

# Daily Prayers

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## **Morning Prayers**

### **Direction of Intention**

My God, I give you this day. I offer you, now, all of the good that I shall do and I promise to accept, for love of you, all of the difficulties and challenges that I shall meet. Help me to conduct myself during this day in a manner that is pleasing to you and to all those I encounter. Amen.

### **Consecration to Mary**

O my Queen, O my Mother, I love you and give myself to you. I give to you this day- my eyes, my ears, my mouth, my heart, my whole self. Since I am yours, keep me and guard me as your child forever. Amen.

### **Angel of God**

Angel of God my guardian dear to whom His love entrust me here. Ever this day be at my side to light and guard to rule and guide. Amen.

### **Grace Before Meals**

Bless us, Oh Lord, and these thy gifts which we are about to receive from thy bounty, through Christ, Our Lord. Amen.

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## ***Afternoon Prayers***

### **The Angelus**

**Leader:** The Angel of the Lord declared unto Mary and she conceived of the Holy Spirit.

**All:** Hail Mary.....

**Leader:** Behold the handmaid of the Lord. Be it done unto me according to thy word.

**All:** Hail Mary.....

**Leader:** And the Word was made flesh and dwelt among us.

**All:** Hail Mary.....

**Leader:** Pray for us O holy Mother of God.

**All:** That we may be made worthy of the promises of Christ.

**Leader:** Let us pray:

**All:** Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the Incarnation of Christ, thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ, our Lord. Amen

### **Grace After Meals**

We give you thanks, Almighty God, for all Your benefits, who live and reigns, forever. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

### **Act of Contrition**

Oh my God, I am heartily sorry for having offended You and I detest all my sins because of Your just punishment, 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 sin no more and to avoid the near occasion of sin. Amen.