

*Prayers for Clergy and the Faithful
in Preparation before
and Thanksgiving after Holy Mass*



ST. JOHN THE BELOVED CATHOLIC CHURCH
MCLEAN, VIRGINIA

Vesting Prayers

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Vesting Prayers

WHILE HE WASHES HIS HANDS:

Da, Domine, virtutem manibus meis ad abstergendam omnem maculam: ut sine pollutione mentis et corporis valeam tibi servire.

Give strength to my hands, Lord, to wipe away all stain, so that I may be able to serve Thee in purity of mind and body.

AS HE PLACES THE AMICE OVER HIS HEAD:

Impone, Domine, capiti meo galeam salutis, ad expugandos diabolicos incursus.

Lord, set the helmet of salvation on my head to fend off all the assaults of the devil.

AS HE PUTS ON THE ALB:

Dealba me, Domine, et munda cor meum: ut in sanguine Agni dealbatus, gaudiis perfruar sempiternis.

Purify me, Lord, and cleanse my heart so that, washed in the Blood of the Lamb, I may enjoy eternal bliss.

AS HE TIES THE CINCTURE AROUND HIS WAIST:

Praecinge me, Domine, cingulo puritatis, et exstingue in lumbis meis humorem libidinis: ut maneat in me virtus continentiae et castitatis.

Lord, gird me with the cincture of purity and extinguish my fleshly desires, that the virtue of continence and chastity may abide within me.

AS HE PLACES THE MANIPLE OVER HIS LEFT ARM:

Merear, Domine, portare manipulum fletus et doloris: ut cum exultatione recipiam mercedem laboris.

Lord, may I worthily bear the maniple of tears and sorrow so as to receive the reward of my labor with rejoicing.

AS HE PUTS THE STOLE AROUND HIS NECK:

Redde mihi, Domine, stolam immortalitatis, quam peridi in praevaricatione primi parentis: et, quamvis indignus accedo ad tuum sacrum mysterium, merear tamen gaudium sempiternum.

Lord, restore the stole of immortality, which I lost through the collusion of our first parents, and, unworthy as I am to approach Thy sacred mysteries, may I yet gain eternal joy.

AS HE ASSUMES THE DALMATIC:

Indue me, Domine, indumento salutis et vestimento laetitiae; et dalmatica iustitiae circumda me semper.

Lord, endow me with the garment of salvation, the vestment of joy, and with the dalmatic of justice ever encompass me.

AS HE ASSUMES THE CHASUBLE:

Domine, qui dixisti: Jugum meum suave est et onus meum leve: fac, ut istud portare sic valeam, quod consequar tuam gratiam. Amen.

O Lord, Who said: My yoke is easy and My burden light: grant that I may bear it well and follow after You with thanksgiving. Amen.

Prayers in Preparation for Holy Mass

PRAYER OF ST. AMBROSE

Lord, Jesus Christ,

I approach Your banquet table in fear and trembling, for I am a sinner, and dare not rely on my own worth but only on Your goodness and mercy.

I am defiled by many sins in body and soul,
and by my unguarded thoughts and words.

Gracious God of majesty and awe,

I seek Your protection, I look for Your healing,

Poor troubled sinner that I am,

I appeal to You, the fountain of all mercy.

I cannot bear Your judgment, but I trust in Your salvation.

Lord, I show my wounds to You and uncover my shame before You.

I know my sins are many and great, and they fill me with fear,
but I hope in Your mercies, for they cannot be numbered.

Lord Jesus Christ, eternal king, God and man, crucified for mankind,
look upon me with mercy and hear my prayer, for I trust in You.

Have mercy on me, full of sorrow and sin,
for the depth of Your compassion never ends.

Praise to You, saving sacrifice, offered on the wood of the cross for me and
for all mankind.

Praise to the noble and precious blood, flowing from the wounds of my
crucified Lord Jesus Christ and washing away the sins of the world.

Remember, Lord, Your creature, whom You have redeemed with Your blood.

I repent my sins, and I long to put right what I have done.

Merciful Father, take away all my offenses and sins;
purify me in body and soul,
and make me worthy to taste the holy of holies.

May Your body and blood,
which I intend to receive, although I am unworthy,
be for me the remission of my sins, the washing away of my guilt,
the end of my evil thoughts, and the rebirth of my better instincts.

May it incite me to do the works pleasing to You
and profitable to my health in body and soul,
and be a firm defense against the wiles of my enemies. Amen.

ORATIO S. AMBROSII

Ad mensam dulcissimi convívii tui, pie Dómine Iesu Christe,
ego peccátor de própriis meis méritis nihil præsumens,
sed de tua confidens misericórdia et bonitáte, accédere véreor et contremísco.
Nam cor et corpus hábeo multis criminibus maculátum,
mentem et linguam non caute custodítam.
Ergo, o pia Déitas, o treménda maiéstas,
ego miser, inter angústias deprehensus,
ad te fontem misericórdiæ recúrro, ad te festíno sanándus,
sub tuam protectiónem fúgio;
et, quem Iúdicem sustinére néqueo, Salvatórem habére suspíro.
Tibi, Dómine, plagas meas osténdo, tibi verecúndiam meam détego.
Scio peccáta mea multa et magna, pro quibus tímeo:
spero in misericórdias tuas, quarum non est númerus.
Réspice ergo in me óculis misericórdiæ tuæ,
Dómine Iesu Christe, Rex ætérne, Deus et homo, crucifixus propter hóminem.
Exáudi me sperántem in te: miserére mei pleni misériis et peccátis,
tu qui fontem miseratiónis numquam manáre cessábis.
Salve, salutáris víctima,
pro me et omni humáno génere in patíbulo Crucis obláta.
Salve, nóbilis et pretióse Sanguis,
de vulnéribus crucifixi Dómini mei Iesu Christi prófluens,
et peccáta totíus mundi ábluens.
Recordáre, Dómine, creatúræ tuæ, quam tuo Sángvine redemísti.
Pénitet me peccásse, cúpio emendáre quod feci.
Aufér ergo a me, clementíssime Pater, omnes iniquitátes et peccáta mea,
ut, purificátus mente et córpore, digne degustáre mérear Sancta sanctorum.
Et concéde, ut hæc sancta prælibátio Córpore et Sánguine tui,
quam ego indígnus súmere inténdo,
sit peccatórum meórum remíssio,
sit delictórum perfécta purgátio,
sit túrpium cogitatiónum effugátio
ac bonórum sénsuum regenerátio,
operúmque tibi placéntium salúbris efficácia,
ánimæ quoque et córporis
contra inimicórum meórum insídias firmíssima tuítio.
Amen.

PRAYER OF ST. THOMAS AQUINAS

Almighty and ever-living God,
I approach the sacrament of Your only-begotten son,
our Lord Jesus Christ, I come sick to the doctor of life,
unclean to the fountain of mercy,
blind to the radiance of eternal light,
and poor and needy to the Lord of heaven and earth.
Lord, in Your great generosity, heal my sickness,
wash away my defilement, enlighten my blindness,
enrich my poverty, and clothe my nakedness.
May I receive the bread of angels, the King of kings and Lord of lords,
with humble reverence,
with the purity of faith,
the repentance and love,
and the determined purpose
that will help to bring me to salvation.
May I receive the sacrament of the Lord's body and blood,
and its reality and power.
Kind God,
may I receive the body of Your only begotten Son, our Lord Jesus Christ,
born from the womb of the Virgin Mary,
and so be received into his mystical body
and numbered among his members.
Loving Father, as on my earthly pilgrimage
I now receive Your beloved Son
under the veil of a sacrament,
may I one day see him face to face in glory,
who lives and reigns with You
for ever and ever.
Amen.

ORATIO S. THOMÆ AQUINATIS

Omnípotens sempitérne Deus,
ecce accédo ad sacraméntum Unigéniti Fílii tui,
Dómini nostri Iesu Christi,
accédo tamquam infirmus ad médicum vitæ
immúndus ad fontem misericórdiæ,
cæcus ad lumen claritátis æternæ,
pauper et egénus ad Dóminum cæli et terræ.
Rogo ergo imménsæ largitátis tuæ abundántiam,
quátenus meam curáre dignéris infirmitátem,
laváre foeditátem, illumináre cæcitaté,
ditáre paupertátem, vestíre nuditaté,
ut panem Angelórum, Regem regum et Dóminum dominántium,
tanta suscípíam reveréntia et humilitáte,
tanta contritióne et devotióne, tanta puritaté et fide,
tali propósito et intentiόne,
sicut éxpedit salúti ánimæ meæ.
Da mihi, quæso, domínici Córporis et Sánguinis
non solum suscípere sacraméntum,
sed étiam rem et virtútem sacraménti.
O mitíssime Deus,
da mihi Corpus Unigéniti Fílii tui, Dómini nostri Iesu Christi,
quod traxit de Vírgine María, sic suscípere,
ut córpori suo mýstico mérear incorporári
et inter eius membra connumerári.
O amantíssime Pater, concéde mihi diléctum Fílium tuum,
quem nunc velátum in via suscípere propóno,
reveláta tandem fácie perpétuo contemplári:
Qui tecum vivit et regnat
in sæcula sæculórum.
Amen.

PRAYER TO THE BLESSED VIRGIN MARY

Mother of mercy and of love, most blessed Virgin Mary,
I, a poor and unworthy sinner,
fly to thee with all my heart and all my affection.

I implore thy loving-kindness,

that even as thou didst stand beside thy dear Son as He hung upon the
Cross,

so wilt thou also stand by me, a poor sinner,

(and by all the priests who are offering Mass here today

and throughout the entire Church)

[and beside all thy faithful people receiving the most sacred Body of thy Son].

Grant us, that by thy grace, we may

(offer a worthy and acceptable sacrifice

in the sight of the most high and undivided Trinity)

[receive it worthily and fruitfully]. Amen.

ORATIO AD B. MARIAM VIRGINEM

O Mater pietatis et misericordiae, beatissima Virgo Maria,

ego miser et indignus peccator

ad te confugio toto corde et affectu,

et precor pietatem tuam,

ut, sicut dulcissimo Filio tuo in Cruce pendenti astitisti,

ita et mihi, misero peccatori, et sacerdotibus omnibus,

hic et in tota sancta Ecclesia hodie offerentibus,

clementer assistere digneris,

ut, tua gratia adiuti,

dignam et acceptabilem hostiam

in conspectu summæ et individuae Trinitatis

offerre valeamus.

Amen.

PRAYER TO ST. JOSEPH

O Blessed Joseph, happy man, to whom it was given not only to see and to hear that God Whom many kings longed to see, and saw not, to hear, and heard not; but also to carry Him in your arms, to embrace Him, to clothe Him, and guard and defend Him.

V. Pray for us, O Blessed Joseph.

R. That we may be made worthy of the promises of Christ

O God, Who has given us a royal priesthood, we beseech Thee, that as Blessed Joseph was found worthy to touch with his hands, and to bear in his arms, Thy only-begotten Son, born of the Virgin Mary, so may we be made fit, by cleanness of heart and blamelessness of life, to minister at Thy holy altar; may we, this day, with reverent devotion partake of the Sacred Body and Blood of Thy Only-begotten Son, and may we in the world to come be accounted worthy of receiving an everlasting reward. Through the same Christ our Lord. Amen.

ORATIO AD SANCTUM IOSEPH

O felicem virum, beatum Ioseph, cui datum est Deum, quem multi reges voluerunt videre et non viderunt, audire et non audierunt, non solum videre et audire, sed portare, deosculari, vestire et custodire!

V. Ora pro nobis, beate Ioseph.

R. Ut digni efficiamur promissionibus Christi.

Deus, qui dedisti nobis regale sacerdotium: praesta, quaesumus; ut, sicut beatus Ioseph unigenitum Filium tuum, natum ex Maria Virgine, suis manibus reverenter tractare meruit et portare, ita nos facias cum cordis munditia et operis innocentia tuis sanctis altaribus deservire, ut sacrosanctum Filii tui Corpus et Sanguinem hodie digne sumamus, et in futuro saeculo praemium habere mereamur aeternum. Per eundem Christum Dominum nostrum. Amen.

PRAYER TO ALL THE ANGELS AND SAINTS

Angels, Archangels,
Thrones, Dominations,
Principalities, Powers,
heavenly Virtues, Cherubim and Seraphim;
all Saints of God, holy men and women,
and for you especially my patrons:
deign to intercede for me
that I may be worthy to offer this Sacrifice to almighty God,
to the praise and glory of His name,
for my own welfare and also that of all His holy Church. Amen.

ORATIO AD OMNES ANGELOS ET SANCTOS

Angeli, Archangeli,
Throni, Dominationes,
Principatus, Potestates,
Virtutes caelorum, Cherubim atque Seraphim,
omnes Sancti et Sanctae Dei,
praesertim Patroni mei, intercedere
dignemini pro me,
ut hoc sacrificium Deo omnipotenti digne valeam offerre,
ad laudem et gloriam nominis sui
et ad utilitatem meam totiusque Ecclesiae suae sanctae. Amen

STATEMENT OF INTENTION

My purpose is to celebrate Mass
and to make present the Body and Blood of our Lord Jesus Christ
according to the rite of the holy Roman Church
to the praise of our all-powerful God
and all His assembly in the glory of heaven,
for my good and the good of all His pilgrim Church on earth,
and for all who have asked me to pray for them,
in general and in particular,
and for the good of the holy Roman Church. Amen.

May the almighty and merciful Lord grant us joy and peace,
amendment of life, room for true repentance,
the grace and comfort of the Holy Spirit,
and perseverance in good works.
Amen.

FORMULA INTENTIONIS

Ego volo celebrare Missam,
et conficere Corpus et Sanguinem Domini nostri Iesu Christi,
iuxta ritum sanctae Romanae Ecclesiae,
ad laudem omnipotentis Dei totiusque Curiae triumphantis,
ad utilitatem meam totiusque Curiae militantis,
pro omnibus qui se commendaverunt orationibus meis
in genere et in specie,
et pro felici statu sanctae Romanae Ecclesiae.
Amen.

Gaudium cum pace,
emendationem vitae, spatium verae penitentiae,
gratiam et consolationem Sancti Spiritus,
perseverantiam in bonis operibus,
tribuat nobis omnipotens et misericors Dominus.
Amen.

PRAYER AT ST. JOHN THE BELOVED

Accept Most Holy Trinity,
this Sacrifice fulfilled at one time by the Divine Word
and now renewed on this altar by the hands of Your priest.
I unite myself to the intentions of Jesus Christ, Priest and Victim,
that I may be offered entirely
for Your glory and the salvation of souls.
I intend through Christ, with Christ and in Christ,
to adore Your eternal majesty,
to thank Your immense goodness,
to satisfy Your offended justice
and to beseech Your mercy for the Church,
for my dear ones,
for myself
and for the person for whom this Mass is offered. Amen.

Prayers of Thanksgiving after Holy Mass

PRAYER OF ST. THOMAS AQUINAS

Lord, Father all-powerful and ever-living God,
I thank You, for even though I am a sinner, Your unprofitable servant,
not because of my worth but in the kindness of Your mercy,
you have fed me with the precious body and blood
of Your Son, our Lord Jesus Christ.
I pray that this holy communion
may not bring me condemnation and punishment
but forgiveness and salvation.
May it be a helmet of faith and a shield of good will.
May it purify me from evil ways
and put an end to my evil passions.
May it bring me charity and patience,
humility and obedience, and growth in the power to do good.
May it be my strong defense
against all my enemies, visible and invisible,
and the perfect calming of all my evil impulses, bodily and spiritual.
May it unite me more closely to You,
the one true God, and lead me safely through death
to everlasting happiness with You.
And I pray that You will lead me, a sinner,
to the banquet where You, with Your Son and Holy Spirit,
are true and perfect light, total fulfillment,
everlasting joy, gladness without end,
and perfect happiness to Your saints.
Grant this through Christ our Lord.
Amen.

ORATIO S. THOMÆ AQUINATIS

Grátias tibi ago,
Dómine, sancte Pater, omnípotens ætérne Deus,
qui me peccatórem, indígnum fámulum tuum,
nullis meis méritis, sed sola dignatióne misericórdiæ tuæ
satiáre dignátus es pretiósó Córpoze et Sáanguine Fílii tui,
Dómini nostri Iesu Christi.

Et precor, ut hæc sancta commúnio
non sit mihi reátus ad poenam,
sed intercéssio salutáris ad véniam.
Sit mihi armatúra fídei, et scutum bonæ voluntátis.

Sit vitiórum meórum evacuátio,
concupiscéntiæ et libídinis exterminátio,
caritátis et paciétiæ, humilitátis et oboediétiæ,
omniúmque virtútum augmentátio:
contra insídias inimicórum ómnium
tam visibílium quam invisibílium, firma defénsio:
mótuum meórum, tam carnálium quam spiritálium,
perfécta quietátio:

in te uno ac vero Deo firma adhésio,
atque finis mei felix consummátio.
Et precor te, ut ad illud ineffábile convívium
me peccatórem perdúcere dignéris,
ubi tu, cum Fílio tuo et Spírítu Sancto,
Sanctis tuis es lux vera, satiétas plena,
gáudium sempitérnum,
iucúnditas consummáta et felícitas perfécta.

Per Christum Dóminum nostrum.
Amen.

PRAYER OF ST. BONAVENTURE

Pierce, O most sweet Lord Jesus, my inmost soul with the most joyous and healthful wound of Your love, with true, serene, and most holy apostolic charity, that my soul may ever languish and melt with love and longing for You, that it may yearn for You and faint for Your courts, and long to be dissolved and to be with You.

Grant that my soul may hunger after You, the bread of angels, the refreshment of holy souls, our daily and supersubstantial bread, having all sweetness and savor and every delight of taste; let my heart ever hunger after and feed upon You, upon whom the angels desire to look, and may my inmost soul be filled with the sweetness of Your savor; may it ever thirst after You, the fountain of life, the fountain of wisdom and knowledge, the fountain of eternal light, the torrent of pleasure, the richness of the house of God.

May it ever compass You, seek You, find You, run to You, attain You, meditate upon You, speak to You, and do all things to the praise and glory of Your name, with humility and discretion, with love and delight, with ease and affection, and with perseverance unto the end; may You alone be ever my hope, my entire assurance, my riches, my delight, my pleasure, my joy, my rest and tranquility, my peace, my sweetness, my fragrance, my sweet savor, my food, my refreshment, my refuge, my help, my wisdom, my portion, my possession and my treasure, in whom may my mind and my heart be fixed and firm and rooted immovably henceforth and for ever.

Amen.

ORATIO SANCTI BONAVENTURAE

Transfige, dulcissime Domine Iesu, medullas et viscera animae meae suavissimo ac saluberrimo amoris tui vulnere, vera serenaque et apostolica sanctissima caritate, ut langueat et liquefiat anima mea solo semper amore et desiderio tui, te concupiscat et deficiat in atria tua, cupiat dissolvi et esse tecum.

Da ut anima mea te esuriat, panem Angelorum, refectionem animarum sanctarum; panem nostrum cotidianum, supersubstantialem, habentem omnem dulcedinem et saporem, et omne delectamentum suavitatis. Te, in quem desiderant Angeli prospicere, semper esuriat et comedat cor meum, et dulcedine saporis tui repleantur viscera animae meae; te semper sitiatur fontem vitae, fontem sapientiae et scientiae, fontem aeterni luminis, torrentem voluptatis, ubertatem domus Dei.

Te semper ambiat, te quaerat, te inveniatur, ad te tendat, ad te perveniat, te meditetur, te loquatur, et omnia operetur in laudem et gloriam nominis tui, cum humilitate et discretione, cum dilectione, et delectatione, cum facilitate et affectu, cum perseverantia usque in finem; ut tu sis solus semper spes mea, tota fiducia mea, divitiae meae, delectatio mea, iucunditas mea, gaudium meum, quies et tranquillitas mea, pax mea, suavitas mea, odor meus, dulcedo mea, cibus meus, refectio mea, refugium meum, auxilium meum, sapientia mea, portio mea, possessio mea, thesaurus meus, in quo fixa et firma et immobiliter semper sit radicata mens mea et cor meum. Amen.

ANIMA CHRISTI

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds, hide me.
Separated from Thee let me never be.
From the malignant enemy, defend me.
At the hour of death, call me.
To come to Thee, bid me,
That I may praise Thee in the company
Of Thy Saints, for all eternity. Amen.

ASPIRATIONES AD SS.MUM REDEMPTOREM

Anima Christi, sanctífica me.
Corpus Christi, salva me.
Sanguis Christi, inébria me.
Aqua láteris Christi, lava me.
Pássio Christi, confórta me.
O bone Iesu, exáudi me.
Intra tua vúlnera abscónde me.
Ne permíttas me separári a te.
Ab hoste malígno defénde me.
In hora mortis meæ voca me.
Et iube me veníre ad te,
ut cum Sanctis tuis laudem te
in sácula sæculórum.
Amen.

OBLATIO SUI

Súscipe, Dómine,
univérsam meam libertátem.
Accipe memóriam, intelléctum atque voluntátem omnem.
Quidquid hábeo vel possídeo,
mihi largítus es:
id tibi totum restítuo,
ac tuæ prorsus voluntáti trado gubernándum.
Amórem tui solum cum grátia tua mihi dones,
et dives sum satis, nec áliud quidquam ultra posco. Amen.

SUSCIPE

Lord Jesus Christ,
take all my freedom,
my memory, my understanding, and my will.
All that I have and cherish
Thou hast given me.
I surrender it all
to be guided by Thy will.
Thy grace and Thy love
are wealth enough for me.
Give me these Lord Jesus
and I ask for nothing more. Amen.

ORATIO AD DOMINUM NOSTRUM IESUM CHRISTUM CRUCIFIXUM

En ego, o bone et dulcissime Iesu,
ante conspectum tuum genibus me provolvo,
ac maximo animi ardore te oro atque obtestor,
ut meum in cor vividos fidei, spei et caritatis sensus,
atque veram peccatorum meorum paenitentiam,
eaque emendandi firmissimam voluntatem velis imprimere;
dum magno animi affectu et dolore
tua quinque vulnera mecum ipse considero ac mente contemplor,
illud prae oculis habens,
quod iam in ore ponebat tuo David propheta de te, o bone Iesu:
Foderunt manus meas et pedes meos:
dinumeraverunt omnia ossa mea. Amen.

PRAYER BEFORE A CRUCIFIX

Behold, o good and most sweet Jesus,
I fall upon my knees before Thee,
and with most fervent desire beg and beseech Thee
that Thou wouldst impress upon my heart
a lively sense of faith, hope and charity, true repentance for my sins,
and a firm resolve to make amends.
And with deep affection and grief,
I reflect upon Thy five wounds,
having before my eyes
that which Thy prophet David spoke about Thee, o good Jesus:
"They have pierced my hands and feet, they have counted all my bones."
Amen.

UNIVERSAL PRAYER BY POPE CLEMENT IX

LORD, I believe in You: increase my faith.
I trust in You: strengthen my trust.
I love You: let me love You more and more.
I am sorry for my sins: deepen my sorrow.

I worship You as my first beginning,
I long for You as my last end,
I praise You as my constant helper,
and call on You as my loving protector.

Guide me by Your wisdom, correct me with Your justice,
comfort me with Your mercy, protect me with Your power.

I offer You, Lord, my thoughts; to be fixed on You;
my words: to have You for their theme;
my actions: to reflect my love for You;
my sufferings: to be endured for Your greater glory.

I want to do what You ask of me:
in the way You ask, because You ask.

Lord, enlighten my understanding,
strengthen my will, purify my heart, and make me holy.

Let me love You, my Lord and my God,
and see myself as I really am:
a pilgrim in this world,
a Christian called to respect and love all whose lives I touch,
those in authority over me or those under my authority,
my friends and my enemies.

Help me to repent of my past sins
and to resist temptation in the future.
Help me to rise above my human weakness
and to grow stronger as a Christian.

Help me to conquer anger with gentleness,
greed by generosity, apathy by fervor.
Help me to forget myself and reach out toward others.

Make me prudent in planning, courageous in taking risks.
Make me patient in suffering, unassuming in prosperity.

Keep me, Lord, attentive at prayer,
temperate in food and drink,
diligent in my work, firm in my good intentions.

Let my conscience be clear,
my conduct without fault, my speech blameless, my life well-ordered.

Put me on guard against my human weaknesses.

Let me cherish Your love for me,
keep Your law, and come at last to Your salvation.

Teach me to realize that this world is passing,
that my true future is happiness of heaven,
that life on earth is short,
and the life to come eternal.

Help me to prepare for death with a proper fear of judgment,
but a greater trust in Your goodness.

Lead me safely through death to the endless joy of heaven.

Grant this though Christ our Lord.
Amen.

ORATIO UNIVERSALIS SUB NOMINE CLEMENTIS PP. XI VULGATA

Credo, Dómine, sed credam fírmius;
spero, sed sperem secúrius;
amo, sed amem ardéntius;
dóleo, sed dóleam veheméntius.

Adóro te ut primum princípium;
desídero ut finem últimum;
laudo ut benefactórem perpétuum;
ínvoco ut defensórem propítium.

Tua me sapiéntia dírige, iustítia cóntine,
cleméntia soláre, poténtia prótege.

Offero tibi, Dómine, cogitánda, ut sint ad te;
dicénda, ut sint de te;
faciénda, ut sint secúndum te;
ferénda, ut sint propter te.

Volo quidquid vis, volo quia vis,
volo quómodo vis, volo quámdiu vis.

Oro, Dómine: intelléctum illúmines,
voluntátem inflámmes, cor emúndes, ánimam sanctífices.

Défleam prætéritas iniquitátes, repéllam futúras tentatiónes,
córrigam vitiósas propensiónes, éxcolam idóneas virtútes.

Tríbue mihi, bone Deus,
amórem tui, ódium mei,
zelum próximi, contéptum mundi.

Stúdeam superiórius oboedíre,
inferiórius subveníre, amícis consúlere, inimícis párcere.

Vincam voluptátem austeritáte,
avarítiam largitáte,
iracúndiam lenitáte,
tepiditáte fervóre.

Redde me prudéntem in consíliis,
constántem in perículis,
patiéntem in advérsis,
húmilem in próspéris.

Fac, Dómine,
ut sim in oratióne atténtus,
in épulis sóbrius,
in múnere sédulus,
in propósito firmus.

Curem habére innocéntiam interiórem,
modéstiam exteriórem,
conversatióne exemplárem, vitam regulárem.

Assídue invígilem natúræ domándæ,
grátia foveándæ, legi servándæ, salúti promeréndæ.

Discam a te quam ténue quod terrénum,
quam grande quod divínium,
quam breve quod temporáneum,
quam durábile quod ætérnum.

Da, ut mortem prævéniam,
iudícium pertímeam,
inférnum effúgiam,
paradísium obtíneam.

Per Christum Dóminum nostrum.
Amen.

I BESEECH THEE, MOST SWEET LORD JESUS CHRIST

I beseech Thee, most sweet Lord Jesus Christ,
that Thy Passion may be to me
power by which I may be strengthened, protected and defended.
May Thy wounds be to me food and drink
by which I may be nourished, inebriated, and delighted.
May the sprinkling of Thy Blood be to me
an ablution for all my sins.
May Thy death prove for me unfailing life,
and may Thy Cross be to me eternal glory.
In these be my refreshment, joy, health, and delight of my heart:
Thou who livest and reignest forever. Amen.

OBSEURO TE, DULCISSIME DOMINE IESU CHRISTE

Obsecro te, dulcissime Domine Iesu Christe,
ut passio tua sit mihi
virtus, qua muniar, protegar, atque defendar.
Vulnera tua sint mihi cibus potusque,
quibus pascar inebrier atque delecter.
Aspersio Sanguinis tui sit mihi
ablutio omnium delictorum meorum.
Mors tua sit mihi vita indeficiens,
crux sit mihi gloria sempiterna.
In his sit mihi refectio, exsultatio, sanitas et dulcedo cordis mei:
Qui vivis et regnas in saecula saeculorum. Amen.

PRAYER TO THE BLESSED VIRGIN MARY

Mary, holy virgin mother, I have received your Son, Jesus Christ.
With love you became His mother,
gave birth to Him, nursed Him and helped Him grow to manhood.
With love I return Him to you, to hold once more,
to love with all your heart and to offer to the Holy Trinity
as our supreme act of worship,
for your honor and for the good of all your pilgrim brothers and sisters.
Mother, ask God to forgive my sins
and to help me serve Him more faithfully.
Keep me true to Christ until death
and let me come to praise Him with you
for ever and ever. Amen.

ORATIO AD B. MARIAM VIRGINEM

O María, Virgo et Mater sanctíssima,
ecce suscepisti dilectíssimum Fílium tuum,
quem immaculáto útero tuo concepísti,
genuísti, lactásti atque suavíssimis ampléxibus strinxísti.
Ecce, cuius aspéctu lætabáris et ómnibus delíciis replebáris,
illum ipsum tibi humíliter et amáncer repræsénto et óffero,
tuis brácciiis constringéndum, tuo corde amándum,
sanctíssimæque Trinitáti in suprémum latríæ cultum,
pro tui ipsíus honóre et glória
et pro meis totiúsque mundi necessitatibus, offeréndum.
Rogo ergo te, piússima Mater,
ímpetra mihi véniam ómnium peccatórum meórum,
uberémque grátiam ipsi deinceps fidélius serviéndo,
ac dénique grátiam finálem,
ut eum tecum laudáre possim
per ómnia sácula sæculórum.
Amen.

PRAYER TO ST. JOSEPH

Guardian of virgins and father, Saint Joseph,
to whose faithful custody
Innocence itself, Christ Jesus, and Mary, Virgin of virgins,
was committed;
I pray and beseech thee
by each of these dear pledges, Jesus and Mary,
that, being preserved from all uncleanness,
I may with spotless mind,
pure heart, and a chaste body,
ever serve Jesus and Mary
most chastely all the days of my life. Amen.

ORATIO AD SANCTUM IOSEPH

Virginum custos et pater, sancte Ioseph,
cuius fideli custodiae
ipsa Innocentia Christus Iesus et Virgo virginum Maria
commissa fuit;
te per hoc utrumque
carissimum pignus Iesum et Mariam obsecro et obtestor,
ut me, ab omni immunditia praeservatum,
mente incontaminata, puro corde et casto corpore
Iesu et Mariae
semper facias castissime famulari. Amen.

PRAYER OF ST. AUGUSTINE

Breathe in me, O Holy Spirit, that all my thoughts may be holy.
Act in me, O Holy Spirit, that all my work too may be holy.
Draw my heart, O Holy Spirit, that I love but what is holy.
Strengthen me, O Holy Spirit, to defend all that is holy.
Guard me then, O Holy Spirit, that I always may be holy.