



## PRAYERS FOR YOUTH

### ***The Sign of the Cross***

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

### ***Morning Offering***

O Jesus, through the Immaculate Heart of Mary, I offer You all my prayers, works, joys and sufferings of this day. For all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, and for the intentions of all the faithful. Amen

### ***Memorare***

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection implored your help, or sought your intercession was left unaided. Inspired by this confidence, I fly unto you, O Virgin of virgins, my Mother. To you I come; before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy, here and answer me. Amen

### ***Prayer Before the Crucifix ( before communion)***

Look down upon me, good and gentle Jesus, while before Your face I humbly kneel, and with burning soul pray and beseech you to fix deep in my heart lively sentiments of faith, hope and charity, true contrition for my sins, and a firm purpose of amendment. Meanwhile, I contemplate with great love and tender mercy your five most precious wounds, pondering over them within me, and calling to mind with words which David in prophecy made you say concerning yourself, my Jesus, "*They have pierced My hands and feet; they have numbered all my bones*".

### ***Episcopal Blessing***

Blessed be the Name of the Lord. *Now and forever.* Our help is in the Name of the Lord. *Who made Heaven and earth.*

### ***Eternal Rest***

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their soul, and the souls of the faithful departed, rest in peace. Amen.

### ***Prayer to the Holy Spirit***

Come, O Holy Spirit, fill the hearts of Thy Faithful, And enkindle in them the fire of your love.

### ***The Apostles, Creed***

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, His only Son, Our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was Crucified, died and was buried. He descended to the dead. On the third day He rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again 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. Amen

### ***The Salve Regina - Hail Holy Queen***

Hail Holy Queen, Mother of Mercy, hail our life, our sweetness, and our hope! To You do we cry, poor banished children of Eve; to you do we send up our sighs, Mourning and weeping in the valley of tears. Turn then most gracious advocate, your eyes of mercy toward us; and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary! Amen

### ***Grace After Meals***

We give you thanks for all Your benefits, O almighty God. Who lives and reigns forever; and may the souls of the faithful departed, through the mercy of god, rest in peace. Amen

### ***Mary, Mother of Grace***

Mary, Mother of Grace, mother of mercy, shield me from the enemy and receive me at the hour of my death.



### ***Come Holy Spirit***

Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of Your love.

V. Send forth your Spirit and they shall be Created

R. And You shall renew the face of the earth,

Let us pray.

O God, who by the light of the Holy Spirit, did instruct the hearts of Your faithful, grant that by the same Holy Spirit, we may be truly wise, and ever rejoice in your consolation. Through Christ our Lord, Amen

### ***To St. Michael***

St. Michael the Archangel, defend us in battle; be our protection against the malice and snares of the devil. We humbly beseech You, O God, to command him; and do You, O Prince of the heavenly host, by the divine power thrust into hell Satan and the other evil spirits who roam through the world seeking the destruction of souls. Amen.

*Most Sacred Heart of Jesus, have mercy on us.* (said 3 times)

### ***The Angelus*** (to be said morning, noon & night)

The angel of the Lord declared unto Mary,  
R. And she conceived by the Holy Spirit.

*Hail, Mary...*

V. Behold the handmaid of the Lord.

R. Be it done unto me according to Your word.

*Hail, Mary...*

V. And The Word Was Made Flesh,

R. And dwelt among us.

*Hail Mary...*

V. Pray for us, O holy Mother of God.

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

### ***Prayer for the Souls in Purgatory***

O gentle Heart of Jesus, ever present in the Blessed Sacrament, every consumed with burning love for the poor captive souls in Purgatory, have mercy on them, especially N..N..

### ***Prayer of St. Francis***

Lord, make me an instrument of Your Peace;  
*Where there is hatred, let me sow love;*  
*Where there is injury, pardon;*  
*Where there is doubt, faith;*  
*Where there is despair, hope;*  
*Where there is darkness, light;*

O divine master,  
*grant that I may not so much seek to be consoled as to console;*  
*To be understood, as to understand;*  
*To be loved, as to love;*  
*For it is in giving that we receive,*  
*It is in pardoning that we are pardoned,*  
*And it is in dying that we are born to Eternal Life.* Amen

### ***An Act of Contrition***

O my God, I am heartily sorry for having offended You. I detest all my sins because of Your just punishments, 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 occasions of sin. Amen

### ***Anima Christi***

Soul of Christ, be my sanctification;  
Body of Christ, be my salvation;  
Blood of Christ, fill all my veins;  
Water from Christ's side, wash out my stains;  
Passion of Christ, my comfort be,  
O good Jesus, listen to me.  
In Your wounds I fain would hide,  
Never to be parted from Your side.  
Guard me when the foe assails me;  
Guide me when my feet shall fail me;  
Bid me come to You above,  
With Your saints to sing Your love,  
Forever and ever. Amen

### ***A Short Prayer***

Lord help me to remember that nothing is going to happen to me today that you and I together can't handle. Amen