

# Treasures Old and New

Traditional Prayers  
for Today's Catholics

*Philip Neri Powell, OP*



Liguori  
LIGUORI, MISSOURI

*Imprimi Potest:* Thomas D. Picton, C.Ss.R.  
Provincial, Denver Province, The Redemptorists

Published by Liguori Publications, Liguori, Missouri  
To order, call 800-325-9521 or visit [www.liguori.org](http://www.liguori.org)

Copyright © 2009 Philip Neri Powell, OP

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, except for brief quotations in printed reviews, without the prior written permission of the publisher.

### **Library of Congress Cataloging-in-Publication Data**

Powell, Philip Neri.

Treasures old and new : traditional prayers for today's Catholics / Philip Neri Powell.  
—1st ed.

p. cm.

ISBN 978-0-7648-1840-0

1. Catholic Church--Prayers and devotions. I. Title.

BX2149.2.P69 2009

242'.802--dc22

2009024015

Scripture citations are taken from the *New Revised Standard Version Bible*, copyright 1989, Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

Liguori Publications, a nonprofit corporation, is an apostolate of the Redemptorists.  
To learn more about the Redemptorists, visit [Redemptorists.com](http://Redemptorists.com).

Printed in the United States of America

13 12 11 10 09 5 4 3 2 1

First Edition

# Contents

Foreword vii

Preface ix

Introduction: A Theology of Prayer xiii

Part One: The Novenas 1

Credo Novena 3

Novena for Faith 14

Novena for Hope 17

Novena for Love 20

Novena of the Lord's Prayer 23

Psalm Novena for Growth in Holiness 30

Novena of the Four Dominican Pillars 45

Novena to the Sacred Heart of Jesus 57

Novena for Detachment and Holy Obedience 59

Novena for Discernment of a Priestly Vocation 64

Part Two: The Litanies 77

Litany of God the Father 79

Litany of Jesus, Priest and Sacrifice 83

Litany of the Most Holy Trinity 87

Litany to the Infant Jesus 90

Litany to Mary, Co-Redemptrix 93

Litany to the Unsayable God 99

Part Three: The Way-Truth-Life Rosary	103
Praying the Rosary	105
Part Four: Prayers	111
Prayer for an Examination of Conscience	113
The ABC Prayer for Conversion	117
Prayer Before Reconciliation	119
Prayer After Reconciliation	120
For a Dark Night of the Soul	121
Daily Morning Prayer	123
Daily Evening Prayer	125
Sources and Permissions	127



*Part One*  
The Novenas

# Credo Novena

Early in the history of the Church, believers often found themselves confronted by any number of competing versions of the faith. Most of these were heretical deviations from the catholic faith of the apostles. Some were theological explanations of revelation that made extensive use of the Greek philosophical terms and concepts. So that the faithful might have a solid foundation upon which to build their lives in Christ, the bishops of the Church met in Nicaea in 325 AD. These bishop-theologians wrestled with the problem of how to incorporate the fundamental tenets of the Christian teaching into language that would exclude from the faith the prominent heresies of the day. The bishops of Nicaea produced the Nicene Creed. Meeting again in Constantinople in 381 AD, the bishops revised the Nicene Creed in order to further clarify basic Christian teaching. It was common among the early Church Fathers to use the creed as a kind of textbook for teaching those just entering the Church at Easter (i.e., “catechumens”). Today, we use this ancient creed in the celebration of the Eucharist to reaffirm our faith. The commentary on the creed in this novena is taken from the work, “A Sermon to Catechumens on the Creed,” written by St. Augustine.

## **Daily Opening Prayer**

In you, O Lord, we place our trust.

*You who reign forever.*

With you, O Lord, we trust our lives.

In you, O Lord, we place our trust.

Almighty and living God, always and everywhere we seek the truth of your Word, to live and love as we ought. Knowing that we are always tempted by the wisdom of this world to abandon our faith in you and take after alien philosophies, your servants

composed a creed that guides us to this day. Though we make no claims to absolute understanding, we confess a ravenous hunger for knowing more and better the teachings of Christ given to his Apostles. As we contemplate the truths of this creed, open our hearts and minds to all that you would teach us. Grant us peace without complacency, certainty without arrogance, and goodness in all humility. In Christ's name we pray. Amen.

### **Daily Hymn (for Each Day)**

*O Lord, our Sovereign,*

*how majestic is your name in all the earth!*

*You have set your glory above the heavens.*

*Out of the mouths of babes and infants  
you have founded a bulwark because of your foes,  
to silence the enemy and the avenger.*

*When I look at your heavens, the work of your fingers,  
the moon and the stars that you have established;  
what are human beings that you are mindful of them,  
mortals that you care for them?*

*Yet you have made them a little lower than God,  
and crowned them with glory and honour.*

*You have given them dominion over the works of your hands;  
you have put all things under their feet,  
all sheep and oxen,  
and also the beasts of the field,  
the birds of the air, and the fish of the sea,  
whatever passes along the paths of the seas.*

*O Lord, our Sovereign,*

*how majestic is your name in all the earth!*

PSALM 8

Alternate:

*The Lord is my rock, my fortress, and my deliverer,  
my God, my rock in whom I take refuge,  
my shield, and the horn of my salvation, my stronghold.  
call upon the Lord, who is worthy to be praised;  
so I shall be saved from my enemies.*

*He brought me out into a broad place;  
he delivered me, because he delighted in me.*

*With the loyal you show yourself loyal;  
with the blameless you show yourself blameless;  
with the pure you show yourself pure;  
and with the crooked you show yourself perverse.*

*The Lord lives! Blessed be my rock,  
and exalted be the God of my salvation,*

*For this I will extol you, O Lord, among the nations,  
and sing praises to your name.*

*Great triumphs he gives to his king,  
and shows steadfast love to his anointed,  
to David and his descendants for ever.*

PSALM 18:2-3, 19, 25-26, 46, 49-50

### **Daily Closing Prayer (for Each Day)**

Lord God, we stand on you, the sure foundation revealed to us in your Son, Christ Jesus. We proclaim as true all that this creed contains and vow again to teach and preach only these truths. By baptism we entered your coming kingdom, dedicating ourselves to the apostolic faith. Grant us every grace, every talent, every virtue we need to hold fast to you. May this creed be a shining light on the way to you. In Christ's name, we pray. Amen.

## **DAY ONE**

We believe in one God, the Father, the Almighty, of all that is, seen and unseen.

### **Daily Opening Prayer**

God is Almighty, and yet, though Almighty, He cannot die, cannot be deceived, cannot lie; and, as the Apostle says, “cannot deny Himself.” ...To our Almighty Father, it is quite impossible to sin. He does whatsoever He will: that is Omnipotence. He does whatsoever He rightly will, whatsoever He justly will: but whatsoever is evil to do, He wills not....It was He Who made heaven and earth, the sea, and all that in them is, invisible and visible. Invisible such as are in heaven, thrones, dominions, principalities, powers, archangels, angels: all, if we shall live aright, our fellow-citizens. He made in heaven the things visible; the sun, the moon, the stars. With its terrestrial animals He adorned the earth, filled the air with things that fly, the land with them that walk and creep, the sea with them that swim: all He filled with their own proper creatures. He made also man after His own image and likeness, in the mind: for in that is the image of God. This is the reason why the mind cannot be comprehended even by itself, because in it is the image of God.

“A SERMON TO CATECHUMINS ON THE CREED,” 2

### **Daily Hymn**

### **Daily Closing Prayer**