

Prayers for the Day and Suggested Practices:

Choosing a patron saint:

Next to each saint's name is listed the virtue with which he is associated, as well as the sin which opposes that virtue. When we identify our sin and the needed virtue, we can identify which saint's intercession will be particularly helpful:

- St. Joseph (Trust in God – selfishness)
- St. John the Baptist (Humility – arrogance)
- St. Paul (Adherence to Truth – mediocrity)
- St. Michael the Archangel (Obedience to God – licentiousness and rebelliousness)
- St. Benedict (Prayer and Devotion to God – sloth)
- St. Francis of Assisi (Happiness – moralism)
- St. Thomas More (Integrity – double-mindedness)
- Blessed Pier Giorgio Frassati (Chastity – lust)
- St. Josemaría Escrivá (Boldness – worldly fear)
- Pope St. John Paul II (Defending the Weak – passivity)

Prayer of Abandonment by Bl.

Charles de Foucauld

Father,

*I abandon myself into your hands;
do with me what you will.*

Whatever you may do, I thank you:

I am ready for all, I accept all.

*Let only your will be done in me,
and in all your creatures -*

I wish no more than this, O Lord.

Into your hands I commend my soul:

*I offer it to you with all the love of my
heart,*

*for I love you, Lord, and so need to
give myself,*

*to surrender myself into your hands
without reserve,
and with boundless confidence,
for you are my Father. Amen.*

Prayer for Generosity by St. Ignatius Loyola

*Lord Jesus, teach me to be generous;
teach me to serve you as you deserve,
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labor and not to seek reward,
except that of knowing that I do your
will. Amen*

Prayer to Saint Joseph:

O blessed Joseph, faithful guardian of my Redeemer, Jesus Christ, protector of your chaste spouse, the virgin Mother of God, I choose you this day to be my special patron and advocate and I firmly resolve to honor you all the days of my life. Therefore I humbly ask you to receive me as your client, to instruct me in every doubt, to comfort me in every affliction, to obtain for me and for all the knowledge and love of the Heart of Jesus, and finally to defend and protect me at the hour of my death. Amen

At the end of prayer time, when I ask God for a particular grace:

- 1) I first speak to the Blessed Mother Mary from the depths of my heart as I would a friend, I spend time in quiet prayer asking for this grace then I say a Hail Mary
- 2) I then speak to Jesus from the depths of my heart as I would a friend, I spend time in quiet prayer asking for this grace then I say the **Anima Christi**:

**Soul of Christ, sanctify me
Body of Christ, save me
Blood of Christ, inebriate me
Water from Christ's side, wash me
Passion of Christ, strengthen me
O good Jesus, hear me
Within Thy wounds hide me
Suffer me not to 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 I may praise Thee with Thy saints
and with Thy angels
Forever and ever
Amen**

- 3) Then I speak to God the Father from the depths of my heart as I would a friend, I spend time in quiet prayer asking for this grace then I say the Our Father

A Meditation by Bl. John Cardinal Henry Newman:

God has created me to do him some definite service; He has committed some work to me which He has not committed to another. I have my mission - I may never know it in this life, but I shall be told of it in the next.

I am a link in a chain, a bond of connection between persons. He has not created me for naught, I shall do good, I shall do his work. I shall be an angel of peace, a preacher of truth in my own place while not intending it - if I do but keep His Commandments.

Therefore, I will trust Him. Whatever, wherever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him; in perplexity, my perplexity may serve Him; if I am in sorrow, my sorrow may serve Him.

He does nothing in vain. He knows what He is about. He may take away my friends. He may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me - still He knows what He is about.

Suggestions to grow in Holiness: Taken and adapted from *Into the Breach: An Apostolic Exhortation from Bishop Thomas J. Olmsted to the Men of the Diocese of Phoenix*

Suggested Daily Practices:

1. **Pray every day.** Each Catholic man must start his day with prayer. It is said, “Until you realize that prayer is the most important thing in life, you will never have time for prayer.” Without prayer, a man is like a soldier who lacks food, water, and ammunition. Set aside some time to speak with God first thing each morning. Pray the three prayers essential to the Catholic faith: the Our Father, the Hail Mary, and the Glory Be. Pray also at every meal. Before food or drink touches your lips, make the Sign of the Cross, say the “Bless us, O Lord” prayer, and end with the Sign of the Cross. Do this no matter where you are, with whom or how much you are eating. Never be shy or ashamed about praying over meals. Never deny Christ the gratitude that is due to Him. Praying as a Catholic man before every meal is a simple but powerful way to keep strong and fill the breach.
2. **Examine your conscience before going to sleep.** Take a few moments to review the day, including both your blessings and sins. Give God thanks for blessings and ask forgiveness for sins. Say an Act of Contrition.
3. **Go to Mass.** Despite the fact that attending weekly Mass is a Precept of the Church, only about one in three Catholic men attend Sunday Mass. For large numbers of Catholic men, their neglect to attend Mass is a grave sin, a sin that puts them in mortal danger.
The Mass is a refuge in the Spiritual Battle, where Catholic men meet their King, hear His commands, and become strengthened with the Bread of Life. Every Mass is a miracle where Jesus Christ is fully present, a miracle that is the high point not only of the week, but of our entire lives on Earth. In the Mass, a man gives thanks to God for his many blessings and hears Christ send him again into the world to build the Kingdom of God. Fathers who lead their children to Mass are helping in a very real way to ensure their eternal salvation.
4. **Read the Bible.** As St. Jerome so clearly tells us, “Ignorance of the Sacred Scriptures is ignorance of Christ.” When we read God’s word, Jesus is

present. Married men, read with your wife and your children. If a man's children see him read the Scriptures, they are more likely to remain in the Faith. My brothers in Christ, this I can assure you: men who read the Bible grow in grace, wisdom, and peace.

5. **Grow in knowledge of the teachings of Jesus and His Church:** I am not called necessarily to be an academic or a theologian, but I am called to know, love and serve Christ as a man with all of my being. To do this takes quiet time for study and prayer. This includes not only looking at the basic teachings of the Church found in the Catechism of the Catholic Church or its Compendium, but to read faithful Catholic authors who can give me the meat and potatoes of the faith, as well as reading the lives of the saints and their writings. If I can't find time to read, another option I have is to take advantage of good Catholic talks on Youtube and Podcasts on the internet.
6. **Keep the Sabbath.** From the creation of Adam and Eve, God the Father established a weekly cycle ending with the Sabbath. He gave us the Sabbath to ensure that one day out of seven we will give thanks to God, rest, and be refreshed. In the Ten Commandments, God asserts anew the importance of keeping the Sabbath. With today's constant barrage of buying and selling and the cacophony of noisy media, the Sabbath is God's respite from the storm. As Catholic men, you must begin, or deepen, keeping the holiness of the Sabbath. If you are married, you must lead your wives and children to do the same. Dedicate the day to rest and true recreation, and avoid work that is not necessary. Spend time with family, attend Mass, and enjoy the gift of the day.

Suggested Monthly Practices:

6. **Go to Confession.** At the very start of Christ's public ministry, Jesus calls on all men to repent. Without repentance from sin, there can be no healing or forgiveness, and there will be no Heaven. Large numbers of Catholic men are in grave mortal danger, particularly given the epidemic levels of sexual addiction, pornography consumption, and the sin of masturbation. My brothers, get to Confession now! Our Lord Jesus Christ is a merciful King who will forgive those who humbly confess their sins. He will not forgive those who refuse. Open your soul to the gift of our Lord's mercy!
7. **Build fraternity with other Catholic men.** Catholic friendship among men has a dramatic impact on their faith lives. Men who have bonds of brotherhood with other Catholic men pray more, go to Mass and Confession more frequently, read the Scriptures more often, and are more active in the Faith. Proverbs tells us: "As iron sharpens iron, so one man sharpens another" (27:17).

Various Online Catholic Resources:

Saint Kateri Tekakwitha Parish, Lagrangeville, New York: <http://www.saintkateriparish.com>

Knights of Columbus, Lagrangeville Council: <http://lagrangekofc.com/>

Vatican – The Holy See: <http://www.vatican.va>

The United States Conference of Catholic Bishops (USCCB): <http://www.usccb.org/>

Papal Encyclicals Online: <http://www.papalencyclicals.net>

New Advent (Catholic News, Catholic Encyclopedia, Summa Theologica, & Early Church Fathers): <http://www.newadvent.org/>

Catechetical Office of the Archdiocese of New York: <http://www.nyfaithformation.org>

Faith & Family Life Office of the Archdiocese of New York: <http://nyfamilylife.org>

CatholicNYC: Young Adult Outreach Office of the Archdiocese of New York:
<http://catholicnyc.com>

New York Catholic Radio: <http://www.newyorkcatholicradio.org/>

Knights of Columbus: <http://www.kofc.org>

Catholic Young Adults of the Hudson Valley:

<https://www.facebook.com/HVCatholicYoungAdults>

Saint Joseph's Seminary (Dunwoodie), Yonkers, New York: <http://www.dunwoodie.edu>

Word on Fire – Bishop Robert Barron: <http://www.wordonfire.org>

Ignatius Insight: <http://www.ignatiusinsight.com>

Catholic Bytes: <http://www.catholicbytes.com/>

Catholic Answers: <http://www.catholic.com/>

Patrick Madrid: <http://patrickmadrid.com/>

Theology of the Body Institute: <http://www.tobinstitute.org/>

Keep The Faith (MP3's of Archbishop Fulton Sheen, Fr. George Rutler, Msgr. William Smith and Others): <http://www.keepthefaitth.org/>

DynamicCatholic.com: <http://dynamiccatholic.com/>

EWTN Devotions – Prayer & The Spiritual Life: http://ewtn.com/devotionals/prayer_saint.asp

EWTN Podcast: <http://ewtn.com/podcast/>

Catholic Online: <http://www.catholiconline.com/>

Catholic Exchange: <http://www.catholicexchange.com/>

DiscerningHearts.com (On Prayer and the Spiritual Life): <http://www.discerninghearts.com/>

Sacred Page Blog of Dr. John Bergsma, Dr. Brant Pitre, and Dr. Michael Barber:

<http://www.thesacredpage.com/>

Formed.org – Augustine Institute: <https://formed.org/>

Lighthouse Catholic Media (MP3's, CD's and Talks): <http://www.lighthousecatholicmedia.org>

Catholics Come Home.org (Resources to Evangelize Fallen Away or Returning Catholics):
<http://www.catholicscomehome.org/>

St. Paul's Institute for Biblical Theology (Scripture): <http://www.salvationhistory.com>

The Thomistic Institute (Dominican Province of St. Joseph): <https://thomisticinstitute.org/>

Pints with Aquinas: <http://pintswithaquinas.com/>

Franciscan University of Steubenville Conferences: <https://steubenvilleconferences.com/>

New Saint Thomas Institute: <http://newsaintthomas.com/>

Dr. Taylor Marshall Blog: <http://www.taylormarshall.com/>

Those Catholic Men: <https://thosecatholicmen.com/>

Roman Catholic Man: <http://www.romancatholicman.com/>

Sensus Fidelium: <https://sensusfidelium.us/>

Into the Breach (A Men's Ministry Site run by the Archdiocese of Phoenix, AZ):

<https://intothebreach.org/>

Chastity Project: <https://chastityproject.com/>

For those suffering with Porn Addiction:

Integrity Restored: <http://integrityrestored.com/>

The Porn Effect: <http://theporneffect.com/>