

## Daily Prayers at SVDP

Daily Devotional prayers give us occasion throughout the day to lift our minds and hearts to God. They help inspire spontaneous prayer as well.

### **Prayer at morning announcements**

#### Morning Offering

God, Our Father, I offer You my day, I offer You my prayers, thoughts, words, actions, joys, and sufferings in union with the Heart of Jesus, Who continues to offer Himself in the Eucharist for the salvation of the world. May the Holy Spirit, Who guided Jesus, be my guide and my strength today so that I may witness to your love. With Mary, the mother of our Lord and the Church, I pray for the intentions recommended by our Holy Father this month. Amen.

### **Prayer (after lunch in cafeteria)**

We give you thanks almighty God, for these and all the benefits which we have received from your bounty through Christ, our Lord, Amen.

### **End of Day Prayers**

#### The Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and in failing to do good, I have sinned against you whom I should love above all things. I firmly intend with your help to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.

#### Prayer to the Guardian Angel

Angel of God, my guardian dear,  
To whom God's love commits me here  
Ever this day be at my side  
To light and guard  
To rule and guide, Amen.

Saint Vincent de Paul, pray for us.

All you holy angels and saints in heaven, pray for us.

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

## **Prayers after Mass (at SVDP)**

### Prayer to St. Michael (congregation together)

Saint Michael, the Archangel, defend us in battle, be our defense 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, thrust into Hell Satan and the other evil spirits who prowl about the world for the ruin of souls. Amen.

### O Sacrament Most Holy (led by Sister, entire congregation at school Mass)

O Sacrament Most Holy,  
O Sacrament Divine,  
All praise and all thanksgiving,  
Be every moment, Thine.

## **The Rosary**

The repetition in the Rosary is meant to lead one into restful and contemplative prayer related to each Mystery (there are five Joyful, five Sorrowful, five Glorious, five Luminous). The steps to saying the Rosary are:

1. Make the Sign of the Cross and say the "Apostles' Creed"
2. Say the "Our Father"
3. Say three "Hail Marys" for Faith, Hope, and Charity
4. Say the "Glory Be"
5. Announce the First Mystery and then say the "Our Father"
6. Say ten "Hail Marys" while meditating on the Mystery
7. Say the "Glory Be"
8. Announce the Second Mystery; then say the "Our Father" and repeat these steps as you continue through the remaining Mysteries.
9. Say the "Hail Holy Queen" and verse
10. Say the "Final Prayer"
11. Make the "Sign of the Cross"

Some teachers will say a decade a day with the class, others may say the entire rosary on certain holy days. The individual prayers are:

### *Our Father*

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

*Hail Mary*

Hail Mary full of Grace, the Lord is with thee.

Blessed are thou among women and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners now and at the hour of our death.

Amen.

*Glory Be*

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

*Apostle's Creed*

I believe in God, the Father almighty,  
creator of heaven and earth.

I believe in Jesus Christ, God's 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;

He ascended into heaven,

He is seated at the right hand of the Father,

and 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 the life everlasting. Amen.