



## THE MASS

### *“Why Should I Go to Mass Every Day?”*

“The Mass is the most perfect form of prayer!”

(Pope Paul VI)

For each Mass we attend with devotion, Our Lord sends a saint to comfort us at death. (Revelation of Christ to St. Gertrude the Great)

Padre Pio, the stigmatic priest, said, “The world could exist more easily without the sun than without the Mass.”

The Curé d’Ars, St. Jean Vianney, said, “If we knew the value of the Mass, we would die of joy.”

Once, St. Teresa was overwhelmed with God’s goodness and asked Our Lord, “How can I thank you?” Our Lord replied, “Attend one Mass.”

### *Prayer before Mass*

Eternal Father, we humbly offer Thee our poor presence and that of the whole of humanity from the beginning to the end of the world at all the Masses that ever have or ever will be offered. We offer Thee all the pains, sufferings, prayers, sacrifices, and joys of our lives, in union with those of our dear Lord Jesus here on earth. May the Most precious Blood of Christ, all His blood and wounds and agony save us, through the Sorrowful and Immaculate Heart of Mary. Amen.

### *Prayer after Receiving Holy Communion*

O Jesus, I believe that Thou art truly present in the Blessed Sacrament. Although my eyes and tongue tell me that I have received only bread, yet my faith tells me that I have received Thy Body and Blood. I believe, Lord; help Thou my unbelief. I adore Thee as my God and my Savior. Amen.

### *Prayer after Mass*

Soul of Christ, Sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Thy wounds hide me. Suffer me not to be separated from Thee. From the malignant enemy defend me. In the hour of death call me, and bid me come to Thee, that with Thy saints I may praise Thee forever and ever. Amen.

**Human Life International™**

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**Front Royal, VA 22630 USA**

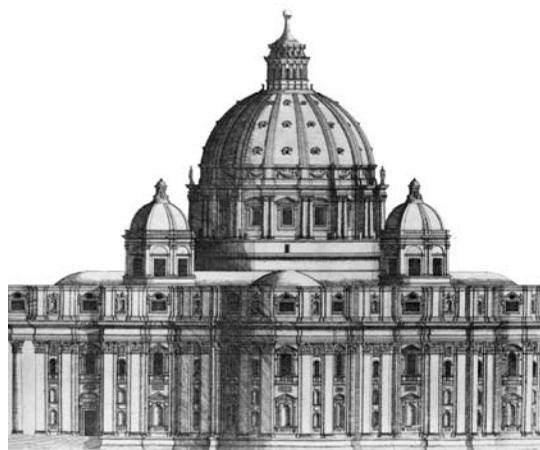
**Phone: 540/635-7884 • Fax: 540/636-7363**

**Website: [www.hli.org](http://www.hli.org) • E-mail: [hli@hli.org](mailto:hli@hli.org)**

*Defending Life, Faith and Family around the World™*

ACCORDING TO THE CATHOLIC CHURCH:

## THIS WE BELIEVE



### *The Apostles’ Creed*

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 Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell: on the third day He arose again from the dead. He ascended into heaven, and sits 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 Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

### *The Ten Commandments*

*that God gave to Moses on Mount Sinai*

- I. I am the Lord thy God. Thou shalt not have strange gods before Me. II. Thou shalt not take the name of the Lord thy God in vain.
- III. Remember to keep holy the Lord’s day.
- IV. Honor thy father and thy mother.
- V. Thou shalt not kill.
- VI. Thou shalt not commit adultery.
- VII. Thou shalt not steal.
- VIII. Thou shalt not bear false witness against thy neighbor.
- IX. Thou shalt not covet thy neighbor’s wife.
- X. Thou shalt not covet thy neighbor’s goods.



### *The Great Commandments*

*Jesus said that the whole Law can be summed up in two Commandments:*

1. You shall love the Lord your God with your whole heart, with your whole soul and with all your mind.
2. You shall love your neighbor as yourself.  
(Matthew 22:37-39)

### *The Commandments of the Church are these Six:*

1. To assist at Mass on all Sundays and holy days of obligation.
2. To confess your sins at least once a year.
3. To receive Holy Communion during the Easter season.
4. To keep holy the holy days of obligation.
5. To fast and abstain on the days appointed.
6. To contribute to the support of the Church.

### *What Is a Sacrament?*

A Sacrament is an outward sign instituted by Christ to give grace.

### *The Seven Sacraments*

Baptism, Confirmation, Eucharist, Penance, Anointing of the Sick, Holy Orders, Matrimony

### *The Cardinal Virtues*

Prudence Fortitude  
Justice Temperance

### *The Theological*

#### *Virtues*

Faith Hope Love

### *The Gifts of the*

#### *Holy Spirit*

Wisdom Fortitude  
Understanding Counsel  
Knowledge Piety  
Fear of the Lord

### *The Seven Capital Sins*

Pride Anger  
Covetousness Lust

Envy Gluttony

Sloth

### *The Fruits of the*

#### *Holy Spirit*

Charity Generosity  
Joy Gentleness  
Peace Fidelity  
Patience Modesty  
Kindness Self-Control  
Goodness Chastity

### *Spiritual Works of Mercy*

Instruct the ignorant  
Counsel the doubtful  
Admonish the sinner  
Comfort the sorrowful  
Forgive injuries  
Bear wrongs patiently  
Pray for the living and dead

### *Corporal Works of Mercy*

Feed the hungry  
Give drink to the thirsty  
Clothe the naked  
Shelter the homeless  
Visit the sick  
Visit the imprisoned  
Bury the dead



### *The Last Things*

Death Judgment Heaven Hell

### *The Beatitudes*

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are the meek, for they shall possess the land.
3. Blessed are those who mourn, for they shall be comforted.
4. Blessed are those who hunger and thirst for justice, for they shall be satisfied.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the pure of heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called the children of God.
8. Blessed are those who suffer persecution for justice’s sake, for theirs is the kingdom of heaven.  
(Matthew 5:3-10)

### *How to Baptize in Case of Emergency*

Pour ordinary water on the forehead of the person to be baptized, with the intention of doing what the Church does, and say while pouring it: “I baptize you in the name of the Father, and of the Son, and of the Holy Spirit.”

Any person of faith of either sex who has reached the age of reason can and should baptize in case of necessity. The same person must say the words while pouring water.

### *How to Prepare for a Sick Call*

Cover a small table with a white tablecloth. If possible, the table should be prepared near the bed so as to be within sight of the sick person. On the table place a crucifix, two blessed and lighted candles—one on either side of the crucifix—a bottle of holy water and a dish containing two pieces of cotton.

If the priest is bringing the Holy Eucharist, also place a spoon, a napkin and a glass of water on the table. When the priest arrives, a member of the family should meet him at the door with a lighted candle, genuflect to the Blessed Sacrament, and lead the priest into the sick room.

### *Prayer to Jesus Christ Crucified*

My good and dear Jesus, I kneel before You, asking You most earnestly to engrave upon my heart a deep and lively faith, hope and charity with true repentance for my sins, and a firm resolve to make amends. As I reflect upon Your five wounds, and dwell upon them with deep compassion and grief, I recall good Jesus the words the prophet David spoke long ago concerning Yourself: “They have pierced my hands and my feet, they have counted all my bones!”



## MORNING PRAYERS

### *The Sign of the Cross*

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

### *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 my sins, for the intentions of all my associates, and for the general intention recommended this month by the Holy Father. Amen.

### *The Lord's Prayer*

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 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.

### *Glory Be*

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

### *Angel of God*

Angel of God, my guardian dear, to whom His love entrusts me here, ever this day be at my side to light and guard, to rule and guide. Amen.

### *Consecration to the Blessed Mother*

O Mary, my Mother and my Queen, I give myself entirely to thee. And to show my devotion to thee, I consecrate to thee this day, my eyes, my ears, my mouth, my heart, and my whole being, without reserve. Wherefore, O loving Mother, since I am thine, keep me and guard me as thy property and possession. Amen.



## DAILY PRAYERS

### *Prayer before Meals*

Bless us, O Lord, and these Thy gifts, which we are about to receive, from Thy bounty, through Christ our Lord. Amen.

### *Prayer after Meals*

We give Thee thanks, Almighty God, for all Thy benefits, who lives and reigns forever. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

### *The Angelus (at Noon)*

V. The Angel of the Lord declared unto Mary.  
R. And she conceived by the Holy Spirit. Hail Mary, . . .  
V. Behold the handmaid of the Lord.  
R. Be it done unto me according to Thy word. Hail Mary, .  
V. And the Word was made flesh.  
R. And dwelt among us. Hail Mary, . . .  
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.

## NIGHT PRAYERS

### *Prayer to the Holy Spirit*

O Holy Spirit, Eternal God with the Father and Son, who sees all my actions and counts all my steps, from whom no thought is hidden, enlighten me that I may clearly see what evil I have done today, and what good I have left undone. And move my heart that I may sincerely repent and amend my life. Amen.

### *Examination of Conscience*

What sins have I committed of thought, word, deed and omission, against God, neighbor, and self?

### *Act of Contrition*

O my God, I am heartily sorry for having offended You, 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 You, my God, who are good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance and to amend my life. Amen.



### *An 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 and 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 revealed them, who can neither deceive nor be deceived.

### *An Act of Hope*

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

### *An 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 my love. I love my neighbor as myself for the love of You. I forgive all who have injured me, and I ask pardon of all whom I have injured.

### *Closing Invocation*

Holy Mother of Jesus, my guardian angel, St. Joseph and my holy patron saint, protect me during this night and during my whole life, especially at the hour of my death. Amen.

## OTHER PRAYERS

### *Memorare (in time of need)*

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help or sought thy intercession was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy, hear and answer me. Amen.

### *Prayer to Saint Joseph*

St. Joseph, you are the chaste and loving spouse of the Virgin Mary, the foster father of Jesus, the protector and provider of the Holy Family and all families. We have complete confidence in your loving care for new life and in your fidelity to the family. We commend our efforts to your prayers and protection. Help us always to defend the gift of human life that it may grow to the abundance of eternal life promised and bestowed on us by your son, our brother, Jesus Christ. Amen.



## *The Mysteries of the Rosary*

### *The Joyful Mysteries*

1. The Annunciation
2. The Visitation
3. The Birth of Christ
4. The Presentation
5. Finding in the Temple

### *The Luminous Mysteries*

1. The Baptism of Jesus in the Jordan River
2. The Self-manifestation of Christ at the Wedding of Cana
3. Proclamation of the Kingdom
4. The Transfiguration
5. Institution of the Sacrament of the Eucharist

### *The Sorrowful Mysteries*

1. Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

### *The Glorious Mysteries*

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Crowning of Mary

### *Prayer to St. Michael*

St. Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of

### *Prayer to Patron Saint*

Great Saint N., who at my baptism was chosen as my guardian and under whose patronage I became an adopted child of God and solemnly renounced Satan, his works and allurements, assist me by your powerful intercession in the fulfillment of these sacred promises. Amen.

### *Hail, Holy Queen*

Hail, holy Queen, Mother of Mercy, our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the Blessed Fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

### *Prayer of St. Francis*

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.

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.