

FOR THE JOURNEY  
A PRAYER COMPANION FOR LENT

This little book of prayer  
is offered as an accompaniment  
**for the journey** through Lent  
from the Parish of Cardiff St Mary the Virgin

Day by day, Lord, three things I pray:  
to see you more clearly,  
love you more dearly,  
follow you more nearly, day by day. Amen.

*ST RICHARD OF CHICHESTER*

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

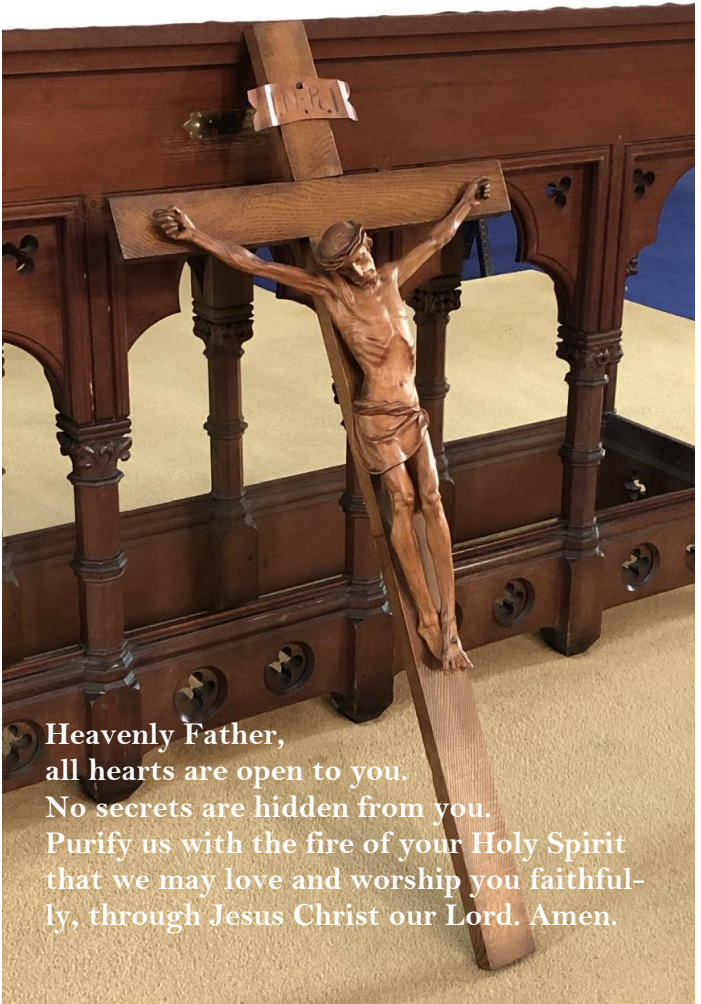
## Setting Off

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

May our Lord Jesus Christ  
be with me to protect me.  
May he go before me to guide me.  
May he be by me to guard me.  
May he stand behind me to give me strength.  
May he look upon me, to bless me.

## Prayer for Ash Wednesday

Grant, O Lord,  
that we may begin with holy fasting  
this campaign of Christian service,  
so that, as we take up battle  
    against spiritual evils,  
we may be armed with  
    weapons of self-restraint.  
Through our Lord Jesus Christ, your Son,  
    who lives and reigns with you  
in the unity of the Holy Spirit,  
    God, for ever and ever. Amen.



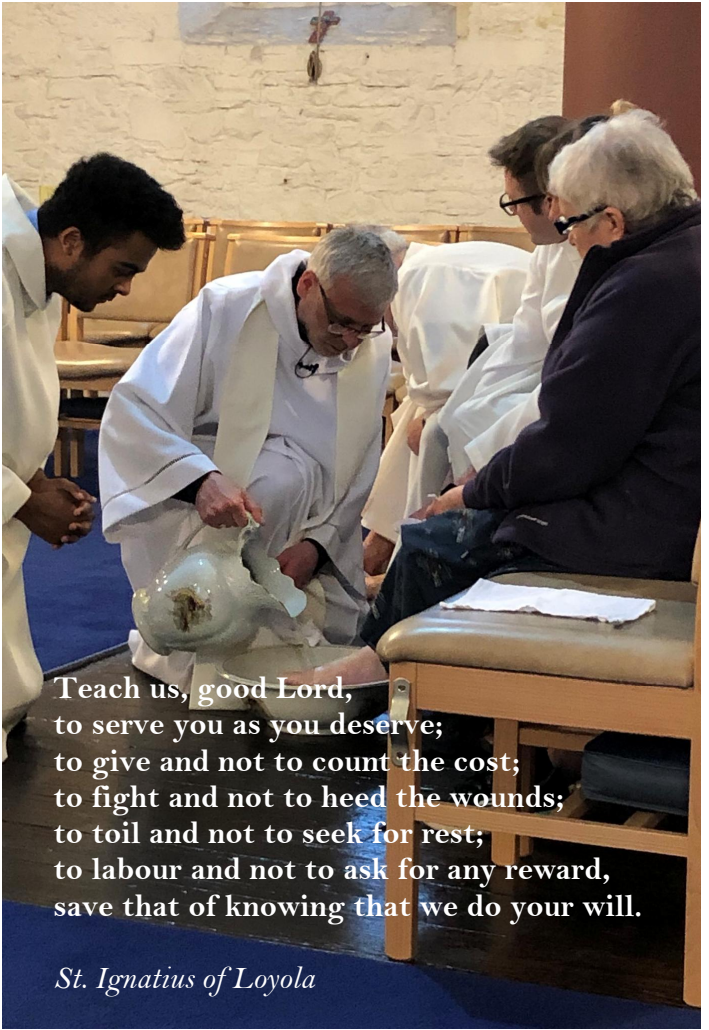
Heavenly Father,  
all hearts are open to you.  
No secrets are hidden from you.  
Purify us with the fire of your Holy Spirit  
that we may love and worship you faithfully,  
through Jesus Christ our Lord. Amen.

# Morning

## A Daily Offering

O Jesus,  
I come before you at  
the beginning of this day.  
I gaze at your face,  
I look upon your side  
    pierced by the lance.  
Your wounded heart  
speaks to me of God's love  
    poured out for us.  
Take, Lord, and receive my heart:  
the words of faith that I speak,  
the works of justice I would do,  
my joys and sufferings.  
When I come to the Eucharistic table,  
gather my offering to your own  
for the life of the world.  
At the end of the day,  
place me with Mary, your mother,  
and for her sake take me to your heart.  
Amen.

*From Hearts on Fire: Praying with Jesuits*  
*Collected and edited by Michael Harter, S.J.*

A photograph of a priest in white vestments performing the rite of foot washing on a seated man in a church. The priest is kneeling and pouring water from a silver ewer into a basin. Other people in white vestments are visible in the background. The church has a stone wall and wooden pews.

Teach us, good Lord,  
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 any reward,  
save that of knowing that we do your will.

*St. Ignatius of Loyola*

# Prayer of St Francis of Assisi

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

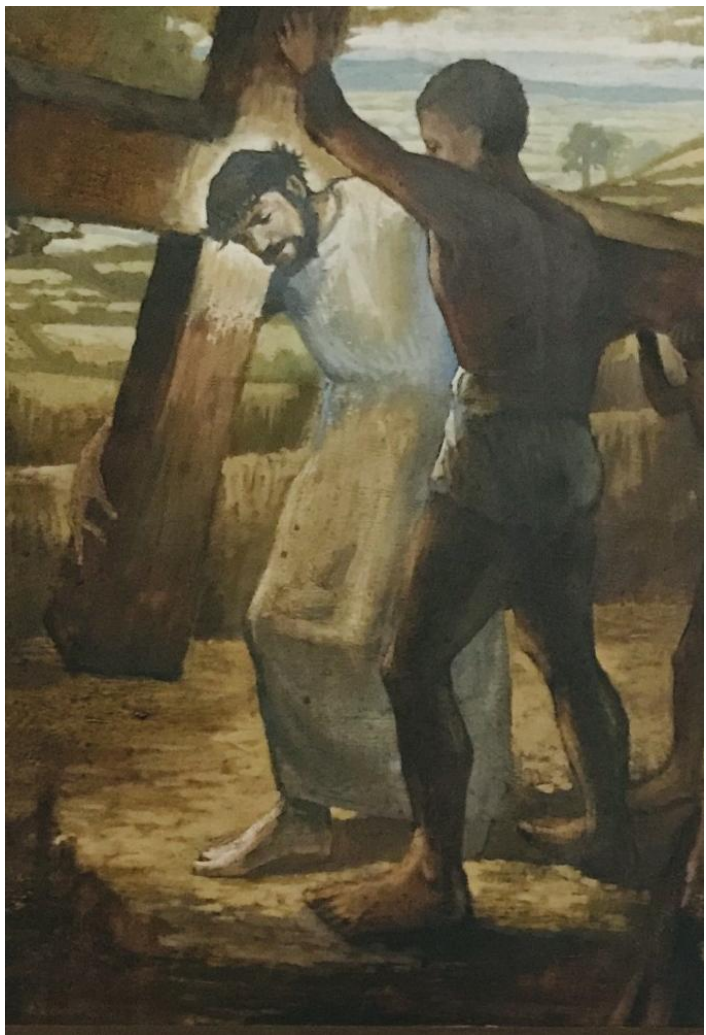
O divine Master, grant that I may not so  
much seek to be consoled as to console,  
to be understood as to understand, to be  
loved as to love.

For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that  
we are born to eternal life. Amen.

## The Jesus Prayer

Lord Jesus Christ,  
Son of the living God,  
have mercy on me, a sinner.







## Act of Adoration

We adore you,  
Most Holy Lord, Jesus Christ,  
here and in all the churches  
of the whole world,  
and we bless you  
because by your Cross  
you have redeemed the world.  
Have mercy on us.

*This prayer of St Francis is often said when  
entering a church.*

## Collect of Good Friday

Almighty Father,  
look with mercy on this your family  
for which our Lord Jesus Christ  
was content to be betrayed  
and given up into the hands of wicked men  
and to suffer death upon the cross;  
who is alive and glorified with you  
and the Holy Spirit,  
one God, now and for ever. Amen.

# The Magnificat

+ My soul glorifies the Lord,  
my spirit rejoices in God, my Saviour.  
He looks on his servant in her lowliness;  
henceforth all ages will call me blessed.

The Almighty works marvels for me.

Holy his name!

His mercy is from age to age,  
on those who fear him.

He puts forth his arm in strength  
and scatters the proud-hearted.  
He casts the mighty from their thrones  
and raises the lowly.

He fills the starving with good things,  
sends the rich away empty.

He protects Israel, his servant,  
remembering his mercy,  
the mercy promised to our fathers,  
to Abraham and his sons for ever.

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.

# An Evening Prayer

O Lord, support us all the day long,  
until the shadows lengthen  
and the evening comes,  
and the busy world lies hushed,  
and the fever of life is over,  
and our work is done.

Then in thy mercy  
grant us a safe lodging,  
and a holy rest,  
and peace at the last.

O Lord Jesus Christ, Son of the Living God,  
set your passion, cross and death  
between your judgement and our souls,  
now, and at the hour of our death.

Grant mercy and grace to the living,  
rest to the departed,  
to your Church peace and concord,  
and to us sinners forgiveness,  
and everlasting life and glory;  
for, with the Father and the Holy Spirit,  
you are alive and reign,  
God, now and for ever. Amen



# Night Prayers

## The Song of Simeon

Now, Lord, you have kept your word:  
let your servant go in peace.

With my own eyes I have seen  
the salvation which you have prepared

in the sight of every people:  
a light to reveal you to the nations  
and the glory of your people Israel.

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.

Visit this house, we pray you, Lord:

drive far away from it  
all the snares of the enemy.

May your holy angels stay here  
and guard us in peace,  
and let your blessings be always upon us.  
Through Christ our Lord. **Amen.**

May the almighty Lord grant us  
a quiet night and a perfect end. **Amen.**




# Salve Regina

Hail! Holy Queen, Mother of Mercy;  
Hail, 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 vale of tears.  
Turn then, most gracious advocate,  
thine eyes of mercy towards us;  
and after this our exile,  
show unto us the blessed fruit  
of thy womb, Jesus.  
O clement! O loving!  
O sweet Virgin Mary!

Keep us, in peace, O Christ our God,  
under the protection of your  
holy and venerable cross;  
Save us from our enemies,  
visible and invisible,  
and count us worthy to glorify  
you with thanksgiving,  
with the Father and the Holy Spirit,  
now and for ever, world without end. Amen,





O sacred Banquet,  
wherein Christ is received;  
the memory of his Passion is renewed,  
the mind is filled with grace,  
and the pledge of future glory  
is given unto us.

# Before the Blessed Sacrament

I place myself in the presence of Him,  
in whose Incarnate Presence I am  
before I place myself there.

I adore You, O my Saviour,  
present here as God and as man,  
in soul and in body, in true flesh and blood.

I acknowledge and confess  
that I kneel before that Sacred Humanity,  
which was conceived in Mary's womb,  
and lay in Mary's bosom;  
which grew up to twelve,  
wrought miracles,  
and spoke words of wisdom and peace; which  
in due season hung on the cross,  
lay in the tomb, rose from the dead,  
and now reigns in heaven.

I praise, and bless,  
and give myself wholly to Him,  
who is the true Bread of my soul,  
and my everlasting joy.

*St John Henry Newman*



Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, refresh me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O Good Jesus, hear me.  
Within Thy Wounds, hide me.  
Suffer me not to be separated from Thee.  
From the malicious enemy defend me.  
In the hour of my death call me.  
And bid me come to Thee.  
That with all Thy Saints I may praise Thee

# 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 Saint Joseph,  
her most chaste Spouse.

Blessed be God in His angels  
and in His saints.

*O Sacrament most holy, O sacrament divine,  
all praise and all thanksgiving  
be every moment thine*



# The Angelus

The angel of the Lord brought tidings to Mary;  
**And she conceived by the Holy Spirit.**

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 our death. Amen.

Behold, the handmaid of the Lord.  
**Be it unto me according to thy word.**  
*Hail Mary...*

The Word was made flesh  
**and dwelt among us.** *Hail Mary...*

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

We beseech you, Lord, pour your grace into  
our hearts; that as we have known the Incarna-  
tion of your Son Jesus Christ by the message of  
an angel so by his cross and passion we may be  
brought to the glory of his resurrection;  
through the same Jesus Christ our Lord. Amen.

# Prayer at Meal Times

We thank, you, Lord  
for this food which you provide,  
and those who have prepared it,  
and pray that those who are hungry  
will have their fill,  
and gather us all together  
at the table of your heavenly kingdom.  
We ask this through Christ our Lord. Amen.



Praise God, from whom all blessings flow;  
Praise Him, all creatures here below;  
Praise Him above, ye heavenly host:  
Praise Father, Son, and Holy Ghost. Amen.



# 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.

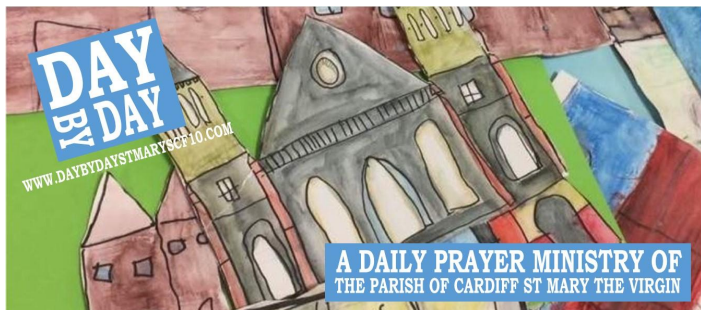
Lord Jesus Christ,  
you gave us the Eucharist  
as the memorial of your suffering and death.

May our worship  
of this sacrament of your body and blood  
help us to experience

the salvation you won for us  
and the peace of the kingdom  
where you live with the Father  
and the Holy Spirit  
God for ever and ever. Amen.

This booklet has been produced  
as part of our **for the journey**  
Lenten boxes and contains prayers  
from various sources.

More information and resources are available  
at [www.stmaryscf10.com](http://www.stmaryscf10.com)



Check out **Day by Day**  
our daily prayer website  
at [www.daybydaystmaryscf10.com](http://www.daybydaystmaryscf10.com)

The grace of our Lord Jesus Christ  
and the love of God  
and the communion of the Holy Spirit  
be with us all ever more. Amen.