

PRAYING EVERY DAY

MORNING & NIGHT PRAYERS

Dear Lord,

So far today, God, I've done alright.
I haven't gossiped, lost my temper, been
nasty, greedy, grumpy, selfish or over
indulgent.

But in a few minutes, God,
I'm going to get out of bed and from
then on I'm probably going to need a
lot more help.

Amen.

Morning Offering

Into your hands, Oh God, we commend
ourselves this day, and all those who are
dear to us. Let the gift of your wonderful
presence be with us even in to the end of
the day. Grant that we never lose sight
of you all the day long, but rather praise
and beseech you, that our thanks may
come to you again at its close.

Amen

Night Prayer

Protect us, Lord as we stay awake; watch
over us as we sleep, that awake we may
keep watch with Christ, and asleep rest
in His peace.

Amen

ST. PATRICK'S BREASTPLATE

I arise today
Through a mighty strength,
the invocation of the Trinity,
Through belief in the threeness,
Through confession of the
oneness of the Creator of Creation.

I arise today
Through the strength of
Christ's birth with his baptism,
Through the strength of his
crucifixion with his burial,
Through the strength of his
resurrection with his ascension,
Through the strength of his
descent for the judgment of Doom.

I arise today
Through the strength of the
love of Cherubim,
In obedience of angels,
In the service of archangels,
In hope of resurrection to meet with
reward,
In prayers of patriarchs,
In predictions of prophets,
In preaching of apostles,
In faith of confessors,
In innocence of virgins,
In deeds of the righteous.

I arise today
Through the strength of heaven:
Light of sun,
Radiance of moon,

Splendor of fire,
Speed of lightning,
Swiftmess of wind,
Depth of sea,
Stability of earth,
Firmness of rock.

I arise today
Through God's strength to pilot me,
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's way to lie before me,
God's shield to protect me,
God's host to save me
From snares of devils,
From temptations of vices,
From everyone who shall wish me ill,
Afar and anear,
Alone and in multitude.

I summon today all these powers
between me and those evils,
Against every cruel merciless power
that may oppose my body and soul
Against incantations of false prophets,
Against black laws of pagandom,
Against false laws of heretics,
Against craft of idolatry,
Against spells of witches and smiths
and wizards,
Against every knowledge that

corrupts the body and soul.

Christ to shield me today
Against poison,
Against burning,
Against drowning,
Against wounding.
So that there may come to me
abundance of reward.
Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of
everyone who thinks of me,
Christ in the mouth of
everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

I arise today
Through a mighty strength
the invocation of the Trinity,
Through belief in the theeness,
Through confession of the oneness,
Of the Creator of Creation.
Amen

PRAYERS TO THE HOLY SPIRIT

Prayer to the Holy Spirit

Spirit of wisdom and understanding,
enlighten our minds to perceive the mysteries of
the universe in relation to eternity.

Spirit of right judgment and courage, guide
us and make us firm in our baptismal decision
to follow Jesus' way of love.

Spirit of knowledge and reverence, help us
to see the lasting value of justice and mercy
in our everyday dealings with one another.

May we respect life as we work to solve
problems of family and nation, economy and ecology.

Spirit of God, spark our faith, hope and
love into new action each day.

Fill our lives with wonder and awe in your
presence which penetrates all creation.

Amen.

Prayer to the Holy Spirit for Guidance

Holy Spirit, be with me today.

Be my teacher, my guide, my
counselor, my friend.

Fill me with your gifts, especially the gifts of
wisdom, discernment, knowledge, understanding,
compassion,
love, and awe in God's presence.

In all that I think, say, and do, let it be in accordance
with your most holy and perfect will.

I ask this in Jesus' name.

Amen.

St. Augustine's Prayer to the Holy Spirit

Breathe in me, O Holy Spirit, that my thoughts may all
be holy.

Act in me, O Holy Spirit, that my work, too, may be
holy.

Draw my heart, O Holy Spirit, that I love but what is
holy.

Strengthen me, O Holy Spirit, to defend all that is holy.
Guard me, then, O Holy Spirit, that I always may be
holy.

Amen.

From Serapion, Euchologion 1

I ask you, O Father, to send your Holy Spirit into our
souls

and to make us understand the Scriptures inspired by
him.

May we interpret them in a pure and worthy way
so that all the faithful gathered here may profit.

Amen

PRAYERS BEFORE AND AFTER MASS

Prayer Before Mass

Fr. John Kerns

Almighty and ever-living God, in humility I approach the Word and Sacrament of our Lord Jesus Christ in the Sacred Liturgy.

I come seeking you, the Author of light, love and mercy, for without your grace I have no life.

I come seeking unity with all the Church, those here present and all your children throughout the world and throughout time.

We come to be immersed in the saving mysteries of the death and Resurrection of the Virgin Mary's Son who came so that we might be saved from our sins and share in the hope of eternal life in heaven.

By the grace of the Holy Spirit may your living Word call us to conversion and may the body and blood of Christ, nourish us on our pilgrim journey. Fill me with reverence of heart, mind and body as I celebrate these inestimable gifts which you offer so freely to the poorest and simplest of your people. Make me poor and simple that I may be grateful and receptive to the fullness of your generosity.

I pray this in the name of our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

Amen

Prayer After Mass

Fr. John Kerns

Almighty and ever-living God, in heartfelt gratitude I remember your generosity after just hearing your holy Word and receiving the Blessed Sacrament of the altar; the body and blood your Son, our Lord Jesus Christ.

In your overwhelming generosity You have enriched my life with such grace as to make me Your adopted son/daughter along with all my sisters and brothers with whom I celebrated the Holy Mysteries. Thus you have invited us to share in the promise of your Reign here on earth and in heaven.

Empowered by Your love, help me to go forward from this celebration to be a courageous witness to the light with which you filled me at baptism and which You have enkindled in the Sacred Liturgy. You who uphold the poor and seek the lost; the Author of true justice and peace; who free us from sorrow and the fear of death; are to be praised and worshipped in union with Your Son and the Holy Spirit, a Trinity of persons, one God for ever and ever.

Amen

ROSARY PRAYERS

Sign of the Cross

In the Name of the Father
and the Son
and the Holy Spirit
Amen.

The Lord's Prayer

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.

Hail Mary

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.

Blessed Virgin at Fatima

O my Jesus, forgive us our sins, save us from the fires of hell,
lead all souls to Heaven, especially those who have most need
of your
mercy.
Amen.

Memorare

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Remember, O most gracious Virgin Mary, that
never was it known that anyone who
fled to your protection, implored your help,
or sought your intercession was left unaided.

Inspired by this confidence I fly to you, O virgin of virgins,
my Mother.
To you I come, before you I stand, sinful and sorrowful.
O Mother of the Word Incarnate, despise not my petition,
but in your mercy hear and answer me.

Amen.

Glory Be

Glory Be to the Father and the Son and the Holy Spirit.
As it was in the Beginning,
Is now,
And forever will be.
Amen

Hail Holy Queen

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Hail, holy Queen, Mother of Mercy!
Our life, our sweetness, and our hope!
To thee do we cry, poor banished children of Eve,
to thee do we send up our
sighs, mourning and weeping
in this valley, of tears.
Turn, then, most gracious advocate,
thine eyes of mercy toward us;
and after this our exile
show unto us the blessed fruit of thy womb Jesus;

O clement, O loving, O sweet virgin Mary.
V/ Pray for us, O holy Mother of God
R/ That we may be made worthy of the promises of Christ.

Amen.

Apostle's Creed

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the
Father almighty;
from there he will come to judge the living
and the dead.
I believe in the Holy Spirit, the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.

Amen

ROSARY PRAYERS *CONTINUED*

The Rosary Instructions

1. Make the Sign of the Cross and say the Apostles' Creed, Say the Our Father, Say three Hail Marys, Say the Glory be to the Father.
2. Announce the First Mystery; then say the Our Father.
3. Say ten Hail Marys, while meditating on the Mystery, Say the Glory be to the Father, Say Blessed Virgin Mary at Fatima. Announce the Second Mystery; then say the "Our Father." step 3 and continue with Third, Fourth and Fifth Mysteries in the same manner.
4. Say the Hail Holy Queen.

The Mysteries



As suggested by the Pope John Paul II
Joyful mysteries are said on Monday and Saturday,
Luminous on Thursday
Sorrowful on Tuesday and Friday
Glorious on Wednesday and Sunday
Exceptions: Sundays of Christmas season - The Joyful;
Sundays of Lent - Sorrowful

The First Joyful Mystery – The Annunciation

The Second Joyful Mystery – The Visitation

The Third Joyful Mystery – The Nativity

The Fourth Joyful Mystery – The Presentation

The Fifth Joyful Mystery – The Finding of Jesus in the Temple

The First Luminous Mystery – The Baptism in the Jordan

The Second Luminous Mystery – The Wedding at Cana, when Christ manifested himself

The Third Luminous Mystery – The Proclamation of the Kingdom

The Fourth Luminous Mystery – The Transfiguration of our Lord

The Fifth Luminous Mystery – The Last Supper, when our Lord gave us the Eucharist

The First Sorrowful Mystery - The Agony in the Garden

The Second Sorrowful Mystery - The Scourging

The Third Sorrowful Mystery -The Crowning with Thorns

The Fourth Sorrowful Mystery -The Carrying of the Cross

The Fifth Sorrowful Mystery -The Crucifixion

The First Glorious Mystery – The Resurrection

The Second Glorious Mystery – The Ascension

The Third Glorious Mystery – The Descent of the Holy Spirit

The Fourth Glorious Mystery – The Assumption

The Fifth Glorious Mystery – The Coronation

MORE PRAYERS

Prayer for Grief to Generosity

Lord Jesus,
When I am famished, give me someone who needs food;
When I am thirsty, send me someone who needs water.
When I am cold, send me someone to warm.
When I am hurting, send me someone to console.
When my cross becomes heavy, give me another's cross to share.
When I am poor, lead someone needy to me.
When I have no time, give me someone to help for a moment.
When I am humiliated, give me someone to praise.
When I am discouraged, send me someone to encourage.
When I need another's understanding,
give me someone who needs mine.
When I think I can make no difference in lives of others,
show me the
limitless possibility of Christ's compassionate journey within me.
Amen.

Attende Domine

Hear us, O Lord, and have mercy,
because we have sinned against Thee.
Hear us, O Lord, and have mercy,
because we have sinned against Thee.
To Thee, highest King, Redeemer of all,
do we lift up our eyes in weeping:
Hear, O Christ, the prayers of your servants.

Hear us, O Lord, and have mercy,
because we have sinned against Thee.
Right hand of the Father, corner-stone, way of salvation,
gate of heaven, wash away our stains of sin.

Hear us, O Lord, and have mercy,
because we have sinned against Thee.
We beseech Thee, God, in Thy great majesty: Hear our groans
with Thy holy ears: calmly forgive our crimes.

Hear us, O Lord, and have mercy,
because we have sinned against Thee.
To Thee we confess our sins admitted with a contrite heart
We reveal the things hidden: by Thy kindness, O Redeemer, overlook them.

Hear us, O Lord, and have mercy,
because we have sinned against Thee.
The Innocent, seized, not refusing to be led; condemned by false witnesses because of impious men, Christ, keep safe those whom Thou hast redeemed.

Hear us, O Lord, and have mercy,
because we have sinned against Thee

Amen.

Noah was a drunk

Noah was a drunk
Abraham was too old
Isaac was a daydreamer
Jacob was a liar
Leah was ugly
Joseph was abused
Moses had a stuttering problem
Gideon was afraid
Samson had long hair and was a womanizer
Rahab was a prostitute
Jeremiah and Timothy were too young
David had an affair and was a murderer
Elijah was suicidal
Isaiah preached naked
Jonah ran from God
Naomi was a widow
Job went bankrupt
John the Baptist ate bugs
Peter denied Christ
The Disciples fell asleep while praying
Martha worried about everything
The Samaritan woman was divorced, more than once
Zaccheus was too small
Paul was too religious
Timothy had an ulcer...AND
Lazarus was dead!

...no more excuses now. God can use you to your full potential.

Besides you aren't the message, you are just the messenger.

Nicene Creed

MORE PRAYERS

I believe in on God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God.
begotten, not made, consubstantial with the Father;
through him all things were made.
or us and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one holy, catholic and apostolic Church.
I confess on baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

Prayer for Generosity

St. Ignatius of Loyola
Eternal Word, only begotten Son of God,
Teach me true generosity.
Teach me to serve you as you deserve.

To give without counting the cost,
To fight heedless of wounds,
To labor without seeking rest,
To sacrifice myself without thought of any reward
Save the knowledge that I have done your will.
Amen.

Suspice

St. Ignatius of Loyola

Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
All I have and call my own.
You have given all to me.
To you, Lord, I return it.
Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.
Amen.

Litany of Humility

Rafael Cardinal Merry del Val (1865-1930)
Secretary of State for Pope Saint Pius X

O Jesus! meek and humble of heart, Hear me.

From the desire of being esteemed, **Deliver me, Jesus.**
From the desire of being loved, **Deliver me, Jesus.**
From the desire of being extolled, **Deliver me, Jesus.**
From the desire of being honored, **Deliver me, Jesus.**
From the desire of being praised, **Deliver me, Jesus.**
From the desire of being preferred to others, **Deliver me, Jesus.**
From the desire of being consulted, **Deliver me, Jesus.**
From the desire of being approved, **Deliver me, Jesus.**
From the fear of being humiliated, **Deliver me, Jesus.**
From the fear of being despised, **Deliver me, Jesus.**
From the fear of suffering rebukes, **Deliver me, Jesus.**
From the fear of being calumniated, **Deliver me, Jesus.**
From the fear of being forgotten, **Deliver me, Jesus.**
From the fear of being ridiculed, **Deliver me, Jesus.**
From the fear of being wronged, **Deliver me, Jesus.**
From the fear of being suspected, **Deliver me, Jesus.**

That others may be loved more than I,
Jesus, grant me the grace to desire it.

That others may be esteemed more than I,
Jesus, grant me the grace to desire it.

That, in the opinion of the world,
others may increase and I may decrease,
Jesus, grant me the grace to desire it.

MORE PRAYERS

That others may be chosen and I set aside,
Jesus, grant me the grace to desire it.

That others may be praised and I unnoticed,
Jesus, grant me the grace to desire it.

That others may be preferred to me in everything,
Jesus, grant me the grace to desire it.

That others may become holier than I, provided that I
may become as holy as I should,
Jesus, grant me the grace to desire it.

Amen.

Act of Contrition

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My God, I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do good,
I have sinned against you whom I should love above all
things.
I firmly intend, with your help, to do penance, to sin no
more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ suffered and died for us.
In his name, my God, have mercy.
Amen.

Act of Faith

O my God, I firmly believe that you are on God in three
Divine Persons, Father, Son, and Holy Spirit; I believe
that your divine Son became man and died for our sins,
and that he will come to judge the living and the dead. I
believe there and all the truths which the holy Catholic
Church teaches, because you revealed them, who can
neither deceive nor be deceived. Amen

Act of Hope

O my God, relying on you infinite goodness and
promises, I hope to obtain pardon of my sins, the help
of your grace, and life everlasting, through the merits of
Jesus Christ, my Lord and Redeemer. Amen

Act of Love

O my God, I love you above all things, with all my heart
and soul, because you are all-good and worthy of all love.
I love my neighbor as myself for the love of you. I forgive
all who have injured me, and ask pardon of all whom I

have injured. Amen

Centering Prayer

Preparation:

1. Set aside time where you know you will be undisturbed
for the desired length of time.
2. Light a candle or put a cross or something in front
of you or in your hands to help keep you focused on
the sacred.
3. Have an egg timer, watch alarm, phone alarm, or
some simple way to let you know when your time
is up.
4. Sit upright or lay flat on your back, but keep your
spine straight so that you will not have to work at
staying alert or staying in that position for a while.

Prayer:

1. Make the sign of the cross and start breathing slowly,
relaxing all your joints and muscles. Breathe deeply
and slowly so that it become effortless
2. Pray the Jesus Prayer. "Lord Jesus Christ, have mercy
on me."
3. While you are inhaling say in your mind: "Lord Jesus
Christ". Then as you exhale say in your mind: "have
mercy on me." One can imagine Jesus filling your
heart with each breath.
4. If you get distracted or notice that you are notice
that your mind has wandered and that you are no
longer saying the Jesus Prayer just resume your
focus on breathing in rhythm with the prayer.
Some like to have a pen and paper nearby to write
down something that is distracting them that they
need to do later. This will assure you that you won't
forget about it later, so that you can focus on Jesus.
5. When your time is concluded, pray a Glory Be, or
Our Father, or some other prayer of your choosing.
Then conclude with the sign of the cross.

Passages to Reflect on while Centering

Psalm 131 (New American Bible)

LORD,
my heart is not proud;
nor are my eyes haughty.
I do not busy myself with great matters,
with things too sublime for me.
Rather, I have stilled my soul,

hushed it like a weaned child.
Like a weaned child on its mother's lap,
so is my soul within me.
Israel, hope in the LORD, now
and forever.

Like a Child Rests

Based on Psalm 131 (C. Walker)

Like a child rests in its mother's arms,
so will I rest in you.
Like a child rests in its mother's arms,
so will I rest in you.
my God, I am not proud.
I do not look for things to great
My God, I trust in you.
You care for me, you give me peace.
O Israel, trust in God,
now and always trust in God.

PRAYER BEFORE MEALS

Bless Our Gifts, Oh Lord

Bless us, Oh Lord, for these thy gifts
which we are about to receive
from Thy bounty, through Christ our Lord

Amen

Table Grace of St. Brigid

I should like a great lake of the finest ale
For the King of Kings.

I should like a table of the choicest food
For the family of heaven.

Let the ale be made from the fruits of
faith, And the food be for giving love.

I should welcome the poor to my feast,
For they are God's children.

I should welcome the sick to my feast,
For they are God's joy.

Let the poor sit with Jesus at the highest
place, And the sick dance with the angels.
God bless the poor,
God bless the sick,
And bless our human race.
God bless our food,
God bless our drink,
All homes, O God, embrace.

Amen

PRAYERS FOR DISCEERNMENT

Prayer of Abandonment

by Charles de Foucauld (1858-1916)

Father,

I abandon myself into your hands;
Do with me whatever you will.
Whatever you may do, I thank you;
I am ready for all, I accept all.
Let only your
Will be done in me,
And in all your creatures -
I wish no more than
This, O Lord.
Into your hands I commend my spirit;
I offer it to you with
All the love of my heart,
For I do love you, Lord,
And so need to give myself,
To surrender myself into your hands,
Without reserve,
And with boundless confidence,
For you are my Father.

Amen

Prayer of Thomas Merton

My Lord God,
I have no idea where I am going.
I do not see the road ahead of me
Nor do I really know myself,
And the fact that I think I am following Your will
Does not mean that I am actually doing so.
But I believe that the desire to please you
Does in fact please you.
And I hope that I will never do anything apart from that
desire.
And I know that if I do this,
You will lead me by the right road
Though I may know nothing about it.
Therefore will I trust you always
Though, I may seem to be lost and in the shadow of
death.
I will not fear, for you are ever with me,
And you will never leave me to face my struggles alone.

Amen

Prayer for Evangelization

Loving God,
you called each of us by name, and gave your only Son to
redeem us. In your faithfulness, you sent the Holy Spirit
to complete the mission of Jesus among us. Open our
hearts to Jesus. Give us the courage to speak his name
to those who are close to us, and the generosity to share
his love with those who are far away. We pray that every
person throughout the world be invited to know and love
Jesus as Savior and Redeemer. May they come to know
his all-surpassing love. May that love transform every
element of our society.

Amen

Absolute Trust in God

Pope John XXIII

My experience during these three years as Pope...bears
witness to this maxim and is a moving and lasting reason
for me to be true to it: absolute trust in God, in all that
concerns the present, and perfect tranquility as regards
the future. The various initiatives of a pastoral character
which mark this first stage of my papal apostolate have all
come to me as pure, tranquil, loving, I might even say
silent, inspiration from the Lord, speaking to the heart of
his poor servant who, through no merit of his own save
that very simple merit of mere acquiescence and obedience,
without discussion, has been able to contribute to the
honor of Jesus and the edification of souls.

Prayer for Discernment

God, I know you love me and have great plans for me.
But sometimes I am overwhelmed by the thought of my
future.
Show me how to walk forward one day at a time.

May I take heart while I search openly,
learn about all the choices,
listen to others for advice,
and pay attention to my own feelings.

By doing these things, may I hear your call to a lifestyle
and a career that will let me love as only I can,
and let me serve others with the special gifts that you
have given me.

Amen

PRAYERS FOR DISCEERNMENT *CONTINUED*

Thy Will Be Done

from St. Cyprian's Treatise on the Lord's Prayer

It is the will of God that Christ both did and taught.

Humility in dealings with others;
steadfastness in faith;
modesty in words;
justice in deeds;
mercifulness in works;
discipline in morals.

To be unable to do a wrong, and to be able
to bear a wrong when it is done;
to keep peace with the brethren;
to love God with all one's heart;
to love God because He is a Father but fear Him because

He is God;
to prefer nothing whatever to Christ
because he preferred nothing to us;
to adhere inseparably to his love;
to stand faithfully and bravely by his cross;
when there is any conflict over his name and honor,
to exhibit in discourse that steadfastness in which we
proclaim him;
in torture, to show that confidence in which we unite;
in death, that patience in which we are crowned

This is what it means to want to be co-heirs with Christ,
this is what it means to do what God commands,
this is what it is to fulfill the will of the Father.

POPE'S PRAYERS

Pope Francis' Five Finger Prayer

Using the fingers on your hand, start with the thumb and pray these intentions in this order:

1. The thumb is closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a "Sweet Obligation."
2. The next finger is the index. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.
3. The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. They need God's guidance.
4. The fourth finger is the ring finger. Even though it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.
5. And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective, and also you will be able to pray for your own needs in a better way.

Amen.

Christ, the Way of Conversion, Communion and Solidarity in America

Pope John Paul II

We thank You, Lord Jesus, because the Gospel of the Father's love, with which You came to save the world, has been proclaimed far and wide in America as a gift of the Holy Spirit that fills us with gladness. Protect your Church and the successor of Peter, to whom you, Good Shepherd, have entrusted the task of feeding your flock. Grant that the Church in America may flourish and grow richer in the fruits of holiness. Give us strength to proclaim your word with courage in the work of the new evangelization, so that the world may know new hope.

Amen.

PRAYERS FOR BLESSINGS

Blessing of a New House

Translated by Most Reverend J. H. Schlarman Bishop of Peoria

O heavenly Father, Almighty God, we humbly beseech you to bless and sanctify this house and all who dwell within and everything in it. Grant to them, O Lord, the abundance of heavenly blessings and from the richness of the earth, every substance necessary for life, and finally direct their desires to the fruits of your mercy. At our entrance, bless and sanctify this house as you blessed the house of Abraham, of Isaac, and of Jacob; and may your angels, walk in this house, protect it, and all who dwell within. Through Christ our Lord.

Amen.

Blessing of a Christmas Tree

National Shrine of Our Lady of Providence

Dear God, two thousand years ago, you brought your son, Jesus, into this world to teach us the power of love and sacrifice. As we raise this tree, we remember his birth and the meaning of his life for us. Bless this tree as a symbol of our celebration of Jesus' birth and our gratitude for his sacrifice. May the joy this tree brings and the gifts we place under it, remind us of the many gifts you have given us. We ask your blessings upon our loved ones, this day and always.

Amen.

Blessing of a Marriage

We thank you, O God, for the love you have implanted in our hearts. May it always inspire us to be kind in our words, considerate of feelings, and concerned for each other's needs and wishes. Help us to be understanding and forgiving of human weaknesses and failings. Increase our faith and trust in you and may your prudence guide our life and love. Bless our marriage, O God, with peace and happiness, and make our love fruitful for your glory and our joy both here and in eternity.

Amen.

PRAYERS FOR PEACE

Pope John Paul II Prayer for Peace

Liberia Editrice Vaticana

O God, Creator of the universe,
who extends your paternal concern
over every creature and guides the events of history
to the goal of salvation,
we acknowledge your fatherly love
when you break the resistance of mankind
and, in a world torn by strife and discord,
you make us ready for reconciliation.

Renew for us the wonders of your mercy;
send forth your Spirit that he may work in the intimacy
of hearts,
that enemies may begin to dialogue,
that adversaries may shake hands
and peoples may encounter one another in harmony.

May all commit themselves to the sincere search
for true peace which will extinguish all arguments,
for charity which overcomes hatred,
for pardon which disarms revenge.

Amen

Saint Francis of Assisi Prayer for Peace

Lord, make me an instrument of your peace;
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.

O, Divine Master,
Grant that I may not so much
Seek to be consoled, as to console;
To be understood as to understand;
To be loved as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned;
It is in dying to that
We are born to eternal life.

Amen

The Serenity Prayer

Reinhold Niebuhr

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;

Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.

Amen.

Prayer for Healing for Victims of Abuse

Praise to you, Father of our Lord Jesus Christ,
source of all consolation and hope.
By your Son's dying and rising
He remains our light in every darkness,
our strength in every weakness.
Be the refuge and guardian of all
who suffer from abuse and violence.
Comfort them and send healing for their wounds
of body, soul and spirit.
Rescue them from bitterness and shame
and refresh them with your love.
Heal the brokenness in all victims of abuse
and revive the spirits of all who lament this sin.
Help us to follow Jesus in drawing good
from evil, life from death.
Make us one with you in your love for justice
as we deepen our respect
for the dignity of every human life.
Giver of peace, make us one in celebrating your praise,
both now and forever.

Amen.

Permission from + Bishop John F. Kinney

Bishop of Saint Cloud, MN

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Archbishop Oscar Romero Prayer for Peace

Permission from Romero Society

It helps, now and then, to step back
and take the long view.

The Kingdom is not only beyond our efforts,
it is beyond our vision.

We accomplish in our lifetime only a tiny fraction
of the magnificent enterprise that is God's work.
Nothing we do is complete, which is another way of
saying that the kingdom always lies beyond us.

No statement says all that could be said.
No prayer fully expresses our faith.
No confession brings perfection.
No pastoral visit brings wholeness.
No program accomplishes the church's mission.
No set of goals and objectives includes everything.

This is what we are about:
We plant seeds that one day will grow.
We water seeds already planted,
knowing that they hold future promise.
We lay foundations that will need further development.
We provide yeast that produces
effects beyond our capabilities.
We cannot do everything and
there is a sense of liberation in realizing that.

This enables us to do something,
and to do it very well.
It may be incomplete, but it is a beginning,
a step along the way, an opportunity for God's grace to
enter and do the rest.
We may never see the end results,
but that is the difference between the master builder
and the worker.
We are workers, not master builders,
ministers, not messiahs.
We are prophets of a future not our own.

Amen

Have No Fear

St. Francis De Sales

Have no fear for what tomorrow may bring.
The same loving God
who cares for you today
will take care of you
tomorrow and every day.
God will either shield you from
suffering or give you

unfailing strength to bear it
Be at peace, then and put aside
all anxious thoughts and imaginations.

Amen

Prayer for Justice and Mercy

Jesus, united with the Father and Holy Spirit,
Give us your compassion for those in prison. Mend
in mercy the broken in mind and memory. Soften the
hard of heart, the captives of anger. Free the innocent;
parole the trustworthy. Awaken the repentance that
restores hope. May prisoners' families persevere in their
love. Jesus heal the victims of crime; they live with the
scars. Lift to eternal peace those who die. Grant vic-
tims' families the forgiveness that heals. Give wisdom
to lawmakers and to those who judge. Instill prudence
and patience in those who guard. Make those in prison
ministry bearers of you light for all of us are in need of
you mercy!

Amen.

Prayer in Time of Suffering

Behold me, my beloved Jesus, weighed down under the
burden of my trials and sufferings, I cast myself at Your
feet, that You may renew my strength and my courage,
while I rest here in Your Presence. Permit me to lay
down my cross in Your Sacred Heart, for only Your in-
finite goodness can sustain me; only Your love can help
me bear my cross; only Your powerful hand can lighten
its weight. O Divine King, Jesus, whose heart is so com-
passionate to the afflicted, I wish to live in You; suffer
and die in You. During my life be to me my model and
my support; at the hour of my death to be my hope and
my refuge.

Amen.