CONTENTS

1 Lord, Teach us to Pray

How to Be a Better Catholic

- 3 Universal Call to Holiness
- 7 Summary of Christian Beliefs
- 8 Spiritual Game Plan
- 11 Plan of Life
- 12 The Seven Sacraments
- 16 The Ten Commmandments of God
- 17 The Beatitudes
- 19 The Precepts of the Church
- 20 Holy Days of Obligation
- 21 Days of Penance
- 22 The Sacredness of Human Life
- 23 Works of Mercy
- 23 The Corporal Works of Mercy
- 27 The Spiritual Works of Mercy
- 31 Church Laws Concerning Marriage
- 37 Indulgences
- 40 Sacramentals
- 40 Cardinal Virtues
- 41 Theological Virtues
- 43 Gifts of the Holy Spirit43 Fruits of the Holy Spirit
- 44 Mortal and Venial Sins
- 45 Capital Sins and Opposed Virtues
- 45 Sins against the Holy Spirit
- 45 Sins that Cry to Heaven
- 46 Christian Prayer
- 49 Posture for Prayer
- 50 Praying as a Family
- 52 Understanding Sickness, Suffering, and Death
- 55 Some Aspirations
- 56 Decalogue for a Happy Spiritual Life

Basic Prayers

- 59 The Sign of the Cross
- 59 The Lord's Prayer
- 60 The Hail Mary
- 61 The Glory Be (The Doxology)
- 62 Morning Offering

- 62 Consecration to the Blessed Virgin Mary
- 62 Act of Faith
- 62 Act of Hope
- 62 Act of Charity
- 63 Prayer before a Day's Work
- 63 Abandonment to God's Providence
- 63 Abandonment to God's Providence (St. Teresa of Jesus)
- 63 Prayer to Keep the Presence of God
- 64 Angele Dei
- 64 Symbolum Apostolorum
- 64 Oratio pro Pontifice
- 65 Prayer to One's Guardian Angel
- 65 The Apostles' Creed
- 65 Prayer for the Pope

Midday Prayers

- 66 Angelus
- 67 Regina Cæli (Easter Time)

Evening Prayers

- 68 Brief Examination at Night
- 69 Time for Thanksgiving
- 70 I Confess
- 70 Psalm 50 (51)
- 71 Confiteor
- 71 Psalmus 50 (51)
- 74 Act of Contrition
- 74 Prayer for Vocations
- 74 Acceptance of Death
- 74 Jesus, Mary, and Joseph

Preparation for Mass

- 75 Introduction
- 78 Internal Preparation
- 80 Participation at Holy Mass
- 82 Intentions to Offer During Mass
- 84 Oratio S. Ambrosii
- 85 Prayer of St. Ambrose
- 86 Oratio S. Thomæ de Aquino
- 87 Prayer of St. Thomas Aquinas
- 88 Oratio ad Beatam Mariam Virginem
- 89 Prayer to the Virgin Mary (for priests)
- 90 Formula Intentionis
- 91 Statement of Intention (for priests)

Contents ix

- 92 Preces ad S. Ioseph
- 93 Prayer to St. Joseph (for priests)
- 94 Vesting Prayers (for priests)

The Eucharistic Sacrifice

- 96 This Is the Mass
- 96 The Mass: Christ on the Cross
- 97 The Mass: The Sacrifice of the New Covenant
- 99 The Mass: The Sacrifice of the Church
- 100 The Mass: The Life of Each Christian
- 102 The Mass: External Participation
- 104 The Mass: Communion and Thanksgiving
- 105 Guidelines for the Reception of Communion
- 107 The Order of Mass (Ordo Missæ)

Prayers After Mass

- 246 Placeat
- 246 Oratio S. Thomæ de Aguino
- 247 Prayer to the Blessed Trinity (for priests)
- 247 Prayer of St. Thomas Aquinas
- 248 Oratio S. Bonaventuræ
- 249 Prayer of St. Bonaventure
- 250 Aspirationes ad Ss.mum Redemptorem (Anima Christi)
- 251 Prayer to Our Redeemer
- 252 Oblatio Sui
- 252 Ad Iesum Christum Crucifixum
- 253 Self-Dedication to Jesus Christ
- 253 Prayer to Jesus Christ Crucified
- 254 Oratio Universalis
- 255 The Universal Prayer
- 258 Oratio ad Beatam Mariam Virginem
- 258 Oratio ad S. Ioseph
- 259 Prayer to the Virgin Mary259 Prayer to St. Joseph
- 260 Canticum Trium Puerorum
- 261 Canticle of the Three Children
- 262 Psalmus 150 263 Psalm 150
- 266 Psalmus 2
- 267 Psalm 2
- 268 Oratio ad S. Michael Archangelum
- 269 Prayer to St. Michael the Archangel
- 270 Litany of Humility

Communion Outside Mass

271 Short Rite

275 Communion of the Sick or Elderly

278 Viaticum

Eucharistic Adoration

280 Rite of Exposition and Benediction

286 Adoro Te Devote

287 I Devoutly Adore You

288 Visit to the Blessed Sacrament

288 Spiritual Communion

Holy Hour Before the Blessed Sacrament

290 Prayer Before Holy Hour

294 The Meaning of the Eucharistic Sacrifice

296 Prayer After Holy Hour

297 Act of Love

Guide for a Good Confession

299 Examination of Conscience

307 Shorter Examination of Conscience

308 Before Confession

310 During Confession

311 After Confession

312 Rite of Confession

Devotions to the Blessed Trinity

313 Te Deum

320 Quicumque

321 Athanasian Creed

328 Angelicum Trisagium

329 Angelic Trisagion

Devotions to Our Lord Jesus Christ

333 First Friday Devotion

339 Act of Consecration to the Sacred Heart of Jesus

341 Litany of the Sacred Heart of Jesus

343 Stations of the Cross

372 Acceptance of Death

374 Oratio S. Augustini

374 Fiat, Adimpleatur

375 Prayer of St. Augustine

375 Acceptance of Divine Will

376 Sonnet to Our Lord on the Cross

376 Prayer of St. Andrew (O Bona Crux)

377 The Chaplet of the Divine Mercy

Devotions to the Holy Spirit

- 381 Ten-Day Devotion to the Holy Spirit
 - 408 Veni Creator
- 409 Come, Holy Spirit
- 410 Prayer for Purity of Body and Mind
- 410 Prayer in the Octave of Christian Unity

Devotions to the Blessed Virgin Mary

- 411 The Holy Rosary
- 413 Structure of the Rosary
- 415 Mysteries of the Rosary
- 416 We Fly to Your Patronage (Sub Tuum Præsidium)
- 417 Litany of the Blessed Virgin Mary
- 422 Meditations on the Mysteries of the Rosary
- 450 Salve Regina
- 451 Hail Holy Queen
- 452 Memorare452 Alma Redemptoris Mater
- 452 Ave Regina Cælorum
- 453 The Memorare
- 453 Loving Mother of the Redeemer
- 453 Hail, O Queen of Heaven
- 454 Stabat Mater Dolorosa
- 455 At the Cross Her Station Keeping
- 458 Consecration to the Blessed Virgin
- 458 Blessed Be Your Purity
- 459 Blessing and Imposition with the Scapular of Our Lady of Mount Carmel
 - 461 Prayer to Our Lady of Guadalupe
- 463 Month of Mary (May Devotions)

Novenas

- 480 What Is a Novena?
- 481 Novena to the Immaculate Conception
- 504 Novena to Our Lady of Students, Mother of Fair Love
- 515 Novena to Our Lady, Undoer of Knots
- 516 Novena to St. Josemaria to Find Employment
- 519 Novena for a Happy and Faithful Marriage

Devotions to St. Joseph

- 536 Seven Sundays Devotion
- 554 Prayer to St. Joseph
- 555 Litany of St. Joseph

Various Prayers

557 Personal Meditation

557 Spiritual Reading

558 Blessing Before a Meal

558 Thanksgiving After a Meal

559 Some Aspirations

Prayers at the Time of Death

561 Viaticum

563 Commendation of the Dying

566 Litany of the Saints

568 Prayer of Commendation

Prayers for the Dead

569 Prayers After Death

570 Gathering in the Presence of the Body

573 Prayers at the Graveside

575 Additional Prayers for the Dead

Blessings

577 Blessing of Holy Water Outside Mass

581 Blessing of an Advent Wreath

582 Blessing of a Christmas Creche or a Manger Scene

585 Blessing of a Christmas Tree

587 Blessing of a New Home

592 Blessing for a Place of Work

594 Blessing of Travelers (Shorter Rite)

595 Blessing of a Mother Before Childbirth (Short Formulary)

595 Blessing of a Mother After Childbirth (Short Formulary)

596 Blessing of Rosaries (Shorter Rite)

597 Blessing of Rosaries (Short Formulary)

597 Blessing of Religious Articles (Short Formulary)

598 Blessing of the Various Means of Transportation (Shorter Rite)

Reception of Sacraments by a Person in Danger of Death

599 Baptism

599 Confirmation

600 Sacramental Absolution

601 Absolution of Censures

601 Dispensation from Irregularity

601 Anointing of the Sick

602 Apostolic Pardon

Index

603 Index