**Prayers to Start the Day**

**Morning Offering (1844 by Fr. François-Xavier Gautrelet;** [***Catholic Household Blessings and Prayers***](https://store.usccb.org/collections/best-sellers/products/catholic-household-blessings-and-prayers-new-edition)**, pg. 48)**

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, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

**Act of Contrition (Sacred Tradition)**

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of your just punishments, but most of all because they offend You, my God, who art all good and deserving of all my love. I firmly resolve with the help of Your grace to sin no more and to avoid the near occasion of sin. Amen.

**The Our Father (Jesus 30-33 A.D., CCC 2761)**

**Hail Mary (Luke 1:28,42 Supplication-Christian Prayers)**

**The Glory Be (Romans 11:33-36)**

**Guardian Angel Prayer *(Cathechism of the Catholic Church 336)***

Angel of God, my guardian dear, To whom God’s love, commits me here.

Ever this day be at my side, to light and guard, to rule and guide. Amen.

'From infancy to death human life is surrounded by their (the angels) watchful care and intercession. Beside each believer stands an angel as protector and shepherd leading him to life. Already here on earth the Christian life shares by faith in the blessed company of angels and men united to God. '

**Memorare *(15th century, "***[**Ad sanctitatis tuae pedes, dulcissima Virgo Maria**](http://www.preces-latinae.org/thesaurus/BVM/Memorare.html)**" (literally, "At the feet of your Holiness, most sweet Virgin Mary").**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided.Inspired by this confidence, I fly unto 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.

**Prayer to St. Michael the Archangel *(Pope Leo XIII, 1888)***

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, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

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, you who shine with excellence, and superhuman virtue deliver us from all evil, who turn to you with confidence
and enable us by your gracious protection to serve God more and more faithfully every day.

**Prayer to St. Joseph, Terror of Demons (Pope St Pius X, 1909)**

Saint Joseph, Terror of Demons, cast thy solemn gaze upon the devil and all his minions, and protect us with thy mighty staff. Thou fled through the night to avoid the devil’s wicked designs; now with the power of God, SMITE the demons as they flee from thee! Grant special protection, we pray, for children, fathers, mothers, families, and the dying. By God’s grace, no demon dares approach while thou art near, so we beg of thee, St. Joseph, always be near to us! Amen.

**Prayer to the Sacred Heart of Jesus (Sacred Tradition)**

O most holy Heart of Jesus, fountain of every blessing. I adore you, I love you and with a lively sorrow for my sins,I offer you this poor heart of mine. Make me humble, patient, pure, and wholly obedient to your will. Grant, good Jesus, that I may live in you and for you. Protect me in the midst of danger; comfort me in my afflictions. Give me health of body, assistance in my temporal needs, your blessings on all that I do, and the grace of a holy death. Within your heart I place my every care. In every need let me come to you with humble trust saying, Heart of Jesus, help me. Amen.

**Litany of the Apostles: Pray for Us**

(1) St. Peter, (2) St. Andrew, (3) St. James the Greater (son of Zebedee), (4) St. John (son of Zebedee), (5) St. Philip, (6) St. Bartholomew (Nathaniel), (7) St. Thomas,

(8) St. Matthew, (9) St. Thaddeus, aka Jude Thaddeus, (10) St. James the Lesser
(11) St. Simon (the Zealot) the son of Clopas, also called Jude.

**The Morning Prayer *(Mike Pugliese, 1981)***