

MORNING PRAYERS

SIGN OF THE CROSS

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

INVITATORY

Lord, open up my lips,

And my mouth will proclaim your praise.

God, reach out to my assistance.

Lord, hasten to my support.

Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, and now, and always, and into the
ages of ages.

Amen. (Alleluia.)

MORNING OFFERING

Lord Jesus Christ, in union with that divine intention by which on earth, through your most sacred Heart, you offered praises to God, and are offering them now in the Sacrament of the Eucharist everywhere in the world, up to the completion of the age: I, throughout this entire day, in imitation of the most sacred Heart of blessed Mary ever Virgin immaculate, most willingly offer you all my intentions and thoughts, all my affections and desires, all my works and words. Amen.

SIGNUM CRUCIS

In nómine Patris, et Fílii, et Spíritus
Sancti. Amen.

LAUDS

Dómine, lábia mea apéries,
Et os meum annunciábit laudem tuam.
Deus, in adiutórium meum inténde.
Dómine, ad adiuvándum me festína.
Glória Patri, et Fílio, et Spíritui sancto,
sicut erat in princípio, et nunc, et semper, et in saécula
saeculórum.
Amen. (Allelúia.)

DÓMINE IESU CHRISTE, IN UNIÓNE

Dómine Iesu Christe, in unióne illíus divínae intentiónis,
qua in terris, per sanctíssimum Cor tuum, laudes Deo
persolvísti, et nunc in Eucharístiae Sacraménto úbique
terrárum persólvis, usque ad consummatiónem saeculi:
ego, per hanc diem íntegram, ad imitatiónem sanctíssimi
Cordis beátae Maríae semper Vírginis immaculátae, tibi
libentíssime óffero omnes meos intentiónes et cogitatiónes,
omnes meos afféctus et desidéria, ómnia mea ópera et verba.
Amen.

CANTICLE OF ZECHARIAH

Blessed be the Lord God of Israel,
because he has visited and made redemption for his people
and has set up a horn of salvation for us
in the house of David his servant.

As it was spoken through the mouth of his holy ones,
who were of old, his prophets:
salvation from our enemies,
and from the hand of all who hate us:
For showing mercy to our fathers,
and to remember his holy testament:
the oath that he swore to Abraham our father,
that he was going to give us;
so that without fear, freed from the hand of our enemies,
we should serve him
in holiness and justice in his presence
for all our days.

And you, child, will be called a prophet of the Most High:
for you will go before the face of the Lord to prepare his ways:
to give knowledge of salvation to his people
for the remission of their sins
through the heart of mercy of our God,
in which he will visit us, the dawn from on high:
to give light to those who are sitting in the darkness and
shadow of death,
to direct our feet into the way of peace.

BENEDÍCTUS

Benedíctus Dóminus Deus Ísrael,
quia visitávit et fecit redemptionem plebis suae
Et eréxit cornu salútis nobis
in domo David púeri sui.
Sicut locútus est per os sanctórum,
qui a saéculo sunt, prophetárum eius:
Salútem ex inímicis nostris,
et de manu ómnium qui óderunt nos:
Ad faciéndam misericórdiam cum pátribus nostris:
et memorári testaménti sui sancti:
Jusiurándum quod jurávit ad Ábraham patrem nostrum,
datúrum se nobis;
Ut sine timóre, de manu inimicórum nostrórum liberáti,
serviámus illi
in sanctitáte et iustítia coram ipso
ómnibus diébus nostris.
Et tu puer, prophéta Altíssimi vocáberis:
praeíbis enim ante fáciem Dómini paráre vias eius:
Ad dandam sciéntiam salútis plebi eius
in remissionem peccatórum eórum
Per víscera misericórdiae Dei nostri,
in quibus visitábit nos, óriens ex alto:
Illumináre his qui in tenébris et in umbra mortis sedent,
ad dirigéndos pedes nostros in viam pacis.

PRAYERS AT MEALS

BEFORE A MEAL

Bless, Lord, us and these your gifts, which from your generosity we are about to receive. Through Christ our Lord. Amen.

AFTER A MEAL

We give you thanks, omnipotent God, for all of your benefits, you who live and reign into the ages of ages. Amen.

V. May God give us his peace.

R. *And eternal life.*

Amen.

BÉNEDIC, DÓMINE

Benedic, Dómine, nos et haec tua dona, quae de tua largitate sumus sumpturi. Per Christum Dóminum nostrum. Amen.

ÁGIMUS TIBI GRÁTIAS

Ágimus tibi grátias, omnipotens Deus, pro univérsis beneficiis tuis, qui vivis et regnas in saécula saeculórum. Amen.

V. Deus det nobis suam pacem.

R. *Et vitam aetérnam.*

Amen.

EVENING PRAYERS

CANTICLE OF MARY

My soul glorifies the Lord,
and my spirit has rejoiced in God my savior,
because he has paid attention to the humility of his handmaid.
For behold, from now on all generations will call me blessed,
because he who is mighty has done great things for me, and
holy is his name,
and his mercy belongs to those who fear him, from genera-
tion to generation.
He has shown might in his arm; he has scattered the proud
in the thoughts of their hearts.
He has thrust the powerful from their seats and exalted the
humble.
The hungry he has filled with good things, and the rich he
has sent away empty.
He has raised up Israel his servant, remembering his mercy,
as he spoke to our fathers, to Abraham and his seed forever.
Amen.

CANTICLE OF SIMEON

Now you are sending away your servant, Lord, according to
your word, in peace:
because my eyes have seen your salvation
which you have prepared before the face of all the peoples:
a light for the revelation of the nations, and the glory of your
people Israel. Amen.

MAGNÍFICAT

Magníficat ánima mea Dóminum,
Et exultávit spíritus meus in Deo salutári meo,
Quia respéxit humilitátem ancíllae suae.
Ecce enim ex hoc beátam me dicent omnes generatiónes,
Quia fécit mihi mágna qui pótens est, et sánctum nómen eius.
Et misericórdia eius in progénies et progénies timéntibus
eum.
Fécit poténtiam in bráchio suo; dispérsit supérbos mente
cordis sui.
Depósuit poténtes de sede et exaltávit húmiles.
Esuriéntes implévit bonis, et dívites dimísit inánes.
Suscépit Ísrael púerum suum, recordátus misericórdiae suae,
Sicut locútus est ad patres nostros, Ábraham, et sémini eius
in saécula.
Amen.

NUNC DIMÍTTIS

Nunc dimíttis servum tuum, Dómine, secúndum verbum
tuum, in pace:
Quia vidérunt óculi mei salutáre tuum
Quod parásti ante fáciem ómnium populórum:
Lumen ad revelatiónem géntium, et glóriam plebis tuae
Ísrael. Amen.