



The prayer to Our Lady of Perpetual Help

Behold at thy feet, O Mother of Perpetual Succour, a wretched sinner who has recourse to thee, and confides in thee. O Mother of mercy, have pity on me. I hear thee called by all, the refuge and the hope of sinners: be, then, my refuge and my hope. Assist me, for the love of Jesus Christ; stretch forth thy hand to a miserable fallen creature who recommends himself to thee, and who devotes himself to thy service for ever. I bless and thank Almighty God, who in mercy has given me this confidence in thee, which I hold to be a pledge of my eternal salvation. It is true that in the past I have miserably fallen into sin, because I had not recourse to thee. I know that, with thy help, I shall conquer. I know, too, that thou wilt assist me, if I recommend myself to thee; but I fear that, in time of danger, I may neglect to call on thee, and thus lose my soul. This grace, then, I ask of thee, and this I beg, with all the fervour of my soul, that, in all the attacks of hell, I may ever have recourse to thee. O Mary, help me. O Mother of Perpetual Succour, never suffer me to lose my God.

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