

Saints Prayers



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St. Francis Of Assisi †

- 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, not so much
to be understood as to understand, not so much
to be loved, as to love; for it is in giving that we
receive, it is in pardoning that we are pardoned,
it is in dying that we awake to eternal life.
- You are holy, Lord, the only God,
and Your deeds are wonderful.
You are strong.
You are great.
You are the Most High.
You are Almighty.
You, Holy Father are King of heaven and earth.
You are Three and One, Lord God, all Good.
You are Good, all Good, supreme Good,
Lord God, living and true.
You are love. You are wisdom.
You are humility. You are endurance.
You are rest. You are peace.
You are joy and gladness.
You are justice and moderation.
You are all our riches, and You suffice for us.
You are beauty.
You are gentleness.
You are our protector.
You are our guardian and defender.
You are our courage. You are our haven and our hope.
You are our faith, our great consolation.
You are our eternal life, Great and Wonderful Lord,
God Almighty, Merciful Saviour.



St. Patrick †

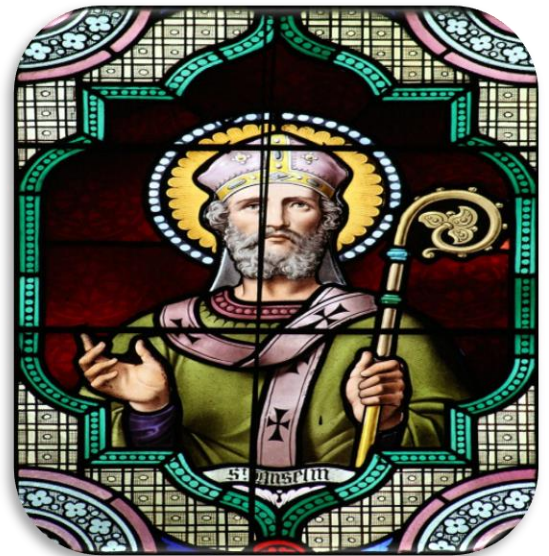
I arise today through the strength of heaven;
Light of the sun,
Splendor of fire,
Speed of lightning,
Swiftness of the wind,
Depth of the sea,
Stability of the earth,
Firmness of the rock.
I arise today through
God's strength to pilot me;
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's way to lie before me,
God's shield to protect me,
God's hosts to save me afar and anear,
Alone or in a multitude.

Christ shield me today against wounding Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down, Christ in the heart of everyone who thinks of
me, Christ in the mouth of everyone who speaks of me, Christ in the eye that sees me, Christ
in the ear that hears me. I arise today through the mighty strength Of the Lord of creation.



St Anselm †

O Lord my God,
Teach my heart this day where and how to see you,
Where and how to find you.
You have made me and remade me,
And you have bestowed on me
All the good things I possess,
And still I do not know you.
I have not yet done that
For which I was made.
Teach me to seek you,
For I cannot seek you
Unless you teach me,
Or find you
Unless you show yourself to me.
Let me seek you in my desire,
Let me desire you in my seeking.
Let me find you by loving you,
Let me love you when I find you



St. Ethelwold †

May God the Father bless us,
may Christ take care of us,
the Holy Ghost enlighten us all the days of our life.
The Lord be our defender and keeper of body and soul,
both now and for ever, to the ages of ages.



St. Columba †

Alone with none but thee, my God,
I journey on my way.
What need I fear when thou art near,
Oh king of night and day?
More safe am I within thy hand
Than if a host did round me stand



St. Teresa Of Avila †

Govern everything by your wisdom, O Lord, so that my
soul may always be serving you
in the way you will
and not as I choose.
Let me die to myself so that I may serve you;
let me live to you who are life itself.
Amen.



- Lord, grant that I may always allow myself to be guided by You,
always follow Your plans,
and perfectly accomplish Your Holy Will.
Grant that in all things, great and small,
today and all the days of my life,
I may do whatever You require of me.
Help me respond to the slightest prompting of Your Grace,
so that I may be Your trustworthy instrument for Your honour.
May Your Will be done in time and in eternity by me,
in me, and through me. Amen.
- Let nothing disturb you,
let nothing frighten you,
all things will pass away.
God never changes;
patience obtains all things,
whoever has God lacks nothing.
God alone suffices. Amen.
- Lord, you are closer to me than my own breath, nearer to me than my hands and feet.
Amen.
- My God! Source of all mercy!
I acknowledge Your sovereign power.
While recalling the wasted years that are past, I believe that You, Lord, can in an
instant turn this loss to gain. Miserable as I am, yet I firmly believe that You can do
all things. Please restore to me the time lost, giving me Your grace, both now and in
the future, that I may appear before You in “wedding garments.” Amen
- If Lord, Thy love for me is strong
As this which binds me unto thee,
What holds me from thee Lord so long,
What holds thee Lord so long from me?
O soul, what then desirest thou?
Lord I would see thee, who thus choose thee.
What fears can yet assail thee now?
All that I fear is but lose thee.
Love’s whole possession I entreat,
Lord make my soul thine own abode,
And I will build a nest so sweet
It may not be too poor for God.

A soul in God hidden from sin,
What more desires for thee remain,
Save but to love again,
And all on flame with love within,
Love on, and turn to love again.

- Majestic sovereign, timeless wisdom,
your kindness melts my hard, cold soul.
Handsome lover, selfless giver,
your beauty fills my dull, sad eyes.
I am yours, you made me.
I am yours, you called me.
I am yours, you saved me.
I am yours, you loved me.
I will never leave your presence.
Give me death, give me life.
Give me sickness, give me health.
Give me honour, give me shame.
Give me weakness, give me strength.
I will have whatever you give. Amen

- Lord, You know better than I myself
that I am growing older and will someday be old.
Keep me from the fatal habit of thinking
I must say something on every subject and on every occasion.
Release me from craving to
straighten out everybody's affairs.
Make me thoughtful but not moody;
helpful but not bossy.
With my vast store of wisdom,
it seems a pity not to use it all;
but You know, Lord,
that I want a few friends at the end.
Keep my mind free from the recital of endless details;
give me wings to get to the point.
Seal my lips on my aches and pains;
they are increasing, and love of rehearsing them
is becoming sweeter as the years go by.
I dare not ask for improved memory,
but for a growing humility and a lessening cock-sureness
when my memory seems to clash with the memories of others.
Teach me the glorious lesson that occasionally I may be mistaken.
Keep me reasonably sweet, for a sour old person
is one of the crowning works of the devil.
Give me the ability to see good things in unexpected places

and talents in unexpected people;
and give, O Lord, the grace to tell them so. Amen.

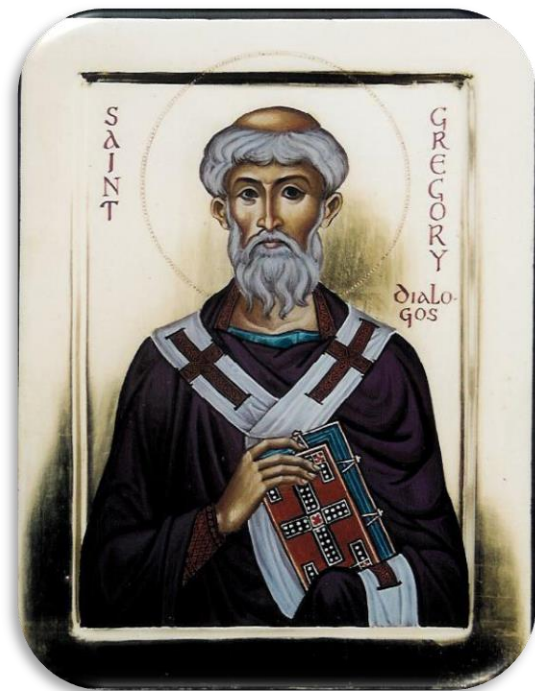
- Lord, grant that I may always allow myself to be guided by You,
always follow Your plans,
and perfectly accomplish Your Holy Will.
Grant that in all things,
great and small,
today and all the days of my life,
I may do whatever You require of me.
Help me respond to the slightest prompting of Your Grace,
so that I may be Your trustworthy instrument for Your honour.
May Your Will be done in time
and in eternity by me, in me, and through me. Amen.

St. Gregory †

It is only right, with all the powers of our heart and mind, to praise You Father and Your Only-Begotten Son, Our Lord Jesus Christ.

Dear Father, by Your wondrous condescension of Loving-Kindness toward us, Your servants, You gave up Your Son. Dear Jesus You paid the debt of Adam for us to the Eternal Father by Your Blood poured forth in Loving-Kindness. You cleared away the darkness of sin by Your magnificent and radiant Resurrection. You broke the bonds of death and rose from the grave as a Conqueror. You reconciled Heaven and earth. Our life had no hope of Eternal Happiness before You redeemed us. Your Resurrection has washed away our sins, restored our innocence and brought us joy. How inestimable is the tenderness of Your Love!

We pray You, Lord, to preserve Your servants in the peaceful enjoyment of this Easter happiness. We ask this through Jesus Christ Our Lord, Who lives and reigns with God The Father, in the unity of the Holy Spirit, forever and ever.
Amen.



St Augustine †

Lord Jesus, let me know myself and know Thee,
And desire nothing save only Thee.
Let me hate myself and love Thee.
Let me do everything for the sake of Thee.
Let me humble myself and exalt Thee.
Let me think nothing except Thee.
Let me die to myself and live in Thee.
Let me accept whatever happens as from Thee.
Let me banish self and follow Thee,
and ever desire to follow Thee.
Let me fly from myself and take refuge in Thee,
that I may deserve to be defended by Thee.
Let me fear for myself, let me fear Thee,
and let me be among those who are chosen by Thee.
Let me distrust myself and put my trust in Thee.
Let me be willing to obey for the sake of Thee.
Let me cling to nothing save only to Thee,
and let me be poor because of Thee.
Look upon me, that I may love Thee.
Call me that I may see Thee,
And forever enjoy Thee.



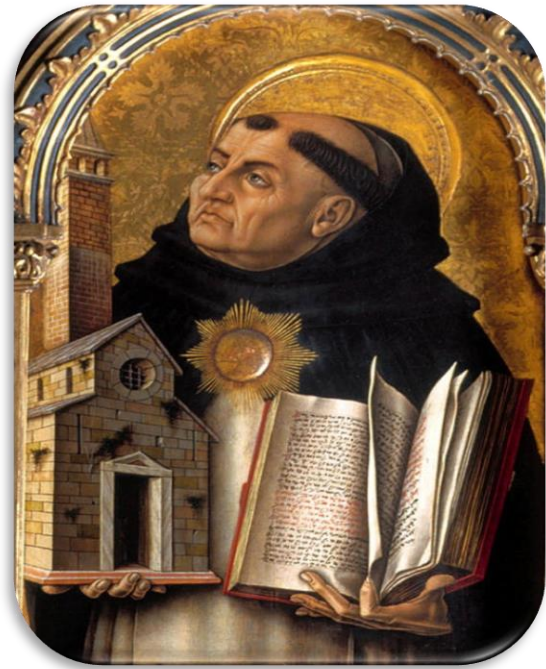
St. Ignatius of Loyola †

Dearest Lord, teach me to be generous;
Teach me to serve thee as thou deservest;
To give and not to count the cost,
To fight and not to seek for rest,
To labour and not to seek reward,
Save that of knowing that I do thy will.



St. Thomas Aquinas †

O God, who in this wondrous sacrament hast left unto us a memorial of thy passion;
grant us so to venerate the sacred mysteries of thy body and blood,
that we may ever continue to feel within ourselves the blessed fruit of thy redemption.
Who livest and reignest God, for ever and ever.



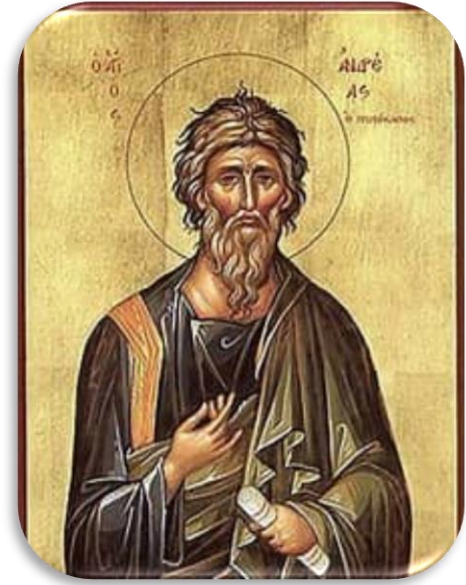
St. Albert the Great †

We pray to You, O Lord,
who are the supreme Truth,
and all truth is from you. We beseech You, O Lord,
who are the highest Wisdom,
and all the wise depend on You for their wisdom.
You are the supreme Joy,
and all who are happy owe it to You.
You are the Light of minds,
and all receive their understanding from You.
We love, we love You above all.
We seek You, we follow You,
and we are ready to serve You.
We desire to dwell under Your power
for You are the King of all. Amen.



St. Andrew the Apostle †

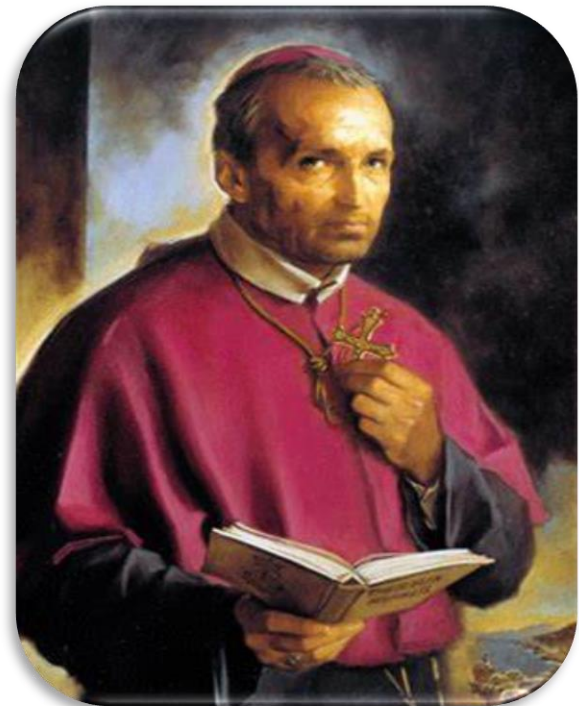
O good Cross, made beautiful by the body of the Lord: long have I desired you, ardently have I loved you, unceasingly have I sought you out and now you are ready for my eager soul. Receive me from among men and restore me to my Master, so that he who, by means of You, in dying redeemed me, may now receive me. Amen.”



St Alphonsus Liguori †

- My Jesus, I believe that You are present in the Blessed Sacrament. I love You above all things and I desire You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You were already there, I embrace You and unite myself wholly to You; permit not that I should ever be separated from You. Amen.
- Most Holy Virgin Immaculate, my Mother Mary, to you who are the Mother of my Lord, the Queen of the universe, the advocate, the hope, the refuge of sinners, I who am the most miserable of all sinners, have recourse this day. I venerate you, great Queen, and I thank you for the many graces you have bestowed upon me even unto this day; in particular for having delivered me from the hell which I have so often deserved by my sins.

I love you, most dear Lady; and for the love I bear you, I promise to serve you willingly for ever and to do what I can to make you loved by others also. I place in you all my hopes for salvation; accept me as your servant and shelter me under your mantle, you who are the Mother of mercy. And since you are so powerful with God, deliver me from all temptations, or at least obtain for me the strength to overcome them until death. From you I implore a true love for Jesus Christ. Through you I hope to die a holy death. My dear Mother, by the love you bear to Almighty God, I pray



you assist me always, but most of all at the last moment of my life. Forsake me not then, until you see me safe in heaven, there to bless you and sing of your mercies through all eternity. Such is my hope. Amen.

- Jesus Christ, my God,
I adore you and I thank you for the many favours
you have bestowed on me this day
I offer you my sleep and all the moments of this night,
and I pray that you preserve me from sin.
Therefore, I place myself in your most sacred side,
and under the mantle of our Blessed Lady, my Mother.
May the holy Angels assist me and keep me in peace,
and may your blessing be upon me. Amen.

St. Anselm of Canterbury †

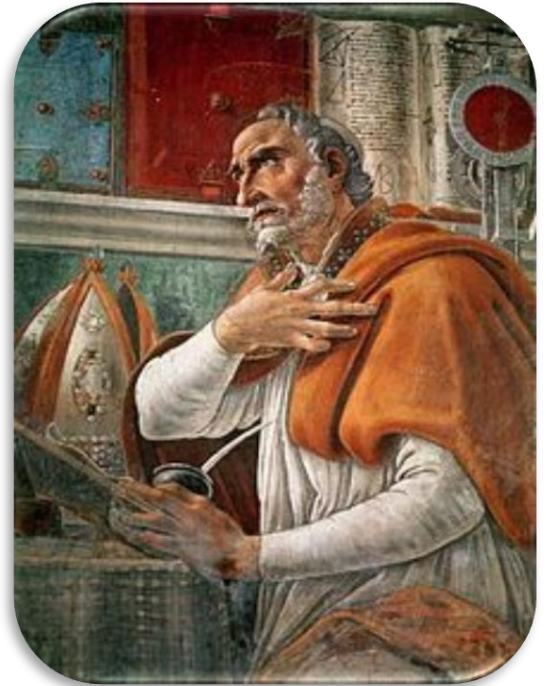
- Lord my God.
Teach my heart this day,
where and how to find you. You have made me and re-made
me, and you have bestowed on me all the good things I
possess, and still I do not know you. I have not yet done that
for which I was made.
Teach me to seek you, for I cannot seek you unless you teach
me, or find you unless you show yourself to me.
Let me seek you in my desire;
let me desire you in my seeking.
Let me find you by loving you;
let me love you when I find you. Amen.
- Lord Jesus Christ;
Let me seek you by desiring you,
and let me desire you by seeking you;
let me find you by loving you,
and love you in finding you.
I confess, Lord, with thanksgiving,
that you have made me in your image,
so that I can remember you, think of you, and love you.
But that image is so worn and blotted out by faults,
and darkened by the smoke of sin,
that it cannot do that for which it was made,
unless you renew and refashion it.



Lord, I am not trying to make my way to your height,
for my understanding is in no way equal to that,
but I do desire to understand a little of your truth
which my heart already believes and loves.
I do not seek to understand so that I can believe,
but I believe so that I may understand;
and what is more, I believe that unless I do believe, I shall not understand.

St Augustine of Hippo †

- Let me Know Myself Lord Jesus,
let me know myself and know You,
And desire nothing save only You.
Let me hate myself and love You. Let me do
everything for the sake of You. Let me humble
myself and exalt You.
Let me think of nothing except You.
Let me die to myself and live in You.
Let me accept whatever happens as from You.
Let me banish self and follow You, And ever desire
to follow You. Let me fly from myself and take
refuge in You,
That I may deserve to be defended by You. Let me
fear for myself, let me fear You, And let me be
among those who are chosen by You. Let me distrust
myself and put my trust in You. Let me be willing to
obey for the sake of You.
Let me cling to nothing save only to You, And let me be poor because of You.
Look upon me, that I may love You. Call me that I may see You, and for ever enjoy
You. Amen.
- Eternal God,
who are the light of the minds that know you,
the joy of the hearts that love you,
and the strength of the wills that serve you;
grant us so to know you that we may truly love you,
and so to love you that we may fully serve you,
whom to serve is perfect freedom,
in Jesus Christ our Lord.
- Blessed Virgin Mary,
who can worthily repay you with praise
and thanks for having rescued a fallen world
by your generous consent?
Receive our gratitude, and by your prayers obtain the pardon of our sins.
Take our prayers into the sanctuary of heaven and enable them to make our peace



with God. Holy Mary, help the miserable,
strengthen the discouraged, comfort the sorrowful, pray for your people, plead for the
clergy, intercede for all women consecrated to God.
May all who venerate you feel now your help and protection.
Be ready to help us when we pray, and bring back to us the answers to our prayers.
Make it your continual concern to pray for the people of God, for you were blessed by
God and were made worthy to bear the Redeemer of the world, who lives and reigns
forever. Amen.

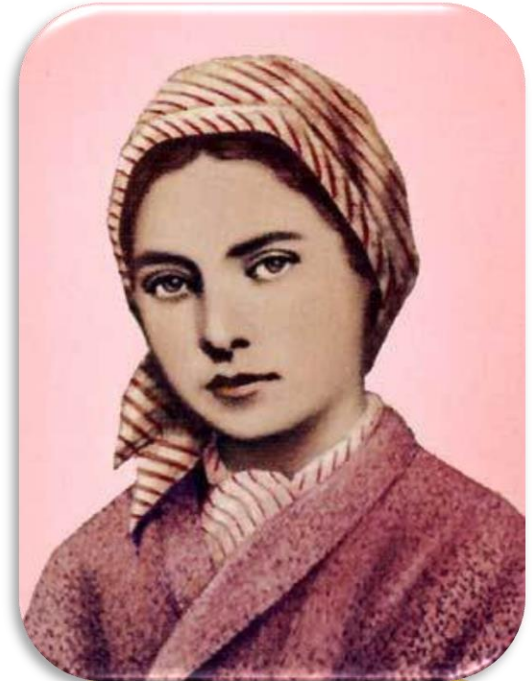
St. Augustine of Canterbury †

- Breathe in me O Holy Spirit, that my thoughts may all be holy.
Act in me O Holy Spirit, that my work, too, may be holy.
Draw my heart O Holy Spirit, that I love but what is holy.
Strengthen me O Holy Spirit, to defend all that is holy.
Guard me, then, O Holy Spirit, that I always may be holy.
Amen.
- Watch O Lord, with those who cannot sleep or weep tonight.
Tend your sick ones.
Rest your weary ones.
Bless your dying ones.
Soothe your suffering ones.
Pity your afflicted ones.
Shield your joyous ones. Amen.



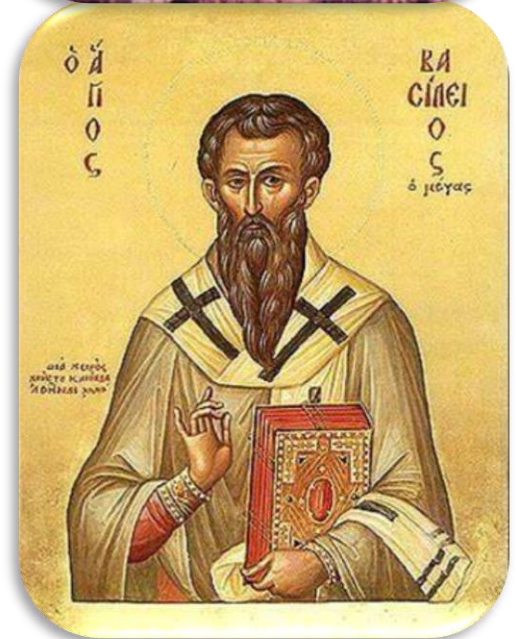
St. Bernadette of Lourdes †

- How happy my soul, good Mother, when I had the good fortune to gaze upon you! How I love to recall the pleasant moments spent under your gaze, so full of kindness and mercy for us. Yes, tender Mother, you stooped down to earth to appear to a mere child. You, the Queen of heaven and earth, deigned to make use of the most fragile thing in the world's eyes. Amen.



St. Basil of Caesarea †

- Steer the ship of my life, good Lord, to your quiet harbour, where I can be safe from the storms of sin and conflict. Show me the course I should take. Renew in me the gift of discernment, so that I can always see the right direction in which I should go. And give me the strength and the courage to choose the right course, even when the sea is rough and the waves are high, knowing that through enduring hardship and danger, in your name, we shall find comfort and peace. Amen.
- Lord our God, we beseech you, to ask for the gift we need. Steer the ship of our life to yourself, the quiet harbour of all storm-stressed souls. Show us the course which we are to take. Renew in us the spirit of docility. Let your Spirit curb our fickleness; guide and strengthen us to perform what is for our own good, to keep your commandments and ever to rejoice in your glorious and vivifying presence. Yours is the glory and praise for all eternity. Amen.
- God, grant us a deeper sense of fellowship with all living things, our little brothers and sisters, to whom in common with us You have given this earth as home. We recall with regret that in the past we have acted high handily and cruelly in exercising our domain over them thus, the voice of the earth which should have risen to you in song, has turned into a groan of travail. May we realize that all these creatures also live for

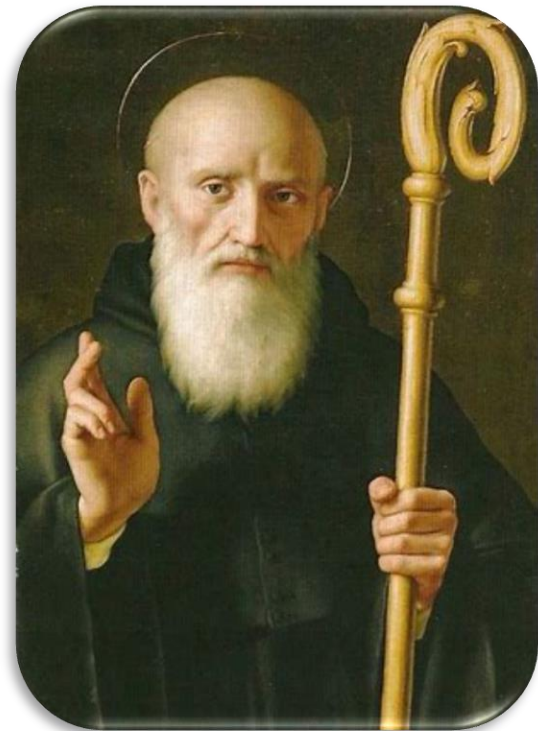


themselves and for you, not for us alone. They too love the goodness of life, as we do and serve you better in their way than we do in ours. Amen.

- We give You thanks, O Lord our God, for the Communion of Your holy, pure, deathless and heavenly mysteries, which you have given for the good, the hallowing, and the healing of our souls and bodies. Do Thou, O Sovereign of the world, cause this Communion in the Holy Body and blood of Christ to nourish us in unashamed faith, sincere charity, ripe wisdom, health of soul and body, separation from all ills, observance of Your Law, and justification before His awful Judgment Seat. O Christ our God, the Mystery of Your Providence has been accomplished according to our ability. We have been reminded of Your Death and we have seen a figure of Your Resurrection; we have been filled with Your Infinite Life, and we have tasted Your inexhaustible joy; and we pray to You to make us worthy of these things in the life to come, through the grace of Your Eternal Father and of Your holy, good, and life-giving Spirit, now and forever, eternally. Amen.

St Benedict of Nursia †

- Gracious and Holy Father, give us the wisdom to discover You, the intelligence to understand You, the diligence to seek after You, the patience to wait for You, eyes to behold You, a heart to meditate upon You, and a life to proclaim You, through the power of the Spirit of Jesus, our Lord. Amen.
- Lord, I place myself in your hands and dedicate myself to You. I pledge myself to do your will in all things: To love the Lord God with all my heart, all my soul, all my strength. Not to kill. Not to steal. Not to covet. Not to bear false witness. To honour all persons. Not to do to another what I would not wish done to myself. To chastise the body. Not to seek after pleasures. To love fasting. To relieve the poor. To clothe the naked. To visit the sick. To bury the dead. To help in trouble. To console the sorrowing. To hold myself aloof from worldly ways. To prefer nothing to the love of Christ. Not to give way to anger. Not to foster a desire for revenge. Not to entertain deceit in the heart. Not to make a false peace. Not to forsake charity. Not to swear, lest I swear falsely. To speak the truth with heart and tongue. Not to return evil for evil. To do no injury: yea, even to bear patiently any injury done to me. To love my enemies. Not to curse those who curse me, but rather to bless them. To bear



persecution for justice' sake. Not to be proud. Not to be given to intoxicating drink. Not to be an over-eater. Not to be lazy. Not to be slothful. Not to be a murmured. Not to be a detractor. To put my trust in God. To refer the good I see in myself to God. To refer any evil in myself to myself. To fear the Day of Judgment. To be in dread of hell. To desire eternal life with spiritual longing. To keep death before my eyes daily. To keep constant watch over my actions. To remember that God sees me everywhere. To call upon Christ for defence against evil thoughts that arises in my heart. To guard my tongue against wicked speech. To avoid much speaking. To avoid idle talk. To read only what is good to read. To look at only what is good to see. To pray often. To ask forgiveness daily for my sins, and to seek ways to amend my life. To obey my superiors in all things rightful. Not to desire to be thought holy, but to seek holiness. To fulfil the commandments of God by good works. To love chastity. To hate no one. Not to be jealous or envious of anyone. Not to love strife. Not to love pride. To honour the aged. To pray for my enemies. To make peace after a quarrel, before the setting of the sun. Never to despair of your mercy, O God of Mercy. Amen.

St. Catherine of Siena †

- Holy Spirit, come into my heart;
draw it to Thee by Thy power, O my God,
and grant me charity with filial fear.
Preserve me, O beautiful love, from every evil thought;
warm me, inflame me with Thy dear love, and every pain
will seem light to me. My Father, my sweet Lord, help me in
all my actions.
Jesus, love, Jesus, love. Amen.
- Eternal God, eternal Trinity,
You have made the Blood of Christ so precious
through His sharing in Your Divine nature.
You are a mystery as deep as the sea;
the more I search, the more I find,
and the more I find the more I search for You.
But I can never be satisfied;
what I receive will ever leave me desiring more.
When You fill my soul I have an ever-greater hunger,
and I grow more famished for Your light.
I desire above all to see You,
the true light, as you really are. Amen.



St. Charles Borromeo†

- Almighty God, you have generously made known to man the mysteries of your life through Jesus Christ your Son in the Holy Spirit. Enlighten my mind to know these mysteries which your Church treasures and teaches. Move my heart to love them and my will to live in accord with them. Give me the ability to teach this Faith to others without pride, without ostentation, and without personal gain. Let me realize that I am simply your instrument for bringing others to the knowledge of the wonderful things you have done for all your creatures. Help me to be faithful to this task that you have entrusted to me. Amen.
- In the Name of the Most Holy Trinity,
Father, Son and Holy Spirit,
I, a poor, unhappy sinner,
make this solemn declaration before thee,
O beloved Angel,
who has been given me as a protector by the Divine Majesty:
I desire to die in the Faith which the Holy,
Roman and Apostolic Church adheres to and defends,
in which all the Saints of the New Testament have died.
I pray thee, provide that I may not depart out of this life
before the Holy Sacraments of that Church have been administered to me.
I pray that I may depart from this life
under thy holy protection and guidance,
and I beseech thee, therefore,
to assist me at the hour of my death
and to propitiate the Eternal judge,
whose Sacred Heart was inflamed with most ardent love
for sinners upon the Cross.
With my whole heart I long to be made a partaker
of the merits of Jesus Christ and His holy Mother Mary,
thine exalted Queen,
and I pray thee,
through the sufferings of Jesus on the Cross,
to mitigate the agonies of my death
and to move the Queen of Heaven to cast her loving glance upon me,
a poor sinner, in that dreadful hour,
for my sweetest consolation.
my Dearest Guardian Angel! Let my soul be placed in thy charge,
and when it has gone forth from the prison of this body, do thou deliver it into the



hands of its Creator and Redeemer, that with thee and all the Saints, it may gaze upon Him in the bliss of Heaven, love Him perfectly and find its blessedness in Him throughout eternity. Amen.

St. Christopher †

- Grant me, O Lord, a steady hand and watchful eye, that no one shall be hurt as I pass by. You gave life, I pray no act of mine may take away or mar that gift of Thine. Shelter those, dear Lord, who bear my company from the evils of fire and all calamity. Teach me to use my car for others need; nor miss through love of undue speed. The beauty of the world; that thus I may with joy and courtesy go on my way. St. Christopher, holy patron of travellers, protect me and lead me safely to my destiny.
- Father, grant that I may be a bearer of Christ Jesus, Your Son.
Allow me to warm the often cold,
impersonal scene of modern life with Your burning love.
Strengthen me by Your Holy Spirit
to carry out my mission of changing the world
or some definite part of it for the better.
Despite my lamentable failures,
bring home to me that my advantages
are Your blessings to be shared with others.
Make me more energetic in setting right
what I find wrong with the world instead of complaining about it.
Nourish in me a practical desire to build up
rather than tear down,
to reconcile instead of polarize,
to go out on a limb rather than crave security.
Never let me forget that it is far better to light one candle
than to curse the darkness,
and to join my light, one day, with Yours. Amen

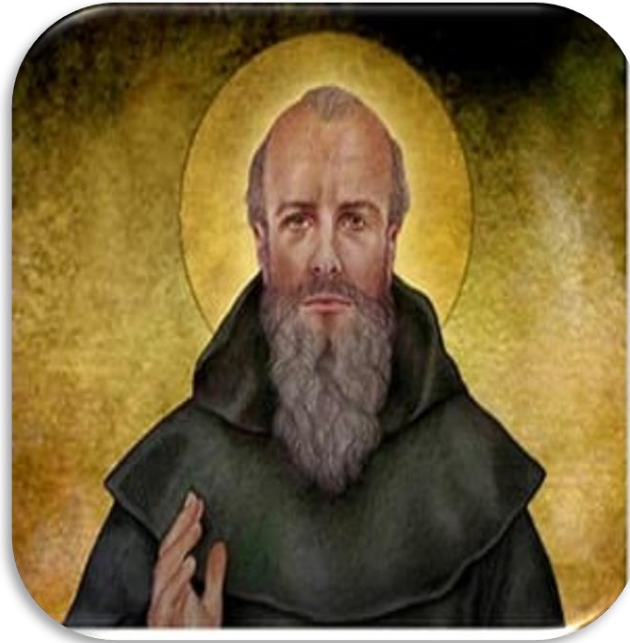


St. Clare of Assisi†

- I come, O Lord, unto Your sanctuary to see the life and food of my soul. As I hope in You, O Lord, inspire me with that confidence which brings me to Your holy mountain. Permit me, Divine Jesus, to come closer to You, that my whole soul may do homage to the greatness of Your majesty; that my heart, with its tenderest affections, may acknowledge Thine infinite love; that my memory may dwell on the admirable mysteries here renewed every day, and that the sacrifice of my whole being may accompany Thine.
- What you hold may you always hold.
What you do, may you always do and never abandon.
But with swift pace, light step and unswerving feet,
so that even your steps stir up no dust,
Go forward, the spirit of our God has called you.
- I behold the Lord.
I see His outstretched hands.
I see the blood from His wounds.
I see the love in the eyes of Jesus.
I see His gracious acceptance of me.
Jesus has come out of the tomb –
He still has the scars, but now they are glorious, with the glory of heaven.
Still looking at the Lord, I reach out and touch Him.
I hold the Lord – and I am held in His love.
Love enfolds.
It is no longer I that live, but Christ that lives in me.
I am secure in the Lord.
I can look out, now, through the Lord's eyes.
I can see the world as He created it, in His mercy,
I can see my sisters and brothers with His love,
and I can worship the Father through the eyes of the Son
in the Love of the Holy Spirit.



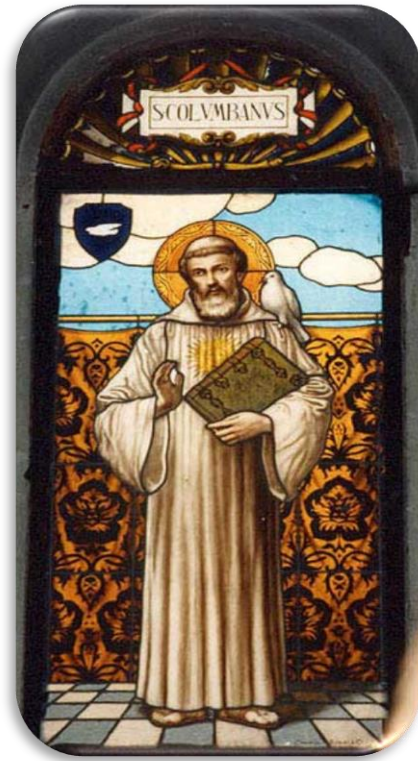
St. Columba of Ireland (Colmcille) †



- See that you be at peace among yourselves, my children, and love one another. Follow the example of good men of old, and God will comfort you and help you, both in this world and in the world which is to come. Amen.
- High King of Heaven,
Almighty Father of us all, as your servant
Saint Columba
established a community built on love and
trust, so grant that in all humility we may be
your hands and your voices here on earth,
working to build up the community of faith in
the name of your Son, our Saviour Jesus
Christ. Amen.
- Be O Lord,
a guiding star above me, a smooth path below me,
a kindly shepherd behind me and a bright flame before me;
today, tonight and forever. Amen.
- Alone with none but thee, my God
I journey on my way.
What need I fear, when thou art near
O King of night and day?
More safe am I within thy hand,
Than if an host didst round me stand.
- Let me bless Almighty God,
whose power extends over sea and land,
whose angels watch over all.
Let me study sacred books to calm my soul: I pray for peace,
kneeling at heaven's gates. Let me do my daily work,
gathering seaweed, catching fish,
giving food to the poor. Let me say my daily prayers, sometimes chanting, sometimes
quiet, always thanking God. Delightful it is to live on a peaceful isle, in a quiet cell,
serving the King of kings.
- May the fire of God's love burn brightly and steadfastly in our hearts like the golden
light within the sanctuary lamp.

St. Columbanus (Columban) †

- Lord may everything we do this day begin with Your blessing and continue with Your help. May everything we say this day begin with Your love and continue with Your grace. May everything we plan this day begin with Your inspiration and continue with Your peace. So that throughout our lives all that we begin in You may by You be happily ended, and all that we seek through You may be lovingly attended. Amen
- I beseech you, merciful God, to allow me to drink from the stream that flows from your fountain of life. May I taste the sweet beauty of its waters, which spring from the very depths of your truth. O Lord, you are that fountain from which I desire with all my heart to drink. Give me, Lord Jesus, this water that it may quench the burning spiritual thirst within my soul, and purify me from all sin. I know, King of Glory, that I am asking from you a great gift, but you give to your faithful people without counting the cost, and you promise even greater things in the future. Indeed, nothing is greater than yourself, and you have given yourself to mankind on the cross. Therefore, in praying for the waters of life, I am praying that you, the source of those waters, will give yourself to me. You are my light, my salvation, my food, my drink, my God. Amen.
- Lord, kindle our lamps, Saviour most dear to us, that we may always shine in your presence and always receive light from you, the Light Perpetual, so that our own personal darkness may be overcome, and the world's darkness driven from us. Amen.



St. Elizabeth Ann Seton†

Lord Jesus, who was born for us in a stable,
lived for us a life of pain and sorrow,
and died for us upon a cross:

Say for us in the hour of death, “Father, forgive,”
and to Your Mother, “Behold your child.”
Say to us, “This day you shall be with Me in paradise.”

Dear Saviour, leave us not, forsake us not.

We thirst for You, Fountain of Living Water.

Our days pass quickly along, soon all will be consummated for us.

To Your hands, we commend our spirits, now and forever. Amen.



St. Cyril of Alexandria†

- Hail, Mary, Mother of God, venerable treasure of the whole universe, lamp that is never extinguished, crown of virginity, support of the true faith, indestructible temple, dwelling of Him whom no place can contain, O Mother and Virgin. Through you, all the holy Gospels call blessed the One who comes in the name of the Lord.

Hail, Mother of God.

You enclosed under your heart the infinite God whom no space can contain.

Through you the Most Holy Trinity is adored and glorified, the priceless cross is venerated throughout the universe.

Through you, the heavens rejoice, and the angels and archangels are filled with gladness.

Through you, the demons are banished, and the tempter fell from heaven.

Through you, the fallen human race is admitted to heaven.

Hail, Mother of God.

Through you, kings rule, and the only-begotten Son of God has become a star of light to those who were sitting in darkness and in the shadow of death. Amen.



St. Edmund of Canterbury (Rich) †

Into Thy hands, O Lord and into the hands of your holy Angels, I commit and entrust this day my soul, my relations, my benefactors, my friends and enemies, and all your Christian people. Keep us, O Lord, through the day, by the merits and intercession of the Blessed Virgin Mary and of all your Saints, from all vicious and unruly desires, from all sins and temptations of the devil, and from sudden and unprovided death and the pains of hell. Illuminate my heart with the grace of your Holy Spirit; grant that I may ever be obedient to your commandments; suffer me not to be separated from you, O God, who lives and reigns with God the Father and the same Holy Spirit for ever and ever. Amen



St. Francis de Sales †

- Do not look forward in fear to the changes in life; rather, look to them with full hope that as they arise, God, whose very own you are, will lead you safely through all things; and when you cannot stand it, God will carry you in His arms. Do not fear what may happen tomorrow; the same understanding Father who cares for you today will take care of you then and every day. He will either shield you from suffering or will give you unflinching strength to bear it. Be at peace, and put aside all anxious thoughts and imaginations.
- Blessed Virgin, dear mother of mine, I salute you, and revere you with all my heart. Mother of Mercy, pray for me. Queen of Heaven, I commend my soul to you. O my tender Mother, obtain that I may be loved by your Son. Sweet hope with Jesus, sweet refuge of sinners, I throw myself at your feet. Cause me to experience the effect of the power which you possess with the Holy Trinity, O glorious Virgin Mary. Amen
- Say not, merciful Virgin, that you cannot help me; for your beloved Son has given you all power in heaven and on earth. Say not that you ought not assist me, for you are the mother of all the poor children of Adam, and mine in particular. Since then, merciful Virgin, you are my mother and you are all-powerful, what excuse can you offer if you do not lend your assistance? See, my mother, see, you are obliged to grant me what I ask, and to yield to my entreaties.
- my God, I thank you and I praise you for accomplishing your holy and all-lovable will without any regard for mine. With my whole heart, in spite of my heart, do I receive this cross I feared so much! It is the cross of Your choice, the cross of Your love. I venerate it; nor for anything in the world would I wish that it had not come, since You willed it. I keep it with gratitude and with joy, as I do everything that comes

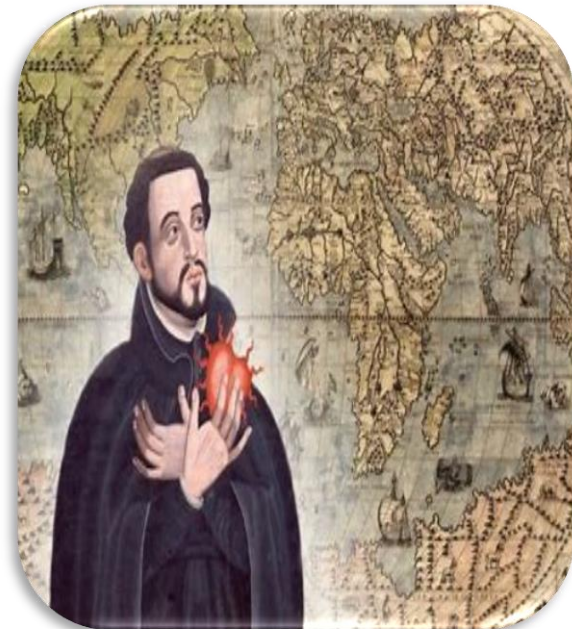


from Your hand; and I shall strive to carry it without letting it drag, with all the respect and all the affection which Your works deserve. Amen. My God, I give you this day. I offer you, now, all of the good that I shall do, and I promise to accept, for love of you, all of the difficulty that I shall meet. Help me to conduct myself during this day in a manner pleasing to you. Amen.

- It is good to mistrust ourselves, but how would that advantage us were we not to throw all our confidence on God, and to wait on His mercy? If you feel no such confidence, cease not on that account from making these acts and from saying to Our Lord: “Yet, O Lord, though I have no feeling of confidence in You, nevertheless, I know that You are my God, that I am all Yours, and that I have no hope but in Your goodness; so, I abandon myself entirely into Your Hands.” It is always in our power to make these acts; although we have difficulty in performing them, still there is no impossibility. Thus, we testify faithfulness to our Lord.

St. Francis Xavier†

- Eternal God, Creator of all things, remember that You alone created the souls of unbelievers, which You have made according to Your Image and Likeness. Behold, O Lord, how to Your dishonour many of them are falling into Hell. Remember, O Lord, Your Son Jesus Christ, who so generously shed His Blood and suffered for them. Do not permit that Your Son, Our Lord, remain unknown by unbelievers, but, with the help of Your Saints and the Church, the Bride of Your Son, remember Your mercy, forget their idolatry and infidelity, and make them know Him, Who You have sent, Jesus Christ, Your Son, Our Lord, Who is our salvation, our life, and our resurrection, through Whom we have been saved and redeemed, and to Whom is due glory forever. Amen.
- My God, I love thee; not because I hope for heaven thereby, nor yet because who love Thee not are lost eternally. Hou, O my Jesus, thou didst me upon the cross embrace; for me, didst bear the nails and spear, and manifold disgrace. And griefs and torments numberless and sweat of agony; even death itself, and all for one Who was thine enemy. Then why, O blessed Jesus Christ should I not love thee well, not for the hope of winning heaven, or of escaping hell. Not with the hope of gaining aught, nor seeking a reward, but as thyself has loved me, O ever-loving Lord! Even so, I love Thee and will love and in thy praise, will sing, solely because thou art my God, and my eternal king. Amen.



- God, I Love you,
not simply to be saved, and not because those who fail in love to you will be punished with eternal fire. You, you, my Jesus, have all-embraced me on the cross. You have borne the nails, the lance, much ignominy, numberless griefs, sweating and anguish, and death, and these on account of me and for me, a sinner. Why, therefore, should I not love you, O, most loving Jesus? Not that in heaven you shall save me, nor lest for eternity you shall condemn me; not with the hope of any reward, but as you have loved me, so also will I love you, only because you are my King, and because you are my God. Amen.
- my Lord Jesus!
Teach me to be generous; teach me to serve You as you deserve; to give, and not to count the cost; to fight and not to heed the wounds; to toil and not to ask for rest; to labour, seeking no reward, save that of knowing that I do Thy will. Amen.

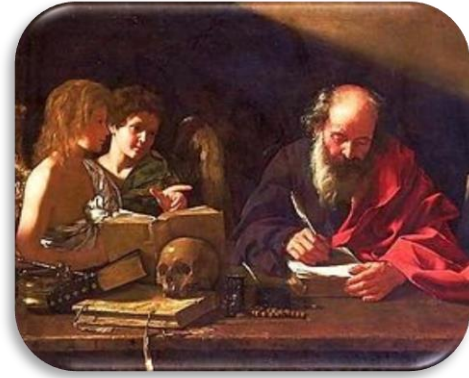
St. Gemma Galgani †

- My Jesus, I place all my sins before you.
In my estimation, they do not deserve pardon, but I ask you to close your eyes to my want of merit and open them to your infinite merit. Since you willed to die for my sins, grant me forgiveness for all of them. Thus, I may no longer feel the burden of my sins, a burden that oppresses me beyond measure. Assist me, Dear Jesus, for I desire to become good no matter what the cost. Take away, destroy, and utterly root out whatever you find in me that is contrary to your holy will. At the same time, Dear Jesus, illuminate me so that I may walk in your holy light.
- My crucified God, behold me at Your feet; do not cast me out, now that I appear before You as a sinner. I have offended You exceedingly in the past, my Jesus, but it shall be so no longer. Before You, O Lord, I place all my sins; I have now considered Your own sufferings and see how great is the worth of that Precious Blood that flows from Your veins. O my God, at this hour close Your eyes to my want of merit, and since You have been pleased to die for my sins, grant me forgiveness for them all, that I may no longer feel the burden of my sins, for this burden, dear Jesus, oppresses me beyond measure. Assist me, my Jesus, for I desire to become good whatsoever it may cost; take away, destroy, utterly root out all that You find in me contrary to Your holy will. At the same time, I pray to You Lord Jesus, to enlighten me that I may be able to walk in Your holy light. Amen.



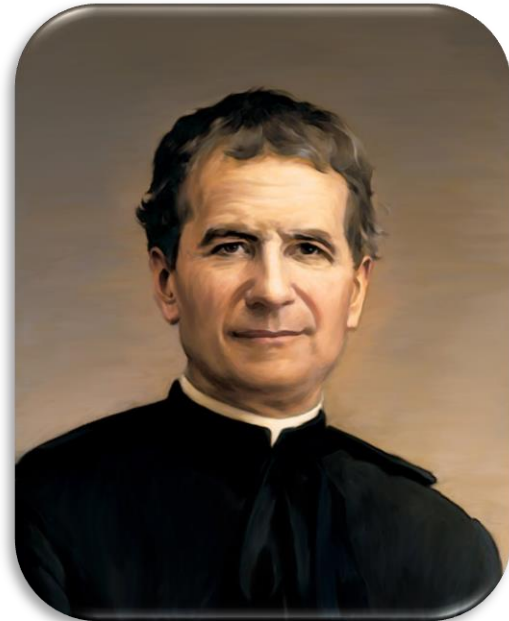
St. Jerome†

- Lord, show Your mercy to me and gladden my heart.
I am like the man on the way to Jericho who was overtaken by robbers, wounded and left for dead.
O Good Samaritan, come to my aid.
I am like the sheep that went astray.
O Good Shepherd, seek me out and bring me home in accord with Your will.
Let me dwell in Your house all the days of my life and praise You forever and ever with those who are there.



St. John Bosco†

- Most Holy Virgin Mary, Help of Christians, how sweet it is to come to your feet imploring your perpetual help. If earthly mothers cease not to remember their children, how can you, the most loving of all mothers forget me? Grant then to me, I implore you, your perpetual help in all my necessities, in every sorrow, and especially in all my temptations.
I ask for your unceasing help for all who are now suffering. Help the weak, cure the sick, convert sinners. Grant through your intercessions many vocations to the religious life. Obtain for us, O Mary, Help of Christians, that having invoked you on earth we may love and eternally thank you in heaven.



St. John Henry Newman†

- Lord, support us all day long,
until the shadows lengthen,
and the evening comes,
and the busy world is hushed,
and the fever of life is over,
and our work is done.
Then in your mercy,
grant us a safe lodging and a holy rest,
and peace at last. Amen.
- Dear Lord, help me to spread your fragrance wherever I go.
Flood my soul with your spirit and life. Penetrate and possess my whole being so utterly that all my life may only be a radiance of yours. Shine through me and be so in me that every soul I come in contact with may feel your presence in my soul. Let them look up and see no longer me, but only you, O Lord! Stay with me and then I will begin to shine as you do; so, to shine as to be a light to others. The light, O Lord, will be all from you; none of it will be mine. It will be you shining on others through me. Let me thus praise you in the way which you love best, by shining on those around me. Let me preach you without preaching, not by words but by example, by the catching force, the sympathetic influence of what I do, the evident fullness of the love my heart bears to you. Amen.



St. John of the Cross†

- Blessed Jesus,
give me stillness of soul in You.
Let Your mighty calmness reign in me.
Rule me, O King of Gentleness,
King of Peace.



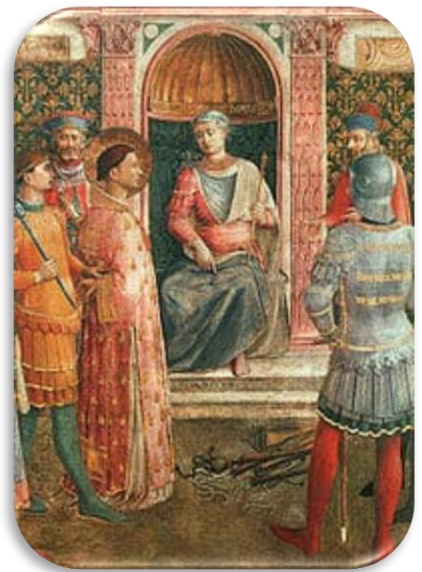
St. Joseph (Mary's Husband) †

- My beloved Father, all my trust is in you. Let it not be said that I invoked you in vain, and since you can do everything with Jesus and Mary, show me that your goodness is as great as your power, Amen.



St. Lawrence of Rome †

- Lord Jesus, we pray, that the flames of your Divine love may burn away all traces of vice within us, and that we may be practical and zealous in the service of the poor. Amen



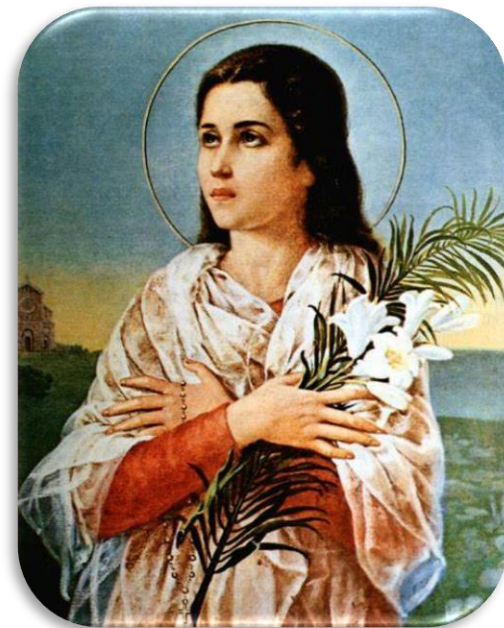
St. Margaret Mary Alacoque †

- Hail, Heart of Jesus, save me!
Hail, Heart of my Creator, perfect me!
Hail, Heart of my Saviour, deliver me!
Hail, Heart of my Judge, grant me pardon!
Hail, Heart of my Father, govern me!
Hail, Heart of my Spouse, grant me love!
Hail, Heart of my Master, teach me!
Hail, Heart of my King, be my crown!
Hail, Heart of my Benefactor, enrich me!
Hail, Heart of my Shepherd, guard me!
Hail, Heart of my Friend, comfort me!
Hail, Heart of my Brother, stay with me!
Hail, Heart of the Child Jesus, draw me to Thyself!
Hail, Heart of Jesus dying on the Cross, redeem me!
Hail, Heart of Jesus in all Thy states, give Thyself to me!
Hail, Heart of incomparable goodness, have mercy on me!
Hail, Heart of splendour, shine within me!
Hail, most loving Heart, inflame me!
Hail, most merciful Heart, work within me!
Hail, most humble Heart, dwell within me!
Hail, most patient Heart, support me!
Hail, most faithful Heart, be my reward!
Hail, most admirable and most worthy Heart, bless me.



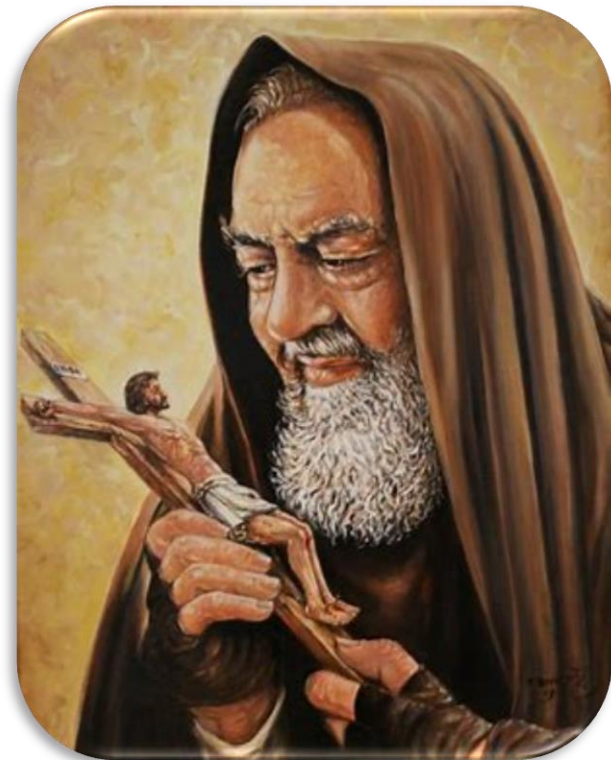
St. Maria Goretti †

- Dear God, we ask you to help all those who suffer abuse. Help them find healing and peace in their life. May Maria Goretti, who was strengthened by Your Grace, join us in prayer for the healing of all victims of abuse, particularly those abused as children or young adults. Lord God, grant us your Love that we might reach out to them in Your Name with hope in times of trial. As Maria prayed for her attacker, grant us the grace to pray for the true conversion of all who abuse, that they will seek Your Mercy through prayer and penance. Loving God, pour into our hearts and lives your healing Spirit so that the sacredness of every human person will be respected and protected as the precious image of God. Help us to live in the peace which Maria Goretti found in Christ and in the love of his mother Mary. We ask this in the name of Jesus Christ our Lord. Amen



St. Padre Pio of Pietrelcina †

- Lord,
we ask for a boundless confidence
and trust in Your divine mercy,
and the courage to accept
the crosses and sufferings
which bring immense goodness
to our souls and that of Your Church.
Help us to love You
with a pure and contrite heart,
and to humble ourselves beneath Your cross,
as we climb the mountain of holiness,
carrying our cross that leads to heavenly glory.
May we receive You
with great faith and love in Holy Communion,
and allow You to act in us as You desire
for your greater glory.
O Jesus, most adorable Heart
and eternal fountain of Divine Love,
may our prayer find favour before
the Divine Majesty of Your heavenly Father. Amen.
- My Jesus give me Your strength when my weak nature rebels against the distress and suffering of this life of exile and enable me to accept everything with serenity and peace. With my whole strength, I cling to Your merits, your sufferings, Your expiation, and Your tears, so that I may be able to cooperate with You in the work of salvation. Give me the strength to fly from sin, the only cause of Your agony, Your sweat of blood, and Your death. Destroy in me all that displeases You and fill my heart with the fire of your holy love and all Your sufferings. Clasp me tenderly, firmly, close to You that I may never leave You alone in Your cruel Passion. I ask only for a place of rest in your heart. Amen
- May Jesus comfort you in all your afflictions. May He sustain you in dangers, watch over you always with His grace, and indicate the safe path that leads to eternal salvation. And may He render you always dearer to His Divine Heart and always more worthy of paradise. Amen
- Lord, God of my heart,
You alone know and see all my troubles, you alone are aware that all my distress springs from my fear of losing you, of offending You, from my fear of not loving You

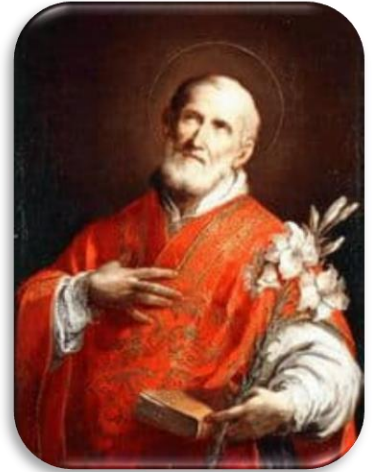


as much as I should love and desire to love You. If You, to whom everything is present and who alone can see the future, know that it is for your greater glory and for my salvation that I should remain in this state, then let it be so. I don't want to escape from it. Give me the strength to fight and to obtain the prize due to strong souls.

- May your heart always be the temple of the Holy Spirit. May Jesus always be the helmsman of your little spiritual ship. May Mary be the star which shines on your path and may she show you the safe way to reach the Heavenly Father. Amen
- Mary, Virgin most powerful and Mother of mercy, Queen of Heaven and Refuge of sinners, we consecrate ourselves to thine Immaculate Heart. We consecrate to thee our very being and our whole life; all that we have, all that we love, all that we are. To thee we give our bodies, our hearts and our souls; to thee, we give our homes, our families, our country. We desire that all that is in us and around us may belong to thee and may share in the benefits of thy motherly benediction. And that this act of consecration may be truly efficacious and lasting, we renew this day at thy feet the promises of our Baptism and our first Holy Communion. We pledge ourselves to profess courageously and at all times the truths of our holy Faith, and to live as befits Catholics who are duly submissive to all the directions of the Pope and the Bishops in communion with him. We pledge ourselves to keep the commandments of God and His Church, in particular, to keep holy the Lord's Day. We likewise pledge ourselves to make the consoling practices of the Christian religion, and above all, Holy Communion, an integral part of our lives, in so far as we shall be able so to do. Finally, we promise thee, O glorious Mother of God and loving Mother of men, to devote ourselves whole-heartedly to the service of thy blessed cult, in order to hasten and assure, through the sovereignty of thine Immaculate Heart, the coming of the kingdom of the Sacred Heart of thine adorable Son, in our own hearts and in those of all men, in our country and in all the world, as in heaven, so on earth. Amen.

St. Philip Neri †

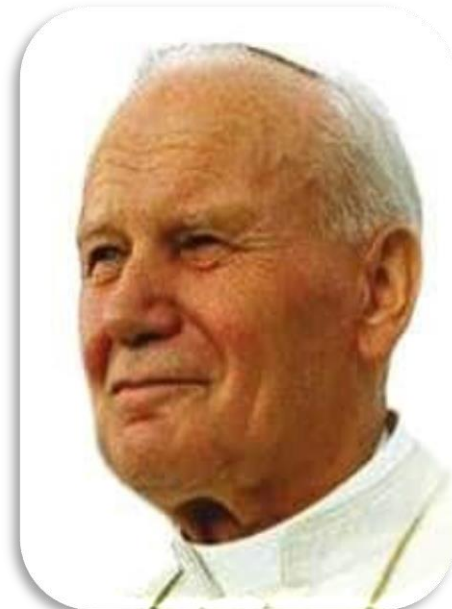
- My Lord Jesus, I want to love You but You cannot trust me.
If You do not help me, I will never do any good.
I do not know You; I look for You but I do not find You.
Come to me, O Lord. If I knew You, I would also know myself.
If I have never loved You before, I want to love You truly now.
I want to do Your will alone; putting no trust in myself, I hope in You, O Lord. Amen.



- Mary, I love you.
Mary, make me live in God, with God, and for God.
Draw me after you, holy mother. O Mary, may your children persevere in loving you.
Mary, Mother of God and mother of mercy, pray for me and for the departed.
Mary, Holy Mother of God, be our helper.
In every difficulty and distress, come to our aid, O Mary. O Queen of Heaven, lead us to eternal life with God. Mother of God, remember me, and help me always to remember you.
O Mary, conceived without sin, pray for us who have recourse to you.
Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ. Holy Mary, Mother of God, pray to Jesus for me.

St. Pope St John Paul II †

- With all my heart I seek You; let me not stray from Your command. Open my eyes, that I may consider the wonders of Your law. I am a wayfarer of earth; hide not Your commands from me... Make me understand the way of Your precepts, and I will meditate on Your wondrous deeds. Your compassion is great, O Lord God, You are our Creator. You are good and Your mercy knows no bounds. To You arises the praise of every creature.
O God, You have given us an inner law by which we must live. To do Your will is our task. To follow Your ways is to know peace of heart. To You we offer our homage. Guide us on all the paths we travel upon this earth. Free us from all the evil tendencies which lead our hearts away from Your will. Never allow us to stray from You. O God, judge of all humankind, help us to be included among Your chosen ones on the last day. O God, Author of peace and justice, give us true joy and authentic love, and a lasting solidarity among peoples.
Give us Your everlasting gifts. Amen!



St. Pope St John XXIII †

- Jesus in the Blessed Sacrament, I would like to be filled with love for You; keep me closely united with You, may my heart be near to Yours. I want to be to You, like the Apostle John. Mary of the Rosary, keep me recollected when I say these prayers of yours; bind me forever, with your rosary, to Jesus of the Blessed Sacrament. Blessed be Jesus, my love. Amen.
- Hail, Mother of the Americas, Heavenly Missionary of the New World! From the Sanctuary of Tepeyac you have been, for more than four centuries, the Mother and Teacher of the Faith to the peoples of the Americas. Be also our protection and save us, O Immaculate Mary. Aid our rulers; stir up a new zeal in our prelates; increase the virtues of our clergy and preserve forever our Faith. In every home may the holiness of the family flourish, and in the shelter of the home may Catholic education, favoured by your own benign glance, achieve a wholesome growth.



St. Pope St Paul VI †

- Make us worthy Lord, to serve our brothers and sisters throughout the world who live and die in poverty and hunger. Give them, by our hands this day their daily bread, and by our understanding love, peace and joy. Amen.



St. Simeon †

- Now dismiss Thy servant, O Lord,
In peace, according to Thy word:
For mine own eyes hath seen Thy salvation,
Which Thou hast prepared in the sight of all the
peoples,
A light to reveal Thee to the nations
And the glory of Thy people Israel.

