

## A Morning Litany

In the name of the Father, ✠ and of the Son,  
and of the Holy Ghost. *Amen.*

Come Holy Ghost, fill the hearts of thy  
faithful people,  
*and kindle in them the fire of thy love.*

Holy Father, strength of thy children by  
night and by day, *have mercy upon us.*

Blessed Jesus, our food and our strength,  
sweet spirit, light and guide of our souls,  
*have mercy upon us.*

Holy Trinity, abyss of love, *have mercy upon us.*

Holy, blessed, and glorious Trinity, *I adore thee.*

In thy perfect beauty, *I adore thee.*

In thy boundless power, *I adore thee.*

With the Blessed Virgin Mary, *I adore thee.*

With the holy angels, *I adore thee.*

With the blessed saints, *I adore thee.*

In union with every Eucharist offered today,  
*I adore thee.*

Praise and thanksgiving for protection during  
the past night, *I offer thee.*

Praise and thanksgiving for all thy mercies  
and blessings, *I offer thee.*

My daily work, *I offer thee.*

All my thoughts, *I offer thee.*

All my words, *I offer thee.*

My joys and consolations, *I offer thee.*

My sorrows and troubles, *I offer thee.*

My difficulties, doubts, and anxieties,  
*I offer thee.*

On all near and dear to me, especially . . . ,  
*send thy blessing, O Lord.*

On every person I will encounter this day,  
*send thy blessing, O Lord.*

On the nations and those in authority,  
*send thy blessing, O Lord.*

On all caught in war, famine, or disaster,  
*send thy blessing, O Lord.*

On those who protect our nation and cities,  
*send thy blessing, O Lord.*

On the Church throughout the world,  
*send thy blessing, O Lord.*

On my parish and diocese, its clergy and  
people, *send thy blessing, O Lord.*

On schools, colleges, universities, and  
seminaries, *send thy blessing, O Lord.*

On religious orders,  
*send thy blessing, O Lord.*

On those in danger by reason of labor or travel,  
*send thy blessing, O Lord.*

On homes and families, children and parents,  
*send thy blessing, O Lord.*

On those who are lonely or bereaved,  
*send thy blessing, O Lord.*

On those who are ill and in pain,  
*send thy blessing, O Lord.*

And all who care for them,  
*send thy blessing, O Lord.*

To all who will die this day,  
*give true contrition and receive their souls.*

To the faithful ✠ departed,  
*grant light and peace.*

In my daily temptations,  
*Good Lord, deliver me.*

When I forget thee, *recall me to thyself.*

In any Danger of soul or body, *preserve  
and defend me. Amen.*

From "St. Augustine's Prayer Book," published by Forward Movement,  
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