

Morning and Night Prayers

Waking Up

Acclamation: “Serviam! I will serve!”

The Morning Offering

O my God, in union with the Immaculate Heart of Mary [*kiss your Scapular as a sign of your consecration to Mary*], I offer Thee the Precious Blood of Jesus from all the Altars throughout the world, joining with It the offering of my every thought, word and action of this day. O my Jesus, I desire today to gain every indulgence and merit I can and I offer them, together with myself, to Mary Immaculate, that she may best apply them in the interests of Thy Most Sacred Heart. Precious Blood of Jesus, save us! Immaculate Heart of Mary, pray for us! Sacred Heart of Jesus, have mercy on us!

Going to Bed

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 the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen

Prayer for Purity

Jesus, Lover of chastity, Mary, Mother most pure, and Saint Joseph, chaste guardian of the Virgin, to you I come at this hour, begging you to plead with God for me. I earnestly wish to be pure in thought, word and deed in imitation of your own holy purity. Obtain for me, then, a deep sense of modesty which will be reflected in my external conduct. Protect my eyes, the windows of my soul, from anything that might dim the luster of a heart that must mirror only Christ-like purity. And when the “Bread of Angels becomes the Bread of me” in my heart at Holy Communion, seal it forever against the suggestions of sinful pleasures. Heart of Jesus, Fount of all purity, have mercy on us. Amen.