

Children's prayers

When Josemaría was very little, his parents and grandparents taught him short, simple prayers to say during the day. Saint Josemaría never forgot them. He went on saying them for the rest of his life.



By saying these prayers, he learned to talk to Jesus, Mary and his Guardian Angel, simply, and from his heart.



**In the morning,
the first thought in the day**



O my Lady, O my Mother,
I offer myself entirely to you,
and in proof of my filial affection
I offer to you this day my eyes,
my ears, my tongue, my heart,
in a word, my whole self.
Now that I am entirely yours,
Mother of goodness,
keep me and defend me
as your own property
and possession. Amen.

**At night,
before getting into bed**

I am yours, I was born for you,
Dear Jesus, what do you want me to do?

To his Guardian Angel

Guardian Angel, to you I pray,
Desert me not, by night or day.
If you were to leave me,
Where would I be?
O Guardian Angel, pray for me.



For his First Holy Communion – a spiritual Communion

I wish, Lord, to receive You
with the purity, humility and devotion
with which Your most holy Mother received You,
with the spirit and fervor of the saints.

Before Confession

O Lord Jesus Christ, true God and true Man,
my Creator, Father and Redeemer,
I am sorry and beg pardon for all my sins,
and detest them above all things, because they deserve
your dreadful punishments, because they have crucified you,
my loving Saviour Jesus Christ, and most of all because

they offend your infinite
goodness, and I firmly
resolve, with the help
of your grace, never to
offend you again,
carefully to avoid
the occasions of sin,
to go to Confession,
and to fulfil the penance
I am given. Amen.



Prayers to our Lady

Blest be your holy purity,
Blest for ever may it be,
For God most high himself delights
Such radiant beauty in you to see.
To you, our gracious heavenly Queen,
Holy Virgin Mary, I pray:
My soul, my life, my heart,
I offer to you today.
Look on me with pity divine,
Do not forsake me, mother of mine!
Amen.



Remember, O most loving Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Grace before meals

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty. Through Christ our Lord. Amen.

May the King of eternal glory bring us to share in the banquet of Heaven. Amen.



Grace after meals

We give thee thanks, almighty God, for these and all thy benefits, who live and reign forever and ever. Amen.
May the Lord give us his peace. And life everlasting.
Amen.