

Prayer Book

Updated: July 16, 2001

CFC-Youth for Christ is Catholic-based. All these prayers, except "Spiritual Warfare Prayer," can be found in "The Pieta Prayer Booklet: The 15 St. Bridget Prayers" published by MLOR Corporation, Hickory Corners, Michigan. Here are some common prayers we use:

PRAYER TO ST. MICHAEL

This powerful prayer of exorcism was composed by Pope Leo XIII; in a vision, he had been shown the fearful battle to be waged between Satan and St. Michael, over the Church of the future. Now, as never before, the Church needs the intercession of St. Michael! Please pray this prayer everyday. (The Pieta prayer booklet, MLOR Corporation, Hickory Corners, MI.)

St. Michael the Archangel, defend us in the day of Battle; Be our safeguard against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and so Thou, O Prince of the Heavenly Host, by the power of God, cast into Hell, Satan and all the other evil spirits, who prowl through the world, seeking the ruin of souls. Amen.

CHAPLET OF THE DIVINE MERCY

THREE O'CLOCK IN THE AFTERNOON: THE HOUR OF GREAT MERCY

At three o'clock, implore My mercy especially for sinners; and, if only for a brief moment, steep yourself in My Passion, particularly in My abandonment at the moment of agony. This is the hour of great mercy for the whole world. ... In this hour, I will refuse nothing to the soul that makes a request of Me in virtue of My Passion.

The Lord said to Sr. Faustina (1905-1938), "You will recite this chaplet on the beads of the Rosary in the following manner":

Say one OUR FATHER, one HAIL MARY, and one Apostles' Creed.

On the OUR FATHER BEADS, say these words: "Eternal Father, I offer Three the Body and Blood, Soul and Divinity of Thy Most Beloved Son and our Lord and Savior Jesus Christ, in atonement for our sins and the sins of the whole world."

On the HAIL MARY beads, say the following words: "For the sake of His sorrowful Passion, have mercy on us and the whole world."

In conclusion, say three times these words: "Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world."

CHAPLET OF ST. MICHAEL

St. Michael, appearing one day to Antonia d' Astonac, a most devout Servant of God, told her that he wished to be honored by nine salutations corresponding to the nine Choirs of Angels, which should consist of one Our Father and three Hail Marys in honor of each of the angelic choirs.

PROMISES OF ST. MICHAEL

Whosoever would practice this devotion in his honor would have, when approaching the Holy Table, an escort of nine angels chosen from each one of the nine choirs. In addition, for the daily recital of these

nine salutations he promised his continual assistance and that of all the holy angels during life, and after death deliverance from purgatory for themselves and their relations.

RECITING THE CHAPLET

Say the following invocation on the Rosary medal:

O God, come to my assistance.

Oh Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, Amen.

Say one Our Father and three Hail Marys after each of the following nine salutations in honor of the nine choirs of angels.

I. By the intercession of St. Michael and the celestial Choir of the Seraphim, may the Lord make us worthy to burn with the fire of perfect charity. Amen.

II. By the intercession of St. Michael and the celestial Choir of Cherubim, may the Lord vouchsafe to grant us grace to leave the ways of wickedness to run in the paths of Christian perfection. Amen.

III. By the intercession of St. Michael and the celestial Choir of Thrones, may the Lord infuse into our hearts a true and sincere spirit of humility. Amen.

IV. By the intercession of St. Michael and the celestial Choir of Dominions, may the Lord give us grace to govern our senses and subdue our unruly passions. Amen.

V. By the intercession of St. Michael and the celestial Choir of Powers, may the Lord vouchsafe to protect our souls against the snares and temptations of the devil. Amen.

VI. By the intercession of St. Michael and the celestial Choir of Virtues, may the Lord preserve us from evil and suffer us not to fall into temptations. Amen.

VII. By the intercession of St. Michael and the celestial Choir of Principalities, may God fill our souls with a true spirit of obedience. Amen.

VIII. By the intercession of St. Michael and the celestial Choir of Archangels, may the Lord give us perseverance in faith and in all good works, in order that we gain the glory of Paradise. Amen.

IX. By the intercession of St. Michael and the celestial Choir of Angels, may the Lord grant us to be protected by them in this mortal life and conducted hereafter to eternal glory. Amen.

Say one Our Father in honor of each of the following leading angels:

X. St. Michael

XI. St. Gabriel

XII. St. Raphael

XIII. Our guardian angel

CONCLUSION:

O glorious Prince St. Michael, chief and commander of the heavenly hosts, guardian of souls, vanquisher of rebel spirits, servant in the house of the Divine King, and our admirable conductor, thou who dost shine with excellence and superhuman virtue, vouchsafe to deliver us from all evil, who turn to thee with confidence, and enable us by thy gracious protection to serve God more and more faithfully each day.

V. Pray for us, O glorious St. Michael, Prince of the Church of Jesus Christ.

R. That we may be made worthy of His promises

Almighty and Everlasting God, who by a prodigy of goodness and a merciful desire for the salvation of all men, hast appointed the most glorious Archangel, St. Michael, Prince of Thy Church, make us worthy, we beseech The, to be delivered from all our enemies that none of them may harass us at the hour of death, but that we may be conducted by Him into the august presence of Thy Divine Majesty. This we beg through the merits of Jesus Christ our Lord. Amen.

DAILY PRAYER TO OUR 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.

THE WAY OF THE CROSS

Short version used by the Franciscan Fathers on their Missions. Check out: Cristus Rex Via Crucis

FIRST STATION: Jesus is condemned to death
O Jesus! so meek and uncomplaining, teach me resignation in trials.

SECOND STATION: Jesus carries His cross
My Jesus, this Cross should be mine, not Thine; my sins crucified Thee.

THIRD STATION: Our Lord Falls the first time
O Jesus! by this first fall, never let me fall into mortal sin.

FOURTH STATION: Jesus meets His mother
O Jesus! may no human tie, however dear, keep me from following the road of the cross.

FIFTH STATION: Simon the Cyrenean helps Jesus carry His cross
Simon unwillingly assisted Thee; may I with patience suffer all for Thee.

SIXTH STATION: Veronica wipes the face of Jesus
O Jesus! Thou didst imprint Thy sacred features upon Veronica's veil; stamp them also indelibly upon my heart.

SEVENTH STATION: The second fall of Jesus
By Thy second fall, preserve me, dear Lord, from relapse into sin.

EIGHTH STATION: Jesus consoles the women of Jerusalem
My greatest consolation would be to hear Thee say: "Many sins are forgiven thee, because thou hast loved much."

NINTH STATION: Third fall of Jesus
O Jesus! when weary upon life's journey, be Thou my strength and my perseverance.

TENTH STATION: Jesus stripped of His garments

My soul has been robbed of its robe of innocence; clothe me, dear Jesus, with the garb of penance and contrition.

ELEVENTH STATION: Jesus nailed to the cross
Thou didst forgive Thy enemies; my God, teach me to forgive injuries and forget them.

TWELFTH STATION: Jesus dies on the cross
Thou art dying, my Jesus, but Thy Sacred Heart still throbs with love for Thy sinful children.

THIRTEENTH STATION: Jesus taken down from the cross
Receive me into thy arms, O Sorrowful Mother, and obtain for me perfect contrition for my sins.

FOURTEENTH STATION: Jesus laid in the Sepulchre
When I receive Thee into my heart in Holy Communion, O Jesus, make it a fit abiding place for Thy adorable Body. Amen.

THE PRAYER OR BLESSING AGAINST STORMS

Jesus Christ, a King of Glory has come in Peace.
God became man,
and the Word was made flesh.
Christ was born of a Virgin.
Christ suffered.
Christ was crucified.
Christ died.
Christ rose from the dead.
Christ ascended into Heaven.
Christ conquers.
Christ reigns.
Christ orders.
May Christ protect us from all storms and lightning
Christ went through their midst in Peace,
and the word was made flesh.
Christ is with us with Mary.
Flee you enemy spirits because the Lion of the Generation of Judah, the Root David, has won.
Holy God!
Holy Powerful God!
Holy Immortal God!
Have mercy on us.
Amen!

SPIRITUAL WARFARE PRAYER

Heavenly Father, I love You, I praise You, and I worship You. I thank You for sending Your Son Jesus Who won victory over sin and death for my salvation. I thank You for sending Your Holy Spirit Who empowers me, guides me, and leads me into fullness of life. I thank You for Mary, my Heavenly Mother, who intercedes with the angels and saints for me.

Lord Jesus Christ, I place myself at the foot of Your cross and ask You to cover me with Your Precious Blood which pours forth from Your Most Sacred Heart and Your Most Holy Wounds. Cleanse me, my Jesus, in the living water that flows from Your Heart. I ask You surround me, Lord Jesus, with Your Holy Light.

Heavenly Father, let the healing waters of my baptism now flow back through the maternal and paternal generations to purify my family line of satan and sin. I come before You, Father, and ask forgiveness for myself, my relatives, and my ancestors, for any calling upon powers that set themselves up in opposition to You or that do not offer true honor to Jesus Christ. In Jesus' Holy Name, I now reclaim any territory that was handed over to sata and place it under the Lordship of Jesus Christ.

By the power of Your Holy Spirit, reveal to me, Father, any people I need to forgive and any areas of unconfessed sin. Reveal aspects of my life that are not pleasing to You, Father, ways that have given or could give satan a foothold in my life. Father, I give to You any unforgiveness; I give to You my sins; and, I give to You all ways that satan has a hold of my life. Thank You, Father, for these revelations. Thank You, for Your forgiveness and Your love.

Lord Jesus, in Your Holy Name, I bind all spirits of the air, water, ground, underground and netherworld. I further bind, in Jesus' Name, any and all emissaries of the satanic headquarters and claim the Precious Blood of Jesus on the air, atmosphere, water, ground and their fruits around us, the underground and the netherworld below.

Heavenly Father, allow Your Son Jesus to come now with the Holy Spirit, the Blessed Virgin Mary, the angels and the saints to protect me from all harm and to keep all spirits from taking revenge on me in any way.

(Repeat the following sentence three times: Once in honor of the Father, once in honor of the Son, and once in honor of the Holy Spirit.)

In the Holy Name of Jesus, I seal myself, my relatives, this room (place, home, church, car, plane, etc. ...), and all sources of supply in the Precious Blood of Jesus Christ.

(To break and dissolve all satanic seals, repeat the following paragraph three times in honor of the Holy Trinity because satanic seals are placed three times to blaspheme the Holy Trinity.)

In the Holy Name of Jesus, I break and dissolve any and all curses, hexes, spells, snares, traps, lies, obstacles, deceptions, diversions, spiritual influences, evil wishes, evil desires, hereditary seals, known and unknown, and every dysfunction and disease from any source including my mistakes and sins. In Jesus's Name, I sever the transmission of any and all satanic vows, pacts, spiritual bonds, soul ties and satanic works. In Jesus' Name, I break and dissolve any and all links and effects of links with astrologies; bohmos; channelers; charters; clairvoyants; crystal healers; crystals; fortune tellers; mediums; the New Age Movement; occult seers; palm, tea leaf or tarot card readers; psychics; santeros; satanic cults; spirit guides; witches; witchdoctors and Voodoo. In Jesus' Name, I dissolve all effects of participation in seances and divination, ouija boards, horoscopes, occult games of all sorts, and any form of worship that does not offer true honor to Jesus Christ.

Holy Spirit, please reveal to me through word of knowledge any negative spirits that have attached themselves to me in any way. *(Pause and wait for words to come to you, such as: Anger, arrogance, bitterness, brutality, confusion, cruelty, deception, envy, fear, hatred, insecurity, jealousy, pride, resentment or terror. Pray the following paragraph for each of the spirits revealed.)*

In the Name of Jesus Christ, I rebuke you spirit of (or simply, bad spirit) _____. I command you to go directly to Jesus, without manifestation and without harm to me or anyone, so that He can dispose of you according to His Holy Will.

I thank You, Heavenly Father, for Your love. I thank You Holy Spirit for empowering me to be aggressive against satan and evil spirits. I thank You, Jesus, for setting me free. I thank you, Mary, for interceding for me with the angels and the saints.

Lord Jesus, fill me with charity, compassion, faith, gentleness, hope, humility, joy, kindness, light, love, mercy, modesty, patience, peace, purity, security, serenity, tranquility, trust, truth, understanding and

wisdom. Help me to walk in Your Light and Truth, illuminated by the Holy Spirit so that together we may praise, honor and glorify Our Father in time and in eternity. For you, Lord Jesus, are *"the way, the truth and the life"* (John 14:6, NAB), and You *"have come that we might have life and have it more abundantly"* (John 10:10, JB).

"God indeed is my savior; I am confident and unafraid. My strength and courage is the Lord, and He has been my Savior" (Isaiah 12:2 JB). Amen. Alleluia. Amen.

LITANY OF HUMILITY

This prayer is for private devotion only. His Eminence Cardinal Merry del Val was accustomed to recite this daily after the celebration of Holy Mass.

O Jesus! meek and humble of heart, hear me
From the desire of being esteemed,
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,
From the desire of being consulted,
From the desire of being approved,
Deliver me, Jesus.
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,
Deliver me, Jesus.
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 unnoticed,
That others may be preferred to me in everything,
That others become holier than I,
provided that I may become as holy as I should.
Jesus, grant me the grace to desire it.