

# Catholic Prayers for Morning, Noon and Night



# Morning Prayers

## *Morning Offering*

O JESUS, THROUGH the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day, in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, in reparation for sin, and the reunion of all Christians. I offer them for all the intentions of the Holy Father, our bishops, the Apostleship of prayer and in particular for *[name your intentions]*.

WE GIVE YOU heartfelt thanks, heavenly Father, for the rest of the past night, and for the gift of a new day with its opportunities of living to your glory. May we so pass its hours in the perfect freedom of your service that when evening comes, we may again give thanks, through Jesus Christ our Lord.

THE SUN HAS risen, O God. Night's shadows have fled. The birds announce a new day. Here I am, ready to do your will. Here I am, ready to find you in every moment, to see you in every person that I meet. I offer you this day which you have given me. I praise you for this morning and for all the mornings of my life. Be with me in every trial and in every joy; do not let me lose sight of you. Watch over me; keep me safe. I praise you, God; I thank you.

*Elizabeth-Anne Stewart*

### Midday Prayers

O GOD, GRANT me a moment to reflect on your gift to me of this day. Help me to see your touch in all that has already happened and to hope you will be with me in all that is still coming my way. For the tasks you have given me and for the strength to face them, I thank you, Lord. For these moments of peace and for all the ways you keep me going, whether I am aware of them or not, I give you thanks.

*The Angelus*

THE ANGEL of the Lord declared unto Mary:  
And she conceived of the Holy Spirit.

*Hail Mary . . .*

Behold the handmaid of the Lord:

Be it done to me according to your word.

*Hail Mary . . .*

And the Word was made flesh:

And dwelt among us.

*Hail Mary . . .*

Pray for us, O Holy Mother of God:

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

Let us pray: pour forth we beseech you, O  
Lord, your grace into our hearts that we to  
whom the incarnation of Christ, your Son,  
was made known by the message of an an-  
gel, may be brought by his passion and cross  
to the glory of the resurrection, through the  
same Christ our Lord.

## Evening Prayers

WATCH, O LORD, those who wake or watch or weep tonight, and give your angels and saints charge over those who sleep. Tend your sick ones, O Lord Christ. Rest your weary ones, bless your dying ones, soothe your suffering ones, shield your joyous ones, and all for your love's sake.

*St. Augustine*

O GOD OF DAYLIGHT and of the darkness, be our light tonight. May we know your loving presence as we seek rest and refreshment from the toils of the day. Comfort us in your embrace. We thank you for all the joys you have given us through the rough spots. Forgive us the times we failed to live lovingly. Guard our sleep that we may awake tomorrow ready to love and serve you.

*Jean Royer*

## *Peace Prayer*

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.

*St. Francis of Assisi*