

COMMON CATHOLIC PRAYERS

Orationes Communes

A Personal Reference Collection — Latin and English

“Pray without ceasing.”

— 1 Thessalonians 5:17

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Foundational Prayers

Sign of the Cross / Signum Crucis

Latin	English
<i>In nomine Patris, et Filii, et Spiritus Sancti. Amen.</i>	In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Our Father / Pater Noster

Latin	English
<i>Pater noster, qui es in caelis, sanctificetur nomen tuum. Adveniat regnum tuum. Fiat voluntas tua, sicut in caelo et in terra.</i>	Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven.
<i>Panem nostrum quotidianum da nobis hodie, et dimitte nobis debita nostra, sicut et nos dimittimus debitoribus nostris.</i>	Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us.
<i>Et ne nos inducas in tentationem, sed libera nos a malo. Amen.</i>	And lead us not into temptation, but deliver us from evil. Amen.

Hail Mary / Ave Maria

Latin	English
<i>Ave Maria, gratia plena, Dominus tecum. Benedicta tu in mulieribus, et benedictus fructus ventris tui, Iesus.</i>	Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.
<i>Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc et in hora mortis nostrae. Amen.</i>	Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory Be / Gloria Patri

Latin	English
<i>Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.</i>	Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Marian Prayers

Memorare

Latin	English
<i>Memorare, O piissima Virgo Maria, non esse auditum a saeculo, quemquam ad tua currentem praesidia, tua implorantem auxilia, tua petentem suffragia, esse derelictum.</i>	Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided.
<i>Ego tali animatus confidentia, ad te, Virgo virginum, Mater, curro; ad te venio; coram te gemens peccator assisto. Noli, Mater Verbi, verba mea despicere; sed audi propitia et exaudi. Amen.</i>	Inspired by this confidence, I fly unto you, O Virgin of virgins, my Mother; to you I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. Amen.

The Angelus

Angelus Domini

V. The Angel of the Lord declared unto Mary, R. And she conceived of the Holy Spirit. (Hail Mary...)

V. Behold the handmaid of the Lord, R. Be it done unto me according to your word. (Hail Mary...)

V. And the Word was made flesh, R. And dwelt among us. (Hail Mary...)

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

Let us pray: Pour forth, we beseech you, O Lord, your grace into our hearts, that as we have known the Incarnation of your Son Jesus Christ by the message of an angel, so by his Passion and Cross we may be brought to the glory of his Resurrection, through the same Christ our Lord. Amen.

Regina Caeli (Easter Season)

Latin	English
<i>Regina caeli, laetare, alleluia. Quia quem meruisti portare, alleluia. Resurrexit, sicut dixit, alleluia. Ora pro nobis Deum, alleluia.</i>	Queen of Heaven, rejoice, alleluia. For he whom you did merit to bear, alleluia, has risen as he said, alleluia. Pray for us to God, alleluia.
<i>V. Gaude et laetare, Virgo Maria, alleluia. R. Quia surrexit Dominus vere, alleluia.</i>	V. Rejoice and be glad, O Virgin Mary, alleluia. R. For the Lord has truly risen, alleluia.

Sub Tuum Praesidium

Latin	English
<i>Sub tuum praesidium confugimus, Sancta Dei Genetrix. Nostras deprecationes ne despicias in necessitatibus nostris, sed a periculis cunctis libera nos semper, Virgo gloriosa et benedicta.</i>	We fly to your protection, O Holy Mother of God. Despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin.

The Magnificat (Canticle of Mary)

Latin	English
<i>Magnificat anima mea Dominum, et exsultavit spiritus meus in Deo salutari meo.</i>	My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior.
<i>Quia respexit humilitatem ancillae suae: ecce enim ex hoc beatam me dicent omnes generationes.</i>	For he has looked with favor on his lowly servant; from this day all generations will call me blessed.
<i>Quia fecit mihi magna qui potens est: et sanctum nomen eius.</i>	The Almighty has done great things for me, and holy is his Name.
<i>Et misericordia eius a progenie in progenies timentibus eum.</i>	He has mercy on those who fear him, from generation to generation.
<i>Fecit potentiam in brachio suo: dispersit superbos mente cordis sui.</i>	He has shown the strength of his arm; he has scattered the proud in their conceit.
<i>Deposuit potentes de sede: et exaltavit humiles.</i>	He has cast down the mighty from their thrones, and has lifted up the lowly.
<i>Esurientes implevit bonis: et divites dimisit inanes.</i>	He has filled the hungry with good things, and the rich he has sent away empty.
<i>Suscepit Israel puerum suum, recordatus misericordiae suae.</i>	He has come to the help of his servant Israel, for he has remembered his promise of mercy.
<i>Sicut locutus est ad patres nostros, Abraham et semini eius in saecula.</i>	The promise he made to our fathers, to Abraham and his children forever.
<i>Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.</i>	Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Salve Regina (Hail, Holy Queen)

Latin	English
<i>Salve, Regina, Mater misericordiae, vita, dulcedo, et spes nostra, salve. Ad te clamamus, exsules filii Hevae. Ad te suspiramus, gementes et flentes in hac lacrimarum valle.</i>	Hail, holy Queen, Mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears.
<i>Eia ergo, advocata nostra, illos tuos misericordes oculos ad nos converte. Et Iesum, benedictum fructum ventris tui, nobis post hoc exsilium ostende.</i>	Turn then, most gracious advocate, thine eyes of mercy toward us. And after this, our exile, show unto us the blessed fruit of thy womb, Jesus.
<i>O clemens, O pia, O dulcis Virgo Maria.</i>	O clement, O loving, O sweet Virgin Mary.

Penitential & Devotional Prayers

Confiteor (Penitential Act)

Latin	English
<i>Confiteor Deo omnipotenti et vobis, fratres, quia peccavi nimis cogitatione, verbo, opere et omissione: mea culpa, mea culpa, mea maxima culpa.</i> <i>Ideo precor beatam Mariam semper Virginem, omnes Angelos et Sanctos, et vos, fratres, orare pro me ad Dominum Deum nostrum.</i>	I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do: through my fault, through my fault, through my most grievous fault. Therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Act of Contrition

Latin	English
<i>Deus meus, ex toto corde poenitet me omnium meorum peccatorum, eaque detestor, quia peccando, non solum poenas a Te iuste statutas promeritus sum, sed praesertim quia offendi Te, summum bonum, ac dignum super omnia diligendum. Ideo firmiter propono, adiuvante gratia Tua, de cetero me non peccaturum peccandique occasiones proximas fugituum. Amen.</i>	O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because of Thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin. Amen.

Anima Christi

Latin	English
<i>Anima Christi, sanctifica me. Corpus Christi, salva me. Sanguis Christi, inebria me. Aqua lateris Christi, lava me.</i> <i>Passio Christi, conforta me. O bone Iesu, exaudi me. Intra tua vulnera absconde me. Ne permittas me separari a te.</i> <i>Ab hoste maligno defende me. In hora mortis meae voca me. Et iube me venire ad te, ut cum Sanctis tuis laudem te in saecula saeculorum. Amen.</i>	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 thy wounds hide me. Let me never be separated from thee. From the malicious enemy defend me. In the hour of my death call me. And bid me come unto thee, that with thy saints I may praise thee forever and ever. Amen.

Prayer Before a Crucifix (En Ego)

Latin	English
<i>En ego, o bone et dulcissime Iesu, ante conspectum tuum genibus me provolvo, ac maximo animi ardore te oro et obtestor, ut meum in cor vividus fidei, spei, et caritatis sensus, atque veram peccatorum meorum poenitentiam, eaque</i>	Behold, O kind and most gentle Jesus, I kneel before you, and with the greatest fervor of spirit I pray and beseech you to fix deep in my heart lively sentiments of faith, hope, and charity, true repentance for my sins, and a firm resolve to make

<i>Latin</i>	<i>English</i>
<i>emendandi firmissimam voluntatem velis imprimere.</i>	amends.
<i>Dum magno animi affectu et dolore tua quinque vulnera mecum ipse considero, ac mente contemplor, illud prae oculis habens, quod iam in ore ponebat tuo David propheta de te, o bone Iesu: Foderunt manus meas et pedes meos; dinumeraverunt omnia ossa mea.</i>	While I contemplate, with great love and tender pity, your five wounds, pondering over them within me, calling to mind the words which David the prophet put in your mouth concerning yourself, my Jesus: 'They have pierced my hands and my feet, they have numbered all my bones.'

Acts of Faith, Hope, and Charity

Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived.

Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins, and after life here to gain eternal happiness, because you have promised it, who are infinitely powerful, faithful, kind, and merciful.

Act of Charity

O Lord God, I love you above all things, with my whole heart and soul, because you are all-good and worthy of all love. I love my neighbor as myself for the love of you. I forgive all who have injured me, and ask pardon of all whom I have injured.

Jesus Prayer

<i>Greek (Transliterated)</i>	<i>English</i>
<i>Kyrie Iesou Christe, Yie tou Theou, eleison me ton hamartolon.</i>	Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Protection & Spiritual Warfare

Prayer to St. Michael

Latin	English
<i>Sancte Michael Archangele, defende nos in proelio; contra nequitiam et insidias diaboli esto praesidium.</i>	Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil.
<i>Imperet illi Deus, supplices deprecamur: tuque, Princeps militiae caelestis, satanam aliosque spiritus malignos, qui ad perditionem animarum pervagantur in mundo, divina virtute in infernum detrude. Amen.</i>	May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

Prayer of St. Benedict

Prayer of St. Benedict

Gracious and holy Father, give us wisdom to perceive you, intelligence to understand you, diligence to seek you, patience to wait for you, eyes to behold you, a heart to meditate upon you, and life to proclaim you, through the power of the Spirit of Jesus Christ our Lord. Amen.

Crux Sancti Patris Benedicti (St. Benedict Medal Prayer)

Latin	English
<i>Crux sacra sit mihi lux! Non draco sit mihi dux! Vade retro Satana! Nunquam suade mihi vana! Sunt mala quae libas. Ipse venena bibas!</i>	May the Holy Cross be my light! Let not the dragon be my guide! Begone, Satan! Never tempt me with your vanities! What you offer me is evil. Drink the poison yourself!

St. Patrick's Breastplate

The Lorica of St. Patrick

I arise today through the strength of heaven: light of sun, brilliance of moon, splendor of fire, speed of lightning, swiftness of wind, depth of sea, stability of earth, firmness of rock.

Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ when I arise.

Christ in the heart of every person who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in every eye that sees me, Christ in every ear that hears me.

I arise today through a mighty strength, the invocation of the Trinity, through belief in the threeness,

through confession of the oneness, of the Creator of creation.

Prayer for Deliverance from Evil

Prayer for Deliverance from Evil (general)

Lord Jesus Christ, our Redeemer and our Shield, I come before you and ask for your protection from every attack of the evil one. Cover me with the Precious Blood you shed for my salvation, and surround me with your holy angels. Break every bond of darkness that seeks to hold me, and free me from fear, oppression, and temptation. I renounce all that is not of you, and I place myself under your authority alone. Through the intercession of the Blessed Virgin Mary and Saint Michael the Archangel, deliver me from evil and lead me always into your light. Amen.

Praise & Liturgical Prayers

Kyrie Eleison — Short Form

Greek	English
<i>Kyrie, eleison. Christe, eleison. Kyrie, eleison.</i>	Lord, have mercy. Christ, have mercy. Lord, have mercy.

Kyrie Eleison — Ninefold Form

Greek	English
<i>Kyrie, eleison. Kyrie, eleison. Kyrie, eleison.</i>	Lord, have mercy. Lord, have mercy. Lord, have mercy.
<i>Christe, eleison. Christe, eleison. Christe, eleison.</i>	Christ, have mercy. Christ, have mercy. Christ, have mercy.
<i>Kyrie, eleison. Kyrie, eleison. Kyrie, eleison.</i>	Lord, have mercy. Lord, have mercy. Lord, have mercy.

Te Deum

Latin	English
<i>Te Deum laudamus: te Dominum confitemur. Te aeternum Patrem, omnis terra veneratur.</i>	We praise you, O God, we acclaim you as Lord; all creation worships you, the Father everlasting.
<i>Tibi omnes Angeli, tibi caeli et universae potestates: Tibi Cherubim et Seraphim, incessabili voce proclamant: Sanctus, Sanctus, Sanctus, Dominus Deus Sabaoth.</i>	To you all angels, all the powers of heaven, the Cherubim and Seraphim, sing in endless praise: Holy, Holy, Holy, Lord God of Sabaoth.
<i>Pleni sunt caeli et terra maiestatis gloriae tuae.</i>	Heaven and earth are filled with the majesty of your glory.

<i>Latin</i>	<i>English</i>
<i>In te, Domine, speravi: non confundar in aeternum.</i>	In you, Lord, is our hope: let us never be put to shame.

Gloria in Excelsis (the Mass Hymn)

<i>Latin</i>	<i>English</i>
<i>Gloria in excelsis Deo, et in terra pax hominibus bonae voluntatis. Laudamus te, benedicimus te, adoramus te, glorificamus te, gratias agimus tibi propter magnam gloriam tuam.</i>	Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory.
<i>Domine Deus, Rex caelestis, Deus Pater omnipotens. Domine Fili unigenite, Iesu Christe. Domine Deus, Agnus Dei, Filius Patris.</i>	Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son. Lord God, Lamb of God, Son of the Father.
<i>Qui tollis peccata mundi, miserere nobis. Qui sedes ad dexteram Patris, miserere nobis.</i>	You take away the sins of the world, have mercy on us. You are seated at the right hand of the Father, have mercy on us.
<i>Quoniam tu solus Sanctus, tu solus Dominus, tu solus Altissimus, Iesu Christe, cum Sancto Spiritu, in gloria Dei Patris. Amen.</i>	For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

Benedictus (Canticle of Zechariah)

<i>Latin</i>	<i>English</i>
<i>Benedictus Dominus, Deus Israel, quia visitavit et fecit redemptionem plebi suae.</i>	Blessed be the Lord, the God of Israel, for he has come to his people and set them free.
<i>Et erexit cornu salutis nobis, in domo David, pueri sui.</i>	He has raised up for us a mighty Savior, born of the house of his servant David.
<i>Et tu, puer, propheta Altissimi vocaberis: praeibis enim ante faciem Domini parare vias eius.</i>	And you, my child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way.

Nunc Dimittis (Canticle of Simeon)

<i>Latin</i>	<i>English</i>
<i>Nunc dimittis servum tuum, Domine, secundum verbum tuum in pace: Quia viderunt oculi mei salutare tuum.</i>	Lord, now you let your servant go in peace; your word has been fulfilled: my own eyes have seen the salvation.
<i>Quod parasti ante faciem omnium populorum: Lumen ad revelationem gentium, et gloriam plebis tuae Israel.</i>	Which you have prepared in the sight of every people: a light to reveal you to the nations, and the glory of your people Israel.

Eucharistic Prayers

O Salutaris Hostia

Latin	English
<i>O salutaris Hostia, Quae caeli pandis ostium: Bella premunt hostilia, Da robur, fer auxilium. Uni trinoque Domino Sit sempiterna gloria, Qui vitam sine termino Nobis donet in patria. Amen.</i>	O saving Victim, opening wide the gate of heaven to all below; our foes press on from every side, your aid supply, your strength bestow. To your great name be endless praise, immortal Godhead, One in Three; oh, grant us endless length of days in our true native land with thee. Amen.

Tantum Ergo

Latin	English
<i>Tantum ergo Sacramentum Veneremur cernui: Et antiquum documentum Novo cedat ritui: Praestet fides supplementum Sensuum defectui. Genitori, Genitoque Laus et iubilatio, Salus, honor, virtus quoque Sit et benedictio: Procedenti ab utroque Compar sit laudatio. Amen.</i>	Down in adoration falling, this great Sacrament we hail; over ancient forms of worship newer rites of grace prevail; faith will tell us Christ is present, when our human senses fail. To the everlasting Father, and the Son who comes to us, be salvation, honor, blessing, might, and endless majesty; with the Holy Spirit proceeding forth from each eternally. Amen.

Litanies

Litany of Humility

(attributed to Cardinal Rafael Merry del Val)

From the desire of being esteemed, *Deliver me, O Jesus.*

From the desire of being loved, *Deliver me, O Jesus.*

From the desire of being extolled, *Deliver me, O Jesus.*

From the desire of being honored, *Deliver me, O Jesus.*

From the desire of being praised, *Deliver me, O Jesus.*

From the desire of being preferred to others, *Deliver me, O Jesus.*

From the desire of being consulted, *Deliver me, O Jesus.*

From the desire of being approved, *Deliver me, O Jesus.*

From the fear of being humiliated, *Deliver me, O Jesus.*

From the fear of being despised, *Deliver me, O Jesus.*

From the fear of suffering rebukes, *Deliver me, O Jesus.*

From the fear of being calumniated, *Deliver me, O Jesus.*

From the fear of being forgotten, *Deliver me, O Jesus.*

From the fear of being ridiculed, *Deliver me, O Jesus.*

From the fear of being wronged, *Deliver me, O Jesus.*

From the fear of being suspected, *Deliver me, O Jesus.*

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

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

That, in the opinion of the world, others may increase and I may decrease, *Grant me the grace to desire it.*

That others may be chosen and I set aside, *Grant me the grace to desire it.*

That others may be praised and I unnoticed, *Grant me the grace to desire it.*

That others may be preferred to me in everything, *Grant me the grace to desire it.*

That others may become holier than I, provided that I may become as holy as I should, *Grant me the grace to desire it.*

Modern Saints

Prayer to St. Carlo Acutis

Official Prayer (approved by the Bishop of Assisi)

O God, our Father, we thank you for giving us Carlo, a model of life for young people, and a message of love for all. You made him fall in love with your Son Jesus, making the Eucharist his "highway to heaven." You gave him Mary as a beloved Mother, and you made him, through the Rosary, a singer of her tenderness.

Receive his prayer for us. Look above all upon the poor, whom he loved and assisted. Grant me too, through his intercession, the grace that I need (mention your intention). And make our joy full, raising Carlo among the saints of your Church, so that his smile shines again for us to the glory of your name. Amen.

(Followed by one Our Father, one Hail Mary, one Glory Be.)

Healing Prayers

Prayer for Inner Healing

Attributed to Fr. Gabriel Amorth

Dear Lord Jesus, please come and heal my wounded and troubled heart. I beg you to heal the torments that are causing anxiety in my life. I beg you, in a particular way, to heal the underlying source of my

fear and doubt. I beg you to come into my life and heal the psychological harms that struck me in my childhood and from the injuries they have caused throughout my life.

Lord Jesus, you know my burdens. I lay them on your Good Shepherd's heart. I beseech you — by the merits of the great open wound in your own heart — to heal the wounds that are in mine. Heal my memories, so that nothing that has happened to me will cause me to remain in pain and anguish, filled with anxiety, fear, or guilt.

Heal, O Lord, all those wounds that have been the cause of evil that is rooted in my life. I want to forgive all those who have offended me. Look to those inner wounds that make me unable to forgive. You who came to forgive the afflicted of heart, heal my wounded and troubled heart.

Heal, O Lord Jesus, all those intimate wounds that are the root cause of my physical and emotional pain. I offer you my heart. Accept it, Lord, purify it, and give me the sentiments of your Divine Heart.

Heal me, O Lord, from the pain caused by the death of my loved ones. Grant me to regain peace and joy in the knowledge that you are the Resurrection and the Life. Make me an authentic witness to your resurrection, your victory over sin and death, and your loving presence among all men. Amen.

Everyday & Practical Prayers

Grace Before Meals

Latin	English
<i>Benedic, Domine, nos et haec tua dona, quae de tua largitate sumus sumpturi. Per Christum Dominum nostrum. Amen.</i>	Bless us, O Lord, and these your gifts, which we are about to receive from your bounty, through Christ our Lord. Amen.

Grace After Meals

Latin	English
<i>Agimus tibi gratias, omnipotens Deus, pro universis beneficiis tuis, qui vivis et regnas in saecula saeculorum. Amen.</i>	We give you thanks, almighty God, for all your gifts, who live and reign forever and ever. Amen.

Morning Offering

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day, in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, and the reunion of all Christians. I offer them for the intentions of our bishops and of all the Apostles of Prayer, and in particular for those recommended by our Holy Father this month. Amen.

Prayer for the Dead (Eternal Rest)

<i>Latin</i>	<i>English</i>
<i>Requiem aeternam dona ei, Domine, et lux perpetua luceat ei. Requiescat in pace. Amen.</i>	Eternal rest grant unto him/her, O Lord, and let perpetual light shine upon him/her. May he/she rest in peace. Amen.

Guardian Angel Prayer

Angele Dei, qui custos es mei, me tibi commissum pietate superna, illumina, custodi, rege et gubernas. Amen.

Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.