



**DAILY  
PERSONAL PRAYERS**

**Ann Maria Publishers,  
Kalady, Kerala.**

## **Daily Personal Prayers**

(English Translation of the Malayalam book “Daily Prayers” prepared by Mr. P O Luise in 2003 - 13 editions till 2019)

English Edition: May 2019

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Imprimatur:

**Mar Thomas Chakiath**

Ernakulam - Angamaly Archdiocese

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Price: ₹ 3 /-

*(Acknowledgements: Special thanks to Smt. Baby Paul, Ernakulam, Rev. Sr. Ancy Joseph SJC (Mumbai), Rev. Sr. Cicily UMI and Shri. John Vayalinkal for translation of the Personal Prayer from Malayalam to English)*

# I. Personal Morning Prayer

## First Part



Almighty and Eternal God,  
Father, Son and Holy Spirit,  
heaven and earth are full of  
Your glory and splendour.  
Lord, I adore You, I praise You  
and I thank You.

*Please read the following before starting the prayer.*

\* *Select a suitable place to pray with concentration.*

\* *Best time for this prayer is between 5 am and 6 am.*

\* *Give your heart fully to the Lord before the prayer.*

\* *Prayer is not just reading. It should be a conversation with God.*

\* *Forgive those who have hurt you. Praying with hatred in your heart will be an obstruction to get the blessings from God.*

"But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you."

(Matthew 6:6)

(Closing eyes and keeping both hands on the chest)

Aba Father, who dwells in me, I adore You, I praise you. Jesus, who dwells in me, I adore You and praise You. Holy Spirit, who dwells in me, I adore You and praise You. Oh! Most Holy Trinity, I thank You for the immense blessings You have showered upon me.

Oh! my Jesus, I love you more than anything else. Jesus, King of love, I offer You my soul, my body, my mind, conscience, thought, imagination, intelligence, senses and my whole being. I am weak and

sinful. Lord, pardon my sins and wash me with Thy precious blood. Lord, cleanse me from all my impurities.

Lord, You know well the needs of my body and soul. Bless me according to Thy will. Cleanse my soul and body and create in me a pure heart. Lord, let me never commit any sin, which You hate. Give me deep faith, hope and charity and free me from any attachment to worldly and bodily pleasures. Never let me go astray from You. Protect me from all evil. Mary, my Holy

mother, intercede for me and hide me always in Your immaculate heart. All the saints and angels in Heaven, pray for me.

Jesus, I thank You for the gift of this day. I offer Thee myself and my family, in union with your holy body and blood, offered in the Holy Eucharist throughout the world. Let us be protected by Your precious body and blood. Jesus, heal us by Your wounds, forgive our sins and those of our forefathers by your precious blood.

(Praise and Worship)

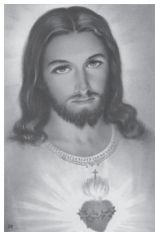
Lord, I offer all my work into Thy loving hands. Give me Thy grace to do it sincerely and glorify you. Fill me with the gifts and fruits of the Holy Spirit. May I become Your witness in the midst of people. Eternal Father, Son and Holy Spirit, make me an instrument in Your loving hands.

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“And Joshua said to the people,  
Make yourselves holy, for  
tomorrow the Lord will do  
works of wonder among you.”

(Joshua 3:5)





## Second Part

# 1. Adoration, Praise and Worship

*(Meditate the face of  
Jesus)*

Jesus, I adore You, I praise You and I thank You. You are my God, You are my life and my strength; You are my hope, my protection and my whole being.

Lord, I adore You, I praise You and I thank You for all The blessings You have showered upon me and for all the blessings You are still showering upon me.

I thank you Lord, for the gift of my parents, my relatives and friends, benefactors, my education, my work, my life partner, children, house, vehicles and all the conveniences I have. I also thank for the special graces received from You all these days.

Lord, creator of the universe, I adore You - Lord You are my creator, You provide me with all that I need. I worship You I adore You. Lord, you protect the whole universe, I praise You. Lord, You are the only protector of my

family from all dangers. Lord, You are the one who provides us with all that we need. Lord, I adore You, I praise You and thank You.

## **2. Consecration of:**

**a) Soul, conscience, mind, thought, imagination and intelligence:**

Lord, I consecrate my soul unto Thy Sacred Heart. Cleanse my soul from all defilements, which prevent my soul from being merged into the Spirit of God. Lord, wash me with Your precious Blood and purify me.

I offer You Lord my conscience. Cleanse it by Your precious Blood so that my conscience may be relieved from all its wrong notions.

Lord, I offer You my unconscious, subconscious and conscious mind. I place the pains and wounds of my mind into Thy Chalice. Wash me and cleanse me by Your precious Blood.

Lord, I offer Thee my mind and imagination with all its uncleanness and impurities. *(Bring into your mind the uncleanness and be sorry for them and ask God's pardon).* Lord

cleanse them and purify them with Thy precious blood.

Lord, I offer Thee my intelligence and my heart. Cleanse them by Thy precious blood. Oh! Holy Spirit be with me, pray with me and inspire me to pray with concentration.

**b. Body and five senses:**

Lord Jesus, I offer Thee my head, (bow your head). I offer my body with all its weakness and ailments (mention specially if there is any sickness). I ask your pardon, Lord, for all the sins I have committed in my body. Cleanse and protect it by Thy precious blood.

Lord Jesus, I offer Thee my five senses - my eyes, ears, nose, tongue and skin. I offer Thee all the evil sights I have seen with my eyes, all the impure words I have heard with my ears, all the impure and painful words and conversations I have spoken with my tongue and all the inordinate pleasures I enjoyed by touch. Lord, wash my senses with Thy precious blood and cleanse them. Keep a guard over my senses, Oh! Holy Spirit!

Soul of Christ,  
- Sanctify me

Body of Christ,  
- Save me

Blood of Christ,  
- inebriate me

Water from the side of Christ,  
- wash me

Passion of the Christ,  
- strengthen me

O Good Jesus,  
- hear me

Within your wounds,  
- hide me

Permit me not,  
- to be ever separated from you

From the malignant enemy,  
- defend me

At the hour of my death,  
- call me and bid me come to You

That with Your saints,  
- I may praise You for all eternity.

Jesus, meek and humble of  
Heart

- Make my heart like unto  
thine

(Praise and worship .....)

### **C. Weakness:**

Oh! Most Holy Trinity dwelling in me, I offer Thee all my weaknesses. Oh! my Jesus I offer Thee my habitual sins, selfishness, pride, hatred, envy, anger, revenge, impure thoughts, despair, inferiority complex, rash judgement, unforgiving nature and reluctance to pray. .

*(Bring each weakness to your mind and offer it to the Lord and*



*pray to strengthen you to overcome the weakness).*

*(After offering each weakness, pray “Cleanse me Lord with your precious blood and give me Your strength and a forgiving heart”)*

Lord, blot out all my transgressions and wash me thoroughly from my iniquity. I, with a humble heart, pray Thee Lord, to cleanse me from my sins.

*(Offer your parents, brothers and sisters, spouse, children, studies, work, house, vehicle etc. to God Almighty).*

### **3) Prayer for Empowerment :**

Oh! Holy Spirit living in me fill me with Thy fruits, gifts and charisma.

*(Thirst and desire for the Holy Spirit. Imagine and feel that the Holy Spirit is coming to you in the form of fire and filling your whole body. Remain in this posture and praise and thank the Lord. Hallelujah, Hallelujah .. & Praise spontaneously)*

### **4) Prayer for Protection**

O my Jesus, I surrender to Thee-myself, my family members and everything I have. Grant

us the protection through Your Holy blood. Mother Mary, St. Joseph, St. Thomas, St. Jude, St. Sebastian, St. Antony, St. George, St. Francis Xavier, St. Alphonsa, St. Pope John Paul II, St. Mother Teresa, ....., intercede for us, our Guardian Angels protect us.

## **5) Prayer for Intercession**

*(Pray for others according to the inspiration of the Spirit)*

Lord I pray for my brothers and sisters, for my spouse, my children, my relatives, friends, priests and religious, for the

sick, for the poor, the destitute, my neighbours, missionaries, those who asked for my prayers and need my prayer, my enemies, and I pray for peace in the world.

## **6) Listen to the voice of the Lord**

(Prayerfully open the bible and read. Place both hands on your chest, close your eyes with concentration, and speak to the Lord dwelling in you)

## **7) Resolution**

My loving Jesus this morning I make a gift of this

day and I promise that I will persevere faithfully in the discharge of my duties and witness to you and work for your kingdom. I promise you, my Jesus, to avoid all occasions of sin by my words, thoughts and deeds. I promise that I shall share with others all my gifts and talents, given by you.

\* \* \*

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“For where two or three are  
gathered in my name,  
I am there among them.

(Matthew 18:20)

## **Prayer for Forgiveness:**

(If you harbour feelings of hatred within you, God's graces will not work in your life)

Jesus says, when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go first, be reconciled to your brother or sister and then come back and offer your gift. (Mt. 5:23-24)

(If you have to forgive anybody close your eyes and bring the person's name in your mind)

Oh! Holy Trinity dwelling in me,  
I surrender myself completely to

Thee. I remember (name the person) in Your Holy presence. I forgive him / her completely. Lord, bless him / her, Lord, bless us both. Holy Spirit living in me remove all the anger and hatred and evil from my Conscious, Unconscious & Subconscious mind. Purify me in your precious blood and sanctify me. (Praise Spontaneously).

(If you find more than one person, bring each person with their names and forgive them. If the person is dead bring that person to mind and pray for his soul. You pray till you forgive completely.)

(Praise spontaneously).

## **Prayer for Mercy**

Lord have mercy. Have mercy on us Oh! Lord. Don't punish us, Oh! Lord. Forgive all the iniquities committed by my parents, brothers & sisters, friends, relatives, ancestors, neighbours. Oh! Jesus cleanse me by your holy blood and wash the stains of my sins. In atonement of my sins and the sins of the whole world, Jesus you died on the Cross. For the sake of the precious blood and the holy wounds, forgive all our sins. Save us from all evil. Receive us as your own and fill us with your Holy Spirit. Amen.



## **Prayer to St. Michael the Archangel**

St. Michael, the Archangel, defend us in the day of battle; be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray and do Thou, Oh! Prince of the Heavenly Host, by the Divine Power of God, cast into hell, Satan and all the evil spirits, who prowl throughout the world seeking the ruin of souls. Amen.

Reading

Psalm 91. Assurance of God's Protection

Psalm 23. The Divine Shepherd

(A Psalm of David)

## **II. Basic Catholic Prayers**

### **1) Sign of the Cross:**

**Short:** In the name of the Father, and of the Son + and of the Holy Spirit. Amen.

**Long:** In the sign + of the Holy Cross, protect us + from our enemies, O Lord + in the name of the Father and of the Son and of the Holy Spirit. Amen.

### **2) Our Father:**

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 those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

### **3) Hail Mary:**

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus.

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

### **4) Glory Be:**

Glory be to the Father, and to the Son + and to the Holy Spirit.

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

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“Why are you sleeping?  
Get up and pray that you  
may not come into  
the time of trial.”  
(Luke 22:46)

## **5) The Apostles' Creed**

(I believe in God)

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; on 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 there he will 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.

## 6) Prayer of St. Bernard (Memorare)

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help and sought your intercession, was left forsaken. Inspired with this confidence I fly unto you. O Virgin of Virgins, my mother, to you I come, before you, I stand sinful and sorrowful. O Mother of the Word incarnate, despise not my petitions but in your mercy hear and answer me. Amen.

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Recite Holy Rosary and Chaplet of Divine Mercy every day.

Fatima Aspiration at the close of each decade of Holy Rosary:

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 Thy mercy. Amen.

### **III. Personal Night Prayer**

In the name of the Father and of the Son and of the Holy Spirit. Amen.

(Sit in silence and recall all what you did from morning till now. How many of those actions were pleasing to God? How many of them caused pain to His Heart? Recall to mind the times you caused pain to others, repent and ask God's forgiveness (ask their forgive-ness when possible).

Bring to mind those whom you dislike or have hurt today. Present them before Jesus and forgive them. If you need to make peace with anyone in your family, do so before you go to sleep tonight).

#### **Prayer**

Jesus Christ, my God, I adore You and thank you for all the graces you have given me today. I praise you and thank you for protecting me from all harm and dangers. Merci-

ful Jesus I surrender myself and my entire family before you. I offer you the Immaculate Heart of Mary keep us under your motherly protection. Our guardian angels and all the saints protect us all through the night. Jesus, Mary and Joseph, I surrender my soul and my entire being to you. After the restful sleep let me awake in your Holy presence. Amen.

*1 Our Father, 1 Hail Mary, 1 Glory be.*

Immaculate Heart of Mary - Pray for us.

Mother of Perpetual Help - Pray for us.



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## PRAYER

**P-** Praise, **R-** Raise, **A-** Adore,

**Y-** Yes, **E-** Ecstasy, **R-** Rapt

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3. അനുദിന പ്രാർത്ഥനകൾ.
4. കുമ്പസാരവും കുർബാന സ്വീകരണവും.
5. ദിവ്യകാരുണ്യ ആരാധന.
6. യേശുവിന്റെ പീഡാനുഭവ അനുസ്മരണ പ്രാർത്ഥന.
7. റോസ മിസ്റ്റിക്ക മാതാവിനോടുള്ള നൊവേന
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