

**EXPANDED**  
**LAY MANUAL**  
 **OF**   
**SPIRITUAL**  
**ASSISTANCE**  
  
**FOR PRIVATE USE**

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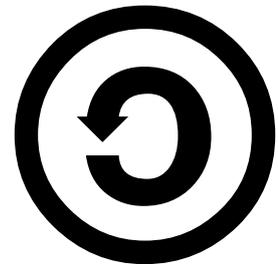
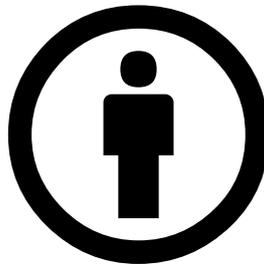
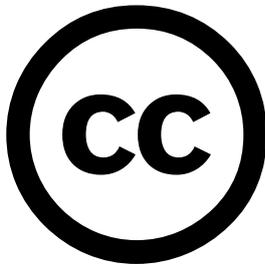
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## PSALMS<sup>1</sup>

A Psalm of David, when he fled from Ab'salom his son.

### Psalm 3 (RSV-CE)

O LORD, how many are my foes!

Many are rising against me;  
many are saying of me,  
there is no help for him in God.

*Selah*

But thou, O LORD, art a shield about me,  
my glory, and the lifter of my head.

I cry aloud to the LORD,  
and he answers me from his holy hill.

*Selah*

I lie down and sleep;

I wake again, for the LORD sustains me.

I am not afraid of ten thousands of people  
who have set themselves against me round about.

Arise, O LORD!

Deliver me, O my God!

For thou dost smite all my enemies on the cheek,  
thou dost break the teeth of the wicked.

Deliverance belongs to the LORD;

thy blessing be upon thy people!

*Selah*

To the choirmaster. Of David.

**Psalm 11[10] (RSV-CE)**

In the LORD I take refuge;  
how can you say to me,  
“Flee like a bird to the mountains;  
for lo, the wicked bend the bow,  
they have fitted their arrow to the string,  
to shoot in the dark at the upright in heart;  
if the foundations are destroyed,  
what can the righteous do?”

The LORD is in his holy temple,  
the LORD’s throne is in heaven;  
his eyes behold, his eyelids test, the children of men.

The LORD tests the righteous and the wicked,  
and his soul hates him that loves violence.

On the wicked he will rain coals of fire and brimstone;  
a scorching wind shall be the portion of their cup.

For the LORD is righteous, he loves righteous deeds;  
the upright shall behold his face.

To the choirmaster. A Psalm of David.

**Psalm 13[12] (RSV-CE)**

How long, O LORD? Wilt thou forget me for ever?

How long wilt thou hide thy face from me?

How long must I bear pain in my soul,

and have sorrow in my heart all the day?

How long shall my enemy be exalted over me?

Consider and answer me, O LORD my God;

lighten my eyes, lest I sleep the sleep of death;

lest my enemy say, "I have prevailed over him";

lest my foes rejoice because I am shaken.

But I have trusted in thy steadfast love;

my heart shall rejoice in thy salvation.

I will sing to the LORD,

because he has dealt bountifully with me.

To the choirmaster: according to The  
Hind of the Dawn. A Psalm of David.

**Psalm 22[21] (RSV-CE)**

My God, my God, why hast thou forsaken me?

Why art thou so far from helping me, from the words of my  
groaning?

O my God, I cry by day, but thou dost not answer;  
and by night, but find no rest.

Yet thou art holy,  
enthroned on the praises of Israel.

In thee our fathers trusted;  
they trusted, and thou didst deliver them.

To thee they cried, and were saved;  
in thee they trusted, and were not disappointed.

But I am a worm, and no man;  
scorned by men, and despised by the people.

All who see me mock at me,  
they make mouths at me, they wag their heads;  
“He committed his cause to the LORD; let him deliver him,  
let him rescue him, for he delights in him!”

Yet thou art he who took me from the womb;  
thou didst keep me safe upon my mother’s breasts.

Upon thee was I cast from my birth,  
and since my mother bore me thou hast been my God.

Be not far from me,  
for trouble is near  
and there is none to help.

Many bulls encompass me,  
strong bulls of Ba'shan surround me;  
they open wide their mouths at me,  
like a ravening and roaring lion.

I am poured out like water,  
and all my bones are out of joint;  
my heart is like wax,  
it is melted within my breast;  
my strength is dried up like a potsherd,  
and my tongue cleaves to my jaws;  
thou dost lay me in the dust of death.

Yea, dogs are round about me;  
a company of evildoers encircle me;  
they have pierced my hands and feet—  
I can count all my bones—  
they stare and gloat over me;  
they divide my garments among them,  
and for my raiment they cast lots.

But thou, O LORD, be not far off!  
O thou my help, hasten to my aid!  
Deliver my soul from the sword,  
my life from the power of the dog!  
Save me from the mouth of the lion,  
my afflicted soul from the horns of the wild oxen!

I will tell of thy name to my brethren;  
in the midst of the congregation I will praise thee:  
You who fear the LORD, praise him!  
all you sons of Jacob, glorify him,  
and stand in awe of him, all you sons of Israel!  
For he has not despised or abhorred  
the affliction of the afflicted;  
and he has not hid his face from him,  
but has heard, when he cried to him.

From thee comes my praise in the great congregation;  
my vows I will pay before those who fear him.  
The afflicted shall eat and be satisfied;  
those who seek him shall praise the LORD!  
May your hearts live for ever!

All the ends of the earth shall remember  
and turn to the LORD;  
and all the families of the nations  
shall worship before him.  
For dominion belongs to the LORD,  
and he rules over the nations.

Yea, to him shall all the proud of the earth bow down;  
before him shall bow all who go down to the dust,  
and he who cannot keep himself alive.  
Posterity shall serve him;  
men shall tell of the LORD to the coming generation,  
and proclaim his deliverance to a people yet unborn,  
that he has wrought it.

To the choirmaster. A Psalm of David.

**Psalm 31[30] (RSV-CE)**

In thee, O LORD, do I seek refuge;  
let me never be put to shame;  
in thy righteousness deliver me!

Incline thy ear to me,  
rescue me speedily!

Be thou a rock of refuge for me,  
a strong fortress to save me!

Yea, thou art my rock and my fortress;  
for thy name's sake lead me and guide me,  
take me out of the net which is hidden for me,  
for thou art my refuge.

Into thy hand I commit my spirit;  
thou hast redeemed me, O LORD, faithful God.

Thou hatest those who pay regard to vain idols;  
but I trust in the LORD.

I will rejoice and be glad for thy steadfast love,  
because thou hast seen my affliction,  
thou hast taken heed of my adversities,  
and hast not delivered me into the hand of the enemy;  
thou hast set my feet in a broad place.

Be gracious to me, O LORD, for I am in distress;  
my eye is wasted from grief,  
my soul and my body also.

For my life is spent with sorrow,  
and my years with sighing;  
my strength fails because of my misery,  
and my bones waste away.

I am the scorn of all my adversaries,  
a horror to my neighbors,  
an object of dread to my acquaintances;  
those who see me in the street flee from me.  
I have passed out of mind like one who is dead;  
I have become like a broken vessel.  
Yea, I hear the whispering of many—  
terror on every side!—  
as they scheme together against me,  
as they plot to take my life.

But I trust in thee, O LORD,  
I say, "Thou art my God."  
My times are in thy hand;  
deliver me from the hand of my enemies and persecutors!  
Let thy face shine on thy servant;  
save me in thy steadfast love!  
Let me not be put to shame, O LORD,  
for I call on thee;  
let the wicked be put to shame,  
let them go dumbfounded to She'ol.  
Let the lying lips be dumb,  
which speak insolently against the righteous  
in pride and contempt.

O how abundant is thy goodness,  
which thou hast laid up for those who fear thee,  
and wrought for those who take refuge in thee,  
in the sight of the sons of men!  
In the covert of thy presence thou hidest them  
from the plots of men;  
thou holdest them safe under thy shelter  
from the strife of tongues.

Blessed be the LORD,  
for he has wondrously shown his steadfast love to me  
when I was beset as in a besieged city.

I had said in my alarm,  
“I am driven far from thy sight.”  
But thou didst hear my supplications,  
when I cried to thee for help.

Love the LORD, all you his saints!  
The LORD preserves the faithful,  
but abundantly requites him who acts haughtily.  
Be strong, and let your heart take courage,  
all you who wait for the LORD!

A Psalm of David.

**Psalm 35[34] (RSV-CE)**

Contend, O LORD, with those who contend with me;  
fight against those who fight against me!  
Take hold of shield and buckler,  
and rise for my help!  
Draw the spear and javelin  
against my pursuers!  
Say to my soul,  
“I am your deliverance!”

Let them be put to shame and dishonor  
who seek after my life!  
Let them be turned back and confounded  
who devise evil against me!  
Let them be like chaff before the wind,  
with the angel of the LORD driving them on!  
Let their way be dark and slippery,  
with the angel of the LORD pursuing them!

For without cause they hid their net for me;  
without cause they dug a pit for my life.  
Let ruin come upon them unawares!  
And let the net which they hid ensnare them;  
let them fall therein to ruin!

Then my soul shall rejoice in the LORD,  
exulting in his deliverance.  
All my bones shall say,  
“O LORD, who is like thee,  
thou who deliverest the weak  
from him who is too strong for him,  
the weak and needy from him who despoils him?”

Malicious witnesses rise up;  
they ask me of things that I know not.  
They requite me evil for good;  
my soul is forlorn.  
But I, when they were sick—  
I wore sackcloth,  
I afflicted myself with fasting.  
I prayed with head bowed on my bosom,  
as though I grieved for my friend or my brother;  
I went about as one who laments his mother,  
bowed down and in mourning.

But at my stumbling they gathered in glee,  
they gathered together against me;  
cripples whom I knew not  
slandered me without ceasing;  
they impiously mocked more and more,  
gnashing at me with their teeth.

How long, O LORD, wilt thou look on?  
Rescue me from their ravages,  
my life from the lions!  
Then I will thank thee in the great congregation;  
in the mighty throng I will praise thee.

Let not those rejoice over me  
    who are wrongfully my foes,  
and let not those wink the eye  
    who hate me without cause.  
For they do not speak peace,  
    but against those who are quiet in the land  
    they conceive words of deceit.  
They open wide their mouths against me;  
    they say, "Aha, Aha!  
    our eyes have seen it!"

Thou hast seen, O LORD; be not silent!  
    O LORD, be not far from me!  
Bestir thyself, and awake for my right,  
    for my cause, my God and my LORD!  
Vindicate me, O LORD, my God, according to thy righteousness;  
    and let them not rejoice over me!  
Let them not say to themselves,  
    "Aha, we have our heart's desire!"  
Let them not say, "We have swallowed him up."

Let them be put to shame and confusion altogether  
    who rejoice at my calamity!  
Let them be clothed with shame and dishonor  
    who magnify themselves against me!

Let those who desire my vindication  
    shout for joy and be glad,  
    and say evermore,  
"Great is the LORD,  
    who delights in the welfare of his servant!"  
Then my tongue shall tell of thy righteousness  
    and of thy praise all the day long.

To the choirmaster: with stringed instruments.  
A Mas'kil of David, when the Ziph'ites went and  
told Saul, "David is in hiding among us."

**Psalm 54[53] (RSV-CE)**

Save me, O God, by thy name,  
and vindicate me by thy might.

Hear my prayer, O God;  
give ear to the words of my mouth.

For insolent men have risen against me,  
ruthless men seek my life;  
they do not set God before them.

*Selah*

Behold, God is my helper;  
the LORD is the upholder of my life.  
He will requite my enemies with evil;  
in thy faithfulness put an end to them.

With a freewill offering I will sacrifice to thee;  
I will give thanks to thy name, O LORD, for it is good.  
For thou hast delivered me from every trouble,  
and my eye has looked in triumph on my enemies.

To the choirmaster. A Psalm of David. A Song.

**Psalm 68[67] (RSV-CE)**

Let God arise, let his enemies be scattered;  
let those who hate him flee before him!  
As smoke is driven away, so drive them away;  
as wax melts before fire,  
let the wicked perish before God!  
But let the righteous be joyful;  
let them exult before God;  
let them be jubilant with joy!

Sing to God, sing praises to his name;  
lift up a song to him who rides upon the clouds;  
his name is the LORD, exult before him!

Father of the fatherless and protector of widows  
is God in his holy habitation.  
God gives the desolate a home to dwell in;  
he leads out the prisoners to prosperity;  
but the rebellious dwell in a parched land.

O God, when thou didst go forth before thy people,  
when thou didst march through the wilderness, *Selah*  
the earth quaked, the heavens poured down rain,  
at the presence of God;  
yon Sinai quaked at the presence of God,  
the God of Israel.

Rain in abundance, O God, thou didst shed abroad;  
thou didst restore thy heritage as it languished;  
thy flock found a dwelling in it;  
in thy goodness, O God, thou didst provide for the needy.

The LORD gives the command;  
great is the host of those who bore the tidings:  
“The kings of the armies, they flee, they flee!”  
The women at home divide the spoil,  
though they stay among the sheepfolds—  
the wings of a dove covered with silver,  
its pinions with green gold.  
When the Almighty scattered kings there,  
snow fell on Zal'mon.

O mighty mountain, mountain of Ba'shan;  
O many-peaked mountain, mountain of Ba'shan!  
Why look you with envy, O many-peaked mountain,  
at the mount which God desired for his abode,  
yea, where the LORD will dwell for ever?

With mighty chariotry, twice ten thousand,  
thousands upon thousands,  
the LORD came from Sinai into the holy place.  
Thou didst ascend the high mount,  
leading captives in thy train,  
and receiving gifts among men,  
even among the rebellious, that the LORD God may dwell there.

Blessed be the LORD,  
who daily bears us up;  
God is our salvation.  
Our God is a God of salvation;  
and to God, the LORD, belongs escape from death.

*Selah*

But God will shatter the heads of his enemies,  
the hairy crown of him who walks in his guilty ways.  
The LORD said,  
“I will bring them back from Ba’shan,  
I will bring them back from the depths of the sea,  
that you may bathe your feet in blood,  
that the tongues of your dogs may have their portion from  
the foe.”

Thy solemn processions are seen, O God,  
the processions of my God, my King, into the sanctuary—  
the singers in front, the minstrels last,  
between them maidens playing timbrels:  
“Bless God in the great congregation,  
the LORD, O you who are of Israel’s fountain!”  
There is Benjamin, the least of them, in the lead,  
the princes of Judah in their throng,  
the princes of Zeb’ulun, the princes of Naph’tali.

Summon thy might, O God;  
show thy strength, O God, thou who hast wrought for us.  
Because of thy temple at Jerusalem  
kings bear gifts to thee.  
Rebuke the beasts that dwell among the reeds,  
the herd of bulls with the calves of the peoples.  
Trample under foot those who lust after tribute;  
scatter the peoples who delight in war.  
Let bronze be brought from Egypt;  
let Ethiopia hasten to stretch out her hands to God.

Sing to God, O kingdoms of the earth;  
sing praises to the LORD,  
to him who rides in the heavens, the ancient heavens;  
lo, he sends forth his voice, his mighty voice.  
Ascribe power to God,  
whose majesty is over Israel,  
and his power is in the skies.  
Terrible is God in his sanctuary,  
the God of Israel,  
he gives power and strength to his people.

*Selah*

Blessed be God!

To the choirmaster. A Psalm of  
David, for the memorial offering.

**Psalm 70[69] (RSV-CE)**

Be pleased, O God, to deliver me!

O LORD, make haste to help me!

Let them be put to shame and confusion

who seek my life!

Let them be turned back and brought to dishonor

who desire my hurt!

Let them be appalled because of their shame

who say, "Aha, Aha!"

May all who seek thee

rejoice and be glad in thee!

May those who love thy salvation

say evermore, "God is great!"

But I am poor and needy;

hasten to me, O God!

Thou art my help and my deliverer;

O LORD, do not tarry!

## **Psalm 91[90] (RSV-CE)**

He who dwells in the shelter of the Most High,  
    who abides in the shadow of the Almighty,  
will say to the LORD, "My refuge and my fortress;  
    my God, in whom I trust."

For he will deliver you from the snare of the fowler  
    and from the deadly pestilence;  
he will cover you with his pinions,  
    and under his wings you will find refuge;  
    his faithfulness is a shield and buckler.

You will not fear the terror of the night,  
    nor the arrow that flies by day,  
nor the pestilence that stalks in darkness,  
    nor the destruction that wastes at noonday.

A thousand may fall at your side,  
    ten thousand at your right hand;  
    but it will not come near you.

You will only look with your eyes  
    and see the recompense of the wicked.

Because you have made the LORD your refuge,  
the Most High your habitation,  
no evil shall befall you,  
no scourge come near your tent.

For he will give his angels charge of you  
to guard you in all your ways.

On their hands they will bear you up,  
lest you dash your foot against a stone.

You will tread on the lion and the adder,  
the young lion and the serpent you will trample under foot.

Because he cleaves to me in love, I will deliver him;  
I will protect him, because he knows my name.

When he calls to me, I will answer him;  
I will be with him in trouble,  
I will rescue him and honor him.

With long life I will satisfy him,  
and show him my salvation.

## GOSPEL TEXTS<sup>1</sup>

### Saint Matthew 4:1-11 (RSV-CE)

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And he fasted forty days and forty nights, and afterward he was hungry. And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written,

‘Man shall not live by bread alone,

but by every word that proceeds from the mouth of God.’”

Then the devil took him to the holy city, and set him on the pinnacle of the temple, and said to him, "If you are the Son of God, throw yourself down; for it is written,

‘He will give his angels charge of you,’

and

‘On their hands they will bear you up,

lest you strike your foot against a stone.’”

Jesus said to him, "Again it is written, ‘You shall not tempt the Lord your God.’” Again, the devil took him to a very high mountain, and showed him all the kingdoms of the world and the glory of them; and he said to him, "All these I will give you, if you will fall down and worship me." Then Jesus said to him, "Begone, Satan! for it is written,

‘You shall worship the Lord your God

and him only shall you serve.’”

Then the devil left him, and behold, angels came and ministered to him.

### **Saint Mark 1:21-28 (RSV-CE)**

And they went into Caper'na-um; and immediately on the sabbath he entered the synagogue and taught. And they were astonished at his teaching, for he taught them as one who had authority, and not as the scribes. And immediately there was in their synagogue a man with an unclean spirit; and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. And they were all amazed, so that they questioned among themselves, saying, "What is this? A new teaching! With authority he commands even the unclean spirits, and they obey him." And at once his fame spread everywhere throughout all the surrounding region of Galilee.

### **Saint Mark 16:15-18 (RSV-CE)**

And he said to them, "Go into all the world and preach the gospel to the whole creation. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will accompany those who believe: in my name they will cast out demons; they will speak in new tongues; they will pick up serpents, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover."

### **Saint Luke 10:17–20 (RSV-CE)**

The seventy returned with joy, saying, “Lord, even the demons are subject to us in your name!” And he said to them, “I saw Satan fall like lightning from heaven. Behold, I have given you authority to tread upon serpents and scorpions, and over all the power of the enemy; and nothing shall hurt you. Nevertheless do not rejoice in this, that the spirits are subject to you; but rejoice that your names are written in heaven.”

### **Saint Luke 11:14–23 (RSV-CE)**

Now he was casting out a demon that was dumb; when the demon had gone out, the dumb man spoke, and the people marveled. But some of them said, “He casts out demons by Be-el’zebul, the prince of demons”; while others, to test him, sought from him a sign from heaven. But he, knowing their thoughts, said to them, “Every kingdom divided against itself is laid waste, and house falls upon house. And if Satan also is divided against himself, how will his kingdom stand? For you say that I cast out demons by Be-el’zebul. And if I cast out demons by Be-el’zebul, by whom do your sons cast them out? Therefore they shall be your judges. But if it is by the finger of God that I cast out demons, then the kingdom of God has come upon you. When a strong man, fully armed, guards his own palace, his goods are in peace; but when one stronger than he assails him and overcomes him, he takes away his armor in which he trusted, and divides his spoil. He who is not with me is against me, and he who does not gather with me scatters.”

## **Saint John 1:1-14 (RSV-CE)**

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God; all things were made through him, and without him was not anything made that was made. In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it.

There was a man sent from God, whose name was John. He came for testimony, to bear witness to the light, that all might believe through him. He was not the light, but came to bear witness to the light.

The true light that enlightens every man was coming into the world. He was in the world, and the world was made through him, yet the world knew him not. He came to his own home, and his own people received him not. But to all who received him, who believed in his name, he gave power to become children of God; who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.

And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son from the Father.

## The Renewal of Baptismal Promises<sup>2</sup>

Do you renounce Satan?

R. I do.

And all his works?

R. I do.

And all his empty show?

R. I do.

Or:

Do you renounce sin, so as to live in the freedom of the children of God?

R. I do.

Do you renounce the lure of evil, so that sin may have no mastery over you?

R. I do.

Do you renounce Satan, the author and prince of sin?

R. I do.

Continuing:

Do you believe in God, the Father almighty, Creator of heaven and earth?

R. I do.

Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father?

R. 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?

**R.** I do.

**Antiphon Vidi aquam<sup>2</sup>**

**Cf. Ezekiel 47:1-2,9**

I saw water flowing from the Temple,  
from its right-hand side, alleluia;  
and all to whom this water came were saved  
and shall say: Alleluia, alleluia.

### **The Lord's Prayer<sup>2</sup>**

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.

## **Prayers to Accompany the Sign of the Cross<sup>3</sup>**

Behold the Cross of the Lord; flee, powers of darkness.

**Or:**

By the sign of the Cross,  
may our God deliver you from the enemy.

### **Anima Christi<sup>3</sup>**

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 your wounds hide me.  
Let me never be separated from you.  
From the malicious enemy defend me.  
In the hour of my death call me  
and bid me come unto you  
that I may praise you with your saints  
and with your angels,  
forever and ever.  
Amen.

## **PRAYERS INVOKING THE INTERCESSION OF THE BLESSED VIRGIN MARY**

### **Hail, Mary<sup>2</sup>**

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.

### **Memorare of Saint Bernard<sup>5</sup>**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

## **Prayer to Our Lady, Queen of the Angels<sup>5</sup>**

August Queen of Heaven!

Sovereign Mistress of the angels!

You who from the beginning have received from God  
the power and mission to crush the head of Satan.

We humbly beseech you to send your holy Legions,  
that under your command and by your power,  
they may pursue the evil spirits, encounter them on every side,  
resist their bold attacks and drive them hence  
into the abyss of eternal woe.

Amen.

## **Salve, Regina<sup>2</sup>**

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 to us the blessed fruit of thy womb, Jesus.

O clement, O loving,

O sweet Virgin Mary.

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

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

### **Prayer of Pope Leo XIII<sup>5</sup>**

O God, our refuge and our strength, look down in mercy on thy people who cry to Thee: and, by the intercession of the glorious and immaculate Virgin Mary, Mother of God, of Saint Joseph her spouse, of the blessed Apostles Peter and Paul, and of all the Saints, in mercy and goodness hear our prayers for the conversion of sinners, and for the liberty and exaltation of our Holy Mother the Church: through Christ our Lord. Amen.

### **Prayer to Saint Michael the Archangel<sup>3</sup>**

Saint Michael, the Archangel, defend us in the day of battle; be our safeguard 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 into hell Satan and all the other evil spirits who prowl through the world seeking the ruin of souls. Amen.

### **Guardian Angel Prayer<sup>5</sup>**

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

## **Prayers for Protection and Deliverance<sup>3</sup>**

Heavenly Father, I praise and thank you for all you have given me. Please cover me with the protective, Precious Blood of your Son, Jesus Christ, and increase your Holy Spirit in me with his gifts of wisdom, knowledge, understanding, hunger for prayer, guidance, and discernment, to help me know your will and surrender to it more completely.

Father, please heal my negative emotions and any wounds in my heart and spirit. Send the sword of your Holy Spirit to sever and break all spells, curses, hexes, voodoo, and all negative genetic, intergenerational, and addictive material, past, present, or to come, known or unknown, against me, my relationships and family, finances, possessions, and ministry.

Father, I forgive, and I ask forgiveness for my sins and failings, and I ask that my whole person, body and mind, heart and will, soul and spirit, memory and emotions, attitudes and values lie cleansed, renewed, and protected by the Most Precious Blood of your Son, Jesus.

In the name, power, blood, and authority of Jesus Christ, I bind and break the power and effect—in or around me—of any and all evil spirits who are trying to harm me in any way, and I command these spirits and their companion spirits, in the name of the Father, the Son, and the Holy Spirit, to leave me peacefully and quietly and go immediately and directly to the Eucharistic presence of Jesus Christ in the closest Catholic Church tabernacle, to be disposed of by Jesus, and never again return to harm me.

Dear Holy Spirit, please fill up any void in me to overflowing with your great love. All this, Father, I pray in the name of Jesus Christ, by the guidance of your Holy Spirit. Immaculate Heart of Mary, spouse of the Holy Spirit, please pray for me and with me. Amen.

## **A Personal Prayer<sup>3</sup>**

Lord, almighty, merciful, and omnipotent God,

Father, Son, and Holy Spirit,

drive out from me all influence of evil spirits.

Father, in the name of Jesus Christ,

I plead you to break any chain that the devil has on me.

Pour upon me the Most Precious Blood of your Son.

May his immaculate and redeeming Blood

break all bonds of my body or mind.

I ask you this through the intercession of

the Blessed Virgin Mary.

Archangel Saint Michael, intercede and come to my help.

In the name of Jesus, I command all demons

that could have any influence over me to leave me forever.

By his scourging, his crown of thorns, his Cross,

by his Blood and Resurrection,

I command all evil spirits to leave me.

By the true God, by the Holy God, by God who can do all,

in the name of Jesus, my Savior and Lord, leave me.

Amen.

## **Prayer against Every Evil<sup>4</sup>**

Spirit of our God, Father, Son, and Holy Spirit, Most Holy Trinity, Immaculate Virgin Mary, angels, archangels, and saints of heaven, descend upon me.

Please purify me, Lord, mold me, fill me with yourself, use me.

Banish from me all the forces of evil, destroy them, vanquish them, so that I can be healthy and do good deeds.

Banish from me all spells, witchcraft, black magic, maleficies, maledictions, and the evil eye; diabolic infestations, oppressions, possessions; all that is evil and sinful, jealousy, perfidy, envy; physical, psychological, moral, spiritual, diabolical ailments.

Burn all these evils in hell, that they may never again touch me or any other creature in the entire world.

I command and bid all the powers who molest me—by the power of God all-powerful, in the name of Jesus Christ, our Savior, through the intercession of the Immaculate Virgin Mary—to leave me forever, and to be consigned into everlasting hell, where they will be bound by Saint Michael the Archangel, Saint Gabriel, Saint Raphael, our guardian angels, and where they will be crushed under the heel of the Immaculate Virgin Mary. Amen.

## **Prayer for Inner Healing<sup>4</sup>**

Lord Jesus, you came to heal  
our wounded and troubled hearts.  
I beg you to heal the torments that  
cause anxiety in my heart;  
I beg you, in a particular way, to heal  
all who are the cause of sin.  
I beg you to come into my life  
and heal me of the psychological harms  
that struck me in my early years  
and from the injuries that they caused  
throughout my life.

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

Heal, O Lord,  
all those wounds that have been

the cause of all the evil that is rooted in my life.

I want to forgive

all those who have offended me.

Look to those inner sores

that make me unable to forgive.

You who came to forgive the afflicted of heart,

please, heal my own heart.

Heal, my Lord Jesus, those intimate wounds

that cause me physical illness.

I offer you my heart.

Accept it, Lord, purify it and give me

the sentiments of your Divine Heart.

Help me to be meek and humble.

Heal me, O Lord,

from the pain caused by the death

of my loved ones, which is oppressing me.

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,

your living presence among us.

Amen.

## Prayer for Deliverance<sup>4</sup>

My Lord, you are all-powerful, you are God, you are Father.  
We beg you through the intercession and help  
of the archangels Michael, Raphael, and Gabriel  
for the deliverance of our brothers and sisters  
who are enslaved by the Evil One.  
All saints of heaven, come to our aid.

From anxiety, sadness, and obsessions, we beg you:

*free us, O Lord.*

From hatred, fornication, envy, we beg you:

*free us, O Lord.*

From thoughts of jealousy, rage, and death, we beg you:

*free us, O Lord.*

From every thought of suicide and abortion, we beg you:

*free us, O Lord.*

From every form of sinful sexuality, we beg you:

*free us, O Lord.*

From every division in our family,  
and every harmful friendship, we beg you:

*free us, O Lord.*

From every sort of spell, malefice, witchcraft,  
and every form of the occult, we beg you:

*free us, O Lord.*

Lord, you who said, "I leave you peace, my peace I give you," grant  
that, through the intercession of the Blessed Virgin Mary, we may  
be liberated from every evil spell and enjoy your peace always. In  
the name of Jesus Christ, our Lord. Amen.

## **Prayer for Protection of One's Family<sup>5</sup>**

Lord Jesus, I ask you to protect my family [mention by name] from sickness, from all harm and from accidents. If any of us has been subjected to any curses, hexes, or spells, I declare these curses, hexes, or spells null and void in the name of Jesus Christ. If any evil spirits have been sent against us, I decommission you in the name of Jesus Christ and I send you to Jesus to deal with as He will. Then, Lord, I ask you to send your holy angels to guard and protect all of us. Amen.

## **Prayer of Blessing for Buildings<sup>5</sup>**

O Father, come and visit our home (shop, office, etc.) and protect us from the lures of the enemy; may your holy angels come to guard our peace and may your blessing remain with us forever, in Christ our Lord. Amen.

Lord Jesus Christ, who said to your apostles, "In whatever home you enter, greet it, saying, 'Peace be in this home,'" let this same peace, we pray, abide in this place. We beseech you to sanctify it by the merits of your glorious death on the Cross. Pour your blessings on it, and make it a place of peace. May salvation enter this abode as it entered the house of Zacchaeus, when you graced it with your presence. Entrust your angels to guard it and banish from it every evil power.

Grant, O God, that all who live (or work) here may please you with their every thought, word, and deed, and so receive from you, when their time comes, the reward of your heavenly home. We ask this through Jesus Christ, our Lord. Amen.

## **Putting on the Armor of God<sup>5</sup> (cf. Ephesians 6:10–17)**

Lord, I place upon my head the helmet of salvation as a protection against all thinking, speaking, seeing, hearing, and feeling, which is not of you.

I place upon my chest the breastplate of righteousness as a protection against all unrighteous thoughts, all fear and anxiety, all sickness and all harm to the body.

I place round my waist the belt of truth that I may be truthful at every level of my being.

I place on my feet the sandals of the gospel of peace that I may be the messenger of your Good News to others.

I take in my left hand the shield of faith with which to quench all the flaming darts of the enemy.

I take in my right hand the sword of the Spirit, which is the word of God, with which to attack the strongholds of the enemy.

## **Saint Patrick's Breastplate<sup>5</sup>**

I bind to myself this day,  
the strong virtue of the invocation of the Most Holy Trinity,  
the faith of the Most Holy Trinity in Unity,  
the Creator of the elements.

I bind to myself this day,  
the power of the Incarnation of Christ and his baptism,  
the power of his Crucifixion with his Burial,  
the power of his coming to the sentence of the judgment.

I bind to myself this day,  
the power in the love of Seraphim,  
in the obedience of Angels,  
in the hope of resurrection unto reward,  
in the prayers of the Patriarchs,  
in the predictions of Prophets,  
in the faith of Confessors,  
in the purity of Virgins,  
in the deeds of Holy Men and Women.

I bind to myself this day,  
the power of God to guide me,  
the might of God to uphold me,  
the wisdom of God to teach me,  
the eye of God to watch over me,  
the ear of God to hear me,  
the word of God to give me speech,  
the hand of God to protect me,  
the way of God to lie before me,  
the shield of God to shelter me,  
the host of God to defend me,  
against the snares of demons,  
against the temptations of vices,

against the lusts of nature,  
against every man that meditates injury to me,  
whether far or near, alone or with many.

I have invoked all these virtues,  
against every hostile, savage power  
warring upon my body and soul,  
against the enchantments of false prophets,  
against the false laws of heresy,  
against the deceits of idolatry,  
against the spells of women, magicians, and druids,  
against all knowledge which binds the soul of man.

Christ protect me this day  
against poison, burning, drowning, and wounding,  
that I may receive abundant reward.  
Christ be with me, Christ before me,  
Christ be after me, Christ within me,  
Christ below me, Christ above me,  
Christ at my right hand, Christ at my left,  
Christ in the heart of every man who thinks of me,  
Christ in the mouth of every man who speaks to me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.

I bind to myself this day  
the strong faith of the invocation of the Most Holy Trinity,  
the faith of the Most Holy Trinity in Unity,  
the Creator of the elements,  
salvation is the Lord's,  
salvation is from Christ,  
thy salvation, O Lord, be with us for ever.

Amen.

## Litany of the Most Precious Blood<sup>3</sup>

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

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 Spirit, *have mercy on us.*

Holy Trinity, one God, *have mercy on us.*

**[Repeat the invocation *save us after each phrase.*]**

Blood of Christ, only-begotten Son of the eternal Father,

Blood of Christ, incarnate Word of God,

Blood of Christ, of the new and eternal Covenant,

Blood of Christ, falling upon the earth in agony,

Blood of Christ, shed profusely in the scourging,

Blood of Christ, flowing forth in the crowning with thorns,

Blood of Christ, poured out on the Cross,

Blood of Christ, price of our salvation,

Blood of Christ, without which there is no forgiveness,

Blood of Christ, Eucharistic drink and refreshment of souls,

Blood of Christ, stream of mercy,

Blood of Christ, victor over demons,

Blood of Christ, courage of Martyrs,

Blood of Christ, strength of Confessors,

Blood of Christ, bringing forth Virgins,

Blood of Christ, help of those in peril,

Blood of Christ, relief of the burdened,  
Blood of Christ, solace in sorrow,  
Blood of Christ, hope of the penitent,  
Blood of Christ, consolation of the dying,  
Blood of Christ, peace and tenderness of heart,  
Blood of Christ, pledge of eternal life,  
Blood of Christ, freeing souls from purgatory,  
Blood of Christ, most worthy of all glory and honor,  
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.*

**V.** You have redeemed us, O Lord, in your Precious Blood.

**R.** And made us, for our God, a Kingdom.

Let us pray.

Almighty and eternal God,  
you have appointed your only-begotten Son  
the Redeemer of the world,  
and willed to be appeased by his Precious Blood.  
Grant, we beseech you,  
that we may worthily adore this price of our salvation,  
and through its power  
be safeguarded from the evils of the present life,  
so that we may rejoice in its fruits forever in heaven.  
We ask this through Christ our Lord.  
Amen.

## Litany of the Blessed Virgin Mary<sup>5</sup>

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

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 Spirit, *have mercy on us.*

Holy Trinity, One God, *have mercy on us.*

Holy Mary, *pray for us.*

Holy Mother of God, *pray for us.*

Holy Virgin of virgins, *pray for us.*

Mother of Christ, *pray for us.*

Mother of divine grace, *pray for us.*

Mother most pure, *pray for us.*

Mother most chaste, *pray for us.*

Mother inviolate, *pray for us.*

Mother undefiled, *pray for us.*

Mother most amiable, *pray for us.*

Mother most admirable, *pray for us.*

Mother of good counsel, *pray for us.*

Mother of our Creator, *pray for us.*

Mother of our Savior, *pray for us.*

Virgin most prudent, *pray for us.*

Virgin most venerable, *pray for us.*  
Virgin most renowned, *pray for us.*  
Virgin most powerful, *pray for us.*  
Virgin most merciful, *pray for us.*  
Virgin most faithful, *pray for us.*  
Mirror of justice, *pray for us.*  
Seat of wisdom, *pray for us.*  
Cause of our joy, *pray for us.*  
Spiritual vessel, *pray for us.*  
Vessel of honor, *pray for us,*  
Singular vessel of devotion, *pray for us.*  
Mystical rose, *pray for us.*  
Tower of David, *pray for us.*  
Tower of ivory, *pray for us.*  
House of gold, *pray for us.*  
Ark of the covenant, *pray for us.*  
Gate of Heaven, *pray for us.*  
Morning star, *pray for us.*  
Health of the sick, *pray for us.*  
Refuge of sinners, *pray for us.*  
Comforter of the afflicted, *pray for us.*  
Help of Christians, *pray for us.*  
Queen of angels, *pray for us.*  
Queen of patriarchs, *pray for us.*  
Queen of prophets, *pray for us.*  
Queen of apostles, *pray for us.*

Queen of martyrs, *pray for us.*

Queen of confessors, *pray for us.*

Queen of virgins, *pray for us.*

Queen of all saints, *pray for us.*

Queen conceived without original sin, *pray for us.*

Queen assumed into Heaven, *pray for us.*

Queen of the most holy Rosary, *pray for us.*

Queen of peace, *pray for us.*

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.*

**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, your servants,

we beseech you, 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 has no end.

We ask this through Christ our Lord.

Amen.

## Litany of the Saints<sup>5</sup>

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

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 Spirit, *have mercy on us.*

Holy Trinity, One God, *have mercy on us.*

Holy Mary, Mother of God, *pray for us.*

Saints Michael, Gabriel, and Raphael, *pray for us.*

All you holy Angels of God, *pray for us.*

Saint Elijah, *pray for us.*

Saint John the Baptist, *pray for us.*

Saint Joseph, *pray for us.*

All you holy Patriarchs and Prophets, *pray for us.*

Saints Peter and Paul, *pray for us.*

Saint Andrew, *pray for us.*

Saints John and James, *pray for us.*

All you holy Apostles and Evangelists, *pray for us.*

Saint Mary Magdalene, *pray for us.*

All you holy Disciples of the Lord, *pray for us.*

Saint Stephen, *pray for us.*

Saint Lawrence, *pray for us.*

Saints Perpetua and Felicity, *pray for us.*

All you holy Martyrs, *pray for us.*

Saint Gregory, *pray for us.*

Saint Ambrose, *pray for us.*

Saint Jerome, *pray for us.*

Saint Augustine, *pray for us.*

Saint Martin, *pray for us.*

Saint Anthony, *pray for us.*

Saint Benedict, *pray for us.*

Saints Francis and Dominic, *pray for us.*

Saints Ignatius of Loyola and Francis Xavier, *pray for us.*

Saint Jean-Baptiste-Marie Vianney, *pray for us.*

Saint Catherine of Siena, *pray for us.*

Saint Teresa of Jesus, *pray for us.*

All you Saints of God, *pray for us.*

Be merciful, *deliver us, O Lord.*

From all evil, *deliver us, O Lord.*

From all sin, *deliver us, O Lord.*

From the snares of the Devil, *deliver us, O Lord.*

From everlasting death, *deliver us, O Lord.*

By your nativity, *deliver us, O Lord.*

By your baptism and holy fasting, *deliver us, O Lord.*

By your cross and passion, *deliver us, O Lord.*

By your death and burial, *deliver us, O Lord.*

By your holy resurrection, *deliver us, O Lord.*

By your wondrous ascension, *deliver us, O Lord.*

By the coming of the Holy Spirit, the Paraclete, *deliver us, O Lord.*

On the day of judgment, *deliver us, O Lord.*

Christ, Son of the living God, *have mercy on us.*

You who for our sake were tempted by the Devil,  
*have mercy on us.*

You who set free those beset by unclean spirits, *have mercy on us.*

You who gave your disciples power over demons,  
*have mercy on us.*

You who are seated at the right hand of the Father  
and intercede for us, *have mercy on us.*

You who will come to judge the living and the dead,  
*have mercy on us.*

We are sinners, *we beseech you to hear us.*

That you would spare us, *we beseech you to hear us.*

That you would pardon us, *we beseech you to hear us.*

That you would strengthen and preserve us in your holy service,  
*we beseech you to hear us.*

That you would raise up our minds to heavenly desires,  
*we beseech you to hear us.*

That you would grant to your Church that she may serve you in  
freedom and safety, *we beseech you to hear us.*

That you would bestow upon all peoples peace and true concord,  
*we beseech you to hear us.*

That it may please you to hear us, *we beseech you to hear us.*

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.*

**V.** Pray for us, Holy Angels and Saints of God.

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

Let us pray.

O God, whose nature it is always to have mercy  
and to spare your people:

receive our supplication,

and grant that your servants,

whom the Devil has bound with the chains of his power,  
may be freed by your mercy and loving-kindness.

We ask this through Christ our Lord.

Amen.

## THANKSGIVING<sup>1,2</sup>

### Saint Luke 1:46-56 (RSV-CE)

And Mary said,  
“My soul magnifies the Lord,  
and my spirit rejoices in God my Savior,  
for he has regarded the low estate of his handmaiden.  
For behold, henceforth all generations will call me blessed;  
for he who is mighty has done great things for me,  
and holy is his name.  
And his mercy is on those who fear him  
from generation to generation.  
He has shown strength with his arm,  
he has scattered the proud in the imagination of their hearts,  
he has put down the mighty from their thrones,  
and exalted those of low degree;  
he has filled the hungry with good things,  
and the rich he has sent empty away.  
He has helped his servant Israel,  
in remembrance of his mercy,  
as he spoke to our fathers,  
to Abraham and to his posterity for ever.”

And Mary remained with her about three months, and returned to her home.

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.

**Or:**

## **Saint Luke 1:67–80 (RSV-CE)**

And his father Zechari'ah was filled with the Holy Spirit, and prophesied, saying,  
“Blessed be the Lord God of Israel,  
for he has visited and redeemed his people,  
and has raised up a horn of salvation for us  
in the house of his servant David,  
as he spoke by the mouth of his holy prophets from of old,  
that we should be saved from our enemies,  
and from the hand of all who hate us;  
to perform the mercy promised to our fathers,  
and to remember his holy covenant,  
the oath which he swore to our father Abraham, to grant us  
that we, being delivered from the hand of our enemies,  
might serve him without fear,  
in holiness and righteousness before him all the days of our life.  
And you, child, will be called the prophet of the Most High;  
for you will go before the Lord to prepare his ways,  
to give knowledge of salvation to his people  
in the forgiveness of their sins,  
through the tender mercy of our God,  
when the day shall dawn upon us from on high  
to give light to those who sit in darkness and in the shadow of  
death,  
to guide our feet into the way of peace.”

And the child grew and became strong in spirit, and he was in the wilderness till the day of his manifestation to Israel.

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.

## ACKNOWLEDGMENTS

*Expanded Lay Manual of Spiritual Assistance* based on *Manual of Minor Exorcisms and Prayers for Those in Spiritual Affliction*, compiled by (Archbishop) Julian Porteous (London: Catholic Truth Society, 2012).

First edition, *Lay Manual of Spiritual Assistance* (Greensborough, Vic: Stephen Plustwik, 2015), based on *Manual of Minor Exorcisms*, 2012.

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<sup>1</sup> Scripture quotations are from *The Catholic Edition of the Revised Standard Version of the Bible*, copyright © 1965, 1966 National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved worldwide.

<sup>2</sup> “The Renewal of Baptismal Promises,” “Vidi aquam,” “The Lord’s Prayer,” “Hail, Mary,” “Salve, Regina” and “Glory Be to the Father”

are taken from *The CTS New Daily Missal: People's Edition with New Translation of the Mass* (London: Catholic Truth Society, 2012).

<sup>3</sup> “Prayers to Accompany the Sign of the Cross,” “Anima Christi,” “Prayer to Saint Michael the Archangel,” “Prayers for Protection and Deliverance,” “A Personal Prayer” and “Litany of the Most Precious Blood” are taken from *Manual of Minor Exorcisms*, 2012.

<sup>4</sup> “Prayer against Every Evil,” “Prayer for Inner Healing” and “Prayer for Deliverance” are taken from *An Exorcist Tells His Story* by (Father) Gabriele Amorth (San Francisco: Ignatius, 1999).

<sup>5</sup> “Memorare of Saint Bernard,” “Prayer to Our Lady, Queen of the Angels,” “Prayer of Pope Leo XIII,” “Guardian Angel Prayer,” “Prayer for Protection of One’s Family,” “Prayer of Blessing for Buildings,” “Putting on the Armor of God,” “Saint Patrick’s Breastplate,” “Litany of the Blessed Virgin Mary” and “Litany of the Saints” are taken from *Prayers for Those in Spiritual Affliction*, 2012.

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