

FULL OF GRACE



My Marian Book of Daily Prayers

TABLE OF CONTENTS

Introduction	3	Sorrowful Mysteries.	22
Marian Prayers	4	Luminous Mysteries.	22
Hail Mary.	4	Glorious Mysteries.	22
<i>Memorare</i>	4	Daily Prayers	23
The Magnificat	5	The Lord's Prayer	23
<i>Angelus</i>	6	Glory Be	23
<i>Regina Caeli</i>	7	Come, Holy Spirit.	24
Marian Patronages	8	Guardian Angel Prayer	24
Litany of Loreto.	8	A Prayer to St. Michael	25
Our Lady of		Grace Before Meals.	25
Perpetual Help	12	Grace After Meals.	25
Our Lady, Help		Act of Faith	26
of Christians	13	Act of Hope	26
Our Mother of Sorrows.	14	Act of Love.	27
<i>Sub Tuum Praesidium</i>	15	Act of Contrition	27
Mary, Mother of Jesus	15	The Serenity Prayer	28
Our Lady of Guadalupe.	15	Morning Offering.	28
Prayers of the Rosary	18	Jesus Prayer	28
Sign of the Cross.	18	For the Faithful	
Apostles' Creed	18	Departed.	29
Our Father	19	The Divine Praises	29
Hail Mary.	19	The Heart of Jesus.	30
Glory Be	19	An Act of Spiritual	
Fatima Prayer	19	Communion	30
Hail, Holy Queen	20	Stations of the	
Closing Prayer.	21	Cross Prayer.	30
Joyful Mysteries	21	<i>Anima Christi</i>	31

INTRODUCTION

Prayer is at the heart of Christian life. As Catholics, the grace of our Baptism calls us into a relationship with God, and the Church, and the communion of saints. When we pray, we are never praying alone. This little booklet invites us to pray with Mary's powerful intercession.

Mary's heart was so close to God, and especially to Jesus, her son. She carried Jesus in her womb, gave birth to him in Bethlehem, guided his growing up and supported his public ministry. The Gospel records her prayerful presence at the foot of Jesus' Cross at Calvary where he gave her to the beloved disciple as a mother—and to all beloved followers of Jesus (John 19:26-27). We, too, are invited to go to Mary with our needs, as we would to a mother. Mary is our perfect prayer companion.

Besides an assortment of some of the most beloved Marian prayers, this booklet lists prayers for everyday life. May yours be a grace-filled life, with Mary as your mother and guide.

MARIAN PRAYERS

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.

Memorare

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 by this confidence, I fly unto thee,
O Virgin of virgins, my Mother.
To thee do I come, before thee I stand,
sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petition,
but in thy mercy, hear and answer me. Amen.

The Magnificat

(Canticle of Mary)

My soul proclaims the greatness of the Lord;
my spirit rejoices in God my Savior.
For he has looked upon his handmaid's lowliness;
behold, from now on will all ages call me blessed.
The Mighty One has done great things for me,
and holy is his name.
His mercy is from age to age
to those who fear him.
He has shown might with his arm,
dispersed the arrogant of mind and heart.
He has thrown down the rulers from their thrones
but lifted up the lowly.
The hungry he has filled with good things;
the rich he has sent away empty.
He has helped Israel his servant,
remembering his mercy,
according to his promise to our fathers,
to Abraham and to his descendants forever. Amen.

From the *New American Bible, revised edition* © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. and are used by permission of the copyright owner. All rights reserved
No part of the *New American Bible* may be reproduced in any form without permission in writing from the copyright owner.

Angelus

V. The Angel of the Lord declared unto Mary.

R. And she conceived of 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.

V. Let us pray:

R. 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.

Regina Caeli

(Queen of Heaven)

V. Queen of Heaven, rejoice! Alleluia!

R. The Son whom you were merited to bear, Alleluia!

V. Has risen as he said. Alleluia!

R. Pray for us to God, Alleluia!

V. Rejoice and be glad, O Virgin Mary, Alleluia!

R. For the Lord has truly risen, Alleluia!

V. Let us pray:

R. O God, who by the Resurrection of your Son, our Lord Jesus Christ, did vouchsafe to give joy to the whole world; grant, we beseech you, that through his Mother, the Virgin Mary, we may attain the joys of eternal life. Through the same Christ, our Lord, Amen.

(This replaces the Angelus during the Easter season.)

(See the Rosary on page 18.)

MARIAN PATRONAGES

Litany of Loreto

Lord, have mercy. **Lord, have mercy.**

Christ, have mercy. **Christ, have mercy.**

Lord, have mercy. **Lord, have mercy.**

God our Father in Heaven, **have mercy on us.**

God the Son, Redeemer of the world,

have mercy on us.

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

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

Holy Mary, **pray for us.**

Holy Mother of God, **pray for us.**

Holy Virgin of virgins, **pray for us.**

Mother of Christ, **pray for us.**

Mother of the Church, **pray for us.**

Mother of mercy, **pray for us.**

Mother of divine grace, **pray for us.**

Mother of hope, **pray for us.**

Mother most pure, **pray for us.**

Mother most chaste, **pray for us.**

Mother inviolate, **pray for us.**
Mother undefiled, **pray for us.**
Mother most amiable, **pray for us.**
Mother most admirable, **pray for us.**
Mother of good counsel, **pray for us.**
Mother of our Creator, **pray for us.**
Mother of our Savior, **pray for us.**

Virgin most prudent, **pray for us.**
Virgin most venerable, **pray for us.**
Virgin most renowned, **pray for us.**
Virgin most powerful, **pray for us.**
Virgin most merciful, **pray for us.**
Virgin most faithful, **pray for us.**

Mirror of justice, **pray for us.**
Seat of wisdom, **pray for us.**
Cause of our joy, **pray for us.**
Spiritual vessel, **pray for us.**
Vessel of honor, **pray for us.**
Singular vessel of devotion, **pray for us.**
Mystical rose, **pray for us.**
Tower of David, **pray for us.**

Tower of ivory, **pray for us.**
House of gold, **pray for us.**
Ark of the covenant, **pray for us.**
Gate of heaven, **pray for us.**
Morning star, **pray for us.**
Health of the sick, **pray for us.**
Refuge of sinners, **pray for us.**
Solace of migrants, **pray for us.**
Comfort of the afflicted, **pray for us.**
Help of Christians, **pray for us.**

Queen of angels, **pray for us.**
Queen of patriarchs, **pray for us.**
Queen of prophets, **pray for us.**
Queen of apostles, **pray for us.**
Queen of martyrs, **pray for us.**
Queen of confessors, **pray for us.**
Queen of virgins, **pray for us.**
Queen of all saints, **pray for us.**
Queen conceived without sin, **pray for us.**
Queen assumed into heaven, **pray for us.**

Queen of the most holy Rosary, **pray for us.**

Queen of families, **pray for us.**

Queen of peace, **pray for us.**

Lamb of God, who takes away the sins of the world,
spare us, O Lord.

Lamb of God, who takes away the sins of the world,
graciously hear us, O Lord.

Lamb of God, who takes away the sins of the world,
have mercy on us.

Pray for us, O holy Mother of God.

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

Let us pray.

**Grant, we beseech thee, O Lord God, that we, your
servants, may enjoy perpetual health of mind and
body; and by the glorious intercession of the Blessed
Mary, ever Virgin, may be delivered from present
sorrow, and obtain eternal joy. Through Christ our
Lord. Amen.**

Our Lady of Perpetual Help

O Mother of Perpetual Help,
grant that I may ever invoke
thy most powerful name,
which is the safeguard of the living
and the salvation of the dying.

O Purest Mary, O Sweetest Mary,
let thy name henceforth be ever on my lips.
Delay not, O Blessed Lady,
to help me whenever I call on thee,
for, in all my needs, in all my temptations
I shall never cease to call on thee,
ever repeating thy sacred name, Mary, Mary.

O what consolation, what sweetness,
what confidence, what emotion fills my soul
when I pronounce thy sacred name,
or even only think of thee.
I thank God for having given thee, for my good,
so sweet, so powerful, so lovely a name.
But I will not be content with merely pronouncing thy
name:

let my love for thee prompt me ever to hail thee,
Mother of Perpetual Help. Amen.

Our Lady, Help of Christians

Most Holy Virgin Mary, Help of Christians,
how sweet it is to come to your feet imploring
your perpetual help. If earthly mothers cease not to
remember their children, how can you, the most loving
of all mothers, forget me?

Grant then to me, I implore you,
your perpetual help in all my necessities,
in every sorrow, and especially in all my temptations.
I ask for your unceasing help for all who are now
suffering. Help the weak, cure the sick, convert sinners.
Grant through your intercessions many vocations to
the religious life.

Obtain for us, O Mary, Help of Christians,
that having invoked you on earth,
we may love and eternally thank you in heaven. Amen.

Our Mother of Sorrows

Our Mother of Sorrows,
with strength from above you stood by the Cross,
sharing in the sufferings of Jesus,
and with tender care you bore him in your arms,
mourning and weeping.

We praise you for your faith,
which allowed you to accept the life God planned for
you. We praise you for your hope,
which trusted that God would do great things in you.
We praise you for your love,
in bearing with Jesus the sorrows of his passion.

Holy Mary,
may we follow your example, and stand by all your
children who need comfort and love.

Mother of God,
stand by us in our trials and care for us in our many
needs. Pray for us now and at the hour of our death.
Amen.

Sub Tuum Praesidium

We fly to thy patronage,
O holy Mother of God;
despise not our petitions in our necessities,
but deliver us always from all dangers,
O glorious and blessed Virgin. Amen.

(The oldest known prayer asking for Mary's intercession; 3rd century)

Mary, Mother of Jesus

Mary, Mother of Jesus, please be a mother to me now.
Amen.

(St. Teresa of Kolkata)

Our Lady of Guadalupe

(Patroness of the Americas)

O Immaculate Virgin, Mother of the true God and
Mother of the Church! You, who from this place
revealed your clemency and your pity to all those who
ask for your protection, hear the prayer that we address
to you with filial trust, and present it to your Son Jesus,
our sole Redeemer.

Mother of mercy, teacher of hidden and silent sacrifice, to you, who come to meet us sinners, we dedicate on this day all our being and all our love. We also dedicate to you our life, our work, our joys, our infirmities and our sorrows.

Grant peace, justice and prosperity to our peoples, for we entrust to your care all that we have and all that we are, our lady and mother.

We wish to be entirely yours and to walk with you along the way of complete faithfulness to Jesus Christ in his Church; hold us always with your loving hand.

Virgin of Guadalupe, Mother of the Americas, we pray to you for all the bishops, that they may lead the faithful along paths of intense Christian life, of love and humble service of God and souls.

Contemplate this immense harvest, and intercede with the Lord that he may instill a hunger for holiness in the whole People of God and grant abundant vocations of priests and religious, strong in the faith and zealous dispensers of God's mysteries.

Gain for our homes the grace of loving and respecting life in its beginnings with the same love with which you conceived in your womb the life of the Son of God. Blessed Virgin Mary, protect our families, so that they may always be united, and bless the upbringing of our children.

Our hope, look upon us with compassion, teach us to go continually to Jesus, and if we fall, help us to rise again, to return to him, by means of the confession of our faults and sins in the Sacrament of Penance, which gives peace to the soul. We beg you to grant us a great love for all the holy Sacraments, which are, as it were, the signs that your Son left us on earth.

Thus, most holy Mother, with the peace of God in our conscience, with our hearts free from evil and hatred, we will be able to bring to all true joy and true peace, which come to us from your Son, our Lord Jesus Christ, who, with God the Father and the Holy Spirit, lives and reigns for ever and ever. Amen.

(St. John Paul II)

PRAYERS OF THE ROSARY

Sign of the Cross

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

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 rose again from the dead;
he ascended into heaven,
and is seated at the right hand
of God the Father almighty;
from there he will 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.

Our Father

(See page 23.)

Hail Mary

(See page 4.)

Glory Be

(See page 23.)

Fatima Prayer

(Recited after every decade)

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to heaven, especially those in most need of your mercy. Amen.

Hail, Holy Queen

(Salve Regina)

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, most gracious advocate,
your 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!

V. Pray for us, O Holy Mother of God,

**R. that we may be made worthy of the promises of
Christ. Amen.**

Closing Prayer

Let us pray.

O God, whose only-begotten Son, by his life, death and resurrection has purchased for us the rewards of eternal life; grant we beseech thee, that by meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

Joyful Mysteries

(Prayed on Monday and Saturday)

The Annunciation

The Visitation

The Nativity

The Presentation

Finding Jesus in the Temple

Sorrowful Mysteries

(Prayed on Tuesday and Friday)

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion

Luminous Mysteries

(Prayed on Thursday)

- The Baptism in the Jordan
- The Wedding at Cana
- The Proclamation of the Kingdom of God
- The Transfiguration
- The Institution of the Eucharist

Glorious Mysteries

(Prayed on Wednesday and Sunday)

- The Resurrection
- The Ascension
- The Descent of the Holy Spirit (Pentecost)
- The Assumption of Mary
- The Coronation of Mary

DAILY PRAYERS

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.

Glory Be

(Doxology)

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

Come, Holy Spirit

V. Come, Holy Spirit, fill the hearts of your faithful
R. and kindle in us the fire of your love.

V. Send forth your Spirit, and we shall be created,
R. and you shall renew the face of the earth.

Let us pray:

**O God, who have taught the hearts of the faithful
by the light of the Holy Spirit,
grant that in the same Spirit we may be truly wise
and ever rejoice in his consolation.
Through Christ our Lord. Amen.**

Guardian Angel Prayer

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

A Prayer to St. Michael

St. 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
thou, O Prince of the Heavenly Host, by the Power of
God, thrust into hell Satan and all the evil spirits who
wander through the world seeking the ruin of souls.
Amen.

Grace Before Meals

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

Grace After Meals

We give thee thanks, for all thy benefits, Almighty
God, who lives and reigns forever. May the souls of the
faithful departed, through the mercy of God, rest in
peace. Amen.

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 in revealing them you can neither deceive nor be deceived. Amen.

Act of Hope

O my God, relying on your almighty power and 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. Amen.

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. Amen.

Act of Contrition

O my God,
I am sorry and repent with all my heart
for all the wrong I have done
and for the good I have failed to do,
because by sinning I have offended you,
who are all good and worthy to be loved above all
things.
I firmly resolve, with the help of your grace,
to do penance, to sin no more,
and to avoid the occasions of sin.
Through the merits of the Passion of
our Savior Jesus Christ,
Lord, have mercy. Amen.

(from the Order of Penance)

The Serenity Prayer

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

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer
you 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, for the salvation of souls, the reparation of sins,
the reunion of all Christians, and in particular for the
intentions of the Holy Father this month. Amen.

Jesus Prayer

Lord Jesus Christ, Son of God, have mercy on me,
a sinner. Amen.

For the Faithful Departed

Eternal rest grant unto them, O Lord.

And let the perpetual light shine upon them.

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

The Divine Praises

Blessed be God.

Blessed be his holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most holy Sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

Amen.

The Heart of Jesus

May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time.
Amen.

An Act of Spiritual Communion

My Jesus, I believe that you are present in the Most Blessed Sacrament. I love you above all things and desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

Stations of the Cross Prayer

We adore you, O Christ, and we praise you, because, by your holy Cross, you have redeemed the world. Amen.

Anima Christi

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 your wounds hide me.

Permit me not to be separated from you.

From the malicious enemy defend me.

In the hour of my death call me.

And bid me come to you,

that with your saints I may praise you
forever and ever. Amen.

The life of a Catholic is called to be grounded in daily prayer. Here's a handy pocket-sized booklet that finds its inspiration in Mary, the Mother of God. Mary's heart was so close to Jesus during her life on earth, and it still is today. That's why she is a perfect prayer companion. Bring a Marian-focus to your quiet time with these suggestions for prayers through Mary's powerful intercession. Also included are an assortment of prayers for every day on a variety of topics.

FULL OF GRACE

My Marian Book
of Daily Prayers



Curated by Pat Gohn. Design by Jamie Wyatt. Cover image *The Virgin in Prayer* by Giovanni Battista Salvi da Sassoferrato. © 2024 Creative Communications for the Parish, a division of Bayard, Inc. 1564 Fencorp Dr., Fenton, MO 63026. 800-325-9414. www.creativecommunications.com. All rights reserved. Printed in the USA. **FLG**

