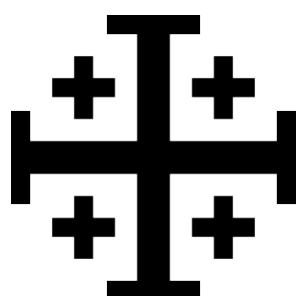


Catholic Prayer Book



For Spouses



The Wedding Vows

Have you come here freely and without reservation to give yourselves to each other in marriage?

Will you love and honor each other as man and wife for the rest of your lives?

Will you accept children lovingly from God, and bring them up according to the law of Christ and his Church?

The bridegroom says:

I, _____, take you, _____, to be my wife. I promise to be true to you in good times and in bad, in sickness and in health. I will love you and honor you all the days of my life.

The bride says:

I, _____, take you, _____, to be my husband. I promise to be true to you in good times and in bad, in sickness and in health. I will love you and honor you all the days of my life.

Receiving their consent, the priest says:

You have declared your consent before the Church. May the Lord in his goodness strengthen your consent and fill you both with his blessings.

What God has joined, men must not divide.

Amen.

Exchange of Rings

_____, take this ring as a sign of my love and fidelity. In the name of the Father, and of the Son, and of the Holy Spirit.

Morning Offering

O my 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, the salvation of souls, and the intentions of the Holy Father.

Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit; I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because you revealed them, who can neither deceive nor be deceived.

Act of Hope

O my God, relying on your infinite goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

Act of Love

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured.

Blessing Before Meals

Bless us, O Lord, and these Thy gifts which we are about to receive from Thy bounty through Christ, our Lord. Amen.

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.

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.

Prayer to the Sacred Heart

O most holy Heart of Jesus, fountain of every blessing, I adore You, I love You, and I offer You this poor heart of mine. Make me humble, patient, pure and wholly faithful to Your will. Grant, good Jesus, that I may live in You and for You. Protect me from all evil; comfort me in my afflictions; give me health of body, assistance in my temporal needs, Your blessing on all that I do, and the grace of a holy death.

Prayer of Trust in the Sacred Heart

In all my temptations, I place my trust in You, O Sacred Heart of Jesus.
In all my weaknesses, I place my trust in You, O Sacred Heart of Jesus.
In all my difficulties, I place my trust in You, O Sacred Heart of Jesus.
In all my trials, I place my trust in You, O Sacred Heart of Jesus.
In all my sorrows, I place my trust in You, O Sacred Heart of Jesus.
In all my works, I place my trust in You, O Sacred Heart of Jesus.
In every failure, I place my trust in You, O Sacred Heart of Jesus.
In every discouragement, I place my trust in You, O Sacred Heart of Jesus.
In life and in death, I place my trust in You, O Sacred Heart of Jesus.
In time and in eternity, I place my trust in You, O Sacred Heart of Jesus.

Prayer for the Gifts of the Holy Spirit

O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples, deign to grant the same Holy Spirit to me that He may perfect in my soul, the work of Your grace and Your love. Grant me the Spirit of Wisdom that I may despise the perishable things of this world and aspire only after the things that are eternal, the Spirit of Understanding to enlighten my mind with the light of Your divine truth, the Spirit on Counsel that I may ever choose the surest way of pleasing God and gaining heaven, the Spirit of Fortitude that I may bear my cross with You and that I may overcome with courage all the obstacles that oppose my salvation, the Spirit of Knowledge that I may know God and know myself and grow perfect in the science of the Saints, the Spirit of Piety that I may find the service of God sweet and amiable, and the Spirit of Fear that I may be filled with a loving reverence towards God and may dread in any way to displease Him. Mark me, dear Lord with the sign of Your true disciples, and animate me in all things with Your Spirit. Amen.

Memorare

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.

A Prayer To St. Joseph

O blessed Joseph, faithful guardian of my Redeemer, Jesus Christ, protector of thy chaste spouse, the virgin Mother of God, I choose thee this day to be my special patron and advocate and I firmly resolve to honor thee all the days of my life. Therefore I humbly beseech thee to receive me as thy client, to instruct me in every doubt, to comfort me in every affliction, to obtain for me and for all the knowledge and love of the Heart of Jesus, and finally to defend and protect me at the hour of my death. Amen

Prayer to your Guardian Angel

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, rule and guide.

Amen.

Prayer to St. Michael

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

Prayer of Blessing for the Home

O Father, come and visit our home and protect us from the lures of the enemy; may your holy angels come to guard our peace and may your blessing remain with us forever. In Christ Jesus, our Lord. Amen.

Lord Jesus Christ, who said to your apostles, "In whatever home you enter, greet it, saying, 'Peace be in this home'", let this same peace, we pray, abide in this place. We beseech you to sanctify it by the merits of our trusting prayer.

Pour your blessings on it, and make it a place of peace. May salvation enter our abode as it entered the house of Zacchaeus, when you graced it with your presence.

Entrust your angels to guard it and banish from it every evil power. Grant that all who live in it may please you with their good works, and so receive from you, when their time comes, the reward of your heavenly home. We ask this through Christ, our Lord. Amen.

Spouse's Prayer for Each Other

Lord Jesus, grant that I and my spouse may have a true and understanding love for each other. Grant that we may both be filled with faith and trust. Give us the grace to live with each other in peace and harmony. May we always bear with one another's weaknesses and grow from each other's strengths. Help us to forgive one another's failings and grant us patience, kindness, cheerfulness and the spirit of placing the well-being of one another ahead of self.

May the love that brought us together grow and mature with each passing year. Bring us both ever closer to You through our love for each other. Let our love grow to perfection. Amen.

Consecration of the Family to the Sacred Hearts of Jesus and Mary

Most holy Hearts of Jesus and Mary, united in perfect love, as you look upon us with mercy and caring, we consecrate our hearts, our lives, our family to you. We know the beautiful example of your home in Nazareth was meant to be a model for each of our families. We hope to have, with your help, the unity and strong, enduring love you gave to one another. May our home be filled with joy. May sincere affection, patience, tolerance and mutual respect be freely given to all. May our prayers be filled with the needs of others, not just ourselves and may we always be close to your sacraments. Bless those who are present, as well as those who are absent, both the living and the dead; may peace be among us and when we are tested, grant us the Christian acceptance of God's will. Keep our family close to your Hearts; may your special protection be with us always. Most Sacred Hearts of Jesus and Mary, hear our prayer.

Family Blessing at Bedtime

Heavenly Father,

Bless (child's name) and keep him (her) in Your love.

Grant him (her) a good rest tonight,

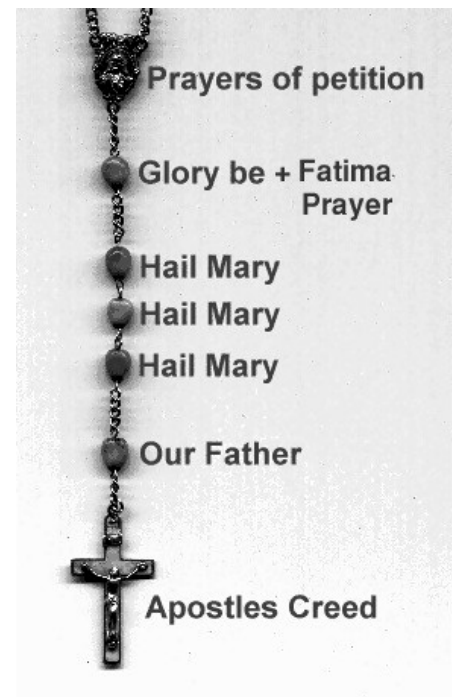
And send Your angels to protect him (her).

In the Name of the Father, and the + Son, and of the Holy Spirit.

Amen.

How to Pray the Rosary

1. Begin with the Apostles Creed
 2. Say 1 Our Father for the intentions of the Pope.
 3. Say 3 Hail Marys for an increase in faith, hope, and charity.
 4. Say the Glory Be and Fatima Prayers.
- At each decade:
5. Say the mystery
 6. Say 1 Our Father
 7. Say 10 Hail Marys
 8. Say the Glory Be and Fatima Prayers.
- After finishing the five decades:
1. Pray the Salve Regina and Closing Prayer
 2. Pray the St. Michael Prayer



Joyful Mysteries (Mon. & Sat.)

- The Annunciation of Gabriel to Mary
- The Visitation of Mary to Elizabeth
- The Nativity (Birth of our Lord)
- The Presentation in the Temple
- The Finding of our Lord in the Temple

Luminous Mysteries (Thurs.)

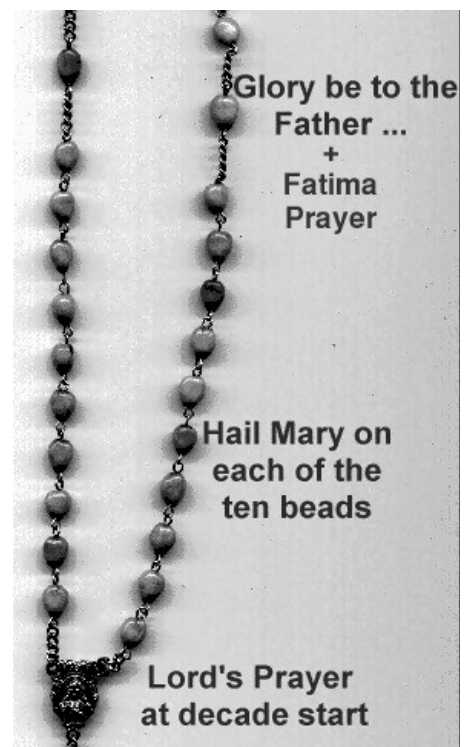
- The Baptism of our Lord
- The Wedding at Cana
- The Proclamation of the Kingdom of God
- The Transfiguration of our Lord
- The Last Supper

Sorrowful Mysteries (Tues. & Fri.)

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion and Death of Our Lord

Glorious Mysteries (Wed. & Sun.)

- The Resurrection of our Lord
- The Ascension of our Lord into Heaven
- The Descent of the Holy Spirit on the - Apostles and Mary
- The Assumption of Mary, Body and Soul into Heaven
- The Coronation of Mary as Queen of Heaven and Earth



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; the third day He rose again from the dead; He ascended into heaven, is seated 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.

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. Deliver us not into temptation but deliver us from evil.

Hail Mary

Hail Mary full of Grace, the Lord is with thee. Blessed are 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

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 in most need of thy mercy.

Salve Regina

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.

Chaplet of Divine Mercy



1 – Begin with the Sign of the Cross, 1 Our Father, 1 Hail Mary and The Apostles Creed.

2 – Then on the Our Father Beads say the following:

**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.**

3 – On the 10 Hail Mary Beads say the following:

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

(Repeat step 2 and 3 for all five decades)

4 – Conclude with (three times):

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

Prayer 101

What is prayer?

Whether it is praying the rosary or the heights of mystical contemplation, prayer is fundamentally spending time with God. It is taking time to be with the One who made us, died for us, and wants to fulfill our hearts with His love.

Why do I have to pray?

No relationship can exist without time being spent together. A guy who says he has a relationship with a girl and cares about her but never spends any time with her is lying. If we really believe that God exists, then we have an obligation to worship Him as our Lord. Also, if we love God, then we will want to spend time with Him. We were made for God and we will only find the happiness we seek within a profound relationship with Him.

Doesn't God already know what I need? Why do I have to ask?

First, prayer is more than asking God for stuff. God is not a cosmic candy machine who we get stuff from by popping in a few prayers. He is a loving Father who wants a deep relationship with us. He wants to bring us into His eternal life of the Trinity. Yes, He does know what we need before we ask it, but He wants us to express our hearts and our needs to Him. He could do everything Himself, but He wants us to be active members of His family, the Church, who express our needs to our Father and look out for our brothers and sisters, bringing them to our heavenly Father.

Prayer seems so boring sometimes...

If prayer seems boring, then it's not because God is boring. For those beginning in prayer, sometimes it seems boring because we have become dull to the things of God because of our sins. A husband who has cheated on his wife shouldn't expect to have a fun night out on the town the next day, that relationship has to be healed first. Also, many times we fill ourselves with so much noise that we can't concentrate on God. If we are constantly listening to music, watching tv, on the Internet, etc. it is going to be hard to hear the voice of the Lord because our minds will be so distracted.

If we are trying to get rid of the sins and the noise in our lives, then we will start encountering the Lord more and more. After a while, however, we will eventually experience a dryness in prayer, where the Lord seems to hid on us. This is called the dark night of the senses. The Lord takes away a lot or all of the consolations to makes sure we are loving Him for who He is and not just for what He gives us. Do we love the gifts of God or the God who give them. It's easy for a husband to love his wife on the honeymoon or when they are having

fun together. But when she is sleeping or sick and he isn't getting anything back, will he still love her. God is still with us in our times of dryness, much more than we think, but He wants to take us to the heights of prayer and union with Himself so He needs to purify us from loving Him just because it feels good to loving Him for who He is. Will I still love Jesus when He is on the Cross?

Do I really have to pray the same way everyday for 60+ years?

I sure hope not. Our prayer life is supposed to grow! While some parts of our life of prayer will never change, like talking to God or other certain vocal prayers, the majority of our prayer life should experience growth over time if we are being faithful to God and really seeking holiness. Many times people's prayer lives don't grow because they are unwilling to get out of certain sins or vices, not opening parts of their hearts to the Lord. We live as we pray and we pray as we live. As we grow in holiness we will grow in prayer and as we grow in prayer we will grow in holiness.

Like any relationship, we can't expect our prayer life to go from nothing to the heights of mystical contemplation in a week, month, or even a year. But it will grow over time. God really does want every single person to reach the heights of mystical contemplation, if we don't it's not His fault, it's ours. There will be periods of dryness because we are being purified, but if we stay faithful, we will eventually encounter the Lord in deeper ways.

How long should I pray?

The amount of time we spend in prayer depends on how much we have been praying. If someone is starting out, 5-10 minutes a day might seem hard and will be a good starting point. If we have been praying for a while then maybe we can bump that up eventually to 15, 20, 30 minutes or maybe even an hour eventually. If we try to start with a lot of time in the beginning, we will get discouraged and stop praying all together. Prayer is like lifting weights, the more we pray the better we get at it and the more we can do.

Where should I pray?

While you can pray anywhere and at anytime, it is also good to have a specific time and place to pray. A Church is always the best place because Jesus is there in the Blessed Sacrament. But most people can't go to a Church everyday so it is good to have a quiet place where there won't be many distractions. Many people create a little prayer corner in their room with a crucifix, a Bible, a candle, and some holy pictures that help keep them focused. Some people find it helpful to kneel while praying, others find the discomfort too distracting. We should avoid excessive comfort or discomfort while praying, otherwise we will either fall asleep or only be thinking about the pain. Prayer is about contact with Jesus,

whatever place, time, and position helps foster that encounter the most, do that.

When should I pray?

Again, we can pray any time and any place, but we need to have a specific time everyday that we stick to and don't give up. That time should be when we are awake, can focus, and there aren't a bunch of distractions. Usually early in the morning, before dinner, or late at night are the times that work best for most people. You will never *have* time for prayer, you have to *make* time for prayer.

I always get distracted when I pray, what should I do?

The saints actually speak very little about distractions. They simply tell us to calmly turn our minds back to the Lord and continue to pray. The devil will tempt us to beat ourselves up for being distracted so we get discouraged and don't want to pray. That's why we can't let our distractions bother us, we need to just go back to God.

Very often, our distractions can help us see what we are too attached to. If we are constantly distracted by thoughts about our friends or boyfriend/girlfriend, then we are probably too attached to them and maybe are putting them before God. Or if we are distracted by music or movies flying in our head, it means we have too much of it in our lives. If you are distracted by ideas or things you have to do, write them down and let them go. Some of them could be inspirations from God, others could just be distractions. The main thing is to return our focus to the Lord and not get discouraged.

What if I just don't feel like praying?

Love is not so much a feeling as it is a choice. Sometimes the feelings are there, and that's nice, but when their not we need to stick with it. It's the tough times that's the test of true friendship and true love. Many of the saints would say that our prayers are most powerful when it's the hardest to pray, because God sees our dedication. The most powerful prayer ever spoken was on the Cross when Jesus said, "Father forgive them for they know not what they do."

In our times of desolation, when it is hard to pray, it is good to remember that it won't last forever and consolation will return. If the dryness is not caused by our own sin and lukewarmness, then God has a purpose in it all. It is good to recall some of the consolations we have received from the Lord and to remember that He is still with us, we just can't sense Him right now.

Vocal Prayer

What is vocal prayer?

Vocal prayer is the most common form of prayer where we speak to God,

either out loud or in our minds. Vocal prayer is a conversation with God using words. Vocal prayer can be very pleasing to God because it builds up our own devotion, gives glory to God with our minds and bodies, and is an expression of our hearts.

So vocal prayer is praying the Our Father and Hail Mary, right?

Well, yes, but it is much more than that. The words we say to the Lord need to be an expression of our hearts. We need to have attention and devotion when we pray. Our minds need to be attentive, that is, focused on God. We also need to have devotion, where hearts are focused on God in love. Someone could have attention without devotion, they are aware of what they are doing but there is not love, like when someone is doing something they don't enjoy (like doing the dishes, etc.). We need to mean what we say when we pray.

But I never know what to say to God?

Don't lie when you pray. We don't need to put on a show or be somebody we are not with the Lord, He sees through all that. Tell Him what's going on in your life, the good, the bad, and the ugly. Ask Him to help you pray, tell Him you want to know Him more. Talk to Him like you would your best friend. He wants you to realize that He's closer to you, understands you, and loves more than anyone else in the universe.

If we get stuck it can be good to have a pattern or some areas we make sure to pray about. A.C.T.S

- 1) *Adoration* - giving glory, praise, and love to God for who He is. He is the Creator of the universe who died for us, our time of adoration is a time to love Him and give our hearts to Him.
- 2) *Contrition* - when we are in the presence of such a perfect and loving God, we realize that we are not so perfect and have sinned against the Lord and others. Contrition is sorrow for our sins, where we tell the Lord our sins and ask His forgiveness.
- 3) *Thanksgiving* - The Lord is always working in our lives and it is good to spend time thanking Him for what He has done for us. Thank Jesus for dying for you, for His forgiveness in the sacrament of Reconciliation, His presence in the Eucharist, and for all the good things in our lives. We often don't realize just how blessed we are.
- 4) *Supplication* - this means praying for ourselves and for others. We can spend time asking the Lord to be with us in specific situations and to help us grow in love with Him more. Our world also desperately needs the love of God and we should pray for others as well. This is also the time where we should pray for our enemies, that the Lord would bless them with a knowledge of His love for them and give us the strength to love them as He loves them.

Is it okay to read prayers?

Absolutely. While it is very good to spend time talking with God with our own words, prayers that have been written by saints or even the Lord Himself can be very beautiful and help us to encounter God in a deep way. The Psalms in the Bible are a rich source for prayer. Nevertheless, we must make sure that these prayers don't just rattle off our lips, but are an expression of our hearts.

Meditation or Discursive Meditation

What is meditation?

Meditation is where the mind tries to know Jesus and His Revelation in a deeper way, bringing it into our minds and hearts so it can effect our lives. Discursive means that it follows a pattern and goes through a series of things instead of being chaotic and going all over the place.

Is this like Buddhist or Oriental meditation?

No, this is very different. Most oriental forms of meditation try to quiet the mind and to focus on a impersonal nothingness, because they believe reality is a big deception. As Christians, we quiet and focus our minds so that our prayer can always be focused on the Holy Trinity and the Incarnate Son of God, Jesus Christ. Christian meditation is a deeply personal encounter with the God who loves us and the truths He has revealed about reality and ourselves. Prayer without Jesus is not Christian.

Why should I meditate?

If you love someone you want to get to know them better. Meditation gives us an opportunity to not just know things about Jesus Christ, but to know Him personally, who He is, His personality, His life on earth, etc. Coming to know Him and the truths He has revealed more deeply will give meaning and direction to our lives. Moreover, Jesus can encounter us through our imagination. While picturing a scene, He can do something we don't expect, like give us a profound look of love, or say something to us. The Lord created our imagination, He can mess with it to bring us closer to Himself.

Is this just a big head trip?

No at all. Meditation is supposed to engage all of us, our thoughts, imagination, emotions, and desires deepening our convictions of faith, our conversion of heart, and our strength to follow Christ. St. Teresa of Avila says that meditation consists more in loving than in thinking.

What do I meditate on?

While any truth of the Catholic faith can be a source of meditation, it is very good to start with and spend most of our time meditating on Jesus Christ, His life and who He is. Then we can spend time meditating on the gifts He has given us, like the Eucharist, the Church, the Saints. We can also spend time meditating on the virtues, how they were expressed in Jesus' life and how they can be lived out in our lives. We will never run out of things to pray about and even if we have meditated on something a hundred times, new things can come to mind because the Holy Spirit is with us when we pray.

How do I meditate?

There are many methods or patterns of meditating but one of the most ancient ways of praying with the Scriptures is called Lectio Divina (Divine Reading). There are four main stages.

1. **Lectio** – *reading the text or a portion of the text.*
 - It can also be helpful to look at the context of the passage to understand what is going on or read a good Catholic commentary.
2. **Meditatio** – *meditating on the Word of God to gain deeper insight and to deeply hear the Word of God. Here are some questions to think about:*
 - **Level 1 – What is going on in the text?**
 - Understand what is happening and its meaning
 - Imagine being one of the characters
 - Imagine the scene in your mind
 - **Level 2 – Where is God or what is Jesus like in this passage?**
 - What do His words and actions reveal about Jesus?
 - Goal – an encounter with the heart of God and a deeper knowledge of Him
 - **Level 3 – How does this apply to me?**
 - What might God be trying to say to me? Words of encouragement, insight, guidance, challenge, etc.
 - How might this text be challenging me to change?
3. **Oratio** – *Talk to God about the meditation*
 - Thank God for any insights, peace, guidance, etc.
 - Ask for the graces to stay faithful to the insights gained
4. **Contemplatio** – *Rest in the presence of God. If you have spoken to God and He has spoken to you, then it means He is present to you. Simply spend time being with God.*

End with a formal prayer like the Our Father

Scriptures for Meditation

Genesis 2:18-24

The Lord God said: "It is not good for the man to be alone. I will make a suitable partner for him."

So the Lord God formed out of the ground various wild animals and various birds of the air, and he brought them to the man to see what he would call them; whatever the man called each of them would be its name.

The man gave names to all the cattle, all the birds of the air, and all wild animals; but none proved to be the suitable partner for the man.

So the Lord God cast a deep sleep on the man, and while he was asleep, he took out one of his ribs and closed up its place with flesh. The Lord God then built up into a woman the rib that he had taken from the man. When he brought her to the man, the man said: "This one, at last, is bone of my bones and flesh of my flesh; This one shall be called 'woman,' for out of 'her man' this one has been taken."

That is why a man leaves his father and mother and clings to his wife, and the two of them become one body.

Tobit 8:5-7

On their wedding night Tobiah arose from bed and said to his wife, "Sister, get up. Let us pray and beg our Lord to have mercy on us and to grant us deliverance." Sarah got up, and they started to pray and beg that deliverance might be theirs. They began with these words:

"Blessed are you, O God of our fathers; praised be your name forever and ever. Let the heavens and all your creation praise you forever. You made Adam and you gave him his wife Eve to be his help and support; and from these two the human race descended. You said, 'It is not good for the man to be alone; let us make him a partner like himself.' Now, Lord, you know that I take this wife of mine not because of lust, but for a noble purpose. Call down your mercy on me and on her, and allow us to live together to a happy old age."

Sirach 26:1-4, 13-16

Blessed the husband of a good wife, twice-lengthened are his days; A worthy wife brings joy to her husband, peaceful and full is his life. A good wife is a generous gift bestowed upon him who fears the Lord; be he rich or poor, his heart is content, and a smile is ever on his face.

A gracious wife delights her husband, her thoughtfulness puts flesh on his bones; A gift from the Lord is her governed speech, and her firm virtue is of surpassing worth. Choicest of blessings is a modest wife, priceless her chaste soul. A holy and decent woman adds grace upon grace; indeed, no price is worthy of her temperate soul. Like the sun rising in the Lord's heavens, the beauty of a virtuous wife is the radiance of her home.

Romans 12:1-2, 9-13

I urge you, brothers and sisters, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship. Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.

Let love be sincere; hate what is evil, hold on to what is good; love one another with mutual affection; anticipate one another in showing honor. Do not grow slack in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, endure in affliction, persevere in prayer. Contribute to the needs of the holy ones, exercise hospitality.

1 Corinthians 12:31-13:8

Brothers and sisters: Strive eagerly for the greatest spiritual gifts. But I shall show you a still more excellent way. If I speak in human and angelic tongues but do not have love, I am a resounding gong or a clashing cymbal. And if I have the gift of prophecy and comprehend all mysteries and all knowledge; if I have all faith so as to move mountains, but do not have love, I am nothing. If I give away everything I own, and if I hand my body over so that I may boast but do not have love, I gain nothing.

Love is patient, love is kind. It is not jealous, is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails.

Ephesians 5:2a, 21-33

Brothers and sisters:

Live in love, as Christ loved us and handed himself over for us.

Be subordinate to one another out of reverence for Christ.

Wives should be subordinate to their husbands as to the Lord.

For the husband is head of his wife

just as Christ is head of the Church,

he himself the savior of the body.

As the Church is subordinate to Christ,

so wives should be subordinate to their husbands in everything.

Husbands, love your wives,

even as Christ loved the Church

and handed himself over for her to sanctify her,

cleansing her by the bath of water with the word,

that he might present to himself the Church in splendor,

without spot or wrinkle or any such thing,

that she might be holy and without blemish.

So also husbands should love their wives as their own bodies.

He who loves his wife loves himself.

For no one hates his own flesh

but rather nourishes and cherishes it,

even as Christ does the Church,

because we are members of his Body.

For this reason a man shall leave his father and his mother

and be joined to his wife,

and the two shall become one flesh.

This is a great mystery,

but I speak in reference to Christ and the Church.

In any case, each one of you should love his wife as himself,

and the wife should respect her husband.

John 2:1-11

There was a wedding in Cana in Galilee,
and the mother of Jesus was there.

Jesus and his disciples were also invited to the wedding.

When the wine ran short,
the mother of Jesus said to him,

“They have no wine.”

And Jesus said to her,

“Woman, how does your concern affect me?

My hour has not yet come.”

His mother said to the servers,

“Do whatever he tells you.”

Now there were six stone water jars there for Jewish ceremonial washings,
each holding twenty to thirty gallons.

Jesus told them,

“Fill the jars with water.”

So they filled them to the brim.

Then he told them,

“Draw some out now and take it to the headwaiter.”

So they took it.

And when the headwaiter tasted the water that had become wine,
without knowing where it came from

(although the servants who had drawn the water knew),

the headwaiter called the bridegroom and said to him,

“Everyone serves good wine first,

and then when people have drunk freely, an inferior one;

but you have kept the good wine until now.”

Jesus did this as the beginning of his signs in Cana in Galilee

and so revealed his glory,

and his disciples began to believe in him.

How to Go to Confession

Prepare to go to confession by thinking about your sins and make a firm commitment, asking God's help, not to sin again.

Rite of Reconciliation

Priest: In the name of the Father, and of the Son, and of the Holy Spirit.
Amen

Penitent: Bless me, Father, for I have sinned. It has been (*how long?*) since my last confession and these are my sins: (Now confess your sins. You must confess all your mortal sins and the number of times you think you committed them)

Priest: (Gives you a penance)

Penitent: (Pray the Act of Contrition)

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You, whom I should love above all things. I firmly plan, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen

Priest: (Gives you absolution)

Penitent: (do your penance as soon as possible)

Examination of Conscience

- 1. I AM THE Lord YOUR GOD: YOU SHALL NOT HAVE STRANGE GODS BEFORE ME.** Did I fail to love God, o make God first in my life, to thank Him, trust Him, love Him as He deserves? Did I fail to pray? Have I doubted or denied my faith? Was I careless in saying my prayers? Do I give God time every day in prayer? Have I been involved in magic, Ouija boards, Tarot cards, the occult?
- 2. YOU SHALL NOT TAKE THE NAME OF THE Lord YOUR GOD IN VAIN.** Did I curse or swear? Did I use God's Name in vain, lightly, carelessly, by blasphemy? Have I used foul language or jokes?
- 3. REMEMBER TO KEEP HOLY THE SABBATH.** Have I deliberately missed Mass on Sundays or Holy Days of Obligation? Did I leave Mass early without a good reason? Have I been to Communion at least once a year? Did I receive Holy Communion in a state of serious sin? Have I been to confession recently? In any of my previous confessions, did I lie to or deliberately hide something from the priest? Do I do unnecessary work on Sunday?
- 4. HONOR YOUR FATHER AND YOUR MOTHER.** Did I honor and obey my parents? Respect my brothers and sisters? Respect others with lawful authority, especially teachers? Have I talked back? Did I fail to help at home or to spend time with my family?
- 5. YOU SHALL NOT KILL.** Did I give in to feelings of anger or jealousy? Did I keep hatred in my heart? Did I fight, give bad example or cause scandal? Have I abused alcohol or drugs? Have I had or in any way permitted or encouraged an abortion? Have I abused myself or attempted suicide? Do I avoid gluttony?
- 6. YOU SHALL NOT COMMIT ADULTERY.** Did I consent to impure glances? Passionate kisses? Sinful touches? Was I immodest in dress or behavior? Did I look at pornography, impure books, magazines, or videos? Am I guilty of masturbation (impurity with self or another)? Oral sex, premarital sex, adultery (sex with a married person) or contraception (by pills, devices, etc.)? Am I guilty of sterilization? Do I live chastely according to my state in life (married, single, priest)? Do I avoid the occasions of impurity?
- 7. YOU SHALL NOT STEAL.** Have I stolen what is not mine? What or how much? Did I return it or make up for what I have stolen? Have I cheated on tests or homework? Did I waste time at work? Have I written graffiti (this steals nature's beauty)? Do I avoid laziness, idleness?
- 8. YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.** Have I lied, gossiped? Talked about another behind his back? Do I always tell the truth? Am I sincere? Did I reveal secrets that should have been kept confidential? Am I critical, negative or uncharitable in my talk?
- 9. YOU SHALL NOT COVET YOUR NEIGHBORS WIFE.** Have I consented to impure thoughts? Have I encouraged them by stares, curiosity or impure conversations? Did I neglect to control my imagination or desire other people?
- 10. YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS.** Is my heart greedy? Am I jealous of what another has? Am I envious of others because I don't have what they have? Am I moody or gloomy? Do I work, study and keep busy to counter idle thoughts? Am I critical, negative, or uncharitable in my thoughts of others? Is my heart set on earthly possessions or on the treasures in Heaven?

