

Daily Prayers

Morning prayer

Sign of the Cross

In the Name of the Father, ✠ and of the Son, and of the Holy Spirit. Amen.

Our Father

Our Father, who art in heaven, hallowed be thy Name. Thy Kingdom come. Thy will be done, on earth, as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Glory be

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Apostles' Creed

I believe in God, the Father Almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting.

Thank You

Thank God in a personal way for whatever you are most grateful for today.

I Offer

Make a personal 'offering' of the events of the coming day to the Lord. Think of situations/meetings when you want the Lord to guide you in your decisions or to help you in some particular way (eg. with patience, sensitivity, thoughtfulness towards others, etc.).

Help Me

Ask for the Lord's help that you may walk closely with him in thought, word, and deed throughout the day.

Final Prayers

Prayer of St. Richard of Chichester

Thanks be to you, my Lord Jesus Christ, for all the benefits you have given me, for all the pains and insults you have borne for me. O most merciful redeemer, friend and brother, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.

Night prayer

Sign of the Cross

In the Name of the Father, ✠ and of the Son, and of the Holy Spirit. Amen.

Prayer to the 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.

Let us pray.

O God, who taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit we may always be truly wise and ever rejoice in his consolation.

Through Christ our Lord. Amen.

Thank You

Begin by thanking God in a personal way for any times in the day when you have 'sensed' the help/guidance of God's Holy Spirit (eg. with patience, sensitivity, thoughtfulness towards others, etc.)

I'm Sorry

Think over the events of the day and ask God to forgive you for any wrongs you committed in thought, word, deed or omission. Then make a simple act of contrition:

I love you, Jesus, my love above all things. I repent with my whole heart of having offended you. Never permit me to separate myself from you again. Grant that I may love you always, and then do with me what you will. Amen.

Intercession

Bring before God anyone you wish to pray for (family, friends, parishioners, colleagues, neighbours), asking God to bless and help them.

Prayer to your Guardian Angel

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

Final Prayers

Visit this house, we pray you, Lord: drive far away from it all the snares of the enemy. May your holy angels stay here and guard us in peace, and let your blessing be always upon us. Through Christ our Lord. Amen.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

May the Lord grant us a quiet night and a peaceful end. Amen.