



# Rule of Life

## Morning Offering

*Immediately after waking*

O Jesus, I offer You all 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, for the intentions of my family and friends and in particular for the intentions of the Holy Father.

## Short Morning Prayer

*After Breakfast*

Sign of the Cross

### The Benedictus

Blessed be the Lord, the God of Israel!  
He has visited His people and redeemed them.  
He has raised up for us a mighty Saviour  
in the house of David His servant,  
as He promised by the lips of holy men,  
those who were His prophets from of old.  
A saviour who would free us from our foes,  
from the hands of all who hate us.  
So His love for our fathers is fulfilled  
and His holy covenant remembered.  
He swore to Abraham our father to grant us,  
that free from fear,  
and saved from the hands of our foes,  
we might serve Him in holiness and justice  
all the days of our life in His presence.  
As for you, little child,  
you shall be called a prophet of God, the Most High.  
You shall go ahead of the Lord  
to prepare His ways before Him.  
To make known to His people their salvation  
through forgiveness of all their sins,  
the loving-kindness of the heart of our God  
Who visits us like the dawn from on high.  
He will give light to those in darkness  
and those who dwell in the shadow of death,  
and guide us into the way of peace.  
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.

Hail Mary...  
Our Father...  
Sign of the Cross

## Spiritual Act of Communion

*8.30am as Mass is being said*

My Jesus, I believe that You are present in the Holy Sacrament of the altar. I love You above all things and I passionately desire to receive You into my soul. Since I cannot receive You now sacramentally, come spiritually into my soul so that I may unite myself wholly to You now and for ever. Amen.

Scripture Readings for Mass  
See [www.universalis.com/mass](http://www.universalis.com/mass)

## The Angelus

*12 Noon*

The angel of the Lord declared unto Mary;  
And she conceived by the Holy Spirit.

Hail Mary ...

Behold the handmaid of the Lord.

Be it done unto me according to Thy word.

Hail Mary ...

And the Word was made flesh (*genuflect or bow*)  
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.

Let us pray:

Pour forth, we beseech Thee, O 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.

## Holy Rosary

*Afternoon or Evening*

Sun. & Wed.: Glorious Mysteries

Mon. & Sat.: Joyful Mysteries

Tues. & Fri.: Sorrowful Mysteries

Thurs.: Luminous Mysteries

## Short Evening Prayer

*Before Supper*

Sign of the Cross

### 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.

Hail Mary...  
Our Father...  
Sign of the Cross

## Short Night Prayer

*Before bed*

Sign of the Cross

Examination of Conscience  
(Reflect on the past day. What do we have to thank  
God for? For what do we need to be forgiven?)

### The Nunc Dimittis

At last, all-powerful Master,  
You give leave to Your servant to go in peace,  
according to Your promise.  
For my eyes have seen Your salvation  
which You have prepared for all nations,  
the light to enlighten the Gentiles  
and give glory to Israel, Your people.  
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.

### Blessing

The Lord grant us a quiet night  
and a perfect end. Amen

## Hail, Holy Queen

(Finish with anthem to Our Lady)

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

## Act of Contrition

*If we are unable to go to Confession*

O 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 intend, with Your help, to do  
penance, to sin no more, and to avoid  
whatever leads me into sin. Our Saviour  
Jesus Christ suffered and died for us. In His  
Name, my God, have mercy.

## Prayer of St. Francis

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.