

Morning Prayers and Meditation

In the name of the Father, ✠ and of the Son, and of the Holy Ghost. Amen.

Place Yourself in the Presence of God, and adore His holy Name.

Most holy and adorable Trinity, one God in three Persons, I believe that Thou art here present: I adore Thee with the deepest humility, and render to Thee, with my whole heart, the homage which is due to Thy sovereign majesty.

An Act of Faith

O my God, I firmly believe that Thou art one God in three divine Persons, Father, Son, and Holy Ghost; I believe that Thy divine Son became man, and died for our sins, and that He will come to judge the living and the dead. 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.

An Act of Hope

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

An Act of Love

O my God, I love Thee above all things, with my whole heart and soul, because Thou art all-good and worthy of all love. I love my neighbour as myself for the love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured.

Thank God for All Favours and Offer Yourself to Him.

O my God, I most humbly thank Thee for all the favours Thou hast bestowed upon me up to the present moment. I give Thee thanks from the bottom of my heart that Thou hast created me after Thine own image and likeness, that Thou hast redeemed me by the precious blood of Thy dear Son, and that Thou hast preserved me and brought me safe to the beginning of another day. I offer to Thee, O Lord, my whole being, and in particular all my thoughts, words, actions, and sufferings of this day. I consecrate them all to the glory of Thy name, beseeching Thee that through the infinite merits of Jesus Christ my Saviour they may all

find acceptance in Thy sight. May Thy divine love animate them, and may they till tend to Thy greater glory.

Resolve to Avoid Sin and to Practise Virtue.

Adorable Jesus, my Saviour and Master, model of all perfection, I resolve and will endeavour this day to imitate Thy example, to be, like Thee, mild, humble, chaste, zealous, charitable, and resigned. I will redouble my efforts that I may not fall this day into any of those sins which I have heretofore committed (*here name any besetting sin*), and which I sincerely desire to forsake.

Ask God for the Necessary Graces.

O my God, Thou knowest my poverty and weakness, and that I am unable to do anything good without Thee; deny me not, O God, the help of Thy grace; proportion it to my necessities; give me strength to avoid anything evil which Thou forbiddest, and to practise the good which Thou hast commanded; and enable me to bear patiently all the trials which it may please Thee to send me.

The Lord's Prayer

<p>Pater noster, qui es in cœlis, sanctificetur nomen tuum: adveniat regnura tuum. fiat voluntas tua, sicut in cœlo, et in terra. Panem nostrum quotidianum da nobis hodie: et dimitte nobis debita nostra, sicut et nos dimittimus debitoribus nostris. Et ne nos inducas in tentationem: sed libera nos a malo. Amen.</p>	<p>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 for give us our trespasses, as we forgive those who trespass against us. And lead us not into temptation: but deliver us from evil. Amen.</p>
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The Hail Mary

<p>Ave, Maria, gratia plena; Dominus tecum: benedicta tu in mulieribus, et benedictus fructus ventris tui, Jesus. Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc et in hora mortis nostræ. Amen.</p>	<p>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.</p>
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The Apostles' Creed

<p>Credo in Deum, Patrem omnipotentem, Creatorem cœli et terræ; et in Jesum Christum, Filium ejus unicum, Dominum nostrum; qui conceptusest de Spiritu Sancto, natus ex Maria Virgine, passus</p>	<p>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 Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified,</p>
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sub Pontio Pilato, crucifixus, mortuus et sepultus. Descendit ad inferos; tertia die resurrexit a mortuis; ascendit ad coelos, sedet ad dexteram Dei Patris omnipotentis; inde venturus est judicare vivos et mortuos. Credo in Spiritum Sanctum, Sanctam Ecclesiam Catholicam, sanctorum communionem, remissionem peccatorum, carnis resurrectionem, vitam æternam. Amen.

died, and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven, and sitteth at the right hand of God, the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and live everlasting. Amen.

Ask the Prayers of the Blessed Virgin, your Guardian Angel, and your Patron Saint.

At this point, please go to the relevant text of Fr Hamon's Meditation. Once I have read and meditated on the text, and its various points, I complete my meditation by saying:

Holy Virgin, Mother of God, my Mother and Patroness, I place myself under thy protection, I throw myself with confidence into the arms of thy compassion. Be to me, O Mother of mercy, my refuge in distress, my consolation under suffering, my advocate with thy adorable Son, now and at the hour of my death.

Angel of God, my guardian dear,
To whom His love commits me here,
Ever this day be at my side,
To light and guard, to rule and guide. Amen.

O great Saint whose name I bear, protect me, pray for me, that like thee I may serve God faithfully on earth, and glorify Him eternally with thee in heaven. Amen.

Litany of the Most Holy Name of Jesus

Kyrie eleison.	Lord, have mercy.
Christe eleison.	Christ, have mercy.
Kyrie eleison.	Lord, have mercy.
Jesu audi nos.	Jesus, hear us.
Jesu exaudi nos.	Jesus, graciously hear us.
Pater de coelis Deus, <i>miserere nobis.</i>	God the Father of heaven, <i>have mercy on us.</i>
Fili, Redemptor mundi, Deus, <i>miserere nobis.</i>	God the Son, Redeemer of the world, <i>have mercy on us.</i>
Spiritus Sancte Deus, ...	God the Holy Ghost, <i>have mercy on us.</i>
Sancta Trinitas, unus Deus, ...	Holy Trinity, one God, ...
Jesu, Fili Dei vivi, ...	Jesus, Son of the living God, ...
Jesu, splendor Patris, ...	Jesus, splendour of the Father, ...

Jesu, candor lucis æternæ, ...	Jesus, brightness of eternal light, ...
Jesu, rex gloriæ, ...	Jesus, king of glory, ...
Jesu, sol justitiæ, ...	Jesus, sun of justice, ...
Jesu, fili Mariæ Virginæ, ...	Jesus, son of the Virgin Mary, ...
Jesu amabilis, ...	Jesus, most amiable, ...
Jesu admirabilis, ...	Jesus, most admirable, ...
Jesu, Deus fortis, ...	Jesus, mighty God, ...
Jesu, pater futuri sæculi, ...	Jesus, father of the world to come, ...
Jesu, magni consilii angeli, ...	Jesus, angel of the great council, ...
Jesu potentissime, ...	Jesus, most powerful, ...
Jesu patientissime, ...	Jesus, most patient, ...
Jesu obedientissime, ...	Jesus, most obedient, ...
Jesu, mitis et humilis corde, ...	Jesus, meek and humble of heart, ...
Jesu, amator castitatis, ...	Jesus, lover of chastity ...
Jesu, amator noster, ...	Jesus, lover of us, ...
Jesu, Deus pacis, ...	Jesus, God of peace, ...
Jesu, auctor vitæ, ...	Jesus, author of life, ...
Jesu, exemplar virtutum, ...	Jesus, model of virtues, ...
Jesu, zelator animarum, ...	Jesus, zealous for souls, ...
Jesu, Deus noster, ...	Jesus, our God, ...
Jesu, refugium nostrum, ...	Jesus, our refuge, ...
Jesu, pater pauperum, ...	Jesus, father of the poor, ...
Jesu, thesaurus fidelium, ...	Jesus, treasure of the faithful, ...
Jesu, bone pastor, ...	Jesus, good shepherd, ...
Jesu, lux vera, ...	Jesus, true light, ...
Jesu, sapientia æterna, ...	Jesus, eternal wisdom, ...
Jesu, bonitas infinita, ...	Jesus, infinite goodness, ...
Jesu, via et vita nostra, ...	Jesus, our way and our life, ...
Jesu, gaudium angelorum, ...	Jesus, joy of angels, ...
Jesu, rex patriarcharum, ...	Jesus, king of patriarchs, ...
Jesu, magister apostolorum, ...	Jesus, master of apostles, ...
Jesu, doctor evangelistarum, ...	Jesus, teacher of evangelists, ...
Jesu, fortitude martyrum, ...	Jesus, strength of martyrs, ...
Jesu, lumen confessorum, ...	Jesus, light of confessors, ...
Jesu, puritas virginum, ...	Jesus, purity of virgins, ...
Jesu, corona sanctorum omnium, ...	Jesus, crown of all saints, ...
Propitius esto, <i>Parce nobis, Jesu.</i>	Be merciful, <i>Spare us, O Jesus.</i>
Propitius esto, <i>Exaudi nos, Jesu.</i>	Be merciful, <i>graciously bear us, O Jesus.</i>
Ab omni malo, <i>Libera nos, Jesu.</i>	From all evil, <i>Jesus, deliver us.</i>
Ab omni peccato, <i>Libera nos, Jesu.</i>	From all sin, <i>Jesus, deliver us.</i>

Ab ira tua, ...	From Thy wrath, ...
Ab insidiis diaboli, ...	From the snares of the devil, ...
A spiritu fornicationis, ...	From the spirit of fornication, ...
A morte perpetua, ...	From everlasting death, ...
A neglectu inspirationum tuarum, ...	From the neglect of Thy inspirations, ...
Per mysterium sanctæ incarnationis tuæ, ...	Through the mystery of Thy holy incarnation, ...
Per nativitatem tuam, ...	Through Thy nativity, ...
Per infantiam tuam, ...	Through Thine infancy, ...
Per divinissimam vitam tuam, ...	Through Thy most divine life, ...
Per labores tuos, ...	Through Thy labours, ...
Per agoniam et passionem tuam, ...	Through Thine agony and passion, ...
Per crucem et derelictionem tuam, ...	Through Thy cross and dereliction, ...
Per languores tuos, ...	Through Thy faintness and weariness, ...
Per mortem et sepulturam tuam, ...	Through Thy death and burial, ...
Per resurrectionem tuam, ...	Through Thy resurrection, ...
Per ascensionem tuam, ...	Through Thine ascension, ...
Per gaudia tua, ...	Through Thy joys, ...
Per gloriam tuam, ...	Through Thy glory, ...
Agnus Dei, qui tollis peccata mundi,	Lamb of God, who takest away the sins of the world,
<i>Parce nobis, Jesu.</i>	<i>Spare us, O Jesus.</i>
Agnus Dei, qui tollis peccata mundi,	Lamb of God, who takest away the sins of the world,
<i>Exaudi nos, Jesu.</i>	<i>Graciously bear us, O Jesus.</i>
Agnus Dei, qui tollis peccata mundi,	Lamb of God, who takest away the sins of the world,
<i>Miserere nobis, Jesu.</i>	<i>Have mercy on us, O Jesus.</i>
Jesu audi nos.	Jesus, hear us.
<i>Jesu exaudi nos.</i>	<i>Jesus, graciously bear us.</i>

Oremus.

Domine Jesu Christe, qui dixisti: Petite, et accipietis; quærite, et invenietis; pulsate, et aperietur vobis, quæsumus; da nobis petentibus divinissimi tui amoris affectum, ut te toto corde, ore et opere diligamus, et a tua nunquam laude cessemus.

Let us pray.

O Lord Jesus Christ, who hast said: Ask, and ye shall receive; seek, and ye shall find; knock, and it shall be opened unto you; grant, we beseech Thee, unto us who ask, the gift of Thy most divine love, that we may ever love Thee with all our hearts, and in all our words and

Sancti Nominis tui, Domine, timorem
pariter et amorem fac nos habere perpetuum,
quia nunquam tua gubernatione destituis
quos in soliditate tuæ dilectionis instituis.
Qui vivis et regnas, in sæcula sæculorum.
Amen.

The Angelus Domini

ψ Angelus Domini nuntiavit Mariæ.
 ⚭ Et concepit de Spiritu Sancto.
 Ave, Maria...
 ψ Ecce ancilla Domini.
 ⚭ Fiat mihi secundum verbum tuum.

 Ave, Maria...
 ψ Et verbum caro factum est.
 ⚭ Et habitavit in nobis.
 Ave, Maria...

Oremus.

Gratiam tuam, quæsumus, Domine,
mentibus nostris infunde: ut qui, angelo
nuntiante, Christi Filii tui incarnationem
cognovimus, passionem ejus et crucem ad
resurrectionis gloriam perducamur. Per
eumdem Christum Dominum nostrum.
Amen.

actions, and never cease from showing forth
Thy praise.

Make us, O Lord, to have a perpetual
fear and love of Thy holy Name; for Thou
never failest to govern those whom Thou
dost solidly establish in Thy love. Who livest
and reignest, world without end. Amen.

ψ The angel of the Lord declared unto Mary.
 ⚭ And she conceived of the Holy Ghost.
 Hail, Mary...
 ψ Behold the handmaid of the Lord.
 ⚭ Be it done unto me according to thy
word.
 Hail, Mary...
 ψ And the Word was made flesh.
 ⚭ And dwelt among us.
 Hail, Mary...

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.