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MORNING AND NIGHT PRAYERS FOR ADVENT

Latin and English

Regem venturum Dominum,
venite, adoremus.

Come, let us adore the King our Lord,
who is to come!

During Advent, the Christian, on awaking in the morning, will unite himself with the Church, who, in her Office of Matins, says to us these solemn words, which choirs of religious, men and women, throughout the universe, have been chanting during the deep silence of the night:

Regem venturum Dominum, venite, adoremus.	Come, let us adore the King our Lord, who is to come!

He will profoundly adore this great King, whose coming is so near at hand: and with this idea deeply impressed upon his mind, he will perform the first acts of religion, both interior and exterior, wherewith he begins the day. The time for morning Prayer being come, he may use the following method, which is formed upon the very prayers of the Church:-

MORNING PRAYERS

First, praise and adoration of the most holy Trinity:-

V. Benedicamus Patrem, et Filium, cum sancto Spiritu.	V. Let us bless the Father, and the Son, and the Holy Ghost.
B. Laudemus et superexaltemus eum in saecula.	R. Let us praise him and extol him above all for ever.
V. Gloria Patri et Filio et Spiritui sancto.	V. Glory be to the Father, and to the Son, and to the Holy Ghost.
R. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.	R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Then, praise to our Lord and Saviour, Jesus Christ:-

V. Adoramus te, Christe, et benedicimus tibi.	V. We adore thee, O Christ, and we bless thee.
R. Quia per crucem tuam redemisti mundum.	R. Because by thy cross thou hast redeemed the world.

Thirdly, invocation of the Holy Ghost:-

Veni, sancte Spiritus, reple tuorum corda fidelium, et tui amoris in eis ignem accende.	Come, O holy Spirit, fill the hearts of thy faithful, and enkindle within them the fire of thy love.

After these fundamental acts of religion, you will recite the Lord's Prayer, asking of God, the Father of our Lord Jesus Christ, to grant that His holy name may be glorified on earth by sending His Son, who will found the kingdom of God; and that He will vouchsafe to give us this Saviour who is our Bread and who will obtain for us, by the mediation so long looked for, the forgiveness of our sins; finally, that He will deliver us from sin, which is the sovereign evil.

THE LORD'S PRAYER

Pater noster, qui es in coelis, sanctificetur nomen tuum: adveniat regnum tuum: fiat voluntas tua, sicut in coelo, et in terra. Panem nostrum quotidianum da nobis hodie: et dimitte nobis debita nostra, sicut et nos dimittimus debitoribus nostris: et ne nos inducas in tentationem: sed libera nos a malo. Amen.

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 them that trespass against us: and lead us not into temptation: but deliver us from evil. Amen.

Then address the angelical salutation to Mary, who is, in these days which precede the Nativity, so truly full of grace, since she has in her chaste womb Him who is the author of all grace. The Lord, the fruit of her womb, is with her; and we may already give her the sublime and unshared title of Mother of God.

THE ANGELICAL SALUTATION

Ave Maria, gratia plena: Dominus tecum: benedicta tu in mulieribus, et benedictus fructus ventris tui, Jesus.

Hail Mary, full of grace; the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc et in hora mortis nostrae. Amen.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

After this, recite the symbol of faith; and as you pronounce the words, who was conceived by the Holy Ghost, dwell on them with special attention, adoring the Saviour, who is as yet concealed in Mary's womb.

THE APOSTLES' CREED.

Credo in Deum, Patrem omnipotentem, Creatorem coeli et terrae. Et in Jesum Christurn Filium ejus unicum Dominum nostrum: qui conceptus est de Spiritu sancto, natus ex Maria Virgine, passus sub Pontio Pilato, crucifixus, mortuus, et sepultus: descendit ad inferos, tertia die resurrexit a mortuis: ascendit ad coelos, sedet ad dexteram Dei Patris omnipotontis: inde venturus est judicare vivos et mortuos.	I believe in God the Father almighty, Creator of heaven and earth. And in Jesus Christ, his only Son our Lord, who was conceived by the holy Ghost, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, dead, and buried; he descended into hell, the third day he rose again from the dead; he ascended into heaven, sitteth at the right hand of God the Father almighty; from thence he shall come to judge the living and the dead.
Credo in Spiritum sanctum, sanctam Ecclesiam Catholicam, sanctorum communionem, remissionem peccatorum, carnis resurrectionem, vitam aeternam. Amen.	I believe in the Holy Ghost: the holy Catholic Church; the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

After having thus made the profession of your faith, excite within yourself sentiments of penance, by the remembrance of the sins you have committed; of gratitude to the Lamb of God, who is coming in order to save us; and of fear of the last day. For this end, say with the Church the following hymn taken from the Office of Lauds for Advent.

HYMN

Here make a special memento of such of the faithful departed as have a particular claim upon your charity; after which, ask of God to give you His assistance, whereby you may pass the night free from danger.

Say, then, still keeping to the words of the Church:

Ant. Salva nos, Domine, vigilantes, custodi nos dormientes: Ut vigilemus cum Christo, et requiescamus in pace.	Ant. Save us, O Lord, while awake, and watch us as we sleep: that we may watch with Christ, and rest in peace.
V. Dignare, Domine, nocte ista.	V. Vouchsafe, O Lord, this night.
R. Sine peccato nos custo dire.	R. To keep us without sin.
V. Miserere nostri, Domino.	V. Have mercy on us, O Lord.
R. Miserere nostri.	R. Have mercy on us.
V. Fiat misericordia tua, Domine, super nos.	V. Let thy mercy, O Lord, be upon us.
R. Quemadmodum speravimus in te.	R. As we have hoped in thee.
V. Domine, exaudi orationem meam.	V. O Lord, hear my prayer.
R. Et clamor meus ad te veniat.	R. And let my cry come unto thee.
Oremus.	Let us pray.
Visita, quaesumus, Domine, habitationem istam, et omnes insidias inimici ab ea longe repelle: angeli tui sancti habitent in ea, qui nos in pace custodiant, et benedictio tua sit super nos semper. Per Dominum nostrum Jesum Christum, Filium tuum, qui tecum vivit et regnat in unitate Spiritus sancti Deus, per omnia saecula saeculorum. Amen	Visit, we beseech thee, O Lord, this house and family, and drive from it all snares of the enemy: let thy holy angels dwell herein, who may keep us in peace, and may thy blessing be always upon us. Through Jesus Christ our Lord, thy Son, who liveth and reigneth with thee, in the unity of the Holy Ghost, God, world without end. Amen.

And that you may end the day in the same sentiments with which you began it, repeat your prayer for the coming of the Saviour:

V. Rorate, coeli desuper, et nubes pluant Justum.	V. Drop down dew, ye heavens, from above, and let the clouds rain the Just One.
R. Aperiatur terra et germinet Salvatorem.	R. Let the earth be opened, and bud forth the Saviour.

To which add one of the four prayers for Advent, taking the one which belongs to the week (as above), and then retire to rest in the expectation of Him who is to come in the midnight.

This done, remember the necessities of the Church suffering, and beg of God that He will give to the souls in purgatory a place of refreshment, light, and peace. For this intention recite the usual prayers.

PSALM 129

De profundis clamavi ad te, Domine: Domine, exaudi vocem meam.	From the depths I have cried to thee, O Lord; Lord, hear my voice.
Fiant aures tuae intendentes: in vocem deprecationis meae.	Let thine ears be attentive to the voice of my supplication.
Si iniquitates observaveris, Domine: Domine, quis sustinebit?	If thou wilt observe iniquities, O Lord: Lord, who shall endure it?
Quia apud te propitiatio est: et propter legem tuam sustinui te, Domine.	For with thee there is merciful forgiveness; and by reason of thy law I have waited for thee, O Lord.
Sustinuit anima mea in verbo ejus: speravit anima mea in Domino.	My soul hath relied on his word; my soul hath hoped In the Lord.
A custodia matutina usque ad noctem: speret Israel in Domino.	From the morning watch even until night, let Israel hope in the Lord.
Quia apud Dominum misericordia: et copiosa apud eum redemptio.	Because with the Lord there is mercy, and with him plentiful redemption.
Et ipse redimet Israel: ex omnibus iniquitatibus ejus.	And he shall redeem Israel from all his iniquities.
Requiem aeternam dona eis, Domine.	Eternal rest give to them, O Lord.
Et lux perpetua luceat eis.	And let perpetual light shine upon them.
V. A porta inferi.	V. From the gate of hell.
R. Erue, Domine, animas eorum.	R. Deliver their souls, O Lord.
V. Requiescant in pace.	V. May they rest in peace.
R. Amen.	R. Amen.
V. Domine, exaudi orationem meam.	V. O Lord, hear my prayer.
R. Et clamor meus ad te veniat	R. And let my cry come unto thee.
Oremus.	Let us pray.
Fidelium Deus omnium Conditor et Redemptor, animabus famulorum famularumque tuarum, remissionem cunctorum tribue peccatorum: ut indulgentiam, quam semper optaverunt, piis supplicationibus consequantur. Qui vivis et regnas in saecula saeculorum. Amen.	O God the Creator and Redeemer of all the faithful, give to the souls of thy servants departed the remission of their sins: that through the help of pious supplications, they may obtain the pardon they have always desired. Who livest and reignest for ever and ever. Amen.

En clara vox redarguit, Obscura quaeque personans; Procul fugentur somnia: Ab alto Jesus promicat.Mens jam resurgat torpida, Non amplius jacens humi: Sidus refulget jam novum, Ut tollat omne noxium,	The solemn voice of the Precursor is heard, explaining the obscurity of the ancient figures; let our slumbers cease; Jesus is rising on our horizon.Let the sluggish soul now rise, and stay no more upon this earth; a new star is shining which will take all sin away.
En Agnus ad nos mittitur Laxare gratis debitum: Omnes simul, cum lacrymis, Precemur indulgentiam. Ut cum secundo fulserit Metuque mundum cinxerit, Non pro reatu puniat, Sed nos pius tunc protegat. Virtus, honor, laus, gloria, Deo Patri cum Filio, Sancto simul Paraclito, In saeculorum saecula. Amen.	Lo! the Lamb is sent to forgive us freely our debt: let us unite in tears and prayers, that we may obtain pardon. That when he comes the second time, filling the world with fear, he may not have to punish us for our sins, but may protect us in mercy. Power, honour, praise, and glory, be to the Father, and to the Son, and to the holy Paraclete, for ever and ever. Amen.

Here make a humble confession of your sins, reciting the general formula made use of by the Church.

THE CONFESSION OF SINS

Confiteor Deo omnipotenti, beatae Mariae semper Virgini, beato Michaeli Archangelo, beato Joanni Baptistae, sanctis apostolis Petro et Paulo, et omnibus sanctis, quia peccavi nimis cogitatione, verbo, et opere: mea culpa, mea culpa, mea maxima culpa. Ideo precor beatam Mariam semper Virginem, beatum Michaelem Archangelum, beatum Joannem Baptistam, sanctos apostolos Petrum et Paulum, et omnes sanctos, orare pro me ad Dominum Deum nostrum.

I confess to almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy apostles Peter and Paul, and to all the saints, that I have sinned exceedingly in thought, word, and deed: through my fault, through my fault, through my most grievous fault. Therefore I beseech blessed Mary ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy apostles Peter and Paul, and all the saints, to pray to the Lord our God for me.

Misereatur nostri omnipotens Deus, et dimissis peccatis nostris, perducat nos ad vitam aeternam. Amen.

May almighty God have mercy on us, and, our sins being forgiven, bring us to life everlasting. Amen.

Indulgentiam, absolutionem, et remissionem peccatorum nostrorum tribuat nobis omnipotens et misericors Dominus. Amen.

May the almighty and merciful Lord grant us pardon, absolution, and remission of our sins. Amen.

This is the proper place for making your meditation, as no doubt you practise this holy exercise. During Advent, its principal object ought to be the removing from ourselves those hindrances, which would oppose Jesus' coming and reigning within us. The love of sensual pleasures, avarice, and pride, that triple concupiscence which St. John so strongly condemns in his first Epistle, must be withstood, else our preparation for Christmas is useless. And as the chief thing in every prayer or meditation is to turn our thoughts to Jesus Christ, we must, during Advent, contemplate Him in the womb of Mary, where He remains hidden, giving us, by this His state of abasement, a most telling lesson of devotedness to His Father's glory, of obedience to the divine decrees, and of humility; but, at the same time, He gives us a most powerful proof of the greatness of His love of us. This thought will naturally suggest to us a variety of motives and resolutions for breaking these ties which keep us from a virtuous life. But should they not produce sufficient impression on us, we must then consider Jesus as our Judge, in the dread magnificence of His majesty, and all the severity of His inevitable vengeance.

The next part of your morning prayer must be to ask of God, by the following prayers, grace to avoid every kind of sin during the day you are just beginning. Say, then, with the Church, whose prayers must always be preferred to all others:

Sancti angeli, custodes nostri, defendite nos in praelio, ut non pereamus in tremendo judicio.

Holy angels, our loving guardians, defend us in the hour of battle, that we may not be lost at the dreadful judgement.

V. Angelis suis Deus mandavit de te.

V. God hath given his angels charge of thee.

R. Ut custodiant te in omnibus viis tuis.

R. That they may guard thee in all thy ways.

Oremus.

Let us pray.

Deus qui ineffabili providentia sanctos angelos tuos ad nostram custodiam mittere dignaris: largire supplicibus tuis, et eorum semper protectione defendi, et aeterna societate gaudere. Per Christum Dominum nostrum. Amen.

O God, who in thy wonderful providence hast been pleased to appoint thy holy angels for our guardians: mercifully hear our prayer, and grant we may rest secure under their protection, and enjoy their fellowship in heaven for ever. Through Christ our Lord. Amen.

Then beg the assistance of the saints by the following antiphon and prayer of the Church:

Ant. Ecce Dominus veniet, et omnes sancti ejus cum eo: et erit in die illa lux magna, alleluia.

Ant. Behold, the Lord will come, and with him all his saints; and on that day there shall be a great light, alleluia.

V. Ecce apparebit Dominus super nubem candidam.

V. Behold, the Lord shall appear upon a white cloud.

R. Et cum eo sanctorum millia.

R. And with him thousands of saints.

Oremus.

Let us pray.

Conscientias nostras, quaesumus, Domine, visitando purifica: ut veniens Jesus Christus Filius tuus Dominus noster, cum omnibus sanctis suis, paratam sibi in nobis inveniat mansionem. Qui tecum vivit, etc.

Visit, we beseech thee, O Lord, and purify our hearts by thy grace: that when our Lord Jesus Christ thy Son shall come, together with all his saints, he may find us ready to give him a place within us: who liveth and reigneth with thee for ever and ever. Amen.

And here you may add a special mention of the saints to whom you bear a particular devotion, either as your patrons or otherwise; as also of those whose feast is kept in the Church that day, or who have been at least commemorated in the Divine Office.

Regina apostolorum,	Queen of apostles,
Regina martyrum,	Queen of martyrs,
Regina confessorum,	Queen of confessors,
Regina virginum,	Queen of virgins,
Regina sanctorum omnium,	Queen of all saints,
Regina sine labe originali concepta,	Queen conceived without original sin,
Regina sacratissimi rosarii,	Queen of the most holy rosary,
Regina pacis,	Queen of peace,
Agnus Dei, qui tollis peccata mundi, parce nobis, Domine.	Lamb of God, who takest away the sins of the world, spare us, O Lord.
Agnus Dei, qui tollis peccata mundi, exaudi nos, Domine.	Lamb of God, who takest away the sins of the world, graciously hear us, O Lord.
Agnus Dei, qui tollis peccata mundi, miserere nobis.	Lamb of God, who takest away the sins of the world, have mercy on us.
Christe, audi nos.	Christ, hear us.
Christe, exaudi nos.	Christ, graciously hear us.
V. Ora pro nobis, sancta Dei Genitrix.	V. Pray for us, O holy Mother of God.
R. Ut digni efficiamur promissionibus Christi.	R. That we may be made worthy of the promises of Christ.
Oremus.	Let us pray.
Concede nos famulos tuos, quaesumus, Domine Deus, perpetua mentis et corporis sanitate gaudere; et gloriosa beatae Mariae semper Virginis intercessione, a praesenti liberari tristitia, et aeterna perfrui laetitia. Per Christum Dominum nostrum. Amen.	Grant, O Lord, we beseech thee, that we thy servants may enjoy constant health of body and mind, and by the glorious intercession of blessed Mary, ever a Virgin, be delivered from all present affliction, and come to that joy which is eternal. Through Christ our Lord. Amen.

Here invoke the holy angels, whose protection is indeed, always so much needed by us, but never so much as during the hours of night. Say with the Church:

V. Domine, exaudi orationem meam.	V. O Lord, hear my prayer.
R. Et clamor meus ad te veniat.	R. And let my cry come unto thee.
Oremus	Let us Pray
Domine, Deus omnipotens, qui ad principium hujus diei nos pervenire fecisti, tua nos hodie salva virtute, ut in hac die ad nullum declinemus peccatum, sed semper ad tuam justitiam faciendam nostra procedant eloquia, dirigantur cogitationes et opera. Per Dominum nostrum Jesum Christum Filium tuum, qui tecum vivit et regnat in unitate Spiritus sancti, Deus, per omnia saecula saeculorum. Amen.	Almighty Lord and God, who hast brought us to the beginning of this day, let thy powerful grace so conduct us through it, that we may not fall into any sin, but that all our thoughts, words, and actions may be regulated according to the rules of thy heavenly justice, and tend to the observance of thy holy law. Through Jesus Christ our Lord. Amen.

Then beg the divine assistance for the actions of the day, that you may do them well; and say thrice:

V. Deus, in adjutorium meum intende.	V. Incline unto my aid, O God.
R. Domine, ad adjuvandum me festina.	R. Lord, make haste to help me.
V. Deus, in adjutorium meum intende.	V. Incline unto my aid, O God.
R. Domine, ad adjuvandum me festina.	R. O Lord, make haste to help me.
V. Deus, in adjutorium meum intende.	V. Incline unto my aid, O God.
R. Domine, ad adjuvandum me festina.	R. O Lord, make haste to help me.
Oremus	Let us pray
Dirigere et sanctificare, regere et gubernare dignare, Domine Deus, Rex coeli et terrae, hodie corda et corpora nostra, sensus, sermones et actus nostros in lege tua, et in operibus mandatorum tuorum, ut hic et in aeternum, te auxilianto, salvi et liberi esse mereamur, Salvator mundi. Qui vivis et regnas in saecula saeculorum.	Lord God, and King of heaven and earth, vouchsafe this day to rule and sanctify, to direct and govern our souls and bodies, our senses, words, and actions in conformity to thy law, and strict obedience to thy commands; that by the help of thy grace, O Saviour of the world, we may be fenced and freed from all evils. Who livest and reignest for ever and ever.
R. Amen.	R. Amen.

After this, uniting yourself with the Church, which, both in the Divine Office, and during the holy Sacrifice, prays for the coming of Jesus Christ, say:

V. Veni ad liberandum nos, Domine Deus virtutum.
R. Ostende faciem tuam, et salvi erimus.
V. Ostende nobis, Domine, misericordiam tuam.
R. Et salutare tuum da nobis.

V. O Lord God of hosts, come and deliver us.
R. Show thy face, and we shall be saved.
V. Show us, O Lord, thy mercy.
R. And grant us the Saviour, whom we expect from thee.

V. Super te, Jerusalem, orietur Dominus.
R. Et gloria ejus in te videbitur.

V. The Lord shall rise upon thee, O Jerusalem.
R. And his glory shall be seen upon thee.

(First week)

Oremus.
Excita, quaesumus, Do mine, potentiam tuam et veni; ut ab imminentibus peccatorum nostrorum periculis, te mereamur protegente eripi, te liberante salvari. Qui vivis et regnas, Deus, per omnia saecula saeculorum. R. Amen.

Let us pray.
Exert, we beseech thee, O Lord, thy power and come; that by thy protection we may be freed from the imminent dangers of our sins, and be saved by thy mercy; who livest and reignest God, world without end. R. Amen.

(Second week)

Oremus.
Excita, Domine, corda nostra ad praeparandas Unigeniti tui vias: ut per ejus adventum, purificatis tibi mentibus servire mereamur. Qui tecum vivit et regnat in saecula saeculorum. R. Amen.

Let us pray.
Stir up, O Lord, our hearts to prepare the ways of thy only-begotten Son: that by his coming we may be enabled to serve thee with pure minds; who livest and reignest God, world without end. R. Amen.

(Third week)

Oremus.
Aurem tuam, quaesumus, Domine, precibus nostris accommoda: et mentis nostrae tenebras gratia tuae visitationis illustra. Qui vivis et regnas Deus, per omnia saecula saeculorum. R. Amen.

Let us pray.
Bend thine ear, O Lord, we beseech thee, to our prayers, and enlighten the darkness of our minds by the grace of thy visitation; who livest and reignest God, world without end. R. Amen.

Sancta Virgo virginum,	Holy Virgin of virgins,
Mater Christi,	Mother of Christ,
Mater divinae gratiae,	Mother of divine grace,
Mater purissima,	Mother most pure,
Mater castissima,	Mother most chaste,
Mater inviolata,	Mother inviolate,
Mater intemerata,	Mother undefiled,
Mater amabilis,	Mother most amiable,
Mater admirabilis,	Mother most admirable,
Mater boni consilii,	Mother of good counsel,
Mater Creatoris,	Mother of our Creator,
Mater Salvatoris,	Mother of our Redeemer,
Virgo prudentissima,	Virgin most prudent,
Virgo veneranda,	Virgin most venerable,
Virgo praedicanda,	Virgin most renowned,
Virgo potens,	Virgin most powerful,
Virgo clemens.	Virgin most merciful,
Virgo fidelis,	Virgin most faithful,
Speculum justitiae,	Mirror of justice,
Sedes sapientiae,	Seat of wisdom,
Causa nostrae laetitiae,	Cause of our joy,
Vas spirituale.	Spiritual vessel,
Vas honorabile,	Vessel of honour,
Vas insigne devotionis,	Singular vessel of devotion,
Rosa mystica,	Mystical rose,
Turris Davidica,	Tower of David,
Turris eburnea,	Tower of ivory,
Domus aurea,	House of gold,
Foederis area,	Ark of the covenant,
Janua coeli,	Gate of heaven,
Stella matutina,	Morning star,
Salus infirmorum,	Health of the weak,
Refugium peccatorum,	Refuge of sinners,
Consolatrix afflictorum,	Comforter of the afflicted,
Auxilium Christianorum,	Help of Christians,
Regina angelorum,	Queen of angels,
Regina patriarcharum,	Queen of patriarchs,
Regina prophetarum,	Queen of prophets,

Alma Redemptoris Mater, quae pervia coeli
Porta manes, et stella maris, succurre cadenti,
Surgere qui curat, populo: tu quae genuisti,
Natura mirante, tuum sanctum Genitorem,
Virgo prius ac posterius, Gabrielis ab ore,
Sumens illud Ave, peccatorum miserere.
V. Angelus Domini nuntiavit Mariae.
R. Et concepit de Spiritu sancto.
Oremus.
Gratiam tuam, quaesumus, Domine, mentibus nostris infunde, ut qui, angelo nuntiante, Christi Filii tui Incarnationem cognovimus, per Passionem ejus et crucem ad Resurrectionis gloriam perducamur. Per eumdem Christum Dominum nostrum. R. Amen.

Sweet Mother of our Redeemer, gate whereby we enter heaven, and star of the sea! help us, we fall; yet do we long to rise. Nature looked upon thee with admiration, when thou didst give birth to thy divine Creator, thyself remaining, before and after it, a pure Virgin. Gabriel spoke his Hail to thee; we sinners crave thy pity.
V. The angel of the Lord declared unto Mary.
R. And she conceived of the Holy Ghost.
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. R. Amen.

You would do well to add the litany of our Lady. An indulgence of three hundred days, for each time it is recited, has been granted by the Church.

THE LITANY OF THE BLESSED VIRGIN

Kyrie, eleison.	Lord, have mercy on us.
Christe, eleison.	Christ, have mercy on us.
Kyrie, eleison.	Lord, have mercy on us.
Christe, audi nos.	Christ, hear us.
Christe, exaudi nos.	Christ, graciously hear us.
Pater de coelis, Deus, miserere nobis.	God the Father of heaven, have mercy on us.
Fili, Redemptor mundi Deus, miserere nobis.	God the Son, Redeemer of the world, have mercy on us.
Spiritus sancte, Deus, miserere nobis.	God the Holy Ghost, have mercy on us.
Sancta Trinitas, unus Deus, miserere nobis.	Holy Trinity, one God, have mercy on us.
Sancta Maria, ora pro nobis.	Holy Mary, pray for us.
Sancta Dei Genitrix, ora, &c.	Holy Mother of God, pray,

(Fourth week)

Oremus.
Excita, quaesumus, Domine, potentiam tuam et veni, et magna nobis virtute succurre: ut, per auxilium gratiae tuae, quod nostra peccatis praepediunt indulgentia tuae propitiationis acceleret. Qui vivis et regnas Deus, per omnia saecula saeculorum. R. Amen.

Let us pray.
Exert, we beseech thee, O Lord, thy power and come; and succour us by thy great might; that by the assistance of thy grace, thy indulgent mercy may hasten what is delayed by our sins; who livest and reignest God, world without end. R. Amen.

It would be well to add the special prayer which the Church says, during Advent, in honour of the blessed Mother of God.

Oremus.
Deus, qui de beatae Mariae Virginis utero, Verbum tuum, angelo nuntiante, carnem suscipere voluisti; praesta supplicibus tuis, ut qui vere eam Genitricem Dei credimus, ejus apud te intercessionibus adjuvemur. Per eumdem Christum Dominum nostrum. R. Amen.

Let us pray.
O God, who wast pleased that thy Word, when the angel delivered his message, should take flesh in the womb of the blessed Virgin Mary; give ear to our humble petitions, and grant that we, who believe her to be truly the Mother of God, may be helped by her prayers. Through the same Christ our Lord. R. Amen.

During the day, you may use the instructions and prayers which you will find in this volume for each day of Advent, both for the proper of the time, and the proper of the saints. In the evening, you may use the following prayers.

NIGHT PRAYERS

After having made the sign of the cross, adore the divine Majesty, who has so mercifully preserved you during this day, and so plentifully bestowed upon you, every hour, His grace and protection. Begin by reciting the hymn which the Church sings at Vespers during Advent.

HYMN

Creator alme siderum,
Aeterna lux credentium,
Jesu, Redemptor omnium,
Intende votis supplicum.Qui daemonis ne fraudibus
Periret orbis, impetu
Amoris actus, languidi
Mundi medela factus es.

O Jesus, thou kind Creator of the heavens, eternal light of believers, and Redeemer of all mankind, hear the prayers of thy suppliants.Lest the world should perish by the fraud of the devil, thou, impelled by the vehemence of thy love for us, didst thyself become the remedy of all our weakness.

Commune qui mundi nefas
Ut expiares, ad crucem,
E Virginis saerario
Intacta prodis victima.
Cujus potestas gloriae
Nomenque quum primum sonat,
Et coelites et inferi
Tremente curvantur genu.
Te deprecamur, ultime
Magnum diei judicem,
Armis supernae gratiae
Defende nos ab hostibus.
Virtus, honor, laus, gloria,
Deo Patri cum Filio,
Sancto simul Paraclito,
In saeculoram saecula.
Amen.

To expiate the sin of the whole world, thou didst come from the sanctuary of the Virgin's womb, a victim destined to the cross.
How glorious is thy power, when, at the very sound of thy name, heaven and hell bend the trembling knee.
We beseech thee, dread Judge of the last day, defend us from our enemies by the armour of thy heavenly grace.
Power, honour, praise, and glory, be to the Father, and to the Son, and to the holy Paraclete, for ever and ever, Amen.

After this hymn, say the Our Father, the Hail Mary, and the Apostles' Creed, as in the morning.

Then make the examination of conscience, going over in your mind all the faults you may have committed during the day; think how unworthy sin makes us of the merciful visit of our Saviour, and make a firm resolution to avoid sin for the future, to do penance for it, and to avoid the occasions which might lead you into it.

The examination of conscience concluded, recite the Confiteor (or 'I confess') with heartfelt contrition, and then give expression to your sorrow by the following act, which we have taken from the Venerable Cardinal Bellarmine's Catechism:

ACT OF CONTRITION

O my God, I am exceedingly grieved for having offended thee, and with my whole heart I repent of the sins I have committed: I hate and abhor them above every other evil, not only because, by so sinning, I have lost heaven and deserved hell, but still more because I have offended thee. O infinite Goodness, who art worthy to be loved above all things. I most firmly resolve, by the assistance of thy grace, never more to offend thee for the time to come, and to avoid those occasions which might lead me into sin.

You may then add the acts of faith, hope, and charity, to the recitation of which Pope Benedict XIV. has granted an indulgence of seven years and seven quarantines for each time.

ACT OF FAITH

O my God, I firmly believe whatsoever the holy, Catholic, apostolic, Roman Church requires me to believe: I believe it because thou hast revealed it to her, thou who art the very truth.

ACT OF HOPE

O my God, knowing thy almighty power, and thy infinite goodness and mercy, I hope in thee that, by the merits of the Passion and death of our Saviour Jesus Christ, thou wilt grant me eternal life, which thou hast promised to all such as shall do the works of a good Christian; and these I resolve to do with the help of thy grace.

ACT OF CHARITY

O my God, I love thee with my whole heart and above all things, because thou art the sovereign Good: I would rather lose all things than offend thee. For thy love also, I love, and desire to love, my neighbour as myself.

Then say to our blessed Lady, in honour of the ineffable dignity of her maternity, the following anthem.

ANTHEM OF THE BLESSED VIRGIN