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## EVENING PRAYERS

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### *BRIEF EXAMINATION AT NIGHT*

Make a brief examination of conscience before going to bed at night. Two or three minutes will suffice.

- **Place yourself in the presence of God**, recognizing his strength and your weakness. Tell him: "Lord, if you will, you can make me clean."
- **Ask your guardian angel for light** to acknowledge your defects and virtues: *What have I done wrong? What have I done right? What could I have done better?*
- **Examine your conscience** with sincerity:  
*Did I often consider that God is my Father? Did I offer him my work? Did I make good use of my time? Did I pray slowly and with attention? Did I try to make life pleasant for other people? Did I criticize anyone? Was I forgiving? Did I pray and offer some sacrifices for the Church, for the pope, and for those around me? Did I allow myself to be carried away by sensuality? By pride?*
- **Make an act of contrition** (p. 74), sorrowfully asking our Lord's pardon.
- **Make a specific resolution** for tomorrow:
  - *To stay away from certain temptations.*
  - *To avoid some specific faults.*
  - *To exert special effort to practice some virtue.*
  - *To take advantage of occasions for improvement.*
- **Pray three Hail Marys** to the Virgin Mary, asking for purity of heart and body.

## TIME FOR THANKSGIVING

"Let us give thanks to our Lord for everything that has happened and also in some way for our infidelities as well.

"For we've acknowledged them, and they've led us to ask his forgiveness. And we've made the resolution, which will do our souls a lot of good, to never be unfaithful again.

"Be constantly giving thanks to God for everything:

- For the past, the present and for the future.
- For what seems good and for what seems bad.
- For the sweet and the bitter.
- For the white and the black.
- For what is small and for what is great.
- For little and for much.
- For the temporal and for what touches eternity.
- for the inspirations of the Holy Spirit.

"Get used to lifting your heart to God, in acts of thanksgiving, many times a day:

- Because he gives you this and that.
- Because you have been despised.
- Because you haven't what you need or because you have.
- Because he made his Mother so beautiful, his Mother who is also your Mother.
- Because he created the sun and the moon and this animal and that plant.
- Because he made that man eloquent and you he left tongue-tied...

"Thank him for everything, because everything is good."<sup>1</sup>

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1. St. Josemaria Escriva, *The Way*, no. 268.

## *I CONFESS*

I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,  
through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

## *PSALM 50 (51)*

David the contrite king, model of repentance, confesses his sins. He asks for forgiveness with true contrition and for the continuance of the friendship of God. He promises to show his gratitude by serving God and teaching others to do his will.

Have mercy on me, God, in your kindness. \*  
In your compassion blot out my offense.  
O wash me more and more from my guilt \*  
and cleanse me more from sin.  
My offenses truly I know them; \*  
my sin is always before me.  
Against you, you alone, have I sinned; \*  
what is evil in your sight I have done.  
That you may be justified when you give sentence \*  
and be without reproach when you judge.  
O see, in guilt I was born, \*  
a sinner was I conceived.  
Indeed you love truth in the heart; \*  
then in the secret of my heart teach me wisdom.

**CONFITEOR**

Confíteor Deo omnipoténti

et vobis, fratres,  
quia peccávi nimis  
cogitatióne, verbo,  
ópere et omissióne:  
mea culpa, mea culpa,  
mea máxima culpa.

Ideo precor beátam Mariám semper Víginem,  
omnes Angelos et Sanctos,  
et vos, fratres, oráre pro me  
ad Dóminum Deum nostrum.

**PSALMUS 50 (51)**

Miserére mei, Deus, \*

secúndum misericórdiam tuam;  
et secúndum multitudínem miseratiónum tuárum \*  
dele iniquitátem meam.

Amplius lava me ab iniquitáte mea \*  
et a peccáto meo munda me.

Quóniam iniquitátem meam ego cognósco, \*  
et peccátum meum contra me est semper.

Tibi, tibi soli peccávi \*  
et malum coram te feci,  
ut iustus inveniáris in senténtia tua \*  
et æquus in iudício tuo.

Ecce enim in iniquitáte generátus sum, \*  
et in peccáto concépit me mater mea.

O purify me, then I shall be clean; \*  
O wash me, I shall be whiter than snow.  
Make me hear rejoicing and gladness, \*  
that the bones you have crushed may revive.  
From my sins turn away your face \*  
and blot out all my guilt.

A pure heart create for me, O God, \*  
put a steadfast spirit within me.  
Do not cast me away from your presence, \*  
nor deprive me of your Holy Spirit.

Give me again the joy of your help; \*  
with a spirit of fervor sustain me,  
that I may teach transgressors your ways \*  
and sinners may return to you.

O rescue me, God, my helper, \*  
and my tongue shall ring out your goodness.  
O Lord, open my lips, \*  
and my mouth shall declare your praise.

For in sacrifice you take no delight, \*  
burnt offering from me  
you would refuse.

My sacrifice, a contrite spirit, \*  
A humbled, contrite heart  
you will not spurn.

In your goodness, show favor to Zion: \*  
rebuild the walls of Jerusalem.

Then you will be pleased with lawful sacrifice,  
burnt offerings wholly consumed, \*  
then you will be offered young bulls on your altar.

Ecce enim veritatem in corde dilexisti \*  
et in occulto sapientiam manifestasti mihi.  
Asperges me hyssopo, et mundabor; \*  
lavabis me, et super nivem dealbabor.  
Audire me facies gaudium et letitiam, \*  
et exsultabunt ossa, quae contrivisti.  
Averte faciem tuam a peccatis meis \*  
et omnes iniquitates meas dele.  
Cor mundum crea in me, Deus, \*  
et spiritum firmum innova in visceribus meis.  
Ne proicias me a facie tua \*  
et spiritum sanctum tuum ne auferas a me.  
Redde mihi letitiam salutaris tui \*  
et spiritu promptissimo confirma me.  
Docébo iníquos vias tuas, \*  
et impii ad te convertentur.  
Libera me de sanguinibus, Deus, Deus salutis meae, \*  
et exsultabit lingua mea iustitiam tuam.  
Dómine, lábia mea apéries, \*  
et os meum annuntiabit laudem tuam.  
Non enim sacrificio delectáris, \*  
holocáustum, si offeram, non placébit.  
Sacrificium Deo spíritus contribulátus, \*  
cor contrítum et humiliátum, Deus, non despícies.  
Benígne fac, Dómine, in bona voluntáte tua Sion, \*  
ut ædificéntur muri Ierúsalem.  
Tunc acceptábis sacrificium iustítiæ,  
oblaciónes et holocáusta; \*  
tunc impónent super altáre tuum vítulos.



## *ACT OF CONTRITION*

O my God, I am heartily sorry for having offended you, and I detest all my sins, because I dread the loss of heaven and the pains of hell; but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance, and to amend my life. Amen.

## *PRAYER FOR VOCATIONS*

Lord Jesus Christ, shepherd of souls, who called the apostles to be fishers of men, raise up new apostles in your holy Church. Teach them that to serve you is to reign: to possess you is to possess all things. Kindle in the hearts of our young people the fire of zeal for souls. Make them eager to spread your Kingdom upon earth. Grant them courage to follow you, who are the Way, the Truth and the Life; who live and reign for ever and ever. Amen.

## *ACCEPTANCE OF DEATH*

O Lord, my God, from this moment on I accept with a good will, as something coming from your hand, whatever kind of death you want to send me, with all its anguish, pain and sorrow.

## *JESUS, MARY, AND JOSEPH*

*V.* Jesus, Mary, and Joseph,

*R.* **I give you my heart and my soul.**

*V.* Jesus, Mary, and Joseph,

*R.* **Assist me in my last agony.**

*V.* Jesus, Mary, and Joseph,

*R.* **May I sleep and take my rest in peace with you.**