



### **PRAYER BEFORE MEDITATION:**

My Lord and my God, I firmly believe that you are here; that you see me, that you hear me. I adore you with profound reverence; I beg your pardon for my sins, and the grace to make this time of prayer fruitful. My Immaculate Mother, Saint Joseph my father and lord, my guardian angel, intercede for me. Amen.

### **PRAYER AFTER MEDITATION:**

I thank you, my God, for the good resolutions, affections and inspirations that you have communicated to me in this meditation. I ask your help to put them into effect. My Immaculate Mother, Saint Joseph my father and lord, my guardian angel, intercede for me. Amen.