



PENITENT
S O L D I E R S
ADORATION LITURGY

HOLY MISSION

The Penitent Soldiers of Mary live under a communal rule of life to imitate holiness and pray in the Spirit for the healing and liberation of souls. This includes people of all ages and those facing addiction.

Penitent Soldiers are uniquely devoted to the interior life, while proclaiming, teaching, and living the truths of the Catholic Faith.

Steeped in tradition and reverence, the Penitent Soldiers of Mary dutifully present individuals to Jesus through the Immaculate Heart of Mary to build up the kingdom of God.

PENITENT SOLDIERS OF MARY ADORATION LITURGY

| | |
|---|-----------|
| EXPOSITION OF THE BLESSED SACRAMENT | 1 |
| OPENING PRAYER..... | 2 |
| PRAYER TO THE HOLY SPIRIT | 2 |
| LITANY OF PROTECTION | 3 |
| LITANY OF THE HOLY SPIRIT | 5 |
| LITANY OF THE MOST PRECIOUS BLOOD | 7 |
| LITANY OF LORETO | 9 |
| LITANY OF THE MOST BLESSED SACRAMENT..... | 11 |
| LITURGY OF PRAYERS | 14 |
| SPIRITUAL WARFARE PRAYER | 15 |
| HOLY PROTECTION OF THE THEOTOKOS..... | 16 |
| MEDITATIVE SILENCE | 17 |
| SCRIPTURE READING & REFLECTION | 17 |
| BOOK OF NAMES | 18 |
| PRAYERS OF INTERCESSION FOR PRIESTS..... | 18 |
| INTERCESSORY PRAYERS..... | 18 |
| CONCLUDING RITE | 19 |
| REPARATION TO THE BLESSED SACRAMENT | 19 |
| BENEDICTION & REPOSITION | 20 |
| DIVINE PRAISES | 20 |
| SCRIPTURE VERSE FOR THE PENITENT SOLDIERS OF MARY..... | 21 |
| PATRON SAINTS & FEAST DAYS | 21 |
| AUXILIARY SAINTS & FEAST DAYS | 21 |
| SAINT LITURGIES | 22 |
| SAINT JOSEPH - FEAST DAY MARCH 19..... | 23 |
| SAINT GEMMA GALGANI - FEAST DAY APRIL 11 | 25 |
| SAINT BENEDICT OF NURSIA - FEAST DAY JULY 11 | 27 |
| SAINT MAXIMILLIAN KOLBE - FEAST DAY AUGUST 14 | 30 |
| SAINT PIO OF PIETRELCINA - FEAST DAY SEPTEMBER 23..... | 33 |
| SAINT TERESA OF AVILA - FEAST DAY OCTOBER 15..... | 35 |
| SAINT JOHN OF THE CROSS - FEAST DAY DECEMBER 14..... | 37 |
| LENTEN LITURGY | 40 |

EXPOSITION OF THE BLESSED SACRAMENT

O SALUTARIS

O salutaris Hostia, Quae caeli pandis ostium:

(O saving Victim, opening wide, The gate of heaven to man below!)

Bella premunt hostilia, Da robur, fer auxilium.

(Our foes press on from every side, Thine aid supply, thy strength bestow.)

Uni trinoque Domino, Sit sempiterna gloria,

(To Thy great name by endless praise, Immortal Godhead, one in Three;)

Qui vitam sine termino Nobis donet in patria.

(Oh, grant us endless length of days, In our true native land with Thee.)

Amen.

Text: LM; *O Salutaris Hostia*, St Thomas Aquinas, 1227-1274, tr. By Edward Caswall, 1814-1878, alt.
Music: O SALUTARIS HOSTIA, Anthony Werner, d. 1863

FEAST DAY LITURGIES

| | |
|---|----|
| SAINT JOSEPH - FEAST DAY MARCH 19 | 23 |
| SAINT GEMMA GALGANI - FEAST DAY APRIL 11 | 25 |
| SAINT BENEDICT OF NURSIA - FEAST DAY JULY 11..... | 27 |
| SAINT MAXIMILLIAN KOLBE - FEAST DAY AUGUST 14..... | 30 |
| SAINT PIO OF PIETRELCINA - FEAST DAY SEPTEMBER 23 | 33 |
| SAINT TERESA OF AVILA - FEAST DAY OCTOBER 15..... | 35 |
| SAINT JOHN OF THE CROSS - FEAST DAY DECEMBER 14..... | 37 |

OPENING PRAYER

PRAYER TO THE HOLY SPIRIT by Saint Augustine

Breathe into me, Holy Spirit, that all my thoughts may be holy.
Move in me, Holy Spirit, that my work, too, may be holy.
Attract my heart, Holy Spirit, that I may love only what is holy.
Strengthen me, Holy Spirit, that I may defend all that is holy.
Protect me, Holy Spirit, that I always may be holy.

Come, Holy Spirit, fill the hearts of Your faithful
and kindle in them the fire of Your love.

V: Send forth Your Spirit and they shall be created,

***R:* and You shall renew the face of the earth.**

Let us pray:

O God, Who instructed the hearts of the faithful by the light of the Holy Spirit,
grant us in the same Spirit to be truly wise and ever rejoice in His consolation.
Through Christ our Lord.

Amen.

LITANY

| | |
|---|----|
| LITANY OF PROTECTION | 3 |
| LITANY OF THE HOLY SPIRIT | 5 |
| LITANY OF THE MOST PRECIOUS BLOOD | 7 |
| LITANY OF LORETO | 9 |
| LITANY OF THE MOST BLESSED SACRAMENT..... | 11 |

From the Deceiver of the human race, **save us, O Lord.**
From the Ancient foe of mankind, **save us, O Lord.**
From the Father of lies, **save us, O Lord.**
From the Cunning serpent, **save us, O Lord.**
From All the powers of darkness, **save us, O Lord.**

Lord, be merciful, **Lord, deliver us, we pray.**
From all evil, **Lord, deliver us, we pray.**
From every sin, **Lord, deliver us, we pray.**
From everlasting death, **Lord, deliver us, we pray.**

Be merciful to us sinners, **Lord, we ask you, hear our prayer.**
Guide and protect your holy Church, **Lord, we ask you, hear our prayer.**

Lamb of God, you take away the sins of the world, **have mercy on us.**
Lamb of God, you take away the sins of the world, **have mercy on us.**
Lamb of God, you take away the sins of the world, **have mercy on us.**

Be gone Satan! Get away and never return!

Let us pray:

Almighty God, protect us from hidden snares and strengthen us against temptation to sin. Let the light of your face shine upon us and save us in your mercy. We ask this in the name of Jesus the Lord.
Amen.

Turn to SPIRITUAL WARFARE PRAYER Page 15

LITANY OF THE HOLY SPIRIT

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us. God the Father of Heaven,

have mercy on us.

God the Son, Redeemer of the world,

have mercy on us.

God the Holy Spirit,

have mercy on us.

Holy Trinity, One God,

have mercy on us.

Divine Essence, one true God,

have mercy on us.

Spirit of truth and wisdom,

have mercy on us.

Spirit of holiness and justice,

have mercy on us.

Spirit of understanding and counsel,

have mercy on us.

Spirit of love and joy,

have mercy on us.

Spirit of peace and patience,

have mercy on us.

Spirit of longanimity and meekness,

have mercy on us.

Spirit of benignity and goodness,

have mercy on us.

Love substantial of the Father and the Son,

have mercy on us.

Love and life of saintly souls,

have mercy on us.

Fire ever burning,

have mercy on us.

Living water to quench the thirst of hearts,

have mercy on us.

O Holy Spirit, from all evil,

deliver us.

O Holy Spirit, from all impurity of soul and body,

deliver us.

O Holy Spirit, from all gluttony and sensuality,

deliver us.

O Holy Spirit, from all attachments to the things of the earth,

deliver us.

O Holy Spirit, from all hypocrisy and pretense,

deliver us.

O Holy Spirit, from all imperfections and deliberate faults,

deliver us.

O Holy Spirit, from self-love and self-judgment,

deliver us.

O Holy Spirit, from our own will,

deliver us.

O Holy Spirit, from slander,

deliver us.

O Holy Spirit, from deceiving our neighbors,

deliver us.

O Holy Spirit, from our passions and disorderly appetites,

deliver us.

O Holy Spirit, from our inattentiveness to Thy holy inspirations, ***deliver us.***

O Holy Spirit, from despising little things,

deliver us.

O Holy Spirit, from debauchery and malice,

deliver us.

O Holy Spirit, from love of comfort and luxury,

deliver us.

O Holy Spirit, from wishing to seek or desire anything other than Thee,

deliver us.

O Holy Spirit, from everything that displeases Thee,

deliver us.

O Holy Spirit, Most loving Father,
Divine Word,

***forgive us.
have pity on us.***

Holy and Divine Spirit, leave us not until we are in possession of the Divine
Essence, ***heaven of heavens.***

Lamb of God, Who takest away the sins of the world,
send us the Divine Consoler.

Lamb of God, Who takest away the sins of the world,
fill us with the gifts of Thy Spirit.

Lamb of God, Who takest away the sins of the world,
make the fruits of the Holy Spirit increase within us.

Come, O Holy Spirit, fill the hearts of Thy faithful,
and enkindle in them the fire of Thy love.
Send forth Thy Spirit and they shall be created,
and Thou shalt renew the face of the earth.

Let us pray:

O God, Who by the light of the Holy Spirit didst instruct the hearts of the faithful,
grant us by the same Spirit to be truly wise and ever to rejoice in His consolation.
Through Jesus Christ Our Lord.
Amen.

Turn to SPIRITUAL WARFARE PRAYER Page 15

LITANY OF THE MOST PRECIOUS BLOOD

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

*Lord, have mercy.
Christ, have mercy.
Lord, have mercy.*

God our Father in heaven,
God the Son, Redeemer of the world,
God the Holy Spirit,
Holy Trinity, one God,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Blood of Christ, only Son of the Father,
Blood of Christ, incarnate Word,
Blood of Christ, of the new and eternal covenant,
Blood of Christ, that spilled to the ground,
Blood of Christ, that flowed at the scourging,
Blood of Christ, dripping from the thorns,
Blood of Christ, shed on the cross,
Blood of Christ, the price of our redemption,
Blood of Christ, our only claim to pardon,
Blood of Christ, our blessing cup,
Blood of Christ, in which we are washed,
Blood of Christ, torrent of mercy,
Blood of Christ, that overcomes evil,
Blood of Christ, strength of the martyrs,
Blood of Christ, endurance of the saints,
Blood of Christ, that makes the barren fruitful,
Blood of Christ, protection of the threatened,
Blood of Christ, comfort of the weary,
Blood of Christ, solace of the mourner,
Blood of Christ, hope of the repentant,
Blood of Christ, consolation of the dying,
Blood of Christ, our peace and refreshment,
Blood of Christ, our pledge of life,
Blood of Christ, by which we pass to glory,
Blood of Christ, most worthy of honor,

*be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.
be our salvation.*

Lamb of God, you take away the sins of the world, ***be our salvation.***
Lamb of God, you take away the sins of the world, ***be our salvation.***
Lamb of God, you take away the sins of the world, ***be our salvation.***
Lord, you redeemed us by your blood.

You have made us a kingdom to serve our God.

Let us pray:

O God, who by the Precious Blood of your Only Begotten Son have redeemed the whole world, preserve in us the work of your mercy, so that, ever honoring the mystery of our salvation, we may merit to obtain its fruits.

Through Christ our Lord.

Amen.

Turn to SPIRITUAL WARFARE PRAYER Page 15

LITANY OF LORETO

Lord have mercy.

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,

Holy Mary,
Holy Mother of God,
Holy Virgin of virgins,
Mother of Christ,
Mother of the Church,
Mother of Mercy,
Mother of Divine Grace,
Mother of Hope,
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,
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,

Christ have mercy.

Christ graciously hear us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

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,
Solace of migrants,
Comfort 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 most Holy Rosary,
Queen of families,
Queen of peace,

pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.

Lamb of God, who takes away the sins of the world, ***spare us, O Lord.***
Lamb of God, who takes away the sins of the world, ***graciously hear us, O Lord.***
Lamb of God, who takes away the sins of the world, ***have mercy on us.***

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

Let us pray:

Grant, we beseech thee, O Lord God, that we, your servants,
may enjoy perpetual health of mind and body;
and by the glorious intercession of the Blessed Mary, ever Virgin,
may be delivered from present sorrow,
and obtain eternal joy. Through Christ our Lord.

Amen.

Turn to [SPIRITUAL WARFARE PRAYER](#) Page 15

LITANY OF THE MOST BLESSED SACRAMENTⁱ

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ, hear us.

Christ, graciously hear us.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ, hear us.

Christ, graciously hear us.

God the Father of Heaven,

God the Son, Redeemer of the world,

God, the Holy Spirit,

Holy Trinity, One God,

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

O Living Bread, Who from Heaven descended,

Hidden God and Savior,

Grain of the elect,

Vine sprouting forth virgins,

Wholesome Bread and delicacy of kings,

Perpetual sacrifice,

Clean oblation,

Lamb without spot,

Most pure feast,

Food of Angels,

Hidden manna,

Memorial of God's wonders,

Super substantial Bread,

Word made flesh, dwelling in us,

Holy Victim,

O Cup of blessing,

O Mystery of faith,

O Most high and venerable Sacrament,

O Most holy of all sacrifices,

O True propitiatory Sacrifice for the living and the dead,

O Heavenly antidote, by which we are preserved from sin,

O stupendous miracle above all others,

O most holy Commemoration of the Passion of Christ,

O Gift transcending all abundance,

O extraordinary memorial of Divine love,

O affluence of Divine largess,

O most holy and august mystery,

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

Medicine of immortality,
Awesome and life-giving Sacrament,
Unbloody Sacrifice,
Food and guest,
Sweetest banquet at which the Angels serve,
Bond of love,
Offering and oblation,
Spiritual sweetness tasted in its own fountain,
Refreshment of holy souls,
Viaticum of those dying in the Lord,
Pledge of future glory,

have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.

Be merciful,
Be merciful,

spare us, O Lord.
graciously hear us, O Lord.

From the unworthy reception of Thy Body and Blood,
From passions of the flesh,
From the concupiscence of the eyes,
From pride,
From every occasion of sin,

deliver us, O Lord.
deliver us, O Lord.
deliver us, O Lord.
deliver us, O Lord.
deliver us, O Lord.

Through that desire, with which Thou desiredst
to eat the Passover with Thy disciples,
Through that profound humility with which Thou
didst wash Thy disciples' feet,
Through that most ardent love, with which Thou
instituted this Divine Sacrament,
Through the most precious Blood, which Thou
hast left for us upon the altar,
Through those Five Wounds of Thy most holy Body,
which was given up for us,

deliver us, O Lord.
deliver us, O Lord.
deliver us, O Lord.
deliver us, O Lord.
deliver us, O Lord.
deliver us, O Lord.

Sinners we are, we beseech Thee,

hear us.

That Thou wouldst graciously preserve and augment the faith, reverence, and devotion in us towards this admirable Sacrament, we beseech Thee, ***hear us.***

That Thou wouldst graciously lead us through the true confession of our sins, to a frequent reception of the Eucharist, we beseech Thee, ***hear us.***

That Thou wouldst graciously free us from every heresy, falsehood, and blindness of the heart, we beseech Thee, **hear us.**
That Thou wouldst graciously impart to us the Heavenly and precious fruits of this most Holy Sacrament, we beseech Thee, **hear us.**
That Thou wouldst graciously protect and strengthen us in our hour of death with this Heavenly Viaticum, we beseech Thee, **hear us.**
O Son of God, we beseech Thee, **hear us.**

Lamb of God, Who taketh away the sins of the world, **spare us, O Lord.**
Lamb of God, Who taketh away the sins of the world, **graciously hear us, O Lord.**

Lamb of God, Who taketh away the sins of the world, **have mercy on us, O Lord.**

| | |
|-----------------------------|------------------------------------|
| Christ, hear us. | Christ, hear us. |
| Christ, graciously hear us. | Christ, graciously hear us. |
| Lord, have mercy. | Lord, have mercy. |
| Christ, have mercy. | Christ, have mercy. |
| Lord, have mercy. | Lord, have mercy. |

Pray 1 Our Father and 1 Hail Mary

V. Thou didst furnish them with Bread from Heaven, Alleluia.
R. Having in it every delight.

Let us pray:

O God, Who under a marvelous Sacrament has left us a memorial of Thy Passion; grant us; we beseech Thee; so to venerate the sacred mysteries of Thy Body and Blood, that we may ever perceive within us the fruit of Thy Redemption. Thou, Who livest and reignest forever and ever.
Amen.

Turn to SPIRITUAL WARFARE PRAYER Page 15

LITURGY OF PRAYERS

SPIRITUAL WARFARE PRAYER By Father Robert DeGrandis, S.S.J.

Heavenly Father, I love You, I praise You, and I worship You. I thank You for sending Your Son Jesus Who won victory over sin and death for my salvation. I thank You for sending Your Holy Spirit Who empowers me, guides me, and leads me into fullness of life. I thank You for Mary, my Heavenly Mother, who intercedes with the angels and saints for me.

Lord Jesus Christ, I place myself at the foot of Your cross and ask You to cover me with Your Precious Blood which pours forth from Your Most Sacred Heart and Your Most Holy Wounds. Cleanse me, my Jesus, in the living water that flows from Your Heart. I ask You to surround me, Lord Jesus, with Your Holy Light.

Heavenly Father, let the healing waters of my baptism now flow back through every previous generation to purify my family line of Satan and sin. I come before You, Father, and ask forgiveness for myself, my relatives, and my ancestors, for anything that sets us in opposition to You or that does not offer true honor to Jesus Christ.

In Jesus' Holy Name, I place myself and all members of my family under the Lordship of Jesus Christ.

By the power of Your Holy Spirit, reveal to me, Father, any people I need to forgive and any areas of unconfessed sin. Reveal aspects of my life that are not pleasing to You, Father, ways that have given or could give Satan a foothold in my life. Father, I give to You any unforgiveness; I give to You my sins; and, I give to You all ways that Satan has a hold of my life.

Thank You, Father, for these revelations.

Thank You, for Your forgiveness and Your love.

Heavenly Father, allow Your Son Jesus to come now with the Holy Spirit, the Blessed Virgin Mary, the angels, and the saints to protect me from all harm and to keep all spirits from taking revenge on me in any way.

Lord Jesus Christ, fill me with charity, compassion, faith, gentleness, hope, humility, joy, kindness, light, love, mercy, modesty, patience, peace, purity, security, serenity, tranquility, trust, truth, understanding and wisdom.

Help me to walk in Thy Light and Truth, illuminated by the Holy Spirit so that I may praise, honor, and glorify Our Father in time and in eternity. For Thou, Lord Jesus, are, “the Way, the Truth, and the Life.” And Thou “have come that we might have life and have it more abundantly.”
Amen.

HOLY PROTECTION OF THE THEOTOKOSⁱⁱ

O Mary, Mother of God,
as you are above all creatures in heaven and on earth,
more glorious than the Cherubim,
more noble than any here below,
Christ has given you to His people,
firm bulwark and protectress,
to shield and save sinners who fly to you.

Therefore, O Lady, all-embracing refuge,
we solemnly recall your sweet protection
and beg the Christ forever for His mercy.
Amen.

SALVE REGINA

Salve, Regina, Mater misericordiae,

(Hail, holy Queen, Mother of Mercy)

vita, dulcedo, et spes nostra, salve.

(life, sweetness and hope of ours)

ad te clamamus exsules filii Evae,

(To thee we cry exiles children of Eve;)

ad te suspiramus, gementes et flentes

(to thee we cry, mourning and weeping)

in hac lacrimarum valle.

(in this tearful valley.)

Eia, ergo, advocata nostra, illos tuos

(Ah then, advocate of ours, those thy)

misericordes oculos ad nos converte;

(merciful eyes toward us turn-thou;)

et Iesum, benedictum fructum ventris tui,

(And Jesus blessed fruit of the womb of thee)

nobis post hoc exsilium ostende.

(To us after this exile show thou.)

O clemens, O pia, O dulcis Virgo Maria.

(O clement, O tender, O sweet Virgin Mary.)

MEDITATIVE SILENCE

SCRIPTURE READING & REFLECTION

BOOK OF NAMES by Deacon Tom Biegel

O Divine Eternal Father, in union with Jesus your Divine Son, and the Holy Spirit, and through the Immaculate Heart of Mary, we beg You to heal and liberate every individual written in our Book of Intercessions. Cure every affliction of mind, heart, body and soul; destroy any demonic presence, stronghold, or power in their lives. With the Precious Blood of Jesus, heal every wound and deliver them from evil.

Lord, we adjure you, strengthen their will, and illumine their conscience to break every habitual sin and addiction. Rebuke every fear, lie, or rationalization to renew their true Christian identity. Be merciful Almighty God and stretch out Your mighty hand and come to their aid.

Amen.

PRAYERS OF INTERCESSION FOR PRIESTS By Deacon Tom Biegel

O Jesus, our great High Priest, hear our humble prayers on behalf of your priests. Give them a deep faith, a bright and firm hope and a burning love which will ever increase during their priestly life and protect them from the snares of Satan.

Gracious and loving God, we thank you for the gift of our priests.

Through them, we experience your presence in the sacraments.

Help our priests to be strong in their vocation.

Set their souls on fire with love for your people.

Grant them the wisdom, understanding, and strength they need to follow in the footsteps of Jesus.

Inspire them with the vision of your Kingdom.

Give them the words they need to spread the Gospel.

Allow them to experience joy in their ministry.

Help them to become instruments of your divine grace.

We ask this through Jesus Christ, who lives and reigns as our Eternal Priest.

Amen. ⁱⁱⁱ

INTERCESSORY PRAYERS

CONCLUDING RITE

SOLDIERS OF HER THRONE by Rachel Fisher

We have come, with humble hearts
Bowing here we give our lives
Knowing now, our time has come
to fight for all, Who Mary loves

Penitent we cry to Thee
A mission to set captives free
In this army we'll defend Your own
and guide Your children home,
We are Soldiers of Her Throne

Oh Mary, Virgin Mother
Queen of Heaven, We bow
Oh Regina, Bless Thy Soldiers
For we're in Your army
Now

Immaculata, Theotokos
Crown of All Creation, We bow
Throne of Wisdom, Bless Thy Soldiers
For we're in Your army
Now

Text and Music: Rachel Fisher, 2022

REPARATION TO THE BLESSED SACRAMENT Fatima Prayer

O most Holy Trinity, Father, Son, and Holy Spirit, I adore You profoundly.
I offer You the Most Precious Body, Blood, Soul and Divinity of Jesus Christ,
present in all the tabernacles of the world, in reparation for the outrages,
sacrileges and indifferences by which He is offended. By the infinite merits of the
Sacred Heart of Jesus and the Immaculate Heart of Mary, I beg for the
conversion of sinners.

BENEDICTION & REPOSITION

TANTUM ERGO St. Thomas Aquinas

Tantum ergo Sacramentum Veneremur cernui:

(Down in adoration falling, Lo! the Sacred Host we hail),

Et antiquum Documentum Novo cedat ritui:

(Lo! o'er ancient forms departing Newer rites of grace prevail;)

Praestet fides supplementum Sensuum defectui.

(Faith for all defects supplying, Where the feeble senses fail.)

Genitori, Genitoque Laus et iubilatio,

(To the Everlasting Father, And the Son Who reigns on high)

Salus, honor, virtus quoque Sit et benedictio:

(With the Holy Ghost proceeding Forth from Each eternally,)

Procedenti ab utroque Compar sit laudatio.

(Be salvation, honor, blessing, Might, and endless majesty.)

Amen.

DIVINE PRAISES

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most Holy.

Blessed be her Holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in His Angels and in His Saints.

Amen.

CONCLUDING REMARKS

SCRIPTURE VERSE FOR THE PENITENT SOLDIERS OF MARY

“The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor. He has sent me to proclaim liberty to the captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim a year acceptable to the Lord.”

Luke 4:18-19

PATRON SAINTS & FEAST DAYS

| | |
|---------------------------------|---------------------|
| Saint Joseph | March 19 |
| Saint Gemma Galgani | April 11 |
| Saint Benedict of Nursia | July 11 |
| Saint Maximilian Kolbe | August 14 |
| Saint Pio of Pietrelcina | September 23 |
| Saint Teresa of Avila | October 15 |
| Saint John of the Cross | December 14 |

AUXILIARY SAINTS & FEAST DAYS

| | |
|--------------------------|-------------|
| Saint Catherine of Siena | April 29 |
| Saint John Vianney | August 4 |
| Saint Teresa of Calcutta | September 5 |
| Saint John Paul II | October 22 |

SAINT LITURGIES

SAINT JOSEPH - Feast Day March 19

PRAYER OF POPE FRANCIS TO SAINT JOSEPH^{iv}

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son;
in you Mary placed her trust;
with you Christ became man.
Blessed Joseph, to us too,
show yourself a father
and guide us in the path of life.
Obtain for us grace, mercy, and courage,
and defend us from every evil.
Amen.

LITANY OF SAINT JOSEPH

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

Christ, hear us.
Christ, graciously hear us.

Christ, hear us.
Christ, graciously hear us.

God the Father in heaven,
God the Son, Redeemer of the world,
God the Holy Spirit,
Holy Trinity, one God,

have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.

Holy Mary,
Saint Joseph,
Illustrious son of David,
Light of Patriarchs,
Spouse of the Mother of God,
Guardian of the Redeemer,
Pure Guardian of the Virgin,
Provider for the Son of God,
Zealous defender of Christ,
Servant of Christ,
Minister of salvation,
Head of the Holy Family,

pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.

Joseph, most just, *pray for us.*
Joseph, most chaste, *pray for us.*
Joseph, most prudent, *pray for us.*
Joseph, most brave, *pray for us.*
Joseph, most obedient, *pray for us.*
Joseph, most loyal, *pray for us.*
Mirror of patience, *pray for us.*
Lover of poverty, *pray for us.*
Model for workers, *pray for us.*
Glory of family life, *pray for us.*
Guardian of virgins, *pray for us.*
Cornerstone of families, *pray for us.*
Support in difficulties, *pray for us.*
Comfort of the sorrowing, *pray for us.*
Hope of the sick, *pray for us.*
Patron of exiles, *pray for us.*
Patron of the afflicted, *pray for us.*
Patron of the poor, *pray for us.*
Patron of the dying, *pray for us.*
Terror of demons, *pray for us.*
Protector of the Holy Church, *pray for us.*

Lamb of God, you take away the sins of the world, *spare us, O Lord.*
Lamb of God, you take away the sins of the world, *hear us, O Lord.*
Lamb of God, you take away the sins of the world, *have mercy on us.*

He made him master of his house, *and ruler of all his possessions.*

Let us pray.

O God, who in your inexpressible providence were pleased to choose Saint Joseph as spouse of your most holy Mother, grant, we pray, that we, who revere him as our protector on earth, may be worthy of his heavenly intercession. Who live and reign for ever and ever.
Amen.

Return to [SPIRITUAL WARFARE PRAYER](#) Page 15

SAINT GEMMA GALGANI - Feast Day April 11

**PRAYER FOR GRACE, PURITY AND HELP AGAINST ALL
TEMPTATIONS^v**

Behold me at Your most holy feet, O dear Jesus, to manifest to you my gratitude for the continual favors which You have bestowed upon me, and still wish to bestow upon me. As many times as I have invoked You, O Jesus, You have made me content; I have often had recourse to You and You have always consoled me. How shall I express myself to You, dear Jesus? I thank you!

Yet one more grace I desire of you, O my God, if it would be pleasing to You, for the healing and liberation of all souls. If you were not omnipotent, I would not make this request. O Jesus, have pity on me. May your most holy will be done in all things.

Amen.

LITANY OF SAINT GEMMA GALGANI

Lord, have mercy on us.

Lord, have mercy on us. Jesus, hear us.

Christ, have mercy on us.

Jesus, graciously hear us.

God the Father of Heaven,

God the Son, Redeemer of the world,

God the Holy Ghost,

Holy Trinity, one God,

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

Holy Mary,

St. Gemma,

Living icon of Jesus,

Flower of Christ's Passion,

Bearer of our Savior's Wounds,

Lover of the Cross,

Victim of Divine Love,

Victim for souls,

Model of simplicity,

Model of love,

Model of humility,

Model of purity,

Model of prayer,

Model of penance,

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

| | |
|--|----------------------------|
| Model of obedience, | <i>pray for us.</i> |
| Consolation of the Sacred Heart, | <i>pray for us.</i> |
| Worthy spouse of the Lamb of God, | <i>pray for us.</i> |
| Beloved daughter of Mary, | <i>pray for us.</i> |
| Child of dolors, | <i>pray for us.</i> |
| Friend of the angels, | <i>pray for us.</i> |
| Friend of the saints, | <i>pray for us.</i> |
| Scourge of demons, | <i>pray for us.</i> |
| Seraphic virgin, | <i>pray for us.</i> |
| Spotless lily of Paradise, | <i>pray for us.</i> |
| Precious gem of Christ, | <i>pray for us.</i> |
| Powerful intercessor before God's Holy Throne, | <i>pray for us.</i> |

Lamb of God, Who takes away the sins of the world, ***spare us, O Lord.***
 Lamb of God, Who takes away the sins of the world, ***hear us, O Lord.***
 Lamb of God, Who takes away the sins of the world, ***have mercy on us.***

V. Pray for us, O St. Gemma,

R. That we may boast in nothing but the Cross of our Lord Jesus Christ.

Let us pray:

O God, Who have made the virgin, St. Gemma Galgani, a living image of your suffering Son; grant, through her intercession, that joined with the Passion of Christ, we may also be made sharers in His eternal glory, Who lives and reigns in union with You and the Holy Spirit, one God, forever and ever.

Amen.

Return to [SPIRITUAL WARFARE PRAYER](#) Page 15

SAINT BENEDICT OF NURSIA - Feast Day July 11

PRAYER TO SAINT BENEDICT^{vi}

O glorious Saint 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 re-course 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: *for the healing and liberation of all souls*, if it be for the greater glory of God and the welfare of my soul.

Help me, O great Saint 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.

LITANY OF SAINT BENEDICT

Lord, have mercy on us.

Christ, have mercy on us.

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

Christ, graciously hear us.

God the Father of Heaven,

have mercy on us.

God the Son, Redeemer of the world,

have mercy on us.

God the Holy Spirit,

have mercy on us.

Holy Trinity, One God,

have mercy on us.

Holy Mary,

pray for us.

Holy Mother of God,

pray for us.

Holy Virgin of virgins,

pray for us.

Holy Father, Saint Benedict,

pray for us.

Father most reverend,

pray for us.

Father most renowned,

pray for us.

Father most compassionate,
 Man of great fortitude,
 Man of venerable life,
 Man of the most holy conversation,
 True servant of God,
 Light of devotion,
 Light of prayer,
 Light of contemplation,
 Star of the world,
 Best master of an austere life,
 Leader of the holy warfare,
 Leader and chief of monks,
 Master of those who die to the world,
 Protector of those who cry to thee,
 Wonderful worker of miracles,
 Revealer of the secrets of the human heart,
 Master of spiritual discipline,
 Companion of the patriarchs,
 Equal of the prophets,
 Follower of the Apostles,
 Teacher of martyrs,
 Father of many pontiffs,
 Gem of abbots,
 Glory of confessors,
 Imitator of anchorites,
 Associate of virgins,
 Colleague of all the saints,

pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.

Lamb of God, Who takest away the sins of the world, ***spare us, O Lord.***

Lamb of God, Who takest away the sins of the world,

graciously hear us, O Lord.

Lamb of God, Who takest away the sins of the world, ***have mercy on us.***

V. Intercede for us, O holy father Saint Benedict,

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

Let us pray:

O God, Who hast called us from the vanity of the world, and Who dost incite us to the reward of a heavenly vocation under the guidance of our holy patriarch and founder, Saint Benedict, inspire and purify our hearts and pour forth on us Thy grace, whereby we may persevere in Thee. Through Jesus Christ, Our Lord.
Amen.

Return to [SPIRITUAL WARFARE PRAYER](#) Page 15

SAINT MAXIMILLIAN KOLBE - Feast Day August 14

PRAYER TO ST. MAXIMILIAN KOLBE^{vii}

St. Maximilian Mary Kolbe, most faithful son of St. Francis, the beggar of Assisi, inflamed with love for God you journeyed through life practicing heroic virtues and performing true apostolic deeds.

Turn your gaze on us who honor you and have recourse to you.

Radiating with the light of the Immaculate Virgin, you brought countless souls to holiness and introduced them to various apostolic endeavors for the victory of good over evil and to thereby extend the Kingdom of God throughout the whole world.

Obtain for us the light and the strength we need to do good and to bring many souls to Christ.

Perfectly conformed and united with Jesus Christ, our Lord and Savior, you achieved such a high degree of love of neighbor that you were able to freely offer your life in exchange for a fellow prisoner in witness of true evangelical charity.

Beg the Lord on our behalf that, filled with the same fire of love, our faith and good example might also bring others to Christ and secure for us the reward of everlasting life, where we shall praise Him together with you in eternal glory.
Amen.

LITANY OF SAINT MAXIMILLIAN KOLBE

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

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

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

***have mercy on us.
 have mercy on us.
 have mercy on us.
 have mercy on us.***

Immaculate Mary, Mother of the Savior,
 St. Maximilian Maria Kolbe,
 Brave Knight of the Immaculata,
 Heroic Son of Poland,
 Man of living Faith,
 Obedient Son of St. Francis,
 Poor and Humble Friar,
 Example of Angelic Purity,
 Great Lover of our Eucharistic Lord,
 Consecrant of Our Lady,
 Faithful Priest,
 Model of Religious Life,
 Servant of the Church,
 Marian Mystic,
 Zealous Missionary,
 Modern Evangelist,
 True Ecumenist,
 Brilliant Apologist,
 Christian Journalist,
 Educator of Youth,
 Promoter of the Mass Media,
 Spokesman of Christian Values,
 Defender of Human Dignity,
 Promoter of the Miraculous Medal,
 Minister of Refugees,
 Friend of the Homeless,
 Hero of Auschwitz,
 Victim of Violence and Hatred,
 Provider for the Hungry,

***pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.
 pray for us.***

| | |
|---|----------------------------|
| Preacher to the Hopeless, | <i>pray for us.</i> |
| Companion of the Imprisoned, | <i>pray for us.</i> |
| Comforter of the Sick, | <i>pray for us.</i> |
| Consoler of the Dying, | <i>pray for us.</i> |
| Instrument of Peace and Reconciliation, | <i>pray for us.</i> |
| Man for Others, | <i>pray for us.</i> |
| Victim of Planned Extermination, | <i>pray for us.</i> |
| Martyr of Charity, | <i>pray for us.</i> |
| Intercessor of the Addicted, | <i>pray for us.</i> |
| Friend to those with Eating Disorders, | <i>pray for us.</i> |
| Protector of Family Life, | <i>pray for us.</i> |
| Inspiration to Volunteers, | <i>pray for us.</i> |
| Patron of Pro-life, | <i>pray for us.</i> |
| Patron of our Difficult Age, | <i>pray for us.</i> |
| Prophet and Sign of the Civilization of Love, | <i>pray for us.</i> |

Lamb of God, you take away the sins of the World, ***have mercy on us.***

Lamb of God, you take away the sins of the World, ***have mercy on us.***

Lamb of God, you take away the sins of the World, ***grant us peace.***

Let us pray:

Merciful God, you raised up St. Maximilian Kolbe to the glory of your saints.

Grant that we, through his heroic example and the powerful intercession of this Martyr of Charity, may always serve you in charity shown to our brothers and sisters. Grant the grace we need always to seek to accomplish the greatest glory of God in all that we do.

We ask this through Christ our Lord.

Amen.

Return to [SPIRITUAL WARFARE PRAYER](#) Page 15

SAINT PIO OF PIETRELCINA - Feast Day September 23

PRAYER OF POPE JOHN PAUL II TO ST PADRE PIO^{viii}

Teach us, we pray, humility of heart, so that we may be counted among the little ones of the Gospel to whom the Father promised to reveal the mysteries of His Kingdom. Help us to pray without ceasing, certain that God knows what we need even before we ask Him.

Obtain for us the eyes of faith that will help us recognize in the poor and suffering, the very face of Jesus. Sustain us in the hour of trouble and trial and, if we fall, let us experience the joy of the sacrament of forgiveness.

Grant us your tender devotion to Mary, mother of Jesus and our Mother. Accompany us on our earthly pilgrimage toward the blessed Homeland, where we too, hope to arrive to contemplate forever the Glory of the Father, the Son, and the Holy Spirit.

Amen.

LITANY OF SAINT PADRE PIO

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ, hear us.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ, graciously hear us.

God the Father of Heaven,

God the Son, Redeemer of the World,

God the Holy Spirit,

Holy Trinity, One God,

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

Holy Mary, Virgin Immaculate,

St. Pio of Pietrelcina,

Beloved of God,

Imitator of Jesus Christ,

Good shepherd of the people,

Model for priests,

Light of the Church,

Adorer of the Blessed Sacrament,

Faithful son of St. Francis,

Marked with the stigmata of Jesus,

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

| | |
|--|----------------------------|
| Patient in suffering, | <i>pray for us.</i> |
| Helper of the dying, | <i>pray for us.</i> |
| Director of souls, | <i>pray for us.</i> |
| Heart of gold, | <i>pray for us.</i> |
| Apostle of mercy, | <i>pray for us.</i> |
| Worker of miracles, | <i>pray for us.</i> |
| Consoler of the afflicted, | <i>pray for us.</i> |
| Lover of the Most Holy Rosary, | <i>pray for us.</i> |
| Helper of souls in doubt and darkness, | <i>pray for us.</i> |
| Comforter of the sick, | <i>pray for us.</i> |
| Example of humility, | <i>pray for us.</i> |
| Source of wisdom, | <i>pray for us.</i> |
| Mirror of the divine life, | <i>pray for us.</i> |
| Lover of Jesus Crucified, resigned to the will of God, | <i>pray for us.</i> |
| Doing good upon earth, | <i>pray for us.</i> |
| Filled with the spirit of self-sacrifice, | <i>pray for us.</i> |
| Our help and hope in all our needs, | <i>pray for us.</i> |
| Vessel of the Holy Spirit, | <i>pray for us.</i> |
| Leading us to Christ, | <i>pray for us.</i> |
| Our spiritual father and advocate, | <i>pray for us.</i> |
| Crowned with glory in Heaven, | <i>pray for us.</i> |

God our Father,
You helped St. Pio of Pietrelcina to reflect the image of Christ through a life of charity and self-sacrifice. May we follow your Son by walking in the footsteps of St. Pio and by imitating his selfless love.
Amen.

Return to [SPIRITUAL WARFARE PRAYER](#) Page 15

SAINT TERESA OF AVILA - Feast Day October 15

PRAYER OF SAINT TERESA OF AVILA^{ix}

Lord, grant that I may always allow myself to be guided by You,
always follow Your plans,
and perfectly accomplish Your Holy Will.
Grant that in all things, great and small,
today and all the days of my life,
I may do whatever You require of me.
Help me respond to the slightest prompting of Your Grace,
so that I may be Your trustworthy instrument for Your honor.
May Your Will be done in time and in eternity –
by me, in me, and through me.
Amen.

LITANY OF SAINT TERESA OF AVILA

Lord, have mercy on us.

Christ, have mercy on us.

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

Christ, graciously hear us.

God the Father of Heaven,

have mercy on us.

God the Son, Redeemer of the world,

have mercy on us.

God the Holy Ghost, the Sanctifier,

have mercy on us.

Holy Trinity, One God,

have mercy on us.

Holy Mary, Mother of God,

pray for us.

Holy Mary, Our Lady of Mount Carmel,

pray for us.

Saint Teresa of Avila,

pray for us.

St. Teresa, whose heart was transverberated by the love of God,

pray for us.

St. Teresa, most humble servant of God,

pray for us.

St. Teresa, most zealous for the glory of God,

pray for us.

St. Teresa, woman truly strong in mind,

pray for us.

St. Teresa, truly detached from all created objects,

pray for us.

St. Teresa, great light of the Catholic Church,

pray for us.

St. Teresa, reformer and glory of the Carmelite Order,

pray for us.

St. Teresa, queen of mystical theology,

pray for us.

St. Teresa, lustrous name of Avila and Spain,

pray for us.

St. Teresa, who didst forever glorify the name of Teresa,

pray for us.

St. Teresa, wishing to suffer or to die,

pray for us.

St. Teresa, exclaiming, "O Lord, how sweet and pleasing are Thy ways!"

pray for us.

St. Teresa, desiring so much the salvation of souls,

pray for us.

St. Teresa, tasting and seeing how sweet is the Lord, even in this vale of miseries,

pray for us.

St. Teresa, exclaiming, "O death, who can fear thee who art the way to true life!"

pray for us.

St. Teresa, true lover of the Cross of Christ,

pray for us.

St. Teresa, who didst live to love, who didst die to love, and who wilt love eternally,

pray for us.

Lamb of God, Who takest away the sins of the world,

spare us, O Lord.

Lamb of God, Who takest away the sins of the world,

hear us, O Lord.

Lamb of God, Who takest away the sins of the world,

have mercy on us.

V. Pray for us, O holy Saint Teresa,

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

Let us pray:

O God, Who didst replenish the heart of Thy blessed servant

St. Teresa with the treasures of Thy Divine love, grant that, like her,

we may love Thee and suffer all things for Thee and in union with Thee,

that we may gain souls for Thee, and that we may secure the salvation

of our own soul. This we beg through the merits of our Savior and the

intercession of Thy glorious virgin Teresa.

Amen.

Return to [SPIRITUAL WARFARE PRAYER](#) Page 15

SAINT JOHN OF THE CROSS - Feast Day December 14

PRAYER TO SAINT JOHN OF THE CROSS^x

O glorious Saint John of the Cross, great Doctor of the Church, who, from very longing to be configured to Christ crucified, didst desire nothing more ardently, even to the last moment of thy holy life, than to suffer and to be despised and rejected of all men; and so great was thy thirst for suffering, that thy generous heart was filled with joy in the midst of most painful torments and afflictions; I beseech thee, dear Saint, by the glory thou didst merit by thy manifold sufferings, intercede for me with Almighty God and obtain for me love of suffering, together with grace and strength to endure all tribulations and adversities with dauntless courage; for these are the sure means of coming into the possession of that crown of glory which is prepared for me in heaven. Ah yes, dear Saint, from that high and glorious throne where thou sittest triumphant, hear, I beseech thee, my earnest entreaties, that, following thee, I may become a lover of the Cross and of suffering, and thus may merit to be thy companion in glory.

Amen.

LITANY OF SAINT JOHN OF THE CROSS

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us. Christ hear us. ***Christ, graciously hear us.***

God the Father of Heaven,

have mercy on us.

God the Son, Redeemer of the world,

have mercy on us.

God the Holy Ghost,

have mercy on us.

Holy Trinity, one God,

have mercy on us.

Holy Mary, Mother of God, Queen and Beauty of Carmel, ***pray for us.***

Saint John of the Cross, ***pray for us.***

St. John, our glorious Father, ***pray for us.***

Beloved child of Mary, the Queen of Carmel, ***pray for us.***

Fragrant flower of the garden of Carmel, ***pray for us.***

Admirable possessor of the spirit of Elias, ***pray for us.***

Foundation stone of the Carmelite Reform, ***pray for us.***

Spiritual son, and beloved Father of St. Teresa, ***pray for us.***

Most vigilant in the practice of virtue, ***pray for us.***

Treasure of charity, ***pray for us.***

Abyss of humility, ***pray for us.***

| | |
|---|------------------------------------|
| Most perfect in obedience, | <i>pray for us.</i> |
| Invincible in patience, | <i>pray for us.</i> |
| Constant lover of poverty, | <i>pray for us.</i> |
| Dove of simplicity, | <i>pray for us.</i> |
| Thirsting for mortification, | <i>pray for us.</i> |
| Prodigy of holiness, | <i>pray for us.</i> |
| Mystical Doctor, | <i>pray for us.</i> |
| Model of contemplation, | <i>pray for us.</i> |
| Zealous preacher of the Word of God, | <i>pray for us.</i> |
| Worker of miracles, | <i>pray for us.</i> |
| Bringing joy and peace to souls, | <i>pray for us.</i> |
| Terror of devils, | <i>pray for us.</i> |
| Model of penance, | <i>pray for us.</i> |
| Faithful guardian of Christ's Vineyard, | <i>pray for us.</i> |
| Ornament and glory of Carmel, | <i>pray for us.</i> |
| Lamb of God, Who takest away the sins of the world, | <i>spare us, O Lord.</i> |
| Lamb of God, Who takest away the sins of the world, | <i>graciously hear us, O Lord.</i> |
| Lamb of God, Who takest away the sins of the world, | <i>have mercy on us.</i> |

V. Holy Father Saint John of the Cross, pray for us:

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

Let us pray:

O God, Who didst instill into the heart of Saint John of the Cross, Thy Confessor and our Father, a perfect spirit of self-abnegation, and a surpassing love of Thy Cross: grant, that assiduously following in his footsteps, we may attain to eternal glory. Through Christ Our Lord.

Amen.

Return to [SPIRITUAL WARFARE PRAYER](#) Page 15

Lent



PENITENT S O L D I E R S LENTEN LITURGY



EXPOSITION OF THE BLESSED SACRAMENT

O SALUTARIS

O salutaris Hostia, Quae caeli pandis ostium:

(O saving Victim, opening wide, The gate of heaven to man below!)

Bella premunt hostilia, Da robur, fer auxilium.

(Our foes press on from every side; Thine aid supply, thy strength bestow.)

Uni trinoque Domino, Sit sempiterna gloria,

(To Thy great name by endless praise, Immortal Godhead, one in Three;)

Qui vitam sine termino Nobis donet in patria.

(Oh, grant us endless length of days, In our true native land with Thee.)

Amen.

Text: LM; *O Salutaris Hostia*, St Thomas Aquinas, 1227-1274, tr. By Edward Caswall, 1814-1878, alt.

Music: O SALUTARIS HOSTIA, Anthony Werner, d. 1863

TE DEUM by Saint Ambrose

You are God: we praise you;

You are God: we acclaim you;

You are the eternal Father:

All creation worships you.

To you all angels, all the powers of heaven,

Cherubim and Seraphim, sing in endless praise:

Holy, holy, holy, Lord, God of power and might,

Heaven and earth are full of your glory.

The glorious company of apostles praise you.

The noble fellowship of prophets praise you.

The white-robed army of martyrs praise you.

Throughout the world the holy Church acclaim you:

Father, of majesty unbounded,

Your true and only Son, worthy of all worship,

And the Holy Spirit, advocate and guide.

You, Christ, are the king of glory,

The eternal Son of the Father.

When you became man to set us free
You did not spurn the Virgin's womb.
You overcame the sting of death,
And opened the kingdom of heaven to all believers.
You are seated at God's right hand in glory.
We believe that you will come, and be our judge.
Come then, Lord, and help your people,
Bought with the price of your own blood,
And bring us with your saints
To glory everlasting.
Save your people, Lord, and bless your inheritance.
Govern and uphold them now and always.
Day by day we bless you.
We praise your name forever.
Keep us today, Lord, from all sin.
Have mercy on us, Lord, have mercy.
Lord, show us your love and mercy;
For we put our trust in you.
In you, Lord, is our hope:
And we shall never hope in vain.

ANIMA CHRISTI by St. Ignatius of Loyola

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 Christ, strengthen me.
O Good Jesus, hear me.
Within your wounds hide me.
Permit me not to be separated from you.
From the wicked foe, 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 ever and ever.
Amen.

LITANY OF HUMILITY

O Jesus! meek and humble of heart, Hear me.

| | |
|---|---------------------------|
| From the desire of being esteemed, | <i>deliver me, Jesus.</i> |
| From the desire of being loved, | <i>deliver me, Jesus.</i> |
| From the desire of being extolled, | <i>deliver me, Jesus.</i> |
| From the desire of being honored, | <i>deliver me, Jesus.</i> |
| From the desire of being praised, | <i>deliver me, Jesus.</i> |
| From the desire of being preferred to others, | <i>deliver me, Jesus.</i> |
| From the desire of being consulted, | <i>deliver me, Jesus.</i> |
| From the desire of being approved, | <i>deliver me, Jesus.</i> |
| From the fear of being humiliated, | <i>deliver me, Jesus.</i> |
| From the fear of being despised, | <i>deliver me, Jesus.</i> |
| From the fear of suffering rebukes, | <i>deliver me, Jesus.</i> |
| From the fear of being slandered by others, | <i>deliver me, Jesus.</i> |
| From the fear of being forgotten, | <i>deliver me, Jesus.</i> |
| From the fear of being ridiculed, | <i>deliver me, Jesus.</i> |
| From the fear of being wronged, | <i>deliver me, Jesus.</i> |
| From the fear of being suspected, | <i>deliver me, Jesus.</i> |

That others may be loved more than I, *Jesus, grant me the grace to desire it.*
That others may be esteemed more than I,

Jesus, grant me the grace to desire it.

That, in the opinion of the world, others may increase and I may decrease,

Jesus, grant me the grace to desire it.

That others may be chosen and I set aside,

Jesus, grant me the grace to desire it.

That others may be praised and I unnoticed,

Jesus, grant me the grace to desire it.

That others may be preferred to me in everything,

Jesus, grant me the grace to desire it.

That others may become holier than I, provided that I may become as holy as I should,

Jesus, grant me the grace to desire it.

Amen.

HOLY PROTECTION OF THE THEOTOKOSⁱⁱ

O Mary, Mother of God,
as you are above all creatures in heaven and on earth,
more glorious than the Cherubim,
more noble than any here below,
Christ has given you to His people,
firm bulwark and protectress,
to shield and save sinners who fly to you.

Therefore, O Lady, all-embracing refuge,
we solemnly recall your sweet protection
and beg the Christ forever for His mercy.
Amen.

SALVE REGINA

Salve, Regina, Mater misericordiae,
(Hail, holy Queen, Mother of Mercy)

vita, dulcedo, et spes nostra, salve.
(life, sweetness and hope of ours)

ad te clamamus exules filii Evae,
(To thee we cry exiles children of Eve;)

ad te suspiramus, gementes et flentes
(to thee we cry, mourning and weeping)

in hac lacrimarum valle.
(in this tearful valley.)

Eia, ergo, advocata nostra, illos tuos
(Ah then, advocate of ours, those thy)

misericordes oculos ad nos converte;
(merciful eyes toward us turn-thou;)

et Iesum, benedictum fructum ventris tui,
(And Jesus blessed fruit of the womb of thee)

nobis post hoc exsilium ostende.
(To us after this exile show thou.)

O clemens, O pia, O dulcis Virgo Maria.
(O clement, O tender, O sweet Virgin Mary.)

MEDITATIVE SILENCE

SCRIPTURE READING & REFLECTION

BOOK OF NAMES by Deacon Tom Biegel

O Divine Eternal Father, in union with Jesus your Divine Son, and the Holy Spirit, and through the Immaculate Heart of Mary, we beg You to heal and liberate every individual written in our Book of Intercessions. Cure every affliction of mind, heart, body and soul; destroy any demonic presence, stronghold, or power in their lives. With the Precious Blood of Jesus, heal every wound and deliver them from evil.

Lord, we adjure you, strengthen their will, and illumine their conscience to break every habitual sin and addiction. Rebuke every fear, lie, or rationalization to renew their true Christian identity. Be merciful Almighty God and stretch out Your mighty hand and come to their aid.

Amen.

PRAYERS OF INTERCESSION FOR PRIESTS by Deacon Tom Biegel

O Jesus, our great High Priest, hear our humble prayers on behalf of your priests. Give them a deep faith, a bright and firm hope and a burning love which will ever increase during their priestly life and protect them from the snares of Satan.

Gracious and loving God, we thank you for the gift of our priests.

Through them, we experience your presence in the sacraments.

Help our priests to be strong in their vocation.

Set their souls on fire with love for your people.

Grant them the wisdom, understanding, and strength they need to follow in the footsteps of Jesus.

Inspire them with the vision of your Kingdom.

Give them the words they need to spread the Gospel.

Allow them to experience joy in their ministry.

Help them to become instruments of your divine grace.

We ask this through Jesus Christ, who lives and reigns as our Eternal Priest.

Amen. ⁱⁱⁱ

INTERCESSORY PRAYERS

SOLDIERS OF HER THRONE by Rachel Fisher

We have come, with humble hearts
Bowling here we give our lives
Knowing now, our time has come
to fight for all, Who Mary loves

Penitent we cry to Thee
A mission to set captives free
In this army we'll defend Your own
and guide Your children home,
We are Soldiers of Her Throne

Oh Mary, Virgin Mother
Queen of Heaven, We bow
Oh Regina, Bless Thy Soldiers
For we're in Your army
Now

Immaculata, Theotokos
Crown of All Creation, We bow
Throne of Wisdom, Bless Thy Soldiers
For we're in Your army
Now

Text and Music: Rachel Fisher, 2022

OVERCOMING SINFUL PASSIONS^{xi}

Dear Jesus, in the Sacrament of the Altar, be forever thanked and praised.

Love, worthy of all celestial and terrestrial love!

Who, out of infinite love for me, ungrateful sinner,

didst assume our human nature, didst shed Thy most Precious Blood in the cruel scourging, and didst expire on a shameful Cross for our eternal welfare!

Now illumined with lively faith, with the outpouring of my whole soul and the fervor of my heart, I humbly beseech Thee, through the infinite merits of Thy painful sufferings, give me strength and courage to destroy every evil passion which sways my heart, to bless Thee by the exact fulfillment of my duties, supremely to hate all sin, and thus to become a Saint.

PRAYER TO WALK HUMBLY THROUGH LENT^{xii}

Father, in Micah 6:8, You say,

“O people, the LORD has told you what is good,
and this is what he requires of you:

to do what is right, to love mercy,

and to walk humbly with your God.”

Today we choose to walk humbly with You.

We choose to live by Your Holy Spirit and to follow Your lead.

Help us to hear You clearly, for we do not want to walk by pride or self-sufficiency, we want to walk with You.

In Jesus' name,

Amen.

REPARATION TO THE BLESSED SACRAMENT Fatima Prayer

O most Holy Trinity, Father, Son, and Holy Spirit, I adore You profoundly.

I offer You the Most Precious Body, Blood, Soul and Divinity of Jesus Christ,

present in all the tabernacles of the world, in reparation for the outrages,

sacrileges and indifferences by which He is offended. By the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary, I beg for the

conversion of sinners.

BENEDICTION & REPOSITION

TANTUM ERGO St. Thomas Aquinas

Tantum ergo Sacramentum Veneremur cernui:

(Down in adoration falling, Lo! the Sacred Host we hail),

Et antiquum Documentum Novo cedit ritui:

(Lo! o'er ancient forms departing Newer rites of grace prevail;)

Praestet fides supplementum Sensuum defectui.

(Faith for all defects supplying, Where the feeble senses fail.)

Genitori, Genitoque Laus et iubilatio,

(To the Everlasting Father, And the Son Who reigns on high)

Salus, honor, virtus quoque Sit et benedictio:

(With the Holy Ghost proceeding Forth from Each eternally,)

Procedenti ab utroque Compar sit laudatio.

(Be salvation, honor, blessing, Might, and endless majesty.)

Amen.

DIVINE PRAISES

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most Holy.

Blessed be her Holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in His Angels and in His Saints.

Amen.

CONCLUDING REMARKS

SCRIPTURE VERSE FOR THE PENITENT SOLDIERS OF MARY

“The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor. He has sent me to proclaim liberty to the captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim a year acceptable to the Lord.”

Luke 4:18-19

PATRON SAINTS & FEAST DAYS

| | |
|------------------------------|---------------------|
| St Joseph | March 19 |
| St Gemma Galgani | April 11 |
| St Benedict of Nursia | July 11 |
| St Maximilian Kolbe | August 14 |
| St Pio of Pietrelcina | September 23 |
| St Teresa of Avila | October 15 |
| St John of the Cross | December 14 |

AUXILIARY SAINTS & FEAST DAYS

| | |
|-----------------------|-------------|
| St Catherine of Siena | April 29 |
| St John Vianney | August 4 |
| St Teresa of Calcutta | September 5 |
| St John Paul II | October 22 |

ⁱ <https://www.catholicnewsagency.com/resource/56089/litany-of-the-most-blessed-sacrament>

ⁱⁱ <https://www.nationalshrine.org/blog/a-prayer-of-marian-protection-the-devotion-of-pokrov/>

ⁱⁱⁱ <https://www.usccb.org/prayers/prayer-priests>

^{iv} https://www.vatican.va/content/francesco/en/apost_letters/documents/papa-francesco-lettera-ap_20201208_patris-corde.html

^v <https://www.daily-prayers.org/angels-and-saints/prayers-of-saint-gemma/>

^{vi} <https://www.catholiccompany.com/content/prayers-st-benedict-of-nursia>

^{vii} <https://militiaoftheimmaculata.com/prayers-to-st-maximilian-kolbe/>

^{viii} <https://padrepiodevotions.org/category/prayers-of-padre-pio/page/3/>

^{ix} <https://hallow.com/blog/st-teresa-of-avila-prayers-quotes-feast-day/>

^x <https://catholiccharboroffaithandmorals.com/St.%20John%20of%20the%20Cross%20Litany.html>

^{xi} <https://www.catholicdoors.com/prayers/english5/p03027.htm>

^{xii} <https://www.crosswalk.com/faith/prayer/beautiful-prayers-for-humility.html>