

## SATURDAY

### Prayer of St Francis of Assisi

#### The Prayer for Peace

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.

### Act of Contrition

O my God, I am sorry for all my sins, because they have offended you who are so good, and with your help I will not sin again. **Amen**

### Intercession

Let us pray that each of us may forgive the personal wrongs done to us by others and so be healed of hurts which cripple us. Lord hear us.



### Evening/Nightly Concluding Prayer

(To be said at end of each evening/ night prayer)

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. **Amen.**

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## St Mary's, Ardmore

# Traditional Prayers for the Home



**Holy Family Statue  
St Mary's Ardmore**

### **Sign of the Cross**

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

**Amen**

### **Morning Prayer; Daily Morning Offering**

‘Father, we offer to you this day all our thoughts, words and actions, all our sufferings and disappointments, and all our joys. And we unite our lives with that of your beloved Son, Jesus Christ.

**Amen**

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### **Evening/ Night Prayer: Sign of the Cross**

*Begin each evening/night with the following opening prayer*

‘Let our evening prayer ascend before you O Lord, and let your loving kindness descend upon us.’ **Amen**



## **SUNDAY**

### **Prayer before a Crucifix**

Behold, O kind and most sweet Jesus, I cast myself on my knees in your sight, and with most fervent desire of my soul, I pray and beseech you that you would impress upon my heart lively sentiments of faith, hope, and charity, with true repentance for my sins, and a firm desire of amendment, while with deep affection and grief of soul I ponder within myself and mentally contemplate your five most precious wounds: having before my eyes that which David spoke in prophecy to you, O good Jesus: ‘They pierced my hands and my feet; they have numbered all my bones’.

## **FRIDAY**

### **Se do Behatha (Hail Mary in Irish)**

Sé do bheatha, a Mhuire, atá lán de ghrásta, Tá an Tiarna leat. Is beannaithe thú idir mná, Agus is beannaithe toradh do bhroinne, Íosa. A Naomh-Mhuire, a Mháthair Dé, guigh orainn na peacaigh, anois, agus ar uair ár mbáis.

Amen.

### **The Confiteor**

I confess to almighty God that I have sinned through my own fault. In my thoughts and in my words, in what I have done and what I have failed to do; and I ask blessed Mary, ever Virgin, and all the angels and saints, to pray for me to the Lord our God.

### **The Memorare**

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 onto 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**

### **Intercession**

Let us pray for all our deceased (names....)

Eternal rest grant onto them O Lord and let perpetual light shine upon them. May they rest in peace. **Amen**



### **Prayer to St Michael the Archangel**

Holy Michael, Archangel, defend us in the day of battle; be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, Prince of the heavenly hosts, by the Power of God, thrust down to hell Satan and all wicked spirits, who wander through the world for the ruin of souls.

### **Intercession**

Let us pray for the children in our parish community; that they may grow up in loving homes as well as in the love of God and lose nothing in their joy of living. Lord hear us.

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## **THURSDAY**

### **One Decade of the Rosary (as below)**

#### **The Lord's Prayer**

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 (said 10 times)**

Hail Mary, full of grace, the Lord is with thee. Blessed art though 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 Doxology**

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**

### **Intercession**

Let us pray for the sick, the elderly and the lonely, that they may receive comfort and strength from those around them. Lord Hear us.

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### **Soul of Christ/**

Soul of Christ, sanctify me. Body of Christ, save me.  
Blood of Christ, inebriate me. Water from the side of Christ, wash me.  
Passion of Christ, strengthen me. O Good Jesus, hear me.  
Within thy wounds, hide me. Separated from Thee let me never be.  
From the malignant enemy, defend me.  
At the hour of death, call me. To come to Thee, bid me,  
That I may praise Thee in the company Of Thy Saints, for all eternity.  
**Amen**

### **Angel of God**

O Angel of God, my Guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide.  
**Amen**

### **Intercession**

Let us pray that we and other families in the wider community will be happy to come together as a family and be fed by the Lord himself.  
Lord hear us.

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## **MONDAY**

### **The Angelus**

The angel of the Lord declared unto Mary, and she conceived of the Holy Spirit.

*Hail Mary, full of grace, the Lord is with thee. Blessed art though 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, (*Response*) be it done unto me according to your word.

*Hail Mary.....*

The Word was made flesh (*Response*) and dwelt among us

*Hail Mary.....*

Pray for us, O Holy Mother of God, (*Response*) that we may be made worthy of the promises of Christ.

Let us pray.

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### **St Patrick's Breastplate Prayer**

Christ be near at either hand,  
Christ behind, before me stand,  
Christ with me where'er I go,  
Christ around, above, below.

Christ be in my heart and mind,  
Christ within my soul enshrined,  
Christ control my wayward heart;  
Christ abide and ne'er depart.

Christ my life and only way,  
Christ my lantern night and day;  
Christ be my unchanging friend,  
guide and shepherd to the end.

### **Intercession**

We pray for a deeper knowing that we are all children of God and can therefore count on His love. Lord hear us.



## **TUESDAY**

### **Hail Holy Queen**

Hail Holy Queen, Mother of Mercy, Hail, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this vale of tears. Turn then most gracious advocate, your 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. Pray for us, that we may be made worthy of the promises of Christ.

### **The Apostles Creed**

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 Pontious 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, sits at the right hand of the Father almighty; from there he shall come to judge the living and the dead. 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

### **Intercession**

Let us pray that we will encourage and affirm each other in whatever we attempt to do. Lord hear us.



## **WEDNESDAY**

### **The Divine Praises**

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 Blessed 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 Joseph her most chaste spouse.  
Blessed be God in His Angels and in His Saints.

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