

# PRAYERS AND HEAVENLY PROMISES

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

—Our Lord to St. Margaret Mary



# 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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A Powerful Prayer  
To Be Said Before Praying

*“Almighty 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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*“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)

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.



# Morning Prayers

## A Morning Prayer based on Three Revelations of Our Lord

**D**EAR 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*