

A sample of prayers for the Sunday domestic holy hour

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The Perfect Act of Contrition:

“Oh my God! I am heartily sorry for having offended Thee and I detest all my sins because I dread the loss of Heaven and the pains of Hell; But most of all because I have offended Thee, My God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, To confess my sins, to do penance, And to amend my life. Amen.”

(Baltimore Catechism)

Prayer for making a Spiritual Communion:

“At Thy feet, O my Jesus, I prostrate myself, and I offer Thee the repentance of my contrite heart, which is humbled in its nothingness and in Thy holy presence. I adore Thee in the Sacrament of Thy love, the ineffable Eucharist. I desire to receive Thee into the poor dwelling that my heart offers Thee. While waiting for the happiness of sacramental Communion, I wish to possess Thee in spirit. Come to me, O my Jesus, since I, for my part, am coming to Thee! May thy love embrace my whole being in life and in death. I believe in Thee, I hope in Thee, I love Thee. Amen”

Prayers of the Angel of Fatima:

“My God, I believe, I adore, I trust, and I love Thee! I ask pardon for those who do not believe, do not adore, do not trust and do not love Thee. Most Holy Trinity, Father, Son, and Holy Spirit, I adore Thee profoundly. I offer Thee the Most Precious Body, Blood, Soul, and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges, and indifference by which He is offended. And through the infinite merit of His Most Sacred Heart, and the Immaculate Heart of Mary, I beg of Thee the conversion of poor sinners. Amen.”

The Universal Prayer (attributed to Pope Clement XI)

Lord, I believe in you: increase my faith. I trust in you: strengthen my trust. I love you: let me love you more and more. I am sorry for my sins: deepen my sorrow. I worship you as my first beginning, I long for you as my last end, I praise you as my constant helper, and call on you as my loving protector.

Guide me by your wisdom, correct me with your justice, comfort me with your mercy, protect me with your power. I offer you, Lord, my thoughts: to be fixed on you; my words: to have you for their theme; my actions: to reflect my love for you; my sufferings: to be endured for your greater glory. I want to do what you ask of me: In the way you ask, for as long as you ask,

because you ask it. Lord, enlighten my understanding, strengthen my will, purify my heart, and make me holy. Help me to repent of my past sins and to resist temptation in the future. Help me to rise above my human weaknesses and to grow stronger as a Christian.

Let me love you, my Lord and my God, and see myself as I really am: a pilgrim in this world, a Christian called to respect and love all whose lives I touch, those under my authority, my friends and my enemies. Help me to conquer anger with gentleness, greed by generosity, apathy by fervor. Help me to forget myself and reach out toward others. Make me prudent in planning, courageous in taking risks. Make me patient in suffering, unassuming in prosperity.

Keep me, Lord, attentive at prayer, temperate in food and drink, diligent in my work, firm in my good intentions. Let my conscience be clear, my conduct without fault, my speech blameless, my life well-ordered. Put me on guard against my human weaknesses. Let me cherish your love for me,

Keep your law, and come at last to your salvation. Teach me to realize that this world is passing, that my true future is the happiness of heaven, that life on earth is short, and the life to come eternal. Help me to prepare for death with a proper fear of judgment, but a greater trust in your goodness. Lead me safely through death to the endless joy of heaven. Grant this through Christ our Lord. Amen.

Hymn and prayer to Our Lady, the star of heaven

Stella caeli exstirpávit,

quae lactávit Dóminum

Mortis pestem quam plántavit

Primus parens hóminum.

Ipsa Stella nunc dignétur

sídera compéscere,

Quorum bella plebem caedunt

Dirae mortis úlcere.

O píssima stella maris,

A peste succúrre nobis.

Audi nos, Dómina,

nam Fílius tuus nihil negans te honórat.

Salva nos Jesu, pro quibus Virgo Mater te orat!

Ÿ In omni tribulatióne et angústia nostra.

R Succúrre nobis, piíssima Virgo Maria.

Oremus: Deus misericordiae, Deus pietatis, Deus indulgentiae, qui misertus es super afflictione Populi tui, et dixisti Angelo percutienti Populum tuum: contine manum tuam ob amorem illius Stellae gloriosae, cujus ubera pretiosa contra venenum nostrorum delictorum quam dulciter suxisti: praesta auxilium gratiae tuae, ab omni peste, et improvisa morte secure liberemur, et a totius perditionis incursu misericorditer liberemur.

Per te Jesu Christi Rex Gloria, Salvator Mundi: Qui vivis, et regnas in secula seculorum. Amen

The Star of heaven, who breastfed the Lord, extirpated the plague planted by the first parent of men.

This star may now deign to restrain the stars who with their wars kill the people with the mortal cruel ulcer.

O most pious star of the sea, deliver us from the plague. Hear us, o Lady, for your Son, who denies nothing to you, honors you. O Jesus, save us, for whom your Virgin Mother prays!

1. In all our tribulations and anguishes,
2. Succour us, o most pious Virgin Mary.

Let us pray. God of mercy, God of love, God of forgiveness, you have compassion over the affliction of your people and you said to the Angel who was striking your people: Stay your hand out of love of that glorious Star, at whose precious breasts you sweetly sucked to remedy the poison of our trespasses. Grant the help of your grace and we shall be surely and mercifully delivered from any plague, of unprepared death and of any perditionous attack. Through you, Jesus Christ, the King of Glory, the Savior of the world, who lives and reigns forever. Amen.