

My daily prayers.

Sign of the Cross: In the Name of the Father, The Son, and the Holy Spirit.

All. I pray, Lord, that everything I do may be prompted by your inspiration so that every prayer and work may begin from you and brought to completion by you.

C. Let us pray

C. Our help is in the name of the Lord,

R. Who made heaven and earth.

C. Holy Lord, Holy Mighty One,

R. Incline your ear towards us.

C. St. Benedict, Father of our Order

R. Pray for us.

C. Mother Mary, Queen of Heaven

R. Pray for us.

C. All the Angels and Saints

R. Pray for us.

Prayer for Perfect Contrition

All. God the Father, please grant me perfect sorrow for my sins. Jesus, Son of God and Savior of the world, you suffered for me during your passion on the cross and gave your life to purify me from my sins. Please forgive my sins and separate me from any sinful desires. Please have your Holy Spirit inspire and rule my life.

Act of Contrition

All. O God, I am heartily sorry for having offended you. I detest all my sins because of your just punishment, but most of all because they offend you, God, who are all good and deserving of my love. With the help of your grace, I firmly resolve to sin no more and to avoid the near occasion of sin.

C. Lord, help me to be an icon, a living sacramental, who sustains others, gives Your grace, and holds together and inspires the fiber of my family and community.

R. Lord, I live in and can be tormented by a world that is conflicted, confused, and without answers. Help me to see myself as You see me.

C. Lord, please give me the gift of charity and courage so when people gaze upon me, they see You, the Source of all Hope.

R. Lord, may the peace of my contemplative life provide the stillness to speak without words.

C. Lord, may the rhythm of ora et labora and the earnestness of my vows be my martyr's cross.

R. Lord, may I always be eager to pray and persevere in prayer.

C. Lord, may I be filled with gratitude and live in unity with You, myself, and others.

R. Lord, may I know that every moment I walk in, with, and through You, I can become more than I could ever imagine.

C. Lord, help me to trust my Cistercian leaders, to be open and honest with them, and follow their instructions without hesitation because I listen with the ear of my heart.

R. Lord, help me to remove myself from the lies that my satisfactions and illusions of self-gratification will bring happiness.

C. Lord, fill me with the truth that gentle humility will lead me to Your eternal intentions of true joy and freedom.

R. I thank you, Father, Son, and Holy Spirit, for all the graces given to our beloved Cistercian Order of the Holy Cross.

C. Heavenly Father, in your wisdom, you have called me to serve You in the Cistercian Order of the Holy Cross. Grant me strength and perseverance to observe The Rule of St. Benedict. May my prayers and works honor you.

R. Father God, I lift before Your throne our leader, Abbot Oscar Joseph, and all leaders of the Cistercian Order of the Holy Cross. Invoking the assistance of St. Michael, I ask for protection for them and my entire Cistercian family and all those under the protection, care, and union with our Order. Lord, bless each with health, safety, wisdom, and a purposeful life.

C. Bless our Abbot General Oscar Joseph with good health, growth in wisdom, and grace. Help him to see the world as you do.

R. I join with my Cistercian family to pray by the Power of Your Holy Spirit for the growth of our Order in holiness and numbers.

C. May our Beloved Order be blessed with leaders, monks, and clerics who will carry forward our charism.

R. May our Beloved Order be blessed with the material and financial resources necessary to fulfill its mission.

C. Lord, I join in spirit and prayer with my Cistercian family to stand together each time we pray.

R. I offer as a prayer every holy action, prayer, liturgy, joy, and even suffering that I experience for each of my Cistercian family when they pray for their intentions and the intentions of others.

C. Holy Father Benedict, help each member of this Cistercian family bring a contemplative balance to everyday matters, cultivate the daily disciplines of prayer and work, and persevere in our vows of obedience, stability, and daily conversion.

ALL. I pray each of these petitions in the precious name of Jesus Christ, our Lord, who lives and reigns with You, in the unity of the Holy Spirit, One God, forever and ever. Amen.

**A Short Protection Prayer
(Against Poisoning of the Body and Soul)**

“Admirable Saint and Doctor of Humility, you practiced what you taught, assiduously praying for God's glory and lovingly fulfilling all work for God and the benefit of all human beings. You know the many physical dangers that surround us today often caused or occasioned by human inventions. Guard us against poisoning of the body as well as of mind and soul, and thus be truly a ‘Blessed’ one for us. Amen”

My Daily Prayers

The Cistercian Order of the Holy Cross

A Prayer to St. Benedict for Protection

“O glorious St. Benedict, sublime model of all virtues, pure vessel of God's grace! Behold me, humbly kneeling at thy feet. I implore thy loving heart to pray for me before the throne of God. To thee I have recourse in all the dangers which daily surround me. Shield me against my enemies, inspire me to imitate thee in all things. May thy blessing be with me always, so that I may shun whatever God forbids and avoid the occasions of sin.

Graciously obtain for me from God those favors and graces of which I stand so much in need, in the trials, miseries and afflictions of life. Thy heart was always so full of love, compassion, and mercy towards those who were afflicted or troubled in any way. Thou didst never dismiss without consolation and assistance anyone who had recourse to thee. I therefore invoke thy powerful intercession, in the confident hope that thou wilt hear my prayers and obtain for me the special grace and favor I so earnestly implore (mention it), if it be for the greater glory of God and the welfare of my soul.

Help me, O great St. Benedict, to live and die as a faithful child of God, to be ever submissive to His holy will, and to attain the eternal happiness of heaven. Amen.”

Short Prayers to St. Benedict for Protection Against Evil

(A Prayer for Personal Protection)

“Dear Saint Benedict, I thank God for showering you with His grace to love Him above all else and to establish a monastic rule that has helped so many of His children live full and holy lives.

Through the cross of Jesus Christ, I ask you to please intercede that God might protect me, my loved ones, my home, property, possessions, and workplace today and always by your holy blessing, that we may never be separated from Jesus, Mary, and the company of all the blessed.

Through your intercession may we be delivered from temptation, spiritual oppression, physical ills, and disease. Protect us from drug and alcohol abuse, impurity and immorality, objectionable companions, and negative attitudes. In Jesus' Name. Amen.”