



St. Expeditus, witness of Faith  
to the point of martyrdom,  
in exercise of Good,  
you make tomorrow today.

You live in the fast time of the last minute,  
always projecting yourself  
toward the future.

Expeditus, give strength to the heart  
of the man who doesn't look back  
and who doesn't postpone.

Amen

## Act of Contrition

My LORD Jesus Christ, Father of endless charity, I am heartily sorry for my sins. Grant me, therefore, pardon of my sins and the grace I ask of You thru the merits of the sorrows of Your loving Mother and the virtues of Your martyr, Saint Expeditus.

## Prayer to Saint Expeditus for Each Day

Oh Saint Expeditus, my protector, in you I place my hope that my petitions may be granted if they are for my own good. Please ask Our Lord, through the intercession of the Blessed Virgin, for the forgiveness of my sins, and the grace to change my life, particularly the grace ... (mention here the particular grace desired) and I promise to follow your examples and will propagate this devotion to you.

### FIRST DAY

O Glorious Martyr, Saint Expeditus, through the lively faith which was granted you by God, I ask you to awaken the same faith in my heart, that I may also believe wholeheartedly that there is God, but most particularly that I may be saved from sinning against Him.

Three Our Fathers in honour of the Most Holy Trinity then the concluding prayer.

### Concluding Prayer for Each Day

Remember O most gracious Virgin Mary, that never was it known that any one who fled to thy protection, implored thy help, and sought thine intercession was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my words but graciously hear and grant my prayer. Amen.

One Hail Mary in honour of Our Lady of Sorrows.

### SECOND DAY

My Lord Jesus Christ ...

O Glorious Martyr, Saint Expeditus, through the eviable hope given you by God, pray that those of little belief may be penetrated by some rays of hope so that they also receive eternal things; please pray that ardent hope in God be also given me and hold me steadfast in the midst of sufferings.

Three Our Fathers then the concluding prayer.

### THIRD DAY

My Lord Jesus Christ ...

O Glorious Martyr, Saint Expeditus, through the endless love which Our Lord planted in your heart, please remove from mine all the shackles tied by worldliness, that without them I may love only God in all eternity. Amen.

Three Our Fathers then the concluding prayer.

#### FOURTH DAY

My Lord Jesus Christ ...

O Glorious Martyr, Saint Expeditus, who knew fully well the teaching of the Divine Teacher to carry the cross and follow Him, ask Him for the graces I need that I may fight my own passions.

Three Our Fathers then the concluding prayer.

#### FIFTH DAY

My Lord Jesus Christ ...

O Glorious Martyr, Saint Expeditus, through the bountiful graces you received from Heaven that you may conserve all your virtues, grant also that I may get rid of all the feelings that block my way to Heaven.

Three Our Fathers then the concluding prayer.

#### SIXTH DAY

My Lord Jesus Christ ...

O Glorious Martyr, Saint Expeditus, through the sufferings and humiliations which you received for the love of God, grant me also this grace which is very pleasing to God, and free me from anger and hardness of heart which is the stumbling block of my soul.

Three Our Fathers then the concluding prayer.

#### SEVENTH DAY

My Lord Jesus Christ ...

O Glorious Martyr, Saint Expeditus, you know that prayer is the golden key that will open the Kingdom of Heaven, teach me to pray in a manner which is desirable to Our Lord and to His Heart, that I may live only for Him, that I may die only for Him, and that I may pray only to Him in all eternity.

Three Our Fathers then the concluding prayer.

#### EIGHTH DAY

My Lord Jesus Christ ...

O Glorious Martyr, Saint Expeditus, through the clean desire that reigned in all your feelings, word and actions, please let them guide me also in my endless search for the glory of God and the good of my fellowmen.

Three Our Fathers then the concluding prayer.

NINTH DAY

My Lord Jesus Christ ...

O Glorious Martyr, Saint Expeditus, who was so much loved by the Queen of Heaven, that to you nothing was denied, ask her, please my advocate, that through the sufferings of her Divine Son and her own sorrows, I may receive this day the grace I ask of you; but above all the grace to die first before I commit any mortal sin. Amen.