

Traditional Catholic Morning Prayers

1. The Sign of the Cross

In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

2. Morning Offering

O my God, I adore Thee and I love Thee with my whole heart.

I thank Thee for having created me, made me a Christian, and preserved me this night.

I offer Thee all my prayers, works, joys, and sufferings of this day, in union with the Sacred Heart of Jesus, for the intentions for which He pleads and offers Himself in the Holy Sacrifice of the Mass, in thanksgiving for Thy favors, in reparation for my offenses, and in humble supplication for my temporal and eternal welfare, for the wants of our holy Mother the Church, for the conversion of sinners, and for the relief of the poor souls in Purgatory.

I intend to gain all the indulgences I can in favor of the souls in Purgatory.

3. Adoration of the Blessed Trinity

I adore Thee, O my God, and I love Thee with my whole heart.

I thank Thee for having created me, redeemed me, and preserved me to this day.

Blessed be the holy and undivided Trinity, now and forevermore. Amen.

4. Acts of Faith, Hope, and Charity

Faith:

O my God, I firmly believe all the sacred truths which Thy holy Catholic Church believes and teaches, because Thou hast revealed them, Who canst neither deceive nor be deceived.

Hope:

O my God, relying on Thy goodness and promises, I hope to obtain pardon for my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

Charity:

O my God, I love Thee above all things, because Thou art all-good and worthy of all love. For Thy sake I also love my neighbor as myself.

5. Act of Adoration

I adore Thee, my God, and I love Thee with all my heart.

I thank Thee for having created me, redeemed me, made me a Christian, and preserved me this night.

I offer Thee all my thoughts, words, and deeds; my sufferings and crosses.

Bless me, O Lord, and preserve me from sin this day.

6. Prayer to the Most Holy Trinity

Glory be to the Father, Who created me.
Glory be to the Son, Who redeemed me.
Glory be to the Holy Ghost, Who sanctifies me.
Blessed be the holy and undivided Trinity now and forever. Amen.

7. The Our Father, Hail Mary, and Creed

8. The Confiteor (Examination of Conscience)

I confess to Almighty God, to the Blessed Mary ever Virgin, to Blessed Michael the Archangel, to Blessed John the Baptist, to the holy Apostles Peter and Paul, and to all the Saints, that I have sinned exceedingly in thought, word, and deed, through my fault, through my fault, through my most grievous fault.

Therefore, I beseech Blessed Mary ever Virgin, Blessed Michael the Archangel, Blessed John the Baptist, the holy Apostles Peter and Paul, and all the Saints, to pray to the Lord our God for me.

9. Prayers of Protection

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.

Saint Michael Prayer

Saint Michael the Archangel, defend us in battle; be our protection 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, cast into hell Satan and all evil spirits who prowl about the world seeking the ruin of souls. Amen.

10. Prayer Before Work or Daily Duties

Direct, we beseech Thee, O Lord, all our actions by Thy holy inspirations, and carry them on by Thy gracious assistance, that every prayer and work of ours may begin always from Thee, and by Thee be happily ended, through Christ Our Lord. Amen.

11. Daily Consecration to the Blessed Virgin Mary

My Queen, my Mother, I give myself entirely to thee;
and to show my devotion to thee, I consecrate to thee this day my eyes, my ears, my mouth, my heart, my whole being without reserve.
Wherefore, O good Mother, as I am thine own, keep me, guard me, as thy property and possession. Amen.

12. Closing Ejaculations

“Jesus, Mary, and Joseph, bless us and save us.”

“Sacred Heart of Jesus, have mercy on us.”

“Immaculate Heart of Mary, pray for us.”

“St. Joseph, protector of the Holy Church, pray for us.”