
VARIOUS PRAYERS

PERSONAL MEDITATION

Before

My Lord and my God, I firmly believe that you are here, that you see me, that you hear me. I adore you with profound reverence; I ask your pardon for my sins and the grace to make this time of prayer fruitful. My immaculate Mother, Saint Joseph my father and lord, my guardian angel, intercede for me.

After

I thank you, my God, for the good resolutions, affections and inspirations that you have communicated to me in this meditation. I ask your help to put them into effect. My immaculate Mother; St. Joseph my father and lord, my guardian angel, intercede for me.

SPIRITUAL READING

Before

Come, O 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.

R. And you shall renew the face of the earth.

Let us pray.

O God, who has taught the hearts of the faithful by the light of the Holy Spirit,
grant that by the gift of the same Spirit
we may be always truly wise
and ever rejoice in his consolation.
Through Christ our Lord. **R. Amen.**

After

V. We give you thanks, almighty God, for all your benefits, who live and reign for ever and ever.

R. **Amen.**

V. May the Lord grant us his peace.

R. **And life everlasting.**

V. Amen.

BLESSING BEFORE A MEAL

V. Bless us, O Lord, and these your gifts, which we are about to receive from your bounty, through Christ our Lord.

R. **Amen.**

(Add for midday)

V. May the King of everlasting glory make us partakers of the heavenly table.

R. **Amen.**

(Add for evening)

V. May the King of everlasting glory lead us to the banquet of life eternal.

R. **Amen.**

THANKSGIVING AFTER A MEAL

V. We give you thanks, almighty God, for all your benefits, who live and reign for ever and ever.

R. **Amen.**

V. May the Lord grant us his peace.

R. **And life everlasting.**

V. May the souls of the faithful departed, through the mercy of God, rest in peace.

R. **Amen.**

SOME ASPIRATIONS

Cor mundum crea in me, Deus (Ps 51:12).	A clean heart create for me, O God.
Cor contrítum, et hu- miliátum, Deus, non despícies (Ps 51:17).	A contrite and humble heart, O God, you will not despise.
Pauper servus et húmilis.	A poor and lowly servant am I.
Deo omnis glória.	All the glory for God.
Diligéntibus Deum omnia cooperántur in bonum (Rom 8:28).	For those who love God, all things work together for good.
Quia tu es, Deus, fortitúdo mea (Ps 43:2).	For you, O God, are my strength.
Illum oportet créscere, me autem mínui (Jn 3:30).	He must increase, but I must decrease.
Ecce ego, quia vocásti me (1 Sm 3:5).	Here I am, for you did call me.
Sancta María, spes nos- tra, sedes sapiéntiæ, ora pro nobis.	Holy Mary, our hope, seat of wisdom, pray for us.
Sancta María, spes nostra, ancílla Dómini, ora pro nobis.	Holy Mary, our hope, handmaid of the Lord, pray for us.
Sancta María, stella maris, filios tuos ádiuva.	Holy Mary, star of the sea, help your children.
Omnia possum in eo qui me confórtat (Phil 4:13).	I can do all things in him who strengthens me.
Credo, sed ádiuva incredulitátem meam (Mk 9:24).	I do believe; help my unbelief.

Ago tibi grátias
pro univérſis benefíciis
tuis, étiam ignótis.

In te, Dómine, sperávi;
non confúndar
in ætérnum (Ps 31:1).

Adauge nobis fidem
(Lk 17:5).

Iesu, fili David,
miserére mei peccatóris
(Mk 10:47).

Iesu, Iesu,
esto mihi semper Iesus.

Dómine, tu ómnia nosti;
tu scis quia amo te
(Jn 21:17).

Dómine, ut vídeam
(Lk 18:41).

Dómine, quid me vis
fácere? (Acts 22:10).

Mater pulchræ dilectió-
nis, fílios tuos ádiuva.

Dóminus meus et
Deus meus! (Jn 20:28).

Non volúntas mea,
sed tua fiat (Mt 26:39).

Regína apostolórum,
ora pro nobis.

Cor Iesu sacratíssimum,
dona nobis pacem.

Monstra te esse
matrem.

Cor Mariæ dulcíssimum,
iter para tutum.

I give you thanks for
all your benefits, even
the unknown ones.

In you, O Lord,
I take refuge: let me
never be put to shame.

Lord, increase
our faith.

Jesus, Son of David,
have mercy on me,
a sinner!

Jesus, Jesus,
always be Jesus to me.

Lord, you know
all things, you know
that I love you.

Lord, that I
may see.

Lord, what do you want
me to do?

Mother of fair love,
help your children.

My Lord and
my God.

Not as I will,
but as you will.

Queen of Apostles,
pray for us.

Sacred Heart of Jesus,
grant us peace.

Show that you are
our mother.

Sweet Heart of Mary, pre-
pare a safe way for us.