



GRATITUDE PROMPTS

Things I received today
People I am grateful for today
The best part of the day
What I love about my home / work
What I love about my family / friends
Basic needs like food / clothes / shelter
A silver lining today
Something special I saw / heard / smelled today
For my body because I can
One freedom I have taken for granted
Challenges I have overcome today
Medical or other service providers
Nature around me
My childhood experiences
Books / movies / songs that brought me pleasure
My pets
Things and people who made me smile today
My talents / skills / abilities
Daily chores and tasks
Small things that have made life easier
Good health and peace of mind
New experiences that have taught me something
New inspirations I have received

APOSTLE'S 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.



HAIL HOLY QUEEN

*Hail, Holy Queen, Mother of mercy,
Hail, 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! Amen.*

MIRACULOUS MEDAL PRAYER

*O Mary, conceived without sin,
pray for us who have recourse to thee,
and for those who do not have recourse to thee,
especially the enemies of the Church
and those recommended to thee.
Amen.*



PRAYER TO OUR LADY FOR OUR COUNTRY

O Most Loving and Tender Mother, Queen and Patroness of Sri Lanka, we humbly ask you to look upon us, your children, in our hour of need.

Dearest Mother, you have come to our rescue, even in times of peril, from war and destruction. In your never failing love for us, we earnestly ask you, to dispel from our midst, waves of violence, killings and addictions, and various forms of evil actions to disrupt unity among people.

Help us to build in our land, God's Kingdom of Justice and Love. We entrust to your loving care and guidance, all races and peoples of our country. Help us to bring about brotherhood, peace and unity in our society. Guide the destinies of our nation and obtain for us lasting peace so that all of us may live as brothers and sisters of one family. Amen.



ANIMA CHRISTI

*Soul of Christ, make me holy
Body of Christ, be my salvation
Blood of Christ, let me drink your wine
Water flowing from the side of Christ, wash me clean
Passion of Christ, strengthen me.*

*Kind Jesus, hear my prayer
Hide me within your wounds
And keep me close to you
Defend me from the evil enemy
And call me at the hour of my death
To the fellowship of your saints
That I might sing your praise with them
for all eternity.
Amen.*



MEMORARE

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

*Inspired by this confidence,
We fly unto thee, O Virgin of virgins my Mother;
to thee do we come, before thee we stand, sinful and
sorrowful;
O Mother of the Word Incarnate,
despise not our petitions,
but in thy mercy hear and answer them.
Amen.*



PRAYER TO ST. MICHAEL THE ARCHANGEL

Saint Michael, the Archangel, defend us in battle.

*Be our protection against the wickedness
and snares of the devil.*

*May God rebuke him, we humbly pray;
and do thou, O Prince of the heavenly host,
by the power of God cast into hell Satan and all the evil
spirits who prowl throughout the world seeking the ruin of
souls. Amen.*

THE BREASTPLATE OF ST PATRICK

*Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.*



ACT OF CONTRITION

*O my God,
I am heartfully sorry for having offended thee,
and I detest all my sins because of Thy just punishment,
but most of all
because I have offended Thee my God,
Who is 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 occasion of sin.
Amen.*



PRAYER OF ST. FRANCIS OF ASSISI

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.

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.



DIVINE MERCY 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, envelop 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,

I trust in You!



PRAYER OF ST. DOMINIC

*May God the Father who made us bless us.
May God the Son send his healing among us.
May God the Holy Spirit move within us and
give us eyes to see with, ears to hear with,
and hands that your work might be done.*

*May we walk and preach the word of
God to all.
May the angel of peace watch over us and
lead us at last by God's grace to the
Kingdom.*



PRAYER OF ST. BENEDICT

*Gracious and holy Father,
grant us the intellect to understand you,
reason to discern you,
diligence to seek you,
wisdom to find you,
a spirit to know you,
a heart to meditate upon you.*

*May our ears hear you,
may our eyes behold you,
and may our tongues proclaim you.*

*Give us grace
that our way of life may be pleasing to you,
that we may have the patience to wait for you
and the perseverance to look for you.
Grant us a perfect end--your holy presence,
a blessed resurrection and life everlasting.
We ask this through Jesus Christ our Lord.*



THE MYSTERIES OF THE ROSARY

The Sorrowful Mysteries

(Tuesday and Friday)

The Agony in the Garden

The Scourging at the Pillar

The Crowning With Thorns

The Carrying of the Cross

The Crucifixion

The Glorious Mysteries

(Wednesday and Sunday)

The Resurrection

The Ascension

The Coming of the Holy Spirit

The Assumption of Mary

The Coronation of Mary



THE SCRIPTURAL WAY OF THE CROSS

Jesus in the Garden of Gethsemane

Jesus is betrayed by Judas and arrested

Jesus is condemned by the Sanhedrin

Jesus is denied by Peter

Jesus is judged by Pilate

Jesus is scourged and crowned with thorns

Jesus takes up his cross

Jesus is helped by Simon of Cyrene to carry his cross

Jesus meets the women of Jerusalem

Jesus is crucified

Jesus promises his kingdom to the repentant thief

Jesus entrusts Mary and John to each other

Jesus dies on the cross

Jesus is laid in the tomb

