



SAINT ANTHONY
PRAYER BOOK

A Gift From
SAINT LAWRENCE SEMINARY
“THE HILL OF HAPPINESS”

WORDS OF SAINT ANTHONY

ON PRAYER

Those who ask in faith for anything in particular should always submit their own will to the will of God.

In our petitions we should pray with childlike faith and never cling stubbornly to our demands.

We do not know what is truly necessary or good for us in temporal matters, but our heavenly Father does know.

ON OUR PRIORITIES

Do you want to have everything?
Give all of yourself to God and God will give you all of Himself to you.

Thus, not having anything of yourself, you will totally possess God, and yourself in Him.

SAINT ANTHONY SPEAKS TO YOU

I therefore beseech you and beg you most earnestly that when you read these words, you offer a remembrance of me, your brother, to the Son of God, who offered Himself to God the Father on the wood of the Cross.

A COLLECTION of FAVORITE PRAYERS

PRAYER FOR ALL OCCASIONS

Lord, may everything we do begin with your inspiration and continue with your help, so that all our prayers and works may begin in you and by you be happily ended.

PRAYER TO SAINT ANTHONY

O good and gentle Saint Anthony, your love of God and concern for His creatures made you worthy, while on earth, to possess miraculous powers. Miracles waited on your word, which you were always ready to request for those in trouble or anxiety. Encouraged by this thought, I implore you to obtain for me (*your request*). The answer to my prayer may require a miracle. Even so, you are the Saint of miracles. Gentle and loving Saint Anthony, whose heart is ever full of human sympathy, take my petition to the Infant Savior for whom you have such a great love, and the gratitude of my heart will ever be yours. Amen.

(Our Father, Hail Mary, Glory)

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer you all my prayers, works, joys and sufferings of this day, for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world; in reparation for all my sins; for the intentions of all our associates, and, in particular, for the intention of our Holy Father for this month. Amen.

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

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, His only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He 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 and is seated at the right hand of the Father. He will come again 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.

PRAYER FOR VOCATIONS

Lord, in your love for the Church, you provide bishops, priests and deacons as shepherds for your people, and you call men and women to leave all things to serve you joyfully in religious life.

May those whom you have raised up as servants of the Gospel and ministers for your altars show forth dedication and compassion.

May those whom you have chosen to serve you as religious provide by their way of life a convincing sign of your kingdom for the Church and the whole world.

ACT OF FAITH

O my God, I firmly believe that you are one God in three divine Persons, Father, Son and Holy Spirit. I believe that your divine Son became man, died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches, because you have revealed them, Who can neither deceive nor be deceived.

ACT OF HOPE

O my God, relying on your Almighty power, infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer.

ACT OF LOVE

O my God, I love you above all things, with my whole heart and soul, because you are all-good and worthy of all love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured.

ACT OF SORROW

My God, I am sorry for my sins with all my heart. In choosing to do wrong and 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.

PRAYER FOR SAINT LAWRENCE SEMINARY

Heavenly Father, we ask you to send your Holy Spirit among the students, their parents and the staff of Saint Lawrence Seminary. We praise you and thank you for the blessings and graces you have given them as individuals and as a community. We beg you to continue to inspire them to do what you may be asking of them.

Your Son, Jesus Christ, gave us an example by being the Way, the Truth and the Life. We beg you to be with the students and their families. Guide and direct all who are thinking of being brothers, priests or sisters. Help those who have decided to lead the Church as dedicated Christian laymen and women. Shed your light on all those who are still in doubt as to their faith or vocation.

In a special way, grant wisdom and understanding to the staff of Saint Lawrence Seminary. Give them direction and a willingness to serve the students on the Hill of Happiness. Bless all the parents of students, both past and present. Finally, Father, we pray that you give eternal peace to all who have preceded us in this life.

THE MYSTERIES OF THE ROSARY

JOYFUL MYSTERIES *Monday & Saturday*

1. The Annunciation (*Humility*)
2. The Visitation (*Charity*)
3. The Nativity (*Poverty*)
4. The Presentation (*Obedience*)
5. The Finding in the Temple (*Piety*)

LUMINOUS MYSTERIES *Thursday*

1. The Baptism of Jesus (*Innocence*)
2. The Wedding at Cana (*Joy*)
3. The Proclamation of the Kingdom of God (*Justice*)
4. The Transfiguration (*Glory*)
5. The Institution of the Eucharist (*Peace*)

SORROWFUL MYSTERIES *Tuesday & Friday*

1. The Agony in the Garden (*Contrition*)
2. The Scourging at the Pillar (*Purity*)
3. The Crowning with Thorns (*Courage*)
4. The Carrying of the Cross (*Patience*)
5. The Crucifixion (*Self-denial*)

GLORIOUS MYSTERIES *Sunday & Wednesday*

1. The Resurrection (*Faith*)
2. The Ascension (*Hope*)
3. The Descent of the Holy Spirit (*Love*)
4. The Assumption (*Eternal Happiness*)
5. The Crowning of Mary (*Devotion to Mary*)

HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of mercy! Hail, our life, our sweetness and our hope! To you we cry, the children of Eve; to you, we send up our sighs, mourning and weeping in this land of exile. Turn, then, most gracious advocate, your eyes of mercy toward us; lead us home at last and show us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary!

ANGELUS

The angel spoke God's message to Mary, and she conceived of the Holy Spirit. *Hail Mary*

“I am the lowly servant of the Lord; let it be done to me according to your word.” *Hail Mary*

And the Word became flesh and lived among us. *Hail Mary*

Pray for us, holy Mother of God, that we may become worthy of the promises of Christ.

Let us pray: Lord, fill our hearts with your grace. Once, through the message of an angel, you revealed to us the incarnation of your Son; now, through his suffering and death, lead us to the glory of his resurrection. We ask this through Christ our Lord. Amen.

MAGNIFICAT

My soul proclaims the greatness of the Lord; my spirit rejoices in God my Savior; for he has looked with favor on his lowly servant.

From this day all generations will call me blessed; the Almighty has done great things for me, and holy is His Name.

He has mercy on those who fear Him in every generation. He has shown the strength of His arm. He has scattered the proud in their conceit.

He has cast down the mighty from their thrones and has lifted up the lowly. He has filled the hungry with good things and the rich He has sent away empty.

He has come to the help of His servant Israel, for He has remembered His promise of mercy, the promise He made to our fathers, to Abraham and his children forever.

MEMORARE

Remember, most loving Virgin Mary, never was it heard that anyone, who turned to you for help, was left unaided. Inspired with this confidence, though burdened by my sins, I run to your protection for you are my mother. Mother of the Word of God, do not despise my words of pleading, but be merciful and hear my prayer.

MARY, HELP OF THOSE IN NEED

Holy Mary, help those in need, give strength to the weak, comfort the sorrowful, pray for God's people, assist the clergy, intercede for religious. May all who seek your help experience your unfailing protection. Amen.

PRAYER TO SAINT JOSEPH

Blessed Joseph, husband of Mary, be with us this day. You protected and cherished the Virgin; loving the Child Jesus as your Son, you rescued him from danger of death. Defend the Church, the household of God, purchased by the blood of Christ.

Guardian of the holy family, be with us in our trials. May your prayers obtain for us the strength to flee from error and wrestle with the powers of evil, so that in life we may grow in holiness and in death rejoice in the crown of victory. Amen.

PRAYER TO ONE'S GUARDIAN ANGEL

Angel, sent by God to guide me, be my light and walk beside me; be my guardian and protect me; on the paths of life, direct me.

PRAYER TO CHRIST THE KING

Christ Jesus, I acknowledge you King of the universe. All that has been created has been made for you. Make full use of your rights over me.

I renew the promises I made in Baptism, when I renounced Satan and all his works, and I promise to live a good Christian life and to do all in my power to procure the triumph of the rights of God and your Church.

Divine Heart of Jesus, I offer you my efforts so that all hearts may acknowledge your Kingship and that the Kingdom of your peace may be established throughout the universe. Amen.

PRAYER TO THE HOLY TRINITY

Glory be to the Father — Who by His almighty power and love created me, making me in the image and likeness of God.

Glory be to the Son — Who, by His Precious Blood, delivered me from hell and opened for me the gates of heaven.

Glory be to the Holy Spirit — Who has sanctified me in the sacrament of Baptism and continues to sanctify me by the graces I receive daily from His goodness.

Glory be to the three Persons of the Holy Trinity, now and forever. Amen.

PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, fill my heart with your holy gifts. Let my weakness be penetrated with your strength this very day, that I may fulfill all the duties of my state conscientiously and that I may do what is right and just.

Let my charity be such as to offend no one and hurt no one's feelings; so generous as to pardon sincerely any wrong done to me.

Assist me, O Holy Spirit, in all my trials of life; enlighten me in my ignorance; advise me in my doubts; strengthen me in my weakness; help me in all my needs; protect me in temptations and console me in afflictions.

Graciously hear me, O Holy Spirit, and pour your light into my heart, my soul and my mind. Help me to live a holy life and to grow in goodness and grace. Amen.

PRAYER FOR A HOUSEHOLD

Hear us, Lord, and send your angel from heaven to visit and protect, to comfort and defend all who live in this house. Amen.

IN TIME OF SICKNESS

O Jesus, you suffered and died for us; you understand suffering. Teach me to understand my suffering as you do; to bear it in union with you; to offer it with you to atone for my sins and to bring your grace to those in need.

Calm my fears; increase my trust. May I gladly accept your holy will and become more like you in trial. If it be your will, restore me to health so that I may work for your honor and glory and the salvation of others. Amen.

Mary, help of the sick, pray for me.

FOR THE SICK

Jesus, Divine Physician and Healer of the sick, we turn to you in this time of illness. Comforter of the troubled, alleviate our worry and sorrow with your gentle love, and grant us the grace and strength to accept this burden. Dear God, we place our worries in your hands. We place our sick under your care and humbly ask that you restore your servant to health again. Above all, grant us the grace to acknowledge your holy will and know that whatsoever you do, you do for the love of us. Amen.

FOR A HAPPY DEATH

O glorious Saint Joseph, I choose you today for my special patron in life and at the hour of my death. Increase in me the spirit of prayer and fervor in the service of God. Remove far from me every kind of sin; obtain for me that my death may not come unawares, but that I may have time to confess my sins and be truly sorry for them, so that I may breathe forth my soul into the hands of Jesus and Mary. Amen.

IN TIME OF SUFFERING

Behold me, my beloved Jesus, weighed down under the burden of my trials and sufferings. I cast myself at your feet, that you may renew my strength and my courage. Permit me to lay down my cross in your Sacred Heart, for only your infinite goodness can sustain me; only your love can help me bear this cross. O Divine King, Jesus, whose heart is so compassionate to the afflicted, I wish to live in you; suffer and die in you. During my life, be my model and support; at the hour of death, be my hope and refuge.

FOR ANY NEED

God, our Father, our strength in adversity, our health in weakness, our comfort in sorrow, be merciful to your people. As you have given us the punishment we deserve, give us also new hope as we rest in your kindness.

FOR THE DYING

Most Merciful Jesus, I pray that, by the agony of your Sacred Heart and by the sorrows of your Immaculate Mother, you be with those who are in their last suffering and will die today. Heart of Jesus, once in agony, have mercy on the dying.

FOR THOSE WHO HAVE DIED

Lord God, to your mercy we owe our forgiveness and salvation. Grant that your servant (*name*) who has departed from this life, may be admitted into everlasting happiness through the intercession of the Blessed Virgin Mary and all your saints.

PRAYER OF THANKSGIVING

Lord God, your gifts of love are countless and your goodness is infinite. From your hand, we have received generous gifts so that we might learn to share your blessings with others in gratitude. We come to you with gratitude for your kindness. Open our hearts to concern for others, so that we may share your gifts in loving service to them.

SERENITY PRAYER

Lord God, grant me the serenity to accept the things I cannot change; courage to change the things I can; and the wisdom to know the difference.

FOR ONE'S FAMILY

O Jesus, I humbly implore you to grant your special graces to our family. May our home be a shrine of peace, purity, love, labor and faith. I beg you, Jesus, to protect and bless all of us, absent and present, living and dead.

O Mary, loving Mother of Jesus, and our Mother, pray to Jesus for our family, for all the families of the world, to guard the cradle of the newborn, the schools of the young and their vocations.

Blessed Saint Joseph, holy guardian of Jesus and Mary, assist us by your prayers in all the necessities of life. Ask of Jesus that special grace which he granted to you, to watch over our home at the bed of the sick and dying, so that with Mary and with you, heaven may find our family unbroken in the Sacred Heart of Jesus. Amen.

FOR SANCTIFICATION OF ONE'S WORK

Lord God, by the labor of men and women, you govern and guide to perfection the work of creation. Hear our prayers and give all people work that enhances their human dignity and draws them closer to each other in the service of their brothers and sisters.

PRAYER OF SAINT 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; and 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.

IN HONOR OF SAINT LAWRENCE OF BRINDISI

Almighty God, for the glory of your name and the salvation of souls, you conferred on Saint Lawrence the spirit of counsel and of fortitude. Grant us, in the same spirit, to know what we are to do and, through his prayers, to do what we have come to know. We ask this through Our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

PRAYER TO SAINT DYMPHNA

(for the mentally afflicted)

O God, we humbly beseech you through your servant, Saint Dymphna, who sealed with her blood the love she bore you, to grant relief to those who suffer from mental afflictions and nervous disorders, especially *(name)*. Saint Dymphna, helper of the mentally afflicted, pray for us. *(Glory be to the Father... , 3 times)*

PRAYER TO SAINT GERARD FOR MOTHERHOOD

Saint Gerard, powerful intercessor before God and Wonder-worker of our day, I call upon you and seek your aid. You, who on earth always fulfilled God's design, help me to do the Holy Will of God. Beseech the Master of Life, from Whom all paternity proceeds, to render me fruitful in offspring, that I may raise up children to God in this life and heirs to the Kingdom of His glory in the world to come. Amen.

PRAYER FOR THE UNBORN

Heavenly Father, you create us in your own image and you desire that not even the least among us should perish. In your love for us, you entrusted your only Son to the holy Virgin Mary. Now, in your love, protect the unborn to whom you have given the gift of life.

PRAYER TO SAINT GERARD FOR AN EXPECTANT MOTHER

Great Saint Gerard, beloved servant of Jesus Christ, perfect imitator of Jesus, and devoted child of the Mother of God, enkindle within my heart a spark of that heavenly fire of charity which glowed in yours. Because you bore without murmur or complaint the calumnies of wicked men when falsely accused of crime, you have been raised up by God as the patron and protector of expectant mothers. Preserve me in the dangers of motherhood and shield the child I now bear, that this child may be brought safely to the light of day and receive the sacrament of baptism.

DAILY PRAYER TO SAINT JUDE

O glorious apostle, Saint Jude, true relative of Jesus and Mary, I salute you through the Most Sacred Heart of Jesus. I praise and thank God for all the graces he has bestowed upon you. I implore you, through the Sacred Heart of Jesus, to look upon me with compassion. Despise not my poor prayer and let not my trust be in vain. To you has been assigned the privilege of aiding us in the most desperate cases. Come to my aid that I may praise the mercies of God. All my life, I will be grateful to you and will be your faithful client until I can thank you in heaven. Amen.

PRAYER TO SAINT PEREGRINE

(Patron of cancer patients)

O Saint Peregrine, you have been called ‘The Wonder-Worker’ because of the numerous miracles which you have obtained from God for those who have had recourse to you. For so many years, you bore in your own flesh this cancerous disease that destroys the very fiber of our being. When the power of man could do no more, you had recourse to the source of all grace and you were favored with the vision of Jesus coming down from His Cross to heal your affliction. Now ask of God and Our Lady the cure of these sick persons whom we entrust to you (*names of those for whom you are praying*). Aided in this way by your powerful intercession, we shall praise God for His great goodness and mercy. Amen.

PRAYER TO SAINT LUCY

(Prayer for protection against eye ailments)

Relying on your goodness, O God, we humbly ask you, through the intercession of Saint Lucy, Virgin and Martyr, to give perfect vision to our eyes, that they may serve for your greater honor and glory. Saint Lucy, hear our prayers and obtain our petitions.

SAINT FRANCIS OF ASSISI

Lord God, you helped Saint Francis to reflect the image of Christ through a life of poverty and humility. May we follow your Son by walking in the footsteps of Francis of Assisi and by imitating his joyful love. We ask this through Christ our Lord.

PRAYER TO SAINT MICHAEL

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 you, O Prince of the heavenly host, by the power of God, cast into hell Satan and the other evil spirits, who prowl about the world for the ruin of souls. Amen.

‘BREASTPLATE’ PRAYER OF SAINT 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 the hearts of all who love me.
Christ in mouth of friend and stranger.

A NIGHT PRAYER

Visit this house, we beg you, Lord, and banish from it the deadly power of the evil one. May your holy angels dwell here to keep us in peace, and may your blessing be always upon us.

PARENTS' PRAYER

Most loving Father, the example of parenthood, you have entrusted our children to us to bring them up for you and prepare them for everlasting life. Assist us with your grace, that we may fulfill this sacred duty with competency and love. Teach us what to give and what to withhold. Show us when to reprove, when to praise and when to be silent. Make us gentle and considerate, yet firm and watchful. Keep us from the weakness of indulgence and the excess of severity. Give us the courage to be disliked sometimes by our children, when we must do necessary things which are displeasing in their eyes. Give us the imagination to enter their world in order to understand and guide them. Grant us all the virtues we need to lead them by word and example in the ways of wisdom and piety. One day, with them, may we enter into the joys of our true and lasting home with you in heaven. Amen.

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PRAYER FOR PRIESTS

O Jesus, I pray for your faithful and fervent priests; for your unfaithful and tepid priests; for your priests laboring at home or abroad in distant missions; for your tempted priests; for your lonely and desolate priests; for your young priests; for your dying priests; for the souls of your priests who have died.

But above all, I recommend to you the priests dearest to me: the priest who baptized me; those who absolved me from my sins; those at whose Masses I assisted and who gave me your Body and Blood in Holy Communion; those who taught and instructed me; all those to whom I am indebted in any other way.

O Jesus, keep them all close to your heart, and bless them abundantly in time and in eternity.

PRAYER OF SAINT IGNATIUS LOYOLA

Dearest Lord, teach me to be generous; teach me to serve you as you deserve: to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labor and not to ask for reward except that of knowing that I am doing your will.

AN EVENING PRAYER

Be with us, Lord, tonight. Stay to adore and praise, and give thanks for us while we sleep; to draw down mercy and grace upon the world; to give strength to the souls in purgatory in their long night of waiting.

Stay with us to ward off the anger of God from our crowded cities with their violence and crimes that call to Heaven for vengeance.

Stay with us to guard the innocent, to sustain the tempted, to raise the fallen, to curb the power of the evil one, to prevent sin.

Stay with us to comfort the sorrowing, to grant contrition to the dying, to bless their death-beds, to receive into the arms of your mercy the thousands who this night must come before you for judgment.

O Good Shepherd, stay with your sheep. Secure them against the perils that beset them. Stay, above all, with the suffering and dying. Grant us a quiet night and a peaceful end. Be our merciful Shepherd to the last, so that without fear we may appear before you as our Judge.

Lord Jesus, be with us throughout this night to bless us, protect us from all evil and bring us to everlasting life. Amen.

THE STATIONS OF THE CROSS

1. *Jesus is condemned to death.*

Jesus, help me to sin no more and to be very obedient.

2. *Jesus bears his cross.*

Jesus, let me suffer for sinners in union with you.

3. *Jesus falls the first time.*

Jesus, help those who sin to rise and to be truly sorry.

4. *Jesus meets his mother.*

Jesus, may your mother console me and all who are sad.

5. *Jesus is helped by Simon.*

Jesus, may I do all things to please you all day long.

6. *Veronica wipes the face of Jesus.*

Jesus, give me the courage and generosity to help others.

7. *Jesus falls a second time.*

Jesus, teach us to be truly sorry for all our many sins.

8. *Jesus speaks to the women.*

Jesus, comfort those who have no one to comfort them.

9. *Jesus falls a third time.*

Jesus, show me how to be obedient and to be very kind.

10. *Jesus is stripped of his garments.*

Jesus, teach me to be pure in thought, word and deed.

11. *Jesus is nailed to the cross.*

Jesus, keep me close to you from this moment until I die.

12. *Jesus dies on the cross.*

Jesus, be with me when I die and take me to heaven.

13. *Jesus is taken from the cross.*

Jesus, teach me to place all my trust in your holy love.

14. *Jesus is laid in the tomb.*

Jesus, help me to keep the commandments you have given.

ANIMA CHRISTI

Soul of Christ, sanctify me. Body of Christ, heal me. Blood of Christ, drench me. Water from the side of Christ, wash me. Passion of Christ, strengthen me.

Good Jesus, hear me. In your wounds, shelter me. From turning away, keep me. From the evil one, protect me.

At the hour of my death, call me. Into your presence lead me, to praise you with all your saints, for ever and ever. Amen.

PRAYER BEFORE CONFESSION

Come, Holy Spirit, into my soul.

Enlighten my mind that I may know the sins I ought to confess, and grant me your grace to confess them fully, humbly and with contrite heart. Help me to firmly resolve not to commit them again.

O Blessed Virgin, Mother of my Redeemer, mirror of innocence and sanctity, and refuge of penitent sinners, intercede for me through the Passion of your Son, that I may obtain the grace to make a good confession.

All you blessed Angels and Saints of God, pray for me, a sinner, that I may repent from my sinful ways, that my heart may henceforth be forever united with yours in eternal love. Amen.

PRAYER AFTER CONFESSION

Lord Jesus, I have confessed my sins to the best of my ability. I have sincerely tried to make a good confession and I know that you have forgiven me. Thank you, Jesus!

Your divine heart is full of love and mercy for sinners. I love you, Jesus; you are so good to me.

My loving Savior, I shall try to keep from sin and to love you more each day.

Dearest Mother Mary, pray for me and help me to keep all my promises. Protect me and do not let me fall back into sin.

Dear God, help me to lead a good life. Without your grace, I can do nothing. Amen.

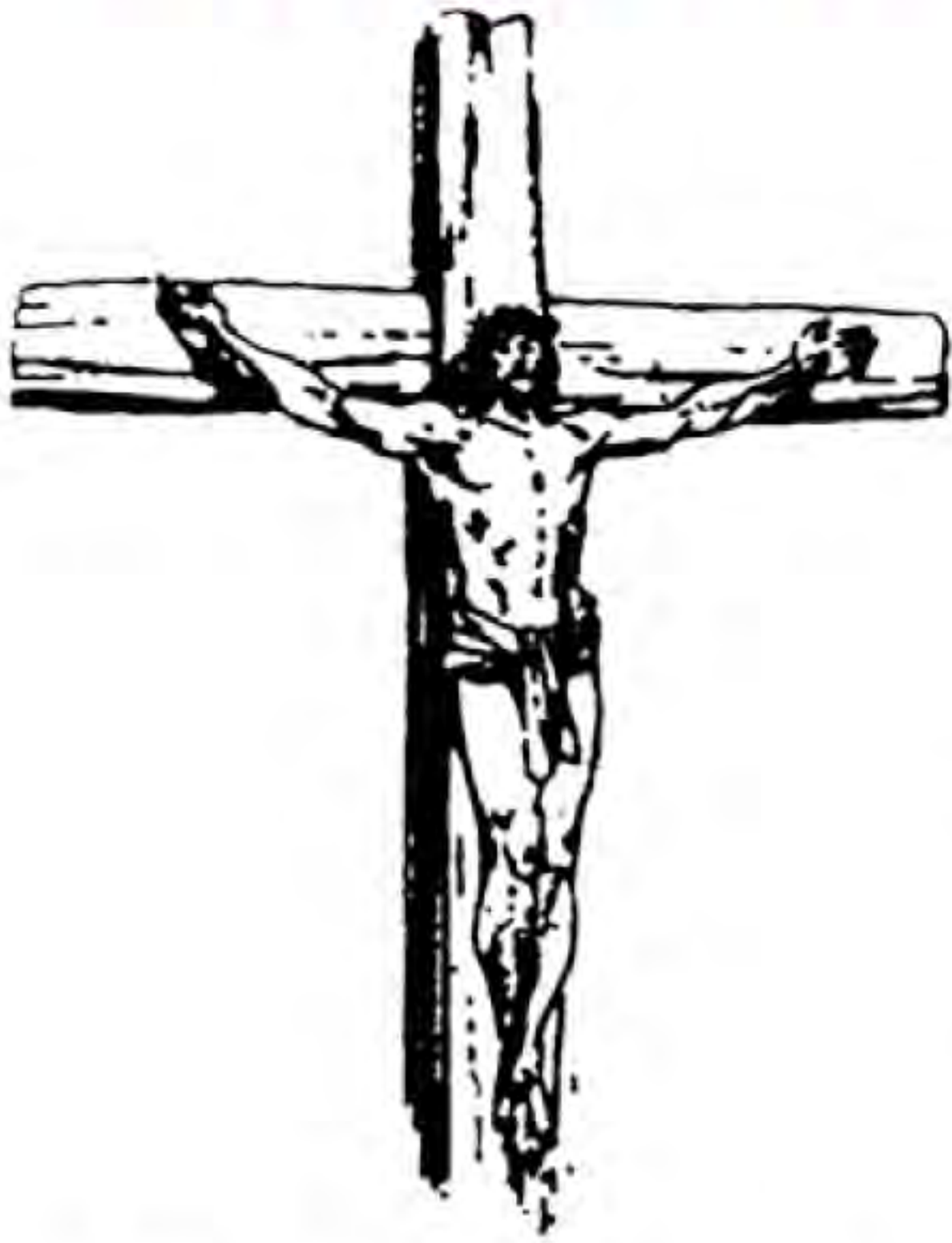
PRAYER FOR OUR BENEFACTORS

Reward those who have been good to us for the sake of your name, O Lord, and give them eternal life. Amen.

SPIRITUAL COMMUNION

I believe that you, O Jesus, are in the most holy sacrament. I love you and desire you. Come into my heart. I embrace you. Oh, never leave me. I beseech you, Lord Jesus Christ, to absorb my mind that I may die through love of your love, who were graciously pleased to die through love of my love.

PRAYER BEFORE A CRUCIFIX



Good and gentle Jesus, I kneel before you. I see and I ponder your five wounds. My eyes behold what David prophesied about you: “They have pierced my hands and feet; they have counted all my bones.”

Engrave on me this image of yourself. Fulfill the yearnings of my heart: give me faith, hope and love, repentance for my sins, and true conversion of life. Amen.

PRAYER BEFORE COMMUNION

Come, blessed Savior, and nourish my soul with heavenly Food, which contains every sweetness and every delight. Come, Bread of Angels, satisfy the hunger of my soul. Come, Glowing Furnace of Charity, enkindle in my heart the flame of Divine Love. Come, Light of the world, and enlighten the darkness of my mind. Come, King of Kings, make me obedient to your holy will. Come, loving Savior, and make me meek and humble. Come, Friend of the sick, heal the infirmities of my body and weakness of my soul. Come, Good Shepherd, my God and my All, and take me to yourself.

PRAYER AFTER HOLY COMMUNION

Lord Jesus, help me to remove from my mind every thought or opinion which you would not sanction, every feeling from my heart which you would not approve.

Grant that I may spend the hours of the day gladly working with you according to your will.

Help me today and be with me in the long hours of work, that I may not grow weary or slack in serving you;

In conversations, that they may not be to me occasions of uncharitableness;

In the day's worries and disappointments, that I may be patient with myself and with those around me;

In moments of fatigue and illness, that I may be mindful of others rather than of myself;

In every situation, that I may be generous and loyal, so that when the day is over I may lay it at your feet, with its successes which are all yours, and its failures which are my own, and I may feel that life is real and peaceful and blessed when spent with you as the Guest of my soul.

Mary, Mother of grace, Mother of mercy, shield me from the enemy and receive me at the hour of my death. Amen.

PRAYER TO SAINT ANTHONY OF PADUA

*(for the 3 day, 9 day and 13 Tuesdays
devotions in his honor)*

Glorious Saint Anthony, my friend and special protector, I come to you with full confidence in my present necessity.

In your overflowing generosity, you hear all those who turn to you. Your influence before the throne of God is so effective that the Lord readily grants great favors at your request.

Please listen to my humble petition in spite of my unworthiness and sinfulness. Consider only your great and constant love for Jesus and Mary, and my desire for their glory and mercy.

I beg you to obtain for me the grace I so greatly need (*mention your petition*), if it be God's will and for the good of my soul.

Almighty God, you have given Saint Anthony to your people as an outstanding preacher and a ready helper in time of need.

With his assistance, may we follow the gospel of Christ and know the help of your grace in every difficulty. We ask this through Christ our Lord. Amen.

TRIBUTE TO SAINT ANTHONY OF PADUA

Good Saint Anthony, in God's providence you have secured for His people many marvelous favors. You have been especially celebrated for your goodness to the poor and the hungry, for finding employment for those seeking it, for your special care of those who travel, and for keeping safe from harm all who must be away from home.

You are widely known also, good Saint Anthony, for securing peace in the family, for your delicate mercy in finding lost things, for safe delivery of messages, and for your concern for women in childbirth.

In honoring you, Saint Anthony, for the many graces our Lord grants through your favor, we trustfully and confidently ask your aid in our present need.

V. Pray for us, Saint Anthony.

R. That we may be made worthy of the promises of Christ.

Let us pray:

May it be a source of joy to your Church, O God, that we honor the memory of your confessor and doctor, Saint Anthony. May his spiritual help always make us strong, and, by his assistance, may we enjoy an eternal reward. This we ask through Jesus Christ, our Lord. Amen.

FOOTPRINTS

One night, a man had a dream. He dreamed he was walking along the beach with the LORD. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand; one belonging to him and the other to the LORD.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the LORD about it. “LORD, you said that once I decided to follow you, you’d walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don’t understand why when I needed you most, you would leave me.”

The LORD replied, “My precious, precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you.”

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SAINT ANTHONY OF PADUA

(1195-1231)



Anthony led a remarkable life in his short span of 36 years. He was already a priest and a teacher of theology in Lisbon, Portugal, when he met some early Franciscans on their way to North Africa. When some of them were martyred for the faith, Anthony was inspired to join Saint Francis in Italy. Francis asked him to teach theology to the brethren “provided the spirit of prayer and devotion be not extinguished.”

He agreed and became the most famous preacher of his day. He had great empathy for ordinary people and could explain complicated things clearly. Because of his great knowledge of Scripture, he is usually shown holding a Bible, and has been declared a “Doctor of the Church.” He is also shown holding the Christ Child, for Jesus was said to have appeared to him in this manner.

Even though he spent only the last few years of his life in Padua, he was beloved of the entire city. Today, Saint Anthony is a great favorite, beloved of the whole Church. People are still comfortably at ease praying to him, asking his help, seeking the return of lost objects or entrusting someone ill or in trouble to his care.

Jesus tells us to seek, ask and knock – not only for objects lost but also for larger favors needed. He teaches us that where our treasure is, there our heart is found as well. This is the true message of devotion to Saint Anthony. As our friend, he teaches us to put our hearts in the right place.

Ask and you shall receive.

Seek and you shall find.

Knock and the door

shall be opened for you.

Matthew 7:7



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