

# **ST COMGALL'S CHURCH**

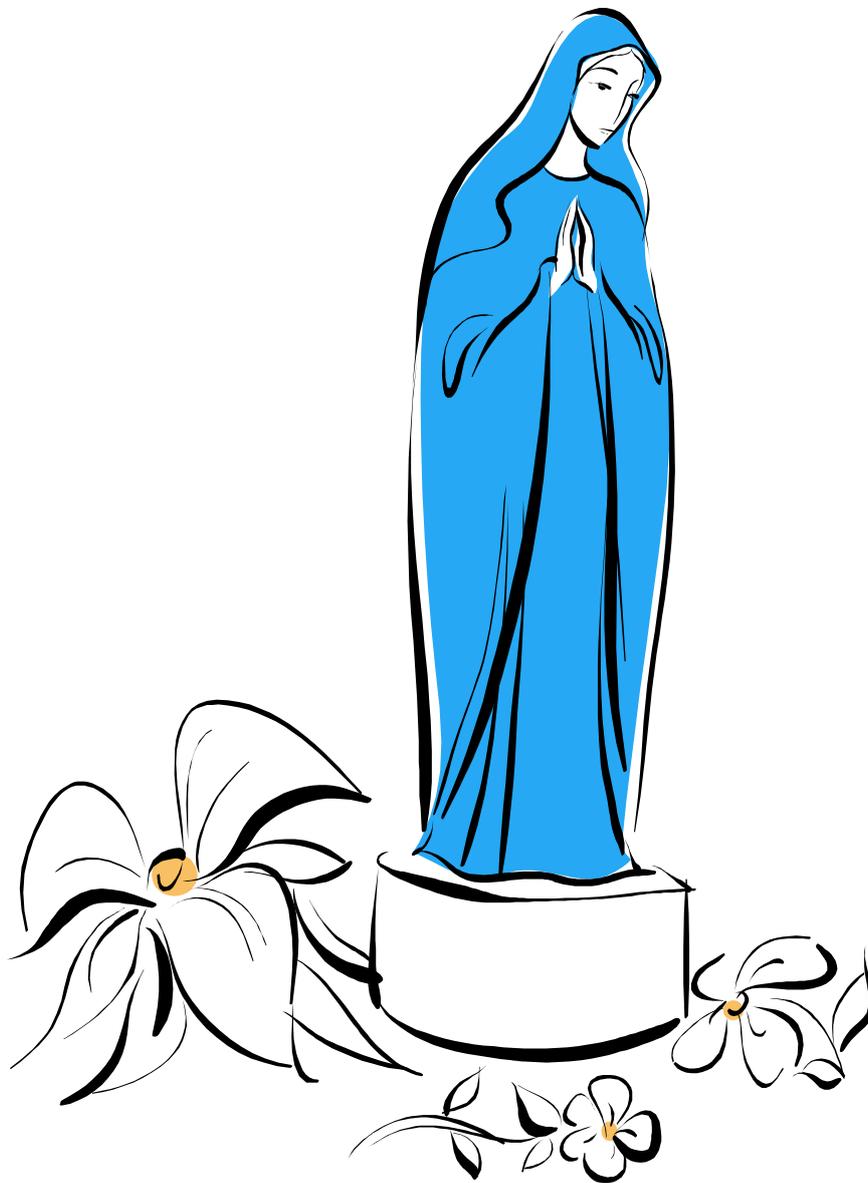
[Brunswick Road, Bangor]

## **MARIAN PRAYER GROUP**

**Booklet of Prayers & Rosary Meditations & Psalm 91**

**Every Thursday Evening in the Church**

**6.30pm – 7.30pm**



## OPENING PRAYER

God Our Father,  
Life giving energy and source of all creation.  
We adore, honour, praise and glorify your holy name.

Jesus, Son of the Father, God the Son,  
Redeemer of all creation.  
We adore, honour, praise and glorify your holy name.

God the Holy Spirit,  
Fount of all knowledge and wisdom,  
Sanctifier of all life and creation.  
We adore, honour, praise and glorify your holy name.

Our Lady, Queen Immaculate of our hearts.  
We venerate, honour, bless and praise your holy name.  
St Joseph, most chaste Spouse.  
We honour, bless and praise your holy name.

St Michael, St Raphael, St Gabriel  
All Holy Angels, Guardian Angels, my own Guardian Angel  
We honour, bless and praise your holy name.

## ROSARY FOR THE UNBORN

### *1. Opening Prayers*

**Celestial Queen, with this Rosary**, we bind all sinners and all nations to your Immaculate Heart.

### *2. Then make the Sign of the Cross*

**In the name of the Father**, and of the Son and of the Holy Spirit. Amen.

### *3. Prayer for the Conversion of Hearts*

**Heavenly Father**, during this time of world crisis, let all souls find their peace and security in Your Divine Will. Give each soul the grace to understand that Your Will is Holy Love in the present moment.

Benevolent Father, illuminate each conscience to see the ways that he or she is not living in Your Will. Grant the world the grace to change and the time in which to do it. Amen.

### *4. Prayer to Recite with the Rosary of the Unborn*

**Divine Infant Jesus**, as we pray this Rosary we ask you to remove from the heart of the world the desire to commit the sin of abortion. Remove the veil of deceit Satan has placed over hearts which portrays promiscuity as a freedom, and reveal it for what it is – slavery to sin. Place over the heart of the world a renewed respect for life at the moment of conception. Amen.

### *5. 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 to the dead; on the third day He rose again from the dead; He ascended into Heaven, and seated at the right hand of the God, the Father almighty; from thence He shall 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.

*6. Next pray one Our Father (for the help of the Holy Spirit to guide the Holy Father & all the Church Leaders in their works);*

*7. 3 Hail Mary's (for the virtues of Faith, Hope and Charity) and then 1 All Glory Be.*

*8. Now start the Rosary using at the end of the decade.*

**Fatima Ejaculation**, O my Jesus forgive us our sins, save us from the fires of hell, lead all souls to heaven especially those who are in need of thy mercy & **Jesus, Protect and Save the Unborn**

*9. At the end of the Rosary Now say Hail Holy Queen finishing with the Our Father, Hail Mary & Glory Be for the Pope's Intentions.*

## PRAYERS AFTER THE ROSARY

Oh, St. Joseph, whose protection is so great, so strong, so prompt before the throne of God. We place in you all our interests and desires. Oh, St. Joseph, do assist us by your powerful intercession, and obtain for us from your divine Son every spiritual blessings, through Jesus Christ, our Lord. So that, having engaged here below your heavenly power, we may offer our thanksgiving and homage to the most loving of Fathers.

Oh, St. Joseph, we never weary of contemplating you, and Jesus asleep in your arms; we dare not approach while He reposes near your heart. Press Him in our name and kiss His fine head for us and ask him to return the Kiss when we draw our dying breath.

St. Joseph, Patron of departing souls - Pray for us.

Holy Michael the Archangel, defend us in the hour of battle. Be our safeguard against the wickedness and snares of the Devil. May God restrain him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, cast into hell Satan, and all the evil spirits, who wander through the world seeking the ruin of souls. Amen.

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### ST FAUSTINA'S DIVINE MERCY CHAPLET

#### [3pm 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. O Blood and Water which gushed forth from the Heart of JESUS, as a fountain of Mercy for us, we trust in You.

#### First 3 beads after the cross

1) Our Father. 2) Hail Mary.

#### The Apostle's 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 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 the life everlasting. Amen.

**Large bead at the beginning of each decade say:** Eternal Father, I offer you the

BODY and BLOOD, the SOUL and DIVINITY  
of your dearly beloved SON OUR LORD JESUS  
CHRIST in atonement of all our sins and  
those of the whole world.

#### Small beads of the decade

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

#### At the end of 5 decades

Holy God, Holy Mighty One, Holy Immortal  
One, have mercy on us and on the whole  
world. (3 times)

#### Closing Prayer

O Holy and Eternal God, in whom Mercy is  
endless and the treasury of Compassion  
inexhaustible, look kindly upon us and  
increase Your Mercy in us so that in difficult  
moments, we might not despair nor become  
despondent, but with increasing confidence,  
submit ourselves to Your Holy Will, which is  
Love and Mercy itself. Amen.

## **SAINT FAUSTINA'S PRAYER FOR THE HOLY CHURCH AND PRIESTS**

O my Jesus, I beg Thee on behalf of the whole Church: Grant her love and the light of Thy Spirit, and give power to the words of priests so that hardened hearts might be brought to repentance and return to You, O Lord. Lord, give us holy priests; Thou Thyself maintain them in holiness. O Divine and Great High Priest, may the power of Thy mercy accompany them everywhere and protect them from the devil's traps and snares which are continually being set for the souls of priests. May the power of Thy mercy, O Lord, shatter and bring to naught all that might tarnish the sanctity of priests, for Thou canst do all things.

Jesus, our most beloved, we beg Thee for the triumph of the Church, for blessings on the Holy Father, and on all the clergy; for the grace of conversion for impenitent sinners. And we ask Thee for a special blessing and for light, O Jesus, for the priests before whom we will make our confessions throughout our lifetime.

### **A NIGHT PRAYER**

We thank you, Lord, for the day that has passed.  
We thank you too for your love and protection.

Forgive us for any wrong we have done this day.  
Forgive us for being bad tempered or hard to live with.  
Forgive us for hurting those we should love.  
Forgive us for any word of comfort or praise  
or thanks which we might have spoken and did not speak.  
Forgive us for any help we might have given  
to someone in need and did not give.

Lord, we pray tonight for all humankind:

- for the believer and the unbeliever;
- for those who are trying to find you;
- and for those who are trying to ignore you.

Bless those who are lonely,  
and who feel their loneliness worst of all at evening time.  
Bless those who are old or sick, or who will not sleep tonight.  
Bless all homes and families, and bless those who have no home of their own.

Give us all restful sleep, and the peace of heart  
that comes from knowing that our sins are forgiven,  
and that we are always in the hands of our heavenly Father.  
Amen.

## MARIAN PRAYER GROUP – ROSARY MEDITATIONS

Mondays & Saturdays :	The Joyful Mysteries
Tuesdays & Fridays:	The Sorrowful Mysteries
Wednesdays & Sundays:	The Glorious Mysteries
Thursdays:	The Luminous Mysteries

*"The rosary is an echo of the prayer of Mary, her perennial MAGNIFICAT for the work of the redemptive Incarnation, which began in her virginal womb."*

*Saint John Paul II*

**The Apostles' Creed:** I believe in God, the Father Almighty Creator of heaven and earth....

**On the large beads:** The Lord's Prayer / Our Father who art in heaven....

**On the small beads:** Hail Mary Full of Grace the Lord is with thee....

**On the large beads after the 10 Hail Marys:** Glory be to the Father....

**Then say the Prayer of Fatima:**

O my Jesus, forgive us our sins. Save us from the fire of hell.  
Lead all souls to heaven, especially those in most need of your mercy.

**After all 5 decades have been recited then say:** 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!

V. Pray for us, O Holy Mother of God,  
R. *That we may be worthy 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 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.

V. May the divine assistance remain always with us;  
R. *May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.*

## THE FIVE JOYFUL MYSTERIES

**First: The Annunciation**  
**Third: The Nativity**

**Second: The Visitation**  
**Fourth: The Presentation**

**Fifth: The Finding in the Temple**

### **The Annunciation** Luke 1:26-38

*In the sixth month, the angel Gabriel was sent from God to a town of Galilee called Nazareth. He was sent to a young virgin, who was betrothed to a man names Joseph, of the family of David; and the virgin's name was Mary. The angel came to her and said, 'Rejoice, full of grace, the Lord is with you.' Mary was troubled at these words, wondering what this greeting could mean. But the angel said, 'Do not fear, Mary, for God has looked kindly on you. You shall conceive and bear a son, and you shall call him Jesus. He will be great, and shall rightly be called Son of the Most High. The Lord God will give him the kingdom of David, his ancestor; he will rule over the people of Jacob forever, and his reign shall have no end.' Then Mary said to the angel, 'How can this be, since I am a virgin?' And the angel said to her, 'The Holy Spirit will come upon you and the power of the Most High will overshadow you: therefore, the holy child to be born of you shall be called Son of God. Even your relative Elizabeth is expecting a son in her old age, although she was unable to have a child; and she is now in her sixth month. With God nothing is impossible.' Then Mary said, 'I am the handmaid of the Lord, let it be done to me as you have said.' And the angel left her.*

### **The Visitation** Luke 1:39-45

*Mary then set out for a town in the hill country of Judah. She entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the baby leapt in her womb. Elizabeth was filled with holy spirit, and giving a loud cry, said, 'You are most blessed among women, and blessed is the fruit of your womb! How is it that the mother of my Lord comes to me? The moment your greeting sounded in my ears, the baby within me suddenly leapt for joy. Blessed are you who believed that the Lord's word would come true!'*

### **The Nativity** Luke 2:10-12,15-19

*The angel said to them, 'Don't be afraid; I am here to give you good news, great joy for all the people. Today a Saviour has been born to you in David's town; he is the Messiah and the Lord. Let this be a sign to you: you will find a baby wrapped in swaddling clothes and lying in a manger.'... the shepherds said to one another, 'Let us go as far as Bethlehem, and see what the Lord has made known to us.' So they came hurriedly, and found Mary and Joseph, and the baby lying in the manger. On seeing him they related what they had been told about the child, and all were astonished on hearing the shepherds. As for Mary, she treasured all these words, and pondered them in her heart.*

### **The Presentation of Jesus in the Temple** Luke 2:22-24

*When the day came for the purification according to the law of Moses, they brought the baby up to Jerusalem, to present him to the Lord, as it is written in the law of the Lord: Every first born male shall be consecrated to God. And they offered a sacrifice, as ordered in the law of the Lord.*

### **The Finding of Jesus in the Temple** Luke 2:41-43,46-47

*Every year the parents of Jesus went to Jerusalem for the Feast of the Passover... and when Jesus was twelve years old, he went up with them, according to the custom of this feast. After the festival was over, they returned, but the boy Jesus remained in Jerusalem, and his parents did not know it... and on the third day they found him in the Temple, sitting among the teachers, listening to them and asking questions. And all the people were amazed at his understanding and his answers.*

## THE FIVE SORROWFUL MYSTERIES

**First: The Agony in the Garden**

**Second: The Scourging at the Pillar**

**Third: The Crowning of Thrones**

**Fourth: The Carrying of the Cross**

**Fifth: The Crucifixion**

### **The Agony in the Garden - Gethsemane** Mark 14:32-35

*They came to a place which is called Gethsemane, and Jesus said to his disciples, 'Sit here while I pray.' But he took Peter, James and John along with him, and becoming filled with fear and distress, he said to them, 'My soul is full of sorrow, even to death. Remain here and stay awake.' Then he went a little further on and fell to the ground, praying that, if possible, this hour might pass him by. Jesus said, 'Abba, Father, all things are possible for you; take this cup away from me. Yet not what I want, but what you want.'*

### **The Scourging at the Pillar** Mark 15:8-13,15

*Pilate said, 'Do you want me to set free the King of the Jews?' for he realized that the chief priests had handed Jesus over to him out of envy. But the chief priests stirred up the crowd to ask instead for the release of Barabbas. Pilate replied, 'And what shall I do with the man you call King of the Jews?' The crowd shouted back, 'Crucify him.'... As Pilate wanted to please the people... having had Jesus flogged, Pilate handed him over to be crucified.*

### **The Crowning of Thrones** John 19:1-4

*The soldiers also twisted thorns into a crown and put it on his head. They threw a cloak of royal purple around his shoulders; and they began coming up to him and saluting him, 'Hail, king of the Jews!' and they struck him on the face. Pilate went outside yet another time and said to the Jews, 'Look, I am bringing him out, and I want you to know that I find no crime in him.' Jesus then came out wearing the crown of thorns and the purple cloak, and Pilate pointed to him, saying, 'Here is the man!'*

### **The Carrying of the Cross** Luke 23:26-31

*When they led Jesus away, they seized Simon of Cyrene, who was coming in from the fields, and laid the cross on him, to carry it behind Jesus. A large crowd of people followed him; among them were women, beating their breasts and grieving for him, but Jesus turned to them and said, 'Women of Jerusalem, do not weep for me! Weep rather for yourselves and for your children, for the days are coming when people will say... they will say to the mountains, 'Fall on us' and to the hills, 'Cover us!' For if this is the lot of the green wood, what will happen to the dry?'*

### **The Crucifixion** John 19:17-18,25-28,30

*Bearing his own cross, Jesus went out of the city to what is called the Place of the Skull, in Hebrew Golgotha. There he was crucified, and with him two others... Near the cross of Jesus stood his mother, his mother's sister Mary, who was the wife of Cleophas, and Mary of Magdala. When Jesus saw the mother and the disciple he loved he said to the mother, 'Woman, this is your son.' Then he said to the disciple, 'There is your mother.' And from that moment the disciple took her to his own home. Jesus knew all was now finished and, in order to fulfil what was written in Scripture, he said, 'I am thirsty.' ... 'It is accomplished.' Then he bowed his head and gave up his spirit.*

## THE FIVE GLORIOUS MYSTERIES

**First: The Resurrection**

**Third: The Descent of the Holy Spirit**

**Fifth: The Coronation of Our Lady Queen Immaculate**

**Second: The Ascension**

**Fourth: The Assumption**

### **The Resurrection** Luke 24:1

*On the sabbath the women rested according to the commandment, but the first day of the week, at dawn, they went to the tomb with the perfumes and ointments they had prepared. Seeing the stone rolled away from the opening of the tomb, they entered, and were amazed to find that the body of the Lord Jesus was not there. As they stood there wondering about this, two men in dazzling garments suddenly appeared beside them. In fright the women bowed to the ground. But the men said, 'Why look for the living among the dead? You won't find him here. He is risen. Remember what he told you in Galilee, that the Son of Man had to be given into the hands of sinners, be crucified, and to rise on the third day.'*

### **The Ascension of the Lord** Luke 24:44-53

*Then Jesus said to them, 'Remember the words I spoke to you when I was still with you: Everything written about me in the Law of Moses, in the Prophets and in the Psalms, must be fulfilled.' Then he opened their minds to understand the Scriptures. And he said, 'So it was written: the Messiah had to suffer, and on the third day rise from the dead. Then repentance and forgiveness in his name would be proclaimed to all the nations, beginning from Jerusalem. And you are witnesses to these things. And that is why I will send you what my Father promised. So remain in the city until you are clothed with power from above.' Jesus led them almost as far as Bethany; then he lifted up his hands and blessed them. And as he blessed them, he withdrew, and was taken to heaven. They worshipped him, and then returned to Jerusalem full of joy; and they were continually in the Temple, praising God.*

### **The Descent of the Holy Spirit** Acts 2:1-4

*When the day of Pentecost came, they were all together in one place. And suddenly out of the sky came a sound like a strong rushing wind and it filled the whole house where they were sitting. There appeared tongues as if of fire which parted and came to rest upon each one of them. All were filled with the Holy Spirit and began to speak other languages, as the Spirit enabled them to speak.*

### **The Assumption of the Blessed Virgin Mary into Heaven** Luke 1:46-50

*And Mary said, 'My soul proclaims the greatness of the Lord, my spirit exults in God my saviour! He has looked upon his servant in her lowliness, and people forever will call me blessed. The Mighty One has done great things for me, Holy is his Name! From age to age his mercy extends to those who live in his presence.'*

### **The Coronation of the Blessed Virgin Mary** Rev 7:9-12. 12:1

*After this I saw a great crowd, impossible to count, from every nation, race, people and tongue, standing before the throne and the Lamb, clothed in white, with palm branches in their hands, and they cried out with a loud voice. 'Who saves but our God who sits on the throne and the Lamb?' All the angels were around the throne, the elders and the four living creatures; they then bowed before the throne with their faces to the ground to worship God. ... A great sign appeared in heaven: a woman, clothed with the sun, with the moon under her feet and a crown of twelve stars on her head.*

## THE FIVE LUMINOUS MYSTERIES

**First: The Baptism of Jesus**

**Second: The Wedding at Cana**

**Third: The Proclamation of the Kingdom**

**Fourth: The Transfiguration**

**Fifth: The Institution of the Eucharist**

### **The Baptism of Jesus** Mark 1:4,7

*John began to baptize in the desert; he preached a baptism of repentance for the forgiveness of sins. ... He preached to the people, saying, "after me comes one who is more powerful than I am; I have baptized you with water, but he will baptize you in the Holy Spirit." At that time Jesus came from Nazareth, a town in Galilee, and was baptized by John in the Jordan. And the moment he came up out of the water, heaven opened before him, and he saw the Spirit coming down on him like a dove. And these words were heard from heaven, "You are my Son, the Beloved, the One I have chosen."*

### **The Wedding Feast at Cana** John 2:1-5,7-11

*Three days later there was a wedding at Cana in Galilee, and the mother of Jesus was there. Jesus was also invited to the wedding with his disciples. When all the wine provided for the celebration had been served, and they had run out of wine, the mother of Jesus said to him, "They have no wine." Jesus replied, "Woman, what concern is that to you and me? My hour has not yet come." However his mother said to the servants, "Do whatever he tells you." ... Jesus said to the servants, "Fill the jars with water." And they filled them to the brim. Then Jesus said, "Now draw some out and take it to the steward." ... The steward tasted the water... "you have kept the best wine until the end." This miraculous sign was the first, and Jesus performed it at Cana in Galilee.*

### **The Proclamation of the Kingdom** Mark 1:14-15

*After John was arrested, Jesus went into Galilee and began preaching the Good News of God. He said, "The time has come; the kingdom of God is at hand. Change your ways and believe the Good News."*

### **The Transfiguration** Luke 9:28-36

*About eight days after Jesus had said all this, he took Peter, John and James, and went up the mountain to pray. And while he was praying, the aspect of his face was changed, and his clothing became dazzling white. Two men were talking with Jesus: Moses and Elijah. Appearing in the glory of heaven, Moses and Elijah spoke to Jesus about his departure from this life, which was to take place in Jerusalem. Peter and his companions had fallen asleep; but they awoke suddenly, and they saw his glory and the two men standing with him. ... Peter – not knowing what to say said to Jesus, "Master, how good it is for us to be here!" ... a cloud appeared and covered them; and the disciples were afraid as they entered the cloud. Then these words came from the cloud, "This is my Son, my Beloved, listen to him." And after the voice had spoken, Jesus was there alone.*

### **The Institution of the Eucharist** Luke 22:14-20

*When the hour came, Jesus took his place at the table and the apostles with him. And he said to them, "I was eager to eat this Passover with you before I suffer; for, I tell you, I shall not eat it again until it is fulfilled in the kingdom of God." Then they passed him a cup, and when he had given thanks, he said, "Take this, and share it among yourselves; for I tell you that, from now on, I will not drink of the fruit of the vine until the kingdom of God comes." Jesus also took bread, and after giving thanks, he broke it and gave it to them, saying, "This is my body which is given for you. Do this in remembrance of me." And after the supper, he did the same with the cup, saying, "This cup is the new covenant, sealed in my blood, which is poured out for you."*

## FIFTEEN PROMISES TO THOSE WHO RECITE THE HOLY ROSARY

The Blessed Virgin Mary promised to Saint Dominic and to all who follow that "Whatever you ask in the Rosary will be granted."

She left for all Christians Fifteen Promises to those who recite the Holy Rosary. Imparted to Saint Dominic and Blessed Alan.

1. Whoever shall faithfully serve me by the recitation of the Rosary, shall **receive signal graces.**
2. I promise my **special protection** and the **greatest graces** to all those who shall recite the Rosary.
3. The Rosary shall be a **powerful armour against hell**, it will **destroy vice, decrease sin, and defeat heresies.**
4. The Rosary will **cause virtue** and good works to flourish; it will obtain for souls the **abundant mercy of God**; it will **withdraw the hearts of men from the love of the world and its vanities**, and will **lift them to the desire for eternal things.** Oh, that souls would sanctify themselves by this means.
5. The soul which recommends itself to me by the recitation of the Rosary, **shall not perish.**
6. Whoever shall recite the Rosary devoutly, applying himself to the consideration of its sacred mysteries shall **never be conquered by misfortune.** God will not chastise him in His justice, he shall not perish by an unprovided death; if he be just **he shall remain in the grace of God**, and become **worthy of eternal life.**
7. Whoever shall have a true devotion for the Rosary **shall not die without the sacraments** of the Church.
8. Those who are faithful to recite the Rosary shall have **during their life and at their death the light of God** and the **plenitude of His graces**; at the moment of death they **shall participate in the merits of the saints** in paradise.
9. I shall **deliver from Purgatory** those **who have been devoted to the Rosary.**
10. The faithful children of the Rosary shall **merit a high degree of glory in Heaven.**
11. You shall **obtain all you ask** of me **by the recitation of the Rosary.**
12. All those who **propagate the Holy Rosary** shall be **aided by me in their necessities.**
13. I have obtained from my Divine Son that all the **advocates of the Rosary shall have for intercessors the entire celestial court during their life and at the hour of death.**
14. All **who recite the Rosary** are my sons and daughters, and brothers and sisters of my only Son Jesus Christ.
15. Devotion of my Rosary is a **great sign of predestination.**

## **The Armour of God**

Ephesians 6:12-18

Our battle is not against human forces but against the rulers and authorities and their dark powers that govern this world. We are struggling against the spirits and supernatural forces of evil. Therefore put on the whole armour of God, that in the evil day you may resist and stand your ground, making use of all your weapons. Take truth as your belt, justice as your breastplate, and zeal as your shoes to propagate the Gospel of peace. Always hold in your hand the shield of faith to repel the flaming arrows of the devil. Finally, use the helmet of salvation and the sword of the Spirit, that is, the Word of God. Pray at all times as the Spirit inspires you. Keep watch, together with sustained prayer and supplication for all the holy ones.

## **Prayer to Saint Teresa of Calcutta**

Saint Teresa of Calcutta, you allowed the thirsting love of Jesus on the Cross to become a living flame within you, and so became the light of His love to all. Obtain from the Heart of Jesus (*here make your request*). Teach me to allow Jesus to penetrate and possess my whole being so completely that my life, too, may radiate His light and love to others. Amen.

Immaculate Heart of Mary, Cause of Our Joy, pray for me.

Saint Teresa of Calcutta, pray for me.

## **Consecration to the Immaculate Heart of Mary**

Virgin Mary, Mother of God and our Mother, to your Immaculate Heart we consecrate ourselves, in an act of total entrustment to the Lord. By you we will be led to Christ. By Him and with Him we will be led to the Father. We will walk in the light of faith, and we will do everything so that the world may believe that Jesus Christ is the One sent by the Father. With Him we wish to carry His Love and Salvation to the ends of the earth. Under the protection of your Immaculate Heart, we will be one People with Christ. We will be witnesses of His Resurrection. By Him, we will be led to the Father, for the glory of the Most Holy Trinity. Whom we adore, praise and bless forever. Amen.

## **Prayer from the Angel Fatima**

My God, I believe, I adore, I hope and I love You! I ask pardon of You for those who do not believe, do not adore, do not hope and do not love You!

## **EXAMINATION OF CONSCIOUS – St Ignatius of Loyola**

The EXAMEN PRAYER is based upon a prayer form within the text of *Spiritual Exercises* of St Ignatius of Loyola. It is a way of looking at moments of your day, reflecting, imagining the presence of Jesus with you as you move through your moment/experience.

Find a quiet space, allow at least 15 minutes to complete the Examen. These are the steps...

A thought from St Ignatius before you start:

'God dwells in me, bringing me into being, giving me life, feeling and understanding.'

Sit comfortably. Close your eyes. Notice your breath, allow a few minutes to just BE. Breathe slowly, feel your arms, legs becoming heavy, settle into the seat. Pause.... Breathe and then start.

### **PART ONE**

Pick a piece of scripture and re-read the passage 3 times. Sit in silence allowing Jesus to come beside you and walk with you through your imagination as you remember aspects of the story you have read. Pause... look at Jesus... allow your eyes to meet... hold the stare... breathe... stay with the story - allow Jesus to bring you to a memory that is triggered by the presence of Jesus... breathe... Notice how you feel... pass the feeling to Jesus to hold... breathe... let go... breathe...

### **PART TWO**

Follow the steps...

1. Begin praying for God's light on your experience;
2. Include a prayer of gratitude for God's gifts;
3. Notice your response to God's action as you recount the experiences of people and the events of your day;
4. Notice the moments that you need God's forgiveness;
5. Bring the people who will be part of your day tomorrow and pray for them and yourself.

This way of praying can be practiced at any time in the day but it is best at the end of your day as it is a way of reflecting throughout your day: Handing over your experiences to God so that you begin each new day refreshed.

Some reflective questions to journal after the time of the Examen Prayer, only use one or two. This is not an inquisition, be gentle on yourself. Now begin...

How did I react to situations today? Did I allow myself time to listen before I answered? Did I explain myself correctly? Why did I react that way? Who was Jesus for me today? What did I notice in my experience of my relationships today? Where was God in it for me? Where was I? How do I feel now? Where do I notice God's love today – in me? – in others? What will I let go off?

## **PSALMS FOR PERSONAL REFLECTION – (Ps91/Ps92)**

### **PSALM 91/92 – Night Prayer.**

You who dwell in the shelter of the Most High,  
who rest in the shadow of the Almighty,  
say to the Lord, 'My stronghold,  
my refuge, my God in whom I trust!'

He will rescue you from the fowler's snare  
and from the deadly pestilence.  
He will cover you with his pinions  
and give you refuge under his wings.

You shall not fear the terror of the night  
nor the arrows that fly by day,  
nor the pestilence that stalks by night,  
and the plague that destroys at noonday.

A thousand may fall at your side,  
ten thousand at your right hand,  
but nothing shall befall you,  
his faithfulness is your shield.  
Open your eyes:  
you will see how the wicked are repaid.

If you have made the Lord your refuge,  
the Most High your stronghold,  
no harm will come upon you,  
no disaster will draw near your home.

For he will command his angels  
to guard you in all your ways.  
They will lift you up with their hands  
so that your foot will not hit a stone.

You will tread on wildcats and snakes  
and trample the lion and the dragon.  
'Because they cling to me,  
I will rescue them,' says the Lord.  
'I will protect those who know my name.

When they call to me, I will answer;  
in time of trouble I will be with them;  
I will deliver and honor them.  
I will satisfy them with long life  
and show them my salvation.'

### **PSALM 92 (91) – The just will rise like a palm tree.**

It is good to give thanks to the Lord,  
to sing praise to your name, O Most High,  
to proclaim your grace in the morning,  
to declare your faithfulness at night,  
accompanied by music from the lyre  
and the melody of lute and harp.

For you make me glad with your deeds, O  
Lord, and I sing for joy at the work of your  
hands.  
How great are your works,  
O Lord, how deep your thoughts!

The senseless will not know,  
nor will the stupid understand them.  
For though the wicked prosper  
and evildoers flourish like grass,  
they are doomed to vanish for good.  
But you, O Lord, are exalted forever.

Time will come when your enemies will perish,  
evildoers will be scattered.  
You have made me stronger than the wild ox;  
you have poured fresh oil on me.  
I look down on my enemies;  
I take for granted their doom.

The virtuous will flourish like palm trees,  
they will thrive like the cedars of Lebanon.  
Planted in the house of the Lord,  
they will prosper in the courts of our God.

In old age they will still bear fruit  
they will stay fresh and green,  
to proclaim that the Lord is upright,  
'He is my Rock,' they say, 'he never fails.'

*Translation – Christian Community Bible,  
Catholic Pastoral Edition*

*"When I shut up the heavens so that there is no rain, or command the locust to devour the land, or send pestilence among my people, if my people who are called by my name humble themselves, and pray and seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land." 2 Chronicle 8*

Use this space to list all your family and friends who you are including in prayer.

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Use this space to journal or write your own prayers that bring you comfort...