

# PRAYER TOOLKIT

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CATHOLIC DAILY PRAYER FOR MEN



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CATHOLIC MEN'S LEADERSHIP ALLIANCE

# CATHOLIC DAILY PRAYER FOR MEN

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*"Prayer is the oxygen of the soul." – St Padre Pio*

Men, God is calling us—He is inviting each and every one of us—into a relationship of intimate, personal, loving, and life-giving communion. In order to respond faithfully when God calls, we must trust God enough to come before Him in prayer and not be afraid to share the gift of our lives so that His love can shine forth in and through the person He created us to be. It means saying with Christ, "I have not come to do my own will, but the will of Him who sent me" (John 6:38).

You are holding in your hands a simple tool for entering into the life of prayer. There are many great daily prayers. We have included in this booklet what we consider the essential Catholic prayers. There are additional prayers included specifically for men. The Church has always emphasized prayer as the way to grow in holiness so that we may one day be united with God forever in heaven.

In case you feel overwhelmed by all this, don't worry! Pray what you can when you can. We have broken up the prayers for the different times of the day, especially first thing in the morning and last thing at night. Feel free also to talk to our Lord in your own spontaneous prayers and thoughts (good or bad!) about what's going on in your day. *Just remember to keep God front and center in your life.*

The renowned Archbishop Fulton J. Sheen once stressed "In prayer [we] do not do all the talking...we must also listen."

We should pray with confidence, humility, sincerity (from our hearts), attentiveness and perseverance. We approach our Creator knowing we don't have all the answers: He does! We have faith and confidence that He will provide for our needs, thinking always of what's best for our families and ourselves. As we say in the Lord's Prayer "Thy will be done!"

If your mind wanders, let God know in your own words that you're having trouble concentrating but would like to pray anyway. If you find your prayers are on "auto-pilot," *slow down* and try to focus on the words of each prayer and what they mean to you.

Here's a good way to remember why we pray to God: The Christian who lives well *ACTS* well. We pray:

- In **A**doration of Him.
- With **C**ontrition (sorrow) for our sins.
- In **T**hanksgiving for His blessings (especially the little things we take for granted).
- In **S**upplication (in "petition" through requests for ourselves and others).

You can pray in church (someplace quiet is best!) or anywhere else that seems appropriate, either alone or with others. (You might have heard the saying "The family that prays together stays together.")

My brothers in Christ, Jesus tells us that "whoever exalts himself will be humbled; but whoever humbles himself will be exalted" (Matthew 23:12). Humility does not mean thinking less of yourself: it means thinking of yourself less. In your prayers, openly share with the Father of Mercy your sorrows and joys, your hopes and fears, your aspirations and dreams, for His love and His truth will never fail. Through our works *and* our faith, rooted in a life of fervent and passionate prayer, may we learn to know, love and serve the Lord in this life so that we may be with Him forever in the next.

St Joseph is the patron of CMLA and this booklet is especially dedicated to him. He served Jesus as His earthly father; may we use Joseph as a model for serving Jesus, especially in our fatherhood, be it physical, spiritual, or adoptive. See the St Joseph Prayers starting on page 16.

Catholic Men's Leadership Alliance prayer:

O Heavenly Father, thank you for making us Your beloved sons!  
Fill us with Your Holy Spirit and make us strong, loving and wise.  
Make us obedient to Your will no matter the cost.

Mold us into the men, fathers, and leaders you have created us to be,  
as You did Jesus, through Our Blessed Mother and St. Joseph, our patron.  
Use us to change the world for your glory. We ask this in Jesus' name. Amen.

# The Basics

These are the most basic prayers that you should be saying every day. The Our Father is said at every Mass, and they are said along with the Hail Mary and the Glory Be in the Rosary.

## Our Father/Lord's Prayer

*This perfect prayer of Jesus should be prayed slowly with your whole heart:*

Our Father, Who art in heaven,  
hallowed be Thy name;  
Thy kingdom come;  
Thy will be done on earth as it is in heaven.

*"It is better to say one Our Father fervently and devoutly than a thousand with no devotion and full of distraction." – St. Edmund*

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

*The Apostles prayed with Mary (Acts 1:14) this prayer comes right from Scripture - pray with 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

## 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.

## Glory Be/The Doxology

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.

## Come Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and kindle 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 by the light of the Holy Spirit, did instruct the hearts of the faithful,  
grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations,  
Through Christ Our Lord, Amen.

# Morning Prayers

*Morning prayer is a choice to begin anew each day, and to clearly choose God at the very start of the day.*

## Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, the reparation for sin, and the reunion of all Christians. I offer them for the intentions of our bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month.

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 thanksgiving for your favors, 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.

## Spiritual Communion

*Do you feel too busy to make time for our Lord? An Act of Spiritual Communion can help! No matter what your day is like, Jesus can help make it better, or at least more bearable, if you ask him for His help and guidance in prayers such as this one, composed by St. Alphonsus Liguori in the 18th century:*

My Jesus, I believe that you are present in the most Blessed Sacrament.  
I love You above all things and I desire to receive You into my soul.  
Since I cannot now receive You sacramentally, come at least spiritually into my heart.  
I embrace You as if You were already there, and unite myself wholly to You.  
Never permit me to be separated from You. Amen.

*The best way to receive Christ is in Holy Communion at Mass. Yet for those times you can't make Mass, or can't take Communion because of an unconfessed mortal sin (for which you can ask for and receive God's forgiveness in the Sacrament of Penance), you can still reach out to Him by making a Spiritual Communion in prayer!*

*St. Thomas Aquinas once defined a Spiritual Communion as "an ardent desire to receive Jesus in the Most Holy Sacrament [in Communion at Mass] and in lovingly embracing Him as if we had actually received Him."*

## Holy Spirit Prayer of Saint Augustine

Breathe in me, O Holy Spirit, that my thoughts may be holy.  
Act in me, O Holy Spirit, that my work, too may be holy.  
Draw my heart, O Holy Spirit, that I love but what is holy.  
Strengthen me, O Holy Spirit, to defend all that is holy.  
Guard me then, O Holy Spirit, that I may always be holy. Amen.

## Te Deum

*A liturgical Christian hymn of praise to God (from Late Latin te deum laudamus meaning "thee, God, we praise").*

You are God: we praise you;  
You are the Lord; we acclaim you;  
You are the eternal Father:  
All creation worships you.

To you all angels, all the powers of heaven,  
Cherubim and Seraphim, sing in endless praise:  
Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.

The glorious company of apostles praise you.  
The noble fellowship of prophets praise you.  
The white-robed army of martyrs praise you.

Throughout the world the holy Church acclaims you;  
Father, of majesty unbounded,  
your true and only Son, worthy of all worship,  
and the Holy Spirit, advocate and guide.

You, Christ, are the king of glory,  
the eternal Son of the Father.  
When you became man to set us free  
you did not shun the Virgin's womb.

You overcame the sting of death  
and opened the kingdom of heaven to all believers.  
You are seated at God's right hand in glory.  
We believe that you will come and be our judge.

Come then, Lord, and help your people,  
bought with the price of your own blood,  
and bring us with your saints  
to glory everlasting.

V. Save your people, Lord, and bless your inheritance.  
R. Govern and uphold them now and always.

V. Day by day we bless you.  
R. We praise your name for ever.

V. Keep us today, Lord, from all sin.  
R. Have mercy on us, Lord, have mercy.

V. Lord, show us your love and mercy,  
R. For we have put our trust in you.

V. In you, Lord, is our hope:  
R. Let us never be put to shame.

## Suscipe/Self Offering (from St. Ignatius of Loyola)

Take, Lord, and receive all my liberty,  
my memory, my understanding,  
and my entire will,  
All I have and call my own.

You have given all to me.  
To you, Lord, I return it.

Everything is yours; do with it what you will.  
Give me only your love and your grace,  
that is enough for me.

## Memorare

Remember, O most gracious Virgin Mary,  
that never was it known that anyone who fled to thy protection,  
implored thy help or sought thy intercession, was left unaided.

Inspired with this confidence,  
I fly unto thee, O Virgin of virgins my Mother;  
to thee do I come, before thee I stand,  
sinful and sorrowful;

O Mother of thy Word Incarnate,  
despise not my petitions, but in thy mercy hear and answer me. Amen.

## Hail Holy Queen/Salve Regina

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 merciful, O loving, O sweet Virgin Mary.



# The Holy Rosary

*The Rosary, literally “Crown of Roses”, is a contemplative prayer of reflecting on the life of Our Lord through the eyes of His mother.*

*“The holy Rosary is a powerful weapon.*

*Use it with confidence and you'll be amazed at the results.” – St. Josemaria Escriva*

## Praying the Rosary

*Familiarize yourself and/or your group with the prayers of the rosary.*

*(Our Father, Hail Mary, and Apostles' Creed: see page 4)*

*(Hail Holy Queen: see page 7)*

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the Apostles' Creed.
3. On the first bead, say an Our Father.
4. Say one Hail Mary on each of the next three beads for the virtues of faith, hope, and charity.
5. Say the Glory Be
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the Our Father.
7. While fingering each of the ten beads of the decade, next say ten Hail Mary's while meditating on the Mystery. Then say a Glory Be, followed by: “O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.”
8. After saying the five decades, say the Hail, Holy Queen followed by this dialogue and prayer:  
V. Pray for us, O holy Mother of God.  
R. That we may be made worth of the promises of Christ.  
Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise, through the same Christ our Lord. Amen.

## Mysteries of the Rosary

Joyful Mysteries: (Luke 1 and 2)

Traditionally prayed on Mondays, Saturdays, and, during the season of Advent, on Sundays:

1. The Annunciation of the Lord to Mary by the angel Gabriel
2. The Visitation of Mary to Elizabeth
3. The Nativity of our Lord Jesus Christ
4. The Presentation of our Lord in the Temple
5. Finding Jesus in the Temple

Sorrowful Mysteries: (Matthew 26:36-27:56, Mark 14:32-15:41, Luke 22:63-23:46, John 18:33-19:30)

Traditionally prayed on Tuesdays, Fridays, and, during the season of Lent, on Sundays:

1. The Agony of Jesus in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of our Lord

Glorious Mysteries: (Matthew 28:1-20, Mark 16:1-20, Luke 24:1-53, John 20:1-29; Acts 2:1-13)

Traditionally prayed on Wednesdays and, outside the seasons of Advent and Lent, on Sundays:

1. The Resurrection of Jesus Christ
2. The Ascension of Jesus into Heave
3. The Descent of the Holy Spirit
4. The Assumption of Mary into Heaven
5. The Coronation of Mary as Queen of Heaven and Earth

Luminous Mysteries: (Matthew 3:1-17, John 2:1-11, Matthew 5:1-16; Matt 13:10-46, Luke 9:28-36, Luke 22:14-20, John 6:32-41, 48-59)

Traditionally prayed on Thursdays:

1. The Baptism of Christ in the Jordan
2. The Wedding Feast at Cana
3. Jesus' Proclamation of the Kingdom of God
4. The Transfiguration of Jesus
5. The Institution of the Eucharist

# The Divine Mercy Chaplet

*Divine Mercy is a 20th Century revelation and movement. Our Lord Jesus made many appearances to a Polish nun, St. Maria Faustina Kowalska, who was canonized by St. John Paul II in 2000. Pope St. John Paul II is known as the Divine Mercy Pope and declared the Sunday following Easter Sunday as Divine Mercy Sunday.*

*Saint Faustina conversations were written down in notebooks are known today as the Diary of Saint Maria Faustina Kowalska, and the words contained within are God's loving message of Divine Mercy. Our response to the Divine Mercy of God should be "Jesus, I trust in You". More than ever, the world is in need of mercy. Pray this prayer for you and your family.*

1. *Optional Opening Prayer:*

You expired, Jesus, but the source of life gushed forth for souls,  
and the ocean of mercy opened up for the whole world.

O Fount of Life, unfathomable Divine Mercy,  
envelope the whole world and empty Yourself out upon us.

2. (Repeat 3 times)

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us,  
I trust in You!

3. Our Father, Hail Mary and the Apostle's Creed (*see page 4*)

4. For each of the five decades (On each "Our Father" bead of the rosary) pray:

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord,  
Jesus Christ, in atonement for our sins and those of the whole world.

5. On each of the 10 "Hail Mary" beads, pray:

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

6. *Concluding prayer* (Repeat 3 times)

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

7. *Optional Closing Prayer*

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us  
and increase Your mercy in us, that in difficult moments we might not despair nor become despondent,  
but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

# Spiritual Reading

*Reading can definitely help your life. Try to read Scripture or other devotional materials whenever possible, even if it's just for 15 minutes a day. Strive to eventually read the Bible and other spiritual reading every day. Follow this simple guideline:*

***"No Bible, no breakfast.  
No Bible, no bed."***

A good reading list includes:

- The Bible (especially the Gospels and Saint Paul's letters in the New Testament, and the Psalms in the Old Testament).
- Writings by various religious, theologians, or well-known lay people (such as G.K. Chesterton or Dr. Scott Hahn).
- Books by and about the Saints.
- A book or magazine, such as "Magnificat" that contains the daily Mass readings.

## Lectio Divina

*Lectio Divina (literally divine reading) is a way of becoming immersed in the Scriptures very personally. It draws on the way Jews read the Haggadah, a text read during Passover that retells the Exodus story. When we practice Lectio Divina, we can imagine we're actually involved in the events of Scripture — for example, hearing God's words to the Israelites in the desert. It's an intensely personal experience.*

Lectio Divina has 5 simple and straightforward steps.

- 1) **Reading:** Reading and rereading a small portion of Scripture (or other spiritual text) slowly, and if possible aloud or whispering, thus engaging more of the senses.
- 2) **Meditation:** Repeating and reflecting on whatever words, images, or thoughts are evoked by the passage, and then considering their relevance to your life.
- 3) **Prayer:** Expressing your thoughts and feelings to God.
- 4) **Contemplation:** Listening quietly and resting in God's presence, receptive to His response as stirred in the silence of your heart.
- 5) **Action:** Putting into practice the message and fruits of your reflections.

*What will likely surprise you most is the realization that you are already doing lectio divina in your own way. Its instinctive, dynamic, flexible, and natural dimensions are a major reason it has endured for over three millennia, and continues to impact lives in a profound and mysterious manner.*

# Litanies

*Litanies are prayers to our Lord, his Blessed Mother, and the saints consisting of a series of petitions and responses. Although they are traditionally used in church services, they can also be prayed in private devotions, and may be sung.*

*The Holy See has approved 6 litanies for public use. These pay tribute to the Saints, the Blessed Virgin Mary, the Most Holy Name of Jesus, the Sacred Heart of Jesus, the Most Precious Blood of Jesus and St. Joseph. There are many others that can be used for private prayers, however, such as the Litany of St. Jude, the Litany of St. Michael, the Litany of St. Therese, the Litany for the Dying, and the Litany of Humility.*

## Litany of the Most Precious Blood of Our Lord Jesus Christ

*This Litany in honor of Jesus in His Most Precious Blood was drawn up by the Sacred Congregation of Rites and promulgated by Pope John XXIII on February 24, 1960. The devotion to Jesus in His most Precious Blood was first popularized by Saint Gaspar del Bufalo (1786-1837, feast Dec. 28) who founded the Missioners of the Most Precious Blood. A partial Indulgence is granted to the faithful who recite this litany.*

Lord, have mercy.  
Christ, have mercy  
Lord, have mercy.  
Christ, hear us. Christ, graciously hear us.

God, the Father of Heaven, have mercy on us.  
God the Son, Redeemer of the world, have mercy on us.  
God, the Holy Spirit, have mercy on us.  
Holy Trinity, One God, have mercy on us.

Blood of Christ, only-begotten Son of the Eternal  
Father, **save us. (after each line)**  
Blood of Christ, Incarnate Word of God,  
Blood of Christ, of the New and Eternal  
Testament,  
Blood of Christ, falling upon the earth in the  
Agony,  
Blood of Christ, shed profusely in the Scourging,  
Blood of Christ, flowing forth in the Crowning  
with Thorns,  
Blood of Christ, poured out on the Cross,  
Blood of Christ, price of our salvation,  
Blood of Christ, without which there is no  
forgiveness,  
Blood of Christ, Eucharistic drink and  
refreshment of souls,

Blood of Christ, stream of mercy,  
Blood of Christ, victor over demons,  
Blood of Christ, courage of martyrs,  
Blood of Christ, strength of confessors,  
Blood of Christ, bringing forth virgins,  
Blood of Christ, help of those in peril,  
Blood of Christ, relief of the burdened,  
Blood of Christ, solace in sorrow,  
Blood of Christ, hope of the penitent,  
Blood of Christ, consolation of the dying,  
Blood of Christ, peace and tenderness of hearts,  
Blood of Christ, pledge of Eternal Life,  
Blood of Christ, freeing souls from purgatory,  
Blood of Christ, most worthy of all glory and  
honor,

Lamb of God, Who takes away the sins of the world, Spare us, O Lord.  
Lamb of God, Who takes away the sins of the world, Graciously hear us, O Lord.  
Lamb of God, Who takes away the sins of the world, Have mercy on us.

V. Thou hast redeemed us, O Lord, in Thy Blood.  
R. And made us, for our God, a kingdom.

Let us pray:

Almighty and eternal God, Thou hast appointed Thine only-begotten Son the Redeemer of the world and willed to be appeased by his blood. Grant, we beg of Thee, that we may worthily adore this price of our salvation and through its power be safeguarded from the evils of the present life so that we may rejoice in its fruits forever in heaven. Through the same Christ our Lord. Amen.

### The Litany of The Blessed Virgin Mary (also known as the Litany of Loreto)

Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.  
Christ hear us. Christ, graciously hear us.

God, the Father of heaven, have mercy on us.  
God, the Son, Redeemer of the world, have mercy on us.  
God, the Holy Spirit, have mercy on us.  
Holy Trinity, One God, have mercy on us.

Holy Mary, **pray for us.** (repeat at end of each phrase.)

Holy Mother of God,  
Holy Virgin of virgins,  
Mother of Christ,  
Mother of divine grace,  
Mother most pure,  
Mother most chaste,  
Mother inviolate,  
Mother undefiled,  
Mother most amiable,  
Mother most admirable,  
Mother of good counsel,  
Mother of our Creator,  
Mother of our Savior,  
Virgin most prudent,  
Virgin most venerable,  
Virgin most renowned,  
Virgin most powerful,  
Virgin most merciful,  
Virgin most faithful,  
Mirror of justice,  
Seat of wisdom,  
Cause of our joy,  
Spiritual vessel,

Vessel of honor,  
Singular vessel of devotion,  
Mystical rose,  
Tower of David,  
Tower of ivory,  
House of gold,  
Ark of the covenant,  
Gate of Heaven,  
Morning star,  
Health of the sick,  
Refuge of sinners,  
Comforter of the afflicted,  
Help of Christians,  
Queen of angels,  
Queen of patriarchs,  
Queen of prophets,  
Queen of apostles,  
Queen of martyrs,  
Queen of confessors,  
Queen of virgins,  
Queen of all saints,  
Queen conceived without original sin,  
Queen assumed into heaven,  
Queen of the most holy Rosary,  
Queen of peace.

Lamb of God, who takes away the sins of the world, Spare us, O Lord.  
Lamb of God, who takes away the sins of the world, Graciously hear us O Lord.  
Lamb of God, who takes away the sins of the world, Have mercy on us.

V. Pray for us, O holy Mother of God.  
R. That we may be made worthy of the promises of Christ.

Let us pray:

Grant, O Lord God, we beseech Thee, that we Thy servants may rejoice in continual health of mind and body; and, through the glorious intercession of Blessed Mary ever Virgin, may be freed from present sorrow, and enjoy eternal gladness. Through Christ our Lord. Amen.

*It is good, and comforting to remember when praying the Litany to the Blessed Virgin Mary, that, as St. Bernard once put it "Mary has made herself all to all, and opens her merciful heart to all, that all may receive of her fullness: the sick, health; those in affliction, comfort; the sinner, pardon, and God, glory."*

### The Litany of St. Joseph

Lord, have mercy. Lord, have mercy.  
Christ, have mercy. Christ, have mercy.  
Lord, have mercy. Lord, have mercy.  
Christ, hear us. Christ, graciously hear us.

God, the Father of Heaven, have mercy on us.  
God the Son, Redeemer of the world, have mercy on us.  
God the Holy Spirit, have mercy on us.  
Holy Trinity, One God, have mercy on us.

Holy Mary, **pray for us.** (repeat at end of each phrase.)

Saint Joseph,	Joseph most faithful,
Renowned offspring of David,	Mirror of patience,
Light of Patriarchs,	Lover of poverty,
Spouse of the Mother of God,	Model of artisans,
Chaste guardian of the Virgin,	Glory of home life,
Foster-father of the Son of God,	Guardian of virgins,
Diligent protector of Christ,	Pillar of families,
Head of the Holy Family,	Comfort of the afflicted,
Joseph most just,	Hope of the sick,
Joseph most chaste,	Patron of the dying,
Joseph most prudent,	Terror of demons,
Joseph most strong,	Protector of Holy Church,
Joseph most obedient,	

Lamb of God, who takes away the sins of the world, Spare us, O Lord.  
Lamb of God, who takes away the sins of the world, Graciously hear us, O Lord.  
Lamb of God, who takes away the sins of the world, Have mercy on us.

V. He has made him lord of his household,  
R. And prince over all his possessions.

Let us pray. O God, who, in your loving providence, chose Blessed Joseph to be the spouse of your most Holy Mother, grant us the favor of having him for our intercessor in heaven whom on earth we venerate as our protector. You, who live and reign forever and ever. Amen.

# Prayers Throughout The Day

## Grace Before Meals

Bless us, O Lord, and these your gifts, which we are about to receive from your bounty.  
Through Christ our Lord. Amen.

## Grace After Meals

We give Thee thanks for all Thy benefits, O Almighty God, who livest and reignest world without end. Amen.  
May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

## The Angelus (or Regina Coeli):

*This is the very ancient Catholic custom that has us stop what we are doing to greet our Blessed Mother for a moment (6:00 a.m., noon, 6:00 p.m. daily), as any good child remembers his mother during the day, and to meditate on the Incarnation and Resurrection of our Lord, which give such meaning to our entire existence.*

*The Regina Coeli is said during the Easter season. The Angelus is said during the rest of the year.*

## The Angelus

V. The Angel of the Lord declared unto Mary,  
R. And she conceived of 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.

## The Regina Coeli

Queen of Heaven rejoice, Alleluia:  
For He Whom you did merit to bear, Alleluia,  
Has risen as He said, Alleluia.  
Pray for us to God, Alleluia.  
Rejoice and be glad, O Virgin Mary, Alleluia.  
For the Lord has truly risen, Alleluia.

Let us pray.

O God, Who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.



## Prayer of Abandonment

*You can never be a good leader unless you are a strong follower.  
Surrender yourself to your Father each day through this prayer:*

Father, I abandon myself into your hands; do with me what you will.  
Whatever you may do, I thank you:  
I am ready for all, I accept all.  
Let only your will be done in me, and in all your creatures.  
I wish no more than this, O Lord.  
Into your hands I commend my soul;  
I offer it to you with all the love of my heart,  
for I love you, Lord, and so need to give myself,  
to surrender myself into your hands,  
without reserve, and with boundless confidence,  
for you are my Father.

## Prayer for Purity

*A Catholic Man must be a man of sexual integrity - period! Here is a prayer that will help you live this  
"God punishes wicked conduct; He has called you to share his holiness.  
You must have nothing to do with impurity." [1 Thessalonians 4:6-7]*

Mary, Mother most pure, and Joseph, chaste guardian of the Virgin,  
to you I entrust the purity of my soul and body.  
I beg you to plead with God for me that I may never,  
for the remainder of my life, soil my soul by any sin of impurity.

I earnestly wish to be pure in thought,  
word and deed in imitation of your own holy purity.  
Obtain for me 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 my food in Holy Communion,  
seal my heart forever against the suggestions of sinful pleasures.

Finally, may I be among the number of those of whom Jesus spoke,  
"Blessed are the pure of heart for they shall see God." Amen.

# Praying with the Saints

*There are enough prayers for intercession to God by the saints to fill a large library. We will include a few here.*

## St Joseph Prayers

St. Joseph is a great example on who and what a man is. Let him be your mentor in heaven!

### Ancient Prayer to St Joseph (believed to be over 1900 years old)

O, St. Joseph, whose protection is so great, so prompt, so strong,  
before the throne of God, I place in you all my interests and desires.

O, St. Joseph, do assist me by your powerful intercession,  
and obtain for me from your Divine Son  
all spiritual blessings, through Jesus Christ, our Lord.  
So that, having engaged here below your heavenly power,  
I may offer my thanksgiving and homage to the most Loving of Fathers.

O, St. Joseph, I never weary contemplating you and Jesus asleep in your arms;  
I dare not approach while He reposes near your heart.  
Press Him in my name and kiss His fine Head for me and  
Ask Him to return the Kiss when I draw my dying breath.

St. Joseph, Patron of departed souls - pray for me. Amen

### Prayer to St Joseph for the Family and the Home

Saint Joseph, protect our home.  
Pour forth from heaven blessings on our family.  
Remain in our midst.  
Help us to live in love and harmony, in peace and joy.  
May the wholesome fear of God strengthen us that virtue  
may adorn what we do and our way may lead to heaven.

To you this day I give the key to our dwelling place.  
Lock out all things that could do us harm.  
Lock my home and my loved ones with me in the hearts of Jesus and Mary.  
This I beg of you, that our days may be like your days in the holy home at Nazareth. Amen.

### Prayer to Saint Joseph for Employment

Saint Joseph, you were yourself once faced with the responsibility of providing the necessities of life for Jesus and Mary. Look down with fatherly compassion upon me in my anxiety over my present inability to support my family. Please help me to find gainful employment very soon, so that this heavy burden of concern will be lifted from my heart and that I am soon able to provide for those whom God has entrusted to my care. Help us to guard against bitterness and discouragement, so that we may emerge from this trial spiritually enriched and with even greater blessings from God. Amen.

### Prayer of St. Pope Pius X to St. Joseph the Worker

O glorious St. Joseph, model of all who labor, obtain for me the grace to work in the spirit of penance in expiation for my numberless sins; preferring devotion to duty to my inclinations; to work with joy and gratitude, regarding it as an honor to develop and employ by work the gifts which I have received from God;

to work with order, peace, patience, and moderation, without ever recoiling before weariness and difficulties; to work, especially, with a pure intention and detached from myself, ever having death before my eyes and the account which I must give for time lost, for talents unused, for good omitted, and for vain satisfaction in success, so fatal to the work of God. Amen.

### Memorare to St Joseph

Remember, O most chaste spouse of the Virgin Mary,  
that never was it known that anyone who implored your help  
and sought your intercession were left unassisted.

Full of confidence in your power I fly unto you and beg your protection.  
Despise not O Guardian of the Redeemer my humble supplication,  
but in your bounty, hear and answer me. Amen.

### Praying with Other Saints

#### St. Patrick's Breastplate (short version)

I arise today through  
God's strength to pilot me, God's might to uphold me,  
God's wisdom to guide me, God's eye to see before me,  
God's ear to hear me, God's word to speak for me,  
God's hand to guard me, God's way to lie before me,  
God's shield to protect me, God's host to secure me –  
against snares of devils,  
against temptations and vices,  
against inclinations of nature,  
against everyone who shall wish me  
ill, afar and anear,  
alone and in a crowd...

Christ, be with me, Christ before me, Christ behind me,  
Christ in me, Christ beneath me, Christ above me,  
Christ on my right, Christ on my left, Christ where I lie, Christ where I sit,  
Christ where I arise, Christ in the heart of every man who thinks of me,  
Christ in the mouth of every man who speaks of me,  
Christ in every eye that sees me, Christ in every ear that hears me.  
Salvation is of the Lord.  
Salvation is of the Lord.  
Salvation is of the Christ.  
May your salvation, O Lord, be ever with us. Amen.

### Prayer to Jesus, Mary, and Joseph

Jesus, Mary, and Joseph, I give You my heart and my soul.  
Jesus, Mary, and Joseph, assist me in my last agony.  
Jesus, Mary, and Joseph, may I breathe out my soul in peace with You.

## Prayer of St. Francis

*The Prayer of St. Francis is one of the best known and best loved prayers in the world today.*

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;  
And where there is sadness, joy.

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.

# Deliverance Prayers

*Deliverance prayers are extremely important and Catholic men need to understand that we are called to engage the enemy in battle (Ref. Ephesians chapter 6). Our Lord went about casting out demons, and taught his apostles a deliverance prayer—the Our Father! – Lead us not into temptation, but deliver us from the evil one (accurate translation). The psalms are also full of deliverance prayers. And the Benedictine medal is blessed with a deliverance prayer, as is holy water and salt. Note: there are certain deliverance prayers that are authorized by the Church for use by the laity (that’s all of us non-clerical folks). Other deliverance prayers are reserved only for priests, namely exorcists.*

## Prayer to Saint Michael the Archangel

Saint Michael the Archangel,  
defend us in battle.  
Be our defense against the wickedness and snares of the Devil.  
May God rebuke him, we humbly pray,  
and do thou,  
O Prince of the heavenly hosts,  
by the power of God,  
thrust into hell Satan,  
and all the evil spirits,  
who prowl about the world  
seeking the ruin of souls. Amen

## Anima Christi (Soul of Christ)

Soul of Christ, sanctify me  
Body of Christ, save me  
Blood of Christ, inebriate me  
Water from Christ's side, wash me

Passion of Christ, strengthen me  
O good Jesus, hear me  
Within Thy wounds hide me  
Suffer me not to be separated from Thee

From the malicious enemy defend me  
In the hour of my death call me  
And bid me come unto Thee  
That I may praise Thee  
with Thy saints and with Thy angels  
Forever and ever. Amen

## Short-Form Deliverance Prayer

In the name of the Lord Jesus Christ, by the power of his cross, his blood and his resurrection, I bind you Satan, the spirits, powers and forces of darkness, the nether world, and the evil forces of nature. I take authority over all curses, hexes, demonic activity, and spells directed against me, my relationships, ministry, air space, finances, and the work of my hands; and I break them by the power and authority of the risen Lord

Jesus Christ. I bind all demonic interaction, interplay, and communications between spirits sent against me, and send them directly to Jesus Christ for him to deal with as he wills. I ask forgiveness for, and denounce all negative inner vows that I have made with the enemy, and ask that Jesus Christ release me from these vows and from any bondage they may have held in me. I claim the shed blood of Jesus Christ, the Son of the living God, over every aspect of my life for my protection. I pray all these things in the precious name of my Lord and Savior, Jesus Christ.

## Psalm 91

You who live in the shelter of the Most High, who abide in the shadow of the Almighty, will say to the Lord, "My refuge and my fortress; my God, in whom I trust." For he will deliver you from the snare of the fowler and from the deadly pestilence; he will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, or the arrow that flies by day, or the pestilence that stalks in darkness, or the destruction that wastes at noonday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only look with your eyes and see the punishments of the wicked. Because you have made the Lord your refuge, the Most High your dwelling place, no evil shall befall you, no scourge come near your tent. For he will command his angels concerning you to guard you in all your ways. On their hands they will bear you up, so that you will not dash your foot against a stone. You will tread on the lion and the adder, the young lion and the serpent you will trample under foot. Those who love me, I will deliver; I will protect those who know my name. When they call to me, I will answer them; I will be with them in trouble, I will rescue them and honor them. With long life I will satisfy them, and show them my salvation.

# Confession

*"Those who go to Confession frequently, and do so with the desire to make progress, will notice the strides that they make in their spiritual lives." – Pope St John Paul II*

We encourage you to go to Confession at least monthly.

## Sins that need to be confessed

Abortion	Drunkness, including any drinking under the age of 21
Adultery	Excessive materialism
All use of illegal drugs	Gluttony: eating or drinking to excess
Any dealing with occult, IE. Ouija boards	Gossip: talking about others
Artificial Birth Control	Hatred
Blasphemy: disrespect toward God or toward His Holy Name.	Homosexual actions
Breaking promises deliberately	Impure thoughts
Bringing dishonor to family, school, community, or the Church.	Indifference to good or evil
Calumny: telling lies about another.	Ingratitude
Despair: To believe that God will refuse to forgive you	Intentional violation of school rules
Destruction of other people's property	Jealousy
Detraction: Telling an unkind truth about another	Laziness
Disobedience toward parents/teachers	Lying
	Malice: The deliberate choice of evil
	Masturbation: impure actions with yourself
	Missing Mass on any Sunday or Holyday

Murder  
NOT PRAYING EVERYDAY  
Premarital sex, including oral sex, intercourse,  
impure touching of another  
Presumption: Sinning and saying God MUST  
forgive me.  
Pride  
Prostitution  
Reckless driving that endangers you, passengers,  
or others

Rudeness  
Selfishness  
Stealing  
Superstition  
Unjustified anger  
Using others for your own personal gain  
Watching or looking at pornographic material  
What I have FAILED to do? – SINS OF OMISSION!

### Act of Contrition

O my God, I am heartily sorry for having offended you, 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 You, my God,  
who are all good and deserving of all my love.  
I firmly resolve, with the help of your grace,  
to confess my sins, to do penance, and to amend my life. Amen.

## Prayers at Bedtime

### Prayer Before Bed – St Augustine

*Part of being a man is to be a protector and intercessor. This is a great prayer by St Augustine before you go to bed:*

Watch, O Lord, with those who wake, or watch, or weep tonight,  
and give Your angels and saints charge over those who sleep.  
Tend Your sick ones, O Lord Christ.  
Rest Your weary ones.  
Bless Your dying ones.  
Soothe Your suffering ones.  
Pity Your afflicted ones.  
Shield Your joyous ones, and all for Your love's sake. Amen.

### Examination of Conscience

Place yourself in the presence of God, and ask for his help in examining your day.

Examine your day (the three “words”):

“Thank you”: Thank the Lord for the blessings of the day.

“I’m sorry”: Acknowledge your faults specifically and directly.

“Please help me more”: Ask the Lord for help for tomorrow. Make specific resolutions.

Make an act of contrition (*see above*).

End with an Our Father and a Hail Mary.

It’s generally recommended to take only about 2 or 3 minutes for the examination part itself, or up to 1 minute for each “word.” A short time like this can help you keep focused when you’re tired.

## Prayer to Your Guardian Angel

*'From infancy to death human life is surrounded by their (the angels) watchful care and intercession. Beside each believer stands an angel as protector and shepherd leading him to life. Already here on earth the Christian life shares by faith in the blessed company of angels and men united to God. '*

*- from the Catechism of the Catholic Church; 336.*

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

## Want More?

Go to the CMLA website for more ideas on prayer and to help your parish grow in faith:

<https://catholicmenleaders.org/resources/>

### Men's Groups

*Men, let us not falter in forming and committing to a men's spiritual group! St. Paul states, "Let us hold fast the confession of our hope without wavering, ... and let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."(Hebrews 10:23-25, RSVCE). While this could apply to many groupings, it certainly is applicable to small men's groups today! Even our Lord Jesus had a "small men's group" (Peter, James, and John). If our Lord needed this, do we think we can do without?*

Lord, grant me the grace to know your desire for me to be with men who share a Christian vision. Help me Lord, to be steadfast in this, knowing it is your gift for me and my brothers. St. Joseph, assist us in this!

### Eucharistic Adoration

*Adoring Jesus in the Eucharist is a great source of grace. We **highly** encourage you to find one hour of silence with Jesus every week. Jesus will not let you down.*