

Morning Prayer

As soon as you are awake, make the sign of the cross, drink holy water, which you should always have at the head of your bed, and while you are getting dressed, do the following:

Offering

My God, I offer you all my thoughts, words, works and actions of this day; everything I do and suffer be, O my God, in discount for my sins and for the souls in purgatory.

As a good Christian, you should never stop saying your morning prayers to thank the good God who kept you during the night.

My God, I adore you and love you with all my heart. I give thanks for all the benefits you have given me, especially for keeping me this night. I offer you all my actions and sufferings of this day, uniting them with the actions and sufferings of Jesus and Mary. I form the intention to gain as many indulgences as I can.

I propose to avoid all sin today, especially such a sin (*it is worth making a particular resolution, relating to the fault into which one tends to fall most frequently*); and I ask you, for the love of Jesus, to grant me perseverance.

I propose very especially, in the contradictions that occur to me, to conform to your holy will, Lord!

My Jesus, cover me today with your omnipotent hand!

Mary, Mother of Perpetual Help, keep me under your mantle!

Having finished dressing, prostrate yourself before the crucifix and say the following prayers. Never, absolutely never, stop praying the 3 Hail Marys in honor of the Immaculate Conception, so that she may keep you chaste, with the following jaculatory:

By your Immaculate Conception, O Mary, purify my body and sanctify my soul!

My good guardian angel, my holy protectors, intercede for me.

And if time permits, do the following acts:

Act of faith

I firmly believe that there is one God in three really distinct persons: Father, Son and Holy Spirit; who gives heaven to the good and hell to the evil forever. I believe that the Son of God became man, suffered and died on the cross to save us. I believe everything else that the holy Catholic, Apostolic, Roman Church believes and teaches, because God, infallible truth, revealed it to it. And in this belief I want to live and die.

Act of hope

I hope, my God, with firm confidence, that, through the merits of my Lord Jesus Christ, you will give me eternal salvation and the graces necessary to achieve it, because you are extremely good and powerful and you have promised it to those who faithfully observe your commandments, as I propose to do with your help.

Act of charity

I love you, my God, with all my heart and above all things, because you are infinitely good and lovable and I want to lose everything that offends you. For your sake I love my neighbor as myself.

Act of contrition

My Lord Jesus Christ, God and true man, Creator and Redeemer of mine, because you are the one who is supremely good and worthy of being loved above all things and because I love and esteem you, it weighs on me with all my heart that I have offended you; I also regret having lost heaven and deserving hell and I firmly propose, aided by the aid of your divine grace, to make amends and never again offend you, and I

hope to achieve forgiveness of my sins through your infinite mercy. Amen. (*7 years and 7 forty of Indulgence*).

Consecration to the Blessed Virgin Mary

O my Lady, O my Mother! I offer myself all to you and in proof of my devotion to you, I consecrate to you on this day my eyes, my ears, my heart, my mouth and entirely my entire being and because I am yours, oh good Mother, guard me, defend me, as your property. Amen.

Prayer to Saint Joseph

O glorious Saint Joseph, father and protector of virgins, faithful guardian to whom God entrusted Jesus, who is innocence itself, and Mary, the Virgin of virgins; I beseech you and I instantly pray for Jesus and Mary, this double deposit, so dear to you, make me, preserved from all stain, uncontaminated in thought, pure in heart and chaste in body, constantly serve Jesus and Mary in perfect chastity. Amen.

To the guardian angel

Angel of God, who by divine mercy are my guard and protection, inspire me, defend me, direct me and govern me. Amen.

The Annunciation

The angel of the Lord announced to Mary. And she conceived of the Holy Spirit.

Hail Mary, etc.

Behold the slave of the Lord! Let it be done to me according to your word.

Hail Mary, etc.

And the Word became flesh. And he dwelt among us.

Hail Mary, etc.

Pray for us, holy Mother of God. So that we may be worthy of the promises of Christ.

WE PRAY

Infuse, Lord, we beseech you, your grace into our hearts so that we, who know through the angel's announcement the incarnation of Jesus Christ, your Son, through his passion and death on the cross, may reach the glory of the resurrection. By the same Christ our Lord. Amen.