

Spiritual Enrichment Talk on “Prayer”

On August 4th, the Feast of St. John Mary Vianney, Patron Saint of
Priests

St. Barnabas Church, Long Beach



“If you find it impossible to pray, hide behind your good Angel and charge him to pray in your stead” — St. John Mary Vianney

TRADITIONAL CATHOLIC PRAYERS DOWN THE CENTURIES

SIGN OF THE CROSS: In the Name of the Father, and of the Son, and of the Holy Spirit, Amen.

OUR FATHER: 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.

HAIL MARY: 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.

GLORY BE: 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.

APOSTLES CREED: I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, *and by the Holy Spirit was incarnate of the Virgin Mary, and became man.* For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

ACT OF FAITH: O MY GOD, I firmly believe that Thou art one God in Three Divine Persons, Father, Son and Holy Ghost. I believe that Thy Divine Son became Man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because Thou hast revealed them, Who canst neither deceive nor be deceived.

ACT OF HOPE: O MY GOD, relying on Thy almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Thy grace, and Life Everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

ACT OF CHARITY: O MY GOD, I love Thee above all things, with my whole heart and soul, because Thou art all-good and worthy of all love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured.

ACT OF CONTRITION: O MY GOD, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell; but

most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

OFFERING OF DAILY ACTIONS: ETERNAL FATHER, by virtue of Your generosity and love, I ask that You accept all my actions, and that You multiply their value in favor of every Soul in Purgatory. Through Christ Our Lord. Amen.

A PRAYER FOR PROTECTION: O My God, I adore Thee and I love Thee with all my heart. I thank Thee for having created me, for having made me a Catholic and for having watched over me this day. Pardon me for the evil I have done this day; and if I have done any good, deign to accept it. Watch over me while I take my rest and deliver me from danger. May Thy grace be always with me. Amen.

PRAYER BEFORE MEALS: Bless us, O Lord, and these your gifts which we are about to receive from your goodness. Through Christ our Lord. Amen.

PRAYER AFTER MEALS: We give you thanks for all your gifts, almighty God, living and reigning now and for ever. Amen.

EVENING PRAYER: God, our Father, this day is done. We ask you and Jesus Christ, your Son, that with the Spirit, our welcome guest, you guard our sleep and bless our rest. Amen.

PRAYER FOR THE HOLY SOULS: O Lord Jesus Christ, King of glory, deliver the souls of all the faithful departed from the pains of hell and from the bottomless pit; deliver them from the lion's mouth, that hell not swallow them up, that they fall not into darkness, but let the holy standard bearer Michael bring them into that holy light which You promised to Abraham and his seed.

PRAYER TO THE HOLY SPIRIT: 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 will renew the face of the earth. Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen.
PRAYER FOR THE HOME: We beseech You, O Lord, visit this home, and drive far from it all the snares of the enemy; let Your holy angels dwell therein so as to preserve us in peace; and let Your blessing be always upon us. Through Christ our Lord. Amen.

PRAYER TO MY GUARDIAN ANGEL: Angel of God, my guardian dear, to whom His love commits me here, ever this night be at my side, to light and guard, to rule and guide. Amen.

PRAYER TO ST JOSEPH: Oh, St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires. Oh St. Joseph, do assist me by your powerful intercession and obtain for me from your divine son all spiritual blessings through Jesus Christ, our Lord; so that having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers.

Oh St. Joseph, I never weary contemplating you and Jesus asleep in your arms. I dare not approach while he reposes near your heart. Press Him in my name and kiss his fine head for me, and ask him to return the kiss when I draw my dying breath. St. Joseph, patron of departing souls, pray for us. Amen

PRAYERS IN HONOR OF BLESSED VIRGIN MOTHER:

ACT OF CONSECRATION TO BLESSED MOTHER: O JESUS, through the Immaculate Heart of Mary, I offer You my prayers, works, joys, and sufferings, all that this day may bring, be they good or bad: for the love of God, for the conversion of sinners, and in reparation for all the sins committed against the Sacred Heart and the Immaculate Heart of Mary.

HAIL, HOLY QUEEN, Mother of mercy, hail, our life, our sweetness, and our hope. To you we cry, the children of Eve; to you we send up our sighs, mourning and weeping in this land of exile. Turn, then, most gracious advocate, your eyes of mercy toward us; lead us home at last and show us the blessed fruit of your womb, Jesus: O clement, O loving, O sweet Virgin Mary.

MAGNIFICAT: 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 forever.

MEMORARE (ST. BERNARD): Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine

intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

MYSTERIES OF THE ROSARY: The Church has used three sets of mysteries for many centuries. In 2002 St. Pope John Paul II proposed a fourth set of mysteries—the Mysteries of Light, or Luminous Mysteries. According to his suggestion, the four sets of mysteries are prayed on the following days: the Joyful Mysteries on Monday and Saturday, the Sorrowful Mysteries on Tuesday and Friday, the Glorious Mysteries on Wednesday and Sunday, and the Luminous Mysteries on Thursday.

THE ANGELUS:

Leader: The angel spoke God's message to Mary,

Response: and she conceived of the Holy Spirit.

Hail Mary...

Leader: "I am the lowly servant of the Lord:

Response: let it be done to me according to your word."

Hail Mary...

Leader: And the Word became flesh

Response: and lived among us.

Hail Mary...

Leader: Pray for us, holy Mother of God,

Response: that we may become worthy of the promises of Christ.

Let us pray. Lord, fill our hearts with your grace; once, through the message of an angel you revealed to us the incarnation of your Son; now, through his suffering and death lead us to the glory of his resurrection. We ask this through Christ our Lord. Amen.

REGINA CAELI (DURING THE EASTER SEASON):

Leader: Queen of heaven, rejoice, alleluia.

Response: The Son you merited to bear, alleluia,

Leader: Has risen as he said, alleluia.

Response: Pray to God for us, alleluia.

Leader: Rejoice and be glad, O Virgin Mary, alleluia.

Response: For the Lord has truly risen, alleluia.

Let us pray. God of life, you have given joy to the world by the resurrection of your Son, our Lord Jesus Christ. Through the prayers of his mother, the Virgin Mary, bring us to the happiness of eternal life. We ask this through Christ our Lord. Amen.

PRAYERS FOR SPECIAL INTENTIONS:

PRAYER FOR CHRISTLIKENESS: (John Henry Cardinal Newman) Dear Jesus, help me to spread your fragrance everywhere I go; Flood my soul with your spirit and life; Penetrate and possess my whole being so completely That all my life may be only a radiance of yours; Shine through me and be so in me That everyone with whom I come into contact May feel your presence within me. Let them look up and see no longer me—but only Jesus. Amen.

PRAYER FOR VOCATIONS: God, in Baptism you called me by name and made me a member of your people, the Church. Help all your people to know their vocation in life, and to respond by living a life of holiness. For your greater glory and for the service of your people, raise up dedicated and generous leaders who will serve as sisters, priests, brothers, deacons, and lay ministers. Send your Spirit to guide and strengthen me that I may serve your people following the example of your Son, Jesus Christ, in whose name I offer this prayer. Amen.

SAINTS PRAYERS

PEACE PRAYER OF SAINT FRANCIS: Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen.

PRAYER FOR GENEROSITY BY ST. IGNATIUS OF LOYOLA: Eternal Word, only begotten Son of God, Teach me true generosity. Teach me to serve you as you deserve. To give without counting the cost, To fight heedless of wounds, To labor without seeking rest, To sacrifice myself without thought of any reward Save the knowledge that I have done your will. Amen.

PRAYER TO ST. MICHAEL ST. 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 you, O prince of the heavenly host, by the power of God, thrust into hell Satan and the other evil spirits who prowl about the world for the ruin of souls. Amen.

SUSCIPE BY ST. IGNATIUS OF LOYOLA: Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, All I have and call my own. You have given all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace, that is enough for me.

PRAYER FOR SERENITY: God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time; accepting hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen.

ANIMA CHRISTI PRAYER:

Soul of my Saviour sanctify my breast,
Body of Christ, be Thou my saving guest,
Blood of my Saviour, bathe me in Thy tide,
Wash me with waters gushing from thy side.

Strength and protection may Thy passion be,
O blessèd Jesus, hear and answer me;
Deep in Thy wounds, Lord, hide and shelter me,
So shall I never, never part from Thee.

Guard and defend me from the foe malign,
In death's dread moments make me only Thine;
Call me and bid me come to Thee on high
Where I may praise Thee with thy saints for aye.

TANTUM ERGO BY ST. THOMAS AQUINAS: THE HYMN IN LATIN

~Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Præstet fides supplementum
Sensuum defectui. Genitori, Genitoque
Laus et iubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio. Amen.

LITANY OF HUMILITY

O Jesus! meek and humble of heart, Hear me. From the desire of being esteemed,
Deliver me, Jesus. From the desire of being loved...

From the desire of being extolled ...

From the desire of being honored ...

From the desire of being praised ...

From the desire of being preferred to others...

From the desire of being consulted ...From the desire of being approved ...

From the fear of being humiliated ...

From the fear of being despised...

From the fear of suffering rebukes ...

From the fear of being calumniated ...

From the fear of being forgotten ...

From the fear of being ridiculed ...

From the fear of being wronged ...

From the fear of being suspected ...

That others may be loved more than I,

Jesus, grant me the grace to desire it.

That others may be esteemed more than I ...

That, in the opinion of the world,

others may increase and I may decrease ...

That others may be chosen and I set aside ...

That others may be praised and I unnoticed ...

That others may be preferred to me in everything...

That others may become holier than I, provided that I may become as holy as I should...