



***Devotions to Our Holy Mother of Virtues
and other prayers
Queen of the Apostles
Mission Association***

www.qama.org



***...In the end,
My Immaculate Heart
Will triumph!***

Exhortation to Christian Virtue

2 Peter Chapter 1: 1-11

Simon Peter, a slave and apostle of Jesus Christ, to those who have received a faith of equal value to ours through the righteousness of our God and savior Jesus Christ: may grace and peace be yours in abundance through knowledge of God and of Jesus our Lord!

The Power of God's Promise; His Divine Power, has bestowed on us everything that makes for life and devotion through the knowledge of Him who called us by His own glory and power.

Through these, He has bestowed on us the precious and very great promises, so that through them you may come to share in the divine nature, after escaping from the corruption that is in the world because of evil desire.

For this very reason, make every effort to supplement your faith with virtue, virtue with knowledge, knowledge with self-control, self-control with endurance, endurance with devotion, devotion with mutual affection, mutual affection with love. If these are yours and increase in abundance, they will keep you from being idle or unfruitful in the knowledge of our Lord Jesus Christ. Anyone who lacks them is blind and shortsighted, forgetful of the cleansing of his past sins.

Therefore, brothers, be all the more eager to make your call an election firm, for, in doing so, you will never stumble. For, in this way, entry into the eternal kingdom of our Lord and savior Jesus Christ will be richly provided for you.



***The world offers me thorns,
but you offer me a way to the world
through your prayers***



St. Michael Prayer

*Given to Sylvia Werner
June 7, 1997*

St. Michael the Archangel, prepare my heart to speak to God as, I come to be with Him today. Open my eyes and heart to the Holy Will of God that in all I do I will bring Glory to the Father.

St. Michael the Archangel, prepare my mind to think and act as Jesus that all that I contemplate and do resembles Christ.

St. Michael the Archangel,
call upon the Holy Spirit
to come into my soul
that all that I do is sealed
with the power and sanctity of God.

St. Michael the Archangel, walk with me when I am alone, and carry me on your wings to the Immaculate Heart of Mary, where we may reside together with the Father, Son and Holy Spirit now and forever! Amen



Prayer to Our Virtuous Mother

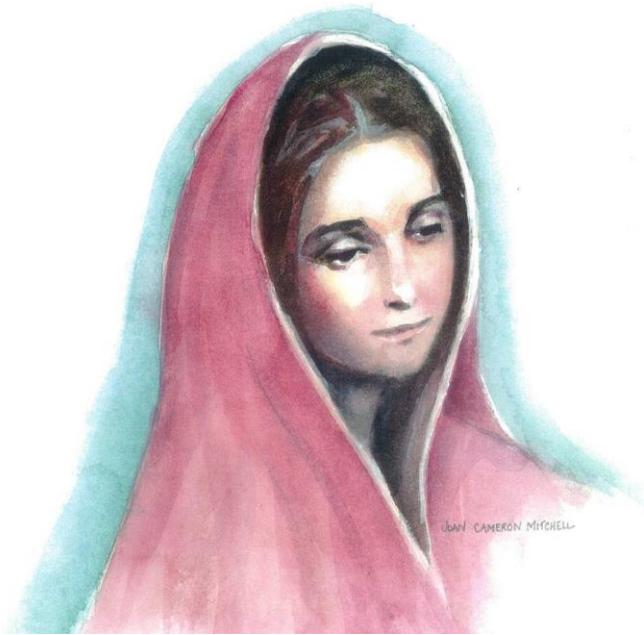
*Given to Sylvia Werner
Easter Sunday – March 30, 1997*

Sweet Holy Mother, virtuous in all things, Open my heart today to be dutiful to the sacred mysteries of the Trinity and to be obedient to the Sacred Word of God.

Bring me dear mother, to the feet of your Son Jesus that I may follow him along the path to holiness. Keep me close to Christ walking with a steady pace that I may neither look to the world nor to vainglory lest I fall from the straight and beautiful path to salvation.

Be my protection as I am in darkness. Strengthen and solidify my resolve to do God's holy divine will. Put my heart at ease in the heart of Jesus, as I place my heart in yours.

Oh Mary, Queen of the Apostles and Holy Virtuous Heart, have mercy on me and lead me to God through the great and wondrous virtues. Amen.



The Chaplet of Virtues
Inspired by
Our Holy Mother of Virtues
*through Theresa Lopez**
*and Sylvia Werner***

Salutation**

Sweet Holy Mother of Virtues, thank you for your presence here with us now. We ask that you take these prayers to the heart of God, for all of your intentions in this hour.

Apostles Creed
Traditional

I believe in God, the Father Almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord: Who was conceived of 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 sits at the right hand of God the Father Almighty, from thence He shall 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

Consecration Prayer to
Our Queen and Mother
Traditional

My Queen, and 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, good mother, as I am thine own, keep me and guard me as thy property and possession. Amen

Consecration Prayer to
Our Holy Mother of Virtues**

Sweet Holy Mother of Virtues, thank you for your presence in my life. I offer to you my heart that you may place me in the service of God the Father Almighty. May my heart reflect to the world those spiritual gifts that you perfected in your heart: faith, hope, charity, humility, patience, perseverance, and obedience.

I love you my dear sweet mother. I consecrate all that I think, say and do for the benefit of building God's Virtuous Kingdom on earth. Place me under the protection of your Holy Virtuous Heart that we may live in union with each other and dwell in the Holy Virtuous Heart of God forever! Amen

The Angelus

Traditional

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

Hail Mary...

Behold the handmaid of the Lord...
Be it done unto me according to thy will.

Hail Mary...

And the Word was made flesh...
and dwelt among us.

Hail Mary...

Pray for us, Oh holy Mother of God,
That we may be made worthy of the
promises of Christ.

Let us pray...Pour forth; we beseech
Thee, Oh 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.

For the Virtue of Faith

Holy Spirit Prayer*

Come Holy Spirit enlighten my heart to
see the things which are of God.
Come Holy Spirit into my mind that I
may know the things that are of God.
Come Holy Spirit into my soul that I
belong only to God. Sanctify all that I
think, say and do, that all will be for the
Glory of God. 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



The image is reproduced from: *Лазарев В. Н.*
Русская иконопись от истоков до начала XVI
века. М.: Искусство, 2000

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 amongst 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

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.

For the Virtue of Hope

Holy Spirit Prayer*

Come Holy Spirit enlighten my heart to see the things which are of God.
Come Holy Spirit into my mind that I may know the things that are of God.
Come Holy Spirit into my soul that I belong only to God. Sanctify all that I think, say and do, that all will be for the Glory of God. 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 amongst 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

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.

For the Virtue of Charity

Holy Spirit Prayer*

Come Holy Spirit enlighten my heart to see the things which are of God.
Come Holy Spirit into my mind that I may know the things that are of God.
Come Holy Spirit into my soul that I belong only to God. Sanctify all that I

think, say and do, that all will be for the Glory of God. 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 amongst 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

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.

For the Virtue of Humility

Holy Spirit Prayer*

Come Holy Spirit enlighten my heart to see the things which are of God
Come Holy Spirit into my mind that I may know the things that are of God
Come Holy Spirit into my soul that I belong only to God. Sanctify all that I think, say and do, that all will be for the Glory of God. 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 amongst 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

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.

For the Virtue of Patience

Holy Spirit Prayer*

Come Holy Spirit enlighten my heart to see the things which are of God.
Come Holy Spirit into my mind that I may know the things that are of God.
Come Holy Spirit into my soul that I belong only to God. Sanctify all that I think, say and do, that all will be for the Glory of God. 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 amongst 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

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.

For the Virtue of Perseverance

Holy Spirit Prayer*

Come Holy Spirit enlighten my heart to see the things which are of God.
Come Holy Spirit into my mind that I may know the things that are of God.
Come Holy Spirit into my soul that I belong only to God. Sanctify all that I think, say and do, that all will be for the Glory of God. 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 amongst 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

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.

For the Virtue of Obedience

Holy Spirit Prayer*

Come Holy Spirit enlighten my heart to see the things which are of God.
Come Holy Spirit into my mind that I may know the things that are of God.
Come Holy Spirit into my soul that I belong only to God. Sanctify all that I think, say and do, that all will be for the Glory of God. Amen.

Our Father

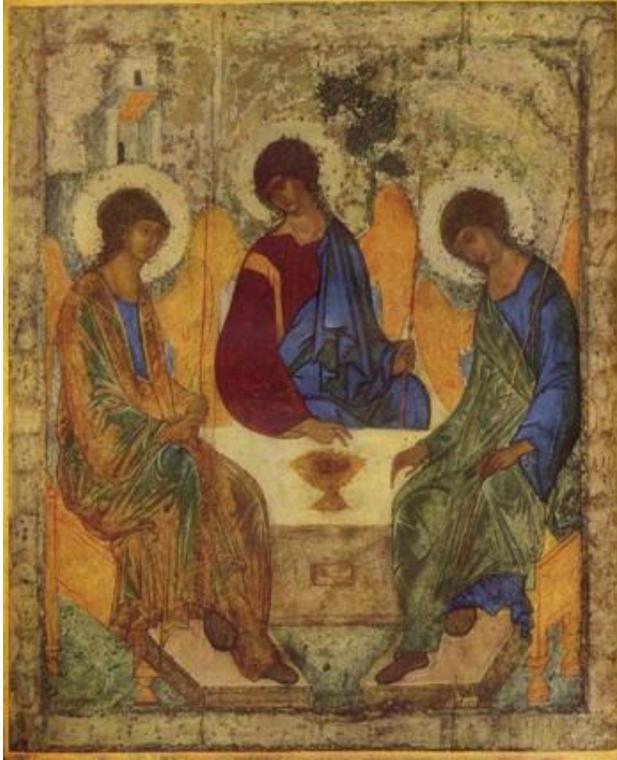
Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil, Amen.

Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst 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

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.



Spirit Prayer *

Spirit of Christ stir me
Spirit of Christ move me
Spirit of Christ fill me
Spirit of Christ seal me

Consecrate in me your heart and will, Oh
Heavenly Father.

Create in me a fountain of virtues.
Seal my soul as your own, that your
reflection in me may be a light for all to
see. Amen.

St. Andrew Rublev
circa 1411 or 1425-27

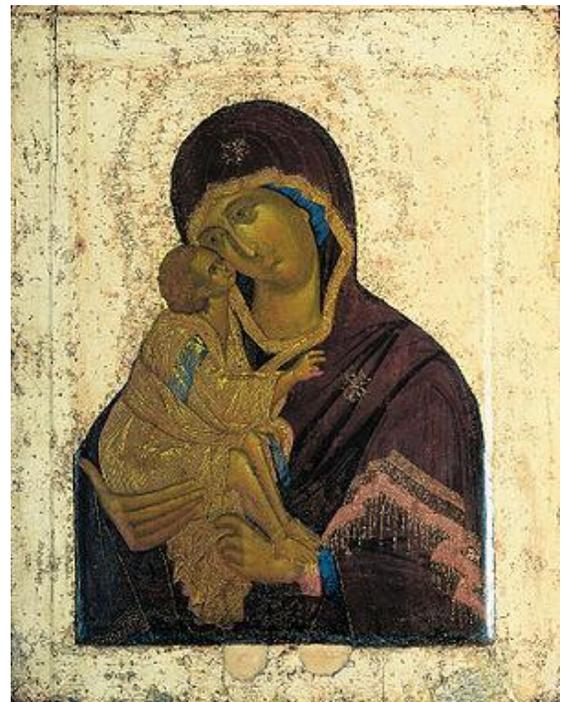
Oh Maria*

Oh Maria, transform my heart unto thine.
Place around it a wreath of purity
adorned in virtue.

Take my heart dear mother, consecrate it as
your own, present it to God Father as an
offering from me to you.

Help me, oh Maria, in each day
to make your heart more known. Amen.

Theophanes the Greek
circa 1382-1395



**Given by Our Holy Mother of Virtues through Theresa Lopez*

***Given by Our Holy Mother of Virtues through Sylvia Werner*



Prayer to St. Joseph

Traditional – say novena for 9 days, never known to fail.

O St. Joseph whose protection is so great, so strong, so prompt before the Throne of God, I place in you all my interests and desires. O St. Joseph do assist me by your powerful intercession and obtain for me from your Divine Son all spiritual blessings through Jesus Christ, Our Lord; so that having engaged here below your Heavenly power I may offer my thanksgiving and homage to the Loving of Fathers. O St. Joseph, I never weary of contemplating you and Jesus asleep in your arms. I dare not approach you while He reposes near your heart. Press him in my name and kiss His fine Head for me, and ask Him to return the kiss when I draw my dying breath. St. Joseph, Patron of departing souls, pray for us. Amen.

A Pilgrim's Prayer to St. Anne

Traditional

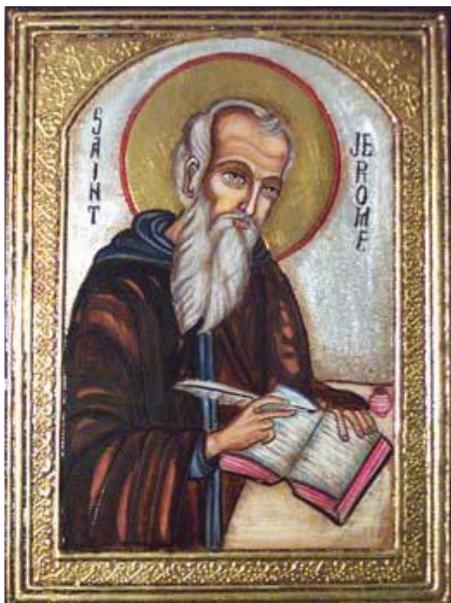
Saint Anne, I began my journey and became a pilgrim so that I might get close to you. In the midst of my human travels, I come to you with my weariness and my dreams, with my painful struggles as well as the many things for which I am thankful. Saint Anne, you experienced the joy of bringing the Immaculate Virgin into the world, and holding Jesus our Savior in your motherly arms. May you be praised for having witnessed these marvels. May you also be praised for the love which you constantly show us. Teach us to be open to serving others, to be willing to give and forgive, to treasure silence and to pray. To your care, we entrust those individuals who are most dear to us, as well as our world on its quest of hope. Lead us to Jesus so that our entire life may become a pilgrimage towards the Father. Good Saint Anne, patroness of pilgrims, pray for us. Amen.



A prayer to St. Anne for Families

Traditional

Saint Anne, bless my family. My family is the heart of my life. It is my little Church. St. Anne, guard the members of my family against all physical and spiritual danger. You lived in the presence of your husband Joachim and your little daughter Mary. Later you welcomed your son-in-law, Saint Joseph, and above all your beloved grandson, Jesus, our Savior. May your family inspire our families. May we remain united in a deep mutual love. If my family is broken by separation or divorce, remain for us the saint of tenderness and lead us to God. Saint Anne, you were a spouse, a mother and a grandmother; bless all of the members of my family. Keep us faithful to the Lord. May we remain attentive to the needs of other families. Protect all families. Amen



St. Jerome's Prayer

Given by him to Sylvia Werner on February 2, 1999

In my heart I come to know you God, yet I
cannot understand you
for my heart is weak and wounded.

In my eyes I come to know you God,
but I am blinded by my own desires.

In my life I come to serve you God,
But I cannot obtain joy,
For my efforts are so small,
In comparison to all of my sins.

So I come and beg of you Lord,
To heal my heart, that I may see your
Loving kindness, and come to serve Your
every need, out of my yearning and desire to
love you.

Have pity on me Lord and bring me to God
Through your Holy Virtuous Heart. Amen!

Marisa's Prayer

*Given by Our Holy Mother of Virtues to Sylvia Werner on
June 2, 1999*

Mary my mother, flower so rare
Draw me close to your heart that I may
reside near your ever fragrant grace of
mercy and Love.

Mary my sister you walk with me.
Beside me you serve My Lord.
Teach me to serve Him As you do.

Mary my teacher, reveal to me the way to
holiness, that I may reside in peace with you
and the Father. Lead me to Christ, that I may
come to know Him, and that He may teach
me of your days on earth, that I may
discover the great love of your hearts the
Holy Spirit.

Let my heart be open to God's grace
That I may bring others to you that you may
show them too of the great love of God that
we may dwell in the land of the Almighty
forever. Amen!

Angels of Virtue

*Inspired by the Holy Spirit through Sylvia Werner
April 18, 1999 in Kiev Ukraine*

Angels of Virtue which surround the
Immaculate Heart of Mary, surround my heart
that I may always be protected from the evil
temptations sent as legions to torment me.

When I am in hatred remind me to be humble
When I am in doubt flood my soul with faith
Remind me that in every moment
I have the opportunity to serve God by choosing
to be virtuous. Let me not hear the voice of
despair, but keep my soul steadfast
And united with the voice of the Holy Spirit
Sweet Angels of Virtue fly unto my aid
That I may find shelter in your holy protective
shadows. Amen!

Litany of the Blessed Virgin Mary

Traditional

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Christ, hear us.
Christ, graciously hear us.
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.

Holy Mary...

* say "Pray for us" after each line.

Holy Mother of God...
Holy Virgin of virgins,
Mother of Christ,
Mother of divine grace, Mother most pure,
Mother most chaste, Mother inviolate,
Mother undefiled,
Mother most amiable,
Mother most admirable,
Mother of good counsel,
Mother of our Creator,
Mother of our Savior,
Mother of the Church,
Virgin most prudent,
Virgin most venerable,
Virgin most renowned,
Virgin most powerful,
Virgin most merciful,
Virgin most faithful,
Mirror of justice,
Seat of wisdom, Cause of our joy, Spiritual
vessel, Vessel of honor,
Singular vessel of devotion, Mystical rose,
Tower of David,
Tower of ivory,
House of gold,

Ark of the Covenant,
Gate of Heaven,
Morning star,
Health of the sick, a
Refuge of sinners,
Comforter of the afflicted,
Help of Christians,
Queen of angels,
Queen of patriarchs,
Queen of prophets,
Queen of apostles,
Queen of martyrs,
Queen of confessors,
Queen of virgins,
Queen of all saints,
Queen conceived without original sin,
Queen assumed into Heaven,
Queen of the most holy Rosary,
Queen of families,
Queen of peace,

Lamb of God, You take away the sins of the
world, Spare us, O Lord.

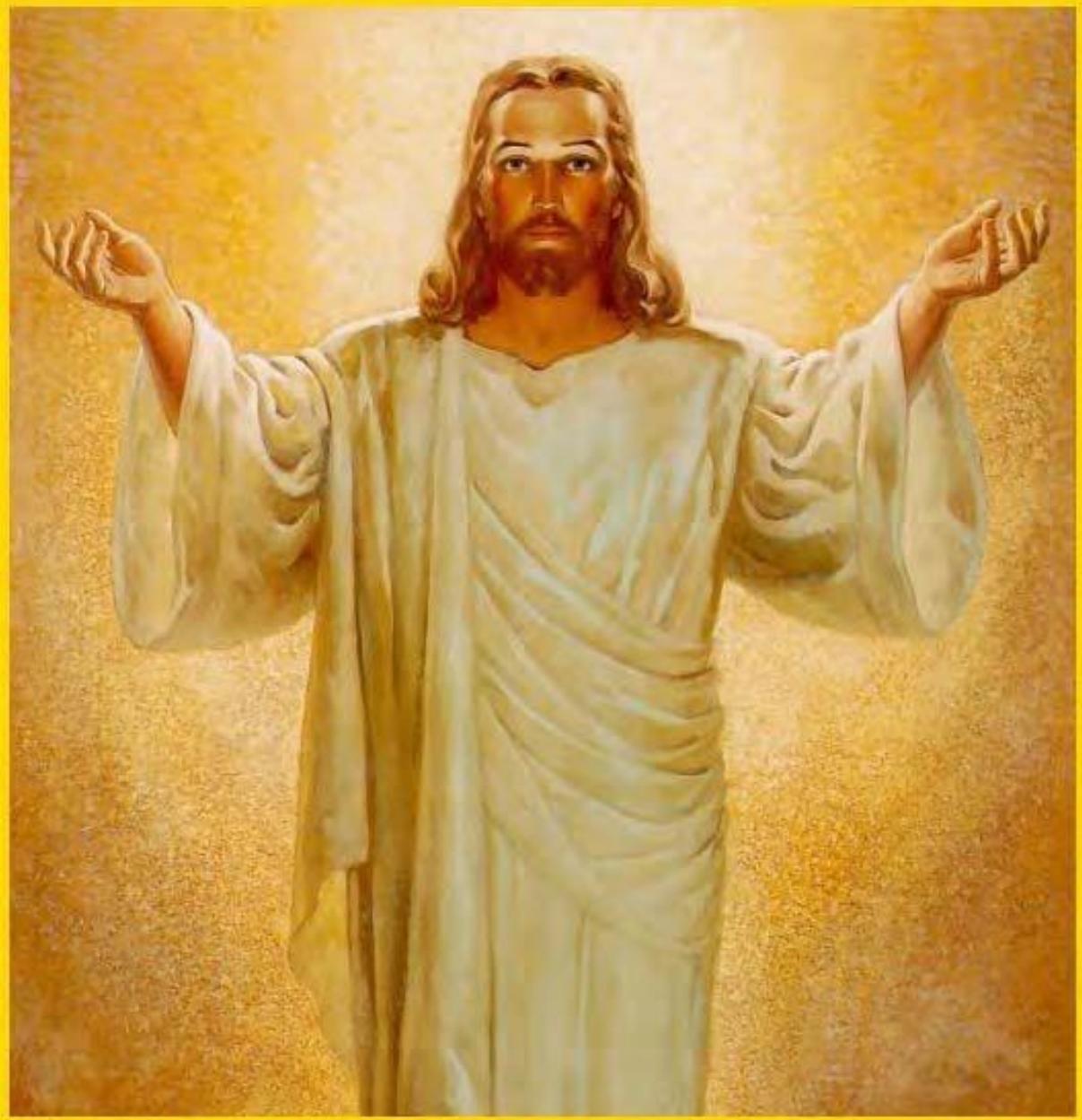
Lamb of God, You take away the sins of the
world, Graciously hear us, O Lord.

Lamb of God, You take away the sins of the
world,
Have mercy on us.

Pray for us, O Holy Mother of God,
That we may be made worthy of the promises
of Christ.

Let us pray:

Grant we beseech Thee, Oh Lord God that we
Thy servants may enjoy perpetual health of
mind and body and by the glorious intercession
of the Blessed Mary, Ever Virgin, be delivered
from present sorrow and enjoy eternal
happiness through Christ Our Lord. Amen.



Jesus I trust in You!

Chaplet of Divine Mercy

Salutation**

Sweet Holy Mother of Virtues, we thank you for your presence with us here now and we ask that you take these prayers to the Heart of God for the reparation of our sins and the sins of the whole world. We ask for an end to suicide, abortion, violence in families and pray for those who are suffering from abuse, addiction and obsessions.

Say three times:

Oh Blood and Water which gushed forth from the heart of Jesus, as a fount of mercy for us, I trust in you...

Our Father
Hail Mary
Apostles Creed

Say the following prayer at the beginning of each decade...

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.

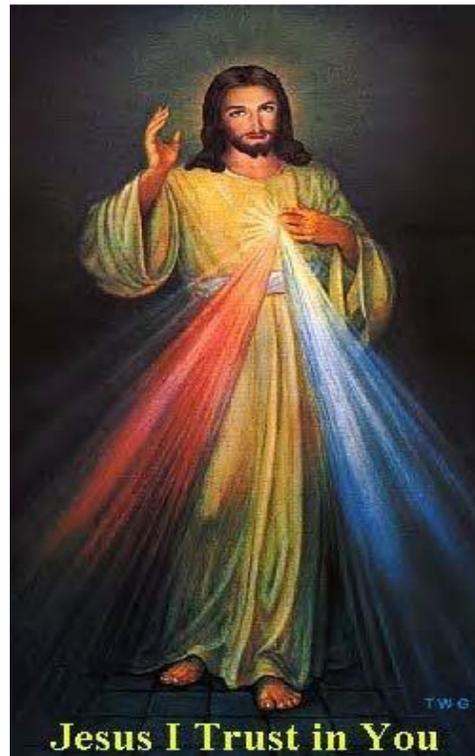
On the ten beads of each decade say:

For the sake of His sorrowful passion, have mercy on us and on the whole world.

At the end Say 3 times:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

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.

Spiritual Communion**

Here take a few minutes to make a spiritual communion of reparation.

Heavenly Father we thank you for the gift of this Holy Communion and we ask that you allow us to receive it in the name of all of those have not received, who cannot receive, and who will never receive.

We beg pardon on all priests who have lost their devotion to you. Lord please our out your Holy Spirit in this hour that they may come to know your mercy and love and that they may serve you worthily in the most Holy Sacrifice of the Mass.

We also beg pardon on all those who receive in the state of sin or mortal sin. Lord, forgive us and help us to receive you worthily in the most precious Body and Blood of Our Lord, Jesus Christ. Amen.



***We pray for the
Church our true
mother on earth!***



Queen of the Holy Rosary, Pray for us!



Our Holy Mother of Virtues

A Rosary to End Abortion

*Given to Sylvia Werner from
Our Holy Mother of Virtues
Mother's Day, May 10, 1992*

Salutation before the Rosary

Sweet Holy Mother of Virtues, we thank you for your presence with us here now. We ask that you take these prayers to the heart of God for the conversion of Russia and an end to abortion.

Here also mention your personal intentions.

Say the following prayers before reciting the mystery of each decade:

1st Decade

Queen of the Holy Rosary we recommend to you in this decade all those who have thought in passing about having, seriously contemplated having, or committed an abortion. Through your powerful intercession, may God grant unto them the desire to choose life, a repentant heart, full

reparation and reconciliation to your Son, the Sacred Heart of Jesus. Amen.

2nd Decade

Queen of the Holy Rosary, we recommend to you in this decade, all those who have assisted with or performed the termination of innocent babies through abortion.

Through your powerful intercession, may God grant unto them the desire to choose life, a repentant heart, full reparation and reconciliation to your Son, the Sacred Heart of Jesus. Amen

3rd Decade

Queen of the Holy Rosary we recommend to you in this decade, all those who have been killed by the horrible practice of abortion.

Through your powerful intercession may God grant unto them the knowledge that their deaths were not in vain. Take them, Holy Mother, under the protection of your tender mantle until we are all one on the last day with the Father and your Son, the Sacred Heart of Jesus. Amen.

4th Decade

Queen of the Holy Rosary, we recommend to you in this decade, all those who have assisted with in any way the decision for a mother to have an abortion.

Through your powerful intercession, may God grant unto them the desire to choose life, a repentant heart, full reparation and reconciliation to your Son, the Sacred Heart of Jesus.

Give the fathers, families and friends, peace of mind and the will to bring about an end to abortion. Amen.

5th Decade

Queen of the Holy Rosary, we recommend to you in this decade, the wounded heart of your Son, Jesus.

Through your powerful intercession, may God grant unto all nations, the will to cease the abominable practice of abortion, in order to stop the deaths of innocent babies and to stop inflicting wounds onto the Sacred Heart.

Take all people, Holy Mother, into your Immaculate Heart. Teach us to offend God, no more. Let us be one in heart, mind and spirit with the Father and your Son, the Sacred Heart of Jesus. Amen.



Hail Holy Queen

Traditional

Hail Holy Queen, Mother of Mercy, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then,

most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin 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. O GOD, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal salvation, grant, we beseech Thee, that while meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

St. Michael Prayer

Short version composed by Pope Leo XIII

St. 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 oh prince of the heavenly hosts, by the Divine power of God, cast into hell, Satan and all the evil spirits who roam through the world seeking the ruin of souls. Amen.

The Memorare

Traditional

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided.

Inspired with this confidence, I fly to thee, O Virgin of virgins, my Mother; to thee do I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy

hear and answer me. Amen.

Most Sacred Heart of Jesus,
Have mercy on us!
(x3)

Oh Mary, conceived without sin,
Pray for us who have recourse to thee
(x3)

We pray for all of the dead.

May the Divine Assistance remain with us always. Eternal rest grant unto them oh Lord and may the Perpetual Light shine upon them. May their souls, and the souls of all the faithful departed, through the mercy of God rest in peace. Amen.



Prayer to the Virgin of Zarvanitzia,

Berdychiv, Ukraine

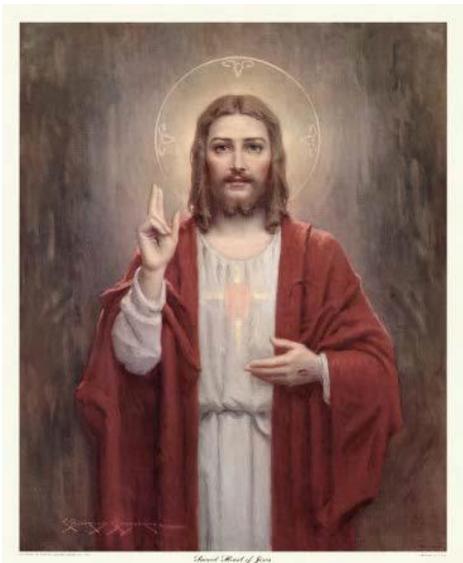
Oh Blessed Virgin Mary, Our Lady of Zarvanitza, I thank you for the gift of your visit to the Kyivan Rus' from where the light of the Gospel spread through this whole region.

Here before your miraculous icon, I entrust to you, Mother of God, and Mother of the Church, my apostolic work to Ukraine. Holy Mother of God spread your maternal mantle over all Christians and over all people of good will who live in this great nation. Lead them to your Son, Jesus, who is for everyone the way, the truth and the life. Amen.

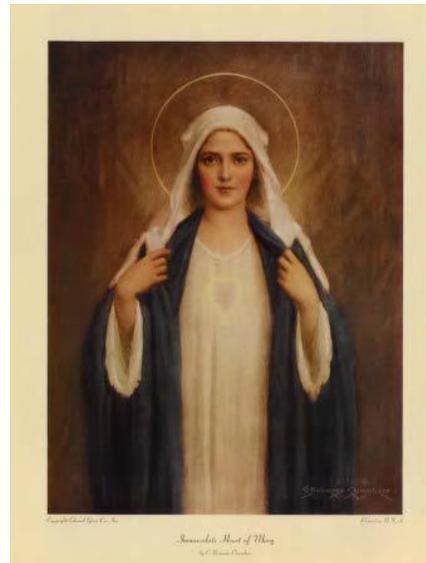
Pledge to the two Hearts

*Inspired by the Holy Spirit in through Sylvia Werner
November of 1992 in the Church of the Nativity in the Holy Land.*

Sacred Heart of Jesus,
I pledge to you my.....



Life... through the Immaculate Heart of Mary...
Heart...
Mind...
Soul...
Eyes...
Ears...
Face...
Hands...
Feet...
Joys...
Pains...
Trials...
Triumphs...
Exhaustion...
Obstacles...
Temptations...
Desires...
Will...
Hurts...
Wants...
Sanity...
Emotions...
Sanctity...
Humbleness...
Humility...
Sufferings...
Sorrows...
Compassion...
Chastity...
All that I am...



Sacred Heart of Jesus, will you be mine now? ...Through the Immaculate Heart of Mary.

Amen!



***I carved my mother's throne from the wood of the cross, and
her crown from the cup of my passion!***



Consecration to the Sacred Heart of Jesus!

*Inspired by Our Holy Mother of Virtues
Through Sylvia Werner
September 6, 1992*

“If you would read recite one Psalm a day you will attain a high degree of glory in heaven with God.”

From this message I was inspired to begin reading the psalms. As the days went on the inspiration to add more prayers and formulate a Consecration to the Sacred Heart of Jesus.

To complete your Consecration to the Sacred Heart of Jesus, receive the sacrament of reconciliation and then for 150 consecutive days do the following;

- Pray one psalm per day in consecutive order followed by,
- The Sorrowful Mysteries of the rosary,
- The Litany to the Sacred Heart of Jesus, and
- The Divine Praises

The 150 Psalms

To find the Psalms please use your bible. They are found in the Old Testament

The other prayers are listed below:

Litany of the Sacred Heart of Jesus

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us. Christ, hear us.

Christ, graciously hear us.

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, ...[etc.]

Heart of Jesus, substantially united to the Word of God...

Heart of Jesus, of infinite majesty...

Heart of Jesus, holy temple of God...

Heart of Jesus, tabernacle of the Most High...

Heart of Jesus, house of God and gate of heaven...

Heart of Jesus, glowing furnace of charity...

Heart of Jesus, vessel of justice
and love...

Heart of Jesus, full of goodness
and love...

Heart of Jesus, abyss of all virtues...

Heart of Jesus, most worthy of
all praise...

Heart of Jesus, King and center of
all hearts...

Heart of Jesus, in whom are all the
treasures of wisdom and knowledge...

Heart of Jesus, in whom dwells all the
fullness of the Godhead...

Heart of Jesus, in whom the Father was
well pleased...

Heart of Jesus, of whose fullness we
have all received...

Heart of Jesus, desire of the
everlasting hills...

Heart of Jesus, patient and
rich in mercy...

Heart of Jesus, rich to all
who call upon You...

Heart of Jesus, fount of life
and holiness...

Heart of Jesus, propitiation
for our offenses...

Heart of Jesus, overwhelmed
with reproaches...

Heart of Jesus, bruised for
our iniquities...

Heart of Jesus, obedient even
unto death...

Heart of Jesus, pierced with a lance...

Heart of Jesus, source of
all consolation...

Heart of Jesus, our life
and resurrection...

Heart of Jesus, our peace
and reconciliation...

Heart of Jesus, victim for our sins...

Heart of Jesus, salvation of those who
hope in You...

Heart of Jesus, hope of those who die
in You...

Heart of Jesus, delight of all saints...

Lamb of God, who takes away the sins
of the world,
Spare us, O Lord.

Lamb of God, who takes away the sins
of the world,
Graciously hear us, O Lord.

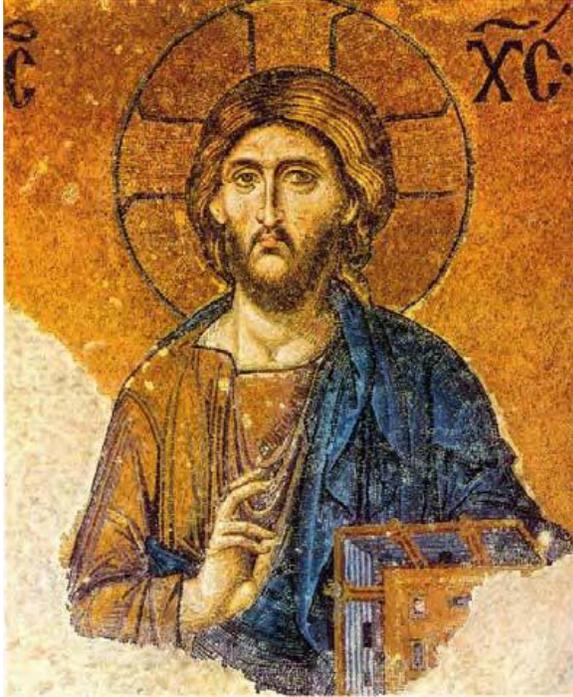
Lamb of God, who takes away the sins
of the world,
Have mercy on us.

Jesus, meek and humble of Heart,
Make our hearts like unto Thine.

Let us pray.

Almighty and eternal God, look upon the
Heart of Your most beloved Son and
upon the praises and satisfaction which
forgiveness in the name of the same
Jesus Christ, Your Son, who lives and
reigns with You forever and ever.

Amen.



The First Sorrowful Mystery ***THE AGONY IN THE GARDEN***

Jesus comes with his disciples to Gethsemane: "Stay here, while I go yonder and pray." Entering the garden with Peter, James, and John, Jesus prays, "My soul is sorrowful unto death."

Jesus sees the sins of all mankind, whose guilt He has taken upon Himself. He sees the wrath of the Father which His sufferings must appease. So great is his anguish that His sweat becomes as drops of blood falling to the ground. An angel appears to Him from heaven to strengthen Him. "Father, if it be possible, let this cup pass from Me; yet, not My will but Yours be done."

Finding the disciples asleep, "Could you not watch one hour with me?" Jesus is betrayed by Judas, cruelly bound and led away.

Father, by the merits of the agony of Jesus in the Garden, have mercy on us and on the whole world.

The Second Sorrowful Mystery ***THE SCOURGING AT THE PILLAR***

Jesus is taken before the High Priest where He is falsely accused, buffeted and insulted.

The Jewish leaders take Jesus before Pilate, for only he can impose the death penalty. The robber, Barabbas, is preferred to Jesus. Pilate can "find no cause in Him," yet to appease the Jews, he orders Jesus to be scourged. The scourge is made of leather thongs to which are attached small sharp bones. Jesus is bound to a pillar and cruelly scourged until His whole body is covered with deep wounds.

The Lamb of God offers His suffering for the sins of mankind. Jesus suffers so much in His sacred flesh to satisfy, especially, for sins of the flesh. The prophesy of Isaiah is fulfilled: "He was wounded for our iniquities; He was bruised for our sins."

Father, by the merits of Jesus in this painful scourging, have mercy on us and on the whole world.

The Third Sorrowful Mystery ***THE CROWNING WITH THORNS***

Pilate asks, "Are you a king?" Jesus answers: "I am a King, but My kingdom is not of this world."

In the praetorium, the soldiers place an old purple robe on Jesus in mockery of His claim to be a king. They fashion a

crown out of thorns, and forcefully press it down upon His head. In His bound hands they place a reed, as a scepter, in mockery of His kingship. Kneeling before Him in derision, they spit on Him, and cry out: "Hail, King of the Jews!" Taking the reed from His hand they strike Him on the head, driving the thorns more deeply into His scalp.

Pilate brings Jesus before the people, hoping His pitiful sight will soften them: "Behold the man!" Their response: "Crucify Him! Crucify Him!" Our Blessed Lord submitted to this terrible humiliation to make reparation for our pride.

Father, by the merits of this painful humiliation, have mercy on us and on the whole world.

The Fourth Sorrowful Mystery ***THE CARRYING OF THE CROSS***

One condemned to death by crucifixion is forced to carry the cross to the place of execution. The suffering of Jesus is intense as the cross is laid on His bruised and wounded back and shoulders. Weak and exhausted from loss of blood, lack of food and rest, Jesus falls three times under the cross.

Jesus meets His afflicted Mother causing untold anguish in the Hearts of Son and Mother.

The countenance of Jesus is disfigured with blood and sweat, with dust and spittle. Veronica wipes His face, leaving on her towel the image of His countenance.

Fearing that Jesus might die on the way, the soldiers force Simon of Cyrene to carry the cross behind Jesus. Jesus

speaks to weeping women; "Weep not for Me, but for yourselves and your children." "If anyone is to be My disciple, let him take up his cross and follow Me."

Father, by the merits of this painful journey to Calvary, have mercy on us and on the whole world

The Fifth Sorrowful Mystery ***THE CRUCIFIXION***

The hands and feet of Jesus are nailed to the cross in the presence of His afflicted Mother.

"Father, forgive them for they know not what they do."

"This day you will be with Me in paradise."

"Woman, behold your Son. Son, behold your Mother."

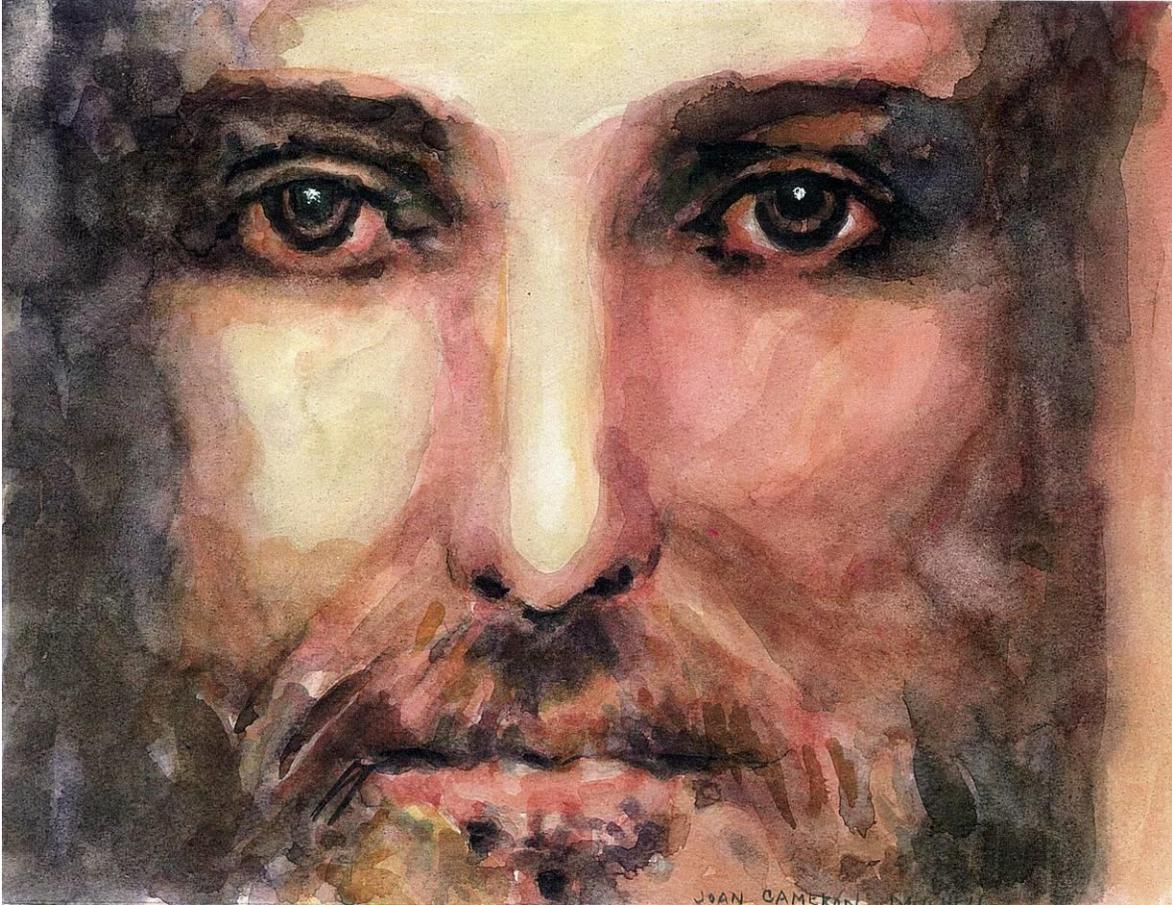
"My God, My God, why have You forsaken Me?"

"I thirst."

"It is finished." "Father, into Your hands, I commend My spirit."

The side of Jesus is pierced with a lance. His body is taken down and placed in the arms of His Mother.

Father, by the merits of the crucifixion and death of Jesus, have mercy on us and on the whole world.



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 St. 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!



Our Holy Mother of Virtues

Portrait by Joan Cameron-Mitchell



Consecration to Our Holy Mother of Virtues

Inspired by Our Holy Mother of Virtues through Sylvia Werner

Go to confession before you start this consecration and receive the Eucharist on each day of the consecration.

Day One – For Faith - Luke 1:26-38

In the sixth month, the angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, "Hail, favored one! The Lord is with you." But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your

womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end." But Mary said to the angel, "How can this be, since I have no relations with a man?" And the angel said to her in reply, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God."

Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her.

Prayer for Faith:

Sweet Holy Mother of Virtues, help us to have the faith you had when the angel Gabriel announced to you that you would be the mother of God. Help us to have the faith to accept our vocation and live it according to God's will. Amen.

The Spirit Prayer

Shine on me Holy Spirit of Faith that I may trust God in all things.

Show me Holy Spirit of Hope that I may joyfully endure despair.

Shield me Holy Spirit of Charity that I may always choose to love in spite of adversity.

Send me your Holy Spirit of Humility that I may always give glory to God.

Sooth me Holy Spirit of Patience, that I may always render your peace.

Strengthen me Holy Spirit of Perseverance that you will prevail in all that I do.

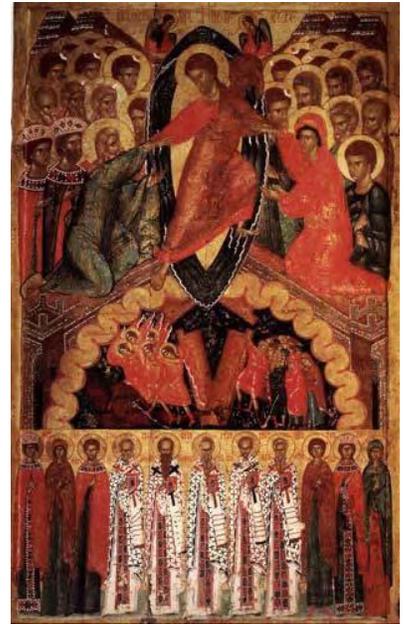
Be steadfast in your mercy Lord that I may learn to be holy and obedient to you

The Chaplet of Virtues

Pray the Chaplet of Virtues found in the front of this book on page 10.

Day Two – For Hope Maccabees 1 2:49-64

When the time came for Mattathias to die, he said to his sons: "Arrogance and scorn have now grown strong; it is a time of disaster and violent anger. Therefore, my sons, be zealous for the law and give your lives for the covenant of our fathers. Remember the deeds that our fathers did in their times, and you shall win great glory and an everlasting name. Was not Abraham found faithful in trial, and it was reputed to him as uprightness? Joseph, when in distress, kept the commandment, and he became master of Egypt. Phinehas our father, for his burning zeal, received the covenant of an everlasting priesthood.



Joshua, for executing his commission, became a judge in Israel. Caleb, for bearing witness before the assembly, received an inheritance in the land. David, for his piety, received as a heritage a throne of everlasting royalty. Elijah, for his burning zeal for the law, was taken up to heaven. Hananiah, Azariah and Mishael, for their faith, were saved from the fire. Daniel, for his innocence, was delivered from the jaws of lions. And so, consider this from generation to generation, that none who hope in him shall fail in strength. Do not fear the words of a sinful man, for his glory ends in corruption and worms. Today he is exalted, and tomorrow he is not to be found, because he has returned to his dust, and his schemes have perished. Children! Be courageous and strong in keeping the law, for by it you shall be glorified.”

Prayer for Hope:

Sweet Holy Mother of Virtues, pray for us as we suffer this life, that we may always look to the hope of Christ's Resurrection and the promises of God to sustain us. Keep us close to your Virtuous Heart during trials and temptations. Let us always hope in the inheritance of the Kingdom of God, if not here in this life but in the glory of the next life with you and our Lord Jesus. Amen.

The Spirit Prayer

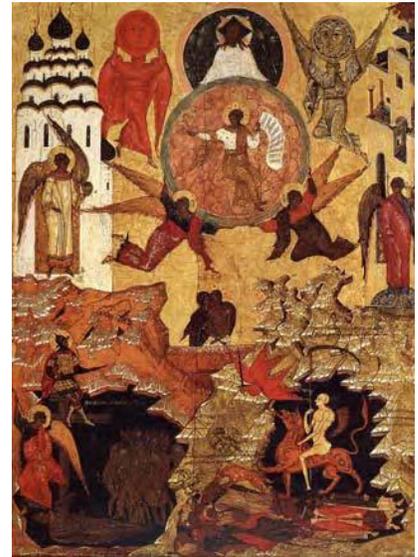
Shine on me Holy Spirit of Faith that I may trust God in all things.
Shower me Holy Spirit of Hope that I may joyfully endure despair.
Shield me Holy Spirit of Charity that I may always choose to love in spite of adversity.
Send me your Holy Spirit of Humility that I may always give glory to God.
Sooth me Holy Spirit of Patience, that I may always render your peace.
Strengthen me Holy Spirit of Perseverance that you will prevail in all that I do.
Be steadfast in your mercy Lord that I may learn to be holy and obedient to you.

The Chaplet of Virtues

Pray the Chaplet of Virtues found in the front of this book on page 10.

Day Three – For Charity Isaiah 23: 1-18

Oracle on Tyre: Wail, O ships of Tarshish, for your port is destroyed; from the land of the Kittim the news reaches them. Silence! You who dwell on the coast, you merchants of Sidon, Whose messengers crossed the sea over the deep waters, the grain of Shihor, the harvest of the Nile was her revenue, and she the merchant among nations.



Shame, O Sidon, fortress on the sea, for the sea has spoken: "I have not been in labor, nor given birth, nor raised young men, nor reared virgins." When it is heard in Egypt they shall be in anguish at the news of Tyre. Pass over to Tarshish, wailing, you who dwell on the coast! Is this your wanton city, whose origin is from old, whose feet have taken her to dwell in distant lands? Who has planned such a thing against Tyre, the bestower of crowns, whose merchants are princes, whose traders are the earth's honored men? The LORD of hosts has planned it, to disgrace all pride of majesty, to degrade all the earth's honored men. Cross to your own land, O ship of Tarshish; the harbor is no more. His hand he stretches out over the sea, he shakes kingdoms; The LORD has ordered the destruction of Canaan's strongholds. You shall exult no more, he says, you who are now oppressed, virgin daughter Sidon. Arise; pass over to the Kittim, even there you shall find no rest. (These people are from the land of the Chaldeans, not Assyria.) She whom the impious founded, setting up towers for her, has had her castles destroyed, and has been turned into a ruin. Lament, O ships of Tarshish, for your haven is destroyed. On that day, Tyre shall be forgotten for seventy years.

With the days of another king, at the end of seventy years, it shall be for Tyre as in the song about the harlot: Take a harp, go about the city, O forgotten harlot; Pluck the strings skillfully, sing many songs, that they may remember you. At the end of the seventy years the LORD shall visit Tyre. She shall return to her hire and deal with all the world's kingdoms on the face of the earth. But her merchandise and her hire shall be sacred to the LORD. It shall not be stored up or laid away, but from her merchandise those who dwell before the LORD shall eat their fill and clothe themselves in choice attire.

Prayer for Charity:

Sweet Holy Mother of Virtues, pray that in the sight of God, our sins will be forgiven. Pray that we may forgive others their transgressions as God so charitably and generously forgives us. Intercede for us that God's anger will not last long but that His mercy will come soon.

Even though it seems our transgressions are unforgivable, Christ comes to us and clothes us with the gifts of the Holy Spirit and salvation. Praised be to the Holy Virtuous Heart of God for his charity toward our sinful hearts. Let us give this charity to our brothers and sisters too as a lasting sign of the unity and generosity of God that He would send his Only Son, Jesus Christ

Our Lord to redeem us and to reconcile the world unto God. Let our consecrated hearts be dedicated to the service only for the sake of building the kingdom, and may we never boast of ourselves but give all our works over for the greater good and glory of God. Amen!

The Spirit Prayer

Shine on me Holy Spirit of Faith that I may trust God in all things.
Shower me Holy Spirit of Hope that I may joyfully endure despair.
Shield me Holy Spirit of Charity that I may always choose to love in spite of adversity.
Send me your Holy Spirit of Humility that I may always give glory to God.
Sooth me Holy Spirit of Patience, that I may always render your peace.
Strengthen me Holy Spirit of Perseverance that you will prevail in all that I do.
Be steadfast in your mercy Lord that I may learn to be holy and obedient to you.

The Chaplet of Virtues

Pray the Chaplet of Virtues found in the front of this book on page 10.

Day Four – For Humility Hosea 4: 1-9

Hear the word of the LORD, O people of Israel, for the LORD has a grievance against the inhabitants of the land: There is no fidelity, no mercy and no knowledge of God in the land. False swearing, lying, murder, stealing and adultery! In their lawlessness, bloodshed follows bloodshed. Therefore the land mourns, and everything that dwells in it languishes: The beasts of the field, the birds of the air, and even the fish of the sea perish. But let no one protest, let no one complain; with you is my grievance, O priests! You shall stumble in the day, and the prophets shall stumble with you at night; I will destroy your mother. My people perish for want of knowledge! Since you have rejected knowledge, I will reject you from my priesthood. Since you have ignored the law of your God, I will also ignore your sons. One and all they sin against me, exchanging their glory for shame. They feed on the sin of my people, and are greedy for their guilt. The priests shall fare no better than the people: I will punish them for their ways, and repay them for their deeds.



Prayer for Humility:

Sweet Holy Mother of Virtues, we are all sinners in the eyes of God. Help us not to deem ourselves spiritually superior to others. We pray that God will grant us the grace to be humble in His sight. Guide us to the knowledge of our own faults. Help us to feel a

perfect contrition and make an honest confession that our hearts may grow in true humility.
Amen

The Spirit Prayer

Shine on me Holy Spirit of Faith that I may trust God in all things.
Shower me Holy Spirit of Hope that I may joyfully endure despair.
Shield me Holy Spirit of Charity that I may always choose to love in spite of adversity.
Send me your Holy Spirit of Humility that I may always give glory to God.
Sooth me Holy Spirit of Patience, that I may always render your peace.
Strengthen me Holy Spirit of Perseverance that you will prevail in all that I do.
Be steadfast in your mercy Lord that I may learn to be holy and obedient to you.

The Chaplet of Virtues

Pray the Chaplet of Virtues found in the front of this book on page 10.

Day Five – For Patience Jonah 2: 1-11



But the LORD sent a large fish, that swallowed Jonah; and he remained in the belly of the fish three days and three nights.

From the belly of the fish Jonah said this prayer to the LORD, his God: Out of my distress I called to the LORD, and he answered me; from the midst of the nether world I cried for help, and you heard my voice. For you cast me into the deep, into the heart of the sea, and the flood enveloped me; all your breakers and your billows passed over me. Then I said, "I am banished from your sight! Yet would I again look upon your holy temple." The waters swirled about me, threatening my life; the abyss enveloped me; seaweed clung about my head. Down I went to the roots of the mountains; the bars of the nether world were closing behind me forever, but you brought my life up from the pit, O LORD, my God. When my soul fainted within me, I remembered the LORD; My prayer reached you in your holy temple. Those who worship vain idols forsake their source of mercy. But I, with resounding praise, will sacrifice to you; What I have vowed I will pay: deliverance is from the LORD. Then the

LORD commanded the fish to spew Jonah upon the shore.

Prayer for Patience:

Sweet Holy Mother of Virtues, Jonah waited three days inside the belly of a whale. You waited three days to find Jesus in the temple. Christ waited three days to rise again. The world is terribly dark. Sometimes when we experience dark times, it seems like eternity and that it will never end. Help us as we are tossed about and drifting through the sea of evil. Send us the spirit of patience and help us to wait upon the Lord, that he may sustain us and deliver us from every form of evil and harm.

The Spirit Prayer

Shine on me Holy Spirit of Faith that I may trust God in all things.
Shower me Holy Spirit of Hope that I may joyfully endure despair.
Shield me Holy Spirit of Charity that I may always choose to love in spite of adversity.
Send me your Holy Spirit of Humility that I may always give glory to God.
Sooth me Holy Spirit of Patience, that I may always render your peace.
Strengthen me Holy Spirit of Perseverance that you will prevail in all that I do.
Be steadfast in your mercy Lord that I may learn to be holy and obedient to you.

The Chaplet of Virtues

Pray the Chaplet of Virtues found in the front of this book on page 10.

Day Six – For Perseverance Jude 1-25

Jude, a slave of Jesus Christ and brother of James, to those who are called, beloved in God the Father and kept safe for Jesus Christ: may mercy, peace, and love be yours in abundance. Beloved, although I was making every effort to write to you about our common salvation, I now feel a need to write to encourage you to contend for the faith that was once for all handed down to the holy ones. For there have been some intruders, who long ago were designated for this condemnation, godless persons, who pervert the grace of our God into licentiousness and who deny our only Master and Lord, Jesus Christ. I wish to remind you, although you know all things, that the Lord who once saved a people from the land of Egypt later destroyed those who did not believe. The angels too, who did not keep to their own domain but deserted their proper dwelling, he has kept in eternal chains, in gloom, for the judgment of the great day. Likewise, Sodom, Gomorrah, and the surrounding towns, which, in the same manner as they, indulged in sexual promiscuity and practiced unnatural vice, serve as an example by undergoing a punishment of eternal fire. Similarly, these dreamers nevertheless also defile the flesh, scorn lordship, and revile glorious beings. Yet the archangel Michael, when he argued with the devil in a dispute over the body of Moses, did not venture to pronounce a reviling judgment upon him but said, "May the Lord rebuke you!"

But these people revile what they do not understand and are destroyed by what they know by nature like irrational animals. Woe to them! They followed the way of Cain, abandoned themselves to Balaam's error for the sake of gain, and perished in the rebellion of Korah. These are blemishes on your love feasts, as they carouse fearlessly and look after themselves. They are waterless clouds blown about by winds, fruitless trees in late autumn, twice dead and uprooted. They are like wild waves of the sea, foaming up their shameless deeds, wandering stars, for whom the gloom of darkness has been reserved forever.

Enoch, of the seventh generation from Adam, prophesied also about them when he said, "Behold, the Lord has come with his countless holy ones to execute judgment on all and to convict everyone for all the godless deeds that they committed and for all the harsh words

godless sinners have uttered against him." These people are complainers, disgruntled ones who live by their desires; their mouths utter bombast as they fawn over people to gain advantage.

But you, beloved, remember the words spoken beforehand by the apostles of our Lord Jesus Christ, for they told you, "In the last times there will be scoffers who will live according to their own godless desires." These are the ones who cause divisions; they live on the natural plane, devoid of the Spirit.

But you, beloved, build yourselves up in your most holy faith; pray in the Holy Spirit. Keep yourselves in the love of God and wait for the mercy of our Lord Jesus Christ that leads to eternal life. On those who waver, have mercy; save others by snatching them out of the fire; on others have mercy with fear, abhorring even the outer garment stained by the flesh. To the one who is able to keep you from stumbling and to present you unblemished and exultant, in the presence of his glory, to the only God, our savior, through Jesus, Christ

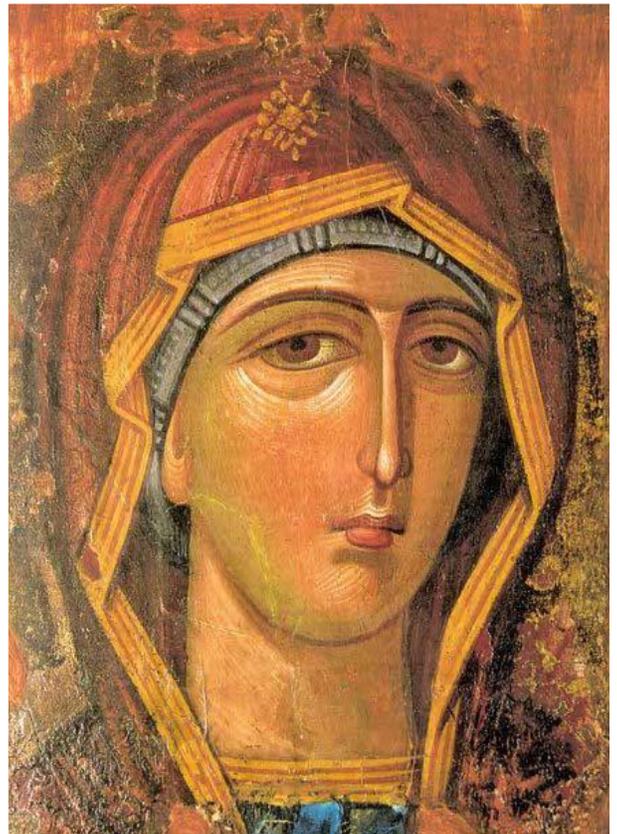
Prayer for Perseverance

Sweet Holy Mother of Virtues, you experience persecution in so many ways. You suffered when your innocent Son, Jesus was condemned to death. Your heart agonized when He was spat upon, insulted and tortured as He carried His Cross up Calvary. Your heart was pierced while you watched your Son die on the Cross. Help us dear mother, to persevere in silence not lashing out to defend ourselves because we know we have been disobedient and unfaithful children. Help us always to trust in the mercy of Jesus to forgive our sins.

Help us with your grace to persevere in our faith in spite of corruption, famine, poverty, oppression, and persecution that surrounds us. Remind us that you and your Son Jesus will not abandon us during our trials. Let us rely on the Holy Spirit for Our consolation and not look to others to redeem us but to depend only on our One True Redeemer, Our Lord Jesus, the Christ. Pray for us to stay faithful at the hour of our death, so that we may eternally exalt in the glories of God in the heavenly eternal world to come. Amen!

The Spirit Prayer

Shine on me Holy Spirit of Faith that I may trust God in all things.
Shower me Holy Spirit of Hope that I may joyfully endure despair.
Shield me Holy Spirit of Charity that I may always choose to love in spite of adversity.
Send me your Holy Spirit of Humility that I may always give glory to God.
Sooth me Holy Spirit of Patience, that I may always render your peace.



Strengthen me Holy Spirit of Perseverance that you will prevail in all that I do.
Be steadfast in your mercy Lord that I may learn to be holy and obedient to you.

The Chaplet of Virtues

Pray the Chaplet of Virtues found in the front of this book on page 10.

Day Seven – For Obedience James 4:1-7

Where do the wars and where do the conflicts among you come from? Is it not from your passions that make war within your members? You covet but do not possess. You kill and envy but you cannot obtain; you fight and wage war. You do not possess because you do not ask. You ask but do not receive, because you ask wrongly, to spend it on your passions. Adulterers! Do you not know that to be a lover of the world means enmity with God? Therefore, whoever wants to be a lover of the world makes himself an enemy of God. Or do you suppose that the scripture speaks without meaning when it says, "The spirit that he has made to dwell in us tends toward jealousy"? But he bestows a greater grace; therefore, it says: "God resists the proud, but gives grace to the humble." So submit yourselves to God. Resist the devil, and he will flee from you.

Prayer for Obedience

Sweet Holy Mother of Virtues the temptations of this world are unending and our hearts waver. We often prefer our own desires over the will of God. Give us the grace to accept our faults that we may turn from our sinfulness and grow toward holiness. Teach us to pray in the spirit of obedience and servitude instead of the spirit of selfishness. Purify our hearts that we may desire to be obedient to God and only to desire his love alone.

The Spirit Prayer

Shine on me Holy Spirit of Faith that I may trust God in all things.
Shower me Holy Spirit of Hope that I may joyfully endure despair.
Shield me Holy Spirit of Charity that I may always choose to love in spite of adversity.
Send me your Holy Spirit of Humility that I may always give glory to God.
Sooth me Holy Spirit of Patience, that I may always render your peace.
Strengthen me Holy Spirit of Perseverance that you will prevail in all that I do.
Be steadfast in your mercy Lord that I may learn to be holy and obedient to you.

The Chaplet of Virtues

Pray the Chaplet of Virtues found in the front of this book on page 10.

Consecration Prayer

Inspired by Our Holy Mother of Virtues through Sylvia Werner

Sweet Holy Mother of Virtues,
thank you for your presence in my life.

I offer you my heart that you may place me in the service of God the Father Almighty.

May my heart reflect to the world those spiritual gifts that you perfected in your heart: faith, hope, charity, humility, patience, perseverance, and obedience.

I love you my dear sweet mother. I consecrate all that I think, say and do for the benefit of building God's Virtuous Kingdom on earth. Place me under the protection of your Holy Virtuous Heart that we may live in union with each other and dwell in the Holy Virtuous Heart of God forever! Amen.

Prayers reviewed and approved for use by
Fr. Michael O'Connor
Noter Dame University
2013

Produced by:
Queen of the Apostles Mission Association
© 2007

Contact Us:
QAMA
P.O. Box 1676
Castle Rock, CO 80104
Phone 720-234-7223
Email qama@aol.com



www.qama.org