

St. Padre Pio Center for Deliverance Counseling™

ACT PRAYERS

ACT Prayers are important acts of devotion and faith that we need to affirm continually in our Christian life. Pray the follow prayers with devotion and love of God. These prayer can be said by oneself or in a group.

(Responses (R̄.) are included for group recitation)

Act of Faith

My God, I place my life in your hands. I trust You fully, because I know You love me and care for me. I believe You are always with me. I open my mind to Your Word and my heart to Your call. With the aid of Your Holy Spirit, help me grow in faith as I grow in age and experience. I ask this in the name of the Lord Jesus Christ. Amen.

R̄. Lord we join _____ in his prayer and lift him up to You. Hear our prayer.

Act of Hope

My God, I ground my hope completely in You. You promise that all things can work together for my good, and that absolutely nothing can ever separate me from Your love. With You good overcomes evil, joy transforms sorrow, and life conquers death. Fill me with you Holy Spirit so I may grow in hope no matter what evils I face. I ask this in the name of the Lord Jesus Christ, Your Son. Amen.

R̄. Lord, Hear Our Prayer.

Act of Love

My God, I love You because You are so good, and because You love me so much. I love You in loving myself, because Your love makes me lovable. I love You in loving other people, because Your love gives them life and dignity. I love You in loving the world, because the world reveals Your creative presence. Through Your Holy Spirit let my love grow deeper. I ask this in the name of the Lord Jesus Christ. Amen.

R̄. Lord, Hear Our Prayer.

Act of Thanksgiving

My God and Father, I thank You for everything: for the fascinating world about me, for people near and far, for myself, for all Your creation so filled with wondrous things. All that is, is Your gift. All that I am and have, I receive from You. I thank You for everything, through Jesus Christ, Your Son, in whom You give us all good things. Amen.

℟. Lord, Hear Our Prayer.

Act of Petition

My God and Father, without You I can do nothing; with You I can do all that You call me to do. Help me. Give me everything You know I need to live and grow and serve You. Free me from all harassments, afflictions, bondage, and oppression of the devil and his minions; cast away all strongholds evil may have in my life. Heal my soul and bring me to wholeness and to know the Victory of Christ. With confidence I ask Your help in the name of the Lord Jesus Christ. Amen.

℟. Lord we join _____ in his/her prayers and lift him/her up to You. Hear our prayer.

Act of Consecration to Jesus through Mary, Sacred Heart, Immaculate Heart, and St. Michael

(phrases in parenthesis are optional and pronouns change to plural, as needed)

Hail, O Immaculate Mary, living tabernacle of the Divinity, where the Eternal Wisdom willed to be hidden and to be adored by angels and by men! Hail, O Queen of Heaven and earth, to whose empire everything is subject which is under God. Hail, O sure refuge of sinners, whose mercy fails no one. Hear the desires which I have of the Divine Wisdom; and for that end receive the vows and offering which in my lowliness I present to thee.

O Sacred Heart of Jesus, filled with infinite love, broken by my ingratitude, pierced by our sins, yet loving me still;

Queen of the Most Holy Rosary, and tender Mother of all people;

Saint Michael the Archangel, invincible prince of the angelic hosts and glorious protector of the Universal Church and of our Order;

I consecrate myself (*and my family*) to You, Lord Jesus, through Your mother the Blessed Virgin Mary, to Your Sacred Heart, to the Immaculate Heart of Mary, and to St. Michael the Archangel.

I, who am a faithless sinner, renew and ratify today into thy hands, O Mother, the vows of my Baptism: I renounce forever Satan, his pomps and works (*for myself and for my family*); and I give myself (*and my family*) entirely to Jesus Christ, the Incarnate Wisdom, to carry my cross after Him all the days of my life, and to be more faithful to Him than I have ever been before.

Please accept all that I am and all that I have. Take every faculty of my body and soul, (*and that of my family*). Draw me, day by day, nearer and nearer to Your Sacred Heart, and there, as I can bear the lesson, teach me Your blessed ways.

Please accept my consecration, dearest Mother, and use me (*and my family*), as you wish, to accomplish your designs upon the world.

O Immaculate Heart of Mary, Queen of Heaven and Earth, rule over me (*and my family*), and teach me how to allow the Heart of Jesus to rule and triumph in me and around me, as it has ruled and triumphed in you.

Concluding Prayers

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.

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.

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.

SAINT MICHAEL the Archangel, Defend us in battle. Be our protection against the wickedness and snares of the devil; May God rebuke him, we humbly pray;

℟. And do thou, O Prince of the heavenly host, By the power of God, thrust into hell Satan and all evil spirits Who wonder through the world For the ruin of souls. Amen.