

MY POCKET PRAYER BOOK

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PREFACE

THERE are innumerable ways in which to pray and many methods of prayer. One of the greatest helps to prayer for most people is a book of prayers. It puts at our fingertips a precious treasury of words by which we can approach God every day. Such ready-made prayers imprint on our minds the sentiments that the Church wants us to have in prayer.

Prayers of this type also convey a deeper knowledge and understanding of the Church's teaching. In a subtle and unobtrusive fashion they teach the Faith while allowing us to approach God. By using them we not only come closer to God but also get to know Him better with every passing day.

THE MASS—OUR GREATEST PRAYER

Essence of the Mass

AT the Last Supper, our Savior instituted the Eucharistic sacrifice of His Body and Blood. He did this in order to perpetuate the sacrifice of the Cross throughout the centuries until He should come again.

Thus the Mass is:

(1) the *true sacrifice* of the New Covenant, in which a holy and living Victim is offered, Jesus Christ, and we in union with Him, as a gift of love and obedience to the Father;

(2) a *sacred meal* and *spiritual banquet* of the children of God;

(3) a *Paschal meal*, which evokes the passage (passover) of Jesus from this world to the Father; it renders Him present

The Angelus

℣. The Angel of the Lord declared unto Mary.

℟. And she conceived of the Holy Spirit.

Hail Mary, etc.

℣. Behold the handmaid of the Lord.

℟. Be it done unto me according to your word.

Hail Mary, etc.

℣. And the Word was made flesh.

℟. And dwelt among us.

Hail Mary, etc.

℣. Pray for us, O holy Mother of God.

℟. That we may be made worthy of the promises of Christ.

Let us pray. Pour forth, we beseech You, O Lord, Your grace into our hearts, that we to whom the Incarnation of Christ, Your

NIGHT PRAYERS

Prayer to the Trinity

I adore You, my God, and thank You for having created me, for having made me a Christian and preserved me this day. I love You with all my heart and I am sorry for having sinned against You, because You are infinite Love and infinite Goodness. Protect me during my rest and may Your love be always with me.

Eternal Father, I offer You the Precious Blood of Jesus in atonement for my sins and for all the intentions of our Holy Church.

Holy Spirit, Love of the Father and the Son, purify my heart and fill it with the fire of Your Love, so that I may be a chaste Temple of the Holy Trinity and be always pleasing to You in all things. Amen.

may praise You, forever and ever.

Prayer to Jesus Christ Crucified

BEHOLD O kind and most sweet Jesus, I cast myself upon my knees in Your sight, and with the most fervent desire of my soul I pray and beseech You that You would impress upon my heart lively sentiments of Faith, Hope, and Charity, with true repentance for my sins, and a firm desire of amendment, while with deep affection and grief of soul I ponder within myself and mentally contemplate Your five most precious wounds; having before my eyes that which David spoke in prophecy of You, O good Jesus: They have pierced My Hands and feet; they have numbered all My bones.