

A painting of a man in a field with a city skyline in the background. The man is in the foreground, looking down, wearing a dark jacket and blue pants. The background shows a city skyline under a hazy sky. The overall style is impressionistic with visible brushstrokes.

ORATIO

OR - 'OUGHT - SEE - OH

REVISED
SECOND EDITION

ORATIO

OR - 'OUGHT - SEE - OH

REVISED SECOND EDITION

RHYTHMS OF PRAYER
FROM THE
HEART OF THE CHURCH

DILLON E. BARKER
JIMMY MITCHELL
EDITORS



ORATIO (REVISED SECOND EDITION)

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The Tradition of the Church proposes to the faithful certain rhythms of praying intended to nourish continual prayer.

Some are daily, such as morning and evening prayer, grace before and after meals, the Liturgy of the Hours.

Sundays, centered on the Eucharist, are kept holy primarily by prayer. The cycle of the liturgical year and its great feasts are also basic rhythms of the Christian's life of prayer.

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Prayer

is nothing else than being on
terms of friendship
with God.

St. Teresa of Avila

Simile est regnum caelorum



grano sinapis, ... Matth. 13, 31.



Simile est regnum caelorum ho-



mini patrifamilias, .. Matth. 20, 1.

FOREWORD



The man who prays is fully alive. Whether it is in solitude or in community, the very essence of prayer draws one into the mystery of the Divine. When St. Paul urges us to “pray without ceasing” in his first letter to the Thessalonians, he presents a lofty goal that is also the deepest desire of every human heart – to converse and be in intimate union with God Himself.

While prayer that flows gracefully from the heart is a great gift, most people willingly admit their dependency on the spiritual giants of ages past. With its long and rich history, the Church has preserved a treasury of prayers that has passed through the generations. The prayers, liturgies, devotions, and hymns in the pages that follow are straight from the heart of this treasury – gathered in one place to help one develop a rhythm of unceasing prayer.

In an address to young people in 1979, Saint John Paul II spoke of prayer as the very strength of the Christian. He said that by lifting our minds and hearts to great ideals, “prayer gives light by which to see and to judge from God's perspective and from eternity.” Without it, the Christian cannot see clearly, much less nourish the Life that is within.

Entering into the sanctuary of one's heart is an act of great faith, for faith is belief in that which we cannot see. With regular disciplines (like the daily “Angelus” depicted on the front cover of this book), prayer can become the very nourishment that draws the human soul into the depths of Trinitarian Love. By placing every moment of the day in the Sacred Heart of Jesus, life becomes a sacrifice of praise and prayer becomes the very rhythm of our heartbeat.

JIMMY MITCHELL
Solemnity of the Epiphany of the Lord
A.D. 2011

INTRODUCTORY REMARKS



The Church, in her heart, knows *why* we must pray: God is worthy of our prayer. The Church is the Bride of Christ, and her heart yearns for the Bridegroom, Jesus Christ, with such great love and devotion that her words cannot help but escape her lips without ceasing.

The Church, through her prudence, knows *when* to pray: in the cycles of human life; in celebration of the lives of the saints; in remembering the great works of God as He brought about salvation through His Son, our Lord Jesus Christ.

The Church, in her millennia of experience, knows *what* to pray: she has collected the best prayers of her saints from throughout the ages and recommended them to the Christian

faithful as sure paths to perfect adoration, confession, thanksgiving, and supplication.

This book has been assembled to help you pray without ceasing – using the rhythms of prayer that the Bride of Christ, His Church, has always proposed to those who wish to know God, love God, and serve God with their whole heart, soul, mind, and strength. Within, you will find:

PRAYERS FOR DAILY USE. Besides the Liturgy of the Hours, of which only a sample is included here, there have always been short prayers used by the faithful at certain times of the day: prayers said first thing in the morning; prayers said at sunset; prayers said before bed. There are some prayers that are so basic, that every Christian should know them by heart. Here, we recall the petition that Jesus gave us in the Lord's Prayer, "give us this day our daily bread," and we hunger for a deeper knowledge of our Lord and God.

PRAYERS FOR THE SACRAMENTS & ADORATION.

Here the Church's perfect prayers, the Sacraments given by our Lord Himself, offer us a model of how to approach God. We can prepare for Mass and give thanks afterward; examine our conscience and make a good Confession; encounter the Body and Blood of Jesus in the Eucharist and sing His praises; sing the hymns and songs of the Church's sacred liturgy; and confess, through the Creeds, the one, true Faith.

DEVOTIONS. There are some prayers which have developed for so long, that they have acquired a special way of saying them: the Rosary, the Marian Antiphons, the Litanies, the Chaplet of Divine Mercy, the Stations of the Cross, and others. Each one of these prayers unlocks a beautiful aspect of God's mercy and love to his faithful. These prayers teach us what it means to be a devoted follower of Jesus Christ.

NIGHT PRAYER. In addition to the rhythms

introduced to the faithful by the Sacraments themselves, the Church sanctifies the whole of every day through prayers associated with the rising and setting of the sun. Here, we feature the last prayer of each day: the Office of Compline, or Night Prayer. This short, simple liturgical prayer is the voice of the Bride of Christ calling out to her Bridegroom for safety, rest, and protection as she descends beneath the gloomy shadows of sleep (recalling death), in joyful expectation of rising at the dawn of the new day (anticipating the resurrection to glory).

HYMNODY. The book ends with adoration and praise of God through a collection of sacred hymns drawn from the Tradition of the Church. Many of them are translated into English from ancient languages, particularly Latin, the universal language of the Church.

As this rhythm develops, our very lives become a prayer as we sanctify the most ordinary moments – from time spent on work and with family to rest and recreation.

I will always remember hearing St. Paul's call to unceasing prayer for the first time. I will remember that I didn't know why to pray, when to pray, or what to pray. And, thanks be to God, I will always remember the night God brought me home to His Holy Church, giving me a treasury and rhythm of prayer that, by God's grace, I will keep for all eternity.

DILLON E. BARKER
Solemnity of the Immaculate Conception
of the Blessed Virgin Mary
A.D. 2010

THE LORD HATH CALLED ME FROM THE WOMB, FROM THE BOWELS OF MY MOTHER, HE HATH BEEN MINDFUL OF MY NAME. (Is. 49.1)



ATTENDITE POPULI DE LONGE DOMINUS AB UTERO VOCAVIT ME ... Is. 49.1



ET MISIT DOMINUS MANUM SUAM ET TETIGIT OS MEUM ... Jer. 1.9



AND THE LORD PUT FORTH HIS HAND, AND TOUCHED MY MOUTH, SAYING, BEHOLD I HAVE GIVEN MY WORDS IN THY MOUTH. (Jer. 1.9)

SETTING THE RHYTHM



If you're going to pray without ceasing, you're going to have to pray at specific times. It seems like an obvious statement – but it's one of those things that needs to be said. To begin following a regular rhythm of prayer, set aside specific times to spend a few moments with God every day. These don't have to be particularly long periods, but they do need to be serious moments where the only thing you're doing is offering God adoration, confession, thanksgiving, or supplication.

If you are a beginner, it's important that you take a realistic approach to acquiring a rhythm of prayer. If learning to sing or play an instrument, you wouldn't pick up a Stradivarius violin and expect to play the first chair's part in Beethoven's Ninth Symphony in one week; neither should you expect – or attempt, if you

are a beginner – to take on everything suggested here in one fell swoop. Instead, try beginning with two or three of the disciplines, be faithful to them for a few weeks, and then try adding more.

As you grow in fidelity, set aside time every day for mental prayer; engaging in a silent dialogue with God. Start with 5-10 minutes a day. Find somewhere quiet and silently ask the Lord to speak to your heart, using Sacred Scripture and other aids to enlighten your prayer. Consider the words of the Prophet Samuel, “Speak, Lord, for your servant is listening.”

And as you begin each day, recall the great tradition that associates each day with some aspect of our Faith: Sundays celebrate the Holy Trinity and the Resurrection. Mondays remind us to pray for the holy souls in Purgatory. Tuesdays help us to give thanks and ask for the intercession of our Guardian Angels. Wednesdays are the opportunity to recall St. Joseph, and ask for his prayers for a holy death.

Thursdays recall the Holy Eucharist and give us the chance to visit the Blessed Sacrament. Fridays remind us of the Passion and Death of our Lord, a great opportunity to pray the Stations of the Cross. Saturdays recall the Blessed Virgin Mary, a particularly apt time to pray the Rosary or some other Marian devotion.

The love of God is so profound that it demands a response. Let us pray for love of Him, for He is our only hope. *Oratio!*

Suggested Rhythm Check

Daily	Morning Offering Mass (if possible) Mental Prayer Rosary (start with a decade) Angelus Spiritual Reading Examination of Conscience
Weekly	Sunday Mass
Monthly	Confession & Spiritual Direction Day of Recollection/Prayer
Yearly	Retreat



PRAYERS FOR DAILY USE



The religious sense of the Christian people has always found expression in various forms of piety surrounding the Church's sacramental life, such as the veneration of relics, visits to sanctuaries, pilgrimages, processions, the stations of the cross, religious dances, the rosary, medals¹, et cetera.

Catechism of the Catholic Church ¶ 1674

¹ Cf. Council of Nicaea II: DS 601; 603; Council of Trent: DS 1822.



BASIC PRAYERS

Sign of the Cross

In the Name of the Father, *In nomine Patris*
 and of the Son, *et Filii,*
 and of the Holy Spirit. Amen. *et Spiritus Sancti. Amen.*

Our Father

P A-ter noster, qui es in cæ-lis: sancti-fi-cé-tur
 nomen tu-um; advé-ni-at regnum tu-um; fi-at vo-lún-
 tas tu-a, sic-ut in cæ-lo, et in terra. Panem nostrum
 co-ti-di-á-num da no-bis hó-di-e; et dimítte no-bis
 dé-bi-ta nostra, sic-ut et nos di-mít-timus de-bi-tó-ri-bus
 nostris; et ne nos indú-cas in tenta-ti-ó-nem; sed
 lí-be-ra nos a ma-lo.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary



A - ve Ma- rí- a, * grá-ti- a ple-na, Dómi-nus te-cum,
 bene-dícta tu in mu-li- é-ri-bus, et bene-díctus fructus ven-
 tris tu- i, Je-sus. Sancta Ma-rí- a, Ma-ter De- i, o-ra pro
 nobis pec-ca-tó-ribus, nunc et in ho- ra mortis nostræ. Amen.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the fruit of thy womb Jesus. Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death. Amen.

Glory Be



G Ló-ri- a Patri, et Fí-li- o, et Spi- rí-tu- i Sancto.
 Sic-ut e-rat in prin-cí-pi- o, et nunc, et semper, et in
 sæcu-la sæcu-ló- rum. Amen. *or* sæcu-ló- rum. Amen.

PRAYERS FOR DAILY USE

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.

*Gloria Patri,
et Filio,
et Spiritui Sancto.
Sicut erat in principio,
et nunc, et semper,
et in saecula saeculorum.
Amen.*

Confiteor

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.

Confiteor Deo omnipotenti, et vobis fratres, quia peccavi nimis cogitatione, verbo, opera et omissione, mea culpa, mea culpa, mea maxima culpa. Ideo precor beatam Mariam semper Virginem, omnes angelos et sanctos, et vos, fratres, orare pro me ad Dominum Deum nostrum.

St. Michael the Archangel

St. Michael the Archangel, defend us in battle; be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray. And do thou, O prince of the heavenly host, by the power of God, cast

PRAYERS FOR DAILY USE

into hell Satan and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

Sancte Michael Archangele, defende nos in proelio, contra nequitiam et insidias diaboli esto praesidium. 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.

Angel of God

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.

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



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 shall 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. Amen.

Act of Hope

O my God, relying on your almighty power and infinite mercy and promises, I hope to obtain pardon for my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Charity

O my God, I love you above all things with my whole heart and soul because you are all good and worthy of my 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. Amen.

MORNING PRAYERS

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.

Direct, We Beg You, O Lord

Direct, we beg you, O Lord, our prayers and our actions by your holy inspirations; and carry them on by your gracious assistance, so that every work of ours may always begin with you, and through you come to completion. Amen.

Lord, God Almighty

Lord God Almighty, you have brought us safely to the beginning of this day. Defend us today by your mighty power, that we may not fall into any sin, but that all our words may so proceed and all our thoughts and actions be so directed, as to be always just in your sight. Through Christ our Lord. Amen.

Direct and Sanctify This Day

○ Lord God, King of heaven and earth, may it please you this day to direct and to sanctify, to rule and to govern our hearts and our bodies, our thoughts, our words and our works, according to your law and in the doing of your commandments, that we, being helped by you, may here and hereafter worthily be saved and delivered by you, ○ Savior of the world, who lives and reigns forever and ever. Amen.

○ Almighty God, Yours Are

○ Almighty God, yours are the good things and the beauty of creation. Grant us this day to begin it joyfully in your name and to complete it lovingly in service to you and our brothers and sisters. Through Christ our Lord. Amen.

Three Hail Mary Devotion

St. Leonard of Port Maurice wrote that the faithful should pray three Hail Mary's in honor of the most holy Trinity and in honor of Mary Immaculate for the grace to avoid all mortal sins, especially sins against the virtue of chastity, at waking and before bed. St. Alphonsus Liguori also recommended this practice.

Hail Mary, full of grace... (3x)

Let us pray. By thy holy and Immaculate Conception, ○ Mary, pray for me, that my body may be pure and my soul holy; preserve me this day from mortal sin. Through Christ our Lord. Amen.

MIDDAY PRAYERS

Angelus

The Angelus is traditionally said at 6:00 a.m., at Noon, and at 6:00 p.m. in honor of the Incarnation of our Lord Jesus Christ. It is especially appropriate at Noon. During Eastertide, the Regina Caeli Devotion is used instead.

V. The angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

V. Hail Mary... R. Holy Mary...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to Thy word.

V. Hail Mary... R. Holy Mary...

V. And the Word was made flesh. (genuflect)

R. And dwelt among us.

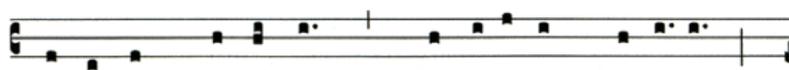
V. Hail Mary... R. Holy Mary...

V. Pray for us, O holy Mother of God.

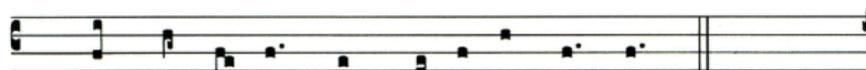
R. That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the incarnation of Christ, thy Son, was made known by the message of an angel, may by His passion and Cross be brought to the glory of his Resurrection. Through the same Christ, our Lord. Amen.

Angelus



An-ge-lus Dómi-ni nunti-á-vit Ma-rí-æ,



et concé-pit de Spí-ri-tu Sáncto.



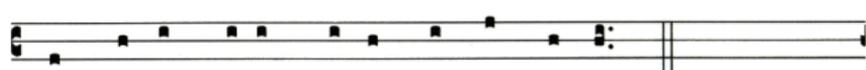
Ave Marí-a, grá-ti-a pléna, Dóminus técum, benedícta



tu in muli-éribus, et benedíctus frúctus véntris tú-i, Jésus.



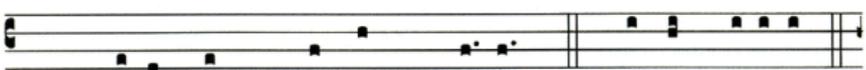
Sáncta Marí-a, máter Dé-i, óra pro nóbis pecca-tóribus,



nunc et in hóra mórtis nóstræ. Amen.



Ant. Ecce ancílla Dómi-ni, fí-at mí-hi

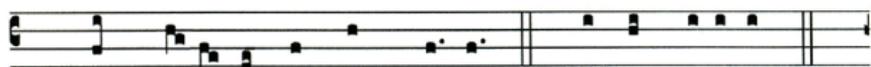


secúndum vérbum tú-um. A-ve Marí-a...

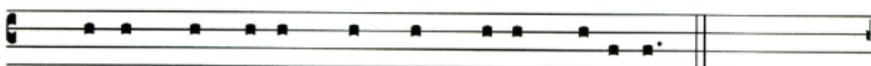
PRAYERS FOR DAILY USE



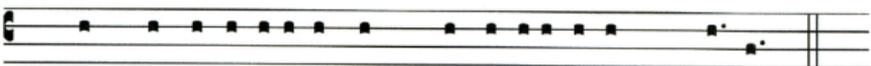
Ant. Et Vérbum cá-ro fáctum est,



et habi-tá-vit in nó-bis. A-ve Marí-a...



☩ Ora pro nóbis, sáncta Dé-i Génitrix.



☩ Ut dígni effici-ámur promissi-ónibus Chrí-sti.

ORÉMUS

GRÁTIAM tuam, quaesumus, Dómine, méntibus nostris infúnde: † ut qui, Ángelo nuntiánte, Christi Fílii tui incarnatióem cognóvimus, * per passióem ejus et crucem, ad resurrecti-ónis glóriam perducámur. Per eúdem Chrístum Dóminum nostrum. ☩ Amen.



Regina Caeli

Said in place of the Angelus Devotion during Eastertide.

V. Queen of Heaven rejoice, alleluia:

R. For He whom you merited to bear, alleluia,

V. Has risen as He said, alleluia.

R. Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia.

R. Because the Lord is truly risen, alleluia.

Let us pray.

O God, who by the Resurrection of Thy Son, our Lord Jesus Christ, granted joy to the whole world: grant we beg Thee, that through the intercession of the Virgin Mary, His Mother, we may lay hold of the joys of eternal life. Through the same Christ our Lord. Amen.



R E-gína cæ-li * lætá-re, alle-lú-ia: Qui- a quem me-
ru- ísti portá-re, alle-lú-ia: Re-surré-xit, sic-ut di-xit,
alle-lú-ia: O-ra pro no-bis De- um, alle-lú- ia.



THE LOVE GOOD STORY



THINK ABOUT CULTURE DIFFERENTLY.

Beautiful music, books, and art are some of the greatest expressions of culture throughout human history. When rooted in truth, they transform your heart to love what is good so you can become what you love. Think of the first time you saw your favorite band live or read a book that changed your life. Good media awakens you with hope and wonder, elevating your desires for the highest good. Sadly, your options today are limited: 1) consume shallow entertainment that leaves you feeling depressed or 2) settle for cliché alternatives that leave you wanting more.

INVEST IN YOUNG PEOPLE & ARTISTS.

Like you, we hate wasting time searching for good media and are especially concerned about children growing up in a culture starved for beauty and authenticity. We dream of a world where young people no longer drift idly by and where artists are free in their craft. That is the very reason our movement exists: to invest in young people and artists who are doing something beautiful with their lives. We accompany them and empower them to build a better culture as we hold media to a higher standard and help people like you discover the world's best new music, books, and art before anyone else.

THE LOVE GOOD STANDARD.

Because mainstream media is plagued with confusion (truth doesn't matter) and relativism (truth depends on the person), it leaves you feeling unsatisfied and misled. Good media leads with beauty, pulling you in and inviting you to consider the deeper mysteries of life. But it must

also be rooted in truth, reminding you what it means to be human and firmly answering the most profound questions of your heart. Music, books, and art that lead with beauty rooted in truth have the power to transform. It's not only a standard for media. It's a way of life. Think of the first time you dreamed of being a hero or a saint. You, too, have the power to transform. If we come together, we can change the course of human history.

BUILD A BETTER CULTURE.

You no longer have to waste time searching for the world's best new music, books, and art, worrying if younger generations will have the opportunity to be part of a better culture. Rather than settling for less as an ordinary media consumer, you can become a cultural influencer. You can raise up a generation of young people and artists who are setting their standards high and bringing hope to a culture that desperately needs it. Together, we can connect as like-minded

people across the world and build a better culture from the ground up.

Whether you're simply listening to our weekly podcast or on our front lines as a patron or an apprentice, you are a part of this movement. It is an honor to accompany you as you change the world.