

AN OLD MORNING PRAYER.

RISE
 In God's strength,
 In God's power,
 In the agony of Christ,
 In the cross of Christ,
 In Christ's Precious Blood.
 These will sustain me against my enemies, visible and invisible:
 I rise in the blessing of Christ which my dearest Jesus left to the whole world.
 Protect me, All-Holy Trinity,
 God the Father, who created me,
 God the Son, who redeemed me in His Precious Blood,
 God the Holy Ghost, who sanctified me in Holy Baptism.
 God, the Father, I give myself to Thee!
 God, the Son, I commend myself to Thee!
 God, the Holy Ghost, teach me!
 Mary, Mother of God, assist me!
 All ye Saints of God, pray for me!
 All ye Holy Angels, protect me!
 The Cross of Christ preserve me!
 In all the Holy Sacrifices of the Mass,
 In all the Holy Communions,
 In all priestly blessings,
 In all good works performed to-day throughout Christendom,
 I commend myself body and soul.
 I unite myself to the united prayer of the Catholic Church.
 Holy Mary, forsake me not in all my necessities!
 Lead me to Jesus after death!

O holy Joseph, thou man of God, from my heart I call on thee!
 I love thee with all my heart; preserve me in all dangers and necessities.
 O Lord God, heavenly Father,
 Grant me Thy divine grace, that all my actions of this day may begin and end in the name of my crucified Lord Jesus and through love of Him.
 O best of Fathers,
 In union with perfect works performed by Jesus, Mary and Joseph, do I this day offer all my thoughts, words and actions,
 All my pains and labor,
 All my steps,
 Every breath I draw,
 Every morsel I eat,
 Every drop I drink,
 All the suffering and pain of my sickness,
 All annoyance offered me,
 All the holy indulgences that I can gain,
 All the devotions of Christendom to Thy greater honor and glory, for the consolation and salvation of all my fellow-creatures, both living and dead.
 Come, Holy Ghost, instruct me; teach me that which I do not know, give me that which I have not.
 Come, Holy Ghost, fill me with Thy sevenfold gifts.
 Jesus in my heart!
 Mary in my mind!
 With Jesus, Mary and Joseph
 May I spend the entire day. Amen!

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THE SISTERS OF ST. JOSEPH, INDIANAPOLIS.

OLD EVENING PRAYER.

IN THE name of the Most Holy Trinity,
 The Father, who created me from nothing,
 The Son, who redeemed me,
 The Holy Ghost, who sanctified me,
 I lay myself down at the close of this day to sleep. Into the hands of God I recommend my spirit. I thank Thee, my dearest Father, for having guarded me, during the present day, in body and soul.
 With Thee alone have I begun my actions, and with Thee will I conclude them.
 Thou hast given me my daily bread.
 Thou hast protected me from suffering and distress, and though I had a little cross to bear, it was for the good of my poor soul.
 For all my offenses, O my God, forgive me in Thy patience.
 Cleanse me in Thy Precious Blood from all my sins.
 I forgive all who have offended me.
 I entertain no feelings of anger towards them, and pray for them,
 For such is the will of my God and Lord.
 For that will He also look with mercy on my failings and offenses.
 With bitter sorrow do I accuse myself and never again shall I offend Thee.
 Sweetest heart of Mary, be my salvation!
 Lord, I believe in Thee.
 Lord, I hope in Thee.
 Lord, I love Thee.
 Strengthen me in this faith, in this hope, in this love.

Mary, my loved Mother, under thy protection, thy care, shall I sleep.
 Preserve me from a sudden death, sickness, terror and fire.
 Mary, spread thy mantle as a protecting cover, under which we may stand until the dangers pass by.
 Holy Joseph, thou patron of the dying, forget me not before God's throne!
 My holy Angel Guardian, watch over me!
 All ye dear Saints, protect me!
 O God! I recommend to Thee all whom I love, or to whom I owe thanks; receive them under thy Fatherly care.
 Guard and protect us from all misfortunes and dangers.
 Sweetest Heart of Jesus, be my love!
 O Jesus! be not to me a judge but a Savior!
 Grant to the dear departed, consolation and peace through Thy precious suffering.
 Grant to them eternal rest, and let perpetual light shine upon them.
 I will enclose myself in the Heart of Jesus as a secure retreat and sleep under the protection of God. Amen!