

## DAILY PRAYER FOR PARISHIONERS OF SACRED HEART

In difficult times like these, Catholics have always turned to Our Lord Jesus Christ in prayer for comfort, hope and guidance. Many of you may already pray daily on your own, or as a family. However, if you are looking for some possible guidelines about how you can offer up your sufferings and fears to Jesus, below is a simple daily routine of prayer that might help you and your family weather the storms we face.

Each of the three times of prayer detailed below – morning, noon and evening – take less than five minutes to pray. However, please feel free to supplement with a reading from Sacred Scripture (Bible) or some other resource.

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### MORNING PRAYER

Begin: In the name of the Father, and of the Son, and of the Holy Spirit. (*Sign of the Cross*)

Pray the **Angelus**

V. The Angel of the Lord declared unto Mary.  
R. And she conceived of the Holy Spirit.

*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.*

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. (*genuflect*)  
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.

Pray the **Litany of the Sacred Heart of Jesus**

V. Lord, have mercy on us.  
R. Christ, have mercy on us.  
V. Lord, have mercy on us.

V. Christ, hear us.  
R. Christ, graciously hear us.

V. 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.*

Heart of Jesus, Son of the Eternal Father, *have mercy on us.*  
Heart of Jesus, formed by the Holy Spirit in the Virgin Mother's womb, *have mercy on us.*  
Heart of Jesus, substantially united to the Word of God. *have mercy on us.*



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Heart of Jesus, of infinite majesty. *have mercy on us.*  
Heart of Jesus, holy temple of God. *have mercy on us.*  
Heart of Jesus, tabernacle of the Most High. *have mercy on us.*  
Heart of Jesus, house of God and gate of heaven. *have mercy on us.*  
Heart of Jesus, glowing furnace of charity. *have mercy on us.*  
Heart of Jesus, vessel of justice and love. *have mercy on us.*  
Heart of Jesus, full of goodness and love. *have mercy on us.*  
Heart of Jesus, abyss of all virtues. *have mercy on us.*  
Heart of Jesus, most worthy of all praise. *have mercy on us.*  
Heart of Jesus, King and center of all hearts. *have mercy on us.*  
Heart of Jesus, in whom are all the treasures of wisdom and knowledge. *have mercy on us.*  
Heart of Jesus, in whom dwells all the fullness of the Godhead. *have mercy on us.*  
Heart of Jesus, in whom the Father was well pleased. *have mercy on us.*  
Heart of Jesus, of whose fullness we have all received. *have mercy on us.*  
Heart of Jesus, desire of the everlasting hills. *have mercy on us.*  
Heart of Jesus, patient and rich in mercy. *have mercy on us.*  
Heart of Jesus, rich to all who call upon You. *have mercy on us.*  
Heart of Jesus, fount of life and holiness. *have mercy on us.*  
Heart of Jesus, propitiation for our offenses. *have mercy on us.*  
Heart of Jesus, overwhelmed with insults. *have mercy on us.*  
Heart of Jesus, bruised for our sins. *have mercy on us.*  
Heart of Jesus, obedient even unto death. *have mercy on us.*  
Heart of Jesus, pierced with a lance. *have mercy on us.*  
Heart of Jesus, source of all consolation. *have mercy on us.*  
Heart of Jesus, our life and resurrection. *have mercy on us.*  
Heart of Jesus, our peace and reconciliation. *have mercy on us.*  
Heart of Jesus, victim for our sins. *have mercy on us.*  
Heart of Jesus, salvation of those who hope in You. *have mercy on us.*  
Heart of Jesus, hope of those who die in You. *have mercy on us.*  
Heart of Jesus, delight of all saints. *have mercy on us.*



V. Lamb of God, who takes away the sins of the world, *spare us, O Lord.*  
V. Lamb of God, who takes away the sins of the world, *graciously hear us, O Lord.*  
V. Lamb of God, who takes away the sins of the world, *have mercy on us.*

V. Jesus, meek and humble of Heart,  
R. *Make our hearts like unto Yours.*

Let us pray.

Almighty and eternal God, look upon the Heart of Your most beloved Son and upon the praises and satisfaction which He offers You in the name of sinners; and to those who ask for Your mercy. In Your great goodness, grant forgiveness in the name of the same Jesus Christ, Your Son, who lives and reigns with You forever and ever. Amen.

Closing: **Prayer Intentions** (for those who are sick, elderly, in the healthcare field, or others in need), followed by the *Sign of the Cross*.

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**NOON PRAYER** (ideally before lunch)

Begin: In the name of the Father, and of the Son, and of the Holy Spirit. (*Sign of the Cross*)

Pray the **Angelus**

V. The Angel of the Lord declared unto Mary.  
R. And she conceived of the Holy Spirit.

*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.*

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. (*genuflect*)  
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.

Pray **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.

Closing: the *Sign of the Cross*.

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## EVENING PRAYER

Begin: In the name of the Father, and of the Son, and of the Holy Spirit. (*Sign of the Cross*)

Pray the **Angelus**

V. The Angel of the Lord declared unto Mary.  
R. And she conceived of the Holy Spirit.

*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.*

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. (*genuflect*)  
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.

Pray **A Prayer for Protection in Time of Pandemic**

(from the KofC, adapted from Pope Francis)

O Mary,  
you always brighten our path  
as a sign of salvation and of hope.  
We entrust ourselves to you, Health of the Sick,  
who, at the Cross, took part in Jesus' pain  
while remaining steadfast in faith.

O loving Mother,  
you know what we need,  
and we are confident you will provide for us  
as at Cana in Galilee.

Intercede for us with your Son Jesus,  
the Divine Physician,  
for those who have fallen ill,  
for those who are vulnerable,  
and for those who have died.  
Intercede also for those charged with

protecting the health and safety of others  
and for those who are tending to the sick  
and seeking a cure.

Help us, O Mother of Divine Love,  
to conform to the will of the Father  
and to do as we are told by Jesus,  
who took upon himself our  
sufferings and carried our sorrows,  
so as to lead us, through the Cross,  
to the glory of the Resurrection. Amen.

Under thy protection we seek refuge,  
O Holy Mother of God.  
In our needs, despise not our petitions,  
but deliver us always from all dangers,  
O glorious and blessed Virgin. Amen.

Closing: **Reading from Sacred Scripture** (if desired/available – St. Luke's Gospel would be excellent),  
followed by the *Sign of the Cross*.