

Morning Offering

God the Father in heaven, I offer to Thee the most precious Body, Blood, Soul and Divinity of Thy dearly beloved Son, my Lord Jesus Christ; in atonement for my sins and those of the whole world. With this offering I would like to make the offering of all my days thoughts, words and deeds and I pray that these may be acceptable to Thee and worthy of Thy love.

My Lord Jesus Christ, I pray that I may gain all the indulgences and merits that I can this day and I offer these up to the Blessed Virgin Mary so that she may distribute these to the needs of Thy most Sacred Heart.

God the Holy Ghost, I pray that I not offend Thee today but persevere in doing good and overcoming the attachment to sin most troublesome to me.

Mother Mary help of Christians..pray for me.

Three Hail Mary's for purity in thought, word and deed.

Prayer to My Guardian Angel

Angel of God my guardian dear, to whom God's love entrusts me here, ever this day be at my side, to light, to guard, to rule, to guide. Amen.

Prayer to St. Michael the Archangel

St. 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, cast into Hell Satan, and all the evil spirits, who roam throughout the world, seeking the ruin of souls. Amen.

Prayer for Our 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.

Night Prayers

After examining your conscience...

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 off 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, do penance and amend my life. Amen.

A Prayer of St Alphonus Liguori

Jesus Christ my God, I adore You and thank You for all the graces You have given me this day. I offer You my sleep and all the moments of this night, and I beg of You to keep me without sin. Therefore, I place myself within Your sacred side and under the mantle of Our Lady, my Mother. Let Your holy angels stand about me and keep me in peace; and let Your blessing be upon me. Amen