

Evening Prayers

I. I adore You, my God, and I love You with all my heart. I thank you for having created me, for having made me a Christian, and for having preserved me this day. Pardon me for the evil I have done today. If I have done anything good, be pleased to accept it. Protect me while I take my rest and deliver me from all dangers. May your grace be always with me. Amen.

II. Oh Lord, we pray you to visit this home and drive from it all snares of the enemy. Let Your holy angels dwell in it to preserve us in peace; and let Your blessing be always upon us. Through Christ our Lord. Amen.

III. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace. Amen.

ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of Heaven and the pains of Hell, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace to confess my sins, to do penance and to amend my life. Amen.

PRAYERS FOR PROTECTION

I. 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.

II. Be present, O Lord, and protect us through the silent hours of this night, that we who are wearied with the work and changes of this fleeting world, may rest upon Thy eternal changelessness. Amen.

III. O Lord Jesus Christ, Whose unwearied eye neither slumbers nor sleeps, but continually watches in defense of thy servants; take me and mine, I beseech thee, into thy protection, and grant, that whilst my body is asleep, my soul may be awake to Thee, and that I may hereafter behold Thee in that blessed and heavenly country, where thou, with the Father and the Holy Ghost, rulest eternally, and where all the angels, with the blessed saints, are citizens forever. Amen.

EVENING PRAYERS FOR BLESSINGS

I. Jesus Christ, my God, I adore You and thank you for all the graces You have given me this day. I offer You my sleep and all the moments of this night, and I beg of you to keep me without sin. Therefore, I put myself within Your sacred Side and under the mantle of Our lady, my Mother. Let Your holy angels stand about me and keep me in peace; and let your blessing be upon me.

II. Bless, O Lord, our rest this night, that we may renew our bodily strength, and awake refreshed, able to serve Thee better. O all you angels and saints, and thou especially, O Mother of God, intercede for us, not only during this night, but for the rest of our life, and particularly at the hour of our death. Amen.

A PRAYER OF A LAY APOSTLE

Thanks, my God, for the day that is ending, thanks for the coming night. Bring sleep to the weary, bring repose to those I love, and give me rest until tomorrow.

All was not fine, perfect and beautiful today. Give me strength to do better tomorrow.

In this day that is ending I have not been what I should have been. Make me better, my God, less harsh towards others, more gentle, more patient. Make me too, more determined, more demanding of myself, more truthful in speaking, more faithful in my promises, more active in my work, more obedient and more submissive; let me be cheerful, too, and may tomorrow be a finer, fuller day than this.

Thanks, my God, for the day that is ending, thanks for the coming night. Bring sleep to the weary, bring repose to those I love, and give me rest until tomorrow.

MEMORARE

REMEMBER, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired with this confidence, I fly to thee, O Virgin of virgins, my Mother; to thee do I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.