

PRAYERS
AND
HEAVENLY PROMISES

*“I am Eternal Truth, incapable of any lie.
I am faithful to My promises.”*

—Our Lord to St. Margaret Mary



*Holy Mary, Mother of God,
pray for us!*

PRAYERS AND HEAVENLY PROMISES

Compiled from Approved Sources
by Joan Carroll Cruz

“Ask, and it shall be given you: seek, and you shall find: knock, and it shall be opened to you. For every one that asketh, receiveth: and he that seeketh, findeth: and to him that knocketh, it shall be opened.”

—Matthew 7:7-8

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Nothing in this book should be read as implying that if a certain prayer is performed in a particular manner, a certain result will occur. The promises referred to in this work should be looked upon as manifestations of divine generosity and as encouragement to an even more devout life.

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TAN BOOKS AND PUBLISHERS

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**A Powerful Prayer
To Be Said Before Praying**

“**A**LMIGHTY Father,
I place the Precious Blood of Jesus
before my lips before I pray,
that my prayers may be purified
before they ascend
to Your divine altar.”

—*St. Mary Magdalen de Pazzi*

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AND
HEAVENLY PROMISES

*“Everything I say to one of My children
is for all of them . . . Each soul is My
favorite . . . If only you knew My love for
each one.”*

—Our Lord to Gabrielle Bossis
(1874-1950)

1

Morning Prayers

A Morning Prayer based on Three Revelations of Our Lord

DEAR LORD, I adore Your Sacred Heart, which I desire to enter with acts of love, praise, adoration and thanksgiving. I offer You my own heart as I sigh to You from its very depths, asking that You will work through me in all that I do this day; thus may I draw You closer to me than You were before. I offer You all the crosses and sufferings of the world, in union with Your life on earth, in expiation for sins. Please join my every action and heartbeat to the pulsations of Your heart. I unite all my works of this day to those labors You performed while You were on earth, bathing them in Your precious Blood, and I offer them to the Heavenly Father so that many souls may be saved. Amen.

This prayer is based on the following revelations:

“When you awake, enter at once into My Heart, and when you are in it, offer My Father all your actions united to the pulsations of My Heart . . . If [a person is] engaged in work of no value in itself, if she bathes it in My Blood or unites it

to the work I Myself did during My mortal life, it will greatly profit souls . . . more, perhaps, than if she had preached to the whole world. You will be able to save many souls that way.”

—*Our Lord to Sr. Josefa Menendez* (1890-1923)

“When you awake in the morning, let your first act be to salute My Heart, and to offer Me your own . . . Whoever shall breathe a sigh toward Me from the bottom of his heart when he awakes in the morning and shall ask Me to work all his works in him throughout the day, will draw Me to him . . . For never does a man breathe a sigh of longing aspiration toward Me without drawing Me nearer to him than I was before.”

—*Our Lord to St. Mechtilde* (1241-1298)

“It is not merely by praying that souls are saved, but through the actions of even the most ordinary lives lived for God . . . Offer Me everything united to My life on earth . . . Offer Me all the crosses of the world. There are so many, and few think of offering them to Me in expiation for sins.”

—*Our Lord to Gabrielle Bossis* (1874-1950)

Fatima Morning Offering

(Based on Our Lady of Fatima's requests)

O JESUS, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings, all that this day may bring, be they good or bad: for the love of God, for the conversion of sinners, and in reparation for all the sins committed against the Sacred Heart of Jesus and the Immaculate Heart of Mary.

Morning Offering to the Sacred Heart

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, in reparation for my sins, for the intentions of all our associates, and in particular for the intentions of our Holy Father for this month.

—*The Apostleship of Prayer*



Sheppard

The Sacred Heart of Jesus

2

Night Prayers

Prayer for Daily Neglects

ETERNAL FATHER, I offer You the Sacred Heart of Jesus, with all its love, all its sufferings and all its merits.

First: To expiate all the sins I have committed this day and during all my life. *Glory be to the Father, etc.*

Second: To purify the good I have done poorly this day and during all my life. *Glory be to the Father, etc.*

Third: To supply for the good I ought to have done, and that I have neglected this day and all my life. *Glory be to the Father, etc.*

HISTORY: Soon after the death of a certain Poor Clare nun, she appeared to her abbess, who was praying for her, and said: "I went straight to Heaven because I paid all my debts by virtue of this prayer."



Night Prayer in Response to a Request from Our Lord

ETERNAL FATHER, I desire to rest in Your Heart this night. I make the intention of offering to You every beat of my heart, joining to them as many acts of love and desire. I pray that even while I am asleep, I will bring back to You souls that offend You. I ask forgiveness for the whole world, especially for those who know You and yet sin. I offer to You my every breath and heartbeat as a prayer of reparation. Amen.

“During the night you will rest in My Heart! My Heart will listen to the beats of yours, which will be so many acts of love and desire. Thus even while you are sleeping, you will bring back to Me souls that so offend Me . . . Ask forgiveness for the whole world, especially for those that know Me and yet sin; offer yourself in reparation!”

—*Our Lord to Sr. Josefa Menendez*



“You were wondering how to use those moments when you wake up in the night. Speak to Me of love, ardently desiring your next Communion . . . Call Me by the gentlest names, even when you are half asleep . . .” —*Our Lord to Gabrielle Bossis*



Watch, O Lord

WATCH, O Lord, with those who wake, or watch, or weep tonight, and give Your angels and saints charge over those who sleep.

Tend Your sick ones, O Lord Christ.

Rest Your weary ones.

Bless Your dying ones.

Soothe Your suffering ones.

Pity Your afflicted ones.

Shield Your joyous ones,
and all for Your love's sake. Amen.

—*St. Augustine*



St. Augustine with Our Lady and the Christ Child.

Mass and Holy Communion

Preparation for Holy Communion

DEAR JESUS, I ardently desire to receive You. The moment draws near, the rapturous moment, in which I shall receive You, my God, into my soul. I come to You, I run to meet You with the utmost devotion and reverence of which I, as a little child, am capable. Stretch forth Your most sacred hands to embrace my soul—Your pierced hands which were stretched forth amid the anguish of Your Passion to embrace all sinners. I stretch forth not only my hands, but my heart and my soul, to embrace You and to lead You into the innermost and secret recess of my heart.

Would that I had within me as great a devotion, love and purity as You have ever been adored with by the heart of any mortal. Would that I were filled with all virtues, with all holy desires, with perfect devotion. Would that I had the purity of all Your angels, the charity of all Your apostles, the holiness of all confessors, the chastity and cleanness of heart of all virgins and the holy fire

of love of all the martyrs. Would that I could receive You now with all that devotion, reverence and love with which Your most Blessed Mother received You in Your Incarnation, and in Your adorable Eucharist! Would that I had Your own sacred and divine Heart, that I might receive You as Your ineffable Majesty deserves!

I offer You, my sweetest Jesus—to be my fitting preparation, to make amends for all my unworthiness, my negligences, my lack of preparation, devotion and affections—I offer You the love which the Saints and the Blessed Mother had when they received You in this Holy Sacrament.

I offer You, most holy Jesus, Your own meritorious Heart, and all the ineffable virtues and graces which the most Blessed Trinity bestowed without measure upon it, that all my vileness and all my unworthiness may be covered, and that a proper and most peaceful abode may be prepared for You in my soul. Amen.

—*Author unknown*

PROMISE: “When you approach to receive Me in Holy Communion, receive Me with these intentions of feeling all the glowing desire and love with which the heart of any mortal has ever been inflamed. I will accept this love and preparation, not as it is in you, but what you desire your love and preparation to be.”

—*Our Lord to the author of the above prayer*



The Anima Christi or Soul of Christ

Traditionally prayed after Holy Communion

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 Thy wounds, hide me.
Never let me be separated from Thee.
From the malignant enemy, defend me.
At the hour of my death, call me.
And bid me come unto Thee.
That with Thy saints I may praise Thee,
forever and ever. Amen.

—*Enchiridion of Indulgences*



WORDS OF THE SAINTS ON THE IMMENSE VALUE OF HOLY MASS

“One single Mass gives more honor to God than all the penances of the Saints, the labors of the Apostles, the sufferings of the martyrs and even the burning love of the Blessed Mother of God.”
—*St. Alphonsus Liguori*

“The offering up of the Holy Mass benefits not only the saints for whom [in whose honor] it is said, but the whole Church of God in Heaven, on earth and in Purgatory.”

—*St. John Vianney, The Curé of Ars*

“Put all the good works in the world against one Holy Mass; they will be as a grain of sand beside a mountain.”

—*St. John Vianney, The Curé of Ars*



Our Lord revealed to St. Gertrude that each time we look at the Most Blessed Sacrament with love, our place in Heaven is raised forever.



THE DEVOTION OF ST. BENEDICT JOSEPH LABRE

After receiving Holy Communion, it was the practice of St. Benedict Joseph Labre to offer to God all the loving aspirations of the Blessed Virgin Mary and the Apostles and Saints which they had made after they had received the Holy Eucharist.



Our Lady revealed to Ven. Mary of Agreda that in Heaven:

“Those who had devoutly received Holy Communion will bear on their breast, where they have so often harbored the Holy Eucharist, most beautiful and resplendent inscriptions, showing that they were most worthy tabernacles of the Holy Sacrament . . . Moreover, the essential glory of those who have worthily and devoutly received the Holy Eucharist will, in several respects, exceed the glory of many martyrs who have not received the Body and Blood of the Lord.”