

## 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 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

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.

## St. Michael

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, thrust into hell Satan and all evil  
spirits who wander through the world  
for the ruin of souls. Amen

## St. Joseph

Remember, O most chaste spouse of  
the Virgin Mary, that never was it  
known that anyone who implored  
your help and sought  
your intercession were left unassisted.  
Full of confidence in your power I fly  
unto you and beg your protection.  
Despise not O Guardian of the  
Redeemer my humble supplication,  
but in your bounty, hear and answer  
me. Amen.



## God grant me the Serenity:

To Accept the things  
I cannot change  
Courage to change the  
things I can  
and Wisdom to know  
the difference.

## **Prayer of Abandon**

Father, I abandon myself into your hands; do with me what you will. Whatever you may do, I thank you: I am ready for all, I accept all.

Let only your will be done in me, and in all your creatures—I wish no more than this, O Lord.

Into your hands I commend my soul: I offer it to you with all the love of my heart, for I love you, Lord, and so need to give myself, to surrender myself into your hands without reserve, and with boundless confidence, for you are my Father.

## **Thomas Merton Quote**

“Happiness is not a matter of intensity, but of balance, order, rhythm, and harmony.”

## **Psalms 85:6**

For you, O Lord, are good and forgiving, abounding in mercy to all who call upon you.

## **St. Martha**

Saint Martha, pray for us that we might serve Jesus better. Help us to overcome our distractions and worries to listen to his words and be present to him this day. Amen

## **St. Teresa of Avila**

Let nothing disturb you,  
Let nothing frighten you,  
All things are passing away:  
God never changes.  
Patience obtains all things  
Whoever has God lacks nothing;  
God alone suffices.

## **Ephesians 2:4-5**

But, God, who is rich in mercy, out of the great love with which he loved us, even when we were dead through our trespasses, made us alive together with Christ.

## **John 15:9**

As the Father has loved me, so I have loved you. Abide in my love.

## **St. Francis**

Lord, make me an instrument of Your peace. Where there is hatred, let me sow 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 again to eternal life.

## **Pope St. John 23**

Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do.