

Day 16

“Never will anyone who says his Rosary every day be led astray. This is a statement that I would gladly sign with my blood.” (St. Louis De Montfort)

Don't worry if you miss a day; just pick up when you can. If you misplace the email, all the entries are on the website here:

<https://sacredheartwinchester.org/2022/11/06/experience-the-powerful-spiritual-effects-of-true-devotion-to-mary/> We also have the guides in the Gift Shop if you would like to have a hard copy of the book.

Reading:

Chapter six – read pages 79-81

Meditation:

From True Devotion To the Blessed Virgin Mary, No. 228
Preparatory Exercises

During the first week they should offer up all their prayers and acts of devotion to acquire knowledge of themselves and sorrow for their sins. Let them perform all their actions in a spirit of humility. With this end in view they may, if they wish, meditate on what I have said concerning our corrupted nature, and consider themselves during six days of the week as nothing but sails, slugs, toads, swine, snakes and goats. Or else they may meditate on the following three considerations of St. Bernard: "Remember what you were -corrupted seed; what you are - a body destined for decay; what you will be -food for worms." They will ask our Lord and the Holy Spirit to enlighten them saying, "Lord, that I may see," or "Lord, let me know myself," or the "Come, Holy Spirit". Every day they should say the Litany of the Holy Spirit, with the prayer that follows, as indicated in the first part of this work. They will turn to our Blessed Lady and beg her to obtain for them that great grace which is the foundation of all others, the grace of self-knowledge. For this intention they will say each day the Ave Maris Stella and the Litany of the Blessed Virgin.

Imitation of Christ, by Thomas á Kempis: Book 2, Chapter 5
Of Self-consideration

We cannot trust over much to ourselves (Jer. 17:5), because grace oftentimes is wanting to us, and understanding also. Little light is there in us, and this we quickly lose by our negligence. Oftentimes too we perceive not our inward blindness how great it is. Oftentimes we do evil, and excuse it worse (Psalm 141:4). We are sometimes moved with passion, and we think it zeal. We reprehend small things in others, and pass over our own greater matters (Matt. 7:5). Quickly enough we feel and weigh what we suffer at the hands of others; but we mind not how much others suffer from us. He that well and rightly considereth his own works, will find little cause to judge hardly of another.

Daily prayers to recite

Litany of the Holy Ghost

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Father all powerful, have mercy on us
Jesus, Eternal Son of the Father, Redeemer of the world, save us.
Spirit of the Father and the Son, boundless life of both, sanctify us.
Holy Trinity, hear us
Holy Ghost, Who proceedest from the Father and the Son, enter our hearts. Holy Ghost, Who art equal to the Father and the Son, enter our hearts.
Promise of God the Father, have mercy on us.
Ray of heavenly light, have mercy on us
Author of all good, have mercy on us
Source of heavenly water, have mercy on us
Consuming fire, have mercy on us
Ardent charity, have mercy on us
Spiritual unction, have mercy on us
Spirit of love and truth, have mercy on us
Spirit of wisdom and understanding, have mercy on us
Spirit of counsel and fortitude, have mercy on us
Spirit of knowledge and piety, have mercy on us
Spirit of the fear of the Lord, have mercy on us
Spirit of grace and prayer, have mercy on us
Spirit of peace and meekness, have mercy on us
Spirit of modesty and innocence, have mercy on us
Holy Ghost, the Comforter, have mercy on us
Holy Ghost, the Sanctifier, have mercy on us
Holy Ghost, Who governest the Church, have mercy on us
Gift of God, the Most High, have mercy on us
Spirit Who fillest the universe, have mercy on us
Spirit of the adoption of the children of God, have mercy on us
Holy Ghost, inspire us with horror of sin.
Holy Ghost, come and renew the face of the earth.
Holy Ghost, shed Thy light in our souls.
Holy Ghost, engrave Thy law in our hearts
Holy Ghost, inflame us with the flame of Thy love.
Holy Ghost, open to us the treasures of Thy graces
Holy Ghost, teach us to pray well.
Holy Ghost, enlighten us with Thy heavenly inspirations.
Holy Ghost, lead us in the way of salvation

Holy Ghost, grant us the only necessary knowledge.
Holy Ghost, inspire in us the practice of good. Holy
Ghost, grant us the merits of all virtues.
Holy Ghost, make us persevere in justice.
Holy Ghost, be Thou our everlasting reward.
Lamb of God, Who takest away the sins of the
world, Send us Thy Holy Ghost.
Lamb of God, Who takest away the sins of the
world, pour down into our souls the gifts of the Holy Ghost.
Lamb of God, Who takest away the sins of the world, grant us the Spirit of wisdom and piety.

V. Come, Holy Ghost! Fill the hearts of Thy faithful,
R. And enkindle in them the fire of Thy love.

Let Us Pray. Grant, O merciful Father, that Thy
Divine Spirit may enlighten, inflame and purify us,
that He may penetrate us with His heavenly dew and
make us fruitful in good works, through Our Lord
Jesus Christ, Thy Son, Who with Thee, in the unity
of the same Spirit, liveth and reigneth forever and
ever.

R. Amen.

Litany of the Blessed Virgin Mary (Litany of Loreto)

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, pray for us
Holy Mother of God, pray for us.
Holy Virgin of virgins, pray for us.
Mother of Christ, pray for us.
Mother of divine grace, pray for us.
Mother most pure, pray for us.
Mother most chaste, pray for us.
Mother inviolate, pray for us.
Mother undefiled, pray for us.
Mother most amiable, pray for us.
Mother most admirable, pray for us.
Mother of good counsel, pray for us.
Mother of our Creator, pray for us.
Mother of our Saviour, pray for us.
Mother of the Church, pray for us.

Virgin most prudent, pray for us.
Virgin most venerable, pray for us.
Virgin most renowned, pray for us.
Virgin most powerful, pray for us.
Virgin most merciful, pray for us.
Virgin most faithful, pray for us.
Preparation for Consecration, pray for us.
Mirror of justice, pray for us.
Seat of wisdom, pray for us.
Cause of our joy, pray for us.
Vessel of honor, pray for us.
Singular vessel of devotion, pray for us.
Mystical rose, pray for us.
Tower of David, pray for us.
Tower of ivory, pray for us.
House of gold, pray for us.
Ark of the covenant, pray for us.
Gate of Heaven, pray for us.
Morning star, pray for us.
Health of the sick, pray for us.
Refuge of sinners, pray for us.
Comforter of the afflicted, pray for us.
Help of Christians, pray for us.
Queen of angels, pray for us.
Queen of patriarchs, pray for us.
Queen of prophets, pray for us.
Queen of Apostles, pray for us.
Queen of martyrs, pray for us.
Queen of confessors, pray for us.
Queen of virgins, pray for us.
Queen of all saints, pray for us.
Queen conceived without Original Sin, pray for us.
Queen assumed into Heaven, pray for us.
Queen of the most holy Rosary, pray for us.
Queen of peace, 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. Pray for us, O holy Mother of God,
R. That we may be made worthy of the promises of Christ.

Let Us Pray. Grant, we beseech Thee, O Lord God,
unto us Thy servants, that we may rejoice in

continual health of mind and body, and by the glorious intercession of Blessed Mary, ever virgin, may be delivered from present sadness, and enter into the joy of Thine eternal gladness. Through Christ Our Lord.

R. Amen

Ave Maris Stella

Hail, O Star of the ocean, God's own Mother blest, ever sinless Virgin,
gate of heav'nly rest.

Taking that sweet Ave, which from Gabriel came, peace confirm within us, changing Eve's name.

Break the sinners' fetters, make our blindness day, Chase all evils from us, for all blessings pray.

Show thyself a Mother, may the Word divine

born for us thine Infant

hear our prayers through thine.

Virgin all excelling, mildest of the mild,

free from guilt preserve us meek and undefiled.

Keep our life all spotless, make our way secure

till we find in Jesus,

joy for evermore.

Praise to God the Father, honor to the Son,

in the Holy Spirit,

be the glory one. Amen.