

Excerpt from

Powerful Prayers for the Suffering

Traditional Catholic Prayers

To learn more about the prayers in this book, or to access the video
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Apostles Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come 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.

Our Father

Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy Will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen

Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and ever shall be, world without end. Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You 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, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.

Hail, Holy Queen

Hail, Holy Queen, Mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us; and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

The 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 hear and answer me. Amen.

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, Who is 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.

ACT OF FAITH: O my God, I firmly believe that You are one God in three divine Persons, Father, Son and Holy Spirit. I believe that Your divine Son became flesh, died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths that the Holy Catholic Church teaches because You have revealed them, Who can neither deceive nor be deceived. Amen.

ACT OF HOPE: O my God, relying on Your almighty power, infinite mercy and promises, I hope to obtain pardon for my sins, the help of Your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer. Amen.

ACT OF LOVE: O my God, I love You above all things, with my whole heart and soul, because You are all good and worthy of all love. I love my neighbor as myself for the love of You. I forgive all who have injured me and ask pardon of all who I have injured. Amen.

COME, HOLY SPIRIT

Come, Holy Spirit, fill the hearts of Your faithful and enkindle in them the fire of Your love. Send forth Your Spirit and they shall be created and You shall renew the face of the earth.

O God, who has instructed the hearts of Your faithful by the light of the Holy Spirit, grant that by the same Holy Spirit we may have a right judgment in all things and evermore rejoice in his consolations. Through Christ Our Lord, Amen.

Prayer To The Holy Spirit by Cardinal Mercier

O Holy Spirit, soul of my soul, I adore You.
Enlighten me, guide me, strengthen and comfort me.
Tell me what I ought to do and command me to do it.
I promise to submit to everything that You ask of me
and to accept all that You allow to happen to me.
Just show me what Your Will is. Amen.

I am going to reveal to you a secret of sanctity and happiness. For five minutes every day, quiet your imagination, close your eyes to everything visible and your ears to all external sounds, and withdraw into the sanctuary of your baptized soul which is the temple of the Holy Spirit. There, speak to the Holy Spirit and say [this prayer]. If you do this, your life will be happy and serene. Even in the midst of troubles, you will experience great consolation for grace will be given to strengthen and help you to cope with every difficulty. ~ Cardinal Mercier

Other Prayers

THE 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.

Suffer me not to be separated from You.

From the malicious enemy, defend me.

In the hour of my death, call me

And bid me come unto You

That I may praise You with Your saints
and with Your angels forever and ever.

Amen.

Prayer to Our Lady of Victory by Venerable Fr. Baker

O Victorious Lady, you who have ever such powerful influence with Your Divine Son in conquering the hardest of hearts, intercede for those for whom we pray, that their hearts, being softened by the ways of Divine Grace, may return to the unity of the true Faith, through Christ, our Lord. Amen.



The Angelus (usually said in morning, noon, evening)

V- 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 thy word. *(Hail Mary...)*

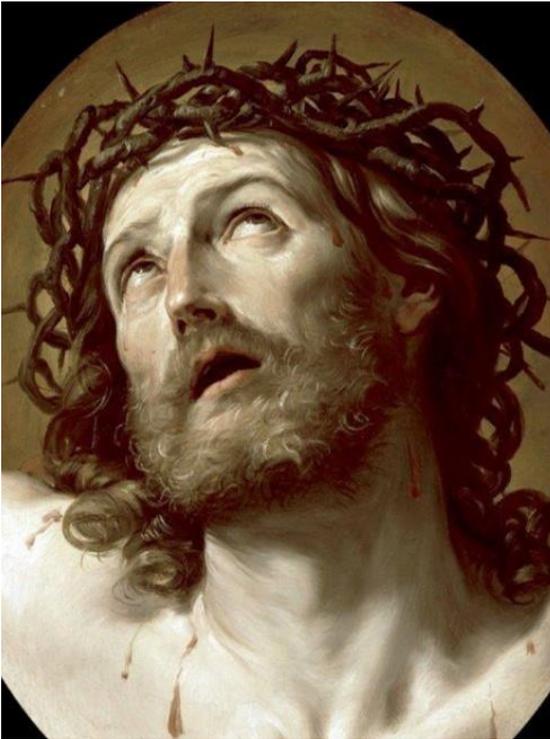
V- And the Word was made Flesh

R- And dwelt among us. *(Hail Mary...)*

V- Pray for us, O Holy Mother of God

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

LET US PRAY: 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.



An Offering of Suffering for the Diocese of Arlington

In union with Jesus' sacrifice on the cross, I offer my suffering, my life, my joys, and my pains for vocations to the priesthood and religious life in the Catholic Diocese of Arlington.

I am confident that this offering of my suffering and my discomfort has great value in the sight of God and will obtain from Jesus, through the power of the Holy Spirit and in union with Mary at the foot of the cross, a showering of graces and divine favors for all my intentions.

I ask this through Jesus Christ, Our Lord. Amen.



Prayer for Charisms of Holy Spirit

O Holy Spirit, enkindle in our hearts the fire of Your love.

Release upon our Church the diverse gifts of Your Spirit. Grant that they may be received by open hearts, prepared and willing to cultivate these charisms, given to all believers, each unique, each important in service to the Body of Christ.

Embolden us with Your courage as we go forth, in the spirit of the first apostolic community, to spread the Good News to all peoples in all nations.

Bless our efforts in community with the peace, love, and the joy of Your Spirit, unity in diversity, as we build up Your Church for the sole purpose of Your greater glory, in the name of Jesus Christ, our Lord. Amen.

What our spirit, that is, our soul, is in relation to our other members, so the Holy Spirit is to the members of Christ, that is, the Body of Christ which is the Church. ~ St. Augustine

We pray that you have found comfort and healing through the prayers in this booklet. To find more prayers and novenas, or to donate so that we can distribute this booklet to more people, please visit us at:

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Excerpt from **POWERFUL PRAYERS FOR THE SUFFERING**

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