

# Sisters of the Eucharistic Heart of Jesus

Serving at St. Mary & St. Paul Parishes · Western Skagit County, WA

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## Morning & Evening Prayers

Daily Catholic Prayers to Sanctify Your Day

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### Morning Prayers

Sign of the Cross: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

### Morning Offering

*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 reparation for my sins, for the intentions of all our associates, and in particular for the intentions of the Holy Father. Amen.*

### The Angelus (Morning, Noon & Evening)

*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.*

### Act of Faith

O my God, I firmly believe that You are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that Your 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 You have revealed them, Who can neither deceive nor be deceived. Amen.



## **Act of Hope**

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

## **Act of Love**

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

## **Evening Examination of Conscience**

Before retiring, spend a few moments reflecting:

1. For what blessings today am I especially grateful?
2. In what moments did I sense God's presence?
3. Where did I fall short of God's call today?
4. What does God want me to focus on tomorrow?

## **Act of Contrition**

*O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin. Amen.*

## **Night Prayer**

Lord, grant me a restful sleep and keep me safe through the night. May I rest in Your peace, and may my soul be ever turned toward You. If it be Your will that I should not wake from this sleep, receive my soul in Your mercy. If I wake, help me to serve You faithfully through another day. Amen.

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