

Prayers of St. Alphonsus Liguori for Every Day of the Week

Prayer for Sunday

Mother of my God, look down upon a poor sinner, who has recourse to thee and puts his trust in thee. I am not worthy that thou shouldst even cast thine eyes upon me; but I know that thou, beholding Jesus thy Son dying for sinners, dost thyself yearn exceedingly to save them. O Mother of Mercy, look on my miseries and have pity upon me. Men say thou art the refuge of the sinner, the hope of the desperate, the aid of the lost; be thou, then, my refuge, hope, and aid. It is thy prayers which must save me. For the love of Jesus Christ be thou my help; reach forth thy hand to the poor fallen sinner who recommends himself to thee. I know that it is thy joy to aid the sinner when thou canst; help me now, thou who canst help. By my sins I have forfeited the grace of God and my own soul. I place myself in thy hands; oh, tell me what to do that I may regain the grace of God, and I will do it. My Savior bids me go to thee for help; He wills that I should look to thy pity; that so, not only the merits of thy Son, but thine own prayers too, may unite to save me. To thee, then, I have recourse: pray thou to Jesus for me; and make me experience how great good thou canst do for one who trusts in thee. Be it done unto me according to my hope. Amen.

Then say thrice Ave Maria to the Blessed Virgin Mary, in reparation for the blasphemies uttered against her

Prayer for Monday

Most holy Mary, Queen of Heaven, I who was once the slave of the Evil One now dedicate myself to thy service for ever; and I offer myself, to honour and to serve thee as long as I live. Accept me for thy servant, and cast me not away from thee as I deserve. In thee, O my Mother, I place all my hope. All blessing and thanksgiving be to God, Who in His mercy giveth me this trust in thee. True it is, that in past time I have fallen miserably into sin; but by the merits of Jesus Christ, and by thy prayers, I hope that God has pardoned me. But this is not enough, my Mother. One thought appalls me; it is, that I may yet lose the grace of God. Danger is ever nigh; the devil sleeps not; fresh temptations assail me. Protect me, then, my Queen; help me against the assaults of my spiritual enemy. Never suffer me to sin again, or to offend Jesus thy Son. Let me not by sin lose my soul, heaven, and my God. This one grace, Mary, I ask of thee; this is my desire; this may thy prayers obtain for me. Such is my hope. Amen.

Then say thrice Ave Maria to the Blessed Virgin Mary, in reparation for the blasphemies uttered against her

Prayer for Tuesday

Most holy Mary, Mother of Goodness, Mother of Mercy, when I reflect upon my sins and upon the moment of my death, I tremble and am confounded. O my sweetest Mother, in the Blood of Jesus, in thy intercession, are my hopes. Comforter of the sad, abandon me not at that hour; fail not to console me in that affliction. If even now I am so tormented by remorse for the sins I have committed, the uncertainty of my pardon, the danger of a relapse, and the strictness of the Judgment, how will it be with me then? O my Mother, before death overtake me, obtain for me great sorrow for my sins, a true amendment, and constant fidelity to God for the remainder of my life. And when at length my hour is come, then do thou, Mary, my hope, be thyself my aid in those great troubles wherewith my soul will be encompassed. Strengthen me, that I may not despair when the enemy sets my sins before my face. Obtain for me at that moment grace to invoke thee often, so that with thine own sweet name and that of thy most holy Son upon my lips I may breathe forth my spirit. This grace thou hast granted to many of thy servants; this, too, is my hope and my desire.

Then say thrice Ave Maria to the Blessed Virgin Mary, in reparation for the blasphemies uttered against her

Prayer for Wednesday

Mother of God, most holy Mary, how often by my sins have I merited hell! Long ago, perhaps, judgment would have gone forth against my first mortal sin, hadst not thou in thy tender pity delayed the justice of God, and afterwards attracted me by thy sweetness to have confidence in thy prayers. And oh, how very often should I have fallen in the dangers which beset my steps hadst not thou, loving Mother that thou art, preserved me by the graces thou, by thy prayers, didst obtain for me. But oh, my Queen, what will thy pity and thy favours avail me, if after all I perish in the flames of hell? If there was once a time when I loved thee not, yet now, next to God, I love thee before all. Wherefore, henceforth and for ever, suffer me not to turn my back upon thee and upon my God, Who through thee has granted me so many mercies. O Lady, most worthy of all love, let it not be that I, thy child, should be doomed to hate and to curse thee for ever in hell. Thou wilt surely never endure to see thy servant lost who loves thee. O Mary, say not that I ever can be lost! Yet lost I shall assuredly be if I abandon thee. But who could ever have the heart to leave thee? Who can ever forget thy love? No, it is impossible for that man to perish who faithfully recommends himself to thee, and has recourse to thee. Only leave me not, my Mother, in my own hands, or I am lost! Let me but cling to thee! Save me, my hope! save me from hell; or, rather, save me from sin, which alone can condemn me to hell.

Then say thrice Ave Maria to the Blessed Virgin Mary, in reparation for the blasphemies uttered against her

Prayer for Thursday

Queen of heaven, who sittest enthroned above all the choirs of the angels nighest to God, from this vale of miseries I, a poor sinner, say to thee, "Hail, Mary," praying thee in thy love to turn upon me those gracious eyes of thine. See, Mary, the dangers among which I dwell, and shall ever have to dwell whilst I live upon this earth. I may yet lose my soul, Paradise, and God. In thee, Lady, is my hope. I love thee; and I sigh after the time when I shall see thee and praise thee in Paradise. O Mary, how soon will the happy day come when I shall see myself safe at thy feet? When shall I kiss that hand, which has dispensed to me so many graces? Alas, it is too true, my Mother, that I have ever been very ungrateful during my whole life; but if I get to Heaven, then I will love thee there every moment of a whole eternity, and make thee reparation in some sort for my ingratitude by ever blessing and praising thee. Thanks be to God, for that He hath vouchsafed me this hope through the Precious Blood of Jesus, and through thy powerful intercession. This has been the hope of all thy true lovers; and no one of them has been defrauded of his hope. No, neither shall I be defrauded of mine. O Mary, pray to thine own Son Jesus, as I too pray to Him, by the merits of His Passion, to strengthen and increase this hope. Amen.

Then say thrice Ave Maria to the Blessed Virgin Mary, in reparation for the blasphemies uttered against her

Prayer for Friday

O Mary, thou art the noblest, highest, purest, fairest creature of God, the holiest of all creatures! Oh, that all men knew thee, loved thee, my Queen, as thou deservest to be loved! Yet great is my consolation, Mary, in that there are blessed souls in the courts of heaven, and just souls still on earth, whose hearts thou ledest captive with thy beauty and thy goodness. But above all I rejoice in this, that our God Himself loves thee alone more than all men and angels together. I too, O loveliest Queen, I, miserable sinner, dare to love thee, though my love is too little; I would I had a greater love, a more tender love; this thou must gain for me, since to love thee is a great mark of predestination, and a grace which God grants to those who shall be saved. Moreover, O my Mother, when I reflect upon the debt I owe thy Son, I see He deserves of me an immeasurable love. Do thou, then, who desirest nothing so much as to see Him loved, pray that I may have this grace a great love for Jesus Christ. Obtain it, thou who obtainest what thou wilt. I covet not goods of earth, nor honours, nor riches, but I desire that which thine own heart desires most to love my God alone. Oh, can it be that thou wilt not aid me in a desire so acceptable to thee? No, it is impossible! Even now I feel thy help; even now thou prayest for me. Pray for me, Mary, pray; nor ever cease to pray, till thou dost see me safe in Paradise, where I shall be certain of possessing and of loving my God and thee, my dearest Mother, for ever and for ever. Amen.

Then say thrice Ave Maria to the Blessed Virgin Mary, in reparation for the blasphemies uttered against her

Prayer for Saturday

Most holy Mary, I know the graces which thou hast obtained for me, and I know the ingratitude which I have shown thee. The ungrateful man is unworthy of favours, and yet for all this I will not distrust thy mercy. O my great Advocate, have pity on me. Thou, Mary, art the stewardess of every grace which God vouchsafes to give us sinners, and therefore did He make thee so mighty, rich, and kind, that thou mightest succour us. I will that I may be saved: in thy hands I place my eternal salvation, to thee I consign my soul. I will to be associated with those who are thy special servants: reject me not. Thou goest up and down seeking the wretched, to console them. Cast not away, then, a wretched sinner who has recourse to thee. Speak for me, Mary; thy Son grants what thou askest. Take me beneath thy shelter, and it is enough for me; for with thee to guard me I fear no ill no, not even my sins, because thou wilt obtain God's pardon for them; no, nor yet evil spirits, because thou art far mightier than hell; no, nor my Judge Jesus Christ, for at thy prayer He will lay aside His wrath. Protect me, then, my Mother; obtain for me pardon of my sins, love of Jesus, holy perseverance, a good death, and heaven. It is too true, I merit not these graces; yet do thou only ask them of our God and I shall obtain them. Pray, then, to Jesus for me. Mary, my Queen, in thee I trust; in this trust I rest, I live; and with this trust I will that I may die. Amen.

Then say thrice Ave Maria to the Blessed Virgin Mary, in reparation for the blasphemies uttered against her