

Psalter Of Jesus

Edited by a seeker of mercy.
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PSALTER OF JESUS.

"There is no other Name under heaven given to men whereby we may be saved."

Acts 4:12

The Jesus Psalter is believed to have been composed in England by the Brigittine monk, Richard Whitford, who called himself "the Wretch of Sion". This devotion was near and dear to the hearts of English Catholics in the days of persecution. It was printed and sold separately as early as 1520, though no copy from that period is known to have survived. In the oldest manuscripts and books, the text of the prayer was usually given in English with the various notes and instructions in Latin.

Begin by a devout bowing of the head or genuflection at the adorable Name of Jesus.

This Psalter is divided into three parts; each part consisting of five Petitions, and each Petition prefaced by a tenfold repetition of the sacred Name of Jesus. As it is not to be run over in a hasty manner, but performed with the utmost reverence and recollection, the whole may be said without interruption; or, each part, at three distinct periods of time, according to the leisure which persons may find, after discharging the indispensable duties of their several states and conditions of life.

Part 1.

"At the Name of Jesus let every knee bow, of things in heaven, of things in earth, and of things in hell; and let every tongue confess that our Lord Jesus Christ is in the glory of God the Father."
(Philippians 2:10-11).

First Petition.

Jesus, Jesus, Jesus – have mercy on me.

Jesus, Jesus, Jesus – have mercy on me.

Jesus, Jesus, Jesus – have mercy on me.

Jesus, have mercy on me,

O God of compassion, and forgive the many and great offences I have committed in Your sight.

Many have been the follies of my life, and great are the miseries I have deserved for my ingratitude.

Have mercy on me, dear Jesus, for I am weak; O Lord, heal me, who am unable to help myself.

Deliver me from setting my heart upon any of Your creatures, which may divert my eyes from continually looking up to You.

Grant me grace henceforth, for the love of You, to hate sin: and out of a just esteem of You, to despise worldly vanities.

Have mercy on all sinners, O Jesus, I beseech You; turn their vices into virtues and, making them true observers of Your law and sincere lovers of You, bring them to bliss in everlasting glory. Have mercy also on the souls in Purgatory, for Your bitter passion, I beseech You, and for Your glorious name, O Jesus.

O blessed Trinity, one eternal God, have mercy on me.

VERSICLE. Glory be to the Father and to the Son and to the Holy Ghost.

Response. As it was in the beginning, is now, and forever (and ever shall be) world without end. Amen.

Our Father... Hail Mary...

Second Petition.

Jesus, Jesus, Jesus – help me.

Jesus, Jesus, Jesus – help me.

Jesus, Jesus, Jesus – help me.

Jesus, help me

to overcome all temptations to sin and the malice of my ghostly enemy.

Help me to spend my time in virtuous actions and in such labors as are acceptable to You.

To resist and repress the motions of my flesh to sloth, gluttony, and impurity.

To render my heart enamored of virtue and inflamed with desires of Your glorious presence.

Help me to deserve and to keep a good name, by a peaceful and pious living; to Your honor, O Jesus, to my own comfort and the benefit of others.

Have mercy on all sinners, O Jesus, I beseech You; turn their vices into virtues and, making them true observers of Your law and sincere lovers of You, bring them to bliss in everlasting glory. Have mercy also on the souls in Purgatory, for Your bitter passion, I beseech You, and for Your glorious name, O Jesus.

O blessed Trinity, one eternal God, have mercy on me.

VERSICLE. Glory be to the Father and to the Son and to the Holy Ghost.

Response. As it was in the beginning, is now, and forever world without end. Amen.

Our Father... Hail Mary...

Third Petition.

Jesus, Jesus, Jesus – strengthen me.

Jesus, Jesus, Jesus – strengthen me.

Jesus, Jesus, Jesus – strengthen me.

Jesus, strengthen me

in soul and body, to please You in doing such works of virtue
as may bring me to Your everlasting joy and felicity.

Grant me a firm purpose, most merciful Savior, to amend my life and atone of the years past: Those years which I have misspent to Your displeasure, in vain or wicked thoughts, words, deeds, and evil customs.

Make my heart obedient to Your will; and ready, for Your love, to perform all works of mercy.

Grant me the gifts of the Holy Ghost, which, through a virtuous life and a devout frequenting of the most holy sacraments, may at length, bring me to Your heavenly kingdom.

Have mercy on all sinners, O Jesus, I beseech You; turn their vices into virtues and, making them true observers of Your law and sincere lovers of You, bring them to bliss in everlasting glory. Have mercy also on the souls in Purgatory, for Your bitter passion, I beseech You, and for Your glorious name, O Jesus.

O blessed Trinity, one eternal God, have mercy on me.

VERSICLE. Glory be to the Father and to the Son and to the Holy Ghost.

Response. As it was in the beginning, is now, and forever world without end. Amen.

Our Father... Hail Mary...

Fourth Petition.

Jesus, Jesus, Jesus – comfort me.

Jesus, Jesus, Jesus – comfort me.

Jesus, Jesus, Jesus – comfort me.

Jesus, comfort me

and give me grace to place my chief, my only, joy and felicity in You.

Send me heavenly meditations, spiritual sweetness, and fervent desires of Your glory; ravish my soul with the contemplation of heaven, where I shall everlastinglly dwell with You.

Bring often to my remembrance Your unspeakable goodness, Your gifts, and Your great kindness shown to me.

And when You bring to mind the sad remembrance of my sins, whereby I have so unkindly offended You, comfort me with the assurance of obtaining Your grace by the spirit of perfect penance, purging away my guilt and preparing me for Your kingdom.

Have mercy on all sinners, O Jesus, I beseech You; turn their vices into virtues and, making them true observers of Your law and sincere lovers of You, bring them to bliss in everlasting glory. Have mercy also on the souls in Purgatory, for Your bitter passion, I beseech You, and for Your glorious name, O Jesus.

O Blessed Trinity, one eternal God, have mercy on me.

VERSICLE. Glory be to the Father and to the Son and to the Holy Ghost.

Response. As it was in the beginning, is now, and forever world without end. Amen.

Our Father... Hail Mary...

Fifth Petition.

Jesus, Jesus, Jesus – make me constant.

Jesus, Jesus, Jesus – make me constant.

Jesus, Jesus, Jesus – make me constant.

Jesus, make me constant

in faith, hope, and charity with continuance in all virtues and resolution not to offend You.

Make the memory of Your passion and of those bitter pains You suffer for me, sustain my patience, and refresh me in all tribulations and adversity.

Make me ever hold fast the doctrines of Your holy Catholic Church and be a diligent frequenter of all holy duties.

Let no false delight of this deceitful world blind me, no fleshy temptation or fraud of the devil shake my heart: My heart, which has forever set up its rest in You; and is resolved to give up all things for Your eternal reward.

Have mercy on all sinners, O Jesus, I beseech You; turn their vices into virtues and, making them true observers of Your law and sincere lovers of You, bring them to bliss in everlasting glory. Have mercy also on the souls in Purgatory, for Your bitter passion, I beseech You, and for Your glorious name, O Jesus.

O blessed Trinity, one eternal God, have mercy on me.

VERSICLE. Glory be to the Father and to the Son and to the Holy Ghost.

Response. As it was in the beginning, is now, and forever world without end. Amen.

Our Father... Hail Mary...

"Our Lord Jesus Christ humbled Himself, becoming obedient unto death, even the death of the Cross." Philippians 2:8.

Hear these my petitions, O most merciful Savior, and grant me Your grace so frequently to repeat and consider them, that they may prove easy steps, whereby my soul may climb up to the knowledge, love, and performance of my duty to You and to my neighbor through the whole course of my life. Amen.

Our Father... Hail Mary... I believe in God...

Part 2.

"At the Name of Jesus let every knee bow, of things in heaven, of things in earth, and of things in hell; and let every tongue confess that our Lord Jesus Christ is in the glory of God the Father." (Philippians 2:10-11).

Sixth Petition.

Jesus, Jesus, Jesus – enlighten me with spiritual wisdom.

Jesus, Jesus, Jesus – enlighten me with spiritual wisdom.

Jesus, Jesus, Jesus – enlighten me with spiritual wisdom.

Jesus, enlighten me with spiritual wisdom

to know Your goodness and all those things which are most acceptable to You.

Grant me a clear apprehension of my only good and discretion to order my life according to it.

Grant that I may wisely proceed from virtue to virtue till at length I arrive at the clear vision of Your glorious majesty.

Permit me not, dear Lord, to return to those sins for which I have sorrowed and of which I have purged myself by confession.

Grant me grace to benefit the souls of others by my good example and to convert those by good council who have used me ill.

Have mercy on all sinners, O Jesus, I beseech You; turn their vices into virtues and, making them true observers of Your law and sincere lovers of You, bring them to bliss in everlasting glory. Have mercy also on the souls in Purgatory, for Your bitter passion, I beseech You, and for Your glorious name, O Jesus.

O blessed Trinity, one eternal God, have mercy on me.

VERSICLE. Glory be to the Father and to the Son and to the Holy Ghost.

Response. As it was in the beginning, is now, and forever world without end. Amen.
Our Father... Hail Mary...

Seventh Petition.

Jesus, Jesus, Jesus – grant me grace to fear You.

Jesus, Jesus, Jesus – grant me grace to fear You.

Jesus, Jesus, Jesus – grant me grace to fear You.

Jesus, grant me grace inwardly to fear You

and to avoid all occasions of offending You.

Let the threats of the torments, which shall befall sinners, the fear of losing Your love and Your heavenly inheritance, ever keep me in awe.

Let me not dare to remain in sin, but call me soon to repentance: lest through Your anger the dreadful sentence of endless death and damnation fall upon me.

May the powerful intercession of Your blessed Mother and all the saints, and above all, Your own merits and mercy, O my Savior, be ever between Your avenging justice and me.

Enable me, O my God, to work out my salvation with fear and trembling; and may the apprehension of Your sacred judgments render me a more humble and diligent suitor at the throne of grace.

Have mercy on all sinners, O Jesus, I beseech You; turn their vices into virtues and, making them true observers of Your law and sincere lovers of You, bring them to bliss in everlasting glory. Have mercy also on the souls in Purgatory, for Your bitter passion, I beseech You, and for Your glorious name, O Jesus.

O blessed Trinity, one eternal God, have mercy on me.

VERSICLE. Glory be to the Father and to the Son and to the Holy Ghost.

Response. As it was in the beginning, is now, and forever world without end. Amen.
Our Father... Hail Mary...

Eighth Petition.

Jesus, Jesus, Jesus – grant me grace truly to love You.

Jesus, Jesus, Jesus – grant me grace truly to love You.

Jesus, Jesus, Jesus – grant me grace truly to love You.

Jesus, grant me grace truly to love You

for Your infinite goodness and those great bounties I have received
and hope forever to receive from You.

Let the remembrance of Your kindness and patience conquer the malice and evil inclinations of my perverse nature.

Let the consideration of my deliverances and Your gracious calls and continued protection through life shame me out of my ingratitude.

And what do You require of me, for and by all Your mercies, but to love You; and why, but because You are my only good?

O my dear Lord! My whole life shall be nothing but a desire of You: and because I truly love You, I will most diligently keep all Your commandments.

Have mercy on all sinners, O Jesus, I beseech You; turn their vices into virtues and, making them true observers of Your law and sincere lovers of You, bring them to bliss in everlasting glory. Have mercy also on the souls in Purgatory, for Your bitter passion, I beseech You, and for Your glorious name, O Jesus.

O blessed Trinity, one eternal God, have mercy on me.

VERSICLE. Glory be to the Father and to the Son and to the Holy Ghost.

Response. As it was in the beginning, is now, and forever world without end. Amen.
Our Father... Hail Mary...

Ninth Petition.

Jesus, Jesus, Jesus – grant me grace to remember my death.

Jesus, Jesus, Jesus – grant me grace to remember my death.

Jesus, Jesus, Jesus – grant me grace to remember my death.

Jesus, grant me grace always to remember my death

and the great account I then must render; that so being kept continually disposed,
my soul may depart out of this world rightly in Your grace.

Then by the gracious intercession of Your blessed Mother and the assistance of the glorious Saint Michael, deliver me from the danger of my soul's enemies; and do you, my good angel, I beseech you, help me at the hour of death.

O dear Jesus, remember Your mercy; and turn not, for my offences, Your face away from me.

Secure me against the terrors of that day, by causing me now to die daily to all earthly things and to have my continual conversation in heaven.

Let the remembrance of Your death teach me how to esteem my life; and the memory of Your resurrection encourage me cheerfully to descend into the grave.

Have mercy on all sinners, O Jesus, I beseech You; turn their vices into virtues and, making them true observers of Your law and sincere lovers of You, bring them to bliss in everlasting glory. Have mercy also on the souls in Purgatory, for Your bitter passion, I beseech You, and for Your glorious name, O Jesus.

O blessed Trinity, one eternal God, have mercy on me.

VERSICLE. Glory be to the Father and to the Son and to the Holy Ghost.

Response. As it was in the beginning, is now, and forever world without end. Amen.

Our Father... Hail Mary...

Tenth Petition.

Jesus, Jesus, Jesus – send me here my purgatory.

Jesus, Jesus, Jesus – send me here my purgatory.

Jesus, Jesus, Jesus – send me here my purgatory.

Jesus, send me here my purgatory,

and so prevent the torments of that cleansing fire, which, after this life, awaits un-purged souls.

Vouchsafe to grant me those merciful crosses and afflictions, which You see are necessary to break off my affections from all things here below.

Since none can see You that loves any thing but for Your sake, permit not my heart to find here any rest but a seeking after You.

Too bitter, alas! will be the anguish of a separated soul that desires, but cannot come to You, clogged with the heavy chains of sin.

Here then, O my Savior, keep me continually mortified in this world; that purged thoroughly by the fire of love, I may immediately pass into the everlasting possessions.

Have mercy on all sinners, O Jesus, I beseech You; turn their vices into virtues and, making them true observers of Your law and sincere lovers of You, bring them to bliss in everlasting glory. Have mercy also on the souls in Purgatory, for Your bitter passion, I beseech You, and for Your glorious name, O Jesus.

O blessed Trinity, one eternal God, have mercy on me.

VERSICLE. Glory be to the Father and to the Son and to the Holy Ghost.

Response. As it was in the beginning, is now, and forever world without end. Amen. Our Father... Hail Mary...

"Our Lord Jesus Christ humbled Himself, becoming obedient unto death, even the death of the Cross" Philippians 2:8.

Hear these my petitions, O most merciful Savior, and grant me Your grace so frequently to repeat and consider them, that they may prove easy steps, whereby my soul may climb up to the knowledge, love, and performance of my duty to You and to my neighbor through the whole course of my life. Amen.

Our Father... Hail Mary... I believe in God...

Part 3.

"At the Name of Jesus let every knee bow, of things in heaven, of things in earth, and of things in hell; and let every tongue confess that our Lord Jesus Christ is in the glory of God the Father." (Philippians 2:10-11.)

Eleventh Petition.

Jesus, Jesus, Jesus – grant me grace to fly evil company.

Jesus, Jesus, Jesus – grant me grace to fly evil company.

Jesus, Jesus, Jesus – grant me grace to fly evil company.
Jesus, grant me grace to fly evil company;
or if I chance to come among such, I beseech You, by the merits
of Your uncorrupt conversation among sinners, preserve me from being overcome
by any temptations to mortal sin.

Make me, O blessed Lord, remember always with dread, that You are present and hear; who will
judge us according to our words and actions.

How, then, dare I converse with slanderers, liars, drunkards, or swearers, or such whose discourse is
either quarrelsome, dissolute, or vain?

Repress in me, dear Jesus, all inordinate affection for the pleasures of taste and of the flesh; and
grant me grace to avoid all such as would excite the fire of these unhappy appetites.

May Your power defend, Your wisdom direct, Your fatherly pity chastise me, and make me so to
live here among men as may fit me for the conversation of angels hereafter.

Have mercy on all sinners, O Jesus, I beseech You; turn their vices into virtues and, making them
true observers of Your law and sincere lovers of You, bring them to bliss in everlasting glory. Have
mercy also on the souls in Purgatory, for Your bitter passion, I beseech You, and for Your glorious
name, O Jesus.

O blessed Trinity, one eternal God, have mercy on me.

VERSICLE. Glory be to the Father and to the Son and to the Holy Ghost.

Response. As it was in the beginning, is now, and forever world without end. Amen.
Our Father... Hail Mary...

Twelfth Petition.

Jesus, Jesus, Jesus – grant me grace to call for help to You.
Jesus, Jesus, Jesus – grant me grace to call for help to You.
Jesus, Jesus, Jesus – grant me grace to call for help to You.
Jesus, grant me grace in all my necessities to call for help to You
and faithfully remember Your death and resurrection for me.

Will You be deaf to my cries, who would lay down Your life for my ransom?
Or can You not save me, who could take it up again for my crown?

Whom have I to invoke but You, O my Jesus, whose own blessed mouth has pronounced, "Call
upon me in the day of trouble and I will relieve you"?

You are my sure rock of defense against all kinds of enemies; You are my ever present grace, able to
strengthen me to fight and conquer.

In all my sufferings, therefore, in all my weakness and temptations, will I confidently call upon
You; hear me, O my Jesus, and when You hear, have mercy.

Have mercy on all sinners, O Jesus, I beseech You; turn their vices into virtues and, making them
true observers of Your law and sincere lovers of You, bring them to bliss in everlasting glory. Have
mercy also on the souls in Purgatory, for Your bitter passion, I beseech You, and for Your glorious
name, O Jesus.

O blessed Trinity, one eternal God, have mercy on me.

VERSICLE. Glory be to the Father and to the Son and to the Holy Ghost.

Response. As it was in the beginning, is now, and forever world without end. Amen. Our Father...
Hail Mary...

Thirteenth Petition.

Jesus, Jesus, Jesus – make me to persevere in virtue.
Jesus, Jesus, Jesus – make me to persevere in virtue.
Jesus, Jesus, Jesus – make me to persevere in virtue.
Jesus, make me to persevere in virtue
and a good life; and never to draw back from serving You
till You bring me to my reward in Your kingdom.

In all pious customs and holy duties, in my honest and necessary employments, continue and strengthen, O Lord, both my soul and body.

Is my life anything but a pilgrimage upon earth towards the New Jerusalem, at which he that sits down or turns out of the way can never arrive?

O Jesus, make me always consider Your blessed example, through how many and great pains and how little pleasure You press on to a bitter death; because it is the way to a glorious resurrection.

Make me, O my Redeemer, seriously ponder those severe words of Yours, "He only that perseveres to the end shall be saved."

Have mercy on all sinners, O Jesus, I beseech You; turn their vices into virtues and, making them true observers of Your law and sincere lovers of You, bring them to bliss in everlasting glory. Have mercy also on the souls in Purgatory, for Your bitter passion, I beseech You, and for Your glorious name, O Jesus.

O blessed Trinity, one eternal God, have mercy on me.

VERSICLE. Glory be to the Father and to the Son and to the Holy Ghost.

Response. As it was in the beginning, is now, and forever world without end. Amen.
Our Father... Hail Mary...

Fourteenth Petition.

Jesus, Jesus, Jesus – grant me grace to fix my mind on You.
Jesus, Jesus, Jesus – grant me grace to fix my mind on You.
Jesus, Jesus, Jesus – grant me grace to fix my mind on You.
Jesus, grant me grace to fix my mind on You;
especially in the time of prayer, when I aspire to converse directly with You.

Control the wanderings of my mind and the affections of my heart; repress the power of my spiritual enemies who could then draw off my mind from heavenly things to thoughts and imaginations of vanity.

So shall I, with joy and gratitude, behold You as my deliverer from all the evils I have escaped, and as my benefactor for all the good I have received or can hope.

I shall see that You, Your very Self, are my only good; and that all other things are but means ordained by You to make me fix my mind on You, to make me love You more and more and be eternally happy.

O beloved of my soul, absorb all my thoughts here, that I may become worthy to behold You forevermore face to face in Your glory.

Have mercy on all sinners, O Jesus, I beseech You; turn their vices into virtues and, making them true observers of Your law and sincere lovers of You, bring them to bliss in everlasting glory. Have mercy also on the souls in Purgatory, for Your bitter passion, I beseech You, and for Your glorious name, O Jesus.

O blessed Trinity, one eternal God, have mercy on me.

VERSICLE. Glory be to the Father and to the Son and to the Holy Ghost.

Response. As it was in the beginning, is now, and forever world without end. Amen.

Our Father... Hail Mary...

Fifteenth Petition.

Jesus, Jesus, Jesus – give me grace to order my life to You.

Jesus, Jesus, Jesus – give me grace to order my life to You.

Jesus, Jesus, Jesus – give me grace to order my life to You.

Jesus, give me grace to order my life to You,

heartily intending and wisely designing all the operations of my body and soul,
for obtaining the reward of Your infinite bliss and eternal felicity.

For what else is this world, but a school to discipline souls and fit them for the other? And how are they fitted for it but by an eager desire of enjoying God, their only end?

Break my forward spirit, O Jesus; make it humble and obedient; grant me grace to depart hence with a contempt for this world and with a joyful hope of coming to You in the next.

Let the memory of Your passion make me cheerfully embrace all occasions of suffering here for Your love; whilst my soul breathes after that blissful life and immortal glory, which You have ordained in heaven for Your servants.

O Jesus, let me frequently and attentively consider whatsoever I gain, if I lose You, all is lost; and whatsoever I lose, if I gain You, all is gained.

Have mercy on all sinners, O Jesus, I beseech You; turn their vices into virtues and, making them true observers of Your law and sincere lovers of You, bring them to bliss in everlasting glory. Have mercy also on the souls in Purgatory, for Your bitter passion, I beseech You, and for Your glorious name, O Jesus.

O blessed Trinity, one eternal God, have mercy on me.

VERSICLE. Glory be to the Father and to the Son and to the Holy Ghost.

Response. As it was in the beginning, is now, and forever world without end. Amen.

Our Father... Hail Mary...

"Our Lord Jesus Christ humbled Himself, becoming obedient unto death, even the death of the Cross" Philippians 2:8.

Hear these my petitions, O most merciful Savior, and grant me Your grace so frequently to repeat and consider them, that they may prove easy steps, whereby my soul may climb up to the knowledge, love, and performance of my duty to You and to my neighbor through the whole course of my life. Amen.

Our Father... Hail Mary... I believe in God...

THIRTY DAY PRAYER TO THE BLESSED VIRGIN MARY.

In Honor of the Sacred Passion of Our Lord Jesus Christ.

By devoutly reciting this prayer to the Blessed Virgin Mary for thirty days, we may mercifully hope to obtain our prayer intention. This prayer is recommended as a proper devotion for every day in Lent, and all the Fridays throughout the year.

Ever glorious and blessed Mary, Queen of Virgins, Mother of Mercy, hope and comfort of dejected and desolate souls, through that sword of sorrow which pierced your tender heart whilst your only Son, Christ Jesus, our Lord, suffered death and ignominy on the cross; through that filial tenderness and pure love He had for you, grieving in your grief, whilst from His cross He recommended you to the care and protection of His beloved disciple, Saint John, take pity, I beseech you, on my poverty and necessities; have compassion on my anxieties and cares; assist and comfort me in all my infirmities and miseries, of what kind so-ever.

You are the Mother of Mercies, the sweet Consolatrix and only refuge of the needy and the orphan, of the desolate and afflicted. Cast therefore, an eye of pity on a miserable, forlorn child of Eve, and hear my prayer; for since in just punishment of my sins, I find myself encompassed by a multitude of evils, and oppressed with much anguish of spirit, whither can I fly for more secure shelter, O amiable Mother of my Lord and Savior Jesus Christ, than under the wings of your maternal protection?

Attend, therefore, I beseech you, with an ear of pity and compassion, to my humble and earnest request. I ask it, through the bowels of mercy of your dear Son; through that love and condescension wherewith He embraced our nature, when in compliance with your divine will, you gave your consent, and whom, after the expiration of nine months, you did bring forth from the chaste enclosure of your womb, to visit this world, and bless it with His presence.

I ask it, through that anguish of mind wherewith your beloved Son, our dear Savior, was overwhelmed on Mount Olivet, when He besought His eternal Father, to remove from Him, if possible, the bitter chalice of His future passion.

I ask it, through the threefold repetition of His prayers in the Garden, from whence afterwards, with dolorous steps and mournful tears, you did accompany Him to the doleful theatre of His death and sufferings.

I ask it, through the welts and sores of His virginal flesh, occasioned by the cords and whips wherewith He was bound and scourged, when stripped of His seamless garment, for which His executioners afterwards cast lots.

I ask it, through the scoffs and ignominies by which He was insulted; the false accusations and unjust sentence by which He was condemned to death, and which He bore with heavenly patience.

I ask it, through His bitter tears and bloody sweat; His silence and resignation; His sadness and grief of heart.

I ask it, through the blood which trickled from His royal and sacred head, when struck with the scepter of a reed, and pierced with His crown of thorns.

I ask it, through the excruciating torments He suffered, when His hands and feet were fastened with gross nails to the tree of the cross.

I ask it, through His vehement thirst, and bitter portion of vinegar and gall.

I ask it, through His dereliction on the cross, when He exclaimed: "My God! My God! Why have You forsaken me?"

I ask it, through His mercy extended to the good thief, and through His recommending His precious soul and spirit into the hands of His eternal Father before He expired, saying: "All is consummated."

I ask it, through the blood mixed with water, which issued from His sacred side when pierced with a lance, and whence a flood of grace and mercy has flowed to us.

I ask it, through His immaculate life, bitter passion, and ignominious death on the cross, at which nature itself was thrown into convulsions, by the bursting of rocks, rending of the veil of the Temple, the earthquake, and darkness of the sun and moon.

I ask it, through His descent into hell, where He comforted the Saints of the old law with His presence, and led captivity captive.

I ask it, through His glorious victory over death, when He arose again to life on the third day, and through the joy which His appearance for forty days after gave you, His blessed Mother, His Apostles, and the rest of His Disciples; when in your and their presence He miraculously ascended into heaven.

I ask it, through the grace of the Holy Ghost, infused into the hearts of His Disciples; when He descended upon them in the form of fiery tongues; and by which they were inspired with zeal in the conversion of the world, when they went to preach the gospel.

I ask it, through the awful appearance of your Son, at the last dreadful day, when He shall come to judge the living and the dead, and the world by fire.

I ask it, through the compassion He bore you in this life, and the ineffable joy you did feel at your assumption into heaven, where you are eternally absorbed in the sweet contemplation of His divine perfections.

O glorious and ever blessed Virgin! Comfort the heart of your suppliant, by obtaining for me... (Here mention or reflect on your lawful request, under the reservation of its being agreeable to the will of God, who sees whether it will contribute towards your spiritual good.)

And as I am persuaded my Divine Savior does honor you as His beloved Mother, to whom He refuses nothing, because you ask nothing contrary to His honor, so let me speedily experience the efficacy of your powerful intercession, according to the tenderness of your maternal affection, and His filial loving heart, who mercifully grants the requests and complies with the desires of those that love and fear Him.

Wherefore, O most blessed Virgin, beside the object of my present petition, and whatever else I may stand in need of, obtain for me also of your dear Son, our Lord and our God, a lively faith, firm hope, perfect charity, true contrition of heart, unfeigned tears of compunction, sincere confession, condign and appropriate satisfaction, abstinence from sin, love of God and my neighbor, contempt of the world, patience to suffer affronts and ignominies, nay, even, if necessary, an opprobrious death itself, for love of your Son, our Savior Jesus Christ.

Obtain likewise for me, O sacred Mother of God, perseverance in good works, performance of good resolutions, mortification of self-will, a pious conversation through life, and at my last moments, strong and sincere repentance, accompanied by such a lively and attentive presence of mind, as may enable me to receive the last Sacrament of the Church worthily, and die in your friendship and favor.

Lastly, obtain through your Son, I beseech you, for the souls of my parents, brethren, relatives and benefactors, both living and dead, life everlasting, from the only Giver of every good and perfect gift, the Lord God Almighty: to whom be all power, now and forever. Amen.
