

## MORNING PRAYERS

### First, praise and adoration of the most holy Trinity:-

V. Benedicamus Patrem, et Filium, cum sancto Spiritu. B. Laudemus et superexaltemus eum in saecula. V. Gloria Patri et Filio et Spiritui sancto. R. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.	V. Let us bless the Father, and the Son, and the Holy Ghost. R. Let us praise him and extol him above all for ever. V. Glory be to the Father, and to the Son, and to the Holy Ghost. R. As it was in the beginning, is now, and ever shall be, world without end. Amen.
---	---

### Then, praise to our Lord and Saviour, Jesus Christ:-

V. Adoramus te, Christe, et benedicimus tibi. R. Quia per crucem tuam redemisti mundum.	V. We adore thee, O Christ, and we bless thee. R. Because by thy cross thou hast redeemed the world.
--	---

### Thirdly, invocation of the Holy Ghost:-

Veni, sancte Spiritus, reple tuorum corda fidelium, et tui amoris in eis ignem accende.	Come, O holy Spirit, fill the hearts of thy faithful, and enkindle within them the fire of thy love.
---	--

**After these fundamental acts of religion, you will recite the Lord's Prayer, asking of God, the Father of our Lord Jesus Christ, to grant that *His holy name may be glorified on earth* by sending His Son, who will found the *kingdom of God*; and that He will vouchsafe to give us this Saviour who is our *Bread* and who will obtain for us, by the mediation so long looked for, *the forgiveness of our sins*; finally, that He will *deliver us from sin, which is the sovereign evil*.**

## THE LORD'S PRAYER

Pater noster, qui es in coelis, sanctificetur nomen tuum: adveniat regnum tuum: fiat voluntas tua, sicut in coelo, et in terra. Panem nostrum quotidianum da nobis hodie: et dimitte nobis debita nostra, sicut et nos dimittimus debitoribus nostris: et ne nos inducas in tentationem: sed libera nos a malo. Amen.	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 them that trespass against us: and lead us not into temptation: but deliver us from evil. Amen.
---	--

**Then address the angelical salutation to Mary, who is, in these days which precede the Nativity, so truly *full of grace*, since she has in her chaste womb Him who is the author of all grace. The Lord, *the fruit of her womb*, is with her; and we may already give her the sublime and unshared title of *Mother of God*.**

### **THE ANGELICAL SALUTATION**

<p>Ave Maria, gratia plena: Dominus tecum: benedicta tu in mulieribus, et benedictus fructus ventris tui, Jesus.          Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc et in hora mortis nostrae.          Amen.</p>	<p>Hail Mary, full of grace; the Lord is with thee; blessed art 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.</p>
---	---

**After this, recite the symbol of faith; and as you pronounce the words, *who was conceived by the Holy Ghost*, dwell on them with special attention, adoring the Saviour, who is as yet concealed in Mary's womb.**

### **THE APOSTLES' CREED.**

<p>Credo in Deum, Patrem omnipotentem, Creatorem coeli et terrae. Et in Jesum Christum Filium ejus unicum Dominum nostrum: qui conceptus est de Spiritu sancto, natus ex Maria Virgine, passus sub Pontio Pilato, crucifixus, mortuus, et sepultus: descendit ad inferos, tertia die resurrexit a mortuis: ascendit ad coelos, sedet ad dexteram Dei Patris omnipotentis: inde venturus est judicare vivos et mortuos.          Credo in Spiritum sanctum, sanctam Ecclesiam Catholicam, sanctorum communionem, remissionem peccatorum, carnis resurrectionem, vitam aeternam. Amen.</p>	<p>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 Ghost, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, dead, and buried; he descended into hell, the third day he rose again from the dead; he ascended into heaven, sitteth at the right hand of God the Father almighty; from thence he shall come to judge the living and the dead.          I believe in the Holy Ghost: the holy Catholic Church; the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.</p>
--	---

**After having thus made the profession of your faith, excite within yourself sentiments of penance, by the remembrance of the sins you have committed; of gratitude to the Lamb of God, who is coming in order to save us; and of fear of the last day. For this end, say with the Church the following hymn taken from the Office of Lauds for Advent.**

### **HYMN**

En clara vox redarguit,  
Obscura quaeque personans;  
Procul fugentur somnia:  
Ab alto Jesus promicat.

Mens jam resurgat torpida,  
Non amplius jacens humi:  
Sidus refulget jam novum,  
Ut tollat omne noxium,

En Agnus ad nos mittitur  
Laxare gratis debitum:  
Omnes simul, cum lacrymis,  
Precemur indulgentiam.

Ut cum secundo fulserit  
Metuque mundum cinxerit,  
Non pro reatu puniat,  
Sed nos pius tunc protegat.

Virtus, honor, laus, gloria,  
Deo Patri cum Filio,  
Sancto simul Paraclito,  
In saeculorum saecula.  
Amen.

The solemn voice of the Precursor is heard,  
explaining the obscurity of the ancient figures;  
let our slumbers cease; Jesus is rising on our  
horizon.

Let the sluggish soul now rise, and stay no  
more upon this earth; a new star is shining  
which will take all sin away.

Lo! the Lamb is sent to forgive us freely our  
debt: let us unite in tears and prayers, that we  
may obtain pardon.

That when he comes the second time, filling  
the world with fear, he may not have to punish  
us for our sins, but may protect us in mercy.

Power, honour, praise, and glory, be to the  
Father, and to the Son, and to the holy  
Paraclete, for ever and ever.  
Amen.

**Here make a humble confession of your sins, reciting the general formula made use of by the Church.**

### **THE CONFESSION OF SINS**

Confiteor Deo omnipotenti, beatae Mariae semper Virgini, beato Michaeli Archangelo, beato Joanni Baptistae, sanctis apostolis Petro et Paulo, et omnibus sanctis, quia peccavi nimis cogitatione, verbo, et opere: mea culpa, mea culpa, mea maxima culpa. Ideo precor beatam Mariam semper Virginem, beatum Michaellem Archangelum, beatum Joannem Baptistam, sanctos apostolos Petrum et Paulum, et omnes sanctos, orare pro me ad Dominum Deum nostrum. Misereatur nostri omnipotens Deus, et dimissis peccatis nostris, perducatur nos ad vitam aeternam. Amen.

I confess to almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy apostles Peter and Paul, and to all the saints, that I have sinned exceedingly in thought, word, and deed: through my fault, through my fault, through my most grievous fault. Therefore I beseech blessed Mary ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy apostles Peter and Paul, and all the saints, to pray to the Lord our God for me. May almighty God have mercy on us, and, our sins being forgiven, bring us to life everlasting. Amen.

Indulgentiam, absolutionem, et remissionem peccatorum nostrorum tribuat nobis omnipotens et misericors Dominus. Amen.

May the almighty and merciful Lord grant us pardon, absolution, and remission of our sins. Amen.

**This is the proper place for making your meditation, as no doubt you practice this holy exercise. During Advent, its principal object ought to be the removing from ourselves those hindrances, which would oppose Jesus' coming and reigning within us. The love of sensual pleasures, avarice, and pride, that triple concupiscence which St. John so strongly condemns in his first Epistle, must be withstood, else our preparation for Christmas is useless. And as the chief thing in every prayer or meditation is to turn our thoughts to Jesus Christ, we must, during Advent, contemplate Him in the womb of Mary, where He remains hidden, giving us, by this His state of abasement, a most telling lesson of devotedness to His Father's glory, of obedience to the divine decrees, and of humility; but, at the same time, He gives us a most powerful proof of the greatness of His love of us. This thought will naturally suggest to us a variety of motives and resolutions for breaking these ties which keep us from a virtuous life. But should they not produce sufficient impression on us, we must then consider Jesus as our Judge, in the dread magnificence of His majesty, and all the severity of His inevitable vengeance.**

**The next part of your morning prayer must be to ask of God, by the following prayers, grace to avoid every kind of sin during the day you are just beginning. Say, then, with the Church, whose prayers must always be preferred to all others:**

V. Domine, exaudi orationem meam.

R. Et clamor meus ad te veniat.

Oremus

Domine, Deus omnipotens, qui ad principium hujus diei nos pervenire fecisti, tua nos hodie salva virtute, ut in hac die ad nullum declinemus peccatum, sed semper ad tuam justitiam faciendam nostra procedant eloquia, dirigantur cogitationes et opera. Per Dominum nostrum Jesum Christum Filium tuum, qui tecum vivit et regnat in unitate Spiritus sancti, Deus, per omnia saecula saeculorum. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

Let us Pray

Almighty Lord and God, who hast brought us to the beginning of this day, let thy powerful grace so conduct us through it, that we may not fall into any sin, but that all our thoughts, words, and actions may be regulated according to the rules of thy heavenly justice, and tend to the observance of thy holy law. Through Jesus Christ our Lord. Amen.

**Then beg the divine assistance for the actions of the day, that you may do them well; and say thrice:**

V. Deus, in adjutorium meum intende.  
 R. Domine, ad adjuvandum me festina.  
 V. Deus, in adjutorium meum intende.  
 R. Domine, ad adjuvandum me festina.  
 V. Deus, in adjutorium meum intende.  
 R. Domine, ad adjuvandum me festina.  
 Oremus  
 Dirigere et sanctificare, regere et gubernare  
 dignare, Domine Deus, Rex coeli et terrae,  
 hodie corda et corpora nostra, sensus,  
 sermones et actus nostros in lege tua, et in  
 operibus mandatorum tuorum, ut hic et in  
 aeternum, te auxiliante, salvi et liberi esse  
 mereamur, Salvator mundi. Qui vivis et regnas  
 in saecula saeculorum.  
 R. Amen.

V. Incline unto my aid, O God.  
 R. Lord, make haste to help me.  
 V. Incline unto my aid, O God.  
 R. O Lord, make haste to help me.  
 V. Incline unto my aid, O God.  
 R. O Lord, make haste to help me.  
 Let us pray  
 Lord God, and King of heaven and earth,  
 vouchsafe this day to rule and sanctify, to  
 direct and govern our souls and bodies, our  
 senses, words, and actions in conformity to thy  
 law, and strict obedience to thy commands;  
 that by the help of thy grace, O Saviour of the  
 world, we may be fenced and freed from all  
 evils. Who livest and reignest for ever and  
 ever.  
 R. Amen.

**After this, uniting yourself with the Church, which, both in the Divine Office,  
 and during the holy Sacrifice, prays for the coming of Jesus Christ, say:**

V. Veni ad liberandum nos, Domine Deus  
 virtutum.  
 R. Ostende faciem tuam, et salvi erimus.  
 V. Ostende nobis, Domine, misericordiam  
 tuam.  
 R. Et salutare tuum da nobis.  
 V. Super te, Jerusalem, orietur Dominus.  
 R. Et gloria ejus in te videbitur.

V. O Lord God of hosts, come and deliver us.  
 R. Show thy face, and we shall be saved.  
 V. Show us, O Lord, thy mercy.  
 R. And grant us the Saviour, whom we expect  
 from thee.  
 V. The Lord shall rise upon thee, O Jerusalem.  
 R. And his glory shall be seen upon thee.

***(First week)***

Oremus.  
 Excita, quaesumus, Do mine, potentiam tuam  
 et veni; ut ab imminentibus peccatorum  
 nostrorum periculis, te mereamur protegente  
 eripi, te liberante salvari. Qui vivis et regnas,  
 Deus, per omnia saecula saeculorum. R. Amen.

Let us pray.  
 Exert, we beseech thee, O Lord, thy power and  
 come; that by thy protection we may be freed  
 from the imminent dangers of our sins, and be  
 saved by thy mercy; who livest and reignest  
 God, world without end. R. Amen.

***(Second week)***

Oremus.  
 Excita, Domine, corda nostra ad praeparandas  
 Unigeniti tui vias: ut per ejus adventum,

Let us pray.  
 Stir up, O Lord, our hearts to prepare the ways  
 of thy only-begotten Son: that by his coming

purificatis tibi mentibus servire mereamur. Qui tecum vivit et regnat in saecula saeculorum. R. Amen.

we may be enabled to serve thee with pure minds; who livest and reignest God, world without end. R. Amen.

***(Third week)***

Oremus.

Aurem tuam, quaesumus, Domine, precibus nostris accommoda: et mentis nostrae tenebras gratia tuae visitationis illustra. Qui vivis et regnas Deus, per omnia saecula saeculorum. R. Amen.

Let us pray.

Bend thine ear, O Lord, we beseech thee, to our prayers, and enlighten the darkness of our minds by the grace of thy visitation; who livest and reignest God, world without end. R. Amen.

***(Fourth week)***

Oremus.

Excita, quaesumus, Domine, potentiam tuam et veni, et magna nobis virtute succurre: ut, per auxilium gratiae tuae, quod nostra peccatis praepediunt indulgentia tuae propitiationis acceleret. Qui vivis et regnas Deus, per omnia saecula saeculorum. R. Amen.

Let us pray.

Exert, we beseech thee, O Lord, thy power and come; and succour us by thy great might; that by the assistance of thy grace, thy indulgent mercy may hasten what is delayed by our sins; who livest and reignest God, world without end. R. Amen.

**It would be well to add the special prayer which the Church says, during Advent, in honour of the blessed Mother of God.**

Oremus.

Deus, qui de beatæ Mariae Virginis utero, Verbum tuum, angelo nuntiante, carnem suscipere voluisti; praesta supplicibus tuis, ut qui vere eam Genitricem Dei credimus, ejus apud te intercessionibus adjuvemur. Per eundem Christum Dominum nostrum. R. Amen.

Let us pray.

O God, who wast pleased that thy Word, when the angel delivered his message, should take flesh in the womb of the blessed Virgin Mary; give ear to our humble petitions, and grant that we, who believe her to be truly the Mother of God, may be helped by her prayers. Through the same Christ our Lord. R. Amen.