

ANIMA CHRISTI

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 your wounds hide me; Separated from you, let me never be; From the evil one protect me; At the hour of my death, call me; And close to you bid me; That with your saints, I may be, praising you forever and ever. Amen.

PRAYER BEFORE THE CRUCIFIX

Behold, O kind and gentle Jesus, I kneel before you and pray that you would impress upon my heart the virtues of faith, hope and charity, with true repentance for my sins and a firm purpose of amendment. At the same time, with sorrow I meditate on your five precious wounds, having in mind the words which David spoke in prophecy: "They have pierced my hands and my feet. I can count all my bones" (Psalm 22).

ACT OF CONTRITION

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

(Rite of Penance, no. 45)

REGINA COELI

O Queen of heaven, rejoice! Alleluia. For He whom you did merit to bear, Alleluia. Has risen, as He said, Alleluia. Pray for us to God, Alleluia.

V. Rejoice and be glad, O Virgin Mary. Alleluia.

R. For the Lord has risen indeed. Alleluia.

Let us pray. O God, Who by the resurrection of Your Son, Our Lord Jesus Christ, has given joy to the whole world, grant, we beseech You, that through the intercession of the Virgin Mary, His Mother, we may attain the same joys of eternal life. Through the same Christ Our Lord. Amen.

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 by this confidence, I fly unto 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.

HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of Mercy, our life, our sweetness, and our hope! To you 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 your womb, Jesus. O clement, O loving, O sweet Virgin Mary! Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

COME, HOLY SPIRIT

Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created and you shall renew the face of the earth. O, God, who has instructed the hearts of your faithful by the light of the Holy Spirit, grant that by the same Holy Spirit we may have a right judgment in all things and evermore rejoice in his consolations. Through Christ Our Lord. Amen.

PRAYER TO ST. MICHAEL

Saint Michael, the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God, thrust into Hell Satan and the other evil spirits who prowl about the world for the ruin of souls. Amen.

Pope Leo XIII (1810–1903)