



# PRAYERS

The Goretti Group



# Prayers

Patronage among mercy, forgiveness and love, St. Maria Goretti is also known for her intercession for purity and chastity. And, she is known as a patron of the youth and of rape victims.

I forgive Alessandro Serenelli...and I want him with me in heaven forever.

-Saint Maria Goretti

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## **St. Maria & Gorettian Spirituality**

St. Maria Goretti is a powerful intercessor for our times. Our Lord is working through this little saint to bring about great healing from sexual abuse, great hope for each of us when we fall, and great courage to lovingly name sin and defend purity in every age and state of life.

Her story exemplifies the importance of the healing power of forgiveness to remove the obstacles of false shame due to sexual sin and highlights the power of purity to embolden us to love Our Lord with courage. It also gives witness to the truth that lust leads to death (Alessandro's crime of passion), and authentic love rooted in forgiveness and purity leads to eternal life (Maria extended the mercy of God to her murderer).

She is best known for the heroic act of forgiveness she granted to her housemate Alessandro Serenelli on her deathbed after he attempted to rape her and brutally stabbed her,

causing 30 hours of excruciating pain, and ultimately leading to her death.

Although Alessandro was slow to repent, Maria later appeared to him and gave him fourteen lilies, signifying forgiveness for each of her stab wounds and bringing about his conversion. Alessandro served the remainder of his prison sentence as a model inmate, gained forgiveness and affection from Maria's mother and later became a Capuchin lay brother.

While Maria's heroism was impressive, it was only made possible from the grace of God, which Maria cooperated with in the little and big things of life.

As members of the Goretto Group, we seek to follow her example and grow in Gorettoian spirituality. Modeled after Maria, we seek to be hard-working, forgiving and compassionate, optimistic, courageous, and pure. We have a love and devotion to our families, to Mother Mary, to the Eucharist, and to the Sacred Heart of Jesus. In all of this, we seek to rediscover authentic masculinity, authentic femininity and to be witnesses to the joy of pure love.

We invite you to join us in this journey, but regardless of your affiliation, we hope that this little booklet will be an instrument of great graces for you. May it strengthen your prayer life and lead you into the depths of the Sacred Heart of Jesus where you will find great healing, deep joy and the truest fulfillment of the deepest desires of your heart.

With trust in Him,

Angela Santero  
Foundress, The Goretti Group

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# Daily Prayer

## (1) 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, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.

## (2) Offering of Self (by St. Ignatius of Loyola)

Take, Lord, and receive all my liberty, my memory, my intellect, and all my will, all that I have and possess. Thou gavest it to me; to Thee, Lord, I return it. All is Thine, dispose of it wholly according to Thy Will. Give me Thy love and grace, for this is enough for me.

### **(3) Consecration to the Blessed Virgin Mary**

O, my Queen and my mother! I offer myself entirely to thee; and, in proof of my filial affection, I consecrate this day to thee my eyes, my ears, my lips, my heart, my whole being without reserve. Since I am wholly thine, O bountiful Mother, keep me and defend me as thy property and possession. Amen.

### **(4) Prayer to the Guardian Angel**

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

### **(5) Prayer to St. Michael the Archangel**

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 hosts, by the power of God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

## (6) Angelus

V. The Angel of the Lord declared unto Mary:

R. And she conceived of the Holy Spirit.

V. Hail Mary...

R. Holy Mary...

V. Behold the handmaid of the Lord:

R. Be it done unto me according to Thy word.

V. Hail Mary...

R. Holy Mary...

V. And the Word was made Flesh:

R. And dwelt among us.

V. Hail Mary...

R. Holy 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:

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.

## **(7) Regina Caeli**

V: Queen of heaven, rejoice, alleluia.

R: The Son you merited to bear, alleluia,

V: Has risen as he said, alleluia.

R: Pray to God for us, alleluia.

V: Rejoice and be glad, O Virgin Mary, alleluia.

R: For the Lord has truly risen, alleluia.

Let us pray.

God of life, you have given joy to the world by the resurrection of your Son, our Lord Jesus Christ. Through the prayers of his mother, the Virgin Mary, bring us to the happiness of eternal life.

We ask this through Christ our Lord. Amen.

## **(8) Prayer to St. Joseph**

O Glorious Patriarch St Joseph, whose power can render possible even things which are impossible, come to my aid in my present trouble and distress. Take under thy protection the important and difficult affairs which I entrust to thee, that they may end happily. (Petition)

My beloved Father, all my confidence is in thee. Let it not be said that I invoked thee in vain; and since thou art able to obtain everything before Jesus and Mary, show me that thy goodness equals thy power. Amen.

### **(9) The Memorare**

Remember, most loving Virgin Mary, never was it heard that anyone, who turned to you for help, was left unaided. Inspired with this confidence, though burdened by my sins, I run to your protection for you are my mother. Mother of the Word of God, do not despise my words of pleading, but be merciful and hear my prayer. Amen. (Emergency Novena of Blessed Mother Teresa - say 9 times)

### **(10) Act of Spiritual Communion**

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I 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.

## **(11) 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;  
Let me never be separated from You;  
From the evil one, protect me;  
At the hour of my death, call me;  
and bid me to come to You; that with Your  
saints I may praise you forever and ever.  
Amen.

## **(12) The Rosary**

How to Pray the Rosary

Make the Sign of the Cross and say the "Apostles Creed". Say the "Our Father". Say three "Hail Mary's".

Say the "Glory be to the Father".

Announce the first mystery; then say the "Our Father". Say ten "Hail Marys", while meditating on the mystery. Say the Glory be to the Father and the "Fatima Prayer".

Announce the second mystery; then say the "Our Father".

Say the "Hail Holy Queen".

Say the "Prayer After the Rosary".

### **(13) The Mysteries of the Rosary**

The Joyful Mysteries (Monday and Saturday)

Annunciation of the birth of Jesus to Mary by the angel Gabriel

Visitation of Mary to her cousin Elizabeth

Nativity of our Lord and Savior Jesus Christ

Presentation of the infant Jesus in the Temple

Finding of Jesus in the Temple by Mary and Joseph

The Luminous Mysteries (Thursday)

Christ's baptism in the Jordan River

The self-revelation of Christ at the marriage of Cana

Christ's announcement of the kingdom of God

The Transfiguration of Christ  
The institution of the Eucharist at the Last Supper

The Sorrowful Mysteries (Tuesday and Friday)  
Agony of Christ in the Garden  
Scourging of Jesus at the Pillar  
Placing of the crown of thorns on the head of Jesus  
Carrying the Cross by Jesus  
Crucifixion of our Lord Jesus Christ  
The Glorious Mysteries (Wednesday and Sunday)  
Resurrection of our Lord from the dead  
Ascension of our Lord into heaven  
Descent of the Holy Spirit upon the apostles on Pentecost  
Assumption of the Blessed Virgin Mary into heaven  
Coronation of the Virgin Mary

## **(14) 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

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.

### 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.

### 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.

### Fatima Prayer

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

### Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you 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 your womb, Jesus. O clement, O loving, O sweet Virgin Mary! Pray for us, O holy Mother of God. That we may be made worthy of the promises of Christ.

Prayer After The Rosary

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 we who meditate upon these mysteries of the most holy rosary of the Blessed Virgin Mary, may imitate what they contain and obtain what they promise. We ask this through Christ our Lord. Amen.

### **(15) Daily Examination (Miles Christi)**

Does the awareness that I am a child of God, and bear the seal of this reality on my soul, permeate my day? Do I behave like his good, faithful son or daughter? Is there anything in particular that satisfies or displeases God, my Father? Have I tried to do God's will in my various activities today? Have I performed them with this intention?

Have I tried hard, sincerely, and fervently, to fulfill my spiritual commitments well?

Have I fulfilled the duties of my state in life honestly and responsibly, in a spirit of service?

Have I sought God's glory and the good of others more than my own personal interests?

Have I lived out Christian charity in thoughts, words, attitudes, and actions? In other words, have I done good to others by helping to make them happy, especially those closest to me – being patient, not talking badly of them or holding grudges, forgiving, and helping out as much as I could whenever I had the opportunity?

How well have I carried out my mission as an apostle? Did I take the necessary steps and seize the opportunities to win souls for Christ?

Do I have clear apostolic goals and have I striven to meet them? Was I generous in giving my time and resources to further Christ's interest?

What omissions was I guilty of today?

Have I taken care to form a sensitive conscience?

Do I know what my root defect is (lack of devotion, pride, self-love, vanity, laziness,

faultfinding, envy, gluttony, lack of charity, frivolity and superficiality, sensuality, neglectfulness, irresponsibility in my work, individualism, indifference of the common good..) What have I done today to improve? What was the most positive thing in my day? What was the most negative thing in my day?

### **(16) Act of Contrition**

O 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 they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to do my penance, to sin no more, and to avoid the near occasion of sin. Amen.

### **(17) Night Prayer**

Visit this house, we beg you, Lord, and banish from it the deadly power of the evil one. May your holy angels dwell here to keep us in

peace, and may your blessing be always upon us. We ask this through Christ our Lord. Amen.

Prayers for Chastity

### **(18) Prayer Against Temptation**

Behold me, O my God, at Your feet! I do not deserve mercy, but O my Redeemer, the blood which You have shed for me encourages me and obliges me to hope for it. How often I have offended You, repented, and yet I have again fallen into the same sin. O my God, I wish to amend, and in order to be faithful to You, I will place all my confidence in You. I will, whenever I am tempted, instantly have recourse to You. Until now, I have trusted in my own promises and resolutions and have neglected to recommend myself to You in my temptations. This has been the cause of my repeated failures. From this day forward, be You, O Lord, my strength, and this shall I be able to do all things, for "I can do all things in Him who strengthens me." Amen.

## (19) Deliverance from Lust

Father, I come boldly before Your throne of grace and mercy to find help and strength in my time of need. Lord Your word says to watch and pray so that we will not enter into temptation, for we know that the spirit is willing, but Father my flesh is weak. Lord, I submit myself to You, for Your word says that if we submit ourselves unto You, that we could resist the enemy and he would flee from us.

Lord I am fully submitted to You, all that I am, all that I ever hope to be. I surrender unto You. Father, I am weak but thou art strong, I know in my weakness You are made strong. I know that my strength is not in my will to withstand the devil and his many temptations, but my faith, my strength, my hope is in You.

Therefore, Lord I confess that I am strong in You, and in the power of Your might. Father, in the name of Jesus, I cast down every wicked, lustful, lascivious, and unclean thought of the enemy in the name of Jesus Christ of Nazareth. I refuse to allow any thoughts of the enemy to

enter in; I dismiss them from me in the name of Jesus.

Father, I pray that You will cause me to think upon those things which are pure, honest, and of a good report, and I pray that You will not allow my mind to wander into idleness, but to stay upon the name of Jesus. Father, I thank You for revealing the evil lustful spirit that was trying to confuse me. I thank You for not allowing me to be drawn away by his words of flattery, his lustful eyes, or his gifts of deceit. I thank You for not allowing me to be overcome with lust in my eyes, for I know the eyes are the door to the heart, and Your words says to guard my heart with all diligence.

So Father, please help me to guard my heart by the words that I speak. Father, I pray that You will place upon me the whole amour of God, so that I will always be able to stand against the tricks of the enemy. I pray that You will lead and deliver me from every temptation of lust, sin and evil.

In the name of Jesus, I take authority over Satan, every principality, every evil spirit, and every spirit of wickedness in high places. I bind them up in the name of Jesus Christ and render them helpless from operating in my life. In the name of Jesus I bind and cast off every spirit of lust, adultery, fornication, lasciviousness, and uncleanness in my life.

Father, I surrender my body to you as a living sacrifice, and I recognize that my body is the temple of the Almighty Living God and a dwelling place for His Holy Spirit and I rejoice in knowing that the blood of Jesus Christ covers me. Satan, in the name of Jesus, every stronghold, you have tried to bring against me has been rendered helpless, powerless and ineffective to operate in my life, by the authority of Jesus Christ!

I put off all forms of lust and put on the new nature of righteousness, purity, and honesty. Jesus has defeated Satan in my life, and now you are under my feet, and your power of lust and sin is broken in my life.

Father, I thank You for hearing my prayer, and delivering me from the tricks of the enemy. I thank You for Your word and how it is established in my heart and in my life. I thank You for giving me power over the enemy, I thank You for strengthening me so that I will not defile my body, and that it will be a temple for the Holy Spirit. Thank You Lord, for restoring me, for cleansing me, and for forgiving me for my weakness. I praise You; I give You all the glory and say Hallelujah to the name of Jesus.

In Jesus name, Amen.

## **(20) Prayer to Mary for Purity**

Mary, Mother most pure, and Joseph, chaste guardian of the Virgin, to you I entrust the purity of my soul and body. I beg you to plead with God for me that I may never for the remainder of my life soil my soul by any sin of impurity. I earnestly wish to be pure in thought, word and deed in imitation of your own holy purity. Obtain for me a deep sense of modesty, which will be reflected in my external conduct. Protect my eyes, the windows of my

soul, from anything that might dim the luster of a heart that must mirror only Christ-like purity. And when the “Bread of Angels” becomes my food in Holy Communion, seal my heart forever against the suggestions of sinful pleasures. Finally, may I be among the number of those of whom Jesus spoke, “Blessed are the pure of heart for they shall see God.” Amen.

### **(21) Prayer for Purity (by St. Thomas Aquinas)**

Dearest Jesus! I know well that every perfect gift, and above all others that of chastity, depends upon the most powerful assistance of Your Providence, and that without You a creature can do nothing.

Therefore, I pray You to defend, with Your grace, chastity and purity in my soul as well as in my body. And if I have ever received through my senses any impression that could stain my chastity and purity, may You, Who are the Supreme Lord of all my powers, take it from me, that I may with an immaculate heart advance in Your love and service, offering

myself chaste all the days of my life on the most pure altar of Your Divinity. Amen.

## **(22) The Goretti Group Prayer**

Dear Merciful Lord, You have created man and woman in Your own likeness. Through your awesome love, we live and breathe. May we strive to care for our bodies, minds and souls in a way that glorifies You, respects others and nurtures us. Lead us in purity, love, grace and adoration. As we serve You, may we exemplify and radiate all goodness and truth. May our focus and your strength together, with the work of other chastity-driven people, change the direction of young people and all people to live as cherished children of God. Amen.

## **(23) Prayer to St. Maria Goretti**

Oh Saint Maria Goretti who, strengthened by God's grace, did not hesitate even at the age of eleven to shed your blood and sacrifice life itself to defend your virginal purity, look graciously on the unhappy human race which has strayed far from the path of eternal

salvation. Teach us all, and especially youth, with what courage and promptitude we should flee for the love of Jesus anything that could offend Him or stain our souls with sin. Obtain for us from our Lord victory in temptation, comfort in the sorrows of life, and the grace which we earnestly beg of thee (here insert intention) and may we one day enjoy with thee the imperishable glory of Heaven. Amen.

St. Maria Goretti, pray for us!

## **(24) Novena to St. Maria Goretti**

Lord, we pray this novena for the Goretti Group community, may You pour out Your grace on us, heal us of all that is broken and fill us with Your Holy Spirit that we might live life to the full and fulfill the good plans You have for us.

We pray for all victims of sexual abuse, and for those burdened by any kind of sexual addiction, especially addiction to pornography; may their hearts be healed through the pouring out of Your Most Precious Blood and

mercy in the sacraments. We pray in particular for (insert name here).

May we receive Your love in a new way and be better able to share that love with others. Bless us and all those that are dear to us with purity of mind, heart and body and let our lives of virtue be contagious. Through our prayers and witness, may the world experience a new kind of sexual revolution in which all come to see and know the true dignity of every human being.

Prayer to Saint Maria Goretti (Prayer #23, pg. 20) (Our Father, Hail Mary, Glory Be)  
St. Maria Goretti, pray for us!

## **(25) The Breastplate of Saint Patrick**

I armor myself today with the power of the Most Holy Trinity, in the oneness of God, Creator of the universe. I armor myself today with the baptism of Christ, his crucifixion and resurrection, his ascension and glorious second coming. I armor myself today with God's guidance to direct me, God's might to sustain me, God's wisdom to instruct me; God's word

to give me speech, God's shield to protect me; God's army to defend me, against the snares of demons, against the lure of vices, against all who plot me harm.

I invoke all these virtues today against every hostile and merciless power that may assail me, against the incantations of false prophets, against the black laws of heathenism, against the false laws of heresy, against the deceits of idolatry, against every art and spell that binds the soul to evil. Christ guard me today against every poison, burning, drowning and fatal wounding.

Christ be with me, Christ be behind me, Christ be within me, Christ be beside me, Christ to win me. Christ to comfort and restore me, Christ to be where danger threatens, Christ be in the hearts of those around me, forevermore. Amen.

## **(26) Prayer for Inner Healing**

Dear Lord Jesus, please come and heal my wounded and troubled heart. I beg you to heal

the torments that are causing anxiety in my life. I beg you, in a particular way, to heal the underlying source of my sinfulness. I beg you to come into my life and heal the psychological harms that struck me in my childhood and from the injuries they have caused throughout my life. Lord Jesus, you know my burdens. I lay them on your Good Shepherd's Heart. I beseech you—by the merits of the great open wound in your heart—to heal the small wounds that are in mine.

Heal my memories, so that nothing that has happened to me will cause me to remain in pain and anguish, filled with anxiety. Heal, O Lord, all those wounds that have been the cause of evil that is rooted in my life. I want to forgive all those who have offended me. Look to those inner sores that make me unable to forgive. You who came to forgive the afflicted of heart, please, heal my wounded and troubled heart.

Heal, O Lord Jesus, all those intimate wounds that are the root cause of my physical illness. I offer you my heart. Accept it, Lord, purify it and give me the sentiments of your Divine Heart. Heal me, O Lord, from the pain caused

by the death of my loved ones. Grant me to regain peace and joy in the knowledge that you are the Resurrection and the Life. Make me an authentic witness to your resurrection, your victory over sin and death, and your loving presence among all men. Amen.

## **(27) Prayer for Healing #1**

Lord, You invite all who are burdened to come to You. Allow your healing hand to heal me. Touch my soul with Your compassion for others. Touch my heart with Your courage and infinite love for all. Touch my mind with Your wisdom, that my mouth may always proclaim Your praise. Teach me to reach out to You in my need, and help me to lead others to You by my example.

Most loving Heart of Jesus, bring me health in body and spirit that I may serve You with all my strength. Touch gently this life which You have created, now and forever. Amen.

## **(28) Prayer for Healing #2**

Lord, look upon me with eyes of mercy, may your healing hand rest upon me, may your life giving powers flow into every cell of my body and into the depths of my soul, cleansing, purifying, restoring me to wholeness and strength for service in your Kingdom. Amen.

## **(29) Prayer for the Forgiveness of Sins**

O Lord, Jesus Christ, Redeemer and Savior, forgive my sins, just as You forgave Peter's denial and those who crucified You. Count not my transgressions, but, rather, my tears of repentance. Remember not my iniquities, but, more especially, my sorrow for the offenses I have committed against You. I long to be true to Your Word, and pray that You will love me and come to make Your dwelling place within me. I promise to give You praise and glory in love and in service all the days of my life. Amen.

### **(30) Prayer for the Addicted**

God of Mercy, we bless You in the name of your Son, Jesus Christ, who ministered to all who came to him. Give Your strength to (name of the person), one of your children. Enfold him/her in Your love and restore him/her to freedom of God's children. Lord, look with compassion on all those who have lost their health and freedom. Restore to them the assurance of Your unfailing mercy, strengthen them in the work of recovery, and help them to resist all temptation. To those who care for them, grant patience and understanding and a love that perseveres. We ask this through Christ our Lord. Amen.

### **(31) St. Jude's Prayer for the Addiction**

God of life, You made me in Your perfect image, to live in Your love and to give You glory, honor and praise. Open my heart to Your healing power. Come, Lord Jesus, calm my soul just as you whispered "Peace" to the stormy sea. St. Jude, most holy Apostle, in my need I reach out to you. I beg you to intercede for me

that I may find strength to overcome my illness. Bless all those who struggle with addiction. Touch them, heal them, reassure them of the Father's constant love. Remain at my side, St. Jude, to chase away all evil temptations, fears, and doubts. May the quiet assurance of your loving presence illuminate the darkness in my heart and bring lasting peace. Amen.

Prayers for the Apostolate

### **(32) Prayer for Personal Fitness**

Dear Lord,

Thank you for the gift of my body. Help me to care for myself in a way that shows true gratitude and self-respect. Increase my desire to keep my body physically fit, not so that fitness might be a temptation toward vanity, but so that I might be better able to battle temptation within me, within the world, and from the enemy. Help me to sleep well, eat healthy, and exercise regularly so as to put my mind, body, and spirit in more perfect order. May any bodily suffering you allow in me unite me more closely with you on Calvary and be an

instrument for the salvation of souls. Help me to glorify you in my body. Amen.

### **(33) Team Race for the Chaste**

Dear Lord, Thank you for calling me to be a part of your team and of your family. I know that through my baptism, you renewed my spirit and made me your noble son/daughter. I know that I am the crown of creation and that everything you make is good. My body, my sexuality, my desire for intimacy is all good. Help me to purify my mind and heart that I may more perfectly love as you do. Help me to see the gift of my masculinity and femininity as a means to remember your intimate love for me and the rest of your bride the Church. May my witness today be an invitation to everyone I meet to delve into the depths of your Sacred Heart where they will find mercy, peace and everlasting joy.

Dispel any fear that I might have and enable me to be a joyful giver. Take each breath, each step, each mile, each prayer and each cheer, and let my body glorify you. In the Sacred and Immaculate Hearts of Jesus & Mary, Amen.

## (34) Prayer Before Serving

Dear Lord, it is written in Mathew 25, “Then the king will say to those on the right, ‘Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me...”

Today, you have asked me to welcome YOU in the stranger and to give YOU a drink. Dispel any fear that I may have of casting the nets out into the deep so that I may in some way “catch souls for you” and help bring them into your kingdom. Place the fire of your love in my heart and the gift of your joy in my smile. May you live and move and breathe in me. Help me to remain in you and allow you to remain in me, so that my joy, and that of those whom I serve might be complete. Amen.

Special Prayers and Devotions

## **(35) Act of Consecration to the Sacred Heart (by St. Margaret Mary Alacoque)**

O Sacred Heart of Jesus, to Thee I consecrate and offer up my person and my life, my actions, trials, and sufferings, that my entire being may henceforth only be employed in loving, honoring and glorifying Thee. This is my irrevocable will, to belong entirely to Thee, and to do all for Thy love, renouncing with my whole heart all that can displease Thee.

I take Thee, O Sacred Heart, for the sole object of my love, the protection of my life, the pledge of my salvation, the remedy of my frailty and inconstancy, the reparation for all the defects of my life, and my secure refuge at the hour of my death.

Be Thou, O Most Merciful Heart, my justification before God Thy Father, and screen me from His anger which I have so justly merited. I fear all from my own weakness and malice, but placing my entire confidence in Thee, O Heart of Love, I hope all from Thine infinite Goodness. Annihilate in me all that can displease or resist Thee. Imprint Thy pure love so deeply in my heart that I may never forget

Thee or be separated from Thee. I beseech Thee, through Thine infinite Goodness, grant that my name be engraved upon Thy Heart, for in this I place all my happiness and all my glory, to live and to die as one of Thy devoted servants. Amen.

### **(36) The Renewal of the Consecration of the Family to the Sacred Heart of Jesus**

Most sweet Jesus, humbly kneeling at Your feet, we renew the consecration of our family to Your Divine Heart. May You be our King forever. In You we have full and entire confidence. May Your spirit penetrate our thoughts, our desires, our words and our works. Bless our undertakings, share in our joys, in our trials and in our labors. Grant us to know You better, to love You more, to serve You without faltering.

By the Immaculate Heart of Mary, Queen of Peace, set up Your kingdom in our country. Enter closely into the midst of our families and make them Your own through the solemn Enthronement of Your Sacred Heart, so that

soon one cry may resound from home to home: "May the triumphant Heart of Jesus be everywhere loved, blessed and glorified forever!" Honor and glory to the Sacred Hearts of Jesus and Mary. Sacred Heart of Jesus, protect our families! Amen.

### **(37) Act of Confidence in Divine Mercy (of St. Claude de la Colombiere)**

Lord, behold a soul that is in the world so that Thou may exercise Thine admirable mercy to make it shine before heaven and earth. Others glorify Thee by showing, through fidelity and constancy, the power of Thy grace and how sweet and generous Thou art to those who are faithful to Thee.

As for me, I will glorify Thee by manifesting how good Thou art to sinners. In me Thou will show that Thy mercy is superior to all our malice, that nothing can exhaust it, and that no relapse, however shameful and culpable it may be, should make a sinner lose hope in Thy forgiveness. My beloved Redeemer, I have offended Thee gravely. But it would be worse

still if I add to my offenses the horrible outrage of thinking that Thou art not so good as to forgive me.

In vain Thine enemy—who is also mine—sets new snares for me daily. He may cause me to cast away everything except the hope I have in Thy mercy. Even though I fall a hundred times, and my sins were a hundred times more horrible than what they are, I will always continue to hope in Thee. Amen.

### **(38) 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.

### **(39) The Unity Prayer**

**(<http://www.flameoflove.us/flame-of-love-prayers/>)**

May our feet journey together. May our hands gather in unity. May our hearts beat in unison. May our souls be in harmony. May our thoughts be as one.

May our ears listen to the silence together.

May our glances profoundly penetrate each other. May our lips pray together to gain mercy from Eternal Father.

Amen.

### **(40) Stay with me, Lord (Prayer After Holy Communion)**

Stay with me, Lord, for it is necessary to have You present so that I do not forget You. You know how easily I abandon You.

Stay with me Lord, because I am weak, and I need Your strength, so that I may not fall so often.

Stay with me Lord, for You are my life, and without You, I am without fervor.

Stay with me Lord, for You are my light, and without you, I am in darkness.

Stay with me Lord, to show me Your will.

Stay with me Lord, so that I hear Your voice and follow You.

Stay with me Lord, for I desire to love you very much, and always be in Your Company.

Stay with me Lord, if You wish me to be faithful to You. Stay with me Lord, for as poor as my

soul is, I want it to be a place of consolation for You, a nest of Love.

Stay with me, Jesus, for it is getting late, and the day is coming to a close, and life passes, death, judgment, eternity approach. It is necessary to renew my strength, so that I will not stop along the way and for that, I need You. It is getting late and death approaches. I fear the darkness, the temptations, the dryness, the cross, the sorrows. O how I need You, my Jesus, in this night of exile.

Stay with me tonight, Jesus, in life with all its dangers, I need You. Let me recognize You as Your disciples did at the breaking of bread, so that the Eucharistic Communion be the light which disperses the darkness, the force which sustains me, the unique joy of my heart.

Stay with me Lord, because at the hour of my death, I want to remain united to you, if not by Communion, at least by grace and love.

Stay with me Jesus, I do not ask for divine consolation because I do not merit it, but the gift of Your presence,  
oh yes, I ask this of You.

Stay with me Lord, for it is You alone I look for, Your Love, Your Grace, Your Will, Your Heart,

Your Spirit, because I love You and ask no other reward but to love You more and more. With a firm love, I will love You with all my heart while on earth and continue to love You perfectly during all eternity. Amen.

### **(41) Thanksgiving for all God's Gifts**

O God, whose mercies are without number, and whose goodness is an inexhaustible treasure, I give You thanks for the gifts You have given me, evermore beseeching Your goodness, that while you hear the prayers of all those who ask, You also prepare them for the blessings yet to come. Amen.

### **(42) Prayer for the Holy Souls**

Our Lord dictated the following prayer to St. Gertrude to release 1,000 Souls from Purgatory each time it is said. "Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the holy souls in Purgatory, for sinners everywhere, for sinners in the universal

church, those in my own home and within my family. Amen.”

### **(43) Prayer to St. Joseph for a Happy Death**

O blessed St. Joseph, who gave up your last breath in the arms of Jesus and Mary, obtain for me, I beseech you, the grace of a happy death. Defend me from all evil, especially in my final hour. Assist me by your presence, protect me by your power, and obtain for me (this grace) O holy St. Joseph that I may breathe forth my soul in praise, saying in spirit, if I am unable to do so in words:

Jesus, Mary and Joseph, I give you my heart and my life. Amen.

Jesus, Mary and Joseph, I give you my heart and my soul. Amen.

Jesus, Mary and Joseph, assist me in my last agony. Amen.

Jesus, Mary and Joseph, let me breathe forth my spirit in peace with you. Amen.

## (44) A Prayer to Jesus (by St. Pio of Pietrelcina)

Oh my Jesus, give me Your strength when my weak nature rebels against the distress and suffering of this life of exile, and enable me to accept everything with serenity and peace. With my whole strength I cling to Your merits, Your sufferings, Your expiation, and Your tears, so that I may be able to cooperate with You in the work of salvation.

Give me strength to fly from sin, the only cause of Your agony, Your sweat of blood, and Your death. Destroy in me all that displeases You and fill my heart with the fire of Your holy love and all Your sufferings. Clasp me tenderly, firmly, close to You alone in Your cruel Passion. I ask only for a place of rest in Your Heart. My desire is to share in Your agony and be beside You in the Garden. May my soul be inebriated by Your love and fed with the bread of Your sorrow. Amen.

## **(45) Prayer of Trust and Confidence (of St.Pio)**

O Lord, we ask for a boundless confidence and trust in Your divine mercy, and the courage to accept the crosses and sufferings which bring immense goodness to our souls and that of Your Church. Help us to love You with a pure and contrite heart, and to humble ourselves beneath Your cross, as we climb the mountain of holiness, carrying our cross that leads to heavenly glory. May we receive You with great faith and love in Holy Communion, and allow You to act in us, as You desire, for Your greater glory.

O Jesus, most adorable heart and eternal fountain of Divine Love, may our prayer find favor before the Divine Majesty of Your Heavenly Father. Amen.

## **(46) Prayer for Peace of Mind**

Kneeling at your feet, sweet Mother of God and Queen of Peace, I, your loving child, confidently turn to you in my need, seeking

your intercession for peace of mind and comfort to my troubled heart. (Here mention your petition.) O listen to me, dear heavenly mother. Come to my aid and refuse me not as I cry out to you. For you are my mother, and you fail no one who has recourse to you, O Consoler of the afflicted, O Queen of Peace. Amen.

### **(47) Prayer Before the Crucifix**

Most High, Glorious God, enlighten the darkness of my heart and give me, Lord, a correct faith, a perfect charity, sense and knowledge, so that I may carry out Your holy and true command. Amen.

### **(48) 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.

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.

### **(49) Prayer for Priests (by Sylvia Jean Alvarado)**

Gentle God, I offer to You holy priesthood, that they may continue to sacrifice in completing Your will.

Gentle God, I offer to You my pain that holy priesthood, a journey of sacrifice, will be a journey of great love.

Gentle God, in my offering today, I pray that holy priesthood accepts change - a journey of holiness. Gentle God, in my offering today, I pray for all my priests that accepting sacrifice means simplicity.

Gentle God, for holy priesthood, I offer to you all that I am not, that they can accept sacrifice – a letting go – to why am I so loved. Amen.

## **(50) The Chaplet of Reparation (For Priests)**

In Sinu Jesu, When Heart Speaks to Heart, by A Benedictine Monk. (Offering of the Precious Blood for Priests) This chaplet of reparation and intercession is prayed on an ordinary five-decade rosary.

Opening Prayer:

Incline unto my aid, O God; O Lord, make haste to help me. 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. Alleluia. (After

Septuagesima: Praise be to Thee, O Lord, King of eternal glory.)

On the Our Father beads:

Eternal Father, I offer Thee the Precious Blood of Thy Beloved Son, our Lord Jesus Christ, the Lamb without blemish or spot, in reparation for my sins and for the sins of all Thy priests.

On the Hail Mary beads:

By Thy Precious Blood, O Jesus, purify and sanctify Thy priests.

In Place of the Glory be to the Father:

O Father, from whom all fatherhood in heaven and on earth is named, have mercy on all thy priests, and wash them in the Blood of the Lamb.

### **(51) Vocations (Prayer of St. Augustine)**

Almighty God, in whom we live and move and have our being, you have made us for yourself, so that our hearts are restless until they rest in you; grant us purity of heart and strength of purpose, that no selfish passion may hinder us from knowing your will, no weakness from doing it; but

that in your light we may see light clearly, and in your service find our perfect freedom through Jesus Christ our Lord. Amen.

## **(52) A Prayer for Vocations by St John Paul II**

Lord Jesus, as once you called the first disciples and made them fishers of men, continue to let resound today Your sweet invitation: “Come and follow me.”

Grant to men and women in our day the grace and trust to respond to Your voice. Sustain our bishops, priests and consecrated souls in their apostolic work. Give perseverance to our seminarians and to all those living a life of total consecration to Your service. Enkindle in our communities a missionary zeal. Send, Lord, workers into Your fields to feed and guide Your flock as Good Shepherds in imitation of You.

Mary, Mother of the Church, Model of Vocations, help us to say “Yes” to the Lord who calls each one of us to play our part in His plan of salvation. Amen

### **(53) Prayer for Our Children**

Loving God, I prayerfully entrust our children and teenagers to Your special care. Bless them with Your love and goodness. Grant them continued growth in wisdom, knowledge and virtue. Protect them day and night, at home, in school, at play. Inspire them each day to do their best. Strengthen them during times of discouragement and disappointment.

Make them ever mindful of the needs of others, kind and caring toward the elderly and all those less fortunate. May our children walk in the paths of holiness, as Your instruments of joy, love and peace in our family and in our world. Amen.

### **(54) Prayer to the Little Saint of Great Mercy**

Dear St. Maria Goretti,  
Your heart was so full of mercy, that you gladly forgave your assassin, and prayed that he might be saved; intercede for me before the Lord, Whom you now behold face to face. Ask Him to pour His grace into my soul so that I

may always be ready to imitate Jesus as you did. I choose you as my friend this day and I ask you to accompany me my whole life long. In honor of the Most Holy Name of Jesus, and in imitation of your example, I forgive all who have ever hurt me or who desired my suffering, and I ask pardon of all against whom I have sinned. Through Christ Our Lord, Amen.

### **(55) Prayer for the Glorification of Alessandro Serenelli**

Most loving and merciful God, Who patiently offers mercy to every sinner, so that none may be lost; I thank You for the life of Alessandro Serenelli, the repentant murderer of St. Maria Goretti. I praise You for the way he was converted by the heroic forgiveness that St. Maria extended towards him, which he accepted and through which he discovered You. Humbly, I ask that Your Church raise to the glory of her altars Alessandro Serenelli, who lived the holy life of a penitent, and that through his intercession You would grant the following petitions if they be in accord with

Your Most Holy Will: (here mention your petitions) Through Christ Our Lord. Amen.

## **(56) Litany of Humility**

O Jesus, meek and humble of heart, hear me.

From the desire of being esteemed...Deliver me, O Jesus.

From the desire of being loved...

From the desire of being extolled...

From the desire of being honored...

From the desire of being praised...

From the desire of being preferred to others...

From the desire of being consulted...

From the desire of being approved...

From the fear of being humiliated...

From the fear of being despised...

From the fear of suffering rebukes...

From the fear of being calumniated...

From the fear of being forgotten...

From the fear of being ridiculed...

From the fear of being wronged...

From the fear of being suspected...

Jesus, grant me the grace to desire:

That others may be loved more than I,  
That others may be esteemed more than I,  
That in the opinion of the world, others may  
increase and I may decrease,  
That others may be chosen and I set aside,  
That others may be praised and I go unnoticed,  
That others may be preferred to me in  
everything,  
That others may become holier than I,  
provided that I may become as holy as I  
should.

O Jesus, grant me:

Knowledge and love of my nothingness,  
The continuous memories of my sins,  
Awareness of my selfishness,  
The abhorrence of all vanity,  
The pure intention of serving God,  
Perfect submission to the Will of the Father,  
A true Spirit of compunction,  
Blind obedience to my superiors,  
Holy hatred of all envy and jealousy,  
Promptness in forgiving offenses,  
Prudence in keeping silent about others'  
matters,  
Peace and charity towards everyone,

An ardent desire for contempt and humiliations,

The yearning to be treated like Thee,  
and the grace of knowing how to accept it in a holy way.

Holy Mary, Queen, Mother, and Teacher of the Humble, pray for me.

St. Joseph, protector and model of the humble, pray for me.

St. Michael, the Archangel, who was the first to bring down the arrogant, pray for me.

All Saints, sanctified by the Spirit of humility, pray for me.

V. Let us pray. Lord Jesus Christ, though being God, Thou didst humble Thyself even unto death – and death on the Cross – in order to be a constant example for us to confound our pride and self-love. Grant us the grace to imitate Thine example, so that by humbling ourselves as befits our wretchedness here on earth, we may be exalted and enjoy Thee in heaven forever.

Amen.

## (57) Divine Mercy Chaplet

Using Rosary beads, begin with:

Our Father...

Hail Mary...

Apostles Creed...

Opening Prayer: You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

On the “Our Father” bead before each decade say: Eternal Father, I offer You the Body and Blood, Soul and Divinity of your dearly beloved son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.

On the ten “Hail Mary” beads of each decade say:

For the sake of his sorrowful Passion, have mercy on us and on the whole world.

After the last decade, recite the following prayers:

(3x) Holy God, Holy mighty one, Holy immortal One, have mercy on us and on the whole world. Then, (3x) Jesus I trust in You!

Closing Prayer: Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us, and increase Your mercy in us, that in difficult moments, we might not despair nor become despondent, but with great confidence, submit ourselves to Your holy will, which is Love and Mercy itself.

Amen.

## **(58) Merciful Mysteries for the Holy Rosary**

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## **1. Pardon of the Sinful Woman**

[†Jesus]...said to Simon: “Do you see this woman? When I entered your house you did not give me water for my feet, but she has bathed them with her tears and wiped them with her hair. You did not anoint my head with oil, but she anointed my head with ointment. So I tell you, her many sins have been forgiven; hence, she has shown great love.” (Luke 7:44, 46-47).

## **2. The Father Forgives His Lost Son**

While he was still a long way off his father caught sight of him, and was filled with compassion. He ran to his son, embraced him and kissed him. His son said to him, “Father, I have sinned against heaven and against you; I no longer deserve to be called your son.” But his father ordered his servants: “Quickly, bring out the finest robe and put it on him; put a ring on his finger and sandals on his feet. Take the fatted calf and slaughter it.

Then let us celebrate with a feast, because this son of mine was dead, and has come to life; he was lost and has been found.” (Luke 15:20-24)

### **3. Jesus Forgives the Woman Caught In Adultery**

†Jesus bent down and began to write on the ground with his finger. But when they continued asking him, he straightened up and said to them: “Let the one among you who is without sin be the first to throw a stone at her.” Again, he bent down and wrote on the ground. And in response, they went away one by one, beginning with the elders. So he was left alone with the woman before him. Then †Jesus straightened up and said to her: “Woman, where are they? Has no one condemned you?” She replied, “No one, sir.” Then †Jesus said, “Neither do I condemn you. Go, [and] from now on do not sin anymore.” (John 8:6-11)

### **4. The Crucified Criminal Receives Mercy**

Now one of the criminals hanging there reviled †Jesus, saying, “Are you not the Messiah? Save yourself and us.” The other, rebuking him, said in reply, “Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly... but this man has done nothing criminal.” Then

he said, “†Jesus, remember me when you come into your kingdom.” He replied to him, “Amen I say to you, today you will be with me in Paradise.” (Luke 23:39-43)

## **5. Jesus Institutes the Sacrament of Reconciliation**

†Jesus came and stood in their midst and said to them, “Peace be with you.” When he had said this, he showed them His hands and his side. The disciples rejoiced when they saw the Lord. [†Jesus] said to them again, “Peace be with you. As the Father has sent me, so I send you.” And when he had said this, he breathed on them and said to them, “Receive the holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.” (John 20:19-23)

### **(59) St. Michael Combat Chaplet**

Invocation on the Medal:

O God, come to my assistance! O Lord, make haste to help me! Glory be to the Father, and to the Son, and to the Holy Spirit. Amen

Pray 1 Our Father and 3 Hail Mary's after each of the nine Salutations

### **First Salutation**

By the intercession of St. Michael and the heavenly Choir of Seraphim, may it please God to make us worthy to receive into our hearts the fire of his perfect charity. Amen. (1 Our Father, 3 Hail Mary's...)

### **Second Salutation**

By the intercession of St. Michael and the heavenly Choir of Cherubim, may God in his good pleasure, grant us grace to abandon the ways of sin, and follow the path of Christian perfection. Amen. (1 Our Father, 3 Hail Mary's...)

### **Third Salutation**

By the intercession of St. Michael and the sacred Choir of Thrones, may it please God to infuse into our hearts the spirit of true and sincere humility. Amen.  
(1 Our Father, 3 Hail Mary's...)

### **Fourth Salutation**

By the intercession of St. Michael and the heavenly Choir of the Dominations, may it please God to grant us grace to have dominion over our senses, and to correct our depraved passions. Amen.

(1 Our Father, 3 Hail Mary's...)

### **Fifth Salutation**

By the intercession of St. Michael and the heavenly Choir of the Powers, may God vouchsafe to keep our souls from the wiles and temptations of the devil. Amen.

(1 Our Father, 3 Hail Mary's...)

### **Sixth Salutation**

By the intercession of St. Michael and the admirable heavenly Choir of the Virtues, may it please God to keep us from falling into temptation, and may He deliver us from evil. Amen. (1 Our Father, 3 Hail Mary's...)

### **Seventh Salutation**

By the intercession of St. Michael and the heavenly Choir of Principalities, may it please

God to fill our souls with the spirit of true and sincere obedience. Amen.

(1 Our Father, 3 Hail Mary's...)

### **Eighth Salutation**

By the intercession of St. Michael and the heavenly Choir of Archangels, may it please God to grant us the gift of perseverance in the faith, and in all good works, that we may be thereby enabled to attain the glory of paradise. Amen. (1 Our Father, 3 Hail Mary's...)

### **Ninth Salutation**

By the intercession of St. Michael and the heavenly Choir of all the Angels, may God vouchsafe to grant us their guardianship through this mortal life, and after death a happy entrance into the everlasting glory of heaven. Amen. (1 Our Father, 3 Hail Mary's...)

Say an Our Father on each of the four large concluding beads:

In honor of St. Michael...Our Father...

In honor of St. Gabriel...Our Father...

In honor of St. Raphael...Our Father...

In honor of our Guardian Angel...Our Father...

## **Anthem**

Michael, glorious prince, chief and champion of the heavenly Host, guardian of the souls of men, conqueror of the rebel angels, steward of the palace of God under Jesus Christ, our worthy leader, endowed with superhuman excellence and virtues: vouchsafe to free us all from every ill, who with full confidence have recourse to thee; and by thy incomparable protection enable us to make progress every day in the faithful service of our God.

V. Pray for us, most blessed Michael, Prince of the Church of Jesus Christ.

R. That we may be made worthy of His promises.

Let us pray: Almighty and Eternal God, who in Thine own marvelous goodness and pity didst, for the common salvation of man, choose the glorious Archangel Michael to be the prince of the Church: make us worthy, we pray Thee, to be delivered by his beneficent protection from

all our enemies, that, at the hour of our death, none of them may approach to harm us; rather do Thou vouchsafe unto us that by the same Archangel Michael, we may be introduced into the presence of thy most high and divine majesty, through the merits of the same Jesus Christ our Lord. Amen.

## **A Message from the Murderer**

I am now almost 80 years old. I am close to the end of my days. Looking back at my past, I recognize that in my early youth I followed a false road—an evil path that led to my ruin.

Through the content of printed magazines, immoral shows, and bad examples in the media, I saw the majority of the young people of my day following evil without even thinking twice. Unworried, I did the same thing.

There were faithful and practicing Christian believers around me, but I paid no attention to them. I was blinded by a brute impulse that pushed me down the wrong way of living.

At the age of 20, I committed a crime of passion, the memory of which still horrifies me today. Maria Goretti, now a saint, was my good angel whom God placed in my path to save me. Her words both of rebuke and forgiveness are still imprinted in my heart. She prayed for me, interceding for her killer. Thirty years in prison followed.

If I had not been a minor in Italian law I would have been sentenced to life in prison. Nevertheless, I accepted the sentence I received as something I deserved.

Resigned, I atoned for my sin. Little Maria was truly my light, my protectress. With her help, I served those 27 years in prison well. When society accepted me back among its members, I tried to live honestly. With angelic charity, the sons of St. Francis, the minor Capuchins of the Marches, welcomed me among them not as a servant, but as a brother. I have lived with them for 24 years.

Now I look serenely to the time in which I will be admitted to the vision of God, to embrace my dear ones once again, and to be close to my guardian angel, Maria Goretti, and her dear mother, Assunta.

May all who read this letter of mine desire to follow the blessed teaching of avoiding evil and following the good. May all believe with the faith of little children that religion with its precepts is not something one can do without. Rather, it is

true comfort, and the only sure way in all of life's circumstances—even in the most painful.

Peace and all good.

Alessandro Serenelli

Macerata, Italy

5 May 1961

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Our Lady of the Rosary Parish Attn: The Goretti Group

1629 Columbia Street, San Diego, CA 92101

<https://www.thegorettigroup.org/>

