

# Handbook of Prayers Student Edition



Rev. James Socias

MIDWEST THEOLOGICAL FORUM



## CONTENTS

Acknowledgments . . . . .	vi
Abbreviations Used for the Books of the Bible . . . . .	xii
Abbreviations Used in This Text . . . . .	xiii

### How to Be a Better Catholic

Universal Call to Holiness . . . . .	1
Summary of Christian Beliefs . . . . .	3
Spiritual Game Plan . . . . .	4
Devotions During the Week . . . . .	7
The Seven Sacraments . . . . .	8
The Ten Commandments of God . . . . .	11
The Precepts of the Church . . . . .	12
Holy Days of Obligation . . . . .	13
Days of Penance . . . . .	14
Works of Mercy . . . . .	15
Church Laws Concerning Marriage . . . . .	15
Indulgences . . . . .	20
Sacramentals . . . . .	23
Cardinal Virtues . . . . .	23
Theological Virtues . . . . .	24
Gifts of the Holy Spirit . . . . .	25
Fruits of the Holy Spirit . . . . .	26
Mortal and Venial Sins . . . . .	26
Capital Sins and Opposed Virtues . . . . .	27
The Sins Against the Holy Spirit . . . . .	27
Sins That Cry to Heaven . . . . .	28
Beatitudes . . . . .	28
Christian Prayer . . . . .	29
The Call to Holiness . . . . .	32

## Basic Prayers

The Sign of the Cross ( <i>Signum Crucis</i> ) . . . . .	33
The Lord's Prayer ( <i>Oratio Dominica</i> ) . . . . .	33
The Hail Mary ( <i>Ave Maria</i> ) . . . . .	34
The Glory Be / The Doxology ( <i>Gloria Patri</i> ) . . . . .	35
Morning Offering . . . . .	35
Consecration to the Blessed Virgin Mary . . . . .	35
Prayer for the Pope . . . . .	35
Act of Faith . . . . .	36
Act of Hope . . . . .	36
Act of Charity . . . . .	36
Prayer Before a Day's Work . . . . .	36
Abandonment to God's Providence . . . . .	36
Prayer to Keep the Presence of God . . . . .	37
Prayer to One's Guardian Angel . . . . .	37
Apostles' Creed . . . . .	37
<i>Angelus</i> . . . . .	38
<i>Regina Cæli</i> . . . . .	39
Brief Examination at Night . . . . .	40
I Confess . . . . .	41
Act of Contrition . . . . .	41
Prayer for Vocations . . . . .	41
Acceptance of Death . . . . .	42
Jesus, Mary, and Joseph . . . . .	42

## Preparation for Mass

Introduction . . . . .	43
Internal Preparation . . . . .	45
Prayer of St. Ambrose . . . . .	47
Prayer of St. Thomas Aquinas . . . . .	48
The Eucharistic Sacrifice . . . . .	49
Guidelines for Receiving Holy Communion . . . . .	56

**Prayers After Mass**

Prayer of St.Thomas Aquinas . . . . . 57

Self-Dedication to Jesus Christ . . . . . 57

Prayer of St.Bonaventure . . . . . 58

Prayer to Our Redeemer (*Anima Christi*). . . . . 59

Prayer to Jesus Christ Crucified (*Ad Iesum Christum Crucifixum*) . . . . . 59

The Universal Prayer (*Oratio Universalis*) . . . . . 60

Prayer to the Blessed Virgin Mary . . . . . 61

Prayer to St.Michael the Archangel. . . . . 61

Prayer to St.Joseph . . . . . 62

Canticle of the Three Children . . . . . 62

Psalm 2 . . . . . 65

Litany of Humility. . . . . 67

**Eucharistic Adoration**

Exposition and Benediction of the Blessed Sacrament. . . . . 69

Guide for Making a Holy Hour Before the Blessed Sacrament . . . . . 73

I Devoutly Adore You (*Adoro Te Devote*) . . . . . 75

Visit to the Blessed Sacrament . . . . . 76

**Guide for a Good Confession**

Examination of Conscience . . . . . 77

Shorter Examination of Conscience . . . . . 84

Before Confession . . . . . 85

During Confession . . . . . 86

After Confession . . . . . 87

Rite of Reconciliation . . . . . 88

**Devotions to the Blessed Trinity**

*Te Deum* . . . . . 89

Athanasian Creed . . . . . 94

Angelic Trisagion. . . . . 97

Copyright © Midwest Theological Forum  
 More Information Available at  
[www.theologicalforum.org](http://www.theologicalforum.org)

## Devotions to Our Lord Jesus Christ

First Friday Devotion . . . . .	99
Consecration to the Sacred Heart of Jesus . . . . .	104
Litany of the Sacred Heart of Jesus . . . . .	105
Stations of the Cross . . . . .	107
Acceptance of Death . . . . .	122
Prayer of St. Augustine . . . . .	123
Acceptance of Divine Will . . . . .	123
Prayer of St. Andrew . . . . .	123
Sonnet to Our Lord on the Cross . . . . .	124

## Devotions to the Holy Spirit

Ten-Day Devotion to the Holy Spirit . . . . .	125
Come, Holy Spirit, Creator ( <i>Veni Creator</i> ) . . . . .	146
Prayer in the Octave of Christian Unity . . . . .	147

## Devotions to the Blessed Virgin Mary

The Holy Rosary . . . . .	149
We Fly to Your Patronage ( <i>Sub Tuum Præsidium</i> ) . . . . .	153
Litany of the Blessed Virgin Mary . . . . .	153
Meditations on the Mysteries of the Rosary . . . . .	
Joyful Mysteries . . . . .	156
Luminous Mysteries . . . . .	159
Sorrowful Mysteries . . . . .	163
Glorious Mysteries . . . . .	167
<i>Salve Regina</i> . . . . .	170
Hail Holy Queen . . . . .	171
The <i>Memorare</i> . . . . .	172
Loving Mother of the Redeemer . . . . .	172
Hail, O Queen of Heaven . . . . .	172
Canticle of Mary ( <i>Magnificat</i> ) . . . . .	173
At the Cross Her Station Keeping ( <i>Stabat Mater</i> ) . . . . .	174
Consecration to the Blessed Virgin Mary . . . . .	176
Blessed Be Your Purity . . . . .	176
Prayer to Our Lady of Guadalupe . . . . .	176
Month of Mary (May Devotions) . . . . .	178
Novena to the Immaculate Conception . . . . .	191

Devotions to St. Joseph

Seven Sundays Devotion . . . . . 209  
 Litany of St. Joseph . . . . . 224

Various Prayers

Personal Meditation . . . . . 226  
 Spiritual Reading. . . . . 226  
 Blessing Before a Meal . . . . . 227  
 Thanksgiving After a Meal . . . . . 227  
 Some Aspirations (*Preces Iaculatoriæ*) . . . . . 227

Prayers for the Dead

Prayers After Death. . . . . 229  
 Gathering in the Presence of the Body . . . . . 230  
 Prayers at the Graveside . . . . . 233  
 Additional Prayers for the Dead. . . . . 235

Baptism of a Person in Danger of Death

Rite of Baptism . . . . . 237

Index

Index . . . . . 238

Copyright © Midwest Theological Forum  
 More Information Available at  
[www.theologicalforum.org](http://www.theologicalforum.org)

---

---

## BASIC PRAYERS

---

---

A certain memorization of the words of Jesus, of important Bible passages... of some essential prayers... far from opposing the dignity of young Christians, or constituting an obstacle to personal dialogue with the Lord, is a real need.... What is essential is that the text that are memorized must at the same time be taken in and gradually understood in depth, in order to become a source of Christian life on the personal level and the community level.<sup>1</sup>

### *THE SIGN OF THE CROSS (SIGNUM CRUCIS)*

We should begin our day and our activities with the Sign of the Cross. The Sign of the Cross strengthens us in temptations and difficulties.

In nómine Patris, et Filii, et  
Spíritus Sancti. Amen.

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

Per signum crucis de inimicis  
nostris libera nos, Deus noster.  
In nómine Patris...

By the sign of the cross deliver  
us from our enemies, you who  
are our God. In the name...

### *THE LORD'S PRAYER (PATER NOSTER)*

In the Our Father, the object of the first three petitions is the glory of the Father: the sanctification of his name, the coming of the kingdom, and the fulfillment of his will. The four others present our wants to him: they ask that our lives be nourished, healed of sin, and made victorious in the struggle of good over evil.... By the final "Amen," we express our "fiat" concerning the seven petitions: "So be it."<sup>2</sup>

---

1. CT 55.

2. CCC 2857, 2865.

Pater noster, qui es in cælis:  
 sanctificétur nomen tuum;  
 advéniat regnum tuum; fiat  
 volúntas tua, sicut in cælo, et in  
 terra.

Panem nostrum cotidiánum  
 da nobis hódie; et dimítte  
 nobis débíta nostra, sicut et  
 nos dimíttimus debitóribus  
 nostris; et ne nos indúcas in  
 tentatiónem; sed líbera nos a  
 malo. Amen.

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 MARY (AVE MARIA)*

The greeting of the angel Gabriel opens this prayer: It is God himself who, through his angel as intermediary, greets Mary.... The grace with which Mary is filled is the presence of him who is the source of all grace.... Because she gives us Jesus, her son, Mary is Mother of God and our mother; we can entrust all our cares and petitions to her. She prays for us as she prayed for herself: "Let it be to me according to your word" (Lk 1: 38). By entrusting ourselves to her prayer, we abandon ourselves to the will of God together with her.... And our trust broadens further to surrender "the hour of our death" wholly to her care. May she be there as she was at her son's death on the cross. May she welcome us as our mother at the hour of our passing to lead us to her son, Jesus, in paradise.<sup>3</sup>

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.

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.

3. CCC 2676-2677; Lk 1: 38; cf. Jn 19: 27.



---

---

## PRAYERS AFTER MASS

---

---

### *PRAYER OF ST. THOMAS AQUINAS*

Lord, holy Father, almighty and ever-living God, I thank you. For though I am a sinner and your unprofitable servant, you have fed me with the precious Body and Blood of your Son, our Lord Jesus Christ. You did this not because I deserved it, but because you are kind and merciful.

I pray that this holy Communion may not add to my guilt and punishment, but may lead me to forgiveness and salvation. May it be for me the armor of faith and the shield of good will. May it purify me from evil ways and put an end to my base passions. May it bring me charity and patience, humility and obedience, and may it strengthen my power to do every kind of good. May it be a strong defense against the deceit of all my enemies, visible and invisible. May it calm perfectly all my evil impulses, bodily and spiritual. May it unite me more closely to you, the one true God; may it bring me full possession of the goal I am longing for.

And I pray that you will lead me, a sinner, to the magnificent banquet where you, with your Son and the Holy Spirit, are for all your saints the true light, total fulfillment, everlasting joy, gladness without end, exquisite delight, and most perfect happiness. Grant this through Christ our Lord. Amen.

### *SELF-DEDICATION TO JESUS CHRIST*

Lord, take all my freedom. Accept my memory, my understanding, and my will. You have given me all that I have or hold dear. I return it to you, that it may be governed by your will. Give me only your grace and the gift of loving you, and I will be rich enough; I will ask for nothing more. Amen.

**PRAYER OF ST. BONAVENTURE**

Most sweet Lord Jesus, pierce my inmost heart with the most dear and most bracing wound on your love. Pierce it with true, serene, apostolic, and most holy charity, that my soul may ever yearn and melt with love for you and the desire to possess you. May my soul be drawn toward you and overwhelmed with the hope of entering your courts. May it long to be dissolved and to be with you.

Grant that my soul may hunger for you, the Bread of angels and the food of holy souls, our supersubstantial Bread, having in itself every sweetness and good taste, having the delightfulness of all that charms my heart. May my heart always long for you, and find its nourishment in you, on whom the angels long to gaze, and may my inmost heart be filled with the sweetness of your savor. May my heart thirst for you, the fountain of life and of wisdom and of knowledge and of eternal life, the torrent of pleasure, and the richness of the house of God.

May my heart always draw near to you, seek you, catch sight of you, be drawn to you, and arrive at your presence. May my heart think of you, speak of you, and do all that it does for the glory of your name, with humility and care and affection and delight, with eagerness and with deep feeling, and with perseverance to the end. Thus may you alone always be my hope, all my confidence, my joy, my rest and my tranquility, my peace, all that charms me; my fragrance, my sweetness, my food, my nourishment, my refuge, my help, my wisdom, my portion, my possession, my treasure. In you may my mind and my heart be fixed and secure and rooted for ever without any change. Amen.

