pa-rácli-to, qui De-us tri-nus et u-nus ex-stat
 an-te sǎe-cu-la. A-men.

Ÿ. Angelis suis Deus mandávit **de** te,
 R̄. ut custódiant te in ómnibus viis **tuis**.

Ÿ. Orémus. Deus, qui miro órdine angelórum ministéria hominúmque dispénsas, † concede propítius, * ut, a quibus tibi ministrántibus in cælo semper assístitur, ab his in terra vita nostra muniátur. Per Christum Dóminum **nostrum**.

R̄. Amen.

TIBI CHRISTE SPLENDOR PATRIS

To you, Christ, splendor of the Father,
 life and strength of hearts,
 in the presence of the angels
 we sing psalms with prayers and with the voice;
 alternating as we sing,
 we give voice to a song.

Venerating, we extol
 the glorious archangels,
 but above all the leader
 of the heavenly army,
 Michael, who with power
 is crushing Satan.

With him as protector,
 Christ, our most loyal King,
 drive far away every sin of the enemy;
 pure in heart and body,
 return us to your paradise
 by your clemency alone.

Let us sound with melodious voices
the glory to the Father,
let us sing glory to Christ,
glory to the Paraclete,
who, God three and one,
lives before the ages. Amen.

Ÿ. God gave his angels charge over you,²⁰⁰
Ṛ. to protect you in all your ways.

Ÿ. Let us pray:²⁰¹

O God, who dispose in marvelous order ministries both angelic and human, graciously grant that our life on earth may be defended by those who watch over us as they minister perpetually to you in heaven. Through Christ our Lord.

Ṛ. Amen.

For Various Needs and Occasions

[Prayers for the Pope](#)

[For Our Directors and Superiors](#)

[For Vocations](#)

[For Benefactors](#)

[For the Unity of Christians](#)

[For the Dead](#)

[For the Forgiveness of Sins](#)

[For Giving Thanks to God](#)

Prayers for the Pope

CHRIST JESUS, KING AND LORD OF THE CHURCH

Christ Jesus, King and Lord of the Church, in your presence I renew my unconditional loyalty to the Pope, the visible source and foundation of unity in the Church. I firmly believe that through him you govern, teach and sanctify us. Watch over his life, enlighten his mind, strengthen his spirit. Grant us that, around him, your Church will remain united, firm in her belief and action, and so be the faithful instrument of your redemption. Amen.

²⁰⁰ LH, Feast of Saints Michael, Gabriel and Raphael, Archangels, Mid-afternoon Prayer; see Psalm 91:11.

²⁰¹ RM, Feast of Saints Michael, Gabriel and Raphael, Archangels, Collect.

O GOD, SHEPHERD AND RULER²⁰²

O God, shepherd and ruler of all the faithful, look favorably on your servant **N.**, whom you have set at the head of your Church as her shepherd; grant, we pray, that by word and example he may be of service to those over whom he presides so that, together with the flock entrusted to his care, he may come to everlasting life. Through Christ our Lord. Amen.

For Our Directors and Superiors

PRAYER FOR OUR DIRECTORS

Lord Jesus, King of the Legion and Regnum Christi, instill in the hearts of our directors all the distinctive virtues of your divine Heart, especially prudence, fortitude and charity. Fill them with your light, so they direct and govern us in the most beneficial way for the salvation of souls and the triumph of your Kingdom. Amen.

PRAYER FOR OUR SUPERIORS

Father, we pray for our superiors that they be prudent, well-balanced men who love Christ, the Church and our Legionary spirit, full of faith, humility and a deep interior life. Pour out your Holy Spirit upon them so they govern and accompany their communities with the very love of Christ. Amen.

For Vocations

PRAYER FOR VOCATIONS²⁰³

Lord Jesus, eternal Shepherd, in your kindness look with mercy on your beloved flock. We cry out to you as orphans: Lord, grant us vocations! Call many of our young people to be holy priests and consecrated men and women. We ask you this through the intercession of Mary, your tender, holy Mother. Lord Jesus, grant us priests and consecrated persons after your own heart!

ANOTHER PRAYER FOR VOCATIONS²⁰⁴

Lord Jesus, grant us holy priests. Give us men who see the world the way you see it: a wheat field ripe for hardworking laborers, a society in urgent need of the light of the Gospel and of the fire of your Sacred Heart, a flock yearning for shepherds after your own Heart. Send us priests who live close to you in the Eucharist, willing to give you their all, to suffer and work, to consecrate their lives and energies to forming the apostles who can build up your Kingdom in hearts, in families and in the world. Amen.

²⁰² RM, Masses and Prayers for Various Needs and Occasions 2, For the Pope, Collect (first option).

²⁰³ Prayer attributed to Archbishop Luis María Martínez y Rodríguez of Mexico (1881-1956).

²⁰⁴ TN: Legionary prayer approved 2017 for vocation promotion in the North American Territory.

For Benefactors

PRAYER FOR OUR BENEFACTORS²⁰⁵

Lord Jesus, you said that whoever gives so much as a cup of cold water to one of your disciples would surely not lose their reward. Hear the prayers we offer you for our benefactors: Help them in their spiritual and temporal needs, and grant them at the end of their life everlasting happiness. Amen.

For the Unity of Christians

PRAYER FOR CHRISTIAN UNITY²⁰⁶

Almighty and merciful God, who wished to gather the scattered nations into one people through your Son, grant that those who glory in the name of Christian put aside division and become one in truth and charity, and that all people be illumined by the true faith and brought together into the fraternal communion of one Church. Through Christ our Lord. Amen.

For the Dead

*Legionaries should honor the memory of their deceased brothers and offer prayers and suffrages for them, especially the Sacrifice of the Eucharist, that those who have shared death with Christ may live eternally with him.*²⁰⁷

SOULS OF THE FAITHFUL DEPARTED²⁰⁸

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

ETERNAL REST²⁰⁹

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

May they rest in peace. Amen.

For the Forgiveness of Sins

[Acts of Contrition for Confession](#)

[Act of Contrition](#)

[Night Prayers](#)

²⁰⁵ See SP p 78.

²⁰⁶ MI, Other Concessions, 11.

²⁰⁷ CLC 119 1°.

²⁰⁸ HP p 502.

²⁰⁹ MI, Other Concessions, 29 § 2.

The following are suggested acts of contrition.

ACTS OF CONTRITION FOR CONFESSION²¹⁰

1. Remember, Lord, your compassion and mercy which you showed long ago. Do not recall the sins and failings of my youth. In your mercy remember me, Lord because of your goodness.

Psalm 25:6-7²¹¹

2. Wash me from my guilt and cleanse me of my sin. I acknowledge my offense; my sin is before me always.

Psalm 51:4-5²¹²

3. Father, I have sinned against you and am not worthy to be called your son. Be merciful to me, a sinner.

Luke 15:18; 18:13²¹³

4. Father of mercy, like the prodigal son I return to you and say: "I have sinned against you and am no longer worthy to be called your son."

See Luke 15:21

Christ Jesus, Savior of the world, I pray with the repentant thief to whom you promised paradise: Lord, remember me in your Kingdom.

See Luke 23:42

Holy Spirit, fountain of love, I call on you with trust: Purify my heart and help me to walk as a child of the light.

See Ephesians 5:9²¹⁴

5. Lord God, in your goodness have mercy on me: Do not look on my sins, but take away all my guilt. Create in me a clean heart and renew within me an upright spirit.

Psalm 51:3; 11-12²¹⁵

6. Lord Jesus, Son of God, have mercy on me, a sinner.

See Luke 18:13; Luke 5:8²¹⁶

²¹⁰ RP, Chapter IV, I.

²¹¹ RP 85.

²¹² RP 86.

²¹³ RP 87.

²¹⁴ RP 88.

²¹⁵ RP 92.

²¹⁶ RP 92.

Night Prayers

ACT OF CONTRITION²¹⁷

Father, with all my heart I regret offending you. I am sorry for insulting your infinite kindness with my ungrateful behavior. Forgive me, Lord; take pity on me. By the power of your mercy, overcome my sinfulness in what I have thought and said, done and left undone. Grant me the grace to sincerely mend my ways. I firmly intend never to offend you again. Father, strengthen my weak will. With your grace, help me to love and serve you, and become more fully the image of your Son Jesus Christ. Amen.

Night Prayers

For Giving Thanks to God

TE DEUM²¹⁸

III

T E De-um laudá-mus: * te Dómi-num confi-té-mur.

Te ætérnum Patrem, omnis terra ve-ne-rá-tur. Ti-bi omnes

ánge-li, ti-bi cæ-li et u-ni-vérsæ po-testá-tes: ti-bi

ché-ru-bim et sé-raphim incessá-bi-li vo-ce proclá-mant:

Sanctus, Sanctus, Sanc-tus Dómi-nus De-us Sá-ba-oth.

Ple-ni sunt cæ-li et terra ma-iestá-tis gló-ri-æ tu-æ.

Te glo-ri-ó-sus Aposto-ló-rum cho-rus, te prophe-tá-rum

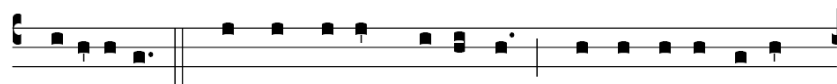


²¹⁷ See SP pp 112-113.

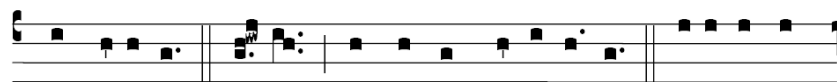
²¹⁸ GR 841-844; LH, Ordinary, Office of Readings, *Te Deum*.



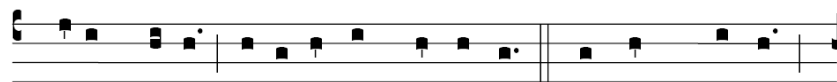
laudá-bi-lis núme-rus, te márti-rum candi-dá-tus laudat



exérci-tus. Te per orbem terrá-rum sancta confi-té-tur



Ecclé-si-a, Pa-trem imménsæ ma-iestá-tis; vene-rándum



tu-um ve-rum et ú-ni-cum Fí-li-um; Sanctum quoque



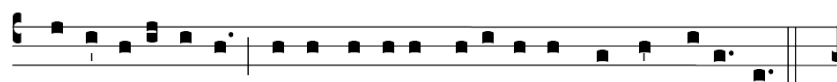
Parácli-tum Spí-ri-tum. Tu rex gló-ri-æ, Chris-te. Tu Patris



sempi-térnus es Fí-li-us. Tu, ad li-be-rándum susceptú-rus



hómi-nem, non horru-ísti Vírgi-nis ú-te-rum. Tu, de-vícto



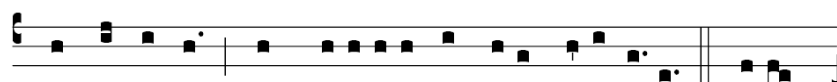
mortis acú-le-o, a-pe-ru-ísti credé-nti-bus regna cæló-rum.



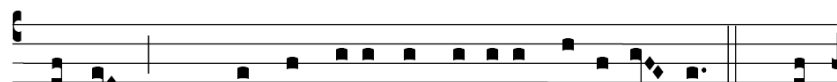
Tu ad déxte-ram De-i se-des in gló-ri-a Pa-tris. Iudex



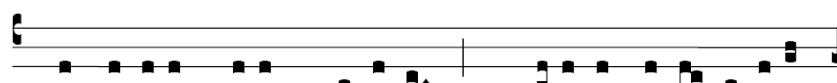
créde-ris esse ventú-rus. Te ergo quæsumus, tu-is fámu-



lis súbve-ni, quos pre-ti-óso sánguine redemís-ti. Ætér-



na fac cum sanctis tu-is in gló-ri-a nume-rá-ri. Salvum



fac pópu-lum tu-um, Dómi-ne, et béne-dic he-re-di-tá-ti

tu- æ. Et re-ge e-os, et extól-le il-los usque in
 ætér- num. Per síngu-los di-es be-ne-dí-cimus te; et lau-
 dámus nomen tu-um in sǽcu-lum, et in sǽcu-lum sǽcu-li.
 Digná-re, Dómi-ne, di-e isto si-ne peccá-to nos custo-
 dí-re. Mi-se-ré-re nostri, Dó-mi-ne, mi-se-ré-re nostri.
 Fi-at mi-se-ri-córdi-a tu-a, Dómi-ne, super nos, quemádmó-
 dum spe-rávimus in te. In te, Dó-mine, spe-rá-vi: non
 confúndar in æ-tér- num.

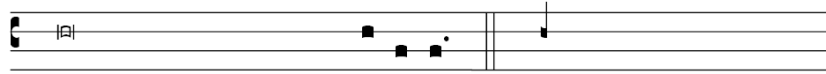
V.
Benedicámus Patrem et Fílium cum Sancto Spí-ri-tu.

R. Laudémus et superexaltémus eum in sǽcu-la.

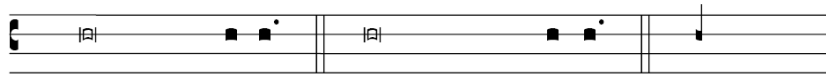
V. Benedictus es, Dómine, in firmaménto cǽ-li.

R. Et laudábilis, et gloriósus, et superexaltátus in sǽcu-la.

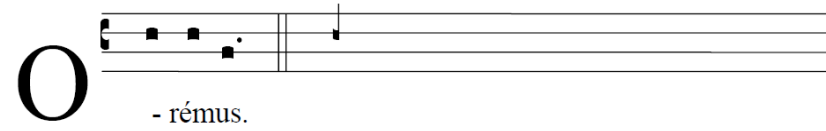
V. Dómine, exáudi oratióem **me-** am.



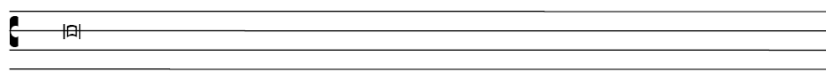
R. Et clamor meus ad te **vé-ni-** at.



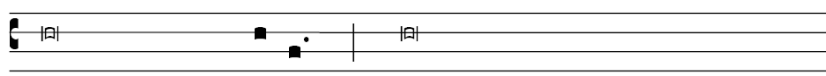
V. Dóminus vobíscum. **R.** Et cum spírítu tu- o.



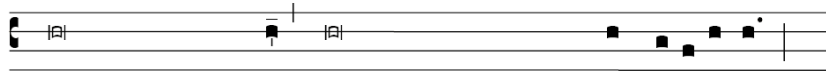
O - rémus.



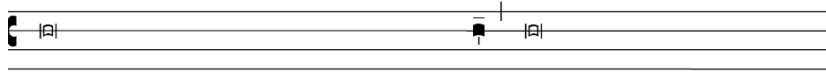
Deus, cuius misericórdiæ non est númerus, et bonitátis



infínítus est thesáurus: † piíssimæ maiestáti tuæ pro collátis



donis grátias ágimus, tuam semper cleméti-am *exorántes*; *



ut qui peténtibus postuláta concédís, eósdem non déserens, ad



præmia futúra dispónas.



Per Christum Dóminum **nostrum**. **R.** Amen.

MAGNIFICAT

LUKE 1:46-55



1. Magní- fí-cat * ánima *me-a* Dóminum,



2. et exsultávit spírítus me- us * in Deo salva-tó-re me- o,

3. quia respéxit humilitátem ancíllæ suæ. *

Ecce enim ex hoc beátam me dicent omnes generatiónes,

4. quia fecit mihi magna, qui potens est, *

et sanctum nomen eius,

-
5. et misericórdia eius in progénies et progénies *
timéntibus eum.
6. Fecit poténtiam in bráchio suo, *
dispérsit supérbos mente cordis sui;
7. depósuit poténtes de sede *
et exaltávit húmiles,
8. esuriéntes implévit bonis *
et dívites dimísit inánes.
9. Suscépit Israel púerum suum, *
recordátus misericórdiæ,
10. sicut locútus est ad patres nostros, *
Abraham et sémini eius in sǎcula.
11. Glória Patri, et Fílio, *
et Spirítui Sancto.
12. Sicut erat in princípío, et nunc et semper, *
et in sǎcula sǎculórum. Amen.

MAGNIFICAT

LUKE 1:46-55

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior,
for he has looked with favor on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.
He has mercy on those who fear him
in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever.

Glory be to the Father, and to the Son, and to the Holy Spirit.
As it was in the beginning, is now, and ever shall be, world without end. Amen.

Appendix I

Preces

Preces Communes

Salutatio Beatæ Mariæ Virgini

Angelus Domini

Regina Cæli

Angele Dei

Preces ad Exitum Domo

Preces ad Opus Incipiendum

Preces ante Sanctam Eucharistiam

Preces Beatæ Mariæ Virgini

Stabat Mater

Magnificat

Preces Communes

SIGNUM CRUCIS

[\(English\)](#)

Ÿ. In nómine Patris, et Fílii, et Spíritus Sancti.

Ŕ. Amen.

PATER NOSTER

[\(English\)](#)

Pater noster, qui es in cælis:

sancificétur nomen tuum;

advéniat regnum tuum;

fiat volúntas tua

sicut in cælo, et in terra.

Panem nostrum cotidiánum da nobis hódie;

et dimítte nobis débita nostra,

sicut et nos dimíttimus debitóribus nostris;

et ne nos indúcas in tentatiónem;

sed líbera nos a malo. Amen.

AVE, MARIA

[\(English\)](#)

Ave, María, grátia plena, Dóminus tecum;
benedícta tu in muliéribus,
et benedíctus fructus ventris tui, Iesus.
Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis nostræ. Amen.

GLORIA

[\(English\)](#)

Glória Patri, et Fílio, et Spirítui Sancto.
Sicut erat in princípío et nunc et semper,
et in sæcula sæculórum. Amen.

AGIMUS TIBI GRATIAS

[\(English\)](#)

Ágimus tibi grátias, omnípotens Deus,
pro univérsis beneficiis tuis,
qui vivis et regnas in sæcula sæculórum. Amen.

CONCLUSIO

[\(English\)](#)

Ÿ. Christe, Rex noster!

Ŕ. Advéniat regnum tuum!

Ÿ. Virgo prudentíssima, María Mater Ecclésiæ

vel: Mater dolorósa;

vel: Regína Apostolórum,

Ŕ. ora pro nobis.

Salutatio Beatæ Mariæ Virgini

[Angelus Domini](#)

[Regina Cæli](#)

ANGELUS DOMINI

[\(English\)](#)

Ÿ. Ángelus Dómini nuntiávit Mariæ.

Ŕ. Et concépit de Spíritu Sancto.

Ÿ. Ave, María, grátia plena, Dóminus tecum; benedícta tu in muliéribus, et benedíctus fructus ventris tui, Iesus.

Ŕ. Sancta María, Mater Dei, ora pro nobis peccatóribus, nunc et in hora mortis nostræ. Amen.

Ÿ. Ecce ancílla Dómini.

Ŕ. Fiat mihi secúndum verbum tuum.

Ÿ. Ave, María...

Ÿ. Et Verbum caro factum est

Ŕ. Et habitávit in nobis.

Ÿ. Ave, María...

Ÿ. Ora pro nobis, sancta Dei Génetrix.

Ŕ. Ut digni efficiámur promissionibus Christi.

Ÿ. Orémus. Grátiam tuam, quæsumus, Dómine, méntibus nostris infúnde: ut qui, Ángelo nuntiánte, Christi Fílii tui Incarnatióem cognóvimus; per Passiónem eius et Crucem, ad Resurrectiόνis glóriam perducámur. Per Christum Dóminum nostrum.

Ŕ. Amen.

GLORIA

Glória Patri, et Fílio, et Spirítui Sancto.
Sicut erat in princípio et nunc et semper,
et in sæcula sæculórum. Amen.

ANGELE DEI

Ángele Dei, qui custos es mei, me, tibi commíssum pietáte supérna, hodie illúmina, custódi, rege et gubérna. Amen.

REGINA CÆLI

[\(English\)](#)

Ÿ. Regína cæli lætáre, allelúia.

Ŕ. Quia quem meruísti portáre, allelúia.

Ÿ. Resurréxit, sicut dixit, allelúia.

Ŕ. Ora pro nobis Deum, allelúia.

Ÿ. Gaude et lætáre, Virgo María, allelúia.

Ŕ. Quia surréxit Dóminus vere, allelúia.

Ÿ. Oremus. Deus, qui per resurrectióem Fílii tui Dómini nostri Iesu Christi mundum lætificáre dignátus es, præsta, quæsumus, ut per eius Genetrícem Vírginem Mariám perpétuæ capiámus gáudia vitæ. Per Christum Dóminum nostrum.

Ŕ. Amen.

GLORIA

Glória Patri, et Fílio, et Spirítui Sancto.
Sicut erat in princípio et nunc et semper,
et in sæcula sæculórum. Amen.

ANGELE DEI

Ángele Dei, qui custos es mei, me, tibi commíssum pietáte supérna, hodie illúmina, custódi, rege et gubérna. Amen.

Preces ad Exitum Domo

([English](#))

Dómine, adáuge fidem meam. (See Luke 17:5)

Sub tuum præsídium confúgimus, sancta Dei Génatrix. Nostras deprecationes ne despicias in necessitatibus, sed a periculis cunctis líbera nos semper, Virgo gloriósa et benedícta.

Divínium auxílium máneat semper nobíscum. Amen.

Nos, cum prole pia, benedícat Virgo María.

Ángele Dei, qui custos es mei, me tibi commíssum pietáte supérna, hodie illúmina, custódi, rege et gubérna. Amen.

Preces ad Opus Incipiendum

([English](#))

Ÿ. Veni, Sancte Spíritus,

Ŕ. reple tuórum corda fidélium: et tui amóris in eis ignem accénde.

Ÿ. Emitte Spíritum tuum, et creabúntur.

Ŕ. Et renovábis faciem terræ.

Ÿ. Orémus. Deus, qui corda fidélium Sancti Spíritus illustratióne docuísti, da nobis in eódem Spíritu recta sápere; et de eius semper consolatióne gaudére. Per Christum Dóminum nostrum.

Ŕ. Amen.

Preces ante Sanctam Eucharistiam

([English](#))

Ÿ. O sacrum convívium,

Ŕ. in quo Christus súmitur, recólitur memória passiónis eius, mens implétur grátia, et futúrae glóriæ nobis pignus datur.

Ÿ. Panem de cælo præstitísti eis,

Ŕ. omne delectaméntum in se habéntem.

Ÿ. Orémus: Deus, qui nobis sub Sacraménto mirábili passiónis tuæ memóriam reliquisti, tríbue, quæsumus, ita nos córporis et sánguinis tui sacra mystéria venerári, ut redemptiόνis tuæ fructum in nobis iúgiter sentiámus. Qui vivis et regnas in sácula sæculórum.

Ŕ. Amen.

Preces Beatæ Mariæ Virgini

[Stabat Mater](#)

[Magnificat](#)

STABAT MATER

[\(English\)](#)

Stabat mater dolorósa
iuxta crucem lacrimósa,
dum pendébat fílius.

Cuius ánimam geméntem,
contristátam et doléntem
pertransívit gládus.

O quam tristis et afflícta
fuit illa benedícta
mater unigéniti!

Quæ mærébat et dolébat
pia mater, dum vidébat
nati pœnas íncliti.

Quis est homo qui non fleret,
matrem Christi si vidéret
in tanto supplício?

Quis non posset contristári
píam matrem contemplári
doléntem cum fílio?

Pro peccátis suæ gentis
vidit Iesum in torméntis,
et flagéllis súbditum.

Vidit suum dulcem natum
moriéntem desolátum,
cum emísit spíritum.

Éia, mater, fons amóris
me sentíre vim dolóris
fac, ut tecum lúgeam.

Fac, ut árdeat cor meum
in amándo Christum Deum
ut sibi compláceam.

Sancta mater, istud agas,
crucifíxi fige plagas
cordi meo válide.

Tui nati vulneráti,
tam dignáti pro me pati,
pœnas mecum dívide.

Fac me vere tecum flere,
crucifíxo condolére,
donec ego víxero.

Iuxta crucem tecum stare,
ac me tibi sociáre
in planctu desídero.

Virgo vírginum præclara,
mihi iam non sis amára,
fac me tecum plángere.

Fac ut portem Christi mortem
passiónis fac me sórtem,
et plagas recólere.

Fac me plagis vulnerári,
cruce hac inebriári,
et cruóre fílii.

Flammis urar ne succénsus,
per te, Virgo, sim defénsus
in die iudícii.

Fac me cruce custodíri
morte Christi præmuníri
confovéri grátia.

Quando corpus moriétur,
fac ut ánimæ donétur
paradísi glória. Amen.

MAGNIFICAT

[\(English\)](#)

Magníficat ánima mea Dóminum
Et exsultávit spíritus meus in Deo salvatóre meo
quia respéxit humilitátem ancíllæ suæ.

Ecce enim ex hoc beátam me dicent omnes generatiónes,
quia fecit mihi magna, qui potens est, et sanctum nomen eius,
et misericórdia eius in progénies et progénies tíméntibus eum.
Fecit poténtiam in bráchio suo,
dispérsit supérbos mente cordis sui;
depósuit poténtes de sede et exaltávit húmiles,
esuriéntes implévit bonis et dívites dimísit inánes.
Suscépit Israel púerum suum, recordátus misericórdiæ,
sicut locútus est ad patres nostros,
Abraham et sémini eius in sǎcula.
Glória Patri, et Fílio, et Spirítui Sancto.
Sicut erat in princípío, et nunc et semper,
et in sǎcula sǎculórum. Amen.

Appendix II

Eucharistic Adoration

Prayers for Daily Use in Eucharistic Benediction

During Night Prayers, Compline is ordinarily prayed before Benediction. When Benediction is held at another moment of the day, other prayers may be used, such as the following:

[Sunday](#)

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Prayers for Eucharistic Hour](#)

[Friday](#)

[Saturday](#)

Sunday

LITANY OF HUMILITY

Jesus, meek and humble of heart.

Hear me.

FROM THE DESIRE OF BEING

Honored

Lord Jesus, free me.

approved
praised
preferred
consulted
recognized

FROM THE FEAR OF BEING

humiliated
despised
rebuked
defamed
forgotten
ridiculed
wronged
suspected

From resenting that my opinion is not followed

THAT OTHERS

be esteemed

Lord Jesus, make this my desire.

increase in the opinion of the world
be called to hold office
be praised
be preferred to me

CONCLUDING PRAYER

℣. Let us pray:

Lord Jesus, though you were God, you humbled yourself to the point of death on the cross to set an enduring example to the shame of our pride and self-love. Help us to learn from your example and put it into practice, so that, by humbling ourselves in accordance with our lowliness here on earth, you can lift us up to enjoy you for all eternity in heaven, where you live and reign for ever and ever.

℟. Amen.

[Benediction hymns](#)

[Marian Antiphons](#)

Monday

Lord, we believe in you.

Lord, we believe in you.

Lord, we hope in you.

Lord, we hope in you.

Lord, we love you.

Lord, we love you.

Lord, we adore you.

Lord, we adore you.

Lord, we thank you.

Lord, we thank you.

Lord Jesus, we believe that you are the Son of the living God.

Lord Jesus, we believe that you are the Son of the living God.

Lord Jesus, we believe that you are the Savior of all people.

Lord Jesus, we believe that you are the Savior of all people.

Lord Jesus, make us holy.

Lord Jesus, make us holy.

Mary, pray for the Regnum Christi members.

Mary, pray for the Regnum Christi members.

INVOCATIONS OF CHRIST²¹⁹

Christ, Son of the living God

Have mercy on us.

You came into this world

You suffered for us on the cross

You died to save us

You lay in the tomb

You rose from the dead

You ascended into heaven

You sent the Holy Spirit upon your apostles

You are seated at the right hand of the Father

You will come again to judge the living and the dead

[Benediction hymns](#)

[Marian Antiphons](#)

²¹⁹ CR, *Litania sanctorum* p 36.

Tuesday

PETITIONS TO JESUS CHRIST²²⁰

Lord Jesus Christ

hear my prayer.

With the Kingdom of your Heart

reign in my heart.

With the humility of your Heart

shape my heart.

With the joy of your Heart

expand my heart.

With the love of your Heart

in flame my heart.

With the light of your Heart

dispel the darkness of my heart.

With the knowledge of your Heart

make my heart wise.

With the silence of your Heart

speak to my heart.

With the will of your Heart

govern my heart.

With the patience of your Heart

support my heart.

With the zeal of your Heart

set my heart on fire.

With the obedience of your Heart

make my heart submit.

With the constancy of your Heart

keep my heart faithful.

With the fortitude of your Heart

sustain my vocation.

[Benediction hymns](#)

[Marian Antiphons](#)

²²⁰ Based on a litany to the Sacred Heart, probably from the nineteenth century.

Wednesday

LITANY OF OUR LORD JESUS CHRIST²²¹

Jesus, beloved Son of the Father, divine Wisdom, Splendor of his glory

Have mercy on us.

Jesus, son of Adam, descendent of Abraham, shoot of David

Jesus, fulfillment of prophecy, fullness of the Law, destiny of humanity

Jesus, gift of the Father, conceived by the Holy Spirit, son of the Virgin Mary

Jesus, born for our salvation, revealed to the shepherds, manifested to the Magi

Jesus, light for the Gentiles, glory of Israel, hope of the nations

Jesus, baptized in the Jordan, consecrated by the Spirit, sent by the Father

Jesus, tempted in the desert, praying on the mountain, glorified on Tabor

Jesus, teacher of truth, word of life, way to the Father

Jesus, healing for the sick, consolation for the afflicted, pardon for sinners

Jesus, way and gate to salvation, shepherd and lamb, resurrection and life

Jesus, condemned to death, crowned with thorns, covered with wounds

Jesus, nailed to the wood of the cross, buried in the earth, rising from the dead

Jesus, descended into hell, ascended into heaven, sender of the Holy Spirit

Jesus, awaited by the Bride, reward for the just, fullness of the Kingdom

[Benediction hymns](#)

[Marian Antiphons](#)

Friday

PRAYER TO OUR LORD JESUS CHRIST CRUCIFIED²²²

Behold, O good and loving Jesus, that I cast myself on my knees before you and, with the greatest fervor of spirit, I pray and beseech you to instill into my heart ardent sentiments of faith, hope and charity, with true repentance for my sins and a most firm purpose of amendment. With deep affection and sorrow I ponder intimately and contemplate in my mind your five wounds, having before my eyes what the prophet David had already put in

²²¹ CE pp 351-352.

²²² RM, Appendices, Thanksgiving after Mass.

your mouth about yourself, O good Jesus: They have pierced my hands and my feet; they have numbered all my bones (Psalm 22:17-18).

℣. Sacred Heart of Jesus,

℟. I trust in you.

CONCLUDING PRAYER²²³

℣. Let us pray:

Lord our God, may we always give due honor to the sacramental presence of the Lamb who was slain for us. May our faith be rewarded by the vision of the glory of Christ, who lives and reigns for ever and ever.

℟. Amen.

Saturday

ACCLAMATIONS OF CHRIST²²⁴

Body of Christ, incarnate of Mary
to you be praise and glory forever.

Body of Christ, sacrificed on the cross
Body of Christ, risen from the tomb
Blood of Christ, price of our redemption
Blood of Christ, seal of the new covenant
Blood of Christ, drink of eternal life
Heart of Christ, pierced by a lance
Heart of Christ, rich in mercy
Heart of Christ, wellspring of love

Living bread come down from heaven
grant us your salvation.

Living Word of the Father
Fount of the Holy Spirit
Bridegroom of the Church
Redeemer of the world
Friend of the poor and the lowly
When you come on the last day

[Benediction hymns](#)

[Marian Antiphons](#)

²²³ HCWE p 194.

²²⁴ Pilgrim Prayers, Central Committee for the Great Jubilee of the Year 2000, Mondadori, Milan 1999.

Prayers for Eucharistic Hour

These litanies may be prayed during the Eucharistic Hour. This selection is not exclusive; if appropriate, other prayers can be used.

[Litany of the Sacred Heart of Jesus](#)

[Litany of the Saints](#)

[Invocations of the Lord Jesus](#)

[Litany of Our Lord Jesus Christ, Priest and Victim](#)

[Litany of the Blessed Sacrament](#)

Litany of the Sacred Heart of Jesus²²⁵

This litany is normally prayed during the Thursday Eucharistic Hour before the First Friday of the month and before the Solemnity of the Sacred Heart.

I Petitions to God

Option A

Lord, have mercy

Lord, have mercy

Christ, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

Option B

Christ, hear us

Christ, hear us

Christ, graciously hear us

Christ, graciously hear us

God our Father in heaven

Have mercy on us

God the Son, Redeemer of the world

Have mercy on us

²²⁵ ASS 31 (1898-99) 191-192; ET (English translation) taken from CE pp 344-45.

God the Holy Spirit

Have mercy on us

Holy Trinity, one God

Have mercy on us

II

Invocations of the Sacred Heart

Heart of Jesus, Son of the eternal Father

Have mercy on us

Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mother

Heart of Jesus, one with the eternal Word

Heart of Jesus, infinite in majesty

Heart of Jesus, holy temple of God

Heart of Jesus, tabernacle of the Most High

Heart of Jesus, house of God and gate of heaven

Heart of Jesus, aflame with love for us

Heart of Jesus, source of justice and love

Heart of Jesus, full of goodness and love

Heart of Jesus, wellspring of all virtue

Heart of Jesus, worthy of all praise

Heart of Jesus, King and center of all hearts

Heart of Jesus, treasure-house of wisdom and knowledge

Heart of Jesus, in whom dwells the fullness of God

Heart of Jesus, in whom the Father is well pleased

Heart of Jesus, from whose fullness we have all received

Heart of Jesus, desire of the eternal hills

Heart of Jesus, patient and full of mercy

Heart of Jesus, generous to all who turn to you

Heart of Jesus, fountain of life and holiness

Heart of Jesus, atonement for our sins

Heart of Jesus, overwhelmed with insults

Heart of Jesus, broken for our sins

Heart of Jesus, obedient even to death

Heart of Jesus, pierced by a lance
Heart of Jesus, source of all consolation
Heart of Jesus, our life and resurrection
Heart of Jesus, our peace and reconciliation
Heart of Jesus, victim of our sins
Heart of Jesus, salvation of all who trust in you
Heart of Jesus, hope of all who die in you
Heart of Jesus, delight of all the saints

III
Prayers for Various Needs

The following intercessions may be used when the Litany of the Sacred Heart is prayed during the Eucharistic Hour.

Be merciful to us sinners
Lord, hear our prayer

Grant your Church to remain united in faith, loyal to your Gospel and to her own living tradition

Strengthen our bishops, priests and deacons to be faithful stewards of your mysteries

Instill in the lay faithful the strength to live out their baptismal commitment to the full

Send laborers to your Church's harvest

Enlighten and lead to conversion those who persecute your Church

Gather into one Church all who believe in your name

Welcome our deceased relatives, friends and benefactors into your heavenly Kingdom

IV
Conclusion

Lamb of God, you take away the sins of the world
Have mercy on us

Lamb of God, you take away the sins of the world
Have mercy on us

Lamb of God, you take away the sins of the world
Have mercy on us

✠. Jesus, gentle and humble of heart,

℞. Touch our hearts and make them like your own.²²⁶

CONCLUDING PRAYER²²⁷

℣. Let us pray:

O God, who in the heart of you Son, wounded by our sins, bestow on us in mercy the boundless treasures of your love, grant, we pray, that, in paying him the homage of our devotion, we may also offer worthy reparation. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

℞. Amen.

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

[Marian Antiphons](#)

Litany of the Saints²²⁸

In its origins, this litany was used on Rogation Days, solemn prayers in the spring to pray for the fruitfulness of the earth and freedom from every disaster. Over time, it spread to other (especially penitential) processions, where it acquired a particular connotation of reparation. This is the sense it has in the Eucharistic Hour. Likewise, it can be prayed to make reparation (for example, as is customary during Carnival) for some sin or sacrilege.

I

Petitions to God

Option A

Lord, have mercy

Lord, have mercy

Christ, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

Option B

Christ, hear us

²²⁶ HP p 322.

²²⁷ RM, Solemnity of the Most Sacred Heart of Jesus, Collect.

²²⁸ CR, Litany of the Saints, pp 33-37.

Christ, hear us

Christ, graciously hear us

Christ, graciously hear us

God our Father in heaven

Have mercy on us

God the Son, Redeemer of the world

Have mercy on us

God the Holy Spirit

Have mercy on us

Holy Trinity, one God

Have mercy on us

II

Invocations of the Saints

Holy Mary

Pray for us

Holy Mother of God

Most honored of virgins

Saint Michael, Saint Gabriel and Saint Raphael

Holy angels of God

PATRIARCHS AND PROPHETS

Abraham, our father in faith

Moses, leader of God's people

Elijah, prophet of God's power

Saint Joseph

Saint John the Baptist

All holy patriarchs and prophets

APOSTLES AND DISCIPLES

Saint Peter and Saint Paul

Saint Andrew

Saint John and Saint James

Saint Thomas

Saint Matthew

All holy apostles

Saint Luke

Saint Mark

Saint Barnabas

Saint Mary Magdalene
All disciples of the Lord

MARTYRS

Saint Stephen
Saint Ignatius of Antioch
Saint Polycarp
Saint Justin
Saint Lawrence
Saint Cyprian
Saint Boniface
Saint Stanislaus
Saint Thomas Becket
Saint John Fisher and Saint Thomas More
Saint Paul Miki
Saint Isaac Jogues and Saint John de Brebeuf
Saint Peter Chanel
Saint Charles Lwanga
Saint Perpetua and Saint Felicity
Saint Agnes
Saint Maria Goretti
All holy martyrs

BISHOPS AND DOCTORS

Saint Leo and Saint Gregory
Saint Ambrose
Saint Jerome
Saint Augustine
Saint Athanasius
Saint Basil and Saint Gregory Nazianzen
Saint John Chrysostom
Saint Martin
Saint Patrick
Saint Cyril and Saint Methodius
Saint Charles Borromeo
Saint Francis de Sales
Saint Pius X

PRIESTS AND RELIGIOUS

Saint Anthony

Saint Benedict
Saint Bernard
Saint Francis and Saint Dominic
Saint Thomas Aquinas
Saint Ignatius Loyola
Saint Francis Xavier
Saint Vincent de Paul
Saint John Vianney
Saint John Bosco
Saint Catherine of Siena
Saint Teresa of Jesus
Saint Rose of Lima
Saint Therese of Lisieux

LAY FAITHFUL

Saint Louis
Saint Monica
Saint Elizabeth of Hungary
All holy men and women

III Invocations of Christ

Option A

Show us your favor
Free us, Lord

From all evil
From all sin
From the snares of the Evil One
From wrath, hatred and all ill will
From everlasting death
By your Incarnation
By your holy birth
By your baptism and by your fasting in the desert
By your cross and your passion
By your death and your burial
By your holy resurrection
By your admirable ascension
By the outpouring of your Holy Spirit
By your second coming in glory

Option B

Christ, Son of the living God

Have mercy on us

You came into this world

You suffered for us on the cross

You died to save us

You lay in the tomb

You rose from the dead

You returned in glory to the Father

You sent the Holy Spirit upon your apostles

You are seated at the right hand of the Father

You will come again to judge the living and the dead

IV

Prayers for Various Needs

Option A

Be merciful to us sinners

Lord, hear our prayer

Forgive us

Lead us to true repentance

Strengthen and aid us in your holy service

Reward our benefactors with eternal blessings

Give and preserve the fruits of the earth

Guide and protect your holy Church

Aid the Pope and all the clergy in your holy service

Grant unity to all who believe in Christ

Bring all people to the light of the Gospel

Option B

Treat us with clemency

Lord, hear our prayer

Lift up our hearts with the desire for the things of heaven

Free us, our relatives and our benefactors from eternal damnation

Grant eternal rest to all the faithful departed

Banish all disease, hunger and war from the face of the earth

Grant peace and concord to all peoples
Guide and protect your holy Church
Aid the Pope and all the clergy in your holy service
Grant unity to all who believe in Christ
Bring all people to the light of the Gospel

V
Conclusion

Option A

Christ, hear us

Christ, hear us

Lord Jesus, hear our prayer

Lord Jesus, hear our prayer

Option B

Lamb of God, you take away the sins of the world

Have mercy on us

Lamb of God, you take away the sins of the world

Have mercy on us

Lamb of God, you take away the sins of the world

Have mercy on us

℣. Let us pray:

Option A²²⁹

O God, our refuge and our strength, hear the prayers of your Church, for you yourself are the source of all devotion, and grant, we pray, that what we ask in faith we may truly obtain. Through Christ our Lord.

℟. Amen.

Option B²³⁰

O God, who see that in our weakness we fail, mercifully restore us to your love by the example of your saints. Through Christ our Lord.

℟. Amen.

²²⁹ RM, Appendix V: Examples of Formularies for the Universal Prayer, General Formulary I, Presider's Prayer.

²³⁰ RM, Common of Holy Men and Women, I, For All Categories of Saints, A, For Several Saints, 2, Collect.

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[Marian Antiphons](#)

Invocations of the Lord Jesus

The Invocations of the Lord Jesus²³¹ express the Congregation's Christ-centered spirituality. We enter into the mysteries of Christ's life through the theological virtues.

I

Petitions to God

Lord, have mercy

Lord, have mercy

Christ, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

II

Faith

Lord Jesus, you are the eternal Son of the Father

I believe in you

Lord Jesus, you are the Savior of all people

Lord Jesus, you were incarnate of the Virgin Mary by the Holy Spirit

Lord Jesus, you suffered and died on the cross to redeem us from our sins

Lord Jesus, you rose on the third day

Lord Jesus, you are seated at the right hand of the Father

Lord Jesus, you will come again to judge the living and the dead

Lord Jesus, you are cornerstone of the Church

Lord Jesus, you make your sacrifice present each day on the altar

Lord Jesus, you are the way, the truth and the life

Lord Jesus, you are the Lord of life and history

III

²³¹ A Legionary composed the original version of these Invocations, and the general director included them in the Legionary Prayer Book (September 4, 1992; see Prot. DG 1584-92).

Hope

Lord Jesus, in you we can do all things

I trust in you

Lord Jesus, you are the One the Father sent

Lord Jesus, you are faithful to your promises

Lord Jesus, you are the friend who lays down his life for his friends

Lord Jesus, you alone have the words of eternal life

Lord Jesus, you are the Good Shepherd who calls each one by name

Lord Jesus, you are rich in mercy

Lord Jesus, you are vine that enables us to bear fruit

Lord Jesus, you call us to be apostles of your Kingdom

Lord Jesus, you are the light shining on our pilgrim journey to the Father

Lord Jesus, you went to prepare us a dwelling place in the Father's house

IV

Love

Lord Jesus, you loved us first

I love you

Lord Jesus, you redeemed us from sin

Lord Jesus, you opened to us the gates of your Kingdom

Lord Jesus, you made us sons of God

Lord Jesus, you enriched us with the gift of the Holy Spirit

Lord Jesus, you stay with us in the sacrament of the Eucharist

Lord Jesus, you gave us your Mother at the foot of the cross

Lord Jesus, you gave us the gift of the Catholic faith

Lord Jesus, you gave us the gift of consecrated life

Lord Jesus, you gave us the gift of the priesthood

Lord Jesus, you gave us the gift of the Legion of Christ and the Regnum Christi Movement

Lord Jesus, you entrusted us with your Gospel, to extend your Kingdom throughout the world

Lord Jesus, you are our Lord and our God

V

Prayers for Various Needs and Conclusion

When the invocations are prayed during the Eucharistic Hour, these intercessions may be added:

Be merciful to us sinners

Lord, hear our prayer

Grant that your Church will remain united in faith

Aid and protect Pope **N.** in his pastoral service to the Church

Strengthen and sustain all religious and consecrated in your holy service

Show young people the path to true happiness

Bless the nations of the earth with your peace

Grant the deceased eternal happiness

Make all your Legionaries and Regnum Christi members docile instruments in your hands

℣. Jesus, gentle and humble of heart,

℞. Touch our hearts and make them like your own.

CONCLUDING PRAYER²³²

℣. Let us pray:

Father in heaven, we call upon your Son, the center, standard and example of our lives as religious, priests and apostles. Grant our humble request: Help us to keep growing in our interior understanding of the mystery of Christ in order to live it to the full. Through Christ our Lord.

℞. Amen.

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Litany of Our Lord Jesus Christ, Priest and Victim²³³

It may be apropos to pray this litany when the priestly ordination of a community member is drawing near.

I Petitions to God

²³² See RM, First Sunday of Lent, Collect.

²³³ *Gift and Mystery*, John Paul II, 1996, altered.

Option A

Lord, have mercy

Lord, have mercy

Christ, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

Option B

Christ, hear us

Christ, hear us

Christ, graciously hear us

Christ, graciously hear us

God our Father in heaven

Have mercy on us

God the Son, Redeemer of the world

Have mercy on us

God the Holy Spirit

Have mercy on us

Holy Trinity, one God

Have mercy on us

II

Invocations of our Lord Jesus Christ, Priest and Victim

Lord Jesus, priest and victim

Have mercy on us

Lord Jesus, you are a priest forever in the order of Melchizedek

Lord Jesus, the priest sent by God to proclaim the good news to the poor

Lord Jesus, the priest who, at the Last Supper, instituted the liturgy of the eternal sacrifice

Lord Jesus, the priest who lives forever to intercede for us

Lord Jesus, high priest anointed by the Father with the Holy Spirit and power

Lord Jesus, high priest taken from among men

Lord Jesus, high priest appointed to represent men before God

Lord Jesus, high priest of our profession of faith

Lord Jesus, high priest worthy of greater glory than Moses

Lord Jesus, high priest of the true tabernacle
Lord Jesus, high priest of the blessings that were to come
Lord Jesus, the holy, innocent and undefiled high priest
Lord Jesus, the faithful and merciful high priest
Lord Jesus, high priest burning with zeal for God and for souls
Lord Jesus, high priest made perfect forever
Lord Jesus, high priest who entered heaven through your own blood
Lord Jesus, high priest who opened a new way for us
Lord Jesus, high priest who loved us and washed away our sins with your blood
Lord Jesus, high priest who gave yourself up to God as an offering and victim
Lord Jesus, victim of God and man
Lord Jesus, holy and unblemished victim
Lord Jesus, appeasing victim
Lord Jesus, gentle victim
Lord Jesus, victim offered in atonement and praise
Lord Jesus, victim bringing reconciliation and peace
Lord Jesus, victim giving us confident access to God
Lord Jesus, victim living for ever and ever
Be gracious
Lord, hear us

III

From rashly going on to ordination
Lord, free us
From the sin of sacrilege
From infidelity to the spirit of priestly celibacy
From using the ministry for sordid personal gain
From falling into simony
From administering the Church's resources unworthily
From loving the world and its vanities
From celebrating your mysteries unworthily

IV

Through your eternal priesthood

Lord, purify us

Through the holy anointing by which God the Father made you a priest

Through your priestly spirit

Through the ministry by which you glorified your Father on earth

Through your self-immolation in blood, made once and for all on the cross

Through that same sacrifice, renewed every day on the altar

Through the divine power that you exercise sacramentally in your priests

V

Prayers for Priests and Conclusion

Keep all priests holy and faithful

Lord, hear our prayer

Give your people shepherds after your own heart

Fill them with the spirit of your priesthood

May the words of your priests preserve knowledge of sacred things

Send faithful laborers to your harvest

Increase the number of the trustworthy stewards of your mysteries

Help them to persevere in their service in accordance with your will

Make them gentle in ministry, capable in action and constant in prayer

Through them promote devotion to the Blessed Sacrament everywhere

Welcome into your joy those who have served you well

Jesus, our Priest

Hear us

Jesus, our Priest

Graciously hear us

CONCLUDING PRAYER

✠. Let us pray:

Option A

O God, sanctifier and guardian of your Church, stir up in her through your Spirit suitable and faithful dispensers of the holy mysteries, so that by their ministry and example the Christian people may be guided in the path of salvation with your protection. Through Christ our Lord.

℟. Amen.

Option B²³⁴

O God, who for your glory and the salvation of the human race willed to establish Christ as eternal High Priest, grant that the people he has gained for you by his Blood may, through their participation in his memorial, experience the power of his cross and resurrection. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

℟. Amen.

[Conscience examen](#)

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Litany of the Blessed Sacrament

This litany is provided as one among other possible models.

I Petitions to God

Option A

Lord, have mercy

Lord, have mercy

Christ, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

Option B

Christ, hear us

Christ, hear us

Christ, graciously hear us

Christ, graciously hear us

God our Father in heaven

Have mercy on us

God the Son, Redeemer of the world

²³⁴ RM, Votive Masses, 3, Our Lord Jesus Christ, the Eternal High Priest, Collect.

Have mercy on us

God the Holy Spirit

Have mercy on us

Holy Trinity, one God

Have mercy on us

II

Invocations of the Blessed Sacrament

Living Bread, come down from heaven

Have mercy on us

Hidden God and Savior

Wheat of the chosen

Holy Sacrifice

Living Sacrifice

Sacrifice pleasing to God

Food of angels

Hidden manna

Pure Offering

Perpetual Sacrifice

Unblemished Lamb

Purest Altar

Host and meal

Cup of blessing

Offerer and offering

Mystery of faith

Sacrament of devotion

Bond of charity

Memorial of God's wonders

Our daily Bread

Unbloody Sacrifice

Most holy and venerable mystery

Medicine of immortality

Singular source of grace

Most high and venerable Sacrament

Most holy of all sacrifices

Word made flesh

Remedy for sin

Most holy memorial of the passion of Christ

Wondrous miracle

Super-abundant gift

Foremost memorial of divine love

Infinite treasure-house of God's riches
Awesome and life-giving Sacrament
Refreshment of holy souls
Sweetest banquet at which the Angels serve
Sacrifice of reconciliation for the living and the dead
Viaticum of those dying in the Lord
Pledge of future glory
Be gracious
Lord, hear us

III

From the unworthy reception of your Body and Blood
Lord, free us
From passions of the flesh
From the concupiscence of the eyes
From the pride of life
From every occasion of sin

IV

Through your earnest desire to eat the Passover with your disciples
Lord, purify us
Through the profound humility by which you washed your disciples' feet
Through the ardent love by which you instituted this divine Sacrament
Through your precious Blood which you left for us on the altar
Through the five wounds of your most holy Body

V

Prayers for Various Needs and Conclusion

Be merciful to us sinners
Lord, hear our prayer
Preserve and increase in us the faith, reverence and devotion to this admirable Sacrament
Lead us through the true confession of our sins to the fruitful frequent reception of the Eucharist
Free us from every heresy, falsehood and blindness of the heart
Impart to us the heavenly and precious fruits of this most holy Sacrament
Protect and strengthen us in our hour of death with this heavenly Viaticum
Son of God
Hear our prayer

Option A

Christ, hear us.

Christ, hear us

Christ, graciously hear us.

Christ, graciously hear us

Option B

Lamb of God, you take away the sins of the world

Have mercy on us

Lamb of God, you take away the sins of the world

Have mercy on us

Lamb of God, you take away the sins of the world

Have mercy on us

CONCLUDING PRAYER²³⁵

✠. Let us pray:

O God, who in this wonderful Sacrament have left us a memorial of your passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign for ever and ever.

✠. Amen.

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

[Marian Antiphons](#)

Rite of Eucharistic Benediction

[Exposition Hymns](#)

[Tantum Ergo Hymns](#)

[Hymns after Benediction](#)

EXPOSITION HYMNS

One of these hymns may be sung during exposition.

²³⁵ RM, Solemnity of the Most Holy Body and Blood of Christ, Collect.

[Adoro Devote II](#)

[Ave Verum](#)

[Iesu Nostra Refectio](#)

[O Salutaris Hostia](#)

[O Salutaris Hostia II](#)

[Pange Lingua](#)

[Panis Angelicus](#)

[Ecce Panis Angelorum](#)

ADORO DEVOTE II

II

A Dó-ro devóte, * la-tens vé-ri-tas, te quæ sub his formis

vere lá-titas: tibi se cor me-um to-tum súbi-cit, qui- a te

contémplans totum dé-ficit. 2. Pi-e pe-li- cá-ne, Ie- su

Dómine, me immúndum munda tu-o sángvine, cu-ius u-

na stilla salvum fácere to-tum mundum posset omni scéle-re.

3. Ie-su, quem ve-látum nunc aspí-ci- o, quando fi-et illud quod

tam cúpi- o: ut, te revelá-ta cernens fáci- e, vi-su sim be-

á- tus tu-æ gló-ri- æ? A-men.

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

AVE VERUM

VI



A ve verum * corpus natum de Ma-ri- a Virgine,
ve-re passum, immolá-tum in cruce pro hómine. Cuius la-
tus perfo-rá- tum fluxit aqua et sán-guine, esto nobis
prægustá- tum mortis in ex-á-mine. O Ie-su dul-cis,
o Ie- su pi- e, o Ie- su fi- li Ma-ri- æ.

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

IESU NOSTRA REFECTIO

II



I esu nostra refécti-o, * panis potus fidé-li- um; mel, me-
los, iubi-lá-ti- o cordis, o-ris et áuri-um. 2. Quæ te vicit cle-
ménti-a, ut nos in hac misé-ri- a carne cibáres própri- a, i-
mis iungens cælésti-a. 3. Iesu, tibi sit glóri- a, qui natus es de
Virgine, cum Patre et almo Spírítu, in sempiterna sácula. Amen.

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

O SALUTARIS HOSTIA

VIII

O sa- lu- tá-ris hósti- a, * quæ cæ-li pandis ós-ti-um,
bella premunt hostí- li- a: da ro-bur, fer au-xí- li-um.
2. Uni tri-nóque Dómino sit sempitérna gló- ri- a, qui
vi-tam sine término nobis donet in pátri-a. A- men.

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

O SALUTARIS HOSTIA II

VII

O sa- lu-tá-ris hós- ti- a, * quæ cæ- li pandis ósti-um,
bella premunt hostí- li- a: da ro- bur, fer auxí- li- um.
2. Uni trinóque Dó- mi- no sit sempi-térna gló- ri- a, qui
vi-tam sine término nobis donet in pá- tri- a. A- men.

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

PANGE LINGUA

III

P Ange, lingua, glo-ri-ó-si * córporis mysté-ri-um, san-
gui-nísque pre-ti-ó-si, quem in mundi pré-ti-um fructus ventris
generó-si Rex effúdit gén-ti-um. 2. Nobis datus, nobis natus
ex intácta Vírgine, et in mundo conversátus, sparso verbi
sémine, su-i moras inco-látus mi-ro clausit ór-di-ne. 3. In
suprémæ nocte cenæ recúmbens cum frátribus, observá-ta
lege plene cibus in legá-libus, cibum turbæ du-odénæ se
dat su-is má-nibus. 4. Verbum caro panem verum verbo car-
nem éffi-cit, fitque sanguis Christi merum, et, si sensus
dé-ficit, ad firmándum cor sincérum sola fides súf- fí-cit.

The image shows the musical notation for the hymn 'Pange Lingua'. It consists of ten staves of music, each with a vocal line and a piano accompaniment line. The music is written in a simple, rhythmic style with square notes and stems. The lyrics are printed below the vocal lines, with some words in red (glo-ri-ó-si, córporis, mysté-ri-um, gén-ti-um, du-odénæ) and some in black (Ange, lingua, san-). The text is in Latin and describes the Eucharist. The hymn is divided into four numbered sections (1-4) by double bar lines. The first section is marked 'III' and the second section is marked '2.'. The third and fourth sections are marked '3.' and '4.' respectively. The music is in a 4/4 time signature and the key signature has one flat (B-flat).

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

PANIS ANGELICUS

IV

P Anis angé-li-cus * fit pa-nis hóminum; dat pa-nis
cáelicus figú-ris términum. O res mi-rábi-lis: mandúcat
Dóminum servus pauper et húmi-lis. 2. Te, trina Dé-i-
tas únaque, póscimus; sic nos tu ví-si-tas sicut te có-
limus: per tu-as sémi-tas duc nos quo téndimus ad
lucem quam inhá-bi-tas. A-men.

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

ECCE PANIS ANGELORUM

VII

E Cce panis angelórum, * factus cibus vi-atórum: vere pa-
nis fi-li-órum, non mitténdus cánibus. 2. In figúris præsignátur,
cum Í-sa-ac immo-látur: agnus paschæ de-pu-tátur, datur man-
na pátribus. 3. Bone pastor, panis vere, Iesu, nostri mise-rére:

tu nos pasce, nos tu-é-re: tu nos bona fac vidé-re in terra
 vivénti-um. 4. Tu, qui cuncta scis et vales: qui nos pascis hic
 mortá-les: tu-os i-bi commensáles, coherédes et sodáles fac
 sanctó-rum cí-vi-um. A- men.

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

The minister vests in an alb and cincture, or a surplice, with a white stole and cope. Accompanied by the servers and the thurifer he approaches the Blessed Sacrament and they genuflect together. The community meanwhile remains kneeling.

Tantum Ergo

[Tantum Ergo I](#)

III
T Antum ergo sacraméntum * venerémur cérnu- i, et

[Tantum Ergo III](#)

II
T Antum ergo sacraméntum * vene-ré-mur cérnu-i, et

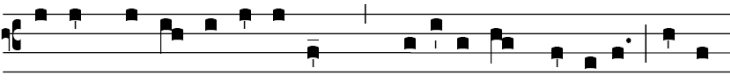
[Tantum Ergo IV](#)

V
T Antum ergo sacraméntum * ve-ne-rémur cérnu- i,


[Tantum Ergo V](#)

II
T Antum ergo sacraméntum * ve-ne-rémur cérnu- i,

Tantum Ergo VI

II
T 
Antum ergo sacraméntum * venerémur cernu- i, et an-

Tantum Ergo VII

I
T 
Antum ergo sacraméntum * vene-rémur cernu- i, et

Tantum Ergo IX

IV
T 
Antum ergo sacraméntum * ve-ne-rémur cernu- i,

After the appropriate prayers, the Tantum Ergo²³⁶ is intoned. Unless the minister is already kneeling before the Blessed Sacrament, he approaches and genuflects. He then incenses the Blessed Sacrament.

1. Down in adoration falling,

Lo, the sacred Host we hail;

Lo, o'er ancient forms departing

Newer rites of grace prevail;

Faith for all defects supplying

Where the feeble senses fail.

2. To the everlasting Father,

And the Son who reigns on high,

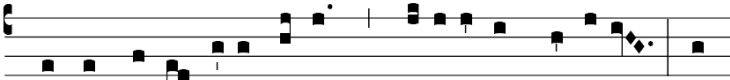

With the Holy Spirit proceeding

Forth from each eternally

Be salvation, honor, blessing,

Might and endless majesty. Amen.

TANTUM ERGO I

III
T 
Antum ergo sacraméntum * venerémur cernu- i, et

antíquum documéntum novo cedat rí-tu- i; præstet fides

²³⁶ HCWE calls for a Eucharistic hymn or song; in the Legion we traditionally sing only the *Tantum Ergo* (see HCWE p 97).



supplémentum sensu-um de-fectu-i. 2. Genitóri Genitóque
 laus et iubi-lá-ti-o, sa-lus, honor, virtus quoque sit et bene-
 dícti-o; procedénti ab utróque compar sit laudá-ti-o. A-men.

[After the Tantum Ergo](#)

[The Divine Praises](#)

[Hymns after benediction](#)

TANTUM ERGO III



II
T Antum ergo sacraméntum * vene-ré-mur cérnu-i, et
 antíquum documén-tum novo cedat rí-tu-i; præstet fides
 supplémentum sensu-um de-fectu-i. 2. Ge-ni-tóri Genitóque
 laus et iu-bi-lá-ti-o, salus, honor, virtus quoque sit et bene-
 díc-ti-o; procedénti ab utroque compar sit laudá-ti-o. A-men.

[After the Tantum Ergo](#)

[The Divine Praises](#)

[Hymns after benediction](#)

TANTUM ERGO IV



V
T Antum ergo sacraméntum * ve-ne-rémur cérnu-i,

et antiquum do-cumén-tum novo cedat rí-tu-i; præstet
 fi-des suppleméntum sén-su-um de-féctu- i.
 2. Geni-tó-ri Geni-tóque laus et iubi-lá-ti-o, sa-lus ho-
 nor virtus quoque sit et benedícti-o; proce-dénti ab
 utróque compar sit laudá-ti-o. A- men.

[After the Tantum Ergo](#)

[The Divine Praises](#)

[Hymns after benediction](#)

TANTUM ERGO V

II
Tantum ergo sacraméntum * ve-ne-rémur cérnu-i,
 et antiquum do-cu-mén-tum novo ce-dat rí-tu-i; præstet
 fi-des suppleméntum sénsu-um de-féctu- i. 2. Geni- tóri
 Geni-tóque laus et iubi- lá-ti-o, salus, honor, vir-tus quoque
 sit et be-ne- dícti- o; proce-dénti ab utróque compar sit
 lau- dá-ti- o. A- men.

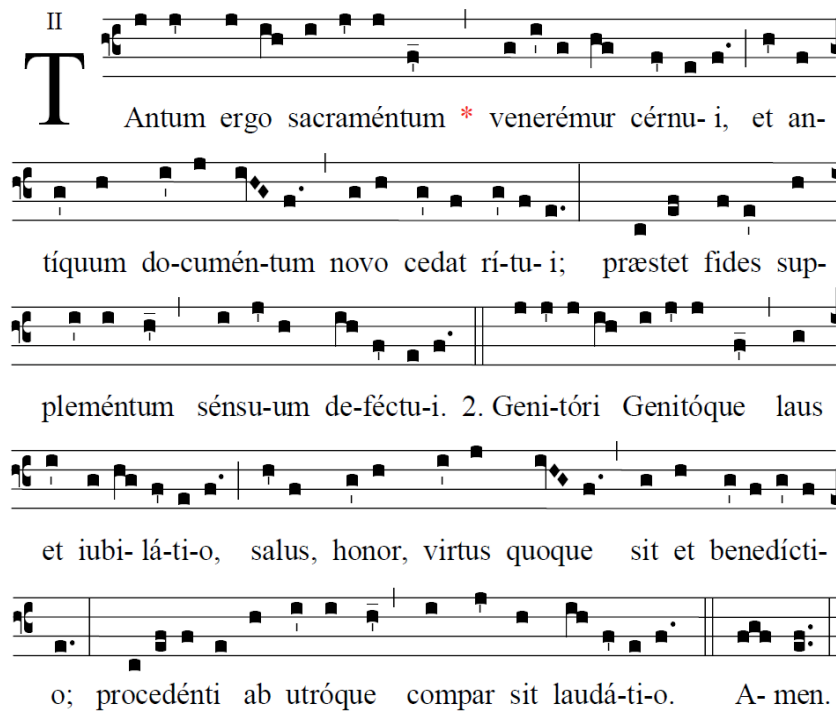
[After the Tantum Ergo](#)

[The Divine Praises](#)

[Hymns after benediction](#)

TANTUM ERGO VI

II



T Antum ergo sacramentum * veneremur cernu-i, et an-
tíquum do-cumén-tum novo cedat rí-tu-i; præstet fides sup-
plementum sensu-um de-féctu-i. 2. Geni-tóri Genitóque laus
et iubi-lá-ti-o, salus, honor, virtus quoque sit et benedícti-
o; procedéti ab utróque compar sit laudá-ti-o. A- men.

[After the Tantum Ergo](#)

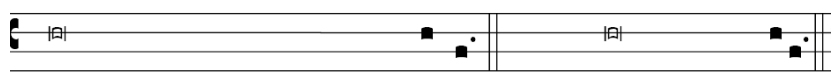
[The Divine Praises](#)

[Hymns after benediction](#)

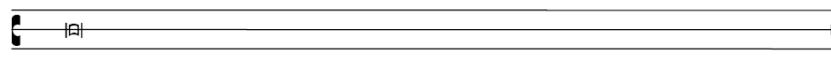
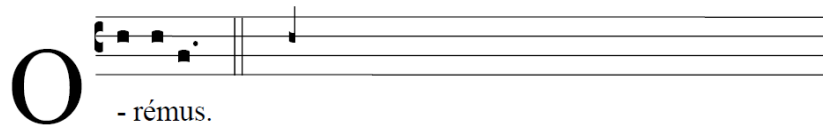
TANTUM ERGO VII

I

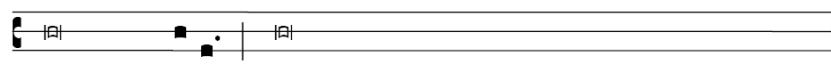
T Antum ergo sacramentum * vene-remur cernu- i, et
antíquum documéntum novo cedat rí-tu-i; præstet fides sup-
plementum sensu-um deféctu- i. 2. Ge-ni-tóri Geni-tóque laus
et iubi-lá-ti- o, salus, honor, virtus quoque sit et bene-dicti-



R. Omne delectaméntum in se habéntem. *T.P.*: ... habéntem, allelúia.*



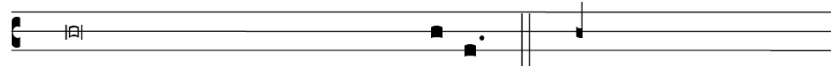
Deus, qui nobis sub sacraménto mirábili passiónis tuæ memó-



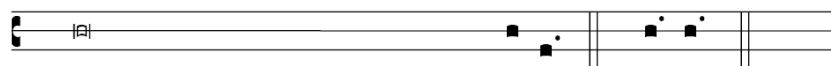
riam reliquisti, † tríbue, quæsumus, ita nos Córporis et Sán-



guinis tui sacra mystéri- a *venerá*-ri, * ut redemptiónis tuæ



fructum in nobis iúgiter senti-ámus.



Qui vivis et regnas in sácula sæculó-rum. **R.** Amen.

BENEDICTION

The minister puts on the humeral veil and gives the blessing in silence. If the disposition of the sanctuary allows it to be done properly, he gives the blessing in front of the altar.

THE DIVINE PRAISES

The Divine Praises, composed in the late 18th century as a prayer of reparation for blasphemies, gradually became the common prayer of praise after Benediction of the Blessed Sacrament solemnly exposed. The minister and the people pray them together. If the assembly does not know them by heart, however, the minister alone may recite each phrase so the people can repeat it after him.

Blessed be God.

Blessed be his holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the Name of Jesus.

Blessed be his most sacred Heart.

Blessed be his most precious Blood.

Blessed be Jesus in the most holy Sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and immaculate conception.
Blessed be her glorious assumption.
Blessed be the name of Mary, virgin and mother.
Blessed be Saint Joseph, her most chaste spouse.
Blessed be God in his angels and in his saints.

Then the deacon or, if no deacon is present, the minister who gave the blessing reposes the Blessed Sacrament. Meanwhile, a Eucharistic song is intoned.

HYMNS AFTER BENEDICTION

[Adoremus I](#)

[Christus Vincit](#)

[Iesu Decus Angelicum](#)

[Laudemus Dominum](#)

[O Quam Amabilis Es](#)

[O Salutaris Hostia VIII](#)

[Parce Domine](#)

ADOREMUS I

A^V Dorémus in ætérnum * sanctíssimum sacraméntum.



Ps. Laudá-te Dóminum, omnes gentes, collaudáte e-um, omnes pó-
pu-li. Quóni- am confirmáta est super nos misericórdi-a e-ius, et
véritas Dómini manet in ætérnum. Adorémus. Gló-ri-a Patri,
et Fí-li-o, et Spí-ri- tu- i Sancto. Sicut erat in princípio, et
nunc et semper, et in sácula sæculórum. Amen. Adorémus.



[Marian Antiphon](#)

CHRISTUS VINCIT

VI
C Hristus vincit, * Christus regnat, Christus ímpe-rat.

The musical notation consists of two staves. The first staff begins with a treble clef, a key signature of one flat (B-flat), and a common time signature (C). It features a large initial 'C' followed by the lyrics 'Hristus vincit, * Christus regnat, Christus ímpe-rat.' The second staff continues the melody with a repeat sign at the end.

1. Laudá-te Dóminum, omnes **gen-tes**, * collaudáte e-um, omnes **pópu-li**.
2. Quóniam confirmáta est super nos misericórdia eius, * et véritas Dómini manet in **ætérum**.
3. Glória Patri, *et Fílio*, * et *Spirítui Sancto*.
4. Sicut erat in principio, et nunc *et semper*, * et in *sæcula sæculórum*. Amen.

Marian Antiphon

IESU DECUS ANGELICUM

II D
I Esu, decus angé-licum, * in au-re dul-ce cánticum,
in ore mel mi-rí-ficum, in corde nectar céli-cum.

The musical notation consists of three staves. The first staff begins with a treble clef, a key signature of one flat (B-flat), and a common time signature (C). It features a large initial 'I' followed by the lyrics 'Esu, decus angé-licum, * in au-re dul-ce cánticum,'. The second staff continues the melody with the lyrics 'in ore mel mi-rí-ficum, in corde nectar céli-cum.' The third staff concludes the piece with a repeat sign.

1. Laudá-te Dóminum, omnes **gen-tes**, * collaudáte eum, omnes **pópuli**.
2. Quóniam confirmáta est super nos misericórdia eius, * et véritas Dómini manet in **ætérum**.
3. Glória Patri, *et Fílio*, * et *Spirítui Sancto*.
4. Sicut erat in principio, et nunc *et semper*, * et in *sæcula sæculórum*. Amen.

Marian Antiphon

LAUDEMUS DOMINUM

II D
L Audé-mus Dómi- num, * quem laudant Ánge- li, quem
Chérubim et Séraphim «Sanctus, Sanctus, Sanctus» proclámant.

The musical notation consists of three staves. The first staff begins with a treble clef, a key signature of one flat (B-flat), and a common time signature (C). It features a large initial 'L' followed by the lyrics 'Audé-mus Dómi- num, * quem laudant Ánge- li, quem'. The second staff continues the melody with the lyrics 'Chérubim et Séraphim «Sanctus, Sanctus, Sanctus» proclámant.' The third staff concludes the piece with a repeat sign.

1. Laudá-te Dóminum, omnes **gen-tes**, * collaudáte eum, omnes **pópuli**.

2. Quóniam confirmáta est super nos misericórdia eius, * et véritas Dómini manet in **æté**rnun.

3. Glória Patri, et **Fí**lio, * et Spíritui **S**ancto.

4. Sicut erat in princípío, et nunc et **semper**, * et in sácula **sæculórum**. Amen.

Marian Antiphon

O QUAM AMABILIS ES

I / VII

O quam amábi-lis es, * bone Iesu; quam delectábi-lis
es, pi-e Iesu. O cordis iúbi-lum, mentis solá-ti-um! O bone
Ie- su, o bone Ie- su!

The musical notation consists of four staves. The first staff begins with a treble clef and a common time signature. The melody is written in a simple, square-note style. The lyrics are placed below the notes, with asterisks marking the beginning of new phrases. The piece concludes with a double bar line.

1. Laudá-te Dóminum, **omnes gen**-tes, * collaudáte e-um, **omnes pópu**-li.

2. Quóniam confirmáta est super nos misericórdia eius, * et véritas Dómini manet **in æté**rnun.

3. Glória **P**atri, et **Fí**lio, * et Spíritui **S**ancto.

4. Sicut erat in princípío, et **nunc** et **semper**, * et in sácula **sæculórum**. Amen.

Marian Antiphon

O SALUTARIS HOSTIA VIII

VII a

O salutá-ris hósti- a, * quæ cæli pandis ósti-um, bella
premunt hostí- li- a: da robur, fer auxí- li- um.

The musical notation consists of three staves. The first staff begins with a treble clef and a common time signature. The melody is written in a simple, square-note style. The lyrics are placed below the notes, with asterisks marking the beginning of new phrases. The piece concludes with a double bar line.

1. Laudáte Dóminum, **omnes gen**-tes, * collaudáte e-um, **omnes pópu**-li.

2. Quóniam confirmáta est super nos misericórdia eius, * et véritas Dómini manet **in æté**rnun.

3. Glória **P**atri, et **Fí**lio, * et Spíritui **S**ancto.

4. Sicut erat in princípío, et **nunc** et **semper**, * et in sácula **sæculórum**. Amen.

Marian Antiphon

PARCE DOMINE

I/E

The novena is usually prayed at the beginning of Night Prayers, after exposition of the Blessed Sacrament if there is adoration. It may be preferable to pray it at another time when the community can come together.

The prayer director may lead the novena from his place in the chapel. The prayer director or a designated community member may do the Reading.

Novena to Saint Joseph

The novena in preparation for the Solemnity of Saint Joseph begins on March 10 or nine days before the solemnity when it is transferred to another date. On the last day of the novena, if these prayers are not prayed before First Vespers, they are omitted. When this solemnity is celebrated after Holy Week, the novena is omitted.

INVITATORY PSALM

PSALM 100

℣. Come, let us adore Christ, the Son of God, who deigned to be considered the son of Joseph.

℟. Come, let us adore Christ, the Son of God, who deigned to be considered the son of Joseph.

℣. Cry out with joy to the Lord, all the earth. Serve the Lord with gladness. Come before him, singing for joy.

℟. Come, let us adore Christ, the Son of God, who deigned to be considered the son of Joseph.

℣. Know that he, the Lord, is God. He made us, we belong to him, we are his people, the sheep of his flock.

℟. Come, let us adore Christ, the Son of God, who deigned to be considered the son of Joseph.

℣. Go within his gates, giving thanks. Enter his courts with songs of praise. Give thanks to him and bless his name.

℟. Come, let us adore Christ, the Son of God, who deigned to be considered the son of Joseph.

℣. Indeed, how good is the Lord, eternal his merciful love. He is faithful from age to age.

℟. Come, let us adore Christ, the Son of God, who deigned to be considered the son of Joseph.

READING

[March 10](#)

[March 11](#)

[March 12](#)

[March 13](#)

[March 14](#)

[March 15](#)

[March 16](#)

[March 17](#)

[March 18](#)

March 10

Luke 1:26-27

In the sixth month, the angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary.

[Verse and conclusion](#)

March 11

Matthew 1:20-21

The angel of the Lord appeared to Joseph in a dream and said, "Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the Holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins."

[Verse and conclusion](#)

March 12

Luke 2:4-5

Joseph too went up from Galilee from the town of Nazareth to Judea, to the city of David that is called Bethlehem, because he was of the house and family of David, to be enrolled with Mary, his betrothed, who was with child.

[Verse and conclusion](#)

March 13

Luke 2:15-16

When the angels went away from them to heaven, the shepherds said to one another, "Let us go, then, to Bethlehem to see this thing that has taken place, which the Lord has made known to us." So they went in haste and found Mary and Joseph, and the infant lying in the manger.

[Verse and conclusion](#)

March 14

Matthew 2:13-14

When the magi had departed, behold, the angel of the Lord appeared to Joseph in a dream and said, "Rise, take the child and his mother, flee to Egypt, and stay there until I tell you. Herod is going to search for the child to destroy him." Joseph rose and took the child and his mother by night and departed for Egypt.

[Verse and conclusion](#)

March 15

Matthew 2:19-21

When Herod had died, behold, the angel of the Lord appeared in a dream to Joseph in Egypt and said, "Rise, take the child and his mother and go to the land of Israel, for those who sought the child's life are dead." He rose, took the child and his mother, and went to the land of Israel.

[Verse and conclusion](#)

March 16

Luke 2:27-28, 33

Simeon came in the Spirit into the temple; and when the parents brought in the child Jesus to perform the custom of the law in regard to him, he took him into his arms and blessed God. The child's father and mother were amazed at what was said about him.

[Verse and conclusion](#)

March 17

Luke 2:48-49

His mother said to Jesus, "Son, why have you done this to us? Your father and I have been looking for you with great anxiety." And he said to them, "Why were you looking for me? Did you not know that I must be in my Father's house?"

[Verse and conclusion](#)

March 18

Luke 3:23

When Jesus began his ministry, he was about thirty years of age. He was the son, as was thought, of Joseph.

VERSE

GENESIS 39:4

℣. God made him the master of his household.²³⁸

℞. He gave him charge over all his possessions.

CONCLUDING PRAYER²³⁹

℣. Let us pray:

Grant, we pray, almighty God, that by Saint Joseph's intercession, your Church may constantly watch over the unfolding of the mysteries of human salvation, whose beginnings you entrusted to his faithful care. Through Christ our Lord.

℞. Amen.

[Go to beginning of Novena](#)

[Conscience examen](#)

²³⁸ LH, Solemnity of Saint Joseph, Midmorning Prayers, Verse.

²³⁹ RM, Solemnity of Saint Joseph, Collect.

[Night prayers](#)

[Benediction hymns](#)

Novena of Pentecost

The novena in preparation for the Solemnity of Pentecost begins on the Friday of the 6th week of Easter. On the last day of the novena, if these prayers are not prayed before First Vespers, they are omitted.

INVITATORY PSALM

PSALM 95:1-7

℣. Alleluia. The Spirit of the Lord has filled the whole world, alleluia.

℟. Alleluia. The Spirit of the Lord has filled the whole world, alleluia.

℣. Come, let us sing to the Lord and shout with joy to the Rock who saves us. Let us approach him with praise and thanksgiving and sing joyful songs to the Lord.

℟. Alleluia. The Spirit of the Lord has filled the whole world, alleluia.

℣. The Lord is God, the mighty God, the great King over all gods. He holds in his hands the depths of the earth and the highest mountains as well. He made the sea; it belongs to him, the dry land, too, for it was formed by his hands.

℟. Alleluia. The Spirit of the Lord has filled the whole world, alleluia.

℣. Come, then, let us bow down and worship, bending the knee before the Lord, our maker. For he is our God and we are his people, the flock he shepherds.

℟. Alleluia. The Spirit of the Lord has filled the whole world, alleluia.

[Friday of the Sixth Week of Easter](#)

[Saturday of the Sixth Week of Easter](#)

[Sunday of the Seventh Week of Easter](#)

[Monday of the Seventh Week of Easter](#)

[Tuesday of the Seventh Week of Easter](#)

[Wednesday of the Seventh Week of Easter](#)

[Thursday of the Seventh Week of Easter](#)

[Friday of the Seventh Week of Easter](#)

[Saturday of the Seventh Week of Easter](#)

Friday of the Sixth Week of Easter

READING

ACTS 2:1-2

When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind and it filled the entire house in which they were.

VERSE

WISDOM 1:7

℣. The Spirit of the Lord has filled the whole world, alleluia.²⁴⁰

℟. And that which contains all things understands what is said, alleluia.

CONCLUDING PRAYER²⁴¹

℣. Let us pray together:

All recite the prayer together:

*Holy Spirit,
inspire in me:
what I should think,
what I should say,
what I should leave unsaid,
what I should write,
what I should do
and how I should act,
to achieve the good of all my brothers and sisters,
fulfill my mission,
and extend Christ's Kingdom.
Amen.*

[Go to beginning of Novena](#)

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

Saturday of the Sixth Week of Easter

READING

ISAIAH 11:1-3

A shoot shall sprout from the stump of Jesse and from his roots a bud shall blossom. The spirit of the Lord shall rest upon him: a spirit of wisdom and of understanding, a spirit of counsel and of strength, a spirit of knowledge and of fear of the Lord, and his delight shall be the fear of the Lord.

²⁴⁰ RM, Solemnity of Pentecost, Mass during the Day, Entrance Antiphon.

²⁴¹ Based on a prayer written by Cardinal Jean Verdier (1864-1940).

℣. The Spirit of the Lord has filled the whole world, alleluia.

℟. And that which contains all things understands what is said, alleluia.

CONCLUDING PRAYER²⁴²

℣. Let us pray together:

All recite the prayer together:

*Grant me, Holy Spirit,
the gift of the fear of the Lord, my Father,
so that coming before him
with contrite spirit and humbled heart,
I can please him in everything.
Amen.*

[Go to beginning of Novena](#)

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

Sunday of the Seventh Week of Easter

READING

GALATIANS 4:6-7

As proof that you are children, God sent the spirit of his Son into our hearts, crying out, "Abba, Father!" So you are no longer a slave but a child, and if a child then also an heir, through God.

VERSE

WISDOM 1:7

℣. The Spirit of the Lord has filled the whole world, alleluia.

℟. And that which contains all things understands what is said, alleluia.

CONCLUDING PRAYER²⁴³

℣. Let us pray together:

All recite the prayer together:

*Grant me, Holy Spirit,
the gift of piety*

²⁴² See John Paul II, Catechesis June 11, 1989.

²⁴³ See John Paul II, Catechesis May 28, 1989.

*that will heal my heart from every form of hardness
and move me to tenderness with God and my brothers and sisters.
Amen.*

[Go to beginning of Novena](#)

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

Monday of the Seventh Week of Easter

READING

1 CORINTHIANS 2:15-16

The spiritual person can judge everything but is not subject to judgment by anyone. For “who has known the mind of the Lord, so as to counsel him?” But we have the mind of Christ.

VERSE

WISDOM 1:7

∇. The Spirit of the Lord has filled the whole world, alleluia.

℞. And that which contains all things understands what is said, alleluia.

CONCLUDING PRAYER²⁴⁴

∇. Let us pray together:

All recite the prayer together:

*Grant me, Holy Spirit,
the gift of knowledge
so that, knowing the true value of creatures
in relation to the Creator,
I will choose God alone as the purpose of my life.
Amen.*

[Go to beginning of Novena](#)

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

Tuesday of the Seventh Week of Easter

READING

EPHESIANS 6:10-12

²⁴⁴ See John Paul II, Catechesis April 23, 1989.

Draw your strength from the Lord and from his mighty power. Put on the armor of God so that you may be able to stand firm against the tactics of the devil. For our struggle is not with flesh and blood but with the principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens.

VERSE

WISDOM 1:7

℣. The Spirit of the Lord has filled the whole world, alleluia.

℟. And that which contains all things understands what is said, alleluia.

CONCLUDING PRAYER²⁴⁵

℣. Let us pray together:

All recite the prayer together:

*Grant me, Holy Spirit,
the gift of fortitude,
so I can persevere faithfully in the Father's will
and resist the promptings of the enemy of my soul.
Amen.*

[Go to beginning of Novena](#)

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

Wednesday of the Seventh Week of Easter

READING

PHILIPPIANS 1:9-11

This is my prayer: that your love may increase ever more and more in knowledge and every kind of perception, to discern what is of value, so that you may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ for the glory and praise of God.

VERSE

WISDOM 1:7

℣. The Spirit of the Lord has filled the whole world, alleluia.

℟. And that which contains all things understands what is said, alleluia.

²⁴⁵ See John Paul II, Catechesis May 14, 1989.

CONCLUDING PRAYER²⁴⁶

✠. Let us pray together:

All recite the prayer together:

*Grant me, Holy Spirit,
the gift of counsel
to penetrate the true meaning of Gospel values,
so I can always discern
what I should do according to the Father's will.
Amen.*

[Go to beginning of Novena](#)

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

Thursday of the Seventh Week of Easter

READING

LUKE 24:44-45

Jesus said to them, "These are my words that I spoke to you while I was still with you, that everything written about me in the law of Moses and in the prophets and psalms must be fulfilled." Then he opened their minds to understand the scriptures.

VERSE

WISDOM 1:7

✠. The Spirit of the Lord has filled the whole world, alleluia.

✠. And that which contains all things understands what is said, alleluia.

CONCLUDING PRAYER²⁴⁷

✠. Let us pray together:

All recite the prayer together:

*Grant me, Holy Spirit,
the gift of understanding
so that, sounding the depths of God,
my heart can embrace his loving plan
for my life and for the world.*

²⁴⁶ See John Paul II, Catechesis May 7, 1989.

²⁴⁷ See John Paul II, Catechesis April 16, 1989.

Amen.

[Go to beginning of Novena](#)

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

Friday of the Seventh Week of Easter

READING

WISDOM 9:1-4

God of my ancestors, Lord of mercy, you who have made all things by your word and in your wisdom have established humankind to rule the creatures produced by you, and to govern the world in holiness and righteousness, and to render judgment in integrity of heart: Give me Wisdom, the consort at your throne, and do not reject me from among your children.

VERSE

WISDOM 1:7

∩. The Spirit of the Lord has filled the whole world, alleluia.

℞. And that which contains all things understands what is said, alleluia.

CONCLUDING PRAYER²⁴⁸

∩. Let us pray together:

All recite the prayer together:

*Grant me, Holy Spirit,
the gift of wisdom
so that, experiencing and tasting divine realities,
I will value earthly ones as God himself does.
Amen.*

[Go to beginning of Novena](#)

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

Saturday of the Seventh Week of Easter

READING

JOHN 16:12-13

²⁴⁸ See John Paul II, Catechesis April 9, 1989.

At the Last Supper, Jesus said to his disciples, "I have much more to tell you, but you cannot bear it now. But when he comes, the Spirit of truth, he will guide you to all truth."

VERSE

WISDOM 1:7

✠. The Spirit of the Lord has filled the whole world, alleluia.

✠. And that which contains all things understands what is said, alleluia.

CONCLUDING PRAYER

✠. Let us pray together:

All recite the prayer together:

*Holy Spirit,
delightful guest and consoler of my soul,
come transform me into Christ
and sustain me in the mission
of building up his Kingdom.
I beg you to grant me your seven gifts
and to increase the faith, hope and love
I received on the day of my baptism.
Help me to be docile to your inspirations
so I walk the path of God's will.
Amen.*

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

Novena to the Sacred Heart

The novena in preparation for the Solemnity of the most Sacred Heart of Jesus begins on the Wednesday after the Solemnity of the Most Holy Trinity. On the last day of the novena, if these prayers are not prayed before First Vespers, they are omitted.

INVITATORY PSALM

PSALM 67

✠. Come, let us worship Jesus, whose heart was wounded for love of us.

✠. Come, let us worship Jesus, whose heart was wounded for love of us.

✠. O God, be gracious and bless us and let your face shed its light upon us. So will your ways be known upon earth and all nations learn your saving help.

✠. Come, let us worship Jesus, whose heart was wounded for love of us.

Ÿ. Let the peoples praise you, O God; let all the peoples praise you. Let the nations be glad and exult for you rule the world with justice. With fairness you rule the peoples, you guide the nations on earth.

Ṛ. Come, let us worship Jesus, whose heart was wounded for love of us.

Ÿ. Let the peoples praise you, O God; let all the peoples praise you. The earth has yielded its fruit for God, our God, has blessed us. May God still give us his blessing till the ends of the earth revere him.

Ṛ. Come, let us worship Jesus, whose heart was wounded for love of us.

READING

[Wednesday of the Preceding Week](#)

[Thursday of the Preceding Week](#)

[Friday of the Preceding Week](#)

[Saturday](#)

[Sunday](#)

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

[Wednesday of the Preceding Week](#)

God indeed is my salvation; I am confident and unafraid. For the Lord is my strength and my might, and he has been my salvation. With joy you will draw water from the fountains of salvation.

Isaiah 12:2-3

[Verse and conclusion](#)

[Thursday of the Preceding Week](#)

Zion said, "The Lord has forsaken me; my Lord has forgotten me." Can a mother forget her infant, be without tenderness for the child of her womb? Even should she forget, I will never forget you.

Isaiah 49:14-15

[Verse and conclusion](#)

[Friday of the Preceding Week](#)

“Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy and my burden light.”

Matthew 11:28-30

[Verse and conclusion](#)

Saturday

God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him.

John 3:16-17

[Verse and conclusion](#)

Sunday

Before the feast of Passover, Jesus knew that his hour had come to pass from this world to the Father. He loved his own in the world and he loved them to the end.

John 13:1

[Verse and conclusion](#)

Monday

At the Last Supper, Jesus said to his disciples, “No one has greater love than this, to lay down one’s life for one’s friends. You are my friends if you do what I command you. I no longer call you slaves, because a slave does not know what his master is doing. I have called you friends, because I have told you everything I have heard from my Father.”

John 15:13-15

[Verse and conclusion](#)

Tuesday

When the soldiers came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out. For this happened so that the scripture passage might be fulfilled: “Not a bone of it will be broken.” And again another passage says: “They will look upon him whom they have pierced.”

John 19:33-34, 36-37

[Verse and conclusion](#)

Wednesday

A week later Jesus' disciples were again inside and Thomas was with them. Jesus came, although the doors were locked, and stood in their midst and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe." Thomas answered and said to him, "My Lord and my God!"

John 20:26-28

[Verse and conclusion](#)

Thursday

May Christ dwell in your hearts through faith; that you, rooted and grounded in love, may have strength to comprehend with all the holy ones what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Ephesians 3:17-19

VERSE

℣. Heart of Jesus, burning with love for us,²⁴⁹

℞. In flame our hearts with love for you.

CONCLUDING PRAYER²⁵⁰

℣. Let us pray:

O God, through the Heart of your Son, wounded out of love for us, you lavish upon us the infinite riches of your love. Grant, we pray, that as we faithfully offer to him our prayers and devotion, we may by our actions make worthy reparation. Through Christ our Lord.

℞. Amen.

[Go to beginning of Novena](#)

[Conscience examen](#)

[Night prayers](#)

[Benediction hymns](#)

Novena to Our Lady of Sorrows

The novena in preparation for the Solemnity of our Lady of Sorrows begins on September 6th. On the last day of the novena, if these prayers are not prayed before First Vespers, they are omitted.

²⁴⁹ MI, Pious invocations, examples of invocations currently in use.

²⁵⁰ RM, Solemnity of the Most Sacred Heart of Jesus, Collect, second option.

HYMN²⁵¹

It can be sung or spoken.

English

At the cross her station keeping
Stood the mournful Mother weeping
Close to Jesus to the last.

Through her heart, his sorrow sharing,
All his bitter anguish bearing,
now at length the sword had passed.

O sweet Mother! Font of love,
Touch my spirit from above,
Make my heart with yours accord.

Make me feel as you have felt,
Make my soul to glow and melt
with the love of Christ, my Lord.

Readings

Latin

Stabat Mater dolorosa
iuxta crucem lacrimosa,
dum pendebat Filius.

Cuius animam gementem,
contristatam et dolentem,
pertransiuit gladius.

Eia, Mater, fons amoris,
me sentire vim doloris
fac ut tecum lugeam.

Fac ut ardeat cor meum
in amando Christum Deum,
ut sibi complaceam.

READING

September 6

September 7

²⁵¹ RM, Memorial of Our Lady of Sorrows, Sequence.

[September 8](#)

[September 9](#)

[September 10](#)

[September 11](#)

[September 12](#)

[September 13](#)

[September 14](#)

September 6

Luke 1:29-31, 38

Mary was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus." Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word."

[Verse and conclusion](#)

September 7

Luke 2:34-35

Simeon blessed them and said to Mary his mother, "Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed."

[Verse and conclusion](#)

September 8

Matthew 2:13-15

The angel of the Lord appeared to Joseph in a dream and said, "Rise, take the child and his mother, flee to Egypt and stay there until I tell you. Herod is going to search for the child to destroy him." Joseph rose and took the child and his mother by night and departed for Egypt. He stayed there until the death of Herod, that what the Lord had said through the prophet might be fulfilled, "Out of Egypt I called my son."

[Verse and conclusion](#)

September 9

Luke 2:48-50

His mother said to Jesus, "Son, why have you done this to us? Your father and I have been looking for you with great anxiety." And he said to them, "Why were you looking for me? Did you not know that I must be in my Father's house?" But they did not understand what he said to them.

[Verse and conclusion](#)

September 10

Luke 23:27-31

A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children, for indeed, the days are coming when people will say, 'Blessed are the barren, the wombs that never bore and the breasts that never nursed.' At that time people will say to the mountains, 'Fall upon us!' and to the hills, 'Cover us!' for if these things are done when the wood is green what will happen when it is dry?"

[Verse and conclusion](#)

September 11

John 19:25-27

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home.

[Verse and conclusion](#)

September 12

Mark 15:42-45

When it was already evening, since it was the day of preparation, the day before the sabbath, Joseph of Arimathea, a distinguished member of the council, who was himself awaiting the Kingdom of God, came and courageously went to Pilate and asked for the body of Jesus. Pilate was amazed that he was already dead. He summoned the centurion and asked him if Jesus had already died. And when he learned of it from the centurion, he gave the body to Joseph.

[Verse and conclusion](#)

September 13

John 19:40-42

They took the body of Jesus and bound it with burial cloths along with the spices, according to the Jewish burial custom. Now in the place where he had been crucified there was a garden, and in the garden a new tomb, in which no one had yet been buried. So they laid Jesus there because of the Jewish preparation day; for the tomb was close by.

[Verse and conclusion](#)

September 14

Luke 2:19

Mary kept all these things, reflecting on them in her heart.

VERSE²⁵²

Ÿ. Holy Mary, heaven's Queen and our Lady, you stood by the cross of the Lord.

Ṛ. Happy is she, who without dying has won the martyr's crown.

CONCLUDING PRAYER²⁵³

Ÿ. Let us pray:

O God, who willed that, when your Son was lifted high on the cross, his Mother should stand close by and share his suffering, grant that your Church, participating with the Virgin Mary in the passion of Christ, may merit a share in his resurrection. Who lives and reigns for ever and ever.

Ṛ. Amen.

[Go to beginning of Novena](#)

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Novena to Christ the King

The novena in preparation for the Solemnity of Christ the King begins on the Friday of the 32nd week of Ordinary Time. On the last day of the novena, if these prayers are not prayed before First Vespers, they are omitted.

INVITATORY PSALM

PSALM 24:1-2, 7-10

Ÿ. Come, let us worship Jesus Christ, the King of kings.

Ṛ. Come, let us worship Jesus Christ, the King of kings.

Ÿ. The Lord's is the earth and its fullness, the world and all its peoples. It is he who set it on the seas; on the waters he made it firm.

Ṛ. Come, let us worship Jesus Christ, the King of kings.

Ÿ. O gates, lift high your heads; grow higher, ancient doors. Let him enter, the King of glory! Who is the King of glory? The Lord, the mighty, the valiant, the Lord, the valiant in war.

Ṛ. Come, let us worship Jesus Christ, the King of kings.

Ÿ. O gates, lift high your heads; grow higher, ancient doors. Let him enter, the King of glory! Who is this King of glory? He, the Lord of armies, he is the King of glory.

Ṛ. Come, let us worship Jesus Christ, the King of kings.

²⁵² LH, Memorial of Our Lady of Sorrows, Vespers, Responory.

²⁵³ RM, Memorial of Our Lady of Sorrows, Collect.

READING

[Friday of the Preceding Week](#)

[Saturday of the Preceding Week](#)

[Sunday of the Preceding Week](#)

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

[Friday](#)

[Saturday](#)

Friday of the Preceding Week

Christ must reign until he has put all his enemies under his feet. But when it says that everything has been subjected, it is clear that it excludes the one who subjected everything to him. When everything is subjected to him, then the Son himself will also be subjected to the one who subjected everything to him, so that God may be all in all.

1 Corinthians 15:25, 27-28

[Verse and conclusion](#)

Saturday of the Preceding Week

As the visions during the night continued, I, Daniel, saw coming with the clouds of heaven one like a son of man. When he reached the Ancient of Days and was presented before him, he received dominion, splendor and kingship; all nations, peoples and tongues will serve him. His dominion is an everlasting dominion that shall not pass away, his kingship, one that shall not be destroyed.

Daniel 7:13-14

[Verse and conclusion](#)

Sunday of the Preceding Week

Grace to you and peace from Jesus Christ, the faithful witness, the firstborn of the dead and ruler of the kings of the earth. To him who loves us and has freed us from our sins by his blood, who has made us into a Kingdom, priests for his God and Father, to him be glory and power forever and ever. Amen.

Revelation 1:4-6

[Verse and conclusion](#)

Monday

Then the seventh angel blew his trumpet. There were loud voices in heaven, saying, "The Kingdom of the world now belongs to our Lord and to his Anointed, and he will reign forever and ever." The twenty-four elders who sat on their thrones before God prostrated themselves and worshiped God.

Revelation 11:15-16

Verse and conclusion

Tuesday

The Angel Gabriel said to Mary, "He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his Kingdom there will be no end."

Luke 1:32-33; see 2 Samuel 7:12-13

Verse and conclusion

Wednesday

Your throne, O God, stands forever; your royal scepter is a scepter for justice. You love justice and hate wrongdoing; therefore God, your God, has anointed you with the oil of gladness above your fellow kings.

Psalms 45:7-8; see Hebrews 1:8-9

Verse and conclusion

Thursday

In Christ were created all things in heaven and on earth, the visible and the invisible, whether thrones or dominions or principalities or powers; all things were created through him and for him. He is before all things and in him all things hold together. He is the head of the body, the church.

Colossians 1:16-18

Verse and conclusion

Friday

In Christ all the fullness was pleased to dwell, and through him to reconcile all things for him, making peace by the blood of his cross through him, whether those on earth or those in heaven.

Colossians 1:19-20

Verse and conclusion

Saturday

A child is born to us, a son is given to us; upon his shoulder dominion rests. They name him Wonder-Counselor, God-Hero, Father-Forever, Prince of Peace.

Isaiah 9:5

VERSE

MATTHEW 28:18

Ÿ. All power has been given to me,
ᚱ. in heaven and on earth.

CONCLUDING PRAYER²⁵⁴

Ÿ. Let us pray:

Almighty ever-living God, whose will is to restore all things in your beloved Son, the King of the universe, grant, we pray, that the whole of creation, set free from slavery, may render your majesty service and ceaselessly proclaim your praise. Through Christ our Lord.

ᚱ. Amen.

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Novena of Christmas

The novena in preparation for the Nativity of the Lord begins on December 16th. On the last day of the novena, if these prayers are not prayed before First Vespers, they are omitted.

INVITATORY PSALM

PSALM 24:1-2, 7-10

Ÿ. Come, let us worship the Lord, the King who is to come.

ᚱ. Come, let us worship the Lord, the King who is to come.

Ÿ. The Lord's is the earth and its fullness, the world and all its peoples. It is he who set it on the seas; on the waters he made it firm.

ᚱ. Come, let us worship the Lord, the King who is to come.

Ÿ. O gates, lift high your heads; grow higher, ancient doors. Let him enter, the King of glory! Who is the King of glory? The Lord, the mighty, the valiant, the Lord, the valiant in war.

ᚱ. Come, let us worship the Lord, the King who is to come.

²⁵⁴ RM, Solemnity of Christ the King, Collect.

V. O gates, lift high your heads; grow higher, ancient doors. Let him enter, the King of glory!
Who is this King of glory? He, the Lord of armies, he is the King of glory.

R. Come, let us worship the Lord, the King who is to come.

READING²⁵⁵

[December 16](#)

[December 17](#)

[December 18](#)

[December 19](#)

[December 20](#)

[December 21](#)

[December 22](#)

[December 23](#)

[December 24](#)

December 16

See, your King comes, the master of the earth; he will shatter the yoke of our slavery.

[Verse and Conclusion](#)

December 17

O Wisdom, O holy Word of God, you govern all creation with your strong yet tender care.
Come and show your people the way to salvation.

[Verse and Conclusion](#)

December 18

O Sacred Lord of ancient Israel, who showed yourself to Moses in the burning bush, who
gave him the holy law on Sinai mountain: come, stretch out your mighty hand to set us free.

[Verse and Conclusion](#)

December 19

O Flower of Jesse's stem, you have been raised up as a sign for all peoples; kings stand silent
in your presence; the nations bow down in worship before you. Come, let nothing keep you
from coming to our aid.

²⁵⁵ These readings are the *Magnificat* antiphons of the Liturgy of the Hours for each day. The December 16 reading is the *Magnificat* antiphon for the Monday of the second week of Advent.

[Verse and Conclusion](#)

December 20

O Key of David, O royal Power of Israel, controlling at your will the gate of heaven: come, break down the prison walls of death for those who dwell in darkness and the shadow of death; and lead your captive people into freedom.

[Verse and Conclusion](#)

December 21

O Radiant Dawn, splendor of eternal light, sun of justice: come, shine on those who dwell in darkness and the shadow of death.

[Verse and Conclusion](#)

December 22

O King of all the nations, the only joy of every human heart; O Keystone of the mighty arch of man: come and save the creature you fashioned from the dust.

[Verse and Conclusion](#)

December 23

O Emmanuel, King and lawgiver, desire of the nations, Savior of all people: come and set us free, Lord our God.

[Verse and Conclusion](#)

December 24

When the sun rises in the morning sky, you will see the King of kings coming forth from the Father like a radiant bridegroom from the bridal chamber.

VERSE

LUKE 21:28

℣. Stand erect and raise your heads,
℞. because your redemption is at hand.

CONCLUDING PRAYER²⁵⁶

℣. Let us pray:

Come quickly, we pray, Lord Jesus, and do not delay, that those who trust in your compassion may find solace and relief in your coming. Who live and reign for ever and ever.

²⁵⁶ RM, December 24, Collect.

℞. Amen.

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Appendix III

Some Useful Rites for Priests

[Absolution from Censures and Dispensation from Irregularity](#)

[Anointing of the Sick in Articulo Mortis](#)

[Apostolic Pardon in Articulo Mortis](#)

[Commendation of the Dying](#)

Absolution from Censures and Dispensation from Irregularity

When a priest has the faculty to absolve censures, it suffices to have the intention to do so while giving absolution within the Sacrament of Penance. However, if he deems it appropriate, the confessor may absolve from the censure before absolving from sins, using the formula given below for absolution from censure outside the Sacrament of Penance.

ABSOLUTION FROM CENSURES²⁵⁷

When a priest, in accordance with the law, absolves a penitent from a censure outside the Sacrament of Penance, he uses the following formula:

℣. By the power granted to me I absolve you from the bond of excommunication (*or* suspension *or* indictment). In the name of the Father, and of the Son † and of the Holy Spirit.

℞. Amen.

DISPENSATION FROM IRREGULARITY²⁵⁸

When, in accordance with the law, a priest dispenses a penitent from an irregularity, either during confession, after absolution has been given, or outside the Sacrament of Penance, he says:

℣. By the power granted to me I dispense you from the irregularity you have incurred. In the name of the Father, and of the Son † and of the Holy Spirit.

²⁵⁷ RP, Appendix 2.

²⁵⁸ RP, Appendix 4.

℞. Amen.

Anointing of the Sick *in Articulo Mortis*²⁵⁹

In a situation of urgent necessity, the priest may use the following short rite.

If no blessed oil is available, the priest blesses vegetable derived oil, saying:

Bless, † Lord, your gift of oil and our brother/sister *N.* that it may bring him/her relief.

The priest anoints the sick person with the blessed oil.

First he anoints the forehead, saying:

℣. Through this holy anointing may the Lord in his love and mercy help you with the grace of the Holy Spirit.

℞. Amen.

Then he anoints the hands, saying:

℣. May the Lord who frees you from sin save you and raise you up.

℞. Amen.

Apostolic Pardon *in Articulo Mortis*²⁶⁰

The priest, after spiritually assisting the sick person in danger of death (Penance, Anointing of the Sick), imparts to them the Apostolic Blessing, which grants a plenary indulgence.²⁶¹ He may use the following words:

℣. By the authority which the Apostolic See has given me, I grant you a full pardon and the remission of all your sins in the name of the Father, and of the Son † and of the Holy Spirit.

℞. Amen.

If there is no priest available, the Church grants the same plenary indulgence as long as the person habitually prayed some prayers throughout their life. In this case the Church provides the three habitual conditions required to obtain a plenary indulgence²⁶².

²⁵⁹ PCS, Anointing of the Sick.

²⁶⁰ PCS, Viaticum outside Mass, Penitential Rite.

²⁶¹ See MI, Other Types of Indulgenced Grants, 12 § 1.

²⁶² See MI, Other Types of Indulgenced Grants, 12 § 2.

Commendation of the Dying²⁶³

SHORT TEXTS

One or more of the following short texts may be recited with the dying person. If necessary, they may be softly repeated two or three times.

Who can separate us from the love of Christ? (Romans 8:35)

Whether we live or die, we are the Lord's. (Romans 14:8)

We have an everlasting home in heaven. (2 Corinthians 5:1)

We shall be with the Lord forever. (1 Thessalonians 4:17)

We shall see God as he really is. (1 John 3:2)

To you, Lord, I lift up my soul. (Psalm 25:1)

The Lord is my light and my salvation. (Psalm 27:1)

I believe that I shall see the goodness of the Lord in the land of the living. (Psalm 27:13)

My soul thirsts for the living God. (Psalm 42:3)

Though I walk in the shadow of death, I will fear no evil, for you are with me. (Psalm 23:4)

The Lord Jesus says, today you will be with me in paradise. (Luke 23:43)

The Lord Jesus says, I go to prepare a place for you, and I will come again and take you to myself. (John 14:2-3)

Everyone who believes in the Son has eternal life. (John 6:40)

Into your hands, Lord, I commend my spirit. (Psalm 31:6)

Lord Jesus, receive my spirit. (Acts 7:59)

Holy Mary, pray for me.

Saint Joseph, pray for me.

Jesus, Mary and Joseph, assist me in my last agony.

READINGS FROM SCRIPTURE

If it is appropriate, a suitable reading from Scripture may be read, such as Psalm 23.

LITANY OF THE SAINTS

When the condition of the dying person calls for the use of brief forms of prayer, those who are present are encouraged to pray the litany of the saints — or at least some of its invocations — for them. Special

²⁶³ PCS, Commendation of the Dying.

mention may be made of the patron saints of the dying person, of the family and of the parish. The litany may be said or sung in the usual way. Other customary prayers may also be used.

PRAYERS

When the moment of death seems near, some of the following prayers may be said:

I

Go forth, Christian soul, from this world in the name of God the almighty Father, who created you, in the name of Jesus Christ, Son of the living God, who suffered for you, in the name of the Holy Spirit, who was poured out upon you, go forth, faithful Christian.

May you live in peace this day, may your home be with God in Zion, with Mary, the Virgin Mother of God, with Joseph and all the angels and saints.

II

I commend you, my dear brother/sister, to almighty God and entrust you to your Creator. May you return to him who formed you from the dust of the earth. May holy Mary, the angels and all the saints come to meet you as you go forth from this life. May Christ who was crucified for you bring you freedom and peace. May Christ who died for you admit you into his garden of paradise. May Christ, the true Shepherd, acknowledge you as one of his flock. May he forgive all your sins and set you among those he has chosen. May you see your Redeemer face to face and enjoy the vision of God forever.

III

Lord Jesus Christ, Savior of the world, we pray for your servant *N.* and commend him/her to your mercy. For his/her sake you came down from heaven; receive him/her now into the joy of your Kingdom. For though he/she has sinned, he/she has not denied the Father, the Son and the Holy Spirit, but has believed in God and has worshiped his/her Creator.

PRAYER AFTER DEATH

When death has occurred, the following prayer may be said:

☩. Saints of God, come to his/her aid! Come to meet him/her, angels of the Lord!

☩. Receive his/her soul and present him/her to the Most High.

☩. May Christ, who called you, take you to himself; may angels lead you to Abraham's side.

☩. Receive his/her soul and present him/her to the Most High.

☩. Give him/her eternal rest, O Lord, and may your light shine on him/her forever.

☩. Receive his/her soul and present him/her to the Most High.

☩. Let us pray:

All-powerful and merciful God, we commend to you *N.*, your servant. In your mercy and love, blot out the sins he/she has committed through human weakness. In this world he/she had died: let him/her live with you forever.

R. Amen.

*Or, if it is a religious:*²⁶⁴

V. Let us pray:

Grant, we pray, almighty God, that the soul of your servant *N.*, who for love of Christ walked the way of perfect charity, may rejoice in the coming of your glory and together with his brothers and sisters may rejoice in the everlasting happiness of your Kingdom. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever.

R. Amen.

*Or, if it is a priest:*²⁶⁵

V. Let us pray:

Grant, we pray, O Lord, that the soul of *N.*, your servant and priest, whom you honored with sacred office while he lived in this world, may exult forever in the glorious home of heaven. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever.

R. Amen.

Blessings

[Blessing of Water Outside of Mass](#)

[Blessing of a Religious Article](#)

[Blessing of a Rosary](#)

[Blessing of a Vehicle](#)

[Blessing of a House](#)

[Blessing of a Business](#)

²⁶⁴ RM, Masses for the Dead, Various Prayers for the Dead, For a Religious.

²⁶⁵ RM, Masses for the Dead, Various Prayers for the Dead, For a Priest.

Blessing of Water Outside of Mass²⁶⁶

The celebrant begins with these words:

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

All make the Sign of the Cross and reply:

℞. Amen.

The celebrant greets those present in the following or other suitable words, taken mainly from Sacred Scripture:

May God, who through water and the Holy Spirit has given us a new birth in Christ, be with you all.

All reply:

℞. And with your spirit.

As circumstances suggest, the celebrant may prepare those present for the blessing in the following or similar words:

The blessing of this water reminds us of Christ, the living water, and of the Sacrament of Baptism, in which we were born of water and the Holy Spirit. Whenever, therefore, we are sprinkled with this holy water or use it in blessing ourselves on entering the church or at home, we thank God for his priceless gift to us and we ask for his help to keep us faithful to the sacrament we have received in faith.

A reader, another person present, or the celebrant reads a short text of Sacred Scripture.

Brothers and sisters, listen to the words of the holy Gospel according to John: **(John 7:37-39)**

On the last and greatest day of the feast, Jesus stood up and exclaimed, "Let anyone who thirsts come to me and drink. Whoever believes in me, as scripture says: 'Rivers of living water will flow from within him.'" He said this in reference to the Spirit that those who came to believe in him were to receive. There was, of course, no Spirit yet, because Jesus had not yet been glorified.

Or: Isaiah 12:1-6; Isaiah 55:1-11; Sirach 15:1-6; 1 John 5:1-6; Revelation 7:13-17; Revelation 22:1-5; John 13:3-15.

All pray briefly in silence; then, with hands outstretched the celebrant says the prayer of blessing:

Let us pray.

²⁶⁶ BB 1391-1399.

Blessed are you, Lord, all-powerful God, who in Christ, the living water of salvation, blessed and transformed us. Grant that, when we are sprinkled with this water or make use of it, we will be refreshed inwardly by the power of the Holy Spirit and continue to walk in the new life we received at baptism. We ask this through Christ our Lord.

℞. Amen.

After the prayer of blessing, the celebrant sprinkles those present with holy water, as a suitable song is sung; as circumstances suggest, he may first say the following words:

Let this water call to mind our baptism into Christ, who has redeemed us by his death and resurrection.

℞. Amen.

Blessing of a Religious Article²⁶⁷

The present order is to be used to bless medals, small crucifixes, statues or pictures that will be displayed elsewhere than in a church or chapel, scapulars, rosaries and other articles used for religious devotion.²⁶⁸

To begin, the celebrant says:

Lord, show us your mercy and love.

All reply:

℞. And grant us your salvation.

As circumstances suggest, the celebrant may prepare those present for the blessing.

One of those present, or the celebrant, reads a text of Sacred Scripture:

For we do not know how to pray as we ought, but the Spirit itself intercedes with inexpressible groanings. And the one who searches hearts knows what is the intention of the Spirit, because it intercedes for the holy ones according to God's will. (Romans 8:26, 27)

Or: Colossians 3:17; Luke 11:9-10.

With hands outstretched, the celebrant says:

May the merciful Lord enliven and strengthen by his blessing † the spirit of devotion and filial love in your hearts, so that you may walk blamelessly through this life and happily reach life everlasting.

²⁶⁷ BB 1458-1461.

²⁶⁸ BB 1442.

℞. Amen.

Blessing of a Rosary²⁶⁹

To begin, the celebrant says:

Lord, show us your mercy and love.

All reply:

℞. And grant us your salvation.

As circumstances suggest, the celebrant may prepare those present for the blessing.

One of those present or the celebrant reads a text of Sacred Scripture:

Mary, his mother, kept all these things in her heart. And Jesus advanced in wisdom and age and favor before God and man. (Luke 2:51-52)

Or Acts 1:14.

With hands outstretched, the celebrant says the prayer of blessing:

In memory of the mysteries of the life, death and resurrection of our Lord and in honor of the Virgin Mary, Mother of Christ and Mother of the Church, may those who devoutly use this rosary to pray be blessed, in the name of the Father, and of the Son † and of the Holy Spirit. Amen.

Blessing of a Vehicle²⁷⁰

At the beginning of the celebration, the minister says:

Our help is in the name of the Lord.

All reply:

℞. Who made heaven and earth.

One of those present or the minister reads a short text from Sacred Scripture:

Jesus said to Thomas, "I am the way and the truth and the life. No one comes to the Father except through me." (John 14:6)

²⁶⁹ BB 1482-1486.

²⁷⁰ BB 873-877.

Or Matthew 22:37, 39-40.

The minister says the prayer of blessing with hands outstretched:

All-powerful God, Creator of heaven and earth, in the rich depths of your wisdom you have empowered us to produce great and beautiful works. Grant, we pray, that those who use this vehicle may travel safely, with care for the safety of others. Whether they travel for business or pleasure, let them always find Christ to be the companion of their journey, who lives and reigns with you forever and ever.

℞. Amen.

As circumstances suggest, the minister may sprinkle those present and the vehicle with holy water.

Blessing of a House²⁷¹

When the family members and their relatives and friends have gathered in a convenient place, the minister says:

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

All make the Sign of the Cross and reply:

℞. Amen.

The minister greets those present in the following or other suitable words, taken mainly from Sacred Scripture:

Peace be with this house and with all who live here.

All reply:

℞. And with your spirit.

In the following or similar words, the minister prepares those present for the blessing:

When Christ took flesh through the Blessed Virgin Mary, he made his home with us. Let us now pray that he will enter this home and bless it with his presence. May he always be here among you; may he nurture your love for each other, share in your joys, comfort you in your sorrow. Inspired by his teaching and example, seek to make your new home before all else a dwelling place of love, diffusing far and wide the goodness of Christ.

One of those present or the minister reads a short text from Sacred Scripture:

²⁷¹ BB 664-677.

Brothers and sisters, listen to the words of the holy Gospel according to Luke. (Luke 10:5-9)

The Lord said to the seventy-two: "Into whatever house you enter, first say, 'Peace to this household.' If a peaceful person lives there, your peace will rest on him; but if not, it will return to you. Stay in the same house and eat and drink what is offered to you, for the laborer deserves his payment. Do not move about from one house to another. Whatever town you enter and they welcome you, eat what is set before you, cure the sick in it and say to them, 'The Kingdom of God is at hand for you.'"

Or: Genesis 18:1-10; Mark 1:29-30; Luke 10:38-42; Luke 19:1-9; Luke 24:28-32.

As circumstances suggest, an appropriate responsorial psalm may be said or sung, such as:

Psalm 127 (The Lord will build a house for us),

Psalm 112 (Happy are those who fear the Lord),

Psalm 128 (See how the Lord blesses those who fear him).

As circumstances suggest, the minister may give those present a brief explanation of the biblical text, so that they may understand through faith the meaning of the celebration.

The intercessions are then said. The minister introduces them and an assisting minister or one of those present announces the intentions. From the following intentions, those best suited to the occasion may be used or adapted, or other intentions that apply to the particular circumstances may be composed:

The Son of God, Lord of heaven and earth, made his home among us. With thankfulness and gladness let us call upon him, saying:

R. Stay with us, Lord.

Or:

R. Lord, hear our prayer.

Lord Jesus Christ, by your life with Mary and Joseph you sanctified the life of the home; dwell with us in our home, so that we may have you as our guest and honor you as our Head. (For this we pray: **R.**)

In you every dwelling grows into a holy temple; grant that those who live in this house may be built up together into the dwelling place of God in the Holy Spirit. (For this we pray: **R.**)

You taught your followers to build their houses upon solid rock; grant that the members of this family may hold fast to your teachings and, free of all discord, serve you with their whole heart. (For this we pray: **R.**)

You had no place to lay your head, but in uncomplaining poverty you accepted the hospitality of your friends; grant that through our help people who are homeless may obtain decent housing. (For this we pray: **R.**)

The minister says the prayer of blessing with hands outstretched:

Lord, be close to your servants who move into this home (today) and ask for your blessing. Be their shelter when they are at home, their companion when they are away and their welcome guest when they return. And at last receive them into the dwelling place you have prepared for them in your Father's house, where you live for ever and ever.

℞. Amen.

After the prayer of blessing, the minister sprinkles those present and the new home with holy water and, as circumstances suggest, during the sprinkling may say:

Let this water call to mind our baptism into Christ, who has redeemed us by his death and resurrection.

℞. Amen.

The minister concludes the rite by saying:

May the peace of Christ rule in our hearts and may the word of Christ in all its richness dwell in us, so that whatever we do in word and in work, we will do in the name of the Lord.

℞. Amen.

It is preferable to end the celebration with a suitable song.

Blessing of a Business²⁷²

When the community has gathered in a convenient place, a suitable song is sung. After the singing, the celebrant says:

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

All make the Sign of the Cross and reply:

℞. Amen.

The celebrant greets those present in the following or other suitable words, taken mainly from Sacred Scripture:

May God, who has given us power over the works of his hands, be with you all.

All reply:

℞. And with your spirit.

²⁷² BB 803-816.

In the following or other suitable words, the celebrant prepares those present for the blessing:

In his own life Jesus Christ clearly showed us the dignity of labor. When he became incarnate, the Word of the Father was known as the carpenter's son and willingly worked with the tools of his trade. By working with his own hands he transformed toil from being an inherited curse for sin into a source of blessings.

If we do our work well, whatever it may be, and offer it to God, we purify ourselves and through the labor of our hands and minds we build up God's creation. Our work enables us to practice charity and help the less fortunate, so that, joined to Christ the Redeemer, we grow in his love.

Let us bless the Lord, then, and pray that he will shower his blessings on all who will work in this place.

One of those present or the celebrant reads a short text from Sacred Scripture:

Brothers and sisters, listen to the words of the Book of Genesis. **(Genesis 1:27-31)**

God created man in his image; in the divine image he created him; male and female he created them. God blessed them, saying: "Be fertile and multiply; fill the earth and subdue it. Have dominion over the fish of the sea, the birds of the air and all the living things that move on the earth." God also said: "See, I give you every seed-bearing plant all over the earth and every tree that has seed-bearing fruit on it to be your food; and to all the animals of the land, all the birds of the air and all the living creatures that crawl on the ground, I give all the green plants for food." And so it happened. God looked at everything he had made and he found it very good.

Or:

Brothers and sisters, listen to the words of the holy Gospel according to Mark. **(Mark 6:1-3)**

Jesus departed from the house of Jairus and came to his native place, accompanied by his disciples. When the Sabbath came he began to teach in the synagogue, and many who heard him were astonished. They said, "Where did this man get all this? What kind of wisdom has been given him? What mighty deeds are wrought by his hands! Is he not the carpenter, the son of Mary, and the brother of James and Joses and Judas and Simon? Are not his sisters here with us?" And they took offense at him.

Or: Sirach 38:24-34; 2 Thessalonians 3:6-13; Matthew 6:25-34; Matthew 25:14-29; Luke 16:9-12.

As circumstances suggest, an appropriate responsorial psalm may be said or sung, such as:

Psalm 90 (Lord, give success to the work of our hands) or

Psalm 104 (May the glory of the Lord last forever; may the Lord be glad in his works).

As circumstances suggest, the celebrant may give those present a brief explanation of the biblical text, so that they may understand through faith the meaning of the celebration.

As circumstances suggest, the prayer of blessing may be preceded by the intercessions. The celebrant introduces them and an assisting minister or one of those present announces the intentions. From the following intentions, those best suited to the occasion may be used or adapted, or other intentions that apply to the particular circumstances may be composed:

Our God created the world and filled it with marvelous signs of his power. He also blessed human toil from the very beginning, so that in modest imitation of the Creator's own goodness we might diligently devote ourselves to bringing creation to its perfection. Let us, then, offer our prayers to God, saying:

Lord, graciously guide the work of our hands.

Blessed are you, O Lord, who gave us the command to work, so that by relying on our minds and our hands we might devote ourselves to perfecting creation.

Lord, graciously guide the work of our hands.

Blessed are you, O Lord, who willed that your Son made flesh for us should practice the carpenter's trade.

Lord, graciously guide the work of our hands.

Blessed are you, O Lord, who in Christ made the yoke of toil sweet and its burden light.

Lord, graciously guide the work of our hands.

Blessed are you, O Lord, who in your providence move us always to strive to do our best.

Lord, graciously guide the work of our hands.

Blessed are you, O Lord, who receive with favor the offering of our labor, so that it becomes an offering of penance, brings joy to our brothers and sisters and helps the poor.

Lord, graciously guide the work of our hands.

Blessed are you, O Lord, who graciously chose bread and wine, the work of human hands, as the sacramental signs of the Eucharist.

Lord, graciously guide the work of our hands.

With hands outstretched the celebrant says the prayer of blessing:

God, our all-provident Father, you have placed the earth and its fruits under our care, so that by our labor we will endeavor to ensure that all share in the benefits of your creation. Bless all those who will use this building either as buyers or sellers, so that by respecting justice and charity they will see themselves as working for the common good and find joy in contributing to the progress of the earthly city. Through Christ our Lord

R. Amen.

Or, if it is a factory or workshop:

O God, by working as a carpenter your Son enhanced the dignity of human labor and in a wonderful way joined us through our own toil to the work of redemption. Through the blessing they seek, strengthen your faithful. Give to those who are employed in skillfully

transforming the things you have created a sense of their own dignity. Make them content in their dedication to bettering the human family in praise of your name.

℟. Amen.

After the prayer of blessing, the celebrant sprinkles those present and the place with holy water, as a suitable song is sung.

With hands outstretched over those present, the celebrant concludes the rite by saying:

May God, the Father of goodness, who commanded us to help one another as brothers and sisters, bless this new building with his presence and look kindly on all who enter here.

℟. Amen.

Then he blesses all present:

And may almighty God bless you all, the Father, and the Son, † and the Holy Spirit.

℟. Amen.

It is preferable to end the celebration with a suitable song.

Appendix IV

Indulgences

An indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain prescribed conditions through the action of the Church which, as the minister of redemption, dispenses and applies with authority the treasury of the satisfactions of Christ and the saints.²⁷³

To gain a plenary indulgence, in addition to excluding all attachment to sin, even venial sin, it is necessary to perform the indulgenced work and fulfill the following three conditions: sacramental confession, Eucharistic Communion and prayer for the intention of the Sovereign Pontiff.²⁷⁴

The following is the index of plenary indulgences that the Manual of Indulgences presents with the proper references.

1. Daily

A plenary indulgence is granted to the faithful who:

- devoutly recite the Akathistos hymn or the Office of Paracletis²⁷⁵

²⁷³ CCC 1471.

²⁷⁴ MI, Norms on Indulgences, 20.

²⁷⁵ Other Concessions 23 §1.

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- visit the Blessed Sacrament for adoration lasting at least a half hour²⁷⁶
 - personally make the pious Way of the Cross before stations legitimately erected²⁷⁷
 - devoutly recite the Marian Rosary in a church or in a religious community²⁷⁸
 - read the Sacred Scriptures as spiritual reading for at least half an hour²⁷⁹
 - visit – and there devoutly recite an Our Father and the Creed – one of the four Patriarchal Basilicas in Rome with the purpose of expressing during the visit filial submission to the Roman Pontiff.²⁸⁰

2. On certain days

A plenary indulgence is granted to the faithful who:

- devoutly assist at the recitation or solemn singing of the *Veni Creator Spiritus* on the first day of the year to implore divine assistance for the course of the whole year²⁸¹
- participate in some of the services during the Week of Christian Unity and assist at the closing of this same week²⁸²
- on any of the Fridays of Lent devoutly recite after Communion the Prayer to Our Lord Jesus Christ Crucified²⁸³
- piously recite the verses of the *Tantum Ergo* after the Mass of the Lord's Supper on Holy Thursday during the solemn reposition of the Most Blessed Sacrament²⁸⁴
- devoutly assist at the adoration of the cross in the solemn liturgical action of Good Friday²⁸⁵
- at the celebration of the Easter Vigil, renew their baptismal vows²⁸⁶
- devoutly assist at the recitation or solemn singing of the *Veni Creator Spiritus* on the Solemnity of Pentecost²⁸⁷
- devoutly participate in a solemn Eucharistic procession of great importance on the Solemnity of the Body and Blood of Christ²⁸⁸
- on the solemnity of the Most Sacred Heart of Jesus, publicly recite the act of reparation

²⁷⁶ Other Concessions 7 §1, 1°.

²⁷⁷ Other Concessions 13, 2°.

²⁷⁸ Other Concessions 17 §1.

²⁷⁹ Other Concessions 30.

²⁸⁰ Other Concessions 33 §1, 1°.

²⁸¹ Other Concessions 26 §1, 1.

²⁸² Other Concessions 11 §1.

²⁸³ Other Concessions 8 §1, 2°.

²⁸⁴ Other Concessions 7 §1, 2°.

²⁸⁵ Other Concessions 13, 1°.

²⁸⁶ Other Concessions 28 § 1.

²⁸⁷ Other Concessions 26 §1, 1°.

²⁸⁸ Other Concessions 7 §1, 3°.

(*Iesu dulcissime Redemptor*) presented in the *Manual of Indulgences*²⁸⁹

- on the Solemnity of the Holy Apostles Peter and Paul, make prayerful use of an article of devotion that has been blessed by the Supreme Pontiff or by any bishop, provided the faithful also make a Profession of Faith; visit – and there devoutly recite an Our Father and the Creed – a minor basilica or the cathedral church²⁹⁰
- visit – and there devoutly recite an Our Father and the Creed – a minor basilica, the cathedral church or a parish church on August 2, the day of the “Portiuncula” indulgence²⁹¹
- on any and each day from November 1 to 8 (applicable only to souls in purgatory), devoutly visit a cemetery and pray, if only mentally, for the departed²⁹²
- on All Souls’ Day (applicable only to souls in purgatory), devoutly visit a church and recite an Our Father and the Creed²⁹³
- on the solemnity of Our Lord Jesus Christ, King of the Universe publicly recite the act of dedication of the human race to Christ the King (*Iesu dulcissime Redemptor*) as indicated by the *Manual of Indulgences*²⁹⁴
- devoutly assist at the recitation or solemn singing of the *Te Deum* on the final day of the year, to offer thanks to God for gifts received through the course of the entire year.²⁹⁵

3. During special circumstances

A plenary indulgence is granted to the faithful who:

- devoutly receive a blessing imparted by the Supreme Pontiff²⁹⁶
- on days universally designated to foster certain religious intentions (e.g., the promotion of priestly and religious vocations, the pastoral care of the sick and infirm, etc.), piously assist at celebrations of this kind²⁹⁷
- on the anniversary of their own Baptism, renew their baptismal vows in any legitimately approved formula²⁹⁸
- the members of the family on the day on which it is first consecrated, if at all possible by a priest or deacon, to the Most Sacred Heart of Jesus or to the Holy Family of Jesus, Mary, and Joseph, if they devoutly recite the duly approved prayer before an image

²⁸⁹ Other Concessions 3.

²⁹⁰ Other Concessions 14 §1; 33 §1, 2°, 3°.

²⁹¹ Other Concessions 33 §1, 2°, 3°, 5°.

²⁹² Other Concessions 29 §1, 1°.

²⁹³ Other Concessions 29 §1, 2°.

²⁹⁴ Other Concessions 2.

²⁹⁵ Other Concessions 26 §1, 2°.

²⁹⁶ Other Concessions 4.

²⁹⁷ Other Concessions 5.

²⁹⁸ Other Concessions 28 §1.

of the Sacred Heart or the Holy Family²⁹⁹

- visit – and there devoutly recite an Our Father and the Creed – a church or an altar on the day of its dedication³⁰⁰
- assist in the sacred functions held in any stational church on its designated day³⁰¹
- participate religiously in the solemn Celebration of the Eucharist which is customarily held at the conclusion of a Eucharistic Congress³⁰²
- spend at least three entire days in the spiritual exercises of a retreat³⁰³
- are in danger of death without any priest available to impart the Apostolic Blessing, and are duly disposed at the point of death, provided they have been in the habit of reciting some prayers during their lifetime; in such a case the Church supplies for the three conditions ordinarily required for a plenary indulgence³⁰⁴
- visit – and there devoutly recite an Our Father and the Creed – a church or an oratory of an institute of consecrated life or a society of apostolic life, on the liturgical memorial of their founder³⁰⁵
- visit – and there devoutly recite an Our Father and the Creed – on the solemnity of its Titular, a minor basilica, the cathedral church, an international, national or diocesan shrine established by competent authority, or a parish church³⁰⁶
- priests celebrating the twenty-fifth, fiftieth, sixtieth or seventieth anniversary of their priestly ordinations, who renew before God their promise of faithfully fulfilling the duties of their vocation; and the faithful who devoutly assist at jubilee Mass celebrations³⁰⁷
- visit – and there devoutly recite an Our Father and the Creed – one of the four Patriarchal Basilicas in Rome as a part of a group making a pilgrimage to the basilica, or an international, national or diocesan shrine established by competent authority, as often as they assist in a group pilgrimage visiting the shrine³⁰⁸
- receive Holy Communion for the first time or devoutly assist at the first Holy Communion of others³⁰⁹
- a priest celebrating his first Mass before the people on a chosen day; the faithful who devoutly assist at such a Mass³¹⁰

²⁹⁹ Other Concessions 1.

³⁰⁰ Other Concessions 33 §1, 6°.

³⁰¹ Other Concessions 33 §2.

³⁰² Other Concessions 7 §1, 4°.

³⁰³ Other Concessions 10 §1.

³⁰⁴ Other Concessions 12.

³⁰⁵ Other Concessions 33 §1, 7°.

³⁰⁶ Other Concessions 33 §1, 2°-5°.

³⁰⁷ Other Concessions 27 §2.

³⁰⁸ Other Concessions 33 §1, 1°, 4°.

³⁰⁹ Other Concessions 8 §1, 1°.

³¹⁰ Other Concessions 27 §1.

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- on the occasion of a mission, have heard some of the sermons and are present for the solemn conclusion of the mission³¹¹
 - visit – and there devoutly recite an Our Father and the Creed – a minor basilica or an international, national or diocesan shrine established by competent authority, once a year, on a day chosen by the Christian faithful³¹²
 - during a diocesan synod, devoutly visit the church in which the synod is celebrated and there recite an Our Father and the Creed³¹³
 - during the time of a pastoral visit, assist at the sacred functions over which the visitator presides.³¹⁴

Through the Kingdom of Christ to the Glory of God

³¹¹ Other Concessions 16 §1.

³¹² Other Concessions 33 §1, 2°, 4°.

³¹³ Other Concessions 31.

³¹⁴ Other Concessions 32.