

S E L E C T E D
P R A Y E R S
for
L E N T

REV. JAMES M. GILLIS, C.S.P.

Fortieth Thousand

Nihil Obstat:

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SELECTED PRAYERS FOR LENT

Compiled Mainly from
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Daily Prayers

IN the name of the Father, and of the Son, and of the Holy Ghost. *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 those who trespass against us. And lead us not into temptation: but deliver us from evil. *Amen.*

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.*

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; died, and was buried. He descended into hell; the third day He

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arose 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 the life everlasting. *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 upon us, and forgive us our sins, and bring us unto life everlasting.

Amen.

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

Amen.

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

An Act of Contrition

O MY God! I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven and the pains of hell, 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 confess my sins, to do penance, and to amend my life. *Amen.*

Morning Hymn

THE star of morn to night succeeds;
We therefore meekly pray,
May God, in all our words and deeds,
Keep up from harm this day.

May He in love restrain us still
From tones of strife and words of ill,
And wrap around and close our eyes
To earth's absorbing vanities.

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May wrath and thoughts that gender shame
Ne'er in our breasts abide,
And painful abstinences tame
Of wanton flesh the pride;

So when the weary day is o'er,
And night and stillness come once more,
Blameless and clean from spot of earth
We may repeat with reverent mirth—

To God the Father glory be,
And to His Only Son,
And to the Spirit, One and Three,
While endless ages run. *Amen.*

Evening Hymn

NOW that the daylight dies away,
By all Thy grace and love,
Thee, Maker of the world, we pray
To watch our bed above.

Let dreams depart and phantoms fly,
The offspring of the night;
Keep us, like shrines, beneath Thine eye,
Pure in our foes' despite.

This grace on Thy redeemed confer,
Father, Co-equal Son,
And Holy Ghost, the Comforter,
Eternal Three in One. *Amen.*

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Litany of the Blessed Virgin Mary

WE fly to thy patronage, O holy Mother of God. Despise not our petitions in our necessities: but deliver us from all dangers, O ever glorious and blessed Virgin.

Lord, have mercy on us.
Christ, have mercy on us.

Lord, have mercy on us.
Christ, hear us.

Christ, graciously hear us.

God the Father of heaven, *have mercy on us.*

God the Son, Redeemer of the world, *have mercy on us.*

God the Holy Ghost, *have mercy on us.*

Holy Trinity, one God, *have mercy on us.*

Holy Mary, *pray for us.*

Holy Mother of God,
Holy Virgin of virgins,

Mother of Christ,
Mother of divine grace,
Mother most pure,
Mother most chaste,
Mother inviolate,
Mother undefiled,
Mother most amiable,

Mother most admirable,

Mother of good counsel,

Mother of our Creator,

Mother of our Saviour,

Virgin most prudent,

Virgin most venerable

Virgin most renowned,

Virgin most powerful,

Virgin most merciful,

Virgin most faithful,

Mirror of justice,

Seat of wisdom,

Cause of our joy,

Spiritual vessel,

Vessel of honor,

Singular vessel of devotion,

Mystical rose,

Tower of David,

Tower of ivory,

House of gold,

Ark of the covenant,

Gate of heaven,

Morning star,

Health of the sick,

Refuge of sinners,

Comforter of the afflicted,

Help of Christians,

Queen of Angels,

Queen of Patriarchs,

Pray for us

Pray for us

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Queen of Prophets, Queen of Apostles, Queen of Martyrs, Queen of Confessors, Queen of Virgins, Queen of all Saints,	<i>Pray for us</i>	Queen conceived without original sin, Queen of the most holy Rosary, Queen of peace,	<i>Pray for us</i>
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Lamb of God, Who takest away the sins of the world, *spare us, O Lord.*

Lamb of God, Who takest away the sins of the world, *graciously hear us, O Lord.*

Lamb of God, Who takest away the sins of the world, *have mercy on us.*

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.*

V. May the divine assistance remain always with us.

R. Amen.

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Litany of the Saints

Lord, have mercy on us.	St. Thomas,
<i>Christ, have mercy on us.</i>	St. James,
Lord, have mercy on us.	St. Philip,
Christ, hear us.	St. Bartholomew,
<i>Christ, graciously hear us.</i>	St. Matthew,
God the Father of heaven, <i>have mercy on us.</i>	St. Simon,
God the Son, Redeemer of the world, <i>have mercy on us.</i>	St. Thaddeus,
God the Holy Ghost, <i>have mercy on us.</i>	St. Matthias,
Holy Trinity, one God, <i>have mercy on us.</i>	St. Barnabas,
Holy Mary,	St. Luke,
Holy Mother of God,	St. Mark,
Holy Virgin of virgins,	All ye holy Apostles and Evangelists,
St. Michael,	All ye holy Disciples of the Lord,
St. Gabriel,	All ye holy Innocents,
St. Raphael,	St. Stephen,
All ye holy Angels and Archangels,	St. Lawrence,
All ye holy orders of blessed Spirits,	St. Vincent,
St. John the Baptist,	SS. Fabian and Sebastian,
St. Joseph,	SS. John and Paul,
All ye holy Patriarchs and Prophets,	SS. Cosmas and Damian,
St. Peter,	SS. Gervase and Protase,
St. Paul,	All ye holy Martyrs,
St. Andrew,	St. Sylvester,
St. James,	St. Gregory,
St. John,	St. Ambrose,
	St. Augustine,
	St. Jerome,
	St. Martin,
	St. Nicholas,
	All ye holy Bishops and Confessors,
	All ye holy Doctors,
	St. Anthony,
	St. Benedict.

Pray for us

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St. Bernard,
 St. Dominic,
 St. Francis,
 All ye holy Priests and
 Levites,
 All ye holy Monks and
 Hermits,
 St. Mary Magdalen,
 St. Agatha,
 St. Lucy,
 St. Agnes,
 St. Cecilia,
 St. Catherine,
 St. Anastasia,
 All ye holy Virgins and
 Widows,

Pray for us

From everlasting death,
 Through the mystery
 of Thy holy Incar-
 nation,
 Through Thy Coming,
 Through Thy Birth,
 Through Thy Baptism
 and holy Fasting,
 Through Thy Cross
 and Passion,
 Through Thy Death
 and Burial,
 Through Thy holy
 Resurrection,
 Through Thine admir-
 able Ascension,
 Through the coming of
 the Holy Ghost the
 Paraclete,

O Lord, deliver us

All ye holy Saints of
 God,

Make intercession for us.

Be merciful,

Spare us, O Lord.

Be merciful,

*Graciously hear us, O
 Lord.*

From all evil,
 From all sin,
 From Thy wrath,
 From sudden and un-
 looked-for death,
 From the snares of
 the devil,
 From anger, and ha-
 tred, and every evil
 will,
 From the spirit of for-
 nication,
 From lightning and
 tempest,

O Lord, deliver us

In the day of judgment,
O Lord, deliver us.
 We sinners,
Beseech Thee, hear us.

That Thou wouldst
 spare us,
 That Thou wouldst
 pardon us,
 That Thou wouldst
 bring us to true pen-
 ance,
 That Thou wouldst
 vouchsafe to govern
 and preserve Thy
 holy Church,
 That Thou wouldst
 vouchsafe to pre-
 serve our Apostolic
 Prelate and all or-
 ders of the Church
 in holy religion,

We beseech Thee, hear us

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<p>That Thou wouldst vouchsafe to humble the enemies of holy Church,</p> <p>That Thou wouldst vouchsafe to give peace and true concord to Christian kings and princes,</p> <p>That Thou wouldst vouchsafe to grant peace and unity to the whole Christian world,</p> <p>That Thou wouldst vouchsafe to confirm and preserve us in Thy holy service,</p> <p>That Thou wouldst lift up our minds to heavenly desires,</p> <p>That Thou wouldst</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">We beseech Thee, hear us</p>	<p>render eternal blessings to all our benefactors,</p> <p>That Thou wouldst deliver our souls, and the souls of our brethren, relations, and benefactors, from eternal damnation,</p> <p>That Thou wouldst vouchsafe to give and preserve the fruits of the earth,</p> <p>That Thou wouldst vouchsafe to grant eternal rest to all the faithful departed,</p> <p>That Thou wouldst vouchsafe graciously to hear us,</p> <p>Son of God,</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">We beseech Thee, hear us</p>
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Lamb of God, Who takest away the sins of the world, *spare us, O Lord.*

Lamb of God, Who takest away the sins of the world, *graciously hear us, O Lord.*

Lamb of God, Who takest away the sins of the world, *have mercy on us.*

Christ hear us, *Christ graciously hear us.*

Lord have mercy on us, *Christ have mercy on us.*

Lord have mercy on us.

Our Father (*inaudibly*).

V. And lead us not into temptation.

R. But deliver us from evil.

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Come unto my help, O God: O Lord, make haste to help me.

Let them be ashamed and put to confusion that seek after my soul:

Let them be turned backward and blush for shame: that wish me evil.

Let them be presently turned away blushing for shame: that say to me, Aha, aha.

Let all those that seek Thee rejoice, and be glad in Thee: and let such as love Thy salvation say always, The Lord be magnified.

But I am poor and needy: help me, O God.

Thou art my helper and my deliverer: O Lord, make no delay.

Glory be to the Father, etc.

V. Save Thy servants.

R. O my God, who put their trust in Thee.

V. Be unto us, O Lord, a tower of strength.

R. From the face of the enemy.

V. Let not the enemy prevail against us.

R. Nor the son of iniquity draw nigh to hurt us.

V. O Lord, deal not with us after our sins.

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R. Neither reward us according to our iniquities.

V. Let us pray for our Sovereign Pontiff, N.

R. The Lord preserve him and give him life, and make him blessed upon the earth; and deliver him not up to the will of his enemies.

V. Let us pray for our benefactors.

R. Vouchsafe, O Lord, to reward with eternal life all those who do us good, for Thy name's sake. *Amen.*

V. Let us pray for the faithful departed.

R. Eternal rest grant unto them, O Lord; and let perpetual light shine upon them.

V. May they rest in peace.

R. Amen.

V. For our absent brethren.

R. Save Thy servants, O my God, who put their trust in Thee.

V. Send them help, O Lord, from Thy holy place.

R. And defend them out of Sion.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

Let us pray.

O God, Whose property is always to have mercy and to spare: graciously receive our supplication; that we, and all

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Thy servants whom the chain of sin doth bind, may, by the compassion of Thy loving-kindness, be mercifully absolved.

Graciously hear, we beseech Thee, O Lord, the prayers of Thy humble servants, and forgive the sins of those who confess to Thee; that, in Thy bounty, Thou mayest grant us both pardon and peace.

Show forth upon us, O Lord, in Thy mercy, Thine unspeakable pity; that Thou mayest both loose us from all our sins, and deliver us from the punishments which we deserve for the same.

O God, Who by sin art offended, and by penance appeased: look graciously down upon the prayers of Thy people making supplication to Thee, and turn away the scourges of Thy wrath, which for our sins we deserve.

Almighty, Everlasting God, have mercy upon Thy servant N., our Sovereign Pontiff, and direct him, according to Thy mercy, in the way of everlasting salvation; that by Thy gift he may desire such things as please Thee, and may fulfill them with all his strength.

O God, from Whom are holy desires, right counsels, and just works: give unto Thy servants that peace which the world cannot give; that our hearts being given

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to the keeping of Thy commandments, and the fear of enemies being removed, our days, by Thy protection, may be peaceful.

Inflame, O Lord, our reins and our hearts with the fire of the Holy Ghost: that we may serve Thee with a chaste body, and please Thee with a pure mind.

O God, the Creator and Redeemer of all the faithful, grant unto the souls of Thy servants and handmaids remission of all their sins; that through our pious supplications they may obtain the pardon which they have always desired.

Direct, we beseech Thee, O Lord, our actions by Thy inspiration, and further them with Thy continual help; that every prayer and work of ours may always begin from Thee, and through Thee be brought to an end.

Almighty, Everlasting God, Who hast dominion over the living and the dead, and showest mercy unto all whom Thou foreknowest will be Thine by faith and works: we humbly beseech Thee that they for whom we have resolved to pour forth our prayers, whether this present world still detain them in the flesh, or the world to come hath already received them stripped of their bodies, may, by the grace of Thy fatherly love, and through the intercession

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of all the Saints, obtain the remission of all their sins. Through Our Lord Jesus Christ, etc.

R. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

V. May the Almighty and merciful Lord graciously hear us.

R. Amen.

V. And may the souls of the faithful departed, through the mercy of God, rest in peace.

R. Amen.

The Spirit of Lent

LET us change our garments for ashes and sackcloth: let us fast and lament before the Lord: for our God is very merciful to forgive our sins.

Between the porch and the altar, the priests, the Lord's ministers, shall weep, and shall say: Spare, O Lord, spare Thy people: and shut not the mouths of those who sing to Thee, O Lord.

R. Let us change for the better in those things in which we have sinned through ignorance: lest we be suddenly overtaken by the day of death, and seek space for penance, and find it not: Hear, O Lord,

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and have mercy: for we have sinned against Thee.

V. Help us, O God our Saviour: and for the honor of Thy name, O Lord, deliver us. Hear, O Lord, etc.

V. Glory be to the Father, etc. Hear, etc.

Lenten Hymn

O MAKER of the world, give ear!
Accept the prayer, and own the tear,
Towards Thy seat of mercy sent,
In this most holy fast of Lent.

Each heart is manifest to Thee:
Thou knowest our infirmity:
Forgive Thou then each soul that fain
Would seek to Thee, and turn again.

Our sins are manifold and sore;
But pardon them that sin deplore;
And, for Thy name's sake, make each soul,
That feels and owns its languor, whole.

So mortify we every sense
By grace of outward abstinence,
That from each stain and spot of sin
The soul may keep her fast within.

Grant, O Thou blessed Trinity,
Grant, O Essential Unity,
That this our fast of forty days
May work our profit and Thy praise. *Amen.*

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Special Prayers for the Days of Lent

(The Prayer is in each case the Collect of the day.)

1

ASH WEDNESDAY.

GRANT, O Lord, that Thy faithful people may begin the venerable solemnities of fasting with suitable piety, and carry them through with tranquil devotion. Through Our Lord Jesus Christ, Who liveth and reigneth with Thee in the unity of the Holy Ghost, God, world without end. *Amen.*

2

O God, Who by sin art offended, and by repentance pacified: mercifully regard the prayers of Thy people making supplication to Thee, and turn away the scourges of Thy wrath, which we deserve for our sins.

3

Do Thou, we beseech Thee, O Lord, graciously help us on in the fasts which we have begun: that the observance which we practise in the body, we may also carry on with sincere minds.

4

Give ear, O Lord, to our supplications, and grant that we may with devout serv-

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ice celebrate this solemn fast, which has been ordained as a healthful remedy for body and soul.

5

FIRST SUNDAY IN LENT.

O God, Who purifiest Thy Church by the yearly fast of Lent: grant to Thy family that what we endeavor to obtain from Thee by abstinence, we may secure by good works.

6

Convert us, O God of our salvation: and that this Lenten fast may profit us, instruct our minds in heavenly knowledge.

7

Look down upon Thy family, O Lord: and grant that we who punish ourselves by mortification of the flesh, may have our minds shining before Thee, with the desire of Thee.

8 and 9

Graciously regard, we beseech Thee, O Lord, the devotion of Thy people: that they who by abstinence mortify their bodies, may in mind be refreshed by the fruit of good works.

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10

Be Thou, O Lord, propitious to Thy people; and out of Thy compassion cheer with gracious help those whom Thou dost render devoted to Thee.

11

The prayers of Thy people, do Thou, O Lord, graciously hear; that we who are justly afflicted for our sins, may for the glory of Thy Name, be mercifully delivered.

12

SECOND SUNDAY IN LENT.

O God, Who seest us to be destitute of strength, do Thou both inwardly and outwardly keep us; that in body we may be defended from all adversities, and in mind cleansed from evil thoughts.

13

Grant, we beseech Thee, Almighty God, that we Thy family, who, to punish our bodies, abstain from food, may, by striving after justice, keep free from sin.

14

Graciously perfect within us, we beseech Thee, O Lord, the help given us in

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this holy observance: that we, who, through Thine example, know that we ought to undertake this fast, may accomplish it, through Thy working.

15

Mercifully regard Thy people, we beseech Thee, O Lord; and grant that they whom Thou commandest to abstain from carnal food, may also cease from noxious vices.

16

Grant us, we beseech Thee, O Lord, the help of Thy grace; that duly intent on fasting and prayer, we may be delivered from the enemies of mind and body.

17

Grant, we beseech Thee, Almighty God, that by the purifying power of this sacred fast, Thou wouldst make us to arrive with sincere minds at the coming holy festivities.

18

Grant, we beseech Thee, O Lord, a salutary effect to our fasts: that the mortifying of the flesh which we have undertaken, may promote the quickening of our souls.

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19

THIRD SUNDAY IN LENT.

We beseech Thee, Almighty God: regard the desires of those that humble themselves, and for our defense, stretch forth the right hand of Thy Majesty.

20

Graciously pour forth, we beseech Thee, O Lord, Thy grace into our hearts: that as we abstain from carnal food, so also we may draw back our senses from hurtful excesses.

21

Graciously hear us, Almighty and Merciful God; and propitiously grant to us the gift of a salutary temperance.

22

Grant, we beseech Thee, O Lord, that trained by this salutary fasting, and abstaining also from hurtful vices, we may the more readily obtain Thy mercy.

23

May this solemn commemoration of the martyrdom of Thy Saints, Cosmas and Damianus, glorify Thee, O Lord; whereby Thou didst out of Thine unspeakable prov-

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idence, both grant everlasting glory to them and help to us.

24

Do Thou, we beseech Thee, O Lord, help on our fasting with Thy bounteous favor; that even as in body we abstain from food, so in mind we may refrain from vices.

25

Grant, we beseech Thee, Almighty God, that they who, to afflict their flesh, abstain from food, may, by following justice, fast from sin.

26

FOURTH SUNDAY IN LENT.

Grant, we beseech Thee, Almighty God, that we who justly suffer for our deeds, may be relieved by the comfort of Thy grace.

27

Grant, we beseech Thee, Almighty God, that devoutly performing these sacred and annual observances, we may please Thee both in mind and in body.

28

May the fasts of this sacred observance obtain for us, we beseech Thee, O Lord,

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both an increase in the piety of our lives, and the ever-present help of Thy propitiation.

29

O God, Who both grantest to the just the rewards of their merits, and to sinners pardon through fasting: have mercy upon Thy suppliants, that the confession of our guilt may avail to obtain for us the pardon of our offenses.

30

Grant, we beseech Thee, Almighty God, that we, whom our votive fasts do chastise, may also be gladdened by this holy devotion: that by the weakening of earthly affections, we may more readily lay hold of heavenly things.

31

O God, Who renewest the world by means of wonderful Sacraments: grant, we beseech Thee, that Thy Church may both profit by Thine eternal institutions, and not be deprived of temporal help.

32

May the affection of our devotion, we beseech Thee, O Lord, be made fruitful by

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Thy grace; for then shall the fasts which we have undertaken profit us, if they are pleasing to Thy bounty.

33

PASSION SUNDAY.

We beseech Thee, Almighty God, mercifully look upon Thy family: that by Thy bounty it may be governed in body, and by Thy protection guarded in mind.

34

Sanctify our fasts, we beseech Thee, O Lord; and mercifully grant to us the pardon of all our faults.

35

May our fasts be acceptable to Thee, O Lord, we beseech Thee; these fasts which, by making expiation for our sins, may, we trust, render us worthy of Thy grace, and likewise lead us to the everlasting remedies.

36

Having sanctified this our fast, do Thou, O God, mercifully enlighten the hearts of Thy faithful: and graciously grant a favorable hearing to the prayers of those upon whom Thou bestowest the sentiments of devotion.

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37

Grant, we beseech Thee, Almighty God, that the dignity of our human nature, impaired by excess, may be reformed by the pursuit of a health-giving moderation.

38

Graciously pour forth Thy grace into our hearts, we beseech Thee, O Lord: that repressing our sins by a voluntary chastisement, we may rather suffer in this life, than be condemned to eternal punishment.

39

May the people that is dedicated to Thee progress, we beseech Thee, O Lord, in the sentiments of a pious devotion, that instructed in these sacred Mysteries, the more they become pleasing to Thy Majesty, the more they may abound in choicest gifts.

40

PALM SUNDAY.

Almighty and everlasting God, Who didst cause Our Saviour to take upon Him our flesh, and suffer on the Cross, that all mankind might have His example of humility for their imitation: grant that we may both keep in mind the lessons of His patience,

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and be made partakers of His Resurrection.

41

Grant, we beseech Thee, Almighty God, that we who through our infirmity fail in so many difficulties, may breathe anew through the interceding Passion of Thy Son.

42

Almighty and everlasting God, grant that we may so celebrate the mysteries of the Lord's Passion, as to deserve to obtain Thy pardon.

43

Grant, we beseech Thee, Almighty God, that we, who by reason of our excesses are unceasingly afflicted, may obtain deliverance through the Passion of Thine only-begotten Son.

44 and 45.

O God, from Whom on the one hand Judas received the punishment of his crime, and the Thief on the other obtained the reward of his confession: grant us the effect of Thy mercy; that even as Our Lord Jesus Christ, during His Passion, thus

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dealt out to each the different wages of their deserts, so, having destroyed in us the errors of our old nature, He would grant us the grace of His Resurrection.

46

O God, Who hast wonderfully created man, and more wonderfully redeemed him: grant us, we beseech thee, such strength of mind and reason against the allurements of sin, that we may deserve to obtain eternal joys.

Lenten Hymn

NOW, with the slow revolving year,
Again the Fast we greet
Which in its mystic circle moves
Of forty days complete.

That Fast, by Law and Prophet taught,
By Jesus Christ restored;
Jesus, of seasons and of times
The Maker and the Lord.

Henceforth more sparing let us be
Of food, of words, of sleep;
Henceforth beneath a stricter guard
The roving senses keep;

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And let us shun whatever things
Distract the careless heart;
And let us shut our souls against
The tyrant tempter's art;

And weep before the Judge, and strive
His vengeance to appease;
Saying to Him with contrite voice
Upon our bended knees:

Much have we sinned, O Lord! and still
We sin each day we live;
Yet look in pity from on high,
And of Thy grace forgive.

Remember that we still are Thine,
Though of a fallen frame;
And take not from us in Thy wrath
The glory of Thy name.

Undo past evil; grant us, Lord,
More grace to do aright;
So may we now and ever find
Acceptance in Thy sight.

Blest Trinity in Unity!
Vouchsafe us, in Thy love,
To gather from these fasts below
Immortal fruit above. *Amen.*

SELECTED PRAYERS FOR LENT

The Seven Penitential Psalms

Antiphon. Remember not, O Lord, our offenses, nor those of our parents; neither take Thou revenge of our sins.

1. PSALM VI.

O LORD, rebuke me not in Thine anger:
nor chastise me in Thy wrath.

Have mercy on me, O Lord, for I am weak: heal me, O Lord, for my bones are troubled.

My soul also is troubled exceedingly: but Thou, O Lord, how long?

Turn Thee, O Lord, and deliver my soul:
O save me for Thy mercy's sake.

For in death there is no one that is mindful of Thee: and who will give Thee thanks in hell?

I have labored in my groanings, every night will I wash my bed: and water my couch with my tears.

Mine eye is troubled through indignation: I have grown old amongst all mine enemies.

Depart from me, all ye workers of iniquity: for the Lord hath heard the voice of my weeping.

The Lord hath heard my supplication:
the Lord hath received my prayer.

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Let all mine enemies be put to shame, and be sore troubled: let them be turned back, and put to shame very speedily.

Glory be to the Father, etc.

2. PSALM XXXI.

Blessed are they whose iniquities are forgiven: and whose sins are covered.

Blessed is the man to whom the Lord hath not imputed sin: and in whose spirit there is no guile.

Because I was silent, my bones grew old: whilst I cried out all the day long.

For day and night Thy hand was heavy upon me: I am turned in my anguish, whilst the thorn is fastened.

I have acknowledged my sin unto Thee: and mine iniquity I have not concealed.

I said, I will confess against myself mine iniquity unto the Lord: and Thou hast forgiven the wickedness of my sin.

For this shall every one that is holy pray to Thee: in a seasonable time.

And yet in a flood of many waters: they shall not come nigh unto him.

Thou art my refuge from the trouble which hath encompassed me: my joy, deliver me from them that surround me.

I will give thee understanding, and I will instruct thee in this way, in which

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thou shalt go: I will fix Mine eyes upon thee.

Be not as the horse and the mule: that have no understanding.

With bit and bridle bind fast their jaws: who come not near unto Thee.

Many are the scourges of the sinner: but mercy shall encompass him that hopeth in the Lord.

Be glad in the Lord and rejoice, ye just: and be joyful, all ye that are right of heart.

Glory be to the Father, etc.

3. PSALM XXXVII.

Rebuke me not, O Lord, in Thine indignation: neither chasten me in Thy sore displeasure.

For Thine arrows are fastened in me: and Thy hand presseth heavily upon me.

There is no health in my flesh, because of Thy wrath: there is no rest for my bones, because of my sins.

For mine iniquities are gone over my head: and as a heavy burden are become heavy upon me.

My sores have rotted and are corrupt: because of my foolishness.

I am become miserable, and am greatly

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bowed down: I went about sorrowful all the day long.

For my loins are filled with illusions: and there is no soundness in my flesh.

I am afflicted, and humbled exceedingly: I have roared with the groaning of my heart.

Lord, all my desire is before Thee: and my groaning is not hid from Thee.

My heart is troubled, my strength hath forsaken me: and the light of mine eyes itself is not with me.

My friends and my neighbors have drawn near: and stood against me.

And they that were near me stood afar off: and they that sought after my soul used violence.

They that sought my hurt spoke vain things: and thought upon deceits all the day long.

But I, as a deaf man, heard not: and I was as a dumb man that doth not open his mouth.

And I became as a man that heareth not: and that hath no reproofs in his mouth.

For in Thee, O Lord, have I hoped: Thou wilt hear me, O Lord my God.

For I said, Lest at any time mine enemies rejoice over me: and whilst my feet slip, they glory over me.

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For I am ready for scourges: and my sorrow is continually before me.

For I will declare mine iniquity: and I will be thoughtful of my sin.

But mine enemies live, and are stronger than I: and they that hate me wrongfully are multiplied.

They that render evil for good have slandered me: because I followed goodness.

Forsake me not, O Lord my God: do not Thou depart from me.

Give heed unto my help, O Lord: Thou God of my salvation.

Glory be to the Father, etc.

4. PSALM L.

Have mercy upon me, O God: according to Thy great mercy.

And according to the multitude of Thy tender mercies: blot out my iniquity.

Wash me yet more from my iniquity: and cleanse me from my sin.

For I acknowledge my iniquity: and my sin is always before me.

Against Thee only have I sinned, and done evil in Thy sight: that Thou mayest be justified in Thy words, and mayest overcome when Thou art judged.

For behold, I was conceived in iniquity

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uities: and in sins did my mother conceive me.

For behold, Thou hast loved truth: the secret and hidden things of Thy wisdom Thou hast made manifest unto me.

Thou shalt sprinkle me with hyssop, and I shall be cleansed: Thou shalt wash me, and I shall be made whiter than snow.

Thou shalt make me hear of joy and gladness: and the bones that were humbled shall rejoice.

Turn away Thy face from my sins: and blot out all my iniquities.

Create in me a clean heart, O God: and renew a right spirit within me.

Cast me not away from Thy face: and take not Thy Holy Spirit from me.

Restore unto me the joy of Thy salvation: and strengthen me with a perfect spirit.

I will teach the unjust Thy ways: and the wicked shall be converted unto Thee.

Deliver me from sins of blood, O God, Thou God of my salvation: and my tongue shall extol Thy justice.

Thou shalt open my lips, O Lord: and my mouth shall declare Thy praise.

For if Thou hadst desired sacrifice, I would surely have given it: with burnt-offerings Thou wilt not be delighted.

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A sacrifice unto God is a troubled spirit: a contrite and humble heart, O God, Thou wilt not despise.

Deal favorably, O Lord, in Thy good will with Sion: that the walls of Jerusalem may be built up.

Then shalt Thou accept the sacrifice of justice, oblations, and whole burnt-offerings: then shall they lay calves upon Thine altar.

Glory be to the Father, etc.

5. PSALM CI.

Hear my prayer, O Lord: and let my cry come unto Thee.

Turn not away Thy face from me: in the day when I am in trouble, incline Thine ear unto me.

In what day soever I shall call upon Thee: O hearken unto me speedily.

For my days are vanished like smoke: and my bones are dried up like fuel for the fire.

I am smitten as grass, and my heart is withered: for I have forgotten to eat my bread.

Through the voice of my groaning: my bones have cleaved unto my flesh.

I am become like a pelican in the wilderness: and like a night-raven in the house.

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I have watched, and am become like a sparrow: that sitteth alone on the housetop.

Mine enemies reviled me all the day long: and they that praised me have sworn together against me.

For I have eaten ashes as it were bread: and mingled my drink with weeping.

Because of Thine indignation and wrath: for Thou hast lifted me up and cast me down.

My days have gone down like a shadow: and I am withered like the grass.

But Thou, O Lord, endurest for ever: and Thy memorial unto all generations.

Thou shalt arise, and have mercy upon Sion: for it is time that Thou have mercy upon her; yea, the time is come.

For Thy servants have delighted in her stones: and they shall have pity on the earth thereof.

And the Gentiles shall fear Thy name, O Lord: and all the kings of the earth Thy glory.

For the Lord hath built up Sion: and He shall be seen in His glory.

He hath had regard unto the prayer of the lowly: and hath not despised their petition.

Let these things be written for another

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generation: and the people that shall be created shall praise the Lord;

For He hath looked down from His high and holy place: out of heaven hath the Lord looked upon the earth;

That He might hear the groaning of them that are in fetters: that He might deliver the children of the slain;

That they may declare the name of the Lord in Sion: and His praise in Jerusalem.

When the people assembled together: and the kings to serve the Lord.

He answered him in the way of his strength: Declare unto me the fewness of my days.

Call me not away in the midst of my days: Thy years are unto generation and generation.

Thou, Lord, in the beginning didst lay the foundation of the earth: and the heavens are the work of Thy hands.

They shall perish, but Thou endurest: and they all shall grow old as a garment.

And as a vesture shalt Thou change them, and they shall be changed: but Thou art the same, and Thy years shall not fail.

The children of Thy servants shall continue: and their seed shall be directed for ever.

Glory be to the Father, etc.

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6. PSALM CXXIX.

Out of the depths have I cried unto Thee, O Lord: Lord, hear my voice.

O let Thine ears consider well: The voice of my supplication.

If Thou, O Lord, wilt mark iniquities: Lord, who shall abide it?

For with Thee there is merciful forgiveness: and because of Thy law I have waited for Thee, O Lord.

My soul hath waited on His word: my soul hath hoped in the Lord.

From the morning watch even until night: let Israel hope in the Lord.

For with the Lord there is mercy: and with Him is plenteous redemption.

And he shall redeem Israel: from all his iniquities.

Glory be to the Father, etc.

7. PSALM CXLII.

Hear my prayer, O Lord: give ear to my supplication in Thy truth: hearken unto me for Thy justice' sake.

And enter not into judgment with Thy servant: for in Thy sight shall no man living be justified.

For the enemy hath persecuted my soul: he hath brought my life down unto the ground.

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He hath made me to dwell in darkness as those that have been long dead: and my spirit is vexed within me; my heart within me is troubled.

I remembered the days of old, I meditated on all Thy works: I have mused upon the works of Thy hands.

I stretched forth my hands unto Thee: my soul gaspeth unto Thee, as a land where no water is.

Hear me speedily, O Lord: my spirit hath fainted away.

Turn not away Thy face from me: lest I be like unto them that go down into the pit.

Make me to hear Thy mercy in the morning: for in Thee have I hoped.

Make me to know the way wherein I should walk: for to Thee have I lifted up my soul.

Deliver me from mine enemies, O Lord, unto Thee have I fled: teach me to do Thy will, for Thou art my God.

Thy good spirit shall lead me into the right land: for Thy name's sake, O Lord, Thou shalt quicken me in Thy justice.

Thou shalt bring my soul out of trouble: and in Thy mercy Thou shalt destroy mine enemies.

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And Thou shalt destroy all them that afflict my soul: for I am Thy servant.

Glory be to the Father, etc.

Ant. Remember not, O Lord, our offenses, nor those of our parents; neither take Thou revenge of our sins.

Stations of the Cross

I. Jesus is condemned to death.

Thy will, O God, is supreme. May my one great purpose be to follow it.

II. Jesus receives the Cross.

Grant, O divine Saviour, that I may faithfully fulfill every duty for love of Thee.

III. Jesus falls the first time under the Cross.

How many times, O Lord, have I been faithless, through sin, to Thee.

IV. Jesus is met by His Blessed Mother.

Mary, my Mother, intercede for me with Thy Divine Son.

V. The Cross is laid upon Simon of Cyrene.

Every time I resist sin, I help Thee, Jesus, to carry Thy cross.

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VI. Veronica wipes the face of Jesus.

Thy suffering was for me. I will not desert Thee, but always defend Thee.

VII. Jesus falls the second time.

Forgive me, O merciful Lord, my many, my repeated sins.

VIII. Jesus speaks to the women of Jerusalem.

Thy words of mercy and pardon give me fresh hope and confidence.

IX. Jesus falls the third time.

May my sins never discourage me, but lead me to seek more and more Thy help.

X. Jesus is stripped of His garments.

I will be Thy faithful follower. My conduct will never shame Thee before men.

XI. Jesus is nailed to the Cross.

Thy commands mean that I should conquer every unholy desire. I will conquer in Thy name.

XII. Jesus dies on the Cross.

When my hour comes, may I die bravely, dear Jesus for Thee.

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XIII. Jesus is taken down from the Cross.

In trial, in affliction, in the hour of death, Thou, O Lord, though unseen, wilt always be with me.

XIV. Jesus is laid in the sepulcher.

Thee, my loving Master, will I always serve. With Thee I live, and with Thee die.

The Seven Words Upon the Cross

The First Word.

FATHER, FORGIVE THEM, FOR THEY KNOW NOT WHAT THEY DO.

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy Cross Thou hast redeemed the world.

O beloved Jesus, Who for the love of me didst agonize on the Cross that Thou mightest pay by Thy sufferings the debt due to my sins, and didst open Thy divine mouth to obtain my pardon from eternal Justice: have mercy on all the faithful in their agony, and on me also when I shall be in that extremity, and, through the merits of Thy most Precious Blood shed for our salvation, give us so lively a sorrow for our sins that we may breathe out our souls into the bosom of Thine infinite mercy.

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Glory be to the Father, *three times*.

V. Have mercy on us, O Lord.

R. Have mercy on us.

O my God, I believe in Thee, I hope in Thee, I love Thee, and I repent of having offended Thee by my sins.

The Second Word.

THIS DAY THOU SHALT BE WITH ME IN PARADISE.

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy Cross Thou hast redeemed the world.

O beloved Jesus, Who for the love of me didst agonize on the Cross, and with such readiness and bounty didst respond to the faith of the Good Thief, who in the midst of Thy humiliation acknowledged Thee to be the Son of God: O Thou Who didst assure him of Paradise, have mercy on all the faithful in their agony, and on me also when I shall be in that extremity, and, through the merits of Thy most Precious Blood, revive in our souls a faith so firm and constant that it may not waver at any suggestion of the devil, so that we also may obtain the blessed reward of Heaven.

Glory be to the Father, *three times*.

Have mercy, etc.

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The Third Word.

BEHOLD THY SON; BEHOLD THY MOTHER.
V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy Cross Thou hast redeemed the world.

O beloved Jesus, Who for the love of me didst agonize on the Cross, and, forgetting Thy sufferings, didst leave us as a pledge of Thy love Thine own most holy Mother, that through her we might confidently have recourse to Thee in our greatest need: have mercy on all the faithful in their agony, and on me also when I shall be in that extremity, and, through the interior martyrdom of this Thy dear Mother, awaken in our hearts a firm hope in the infinite merits of Thy most Precious Blood, that we may avoid the eternal damnation which our sins have deserved.

Glory be to the Father, *three times.*

Have mercy, etc.

The Fourth Word.

MY GOD! MY GOD! WHY HAST THOU FORSAKEN ME?

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy Cross Thou hast redeemed the world.

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O beloved Jesus, Who for the love of me didst agonize on the Cross, and, heaping suffering on suffering, didst endure with infinite patience not only Thy many bodily tortures, but the most heavy affliction of spirit through the Dereliction of Thine Eternal Father: have mercy on all the faithful in their agony, and on me also when I shall be in that extremity, and, through the merits of Thy most Precious Blood, give us grace to suffer with true patience all the pains and afflictions of our agony, that, uniting them with Thine, we may be partakers of Thy glory in Paradise.

Glory be to the Father, *three times*.

Have mercy, etc.

The Fifth Word.

I THIRST.

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy Cross Thou hast redeemed the world.

O beloved Jesus, Who didst agonize on the Cross for the love of me, and Who, not satisfied with all the ignominy and suffering, wouldst willingly have suffered yet more, so that all men might be saved—as was clearly proved when all the torrents of Thy Passion would not allay the

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Thirst of Thy tender Heart: have mercy on all the faithful in their agony, and on me also when I shall be in that extremity, and, through the merits of Thy most Precious Blood, enkindle such a fire of charity in our hearts as may cause them to burn with the desire of uniting themselves to Thee for all eternity.

Glory be to the Father, *three times*.

Have mercy, etc.

The Sixth Word.

IT IS CONSUMMATED.

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy Cross Thou hast redeemed the world.

O beloved Jesus, Who for the love of me didst agonize on the Cross, and from that Throne of Truth didst announce the completion of the work of our Redemption, through which, from being the children of wrath and perdition, we are become the children of God and the heirs of Heaven: have mercy on all the faithful in their agony, and on me also when I shall be in that extremity, and, through the merits of Thy most Precious Blood, detach us entirely from the world and from ourselves, and at the moment of our agony give us

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grace sincerely to offer Thee the sacrifice of our life in expiation of our sins.

Glory be to the Father, *three times*.

Have mercy, etc.

The Seventh Word.

FATHER, INTO THY HANDS I COMMEND MY SPIRIT.

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy Cross Thou hast redeemed the world.

O beloved Jesus, Who didst agonize on the Cross for the love of me, and Who, in completing this great Sacrifice, didst accept the will of Thine Eternal Father, by resigning Thy spirit into His hands, and then bowing Thy Head and dying: have mercy on all the faithful in their agony, and on me also when I shall be in that extremity, and, through the merits of Thy most Precious Blood, give us, in our agony, an entire conformity to the divine will, that we may be ready either to live or die according as it shall best please Thee, desiring nothing but the accomplishment of Thy blessed will in us.

Glory be to the Father, *three times*.

Have mercy, etc.

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