
HE WHO PRAYS
IS SAVED

30DAYS

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*Edited by
don Giacomo Tantardini*

30DAYS

Foreword

«Come then, Lord Jesus. Come to me, seek me, find me, take me in your arms, carry me»

This prayer of Saint Ambrose was very dear to don Giacomo Tantardini, he recited it often. It reminds us of his child-like heart, his prayer so conscious that the Lord is the first to take initiative and that we can do nothing without Him. It was not by chance that he entitled this booklet "He who prays is saved," an expression of Saint Alphonsus Mary de' Liguori. Don Giacomo's friends consider it his most beautiful gift: a small book in which, at the request of young converts to Christianity, the priest wanted to gather the simplest prayers of christian tradition and all that helps to make a good confession. Translated into the main languages, hundreds of thousands of copies have been distributed all over the world by the magazine *30Days*, arriving free to many catholic missions scattered in every corner of the planet. Still today they tell me that many requests for copies continue to arrive.

"One who confesses well becomes a saint": this is a phrase that don Giacomo often repeated in the latter part of his life. The booklet suggests how to make a good confession. The starting point is the examination of conscience, the sincere pain for the evil committed. The accusation of individual sins, with concreteness and sobriety. Without being ashamed of your own...

shame. Because shame is also a grace if it urges us to ask for forgiveness, the gift of tears is a grace too, washing our gaze, making us see reality better... A sign of repentance is enough for the Lord.

Divine mercy, as we learn from the Gospel, awaits patiently for the return of the prodigal son, indeed it anticipates him, it precedes him by first touching his heart, so as to awaken in him the desire to be re-embraced by His infinite tenderness and to be able to start to walk anew. In the confessional we must be concrete in the accusation of sins, without reticence, but then we see that it is the Lord himself who “plugs our mouths,” as if to say: that is enough... He only needs to see this hint of pain, He does not want to torture your soul, He wants to embrace it. He wants your joy.

Because Jesus came to save us as we are: poor sinners, who ask to be sought, found, picked up, carried by Him.

Vatican City 28 May 2018

Francis

Introduction

Since mankind has existed, people have prayed. Always and everywhere people have been aware that they are not alone in the world, that there is somebody who listens to them. They have always been aware that they need Another who is greater and that they must reach out to Him for life to be what it must be. But the face of God has always been veiled and only Jesus has shown us His true face. Who sees Him sees the Father (cf. *John* 14,9). So, if on the one hand it is natural for people to pray (to ask in the moment of need and thank in the moment of joy), there is always, on the other hand, also our incapacity to pray and speak to a hidden God. We do not know what best to ask, says Saint Paul (*Rm* 8,26). Therefore we should always say to the Lord, like the disciples: “Lord, teach us how to pray” (*Luke* 11,1). The Lord taught the *Our Father* as model of genuine prayer and has given us a Mother, the Church, that helps us to pray. The Church has received a great wealth of prayers from Holy Writ. Over the centuries numerous prayers have arisen, from the hearts of believers, with which they always renew their address to God. In praying with Mother Church we ourselves learn to pray. I am therefore very glad that *30Giorni* should make a new edition of this little book containing the fundamental prayers of Christians that

have grown over the centuries. They accompany us through all the events of our lives and help us to celebrate the liturgy of the Church in prayer. I hope this little book may become a traveling companion for many Christians.

Rome, 18 February 2005

Cardinal Joseph Ratzinger

FROM THE CATECHISM OF SAINT PIUS X

Is it necessary to pray?

It is necessary to pray and to pray often, because God commands it and, ordinarily, He grants spiritual and temporal graces only if one prays.

Why does God grant the graces we ask?

God grants the graces we ask because He, Who is all faithful, has promised to hear us if we pray to Him with hope and perseverance in the Name of Jesus Christ.

Why should we pray to God in the Name of Jesus Christ?

We should pray to God in the Name of Jesus Christ, because only through Him, His Son and the sole Mediator between God and man, do our prayers and good works have value: which is why the Church always ends her prayers with these or similar words: *Through Your Son Jesus Christ, Our Lord.*

PRAYERS AND FORMULAE

The Sign of the Cross

In the name of the Father
and of the Son
and of the Holy Spirit. Amen.

In nomine Patris
et Filii
et Spiritus Sancti. Amen.

The Creed

I believe in God, the Father almighty, Creator of heaven and earth. And in Jesus Christ, His only Son our Lord, Who was conceived by the Holy Spirit born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven and sits at the right hand of God the Father almighty, from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

Credo in Deum Patrem omnipotentem, Creatorem caeli et terrae; et in Iesum Christum, Filium eius unicum, Dominum nostrum, qui conceptus est de Spiritu Sancto, natus ex Maria Virgine, passus sub Pontio Pilato, crucifixus, mortuus et sepultus; descendit ad inferos; tertia die resurrexit a mortuis; ascendit ad caelos, sedet ad dexteram Dei Patris omnipotentis; inde venturus est iudicare vivos et mortuos. Credo in Spiritum Sanctum, sanctam Ecclesiam catholicam, sanctorum communionem, remissionem peccatorum, carnis resurrectionem, vitam aeternam. Amen.

The Our Father

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.

Pater noster qui es in caelis, sanctificetur nomen tuum, adveniat regnum tuum, fiat voluntas tua, sicut in caelo et in terra. Panem nostrum cotidianum da nobis hodie, et dimitte nobis debita nostra, sicut et nos dimittimus debitoribus nostris; et ne nos inducas in tentationem, sed libera nos a malo. Amen.

Glory be to the Father

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.

The Hail Mary

Hail, Mary, full of grace, the Lord is with thee. Blessed art thou among 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.

Ave, Maria, gratia plena; Dominus tecum; benedicta tu in mulieribus, et benedictus fructus ventris tui, Iesus. Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc et in hora mortis nostrae. Amen.

Hail Holy Queen

USA VERSION

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this exile show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Salve, Regina, mater misericordiae, vita, dulcedo et spes nostra, salve. Ad te clamamus, exules filii Evae. Ad te suspiramus gementes et flentes in hac lacrimarum valle. Eia ergo, advocata nostra, illos tuos misericordes oculos ad nos converte. Et Iesum, benedictum fructum ventris tui, nobis post hoc exsilium ostende. O clemens, o pia, o dulcis Virgo Maria.

UK VERSION

Hail, Holy Queen, Mother of Mercy, hail, 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! 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. O clement, O loving, O sweet Virgin Mary.

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Angel of God

Angel of God, my guardian Angel, 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 illumina, custodi, rege et gubernas. Amen.

Eternal Rest

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.

Requiem aeternam dona eis, Domine, et lux perpetua luceat eis. Requiescant in pace. Amen.

Morning Prayer

In the name of our Lord Jesus Christ I will begin this day. I thank You, Lord, for having preserved me during the night. I will do my best to make all I do today pleasing to You and in accordance with Your will. My dear mother Mary, watch over me this day. My Guardian Angel, take care of me. Saint Joseph and all you saints of God, pray for me.

Daily Offering to the Sacred Heart

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, 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.

Night Offering

Jesus Christ my God, I adore You and thank You for all the graces You have given me this day. I offer You my sleep and all the moments of this night, and I ask You to keep me from sin. I put myself within Your sacred side and under the mantle of Our Lady. Let Your holy angels stand about me and keep me in peace. And let Your blessing be upon me. Amen.

To you, O Blessed Joseph

To you, O Blessed Joseph, we turn, tried by tribulation, and, trusting, we invoke your help and the help of your most Blessed Bride.

Because of that sacred bond of love, which bound you to the Immaculate Virgin Mother of God, and because of your paternal love for the Child Jesus, look lovingly, we pray you, on the beloved inheritance that Jesus Christ bought with His blood and, with your power and your help, succor us in our need.

Protect, O Providential Custodian of the Divine Family, the chosen fruits of Jesus Christ; keep us free, O most loving Father, of the plague of error and vices blackening the world; assist us with loving care from Heaven in this struggle against the power of darkness, O our most Powerful Protector; and as you once saved the threatened life of the Christ Child from death, so now defend the Holy Church of God from insidious hostilities and every adversity; and send to each one of us your help in every hour so that according to your example and by your help we may live virtuous lives, die in piety and receive eternal blessedness in Heaven. 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 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 are eternal truth and wisdom, Who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

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. In this hope I intend to live and die. Amen.

Act of Love

O Lord God, I love You above all things and I love my neighbor for Your sake because You are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve with the help of Your grace to sin no more and to avoid the near occasion of sin. Amen.

Baptismal Promises

Do you reject Satan?

I do.

And all his works?

I do.

And all his empty promises?

I do.

Do you believe in God, the Father Almighty, creator of heaven and earth?

I do.

Do you believe in Jesus Christ, His only Son, our Lord, Who was born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried, rose from the dead, and is now seated at the right hand of the Father?

I do.

Do you believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

I do.

A plenary indulgence is granted to the faithful who on the celebration of the Paschal Vigil and on the day of the anniversary of their baptism renew their baptismal promises with any legitimately approved form of wording.

The two principal Mysteries of Faith

1.The Unity and Trinity of God.

2.The Incarnation, Passion and Death of Our Lord Jesus Christ.

The Two Commandments of Love

1. You shall love the Lord your God with all your heart, with all your soul, and with all your mind.
2. You shall love your neighbor as yourself.

The Beatitudes

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are they who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the earth.
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the pure of heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
9. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.

The Ten Commandments of God, or the Decalogue

I am the Lord your God.

1. You shall not have strange gods before Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

The Five Precepts of the Church

1. You shall attend Mass on Sundays and on holy days of obligation and remain free from work or activity that could impede the sanctification of such days.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

The Seven Sacraments

1. Baptism.
2. Confirmation.
3. Holy Eucharist.
4. Penance.
5. Anointing of the Sick.
6. Holy Orders.
7. Matrimony.

The Seven Gifts of the Holy Spirit

1. Wisdom.
2. Understanding.
3. Counsel.
4. Fortitude.
5. Knowledge.
6. Piety.
7. Fear of the Lord.

The Three Theological Virtues

1. Faith.
2. Hope.
3. Charity.

The Four Cardinal Virtues

1. Prudence.
2. Justice.
3. Fortitude.
4. Temperance.

The Seven Corporal Works of Mercy

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

The Seven Spiritual Works of Mercy

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offenses.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

The Seven Capital Sins

1. Pride.
2. Covetousness.
3. Lust.
4. Anger.
5. Gluttony.
6. Envy.
7. Sloth.

The Six Sins against the Holy Spirit

1. Presumption of God's mercy.
2. Despair of salvation.
3. Impugning the known truth.
4. Envy at another's spiritual good.
5. Obstinacy in sin.
6. Final impenitence.

The Four Sins Crying to Heaven for Vengeance

1. Willful murder (including abortion).
2. The sin of Sodom.
3. Oppression of the poor.
4. Defrauding laborers of their wages.

The Four Last Things

1. Death.
2. Judgment.
3. Hell.
4. Heaven.

THE ANGELUS AND THE REGINA CAELI

The Angelus

The Angel of the Lord
declared unto Mary.

*And she conceived
of the Holy Spirit.*

Hail Mary.

Angelus Domini
nuntiavit Mariae.

*Et concepit
de Spiritu Sancto.*

Ave Maria.

Behold the handmaid of the Lord.

Be it done

unto me according to Thy word.

Hail Mary.

Ecce ancilla Domini.

Fiat mihi

secundum verbum tuum.

Ave Maria.

And the Word was made flesh.

And dwelt among us.

Hail Mary.

Et Verbum caro factum est.

Et habitavit in nobis.

Ave Maria.

Pray for us,

O holy Mother of God.

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

Ora pro nobis,

sancta Dei Genetrix.

*Ut digni efficiamur
promissionibus Christi.*

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.

Glory be to the Father...

Oremus. Gratiam tuam quae-
sumus, Domine, mentibus nos-
tris infunde, ut qui, Angelo nun-
tiantem, Christi Filii tui incarna-
tionem cognovimus, per pas-
sionem eius et crucem ad resur-
rectionis gloriam perducamur.
Per eundem Christum Dominum
nostrum.

Amen.

Gloria Patri...

The Regina Caeli

USA VERSION

Queen of Heaven, rejoice,
alleluia.

*The Son Whom you merited to
bear, alleluia.*

Has risen as He said,
alleluia.

*Pray for us to God,
alleluia.*

Rejoice and be glad,
O Virgin Mary, alleluia.

*For the Lord has truly risen,
alleluia.*

Let us pray. O God, Who through
the resurrection of Your Son, our
Lord Jesus Christ, did vouchsafe
to give joy to the world; grant, we
beseech You, that through His
Mother, the Virgin Mary, we may
obtain the joys of everlasting life.
Through the same Christ our
Lord.

Amen.

Regina caeli, laetare,
alleluia.

*Quia quem meruisti portare,
alleluia.*

Resurrexit, sicut dixit,
alleluia.

*Ora pro nobis Deum,
alleluia.*

Gaude et laetare,
Virgo Maria, alleluia.

*Quia surrexit Dominus vere,
alleluia.*

Oremus. Deus, qui per resur-
rectionem Filii tui Domini nostri
Iesu Christi mundum laetificare
dignatus es, praesta, quaes-
umus, ut per eius Genitricem
Virginem Mariam perpetuae ca-
piamus gaudia vitae.

Per Christum Dominum nos-
trum.

Amen.

The Regina Caeli

UK VERSION

Queen of Heaven, rejoice,
alleluia.

*For He Whom you were worthy
to bear, alleluia.*

Has risen as He said,
alleluia.

*Pray for us to God,
alleluia.*

Rejoice and be glad,
O Virgin Mary, alleluia.

*For the Lord has truly risen,
alleluia.*

Let us pray. O God, Who through the resurrection of Your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech You, that through His Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord.

Amen.

Regina caeli, laetare,
alleluia.

*Quia quem meruisti portare,
alleluia.*

Resurrexit, sicut dixit,
alleluia.

*Ora pro nobis Deum,
alleluia.*

Gaude et laetare,
Virgo Maria, alleluia.

*Quia surrexit Dominus vere,
alleluia.*

Oremus. Deus, qui per resurrectionem Filii tui Domini nostri Iesu Christi mundum laetificare dignatus es, praesta, quaesumus, ut per eius Genitricem Virginem Mariam perpetuae capiamus gaudia vitae.

Per Christum Dominum nostrum.

Amen.

THE SACRAMENT OF PENANCE OR CONFESSION*

What is the Sacrament of Penance?

Penance, also called Confession, is the sacrament instituted by Jesus Christ by which sins committed after Baptism are forgiven.

What must we do to make a good Confession?

In order to make a good Confession we must do five things:

1. Examine our conscience.
2. Be sorry for our sins.
3. Make up our minds not to sin again.
4. Confess our sins to a priest.
5. Be willing to do the penance the priest gives us.

* The questions and answers are taken from the *Catechism of Saint Pius X*.

SIN

What is sin?

Sin is an offense against God through the disobeying of His law.

In how many ways can we commit actual sin?

Actual sin is committed in four ways: thoughts, words, deeds and omissions.

What is mortal sin?

Mortal sin is an offense against the law of God in grave matter, done with clear knowledge and full consent.

Why “mortal”?

“Mortal” because it brings death to the soul with the loss of sanctifying grace, which is the life of the soul, just as the soul is the life of the body.

What damage does mortal sin cause to the soul?

1. It deprives the soul of grace and of its friendship with God.
2. It makes it lose paradise.
3. It deprives the soul of its acquired merits and renders it incapable of acquiring more.
4. It makes the soul slave of Satan.
5. It makes the soul deserving of hell and of punishment in this life.

The essential difference between mortal sin and venial sin. Mortal sin extinguishes the life of grace in the Christian. Venial sin is in some way in contradiction to the life of grace, but not to the extent of destroying it.

A sin is mortal when the following three conditions are met:

1. The matter must concern something strictly prohibited or strictly commanded (grave matter).
2. The individual must have a clear awareness of the importance of the matter and of the severity of the commandment (clear knowledge).
3. The individual must have free will in the decision to act (full consent).

When one of these three conditions is not present in whole or in an essential part mortal sin has not been committed, but there may be venial sin.

SORROW

What is contrition or sorrow for sins?

Contrition, or sorrow for sins, is a hatred of sin and a true grief of the soul for having offended God, with a firm purpose of sinning no more.

What does the word contrition mean?

The word contrition means to break like a rock which is crushed and reduced to dust.

Why is sorrow for sin called contrition?

Sorrow for sin is called contrition to indicate that the hard heart of the sinner is, in a sense, broken or crushed by its sorrow for having offended God.

How many kinds of contrition are there?

There are two kinds of contrition: perfect contrition and imperfect contrition.

What is perfect contrition?

Perfect contrition is that which fills us with sorrow and hatred for sin, because it offends God, Who is infinitely good in Himself and worthy of all love.

Why is perfect contrition called so?

Contrition is called perfect for two reasons:

1. Because it exclusively regards the goodness of God, not our advantage or disadvantage.
2. Because by it, our sins are forgiven immediately; but we are strictly bound to confess them.

Does that mean that perfect contrition obtains the forgiveness of our sins independently from Confession?

Perfect contrition does not obtain forgiveness of our sins independently from Confession because it **always** includes the will to confess them.

Why does perfect contrition produce this effect of forgiving us our sins?

Perfect contrition produces this effect because it springs from charity that can not be found in our soul in company with mortal sin.

EXAMINATION OF CONSCIENCE

How to examine our conscience?

We examine our conscience calling to mind the sins we have committed, starting from our last good confession.

FUNDAMENTAL NORMS OF CHRISTIAN LIFE

The Ten Commandments, or the Decalogue

I am the Lord your God.

1. You shall not have strange gods before Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery*.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

The Two Commandments of Love

1. You shall love the Lord your God with all your heart, with all your soul, and with all your mind.
2. You shall love your neighbor as yourself.

* See page 31.

The Five Precepts of the Church

1. You shall attend Mass on Sundays and on holy days of obligation and remain free from work or activity that could impede the sanctification of such days.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

THE MOST GRIEVOUS SINS

The Six Sins Against the Holy Spirit

1. Presumption of God's mercy.
2. Despair of salvation.
3. Impugning the known truth.
4. Envy at another's spiritual good.
5. Obstinacy in sin.
6. Final impenitence.

The Four Sins Crying to Heaven for Vengeance

1. Willful murder (including abortion).
2. The sin of Sodom.
3. Oppression of the poor.
4. Defrauding laborers of their wages.

*Sixth Commandment

The following is taken from an address by John Paul II to the bishops of the United States of America:

‘With the frankness of the Gospel, the compassion of Pastors and with the charity of Christ, you have dealt with the question of the indissolubility of marriage, correctly stating: “The covenant between a man and a woman united in Christian marriage is as indissoluble and irrevocable as is the love of God for his people and the love of Christ for his Church”.

Exalting the beauty of marriage, you have rightly taken a position against both the theory of contraception and contraceptive practice, as did the encyclical letter *Humanae vitae*. I myself, today, with the same conviction as Paul VI, ratify the teaching of that encyclical issued by my Predecessor “in virtue of the mandate confided us by Christ”.

Describing the sexual union between husband and wife as a special expression of their covenant of love, you have correctly said: “The sexual relationship is a human and moral good only within the sphere of marriage: outside marriage it is immoral”.

As men who speak with “words of truth and the power of God” (2 *Corinthians* 6,7), as authentic teachers of the law of God and as compassionate pastors, you have correctly said: “Homosexual practice (which is to be distinguished from homosexual orientation) is morally deceitful” ’.

‘...Both the Church’s teaching, according to its constant tradition, and the moral sense of the faithful have stated without any hesitation that masturbation is a practice grievously and intrinsically disordered’ (*Declaration of the Sacred Congregation for the Doctrine of the Faith concerning certain questions of sexual ethics*, December 29 1975, No. 9).

CONFESSION OF OUR SINS TO THE PRIEST

What sins are we bound to confess?

We are bound to confess all our mortal sins, but it is good also to confess our venial sins.

Which are the chief qualities of a good confession?

The chief qualities of a good confession are five: it must be humble, sincere, complete, prudent and brief.

What does it mean to say that our confession must be complete?

To say that our confession must be complete means that we must tell the number and the kind of all those mortal sins, committed since our last good confession, with all those circumstances which change their nature.

Which circumstances must be confessed for confession to be complete?

We must confess any circumstances which change the nature of our sin (which make it become another kind of sin).

What are the circumstances which change the nature of sin?

The circumstances which change the nature of sin are: 1. Those circumstances which make a venial sin become a mortal sin. 2. Those circumstances which make a single sinful action constitute two or more mortal sins.

If someone is not sure of having committed a mortal sin, must he confess it?

If someone is not sure of having committed a mortal sin, he is not obliged to confess it; but if he wants to confess it he must add that he is not sure of having committed it.

What should we do if we cannot remember the number of our sins?

If we cannot remember the number of our sins, we should tell the number as nearly as possible.

Is our confession worthy if, through no fault of our own, we forget to confess a mortal sin?

If, through no fault of our own, we forget to confess a mortal sin or a necessary circumstance, our confession is worthy, provided that we made the due effort to remember it.

If a mortal sin that we forgot to tell in confession comes to mind, are we obligated to confess it in a future confession?

When a mortal sin that we forgot to tell in confession comes to mind, we must confess it in our next confession.

Is it a grievous offense wilfully to conceal a mortal sin in confession, through shame or some other motive?

It is a grievous offense wilfully to conceal a mortal sin in confession, through shame or some other motive, because we thereby profane the Sacrament and are guilty of a very grave sacrilege.

We are bound to confess all the mortal sins, not yet told in a valid confession, that, after a serious examination of conscience, we are aware of having committed.

We are not bound to tell in confession those sins that we are not sure of having committed or about whose gravity we are not sure.

We commit sacrilege when (with grievous offense, full knowledge, and with free decision) we do not confess a mortal sin. In this case we need to repeat confession and to confess the sin of sacrilege.

THE RITE OF CONFESSION

Praised be Jesus Christ.
May He always be praised.

In the name of the Father and of the Son and of the Holy Spirit.
Amen.

May the Lord be in your heart and help you to confess your sins with true sorrow.



Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve with the help of Your grace to sin no more and to avoid the near occasion of sin.
Amen.

O Jesus Burning with Love

O Jesus burning with love, would that I had never offended You! O my Dear and Good Jesus, with Your holy grace I do not want to offend or disgust You anymore, because I love You above everything. My Jesus, mercy, pardon me.

Absolution

God, the Father of mercies, through the Death and Resurrection of His Son, has reconciled the world to Himself and sent the Holy

Spirit among us for the forgiveness of sins; through the ministry of the Church, may God give you pardon and peace. **And I absolve you from your sins in the name of the Father and of the Son and of the Holy Spirit.**

Amen.

May the passion of Our Lord Jesus Christ, the intercession of the Blessed Virgin Mary and of all the saints, whatever good you do and suffering you endure, heal your sins, help you to grow in holiness, and reward you with eternal life. Go in peace.

PENANCE AND EUCHARIST

How many things are necessary to make a good Communion?

To make a good Communion three things are necessary: 1. to be in the grace of God; 2. to know Who we are about to receive and to think about Him; 3. to fast according to the laws of the Church.

a) A person who converts to Christianity encountering the Christian community and starts to live its actions with awareness and fidelity, may not receive the Eucharist before approaching the Sacrament of Confession which is the Sacrament of Conversion. This is obviously the case of a person already baptised but totally removed from the Christian life. Whoever converts to Christianity and is not baptised must not confess but receive Baptism, which not only cancels original sin but also all actual sins.

b) If a person leaves the practice of the Christian community (particularly Sunday Mass), even for a short period of time, he can not receive the Holy Eucharist before going to the Sacrament of Confession.

c) As a norm, after having committed a mortal sin, before receiving the Holy Eucharist, it is always necessary to go to Confession.

d) If it is not possible to go to Confession, we are allowed for grave reason* to receive the Holy Eucharist, after having truly asked forgiveness to our Lord and decided to confess as soon as possible**.

* Grave reason arises, for example, when not partaking of Holy Communion would be a source of surprise or even scandal to the faithful present. The mere desire to receive Holy Communion in common does not constitute grave reason.

** See perfect contrition page 27.

THE ROSARY

A plenary indulgence is granted to the faithful who recite the Holy Rosary along with other faithful, in the family for example.

The Joyful Mysteries (recited Monday and Thursday)

1. The Annunciation.
2. The Visitation.
3. The Nativity.
4. The Presentation.
5. The Finding in the Temple.

The Sorrowful Mysteries (recited Tuesday and Friday)

1. The Agony in the Garden.
2. The Scourging at the Pillar.
3. The Crowning with Thorns.
4. The Carrying of the Cross.
5. The Crucifixion.

The Glorious Mysteries (recited Wednesday, Saturday and Sunday)

1. The Resurrection.
2. The Ascension.
3. The Descent of the Holy Spirit.
4. The Assumption.
5. The Coronation of Mary Queen of Heaven and Earth.

May the most Holy Names of Jesus, of Joseph and of Mary always be praised.

My Jesus, forgive our faults, save us from the fire of Hell, bring all souls to Heaven, especially those most in need of Your mercy.

The Holy Father John Paul II in the Apostolic Letter *Rosarium Virginis Mariae* of 16 October 2002 suggests the recitation of five new Mysteries on Thursday. In this case the Joyful Mysteries are recited on Saturday.

The Mysteries of Light

1. The Baptism of Jesus.
2. The Wedding Feast of Cana.
3. The Proclamation of the Kingdom, with the call to Conversion.
4. The Transfiguration.
5. The Institution of the Eucharist.

Hail Holy Queen

USA VERSION

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this exile show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Salve, Regina, mater misericordiae, vita, dulcedo et spes nostra, salve. Ad te clamamus, exules filii Evae. Ad te suspiramus gementes et flentes in hac lacrimarum valle. Eia ergo, advocata nostra, illos tuos misericordes oculos ad nos converte. Et Iesum, benedictum fructum ventris tui, nobis post hoc exilium ostende. O clemens, o pia, o dulcis Virgo Maria.

UK VERSION

Hail, Holy Queen, Mother of Mercy, hail, 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! 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. O clement, O loving, O sweet Virgin Mary.

Salve, Regina, mater misericordiae, vita, dulcedo et spes nostra, salve. Ad te clamamus, exules filii Evae. Ad te suspiramus gementes et flentes in hac lacrimarum valle. Eia ergo, advocata nostra, illos tuos misericordes oculos ad nos converte. Et Iesum, benedictum fructum ventris tui, nobis post hoc exilium ostende. O clemens, o pia, o dulcis Virgo Maria.

Litany of the Blessed Virgin Mary

Kyrie, eleison	Lord, have mercy
<i>Kyrie, eleison</i>	<i>Lord, have mercy</i>
Christe, eleison	Christ, have mercy
<i>Christe, eleison</i>	<i>Christ, have mercy</i>
Kyrie, eleison	Lord, have mercy
<i>Kyrie, eleison</i>	<i>Lord, have mercy</i>
Christe, audi nos	Christ, hear us
<i>Christe, audi nos</i>	<i>Christ, hear us</i>
Christe, exaudi nos	Christ, graciously hear us
<i>Christe, exaudi nos</i>	<i>Christ, graciously hear us</i>
Pater de caelis, Deus	God, the Father of Heaven
<i>miserere nobis</i>	<i>have mercy on us</i>
Fili Redemptor mundi, Deus	God, the Son, Redeemer of the world
<i>miserere nobis</i>	<i>have mercy on us</i>
Spiritus Sancte, Deus	God, the Holy Spirit
<i>miserere nobis</i>	<i>have mercy on us</i>
Sancta Trinitas, unus Deus	Holy Trinity, One God
<i>miserere nobis</i>	<i>have mercy on us</i>
Sancta Maria,	Holy Mary,
<i>ora pro nobis</i>	<i>pray for us</i>
Sancta Dei Genetrix	Holy Mother of God
Sancta Virgo virginum	Holy Virgin of virgins
Mater Christi	Mother of Christ
Mater Ecclesiae	Mother of the Church
Mater divinae gratiae	Mother of divine grace
Mater purissima	Mother most pure
Mater castissima	Mother most chaste
Mater inviolata	Mother inviolate
Mater intemerata	Mother undefiled

Mater amabilis	Mother most amiable
Mater admirabilis	Mother most admirable
Mater boni consilii	Mother of good counsel
Mater Creatoris	Mother of our Creator
Mater Salvatoris	Mother of our Savior
Virgo prudentissima	Virgin most prudent
Virgo veneranda	Virgin most venerable
Virgo praedicanda	Virgin most renowned
Virgo potens	Virgin most powerful
Virgo clemens	Virgin most merciful
Virgo fidelis	Virgin most faithful
Speculum iustitiae	Mirror of justice
Sedes sapientiae	Seat of wisdom
Causa nostrae laetitiae	Cause of our joy
Vas spirituale	Spiritual vessel
Vas honorabile	Vessel of honor
Vas insigne devotionis	Singular vessel of devotion
Rosa mystica	Mystical rose
Turris davidica	Tower of David
Turris eburnea	Tower of ivory
Domus aurea	House of gold
Foederis arca	Ark of the covenant
Ianua caeli	Gate of heaven
Stella matutina	Morning star
Salus infirmorum	Health of the Sick
Refugium peccatorum	Refuge of sinners
Consolatrix afflictorum	Comforter of the afflicted
Auxilium christianorum	Help of Christians
Regina angelorum	Queen of Angels
Regina patriarcharum	Queen of Patriarchs
Regina prophetarum	Queen of Prophets
Regina apostolorum	Queen of Apostles
Regina martyrum	Queen of Martyrs

Regina confessorum
Regina virginum
Regina sanctorum omnium
Regina sine labe originali
concepta
Regina in caelum assumpta
Regina sacratissimi Rosarii
Regina familiae
Regina pacis

Queen of Confessors
Queen of Virgins
Queen of all Saints
Queen conceived without
original sin
Queen assumed into heaven
Queen of the most Holy Rosary
Queen of the family
Queen of Peace

Agnus Dei, qui tollis
peccata mundi,
parce nobis, Domine.
Agnus Dei, qui tollis
peccata mundi,
exaudi nos, Domine.
Agnus Dei, qui tollis
peccata mundi,
miserere nobis.

Lamb of God, Who take away
the sins of the world,
spare us, O Lord.
Lamb of God, Who take away
the sins of the world,
graciously hear us, O Lord.
Lamb of God, Who take away
the sins of the world,
have mercy on us.

Litany of the Sacred Heart

Kyrie, eleison
Kyrie, eleison
Christe, eleison
Christe, eleison
Kyrie, eleison
Kyrie, eleison
Christe, audi nos
Christe, audi nos
Christe, exaudi nos
Christe, exaudi nos

Lord, have mercy
Lord, have mercy
Christ, have mercy
Christ, have mercy
Lord, have mercy
Lord, have mercy
Christ, hear us
Christ, hear us
Christ, graciously hear us
Christ, graciously hear us

Pater de caelis, Deus,
miserere nobis
Fili Redemptor mundi,
Deus
miserere nobis
Spiritus Sancte, Deus
miserere nobis
Sancta Trinitas, unus Deus
miserere nobis

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

Cor Iesu,
Fili Patris aeterni
miserere nobis
Cor Iesu, in sinu Virginis
Matris a Spiritu Sancto
formatum
Cor Iesu,
Verbo Dei
substantialiter unitum
Cor Iesu,
maiestatis infinitae
Cor Iesu, templum Dei
sanctum
Cor Iesu, tabernaculum
Altissimi
Cor Iesu, domus Dei
et porta caeli
Cor Iesu, fornax ardens
charitatis
Cor Iesu, iustitiae et amoris
receptaculum
Cor Iesu, bonitate et amore
plenum

Heart of Jesus,
Son of the Eternal Father
have mercy on us
Heart of Jesus, formed in the
womb of the Virgin Mother
by the Holy Ghost
Heart of Jesus,
united substantially
with the word of God
Heart of Jesus,
of infinite majesty
Heart of Jesus,
holy temple of God
Heart of Jesus, tabernacle
of the Most High
Heart of Jesus, house of God
and gate of heaven
Heart of Jesus, glowing
furnace of charity
Heart of Jesus, vessel
of justice and love
Heart of Jesus, full
of goodness and love

Cor Iesu, virtutum omnium abyssus	Heart of Jesus, abyss of all virtues
Cor Iesu, omni laude dignissimum	Heart of Jesus, most worthy of all praise
Cor Iesu, rex et centrum omnium cordium	Heart of Jesus, king and center of all hearts
Cor Iesu, in quo sunt omnes thesauri sapientiae et scientiae	Heart of Jesus, in Whom are all the treasures of wisdom and knowledge
Cor Iesu, in quo habitat omnis plenitudo divinitatis	Heart of Jesus, in Whom dwelleth all the fullness of the Divinity
Cor Iesu, in quo Pater sibi bene complacuit	Heart of Jesus, in Whom the Father is well pleased
Cor Iesu, de cuius plenitudine omnes nos accepimus	Heart of Jesus, of Whose fullness we have all received
Cor Iesu, desiderium collium aeternorum	Heart of Jesus, desire of the everlasting hills
Cor Iesu, patiens et multae misericordiae	Heart of Jesus, patient and rich in mercy
Cor Iesu, dives in omnes qui invocant te	Heart of Jesus, rich to all who invoke Thee
Cor Iesu, fons vitae et sanctitatis	Heart of Jesus, fount of life and holiness
Cor Iesu, propitiatio pro peccatis nostris	Heart of Jesus, propitiation for our sins
Cor Iesu, saturatum opprobriis	Heart of Jesus, saturated with revilings
Cor Iesu, attritum propter scelera nostra	Heart of Jesus, crushed for our iniquities
Cor Iesu, usque ad mortem oboediens factum	Heart of Jesus, made obedient unto death
Cor Iesu, lancea perforatum	Heart of Jesus, pierced with a lance

Cor Iesu, fons totius
consolationis
Cor Iesu, vita et resurrectio
nostra
Cor Iesu, pax et reconciliatio
nostra
Cor Iesu, victima peccatorum
Cor Iesu, salus in te
sperantium
Cor Iesu, spes in te
morientium
Cor Iesu, deliciae sanctorum
omnium

Heart of Jesus, source of all
consolation
Heart of Jesus, our life and
resurrection
Heart of Jesus, our peace and
reconciliation
Heart of Jesus, victim for our sins
Heart of Jesus, salvation
of those who hope in Thee
Heart of Jesus, hope of those
who die in Thee
Heart of Jesus, delight of all
saints

Agnus Dei, qui tollis
peccata mundi,
parce nobis, Domine.
Agnus Dei, qui tollis
peccata mundi,
exaudi nos, Domine.
Agnus Dei, qui tollis
peccata mundi,
miserere nobis.

Lamb of God, Who take away
the sins of the world,
spare us, O Lord.
Lamb of God, Who take away
the sins of the world,
graciously hear us, O Lord.
Lamb of God Who take away
the sins of the world,
have mercy on us.

Litany of Saint Joseph

Kyrie, eleison
Kyrie, eleison
Christe, eleison
Christe, eleison
Kyrie, eleison
Kyrie, eleison
Christe, audi nos

Lord, have mercy
Lord, have mercy
Christ, have mercy
Christ, have mercy
Lord, have mercy
Lord, have mercy
Christ, hear us

Christe, audi nos
Christe, exaudi nos
Christe, exaudi nos

Christ, hear us
Christ, graciously hear us
Christ, graciously hear us

Pater de caelis, Deus,
miserere nobis
Fili Redemptor mundi, Deus,
miserere nobis
Spiritus Sancte, Deus,
miserere nobis
Sancta Trinitas, unus Deus,
miserere nobis

God, the Father of Heaven
have mercy on us
God the Son, Redeemer of the world
have mercy on us
God the Holy Spirit
have mercy on us
Holy Trinity, One God
have mercy on us

Sancta Maria,
ora pro nobis
Sancte Ioseph
Proles David inclita
Lumen patriarcharum
Dei Genetricis sponse
Custos pudice Virginis
Filii Dei nutricie
Christi defensor sedule
Almae Familiae praeses
Ioseph iustissime
Ioseph castissime
Ioseph prudentissime
Ioseph fortissime
Ioseph oboedientissime
Ioseph fidelissime
Speculum patientiae
Amator paupertatis
Exemplar opificum
Domesticae vitae decus

Holy Mary,
pray for us
Holy Joseph
Renowned offspring of David
Light of Patriarchs
Spouse of the Mother of God
Chaste guardian of the Virgin
Foster father of the Son of God
Diligent protector of Christ
Head of the Holy Family
Joseph most just
Joseph most chaste
Joseph most prudent
Joseph most strong
Joseph most obedient
Joseph most faithful
Mirror of patience
Lover of poverty
Model of artisans
Glory of home life

Custos virginum
Familiarum columen
Solacium miserorum
Spes aegrotantium
Patrone morientium
Terror daemonum
Protector sanctae Ecclesiae

Guardian of virgins
Pillar of families
Solace of the wretched
Hope of the sick
Patron of the dying
Terror of demons
Protector of the Holy Church

Agnus Dei, qui tollis
peccata mundi,
parce nobis, Domine.

Agnus Dei, qui tollis
peccata mundi,
exaudi nos, Domine.

Agnus Dei, qui tollis
peccata mundi,
miserere nobis.

Lamb of God, Who take away
the sins of the world,
spare us, O Lord.

Lamb of God, Who take away
the sins of the world,
graciously hear us, O Lord.

Lamb of God, Who take away
the sins of the world,
have mercy on us.

INVOCATIONS

Christ conquers! Christ reigns! Christ commands!

O Heart of Jesus, burning with love for us, inflame our hearts with love for Thee.

Jesus, meek and humble of heart, make my heart like unto thine!

O Heart of Jesus, I place my trust in Thee.

O God, be merciful to me a sinner (*Luke 18,13*).

My Lord and my God (*John 20,28*).

Jesus, Mary, Joseph, I give you my heart and my soul.

Jesus, Mary, Joseph, assist me in my last agony.

Jesus, Mary, Joseph, may I sleep and rest in peace with you.

Come, Holy Spirit, come through Mary.

My Mother, my Hope.

May the Virgin Mary together with her loving Child bless us.

Grant that I may praise thee, O sacred Virgin; give me strength against thine enemies.

Christus vincit! Christus regnat! Christus imperat!

Cor Iesu, flagrans amore nostri, inflamma cor nostrum amore tui.

Iesu, mitis et humilis corde, fac cor nostrum secundum cor tuum.

Dominus meus et Deus meus (*John 20,28*).

Dilectus meus mihi. Et ego illi qui pascitur inter lilia.

Veni, Sancte Spiritus, veni per Mariam.

Mater mea, fiducia mea.

Nos cum prole pia benedicat Virgo Maria.

Dignare me laudare te, Virgo sacrata. Da mihi virtutem contra hostes tuos.

**O ROMA FELIX
O JOYFUL ROME**

A plenary indulgence is granted to the faithful who devoutly visit – and recite an Our Father and a Creed there – one of the four Patriarchal Basilicas of Rome (Saint John Lateran, Saint Mary Major, Saint Peter's, Saint Paul's Outside the Walls), either by going there in pilgrimage with others, or at least expressing during the visit the intention of filial submission to the Roman Pontiff.

30DAYS

In the Church and in the World

Director: Giulio Andreotti

He who prays is saved was published in 2001
by the international monthly magazine *30Days in the Church and in the world*,
that edited various later editions,
the last of which was in 2009

This booklet, an exact copy of the last edition,
is published by the
Associazione don Giacomo Tantardini,
domiciled in Via Felice Bisleri, 9 - 00133 Rome
E-mail: info@assotantardini.it
Web: www.associazionedongiacomotantardini.it

Piccola Via onlus and *Cooperativa libraria Nuova Cultura*
share the right to print and distribute this booklet

30Days continues to operate through these contacts:
Tel.: +39 335 879 4068
E-mail: 30giorni@30giorni.it

Printed in December 2017
by Arti Grafiche La Moderna - Via Enrico Fermi, 13
Guidonia - Rome

*He who prays is saved
was first published in 2001
by the monthly 30Days,
which edited the following editions.*

*In February 2005 it had the privilege
of obtaining a foreword by the then Cardinal Joseph Ratzinger,
who later became Pope Benedict XVI.*

*This edition, an exact copy of the previous,
was further privileged with a foreword by Pope Francis.*

*To request copies of
He who prays is saved
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don Giacomo Tantardini Association
Email: info@assotantardini.it*

