



## FIRST WEEK (DAYS 13 - 19)

### *Theme: KNOWLEDGE OF SELF*

During the first week they should offer up all their prayers and acts of devotion to acquire knowledge of themselves and sorrow for their sins. Let them perform all their actions in a spirit of humility. With this end in view they may, if they wish, meditate on what I have said concerning our corrupted nature, and consider themselves during six days of the week as nothing but sals, slugs, toads, swine, snakes and goats. Or else they may meditate on the following three considerations of St. Bernard: «Remember what you were - corrupted seed; what you are - a body destined for decay; what you will be - food for worms.»

They will ask our Lord and the Holy Spirit to enlighten them saying, «Lord, that I may see,» or «Lord, let me know myself,» or the «Come, Holy Spirit». Every day they should say the Litany of the Holy Spirit, with the prayer that follows, as indicated in the first part of this work. They will turn to our Blessed Lady and beg her to obtain for them that great grace which is the foundation of all others, the grace of self-knowledge. For this intention they will say each day the Ave Maris Stella and the Litany of the Blessed Virgin. (*True Devotion* 228)

## PRAYERS TO BE RECITED DURING THESE NEXT SEVEN DAYS

(FROM THE 13TH DAY TO THE 19TH DAY)

### *Litany of the Holy Ghost*

*(For private devotion only)*

Lord, have mercy on us.

*Christ, have mercy on us.*

Lord, have mercy on us.

Father, all powerful, *have mercy on us.*

Jesus, Eternal Son of the Father, Redeemer of the world, *save us.*

Spirit of the Father and the Son, boundless life of both, *sanctify us.*

Holy Trinity, *hear us.*

Holy Ghost, Who proceedest from the Father and the Son, *enter our hearts.*

Holy Ghost, Who art equal to the Father and the Son, *enter our hearts.*  
Promise of God the Father,  
Ray of heavenly light,  
Author of all good,  
Source of heavenly water,  
Consuming Fire,  
Ardent Charity,  
Spiritual unction,  
Spirit of love and truth,  
Spirit of wisdom and understanding,  
Spirit of counsel and fortitude,  
Spirit of knowledge and piety,  
Spirit of the fear of the Lord,  
Spirit of grace and prayer,  
Spirit of peace and meekness,  
Spirit of modesty and innocence,  
Holy Ghost, the Comforter,  
Holy Ghost, the Sanctifier,  
Holy Ghost, Who governest the Church,  
Gift of God, the Most High  
Spirit of the adoption of the children of God,  
Holy Ghost, inspire us with the horror of sin,  
Holy Ghost, come and renew the face of the earth,  
Holy Ghost, shed Thy light in our souls,  
Holy Ghost, engrave the law in our hearts,  
Holy Ghost, inflame us with the flame of Thy love,  
Holy Ghost, open to us the treasures of thy Graces,  
Holy Ghost, teach us to pray well.  
Holy Ghost, enlighten us with Thy heavenly inspirations.  
Holy Ghost, lead us in the way of salvation.  
Holy Ghost, grant us the only necessary knowledge.  
Holy Ghost, inspire in us the practice of good.  
Holy Ghost, grant us the merits of all virtues.  
Holy Ghost, make us persevere in justice.  
Holy Ghost, be Thou our everlasting reward.

Lamb of God, Who takest away the sins of the world, *send us Thy Holy Ghost.*

Lamb of God, Who takest away the sins of the world, *pour down into our*

*souls the gifts of the Holy Ghost.*

Lamb of God, Who takest away the sins of the world, *grant us the Spirit of wisdom and piety.*

V/. Come, Holy Ghost! Fill the hearts of Thy faithful.

R/. And enkindle in them the fire of Thy love.

**Let us pray:** Grant, O merciful Father, that Thy Divine Spirit enlighten, inflame and purify us, that He may penetrate us with His heavenly dew and make us fruitful in good works; through our Lord Jesus Christ, Thy Son, Who with Thee, in the unity of the same Spirit, liveth and reigneth forever and ever. Amen.

## *Litany of the Blessed Virgin*

Lord, have mercy on us.

*Christ, have mercy on us.*

Lord, have mercy on us.

*Christ hear us.*

Christ, *graciously hear us.*

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.*

Holy Mary, *pray for us.*

Holy Mother of God,

Holy Virgin of virgins,

Mother of Christ,

Mother of divine grace,

Mother most pure,

Mother most chaste,

Mother inviolate,

Mother undefiled,

Mother most amiable,

Mother most admirable,

Mother of good counsel,

Mother of our Creator,

Mother of our Savior,

Virgin most prudent,

Virgin most venerable,  
Virgin most renowned,  
Virgin most powerful,  
Virgin most merciful,  
Virgin most faithful,  
Mirror of justice,  
Seat of wisdom,  
Cause of our joy,  
Spiritual vessel,  
Vessel of honour,  
Singular vessel of devotion,  
Mystical rose,  
Tower of David,  
Tower of ivory,  
House of gold,  
Ark of the covenant,  
Gate of heaven,  
Morning Star,  
Health of the Sick,  
Refuge of sinners,  
Comforter of the afflicted,  
Help of Christians,  
Queen of angels,  
Queen of patriarchs,  
Queen of prophets,  
Queen of Apostles,  
Queen of martyrs,  
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 peace.

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

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

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

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

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

**Let us pray:** Grant unto us, Thy servants, we beseech Thee, O Lord God, at all times to enjoy health of soul and body; and by the glorious intercession of Blessed Mary, ever virgin, when freed from the sorrows of this present life, to enter into that joy which hath no end. Through Christ our Lord. R/. Amen.

## *Ave Maris Stella*

Hail, bright star of ocean,  
God's own Mother blest,  
Ever sinless Virgin,  
Gate of heavenly rest.

Taking that sweet Ave  
Which from Gabriel came,  
Peace confirm within us,  
Changing Eva's name.

Break the captives' fetters,  
Light on blindness pour,  
All our ills expelling,  
Every bliss implore.

Show thyself a Mother;  
May the Word Divine,  
Born for us thy Infant,  
Hear our prayers through thine.

Virgin all excelling,  
Mildest of the mild,  
Freed from guilt, preserve us,  
Pure and undefiled.

Keep our life all spotless,  
Make our way secure,

Till we find in Jesus  
Joy forevermore.

Through the highest heaven  
To the Almighty Three,  
Father, Son and Spirit,  
One same glory be. Amen.

