

Short Prayers

Morning Offering

O Jesus, through the immaculate heart of Mary, I offer Thee all of my prayers, works, joys, and sufferings of this day, for all of the intention of Thy Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, in reparation for all of my sins, and for the intentions of the Holy Father this month and this day.

Morning Prayer of St. Alphonsus

My most sweet Lord, I offer and consecrate to you this morning all that I am and have: my senses, my thoughts, my affections, my desires, my pleasures, my inclinations, my liberty. In a word, I place my whole body and soul in your hands.

Suscipe Prayer of St. Ignatius of Loyola

Take, O Lord, and receive my entire liberty, my memory, my understanding and my whole will. All that I am and all that I possess, Thou hast given me: I surrender it all to Thee to be disposed of according to Thy will. Give me only Thy love and Thy grace; with these I will be rich enough and will desire nothing more. Amen.

Act of Faith

O my God, I firmly believe that Thou art one God and three Divine Persons, Father, Son, and Holy Ghost. I believe that Thy Divine Son became man and died for my sins. I believe these and all the truths which the Holy Catholic Church teaches because Thou hast revealed them, Who canst neither deceive nor be deceived.

Act of Hope

O my God, relying on Thy infinite Goodness and promises, I hope to obtain the pardon of my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, my Lord and my Redeemer.

Act of Charity

O my God, I love Thee above all things because Thou are all good and worthy of my love. I love my neighbor as myself. I forgive all who have injured me, and I ask pardon of all whom I have injured.

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of heaven and pains of hell; most of all because they offend Thee, my God, Who art all good and worthy of my love. I firmly resolve with the help of Thy grace to confess my sins, to do penance, and to amend my life. 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 your wounds hide me; separated from you, let me never be; From the evil one protect me; At the hour of my death, call me; And close to you bid me; That with your saints, I may be praising you forever and ever. Amen.