

Feast + Fast + Feria

Daily Dedication Prayers



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This booklet contains excerpts from

The Feast Fast Feria Companion, coming soon.

It is an offering of Feast Fast Feria,
a Barefoot Abbey ministry whose purpose is to aid
families as they grow in holiness and journey to
heaven by living out their Catholic faith each day through
the Liturgical Year.

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Traditional Prayers to Begin Every Day
of the Catholic Week.



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Saturday
THE BLESSED VIRGIN MARY

O Glorious Mother of God, Mary, ever virgin, who alone wast found worthy to bear the Lord of all, and though a virgin, to nurse the kind of angels; be graciously mindful of us, we beseech thee, and pray to Christ for us, that we, being upheld by that care, may deserve to attain to the heavenly kingdom.

V. Holy Mary, Mother of Christ.

R. Hear thy humble servants who implore thee.

Prayer to the Blessed Virgin Mary

Written by St. Aloysius Gonzaga

Most holy Mary, my Lady, to thy faithful care and special keeping and to the bosom of thy mercy, today and every day, and particularly at the hour of my death, I commend my soul and my body; all my hope and consolation, all my trials and miseries, my life and the end of my life I commit to thee, that through thy most holy intercession and by thy merits all my actions may be directed and ordered according to thy will and that of thy divine Son. Amen.

Friday

THE PASSION OF CHRIST

All ye who pass by the way, attend and see if there is any sorrow like unto my sorrow.

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

PRAYER BEFORE A CRUCIFIX

Quoted from Psalm 21

Behold, O good and most sweet Jesus, I fall upon my knees before Thee, and with most fervent desire beg and beseech Thee that Thou wouldst impress upon my heart a lively sense of faith, hope and charity, true repentance for my sins, and a firm resolve to make amends. And with deep affection and grief, I reflect upon Thy five wounds, having before my eyes that which Thy prophet David spoke about Thee, o good Jesus: "They have pierced my hands and feet, they have counted all my bones." Amen.

The daily missal makes it easy to know what prayers are fitting for different feasts and commemorations. But, what is not so commonly recognized is that there are similar related prayers for ferias - those days of the liturgical year without any assigned memorial.

Like the months of the Catholic year, the days of the week traditionally have specific dedications as well. And we can look to these dedications as our spiritual focus and prayer inspiration for the day. Along with our family prayer for the monthly dedication and the cornerstone of the daily rosary, these daily dedication prayers are a simple way to add more prayer to your busy home and begin to form your family's liturgy of life.

The Daily Dedication are:

- The Trinity for Sunday
- The Poor Souls for Monday
- The Holy Angels & St. Anthony for Tuesday
- St. Joseph for Wednesday
- The Most Blessed Sacrament for Thursday
- The Passion of Christ for Friday
- The Blessed Virgin Mary for Saturday

We add these traditional responsories for the days and corresponding prayers as part of school days' Morning Liturgy, however, they could just as easily be pinned to breakfast or read on the way to school.

"Be joyful in hope, patient in affliction, faithful in prayer."
- Romans 12:12

Ad majorem Dei gloriam,



Sunday THE BLESSED TRINITY

Blessed be the holy Creator and Ruler of all things, the sacred and undivided trinity, now and always, through infinite ages of ages.

V. Let us bless the Father, Son, and Holy Ghost.
R. Let us praise and exalt Him forever.

PRAYER TO THE HOLY TRINITY

Partial indulgence

I Adore Thee, O my God, one God in three Persons; I humble myself before thy Majesty. Thou alone art being, life, truth, beauty, and goodness.

I glorify Thee, I praise Thee, and I love Thee, all incapable and unworthy as I am, in union with thy dear Son Jesus Christ, our Savior and our Father, in the mercifulness of his heart and through his infinite merits. I wish to serve Thee, to please Thee, to obey Thee, and to love Thee always, in union with Mary Immaculate, Mother of God and our Mother, loving also and serving my neighbor for Thy sake. Therefore, give me Thy Holy Spirit to enlighten, correct, and guide me in the way of Thy commandments, and in all perfection, until we come to the happiness of heaven, where we shall glorify Thee forever. Amen.

Thursday THE MOST BLESSED SACRAMENT

O sacred banquet in which Christ is received, the memory of His Passion is recalled, the soul is filled with grace, and the pledge of future glory is given us.

V. Thou hast given them Bread from heaven.
R. Containing all manner of sweetness.

TRADITIONAL ACT OF CONTRITION

Oh my God! I am heartily sorry for having offended Thee and I detest all my sins because I dread the loss of Heaven and the pains of Hell; but most of all because I have offended Thee, My God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

ACT OF SPIRITUAL COMMUNION

Written by St. Alphonsus Liguori

My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You. Amen.

Wednesday

ST. JOSEPH

In whatever tribulation they shall cry to me, I will hear them and be their protector always.

V. Obtain for us, O Joseph, to lead an innocent life.

R. And may it be ever safe through thy patronage.

ANCIENT PRAYER TO ST. JOSEPH

A 1900 year old prayer from the Blue Pieta Book

O St. Joseph, whose protection is so great, so strong, so prompt before the Throne of God, I place in you all my interests and desires. O St. Joseph, do assist me by your powerful intercession and obtain for me from your Divine Son all spiritual blessings through Jesus Christ, Our Lord; so that having engaged here below your Heavenly power I may offer my thanksgiving and homage to the most loving of Fathers. O St. Joseph, I never weary contemplating you and Jesus asleep in your arms. I dare not approach while He reposes near your heart. Press him in my name and kiss His fine Head for me, and ask Him to return the Kiss when I draw my dying breath. St. Joseph, Patron of departing souls, pray for us. Amen.

Monday

THE POOR SOULS

I am the Resurrection and the Life. He that believeth in Me though he die, shall he live; and every one that liveth and believes in Me shall not die forever.

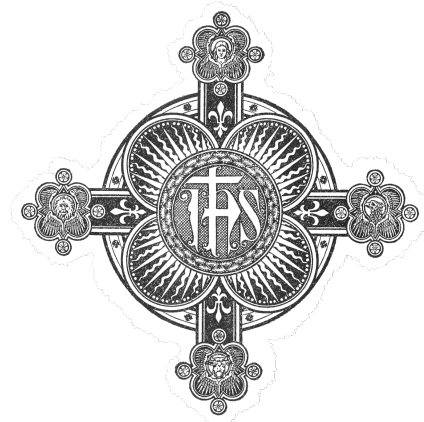
V. I heard a voice from Heaven saying to me.

R. Blessed are the dead who die in the Lord.

PRAYER FOR THE POOR SOULS IN PURGATORY

Written by St. Gertrude the Great

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.



Tuesday

THE HOLY ANGELS
& ST. ANTHONY

Angels, Archangels, Thrones, and Dominions,
Principalities and Powers, Virtues of Heaven, Cherubim
and Seraphim, bless the Lord forever:

V. All ye angels of the Lord, bless the Lord.
R. Sing a hymn and exalt Him above all forever.

PRAYER TO ONE'S GUARDIAN ANGEL

Written by St. Gertrude the Great

O most holy Angel of God, appointed by God to be my
guardian, I give thee thanks for all the benefits which
thou hast bestowed on me in body and soul. I praise
and glory thee that thou condescended to assist me
with such patient fidelity, and to defend me against all
the assaults of my enemy. Blessed be the hour in which
thou were assigned me for my guardian, my defender
and my patron. In acknowledgment and return for all
thy loving ministries to me, I offer thee the infinitely
precious and noble Heart of Jesus, and firmly purpose
to obey thee henceforward, and most faithfully to serve
my God. Amen.

**THE MIRACULOUS REPOSITORY
SI QUAEIRIS MIRACULA**

Partial indulgence,
This sequence was written in 1233 by Fr. Julian of
Speyer for the Office of St. Anthony in the old
Franciscan Breviary. St. Anthony died two
years prior in 1231.

If, then, thou seekest miracles, death, error, all
calamities, The leprosy and demons flee, the sick, by
him made whole, arise.

**Antiphon: The sea withdraws and fetters break, and
withered limbs he doth restore, while treasures lost
are found again, when young or old his help implore.**

All dangers vanish from our path, our direst needs do
quickly flee: Let those who know repeat the theme: let
Paduans praise St. Anthony.

Antiphon: The sea withdraws...

To the Father, Son let glory be, and Holy Ghost
eternally.

Antiphon: The sea withdraws...

V. Pray for us, O blessed Anthony,
**R. That we may be made worthy of the promises of
Christ.**

Let us pray

Let Thy Church, O God, be gladdened by the solemn
commemoration of blessed Anthony Thy Confessor:
that she may be evermore defended by Thy spiritual
assistance and merit to possess everlasting joy.
Through Christ our Lord. Amen.