

Rosary

Introductory Prayers The Apostles' Creed

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 Spirit, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church; the communion of Saints, the forgiveness of sins; the resurrection of the body, and life everlasting.
Amen.

Our Father, Hail Mary, Glory be (three times) to ask for Faith, Hope and Charity, followed by the Spiritual Communion

Spiritual Communion

I wish, Lord, to receive you with the purity, humility and devotion with which your most Holy Mother received you; with the spirit and fervour of the saints.

- V./ Lord, open my lips
R./ And my tongue shall announce your praise
V./ God, come to my assistance
R./ Lord, make haste to help me.
Glory be...

(Say 1 Our Father, 10 Hail Marys, 1 Glory be and 1 prayer to Our Lady of Fatima at each Mystery of the corresponding day. At the end of the 5 mysteries say the Litany and the final prayers).

Prayer of Our Lady of Fatima

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those most in need of your mercy.

On Mondays & Saturdays

Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Birth of Our Lord
4. The Presentation
5. The Finding in the Temple

On Thursdays

Luminous Mysteries

1. The Baptism of our Lord in the Jordan
2. Christ's self-revelation at the wedding feast at Cana
3. The proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

Litany of the Blessed Virgin Mary

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.

Christ, hear us.

God the Father of Heaven,
God the Son, Redeemer of the world,
God the Holy Spirit,
Holy Trinity, One God,

On Tuesdays & Fridays

Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Jesus

On Wednesdays & Sundays

Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Crowning of the Blessed Virgin

R. *Lord, have mercy on us.*
R. *Christ, have mercy on us.*
R. *Lord, have mercy on us.*

R. *Christ, graciously bear us.*

R. *Have mercy on us.*
R. *Have mercy on us.*
R. *Have mercy on us.*
R. *Have mercy on us.*

Holy Mary, R. *Pray for us.*

Holy Mother of God,
Holy Virgin of virgins,
Mother of Christ,
Mother of divine grace,
Mother most pure,
Mother most chaste,
Mother inviolate,
Mother undefiled,
Mother most amiable,
Mother most admirable,
Mother of good counsel,
Mother of our Creator,
Mother of our Savior,
Mother of the Church,
Virgin most prudent,
Virgin most venerable,
Virgin most renowned,
Virgin most powerful,
Virgin most merciful,
Virgin most faithful,
Mirror of justice,
Seat of wisdom,
Cause of our joy,
Spiritual vessel,
Vessel of honor,

Singular vessel of devotion,

Mystical rose,
Tower of David,
Tower of ivory,
House of gold,
Ark of the covenant,
Gate of Heaven,
Morning star,
Health of the sick,
Refuge of sinners,
Comforter of the afflicted,
Help of Christians,
Queen of angels,
Queen of patriarchs,
Queen of prophets,
Queen of apostles,
Queen of martyrs,
Queen of confessors,
Queen of virgins,
Queen of all saints,
Queen conceived without Original Sin,
Queen assumed into Heaven,
Queen of the holy Rosary,
Queen of families,
Queen of peace,

Concluding Prayers

V./ Lamb of God, who takes away the sins of the world,
R./ Spare us, O Lord.
V./ Lamb of God, who takes away the sins of the world,
R./ Graciously hear us, O Lord.
V./ Lamb of God, who takes away the sins of the world,
R./ Have mercy on us.

We fly to your patronage, O Holy Mother of God. Despise not our petitions in our necessities, but deliver us from all dangers, O ever glorious and Blessed Virgin.

V./ Pray for us, O holy Mother of God,
R./ That we may be made worthy of the promises of Christ.

Let us pray:

O God, Who by the life, death and resurrection of Your only-begotten Son, has purchased for us the rewards of eternal salvation, grant, we beseech You, that meditation on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord.
Amen

(optional)

For the needs of the Church and the State
Our Father. Hail Mary. Glory be.
For the (Arch)bishop of this Diocese and his intentions
Our Father. Hail Mary. Glory be.
For the Holy Souls in Purgatory
Our Father. Hail Mary.

V./ May they rest in peace.
R./ Amen

Spiritual Game Plan



What is a Spiritual Game Plan?

In the same way a sports coach who wants to win a match comes up with a strategy or a game plan that unites the various members of his team, we too need to come up with a plan that helps us to integrate the various aspects of our lives. We need a "Spiritual Game Plan".

Included in this foldable card are certain norms of piety that we should do diligently and habitually so that we do not lose sight of our goal. If we spread them out in the course of our daily activities like a balanced diet, these norms will help us draw closer to God every day.

Morning Offering

To be done in the morning as soon as we wake up at a fixed time.

O my God, I offer you all my thoughts, words and actions. I beg you to give me the grace to do your will, serve you faithfully and never to offend you. Holy Mary, my mother, all you angels and saints, pray for me. Through Christ our Lord. Amen

Mental Prayer

To be done at any time of the day but the earlier it is done, the better. If we plan to do it in school, then it is best done in front of the Tabernacle.

Prayer to Begin

My Lord and my God, I firmly believe that you are here; that you see me, that you hear me.

I adore you with profound reverence. I ask your pardon for my sins, and grace to make this time of prayer fruitful.

My Immaculate Mother, St. Joseph my father and lord, my guardian angel intercede for me!

Prayer to End

I thank you, my God, for the good resolutions, affections and inspirations which you have communicated to me in this meditation.

I ask your help to put them into practice.

My Immaculate Mother, St. Joseph my father and lord, my guardian angel intercede for me!

Angelus or Regina Coeli

To be done at midday

V./ The angel of the Lord declared to Mary.

R./ And she conceived of the Holy Spirit.

Hail Mary...

V./ Behold the handmaid of the Lord.

R./ Be it done to me according to thy word!

Hail Mary...

V./ And the Word was made flesh.

R./ And dwelt amongst us.

Hail Mary...

V./ Pray for us, O holy Mother of God.

R./ That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the incarnation of Christ, your 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

Regina Coeli

(Easter to Pentecost)

V./ O Queen of Heaven, rejoice! Alleluia!

R./ For he whom you did merit to bear, Alleluia!

V./ Has risen as he said. Alleluia!

R./ Pray for us to god. Alleluia!

V./ Rejoice and be glad, O Virgin Mary. Alleluia!

R./ For the Lord is truly risen. Alleluia!

Let us pray: O God, you gave joy to the world through the resurrection of your Son, our Lord Jesus Christ. Grant, we beseech you, that through the intercession of the Virgin Mary, his Mother, we may obtain the joys of everlasting life, through the same Christ, our Lord.

R./ Amen

Prayer before study

Prayer for the Holy Spirit

Come O Holy Spirit! Enlighten my understanding in order to know your commands; strengthen my heart against the snares of the enemy; enkindle my will... I have heard your voice, and I do not want to harden my heart and resist, saying, "Later... tomorrow". Right now! Lest there be no tomorrow for me.

O Spirit of truth and of wisdom, Spirit of understanding and counsel, Spirit of joy and peace! I want whatever you want; I want because you want; I want as you want; I want whenever you want.

Blessing for Meals

Grace Before Meals

Bless us, O Lord, and these gifts of Yours which we are about to receive from Your bounty, through Christ our Lord. Amen.

Grace After Meals

We give You thanks, almighty God, for all Your benefits, who lives and reigns forever and ever. Amen.

V./ May the Lord grant us His peace.

R./ And life everlasting.

Amen

Prayer for the Family

Jesus, Mary and Joseph, in you we contemplate the splendor of true love; to you we turn with trust. Holy Family of Nazareth, grant that our families too may be places of communion and prayer, authentic schools of the Gospel and small domestic Churches.

Holy Family of Nazareth, may families never again experience violence, rejection and division; may all who have been hurt find ready comfort and healing. Holy Family of Nazareth, make us once more mindful of the sacredness of the family, and its beauty in God's plan. Jesus, Mary and Joseph, graciously hear our prayer.

Adapted from a prayer composed by Pope Francis

Examination of Conscience

To be done at night before going to bed

Sit down and call upon the Holy Spirit to shed light on your conscience so as to do your examination in God's presence.

Take a quick look to see if you have been faithful to your spiritual game plan.

Make an act of gratitude for all the good you have done and an act of contrition for those areas in which you have willfully failed.



Strathmore School
www.strathmore.ac.ke