

Daily Prayers  
July 31 – August 6, 2022

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**Sunday, July 31 - Prayer of St. Ignatius Loyola**

Dearest Lord,  
teach me to be generous;  
teach me to serve You as You deserve;  
to give and not to count the cost,  
to fight and not to heed the wounds,  
to toil and not to seek for rest,  
to labour and not to ask for reward  
save that of knowing I am doing Your Will.

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**Monday, August 1 - For Motherhood**

Good St. Gerard, powerful intercessor before the throne of God, wonder-worker of our day, I call upon you and seek your aid. You know that my husband and I desire the gift of a child. Please present our fervent plea to the Creator of life from whom all parenthood proceeds and beseech him to bless us with a child whom we may raise as his child and heir of heaven. Amen.

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**Tuesday, August 2 - Prayer of Thanks for People**

God of Love,  
I thank You for the people in my life  
who are easy to love.  
I thank You for my family and friends  
who understand my actions,  
who support me in my decisions,  
and whose presence can lift the burden of a thorny day.

Help me with those who are difficult to love.  
When they come at me with criticism  
and wild expectations,  
when they ignore me  
or try to bend me to their will,  
let me recognize their flaws and their dangers.  
But then let me remember your attitude toward them,  
and lead me to see them  
in the light of Your love. Amen.

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### **Wednesday, August 3 - Prayer To Overcome Bitterness and Resentment**

Father, I acknowledge that I've held resentment and bitterness against (name). I confess this as sin and ask You to forgive me. I forgive (name). Remind me, Lord, to not hold any more resentments, but rather to love this person. Father, I ask You to also forgive (name) . Thank You for hearing and answering my prayer. In Jesus' Holy Name, Amen.

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### **Thursday, August 4 - The Prayer, Christ Our Morning Star (by Bede the Venerable.)**

O Christ, our Morning Star,  
Splendour of Light Eternal,  
shining with the glory of the rainbow,  
come and waken us  
from the greyness of our apathy,  
and renew in us your gift of hope. Amen.

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### **Friday, August 5 - After Confession**

O almighty and most merciful God, I give You thanks with all the powers of my soul for this and all other mercies, graces, and blessings bestowed on me, and prostrating myself at Your sacred feet, I offer myself to be henceforth forever Yours. Let nothing in life or death ever separate me from You! I renounce with my whole soul all my treasons against You, and all the abominations and sins of my past life. I renew my promises made in Baptism, and from this moment I dedicate myself eternally to Your love and service. Grant that for the time to come, I may detest sin more than death itself, and avoid all such occasions and companies as have unhappily brought me to it. This I resolve to do by the aid of Your divine grace, without which I can do nothing. Amen.

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### **Saturday, August 6 - Praying the Holy Rosary**

The Holy Rosary is one of three Sacramentals that the Blessed Virgin Mary has given to the Holy Catholic Church. In the thirteenth century, Mary gave the Rosary as a powerful weapon to mankind to combat the evils that were in this world as a result of the spiritual battle that is taking place between Satan and God. Since then, the blessings received through this Sacramental are beyond man's count.

**STEP 1:** Make the sign of the Cross:

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

**Saturday, August 6 (cont'd)**

**STEP 2:** Say the Apostle's Creed:

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord. He was conceived by the Holy Spirit, and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. On the third day He rose again. He ascended into heaven, And is seated at the right hand of God the Father Almighty. He will come again 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.

**STEP 3:** Say 1 "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.

**STEP 4:** Say 3 "Hail Mary's": (For the virtues of Faith, Hope and Charity)

Hail Mary, Full of Grace, The Lord is with thee. Blessed art 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 death. Amen.

**STEP 5:** Say 1 "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.

**STEP 6:** The Rosary Breakdown:

The Holy Rosary consists of 20 decades.

A decade consists of: 1 Our Father 10 Hail Mary's 1 Glory Be.

To pray an entire Rosary, you must pray 20 times the "Our Father," 10 "Hail Mary's" and the "Glory Be" in that order.

The Rosary is been divided into 4 parts of 5 decades each. Each of the four parts are called a Chaplet.

To pray an entire Chaplet, you must pray 5 times the "Our Father," 10 "Hail Mary's" and "Glory Be" in that order.

The general practice of a Catholic is to commit themselves to praying one Chaplet per day.

**STEP 7:** The Mysteries of the Rosary:

While praying a decade, you reflect on a mystery. There are specific mysteries for each day of the week.

For example, when praying the Holy Rosary on a Monday, you meditate on the Joyful Mysteries.

During the recitation of first decade, you meditate on the Annunciation of Mary. During the recitation of the second decade, you meditate on the Visitation. During the recitation of the third decade, you meditate on the Nativity of Jesus. Etc...

**The following is a list of the Mysteries:**

**Joyful Mysteries - Monday and Saturday**

1. The Annunciation 2. The Visitation 3. The Nativity 4. The Presentation 5. The Finding in the Temple  
Sorrowful Mysteries - Tuesday and Friday

1. The Agony in the Garden 2. The Scourging at the Pillar 3. The Crowning with Thorns 4. The Carrying of the Cross 5. The Crucifixion

**Saturday, August 6 (cont'd)**

**Glorious Mysteries - Wednesday and Sunday**

1. The Resurrection 2. The Ascension 3. The Descent of the Holy Spirit 4. The Assumption 5. The Crowning of Mary

**Mysteries of Light - Thursday**

1. Baptism in the Jordan 2. Self-manifestation at the wedding of Cana 3. Proclamation of the Kingdom of God, with His call to conversion 4. The Transfiguration 5. Jesus' institution of the Eucharist

**STEP 8:** The "Fatima Prayer": After the completion of one decade, you recite the "Fatima Prayer": O my Jesus, forgive us our sins, save us from the fire of hell, lead all souls to heaven, especially those who are in most need of Thy mercy. **STEP 9:** The "Hail Holy Queen": After the completion of one Chaplet (5 decades which represents 5 mysteries), you pray the "Hail Holy Queen" prayer. 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 us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O Holy Mother of God. That we may be made worthy of the promises of Christ. **STEP 10:** The Sign of the Cross: You conclude the Rosary by doing the Sign of the Cross. In the Name of the Father, and of the Son and of the Holy Spirit. Amen.

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