

PRAYERS FOR THE HOSTEL STUDENTS

SIGN OF THE CROSS

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

OUR FATHER

OUR FATHER in heaven / Holy be your name. / Your kingdom come / Your will be done / on earth as in heaven.

Give us today our daily bread / Forgive us our sins / as we forgive those who sin against us. / Do not bring us to the test / But deliver us from evil.

HAIL MARY

Hail Mary full of grace / The Lord is with you / Blessed are you among women / and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, / Now and at the hour of our death. – Amen.

GLORY BE TO THE FATHER

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.

THE ANGELUS

(Three times during the day we recall the Incarnation of Christ: At dawn, as we awake, to turn our mind and heart to Christ, at noon to remain alive in Christ and at dusk, as night falls, to implore Christ to overlook our failures and bless our work.)

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 your 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 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 angel, may by his passion and cross, be brought to the glory of his resurrection, through the same Christ our Lord. – Amen.

Glory be.....

QUEEN OF HEAVEN

(During Eater time instead of the Angelus.)

- Queen of heaven rejoice Alleluia.
- For to whom you did merit to bear, Alleluia.

- He has risen as he said, Alleluia.
- Pray for us to god, Alleluia.
- Rejoice and be glad, O Virgin Mary, Alleluia.
- Because the Lord is truly risen Alleluia.

Let us pray

O God, who gave joy to the world through the resurrection of your Son, our Lord Jesus Christ, grant that we may obtain through his Virgin Mother Mary, the joys of everlasting life,. Through the same Christ our Lord..... Amen.

MORNING OFFERING

O my Jesus, through the Immaculate Heart of Mary, I offer you all my prayers, works and sufferings of this day, in union with the intentions of your Sacred Heart, ever present in this Holy Sacrament of the Altar and in particular for (general intention.... Missionary intention.....)

Accept, O Lord, my good will, grant me your blessings that I may do your holy will and please you this day in all my thoughts, words, actions and sufferings. Keep me from sin and from every evil, may your grace be always with me and with all those who are dear to me.

Do you, O Immaculate Heart of Mary, regard with mercy and loving care the Congregation of the Missionaries under the patronage of the great St. Francis de Sales, that each of its members may endeavour to accomplish the Holy will of God with much humility and generosity, and instil in every heart a true love for God and neighbour....

One Our Father, One Hail Mary & Glory be.....

AN ACT OF ADORATION

O My God, I acknowledge you as my creator and Sovereign Lord, I adore you through our Lord Jesus Christ, your Son, and I will henceforth depend on you in all things and everywhere. – Amen.

ACT OF THANKSGIVING

O My God, I most humbly thank you through our Lord Jesus Christ, your Son for creating and preserving me up to this moment, for giving me your own Son, for bringing me to the Catholic faith through His merits, for so often forgiving me my sins and for all the graces and blessings you have bestowed upon me. – Amen.

ACT OF FAITH

O My God, I firmly believe all the truth that you have revealed to us, and which the holy Catholic Church proposes in your name to be believed because you are truth itself who can neither deceive nor be deceived. In this faith, with the help of your grace, I will live and die. – Amen.

ACT OF HOPE

O My God, relying on your almighty power and infinite mercy and promises, the merits of Jesus Christ, I hope to obtain the 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 CHARITY

O My God, I love you above all things, with my whole heart and soul, because you are infinitely good and worthy of all love, and for the love of you I love my neighbour as myself. I forgive all who have offended me and ask pardon of all whom I have offended.

- Amen

ACT OF CONTRITION

O My God, I am heartily sorry for having offended you and I detest my sins most sincerely because they are displeasing to you my God, whom I should have never ceased to adore and love on account of your infinite goodness and most amiable perfections. I now firmly purpose by the assistance of your holy grace, never more to offend you, and to avoid for the future to the utmost of my power all occasions which may expose me to sin. – Amen.

PRAYER TO THE GUARDIAN ANGEL

Angel of God, my guardian dear, to whom His Love commits me, be at my side, enlighten, direct, guard and govern me this day. – Amen.

PRAYER FOR THE GLORIFICATION OF FR. MERMIER

God of Goodness and Love, we thank you for all the graces you have given to Fr. Peter Mary Mermier, renovator of the Pastoral Missions, Founder of the Missionaries of Saint Francis de Sales, and with Mother Claudine Echernier, of the Sisters of the Cross of Chavanod.

You willed that he be a Missionary who was totally imbued with the spirituality of Saint Francis de Sales. His only aim in life was to seek to know your will and to accomplish it with love and devotion, in humility, serenity and confidence.

You made him a zealous, ardent and untiring apostle, whose sole desire was to make your name known and loved in the farthest parts of the earth. Grant us the grace to live in fidelity to the apostolic demands of our baptism, and like him to be, in our surroundings, great-hearted apostles, missionaries ready and willing to sacrifice our lives to announce to the world that you are the God of Love and Mercy.

We implore you to grant us the special grace we ask you now ..., and we pray you to glorify your faithful servant in your Church.

We ask this of you in utter trust through Jesus Christ, Our Lord, and through Mary, his Mother and our Mother. – Amen.

PRAYER BEFORE MASS

Eternal Father, I unite myself with the intentions and affections of Our Lady of sorrows on Calvary, and I offer you the sacrifice which your beloved Son Jesus made of himself on the cross, and now renews on the Altar:

1. To adore you and give you the honour which is due to your divine majesty, confessing your supreme dominion over all things, and the absolute dependence of everything upon you, our one and last end.
2. To thank you for the innumerable benefits received.
3. To appease your justice, provoked by so many sins and to offer you a worthy satisfaction.

4. To obtain grace and mercy for myself (for N.N,) for those in distress and afflictions, for the poor sinners, for those...

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 your sacred wounds, hide me
Permit me not to be separated from you
From the malignant 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.

PRAYER OF ST. FRANCIS OF ASSISI

O Lord, make me an instrument of your peace.
Where there is hatred let me bring love
Where there is injury, pardon
Where there is doubt, faith
Where there is despair, hope
Where there is darkness, light
Where there is sadness, joy.

O 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, it is in dying that we are born to eternal life.

CONSECRATION TO THE BLESSED VIRGIN MARY

My Queen and my mother, to you I offer myself without any reserve, and to give you a mark of my devotion, I consecrate to you during this day (night) my eyes, my ears, my mouth, my heart and my whole person since I belong to you. O my good mother, preserver and defend me this day (night) as one of your children. (3 Hail Marys).

PRAYER BEFORE STUDY / WORK

1. Lord be the beginning and end of all that we do and say. May your Spirit prompt our actions with your grace and complete them with your all-powerful help. We make our prayer through Christ our Lord. – Amen.
2. Lord, open our hearts and illumine our intellect with the wisdom that comes from above. Give us the Spirit that we may discern what is good and right. Give us the strength and courage to uphold the truth and practise what we uphold. Through Christ our Lord. – Amen.

PRAYER BEFORE STUDY / CLASS

O God, infinite wisdom and the source of all knowledge, grant that we may remember what we have learned. We offer you our work and endeavour, our failures and successes. Forgive us our shortcomings and give us the courage always to follow the path of truth.

– Amen.

PRAYER BEFORE THE ROSARY

O Virgin Mary, my mother, please accept my recitation of the Rosary as an expression of my filial devotion towards you. May it be to me an incentive to purify and an encouragement to walk joyfully along the path of faithful devotion to duty. Pray for me that my contemplation of the life of Jesus may create in my soul, a little, the spirit of Jesus till it penetrates my will, my heart, my memory, my imagination, my whole being so utterly that I begin to radiate it like a fragrant flower radiates its fragrances so will I become Christ in the world of today. So too shall I become able to pray while I work not so much by formal prayers, but by an interior attentiveness to the presence of Jesus within me and a loving responsiveness to his still small voice. I ask tall this, O Queen of the Rosary, through the intercession of St. Dominic, that tireless preacher of Christ and your faithful and devoted son.

– Amen.

1. THE JOYFUL MYSTERIES

1. **The Annunciation:** contemplate the humility of Mary, her generous conformity to God's will
2. **The Visitation:** Ask for her spirit of readiness to be of service.
3. **The Birth of Jesus:** Think of her love of poverty, of her acquiescence to the voice of God.
4. **The Presentation of Jesus:** Ask for her love of God's Law, her acceptance of necessary structures or customs.
5. **Jesus in the Temple:** Ask for the love of prayer; for the grace to give priority to personal prayer even at very great cost and even when you do not feel like praying.

2. THE SORROWFUL MYSTERIES

1. **The Agony:** Ask for fervour in prayer. When the chalice of suffering falls to your lot, only continuous, agonizing prayer will win for you the grace to drink it.
2. **The Scourging:** mortification and purity. The sight of Christ lying at the foot of the Pillar, bathed in his own blood, will make sinful pleasure lose all its attraction.
3. **The Crowning with thorns:** meekness. Christ, mocked and derided, spoke not a word.
4. **The Way of the Cross:** Patience. Every follower of Christ must be a cross bearer.
5. **The Crucifixion:** Generosity. What have my hands done for Christ? My feet? My brain? My heart? What can I do for Christ? For those who suffer for justice?

3. THE GLORIOUS MYSTERIES

1. **The Resurrection:** We must live the new life in Christ. You are risen with Christ; live then the life of the risen Christ – of charity, sincerity, peace and joy.
2. **The Ascension:** Go, teach all nations by word and example. Ask for zeal.

3. **The Descent of the Holy Spirit:** Mary with Christ's disciples united in the Holy Spirit is the Church. Ask for the spirit of dedication to the Church.
4. **The Assumption:** Such will be our reward if we also are faithful as Mary was. Rejoice with her.
5. **The Crowning of Mary in Heaven:** Ask for filial submission to God's sovereignty after the example of the Blessed Virgin Mary.

4. THE LUMINOUS MYSTERIES

1. Jesus' baptism in the Jordan
2. Jesus' self-manifestation at the wedding of Cana
3. Jesus' proclamation of the Kingdom of God.
4. The transfiguration of Jesus
5. The institution of the Eucharist by Jesus.

HAIL HOLY QUEEN

Hail, Holy Queen, Mother of mercy, hail our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sights, mourning and weeping in this vale of tears. Turn, then, most gracious advocate, your eyes of mercy towards us, and after this our exile, show unto us the blessed fruit of your womb, Jesus, O clement, O loving, O Sweet Virgin Mary.

Pray for us, O holy Mother of God.

That we may become worthy of the promises of Christ. – Amen.

MEMORARE

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

LITANY OF OUR LADY

Lord, have mercy on us	
Christ, have mercy on us	
Lord, have mercy on us	
Christ, hear us	
Christ graciously hear us	
God the Father of heaven	Have Mercy on us
God the Son, Redeemer of the World	„
God the Holy Spirit	„
Holy Trinity, One God	„
Holy Mary	Pray for us
Holy Mother of God	„
Holy Virgin of Virgins	
Mother of Christ	

Mother of the Church
Mother of Divine Grace
Mother most chaste
Mother inviolate
Mother undefiled
Mother most amiable
Mother most admirable
Mother of good counsel
Mother of our Saviour
Virgin most prudent
Virgin most venerable
Virgin most renowned
Virgin most powerful
Virgin most merciful
Virgin most faithful
Mirror of justice
Seat of wisdom
Cause of our joy
Spiritual vessel
Vessel of honour
Vessel of singular devotion
Mystical rose
Tower of David
Tower of Ivory
House of gold
Ark of the Covenant
Gate of Heaven
Morning Star
Health of the Sick
Refuge of sinners
Comforter of the afflicted
Help of Christians
Queen of angels
Queen of patriarchs
Queen of prophets
Queen of apostles
Queen of martyrs
Queen of confessors
Queen of virgins
Queen of all Saints
Queen conceived without original sin
Queen assumed into Heaven
Queen of the most holy Rosary
Queen of Peace.

Lamb of God, you take away the sins of the world
Spare us, O Lord
Lamb of God, you take away the sins of the world
Graciously hear us, O Lord.
Lamb of God, you take away the sins of the world
Have mercy on us.

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 you, that meditating upon these mysteries in the most Holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise. Through the same Christ Our Lord. – Amen.

NOVENA TO OUR LADY OF COMPASSION

Compassionate Mother, Immaculate Virgin, look upon us with mercy. Help us in our daily trials and sorrows. For you are the comforter of those in pain and sorrow, you are the refuge of the abandoned and shelterless. You are the hope of the depressed and the despairing. Have compassion on us and come to our help.

You have known anguish and the bitterness of suffering and pain. Standing at the foot of the cross, you witnessed the agony and death of your beloved son Jesus Christ. In deep sorrow, you held his dead body in your arms. As you had compassion for the sufferings of Jesus and suffered with him and for him, remember dearest Mother these our particular trials and sufferings... (Silence for a moment).

Strengthen us, comfort us, intercede for us and free us from every evil.

Jesus dies for us in torments and thus redeemed us through his death. Compassionate Mother, you had a great share in the mystery of the incarnation. By the anguish of your heart and suffering with Jesus for the salvation of mankind, you are the co-Redemptrix of the human race. Intercede for us that your Divine Son may grant us pardon, grace, purity of body and soul, and all the spiritual and temporal blessings we now stand in need of.

Hail Mary... Glory be... Seven times with the invocation *Compassionate Mother (Sorrowful Mother) Pray for us* each time.

Let Us Pray

Grant, we beseech thee, O Lord Jesus Christ that the most Blessed Virgin Mary your mother, whose most Holy Soul was transfixed with the sword of sorrows in the hour of your own Passion, may intercede for us before your throne of mercy now and at the hour of our death. – Amen.

THE SEVEN DOLOURS (SORROWS) OF OUR LADY

1. The First Sorrow: The Prophecy of Simeon.
2. The Second Sorrow: The Flight into Egypt
3. The Third Sorrow: The Loss of Jesus in the Temple
4. The Fourth Sorrow: Mary Meets Jesus on the Way to Calvary
5. The Fifth Sorrow: Jesus Dies on the Cross
6. The Sixth Sorrow: Mary receives the Dead Body of Jesus in her Arms

7. The Seventh Sorrow: The Body of Jesus is Placed in the Tomb

LITANY OF THE SORROWFUL MOTHER

Lord, have mercy on us
Christ, have mercy on us
Lord, have mercy on us
Christ, hear us
Christ, graciously hear us
God the Father of 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 conceived without sin pray for us
Holy mother of God pray for us
Mother of Christ ”
Mother of our saviour crucified ”
Mother most sorrowful ”
Mother most tearful
Mother most afflicted
Mother most lonely
Mother most desolate
Mother pierced by the sword of sorrow
Queen of martyrs
Mother of the afflicted
Comfort of the sorrowful
Help of the needy
Protectress of the forsaken
Support of widows and orphans
Health of the sick
Hope of the troubled
Haven of the shipwrecked
Refuge of sinners
Hope of the despairing
Mother of mercy
Through the poverty in the stable of Bethlehem deliver us from evil
Through your sorrow at the prophecy of Simeon ”
Through your sad flight into Egypt ”
Through your anxiety when seeking your lost child
Through your anxiety when seeing our divine Son persecuted
THROUGH YOUR FEAR AND ANXIETY WHEN Jesus was apprehended
Through the pain caused you by the treason of Judas and Peter’s denial
Through the sad meeting with Jesus on the way of the cross
Through the tortures your loving heart suffered at the crucifixion of Jesus
Through the agony and the death of Jesus
Through the sword of sorrow that pierced your heart when the side of

Jesus was transfixed by the lance
Through the lamentation over the dead body of your Divine Son lying on your bosom
Through the deep mourning at his tomb
Through the tears you did shed for your beloved son
Through the resignation to the will of God in all your sufferings
O Queen of peace we trust in you
In all our trials ”
In our illness and pains ”
In our sorrows and afflictions ”
In our need and destitution
In our fear and dangers
In the hour of our death
On the day of judgement

Lamb of God, you take away the sins of the world
Spare us, O Lord
Lamb of God, you take away the sins of the world
Graciously hear us, O Lord
Lamb of God, you take away the sins of the world
Have mercy on us.

Let us pray

We beseech you, O Lord Jesus Christ, that the Blessed Virgin Mary your Mother, whose holy soul was pierced by a sword of sorrow at the hour of your passion, may implore your mercy for us both now and at the hour of our death. – Amen.

HYMN TO THE MOTHER OF SORROWS

1. O Mother most afflicted,
Standing beneath that tree
Where Jesus stands rejected
On the hill of Calvary
- CHORUS: **O Mary sweetest Mother,
We love to pity thee.
O for the sake of Jesus
Let us thy children be.**
2. The heart is well nigh breaking
They Jesus thus to see
Derided, wounded, dying,
In greatest agony.
 3. His lived form is bleeding,
His soul with sorrow wrung
Whilst thou, afflicted Mother,
Shar’st the sorrow of thy Son.
 4. O Mary, Queen of Martyrs!
The sword has pierced thy heart
Obtain for us of Jesus

- In thy grief to bear a part.
5. O dear and loving mother,
Entreat that we may be
Near to thee and thy dear Jesus
Now and eternally.

PRAYER TO ST. FRANCIS DE SALES

O St. Francis de Sales, you lived a life of unflinching dedication in the service of the Church. Help us to be tireless builders of the Kingdom of God. Give us optimism and sweetness in hardships, so that we may be bearers of the Saviour's love.

Teach us to cultivate a deep interior life, rooted in confidence in God, and expressed in simplicity and in joy, so that following in your footsteps, we may reach our home in heaven. – Amen.

NOVENA TO ST. FRANCIS DE SALES

St. Francis de Sales, glorious apostle of Jesus Christ, messenger of divine love, your life was a constant witness to the perfection of charity towards God and towards all men and women. You lived solely for the love and glory of God. As a devoted child of Mary, the Mother of God, you followed Jesus our Saviour so perfectly that people saw in you the living image of Christ. Deign to accept me as your child (follower, protégé). From henceforth be my counsellor, my friend and my brother.

(Personal Needs)

Dear St. Francis during your earthly life, you obtained numerous graces for the people entrusted to your care. In your kindness, obtain for me the grace of an ongoing, total conversion, humility of heart, an intense, tender love for God, and my neighbours especially towards the members of my community, patience with myself and a gentle conduct towards others. May I always seek and accomplish God's will in my daily life, undertakings and activities. May I seek you alone, my God, rejoice in you alone, and labour for you alone.

(For family members and dear ones)

St. Francis de Sales, you loved deeply your parents, brother, sisters and relation. You were ready to counsel them and serve them when it was God's will.

Remember and intercede for my father mother... brother... sister.... for harmony and unity in the family, for the reconciliation and re-union of the broken family (other needs....).

Protect us from every danger. Watch over us and obtain for us the grace that we may live and die the death of the just and that our end may be like yours in the grace, peace and love of our Lord Jesus Christ. – Amen.

Our Father.... Hail Mary....

Let us pray:

O God who for the salvation of souls, was pleased that blessed Francis, your confessor and Bishop become all to all men, mercifully grant that being plentifully enriched with the sweetness of your charity, by the help of his merits, we may obtain life everlasting. Through Christ our Lord. – Amen.

LITANY OF ST. FRANCIS DE SALES

Lord, have mercy on us
Christ, have mercy on us
Lord, have mercy on us
Christ, hear us
Christ, graciously hear us
God the Father of 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 faithful protector of St. Francis,
St. Francis full of veneration for Mary,
St. Francis zealous servant of the love of God,
St. Francis most submissive to Gods will and good pleasure
St. Francis zealous upholder of the faith and church
St. Francis strenuous and peaceful opponent of heresy
St. Francis admirable doctor and promoter of piety
St. Francis humble and simple of heart
St. Francis ever watchful and recollected
St. Francis prudent and gentle in words
St. Francis patient and strong in action
St. Francis mirror of hidden mortification
St. Francis despiser of wealth and human glory
St. Francis burring with thirst for the salvation of souls
St. Francis friendly to slanderers and enemies
St. Francis refuge of sinners
St. Francis valuable help of penitents
St. Francis lavish inheritance of the poor
St. Francis assured consolation of the afflicted
St. Francis defender of the humble and down-trodden
St. Francis sociable to the meek and the ignorant
St. Francis made all to all
St. Francis lover of God and man
St. Francis model of bishops and priests,
St. Francis living image of Jesus Christ
St. Francis copy of angelic purity
St. Francis copy of angelic purity
St. Francis imbued with the faith of patriarch
St. Francis burning with zeal of prophets
St. Francis sharing the labours of Apostles
St. Francis firm in the commitment of Martyrs
St. Francis penetrated with the virtues of confessors
St. Francis founder of Holy Virgins
St. Francis joy of all saints,
St. Francis patron of our congregation,

Pray for us

”

Lamb of God, you take away the sins of the world.

Spare us, O Lord

Lamb of God, you take away the sins of the world.

Graciously hear us, O Lord.

Lamb of God, you take away the sins of the world.

Have mercy on us.

Pray for us O St. Francis

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

Let us pray:

O God, who in order that souls might be saved, did will that blessed Francis should become all things to all men. Fill our hearts we beseech you, with that charity which is sweet, so that, guided by his teaching and having part in his merits, we may attain everlasting happiness, through Christ our Lord. – Amen.

Benediction of the Blessed Sacrament

Let us bow in adoration

To the sacrament so great

Here is new and perfect worship

All the old must terminate

Senses cannot grasp this marvel

Faith must serve to compensate

Glory, honour, adoration

Let us sing with one accord

Praised be God almighty Father

Praised be Christ his Son Our Lord

Praised be God the Holy Spirit

Triune God head be adored. – Amen.

V/. You have given them Bread from Heaven (Alleluia)

R/. Containing in it all the sweetness (Alleluia)

Let us pray

O God, who in this wonderful sacrament have left us a memorial of your passion; grant us we beseech you, so to reverence the sacred mysteries of your Body and Blood, that we may continually find in our souls the fruit of your redemption; who live and reign forever and ever. – Amen.

Blessed be God

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 St. Joseph her most chaste spouse
Blessed be God in his angels and in his saints.