

# Cronan Pastoral Area

*Parishes of Roscrea,  
Bournea, Kyle & Knock*



## Pastoral Area Prayer Book

# Cronan Pastoral Area Book of Prayer

This Book of Prayer contains  
prayers for various occasions and  
parishioners' favourite prayers,  
that they have submitted to be included.

From time to time,  
people express that they find it hard to pray.  
It is hoped this Book of Prayer  
will help you to pray and  
to find a prayer  
that is appropriate  
to your present need or wish.

*“When you call to me,  
and come and pray to me,  
I shall listen to you.  
When you search for me,  
you will find me.”  
Prophet Jeremiah*

*This is God.*

*Today, as with every day,  
I will be handling all your problems.*

*Please remember you must  
surrender the problem to me for proper resolution.*

*If a situation that you think you can't handle arises,  
please consult me in prayer.*

*It will be answered in my time, not yours.*

*Please be patient.*

*Together, we will come up with  
the proper resolution.*

*If you do not receive what you anticipate  
as a proper response from me, remember...*

*Some of God's greatest gifts are  
unanswered prayers.*

*Because I do not sleep,  
there is no need for you to lose any sleep.*

*Rest my child, if you need me,  
I am but a prayer away.*

## **Pope Francis's Five Finger Prayer**

### **1. The Thumb**

The closest finger to us reminds us to pray for those who are closest to us.

### **2. The Index Finger**

The pointing finger reminds us to pray for wisdom and support for those who teach us and show us the way.

### **3. The Middle Finger**

The tallest finger reminds us to pray for guidance for our leaders and those in positions of authority.

### **4. The Ring Finger**

Our weakest finger reminds us to pray for the weakest in society, like those who are sick, poor or are having problems.

### **5. The Little Finger**

The smallest finger reminds us to pray for ourselves. When we have prayed for the other four groups, we will be able to pray for our own needs, but from the proper perspective.

***P:** Pour out your heart*

***R:** Realise God will answer*

***A:** Always believe*

***Y:** Yield to what God tells you*

### **Morning Prayer**

The morning light is breaking Lord, another day is here.  
Life's problems must again be met with heart and vision clear.  
Strength for today I ask dear Lord, strength only for today;  
Renew my faith, my hope revive, illumine my skies of grey.  
For yesterday is past, dear Lord, tomorrow I ne'er may see.  
Today alone lies in my grasp, to use or lose for eternity.  
Help me to lend a helping hand, to dry the falling tear,  
To give to all whose lives touch mine, some comfort or good cheer.  
Help me to forget myself, my longings, hopes and fears,  
In service to my fellow-man, all through this vale of tears.

### **Morning Offering**

Thank you Lord for bringing me to the beginning of another day.  
Be part of this day in the work that I do,  
the people I meet, the family I'm part of.  
Help me not to be discouraged by my weakness.  
Be with me as I go on my way & help me to be aware  
of your presence with me in the bits & pieces of my day.  
Oh my God, I offer you all my thoughts, words & actions of this day  
for your greater honour & glory. Amen.

### **Morning Offering**

We thank you Lord, for this new day which is now beginning.  
Help us to spend it doing what we can for you and for others,  
especially those who need our help most. Amen.

### **An Offering of Oneself**

Lord Jesus, I give you my hands to do your work.  
I give you my feet to go your way.  
I give you my eyes to see as you see.  
I give you my tongue to speak your words.  
I give you my mind that you might think in me.  
I give you my spirit that you might pray in me.  
Above all, I give you my heart that you may love in me;  
love the Father and love all humankind.  
I give you my whole self that you may grow in me,  
so that you Lord may be the one  
who lives and works and prays in me. Amen.

### **My Prayer Today**

Lord Jesus Christ, Son of the Father, send now your Spirit over the earth. Set the Spirit alive in the heart of all nations.

May we be preserved from danger, disaster and war.

May Our Lady of all nations be our advocate.

God our Father, our human nature is the wonderful work of your hands, made all the more wonderful still by our redemption.

In Jesus your Son, draw me closer to you and to all today.

Lord, may your Holy Spirit bring light in times of darkness,  
understanding in times of difficulty and  
the joy of your presence always.

Lord Jesus, help me to carry my cross with patience.

Give me courage, generosity and strength, to help my sisters and brothers, who are struggling with crosses heavier than mine. Amen.

### **Blessing For a New Day**

Lord, may everything I do this day  
begin with your blessing and continue with your help.

May everything I say this day

begin with your peace and continue with your grace.

May everything I plan this day

begin with your inspiration and continue with your love,  
so that throughout my life all that I begin in you may by you be  
happily ended, all that I fail to do may be mercifully mended  
and all that I hope in you may by you be lovingly tended. Amen.

### **Meet Me, Lord Jesus**

In the rising of the sun at dawn, and as the sunset fades,  
meet me Lord Jesus;

In the hard decisions of the moment,  
meet me Lord Jesus;

On a well-lit road, in a time of plenty,  
meet me Lord Jesus;

On a stony path, in a time of need,  
meet me Lord Jesus;

In the faces of friends & in the hands of strangers,  
meet me Lord Jesus;

In my setting out & in my coming home, meet me Lord Jesus.

### **Thank You For Today**

Lord thank you for the gift of yet another day,  
Full of possibilities that I must not wish away.  
If I'm busy or apprehensive, feeling tired, strained or stressed,  
Help me to remember the many ways in which I'm blessed.  
If the day is quiet and offers time and space to breathe,  
May I live it lightly, laugh, dance, sing and read.  
Worrying about the future or trawling through the past,  
May mean I miss this moment and live it far too fast.  
So help me to find purpose in the work that is at hand,  
Trusting in your presence and all that you have planned.  
I only have this moment. I only have this day.  
Don't let me waste it Lord, or wish my life away.

It's me again God! Remember me God?  
I come every day just to talk with you Lord and to learn how to pray.  
You make me feel welcome, you reach out your hand.  
I never need explain for you understand  
I come to you frightened and burdened with care,  
So lonely and lost and so filled with despair.  
And suddenly Lord I'm no longer afraid.  
My burden is lighter and the shadows fade.  
O God what a comfort to know that you care  
And to know that when I seek you you will always be there.

### **A Daily Prayer**

Dear God, as I begin this day let me turn my thoughts to you,  
and to ask your help in guiding me in everything I say & do.  
Give me the patience that I need to keep my peace of mind,  
and with life's cares, I hope dear God, peaceful happiness to find.  
Let me live but for today, not worrying whats ahead,  
for I have trust that you will see I get my "Daily Bread."  
Give me the courage to face life's trials & not from troubles run,  
let me keep this thought in mind, "Thy will" not "mine" be done!  
And if some wish I do not get though I have prayed to Thee,  
help me to believe & understand You know whats best for me.  
I've failed You many times I know, but when tonight I rest,  
I hope that I can kneel & say "Dear God, I've tried my best."

### **The Good Morning God Prayer**

Good Morning God! You are ushering in another day,  
Untouched and freshly new.

So here I am to ask You, God, if You'll renew me too.

Forgive the many errors that I made yesterday

And let me try again dear God to walk closer in Your way.

But Lord, I am well aware, I can't make it on my own.

So take my hand and hold it tight, for I cannot walk alone. Amen.

### **A Prayer for the Coming Week**

Dear Lord, prepare me for the coming week.

Help me to let go of the past and restore my hope for the future.

Help me to remember that grudges and resentment  
are toxic to my soul.

Give me the wisdom to make the right decisions.

More importantly, give me the courage to act on my decisions.

Help me to ignore those people who don't believe in me.

Surround me with people who know my worth,  
who love me and who appreciate me.

Bless my family and friends and be with them this week.

In Jesus name I pray, Amen.

### **Another Prayer for the Coming Week**

Dear Lord, prepare me for the coming week.

You know my heart and all the situations I am dealing with and  
you know the things that are happening beyond my control.

Please give me your peace and

help me to accept what I cannot change.

Take away my stress, my worries,  
my disappointments, my frustrations and my sadness.

Help me to live with an attitude of gratitude,  
live each moment to the fullest and take nothing for granted.

Help me to remember that no matter what comes my way,  
your grace, love and strength are sufficient to carry me through.  
Please wrap your arms around those who are sick and hurting and  
let them feel how much you love them.

Bless my family and friends and guide us through this week.

In Jesus name I pray. Amen.

## **Living with the Spirit - Daily reflections**

**Monday:** It is so easy to get caught up in the hectic pace of life. Pressure to do more, and to be more, to buy more and to see more, comes from all sides. Father, give me serenity, and help me to hear Your voice above the noise. You are my rock, Father, and when I remember that, everything else falls into place. Amen.

**Tuesday:** Holy Spirit, give me wisdom and the courage of my convictions, as I make life decisions today & every day. Some may be simple, others complex, but all require honesty & quiet reflection. I pray that, with your guidance, my heart will be open to God's will & whatever choices I am asked to make. Amen.

**Wednesday:** Abba, Father, I look to You this day with joy in my heart and praise on my lips. I want to savour every moment, to celebrate this gift of life. May I always see Your hand at work in the details of each day and may I never forget what a blessing it is to experience the wonder of Your creation. Amen.

**Thursday:** Jesus my brother, walk with me today as I continue on my journey. Give me patience & understanding, courage & grace. Help me to be strong in body, mind & spirit, and lead me along the path of compassion & forgiveness, kindness & love. Amen.

**Friday:** Heavenly Father, I thank you for my family and friends, for those who stand by me in good times and bad, for those who love me for exactly who I am. Their care and concern bring joy to my life and remind me that I am truly blessed. Amen.

**Saturday:** For the sky above me, for the earth at my feet, for the stars in the sky, for water rushing downstream, for the breath in my lungs, for the beat of my heart, for all these things, I thank You dear Lord. For all I've accomplished, for what lies ahead, for the promise of tomorrow, Lord thank you. Amen.

**Sunday:** I stand before you today Lord ready for the challenges that this new week will bring. Help me to keep the spirit of Your word alive in my heart & to remember that you are always with me, at home or at work, among strangers or friends, faced with struggles or joys. Be with me, Lord, and guide me wherever I may go. Amen.

## **The Rosary**

### **The Joyful Mysteries** (*Suggested for Mondays and Saturdays*)

The Annunciation  
The Visitation  
The Birth of Our Lord  
The Presentation of Our Lord in the Temple  
The Finding of the Child Jesus in the Temple

### **The Luminous Mysteries** (*Suggested for Thursdays*)

The Baptism of Jesus  
The Wedding at Cana  
Proclamation of the Kingdom  
The Transfiguration  
Institution of the Eucharist

### **The Sorrowful Mysteries** (*Suggested for Tuesdays and Fridays*)

The Agony in the Garden  
The Scourging at the Pillar  
The Crowning with Thorns  
The Carrying of the Cross  
The Crucifixion and Death of Our Lord

### **The Glorious Mysteries** (*Suggested for Sundays and Wednesdays*)

The Resurrection  
The Ascension  
The Descent of the Holy Spirit  
Our Lady's Assumption  
The Coronation of Our Lady as Queen of Heaven

### **Spiritual Works of Mercy**

Instruct the ignorant; Counsel the doubtful;  
Admonish the sinner; Comfort the sorrowful;  
Forgive injuries; Bear wrongs patiently;  
Pray for the living and the dead.

### **Corporal Works of Mercy**

Feed the hungry; Give drink to the thirsty;  
Clothe the naked; Shelter the homeless;  
Visit the sick; Visit the imprisoned; Bury the dead.

### **My Rosary**

What comfort just to clasp it, my Rosary so dear:  
Each mystery brings fresh courage and drives away all fear.  
In prayer so oft repeated, yet never growing old,  
I read the wondrous story, of God's own love untold.  
Each chaplet forms a garland, to place at Mary's feet;  
Fair buds and full-bloom roses, exhaling fragrance sweet.  
The Crucifix which crowns it reminds me day by day,  
To bravely bear my crosses, along earth's rugged way.  
I hope when life is ended, and death shall set me free,  
Still twined around my fingers, will be my Rosary.

### **Holy Mary Help Those in Need**

Holy Mary help those in need; give strength to the weak,  
comfort the sorrowful, pray for God's people, assist the clergy,  
intercede for religious, Holy Mary may all who seek you  
experience your unfailing protection. Amen.

### **Prayer to Our Lady**

Take my hand o Blessed Mother, hold it gently lest I fall;  
I am nervous when I'm walking, so to thee I humbly call.  
Guide me over every crossing, watch me while I'm on the stairs.  
Help me with my undertakings, lessen many of my cares.  
Then when darkness falls upon us and I fear to be alone;  
Take my hand o Blessed Mother, once again and lead me home.

### **Magnificat**

My soul glorifies the Lord and my spirit rejoices in God my Saviour.  
He looks on His servant in her lowliness;  
henceforth all generations will call me blessed.  
The Almighty works marvels for me, Holy is His name;  
His mercy is from age to age, on those who fear Him.  
He puts forth His arm in strength and scatters the proud-hearted.  
He casts the mighty from their thrones & raises the lowly;  
He fills the starving with good things, sends the rich away empty.  
He protects Israel, His servant,  
remembering His mercy,  
the mercy promised to our fathers,  
to Abraham and his sons forever.

### **Prayers of Praise & Intercession**

We cry to you on behalf of the world, Lord have mercy.  
That we may love & care for the earth, sea & air, Lord have mercy.  
That we may love & care for all your people, Lord have mercy.  
For those whose humanity is destroyed by hunger, Lord have mercy.  
For those whose humanity is destroyed by the abuse of power,  
Lord have mercy. For those whose humanity is destroyed  
by the sins of others, Lord have mercy.  
For those who are lost or lonely, Lord have mercy.  
For all who are sick & dying, Lord have mercy.  
For all who are depressed or despairing, Lord have mercy.  
For all who have lost their faith, Lord have mercy.  
For all who do not know you, Lord have mercy.  
For all who are prisoners of addiction, Lord have mercy.  
For all who seek you sincerely, Lord have mercy.  
For all who seek you in the wrong places, Lord have mercy.  
For all who are lost in their own sins, Lord have mercy.  
For all who struggle to do good, Lord have mercy.  
For all who have power & influence, Lord have mercy.  
For all who are powerless & oppressed, Lord have mercy.  
For your Church in service of the world, Lord have mercy.

### **Lovely Lady Dressed in Blue**

Lovely Lady, dressed in blue, teach me how to pray!  
Jesus was just your little boy, tell me what to say.  
Did you lift Him up, sometimes gently on your knee?  
Did you sing to Him? Did you hold His hand at night?  
Did you ever try telling stories of the world?  
O! And did he cry?  
Do you really think He cares if I tell Him things,  
Little things that happen?  
And do the angels wings make a noise?  
Can He hear me if I speak low?  
Does He understand me now?  
Tell me, for you know!  
Lovely Lady dressed in blue, teach me how to pray!  
Jesus was just your little boy and you know the way!

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### **Consecration to Mary**

O Mary, my mother, I consecrate myself to thee forever and without reserve. I abandon into thy hands the past, the present and the future.

Under thy powerful protection I wish to begin and end all my acts.

Thy name O Mary will be my prayer. I will say it in joy, in sorrow, in temptation and in difficulties. I will repeat it a hundred times a day and when my dying lips can no longer utter thy name, my heart will still echo with renewed love and confidence till my last breath. Amen.

### **One Golden Hail Mary**

One fervent Hail Mary with love and thought said

Is better than volumes of prayers poorly read.

If time and one's duties prevent a long prayer,

Just say one Hail Mary with fervour and care.

The "Golden Hail Mary" which from the heart springs,  
the greatest of blessings from Mary it brings;

And we never will know til before Mary's throne,

How that daily Hail Mary brought us to her home.

### **A Mhuire na nGrás**

A Mhuire na ngrás, a Mháthair Mhic Dé,

Go gcuire tú ar mo leas mé.

Go sabhála tú mé ar gach uile olc,

Go sabhála tú mé idir anam is chorp.

Go sabhála tú mé ar muir is ar tír,

Go sabhála tú mé ar lic na bpian.

Gárda na n-aingéal os mo chionn Dia romham agus Dia liom.

### **O Mary of the Graces**

O Mary of the graces and Mother of God's Son,

May you keep me always on the right path.

May you save me from every evil;

May you save me in both body and soul;

May you save me on the sea and on the land;

May you save me from the fires of hell.

The glory of the angels be above me,

The oil of Christ be on my body.

God before me and God be with me,

Jesus, Yours is my poor soul.

### **Salutation to Mary**

Hail Mary! Daughter of God the Father.

Hail Mary! Mother of God the Son.

Hail Mary! Spouse of God the Holy Ghost.

Hail Mary! Temple of the Most Blessed Trinity.

Hail Mary! Fair Lily of the Resplendent Trinity.

Hail Mary! Celestial Rose of the ineffable love of God.

Hail Mary! Virgin pure and humble, of whom the King of Heaven  
willed to be born and with thy milk to be nourished.

Hail Mary! Virgin of Virgins.

Hail Mary! Queen of Martyrs, whose soul a sword transfixed.

Hail Mary! Lady most Blessed!

Unto whom all power in Heaven and earth is given.

Hail Mary! My Queen and my Mother.

My life, my sweetness and my hope.

Hail Mary! Mother most amiable. Mother most admirable.

Hail Mary! Mother of Divine Love.

Hail Mary! Immaculate; conceived without sin.

Hail Mary! Full of grace. The Lord is with thee. Blessed art thou  
among women and blessed is the fruit of thy womb Jesus.

Blessed be thy spouse, Saint Joseph. Blessed be thy father and  
mother, Saint Joachim and Saint Anne. Blessed by thy guardian,  
Saint John. Blessed be thy Holy Angel, Saint Gabriel.

Glory be to God the Father, who chose thee, Glory be to God the  
Son, who loved thee, Glory be to God the Holy Ghost, who espoused  
thee. O Glorious Virgin Mary, may all men love and praise thee.

Holy Mary, Mother of God! Pray for us and bless us,  
now and at death in the name of Jesus, thy Divine Son!

### **Hail Holy Queen**

Hail Holy Queen, Mother of Mercy; hail 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  
towards us; and after this, our exile, show unto us the blessed fruit of  
thy womb, Jesus. O clement, O loving O sweet virgin Mary,  
pray for us O holy mother of God,  
that we may be made worthy of the promises of Christ.

## **Prayer to Our Lady of Mount Carmel**

*(say for three consecutive days)*

O most beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessities. O Mary conceived without sin, pray for us who have recourse to thee. O Star of the Sea,

help me and show me here and now you are my Mother.

O Holy Mary, Queen of Heaven and Earth, I humbly beseech thee from the bottom of my heart to secure me in my necessity

*(make request)* There are none who can withstand your power.

O Mary conceived without sin,  
pray for us who have recourse to thee.

O Mary conceived without sin,  
pray for us who have recourse to thee.

O Mary conceived without sin,  
pray for us who have recourse to thee.

Holy Mary, I place this cause in your hands.

Holy Mary, I place this cause in your hands.

Holy Mary, I place this cause in your hands.

## **Pope Francis's Prayer to Our Lady Untier of Knots**

Holy Mary, full of God's presence during the days of your life, you accepted with full humility the Father's will & the devil was never capable to tie you around with his confusion.

Once with your son, you interceded for our difficulties & full of kindness & patience, gave us example of how to untie the knots of our life. By remaining forever our Mother, you put in order & make more clear the ties that link us to the Lord.

Holy Mary Mother of God & our Mother, to you, who untie with motherly heart the knots of our life, we pray to you to receive in your hands *(name person)* & to free him/her of the knots & confusion with which our enemy attacks.

Through your grace, your intercession & your example, deliver us from all evil Our Lady & untie the knots that prevent us from being united with God, so that we, free from sin & error, may find Him in all things, may have our hearts placed in Him & may serve Him always in our brothers & sisters.

### **Prayer to Our Lady of Knock**

Our Lady of Knock, Queen of Ireland,  
you gave hope to your people in a time of distress and  
comforted them in sorrow.

You have inspired countless pilgrims to pray with confidence  
to your Son, remembering His promise:

“Ask & you shall receive, seek & you shall find”.

Help me to remember that we are all pilgrims on the road to heaven.

Fill me with love and concern for my brothers and sisters in Christ,  
especially those who live with me.

Comfort me when I am sick or lonely or depressed.

Teach me how to take part evermore reverently in the Holy Mass.

Pray for me now and at the hour of my death. Amen.

### **Prayer to Our Lady of Fatima**

O Most Holy Virgin Mary, Queen of the Most Holy Rosary,

You were pleased to appear to the children of Fatima and  
reveal a glorious message.

We implore you, inspire in our hearts a fervent love for the recitation  
of the Rosary. By meditating on the mysteries of the redemption that  
are recalled therein, may we obtain the graces and virtues that we  
ask, through the merits of Jesus Christ, our Lord and Redeemer.

### **Novena Thanksgiving Prayer to Our Lady of Perpetual Help**

O God, our Creator, we thank you for the gift of life and all the gifts  
of nature; our senses, our faculties, our talents and our abilities.

We thank you for creating us in your image and likeness and for  
giving us this earth to use and develop, to respect and to cherish.

Despite our failures, you continue to show your love for us today by  
increasing the life of your Spirit within us at the Eucharistic table.

Finally Father, we thank you for giving us Mary, the Mother of your  
Son, to be our Mother of Perpetual Help, and for all the wonderful  
things you have done for us, especially for giving us your Son, Jesus,  
to be our Redeemer. We are grateful for all the favours we have  
received through Mary's intercession.

We pray that those past favours may inspire us to greater confidence  
in your loving mercy and in seeking the aid of  
our Mother of Perpetual Help. Amen.

### **Prayer to Our Lady of Guadalupe**

Dear Mother, we love you. We thank you for your promise to help us in our need. We trust in your love that dries our tears and comforts us. Teach us to find our peace in your Son, Jesus, and bless us every day of our lives. Help us to build a shrine in our hearts. Make it as beautiful as the one built for you on the Mount of Tepeyac. A shrine full of trust, hope and love of Jesus growing stronger each day.

Mary, you have chosen to remain with us by giving us your most wonderful and holy self-image on Juan Diego's cloak. May we feel your loving presence as we look upon your face. Like Juan, give us the courage to bring your message of hope to everyone. You are our Mother and our inspiration. Hear our prayers and answer us. Amen.

### **Prayer to Our Lady for Healing**

Mary Immaculate, you have given yourself to us as Our Lady of the Miraculous Medal. You have asked us to pray with confidence, and we will receive great graces. We know your compassion, because you saw your Son suffer and die for us. In your union with his suffering, you became the mother of us all. Mary my mother, teach me to understand my suffering as you do and to endure it in union with the suffering of Jesus. In your motherly love, calm my fears and increase my trust in God's loving care.

According to God's plan, obtain for me the healing I need. Intercede with your Son that I may have the strength I need to work for God's glory and the salvation of the world. Amen.

### **Prayer to Our Lady during Difficult Times**

Holy Virgin Mary, you are reigning in glory with Jesus, your Son. Remember us in our sadness. Look kindly on all who are suffering or facing any difficulty. Have pity on those who are separated from someone they love. Have pity on the loneliness of our hearts. Have pity on the weakness of our faith and love. Have pity on those who are weeping, on those who are praying, on those who are fearful. Holy Mother, please obtain for all of us hope and peace and justice.

Amen.

### **Prayer to Our Lady of Pompeii**

O Glorious Queen of the Rosary, at whose name the heavens rejoice, we, your devoted children, pour out the feelings of our hearts, and with confidence, express our fears to you.

O Mary, turn your eyes on us, on our families and on the whole world. Take pity on the worries and trials which embitter our lives.

O Mother, implore mercy for us from your Divine Son.

The Child we behold on your knees and the mystical Rosary we admire in your hand, both inspire us with confidence that we shall be heard and healed. Our Lady of Pompeii, Queen of the Most Holy Rosary, intercede for us with God our Father. Through sharing your Rosary, may we be blessed with peace in our hearts, peace in our homes and peace in our world. Amen.

### **Our Lady of Clonfert**

I come to you, as one of your children, who will never forget the importance of a woman like you. I come because I believe in you.

I come to say thanks for the past and the present and ask you to bless me in the future.

You know me, you know how I live and you know my needs.

Please help me, especially when I need you most.

I have problems, worries and anxieties the same as everyone else – help me to cope. So often I would just love to give up when life hurts me & people betray me, but give me the courage never to lose heart.

Bless my family, my life and my friends.

Help me, no matter what happens to me in life, to believe, to trust and to hope. Our Lady of Clonfert, pray for us.

### **Prayer of the Angel at Fatima**

My God, I believe, I adore, I hope, I love you! I ask pardon for those who do not believe, nor adore, nor hope, nor love you.

Most Holy Trinity, Father, Son and Holy Spirit,

I adore you profoundly! I offer you the most Precious Body, Blood, Soul and Divinity of our Lord Jesus Christ, present in all the tabernacles of the world, in reparation for all the outrages, sacrileges and indifferences by which He Himself is offended. By the infinite merits of His Most Sacred Heart, through the intercession of the Immaculate Heart of Mary, I beg for the conversion of sinners.

### **Prayer to Saint Brigid**

Saint Brigid you were a woman of peace.  
You brought harmony where there was conflict. You brought light to  
the darkness. You brought hope to the downcast.  
May the mantle of your peace cover those who are troubled &  
anxious, & may peace be firmly rooted in our hearts & in our world.  
Inspire us to act justly & to reverence all God has made.  
Brigid you were a voice for the wounded and the weary.  
Strengthen what is weak within us.  
Calm us into a quietness that heals and listens. May we grow each  
day into greater wholeness in mind, body & spirit.

### **Prayer to St. Brigid**

Saint of Ireland, flame of welcome, woman of wisdom, generous one.  
With your cross, protect our homes. Convert our hearts, heal our sick.  
Herald of Spring, awaken new life, warm my spirit, nourish Easter  
hope. Bountiful source, multiply God's gifts. Feed the poor, nurture  
our hunger. Bless Ireland, re-kindle the fire. Gather us in faith, open  
our doors, open our hearts, turn strangers into friends, houses into  
homes, sceptics into believers, and death into life. Amen.

### **Prayer to Saint Patrick**

O great Apostle of Ireland, glorious Saint Patrick, to whom under  
God, so many are indebted for the most precious of all treasures, the  
gift of Faith, receive our fervent thanks for the zeal & charity which  
have been to thousands, the source of blessings so invaluable. Ask  
for all who dwell in this land & the land of thy labours, the precious  
light of faith, & beg for us on whom its glorious rays have long since  
beamed, the grace to regulate our lives by its sacred maxims. Amen.

### **Saint Patrick's Breastplate**

Christ be with me; Christ be beside me;  
Christ be before me; Christ be behind me;  
Christ be at my right hand; Christ be at my left hand;  
Christ be in every ear that hears me; Christ be in every eye that sees  
me; Christ be in every mouth that speaks of me;  
Christ be in every heart that thinks of me;  
Christ be with me everywhere I go.  
Christ be my friend forever and ever. Amen.

### **Novena to the Sacred Heart of Jesus**

O Most Holy Heart of Jesus, fountain of every blessing, I adore You, I love You and with a lively sorrow for my sins, I offer You this poor heart of mine. Make me humble, patient, pure and wholly obedient to Your will. Grant, good Jesus, that I may live in You and for You.

Protect me in the midst of danger; comfort me in my afflictions; give me health of body, assistance in my temporal needs, Your blessing on all that I do, and the grace of a holy death. Amen.

### **Novena Prayer to the Sacred Heart**

Lord Jesus, the needs of your people open your heart in love to each of us. You care for us when we are lost, sympathise with us in loneliness and comfort us in mourning; you are closest to us when we are weakest. You love us most when we love ourselves least; you call us to spread your love in whatever way we can.

Lord Jesus, your heart is moved with compassion when we are suffering, when we need your help and when we pray for each other. I ask you to listen to my prayer during this Novena and grant what I ask (*make request*)

If what I ask is not for my own good and the good of others, grant me always what is best for me, that I may build up your kingdom of love in our world. Amen.

### **Novena Prayer to Saint Philomena**

O faithful virgin & glorious martyr, Saint Philomena, who works so many miracles on behalf of the poor & sorrowing, have pity on me. You know the multitude & diversity of my needs.

Behold me at your feet, full of misery, but full of hope.

I entreat your charity o great Saint!

Graciously hear me & obtain from God a favourable answer to the request which I now humbly lay before you (*make request*).

I am firmly convinced that through thy merits, through the scorn, the sufferings & the death you endured, united to the merits of the Passion & Death of Jesus, your Spouse, I shall obtain what I ask of you, and in the joy of my heart, I will bless God, who is admirable in His Saints.

Amen.

### **Novena Prayer to St. Thérèse of Lisieux**

Let us pray: O Glorious St. Thérèse, whom Almighty God has raised up to aid and inspire the human family, I implore your Miraculous Intercessions. You are so powerful in obtaining every need of body and spirit from the Heart of God. Holy Mother Church proclaims you “Prodigy of Miracles...the greatest saint of modern times.” Now I fervently beseech you to answer my petition (*mention petition*) and to carry out your promises of spending heaven doing good on earth...of letting fall from Heaven a shower of roses. Little Flower, give me your childlike faith, to see the face of God in the people and experiences of my life, and to love God with full confidence. St. Thérèse, our Carmelite Sister, I promise to fulfil your plea “to be made known everywhere” and I will continue to lead others to Jesus through you. Amen.

### **My Novena Rose Prayer**

O Little Thérèse of the Child Jesus, please pick for me a rose from the heavenly gardens and send it to me as a message of love.

O Little Flower of Jesus, ask God to grant the favours

I now place with confidence in your hands (*mention request*)

Saint Thérèse, help me to always believe as you did in God's great love for me, so that I might imitate your "Little Way" each day. Amen

### **Prayer of Saint Teresa of Avila**

Christ has no body now on earth but yours,  
no hands but yours, no feet but yours.

Yours are the eyes through which His compassion looks out on the world; yours are the feet with which He can go about doing good; yours are the hands with which He is to bless us now.

### **Prayer of St Gertrude the Great**

*Our Lord dictated the following prayer to Saint Gertrude the Great to release a number of Souls from Purgatory each time it is said.*

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal church, those in our own home and within my own family. Amen.

### **Novena Prayer to Saint Joseph**

Ever glorious Saint Joseph, good and faithful servant, God was pleased to place his own family in your care. We thank you for being such a wonderful example of humility and faith, of prayerfulness and courage, in your ordinary daily life. Through your intercession, may God grant us the blessing of living continually in his presence, and responding to his love in our daily lives. Most loving Saint Joseph, accept our Novena prayers and obtain for us through your powerful intercession, the favours we ask for in this Novena...  
(*mention requests*) When we have lived our days on earth, may God give us the great joy he gave you Saint Joseph – that of entering eternal life in the company of Jesus & Mary. Amen.

### **Prayer to Saint Joseph of Cupertino For Help in Exams**

O Great Saint Joseph of Cupertino, who by your prayers, obtained from God that you should be asked at the examination the only proposition you knew. Obtain for me that I may succeed like you in the examination for which I am preparing. I promise in return, to make you known & cause you to be invoked. Amen.

### **Prayer to St Anne**

(*To obtain some Special Favour*)

Glorious St. Anne, filled with compassion for those who invoke thee, and with love for those who suffer, heavily laden with the weight of my troubles, I cast myself at thy feet and humbly beg of thee to take the present affair which I recommend to thee under thy special protection. Vouchsafe to recommend it to thy Daughter, the Blessed Virgin Mary, and lay it before the throne of Jesus, so that He may bring it to a happy issue. Cease not to intercede for me until my request is granted. Above all, obtain for me the grace of one day beholding my God face to face, and with thee and Mary and all the Saints, praising and blessing him for all eternity. Good St. Anne, mother of her who is our life, our sweetness and our hope, pray to her for us, and obtain our request.  
(*3 times*)

### **Prayer to Saint Michael the Archangel**

Glorious St. Michael guardian and defender of the Church of Jesus Christ, come to the assistance of His followers against whom the powers of hell are unchained. Guard with special care our Holy Father the Pope, and our Bishops, Priests, all our religious and lay people, and especially the children.

St. Michael, watch over us during life, defend us against the assaults of the demon, and assist us especially at the hour of our death. Help us to achieve the happiness of beholding God face to face for all eternity.

St. Michael, intercede for me with God in all my necessities especially (*mention special petition*). Obtain for me a favourable outcome to the matter I recommend to you. Mighty prince of the Heavenly Host, and victor over rebellious spirits, remember me for I am weak and sinful and so prone to pride and ambition. Be for me, I pray, my powerful aid in temptation and difficulty, and above all do not forsake me in my last struggle with the powers of evil. Amen.

### **Saint Michael the Archangel**

Saint Michael the Archangel – Defend us in battle;  
be our protection against the wickedness and snares of the devil;

May God rebuke him, we humbly pray;

O Prince of the Heavenly Host, by the power of God,  
thrust into hell Satan and all evil spirits who wander through the  
world for the ruin of souls. Amen.

### **A Mothers Prayer for her Children to Saint Monica**

Dear Saint Monica, we know that for years  
you were in despair over your son's wayward life, but through your  
holiness and prayers, your son was finally converted  
and became a great Saint of the Catholic Church.

We now humbly ask you to pray with us for our sons and daughters  
who have drifted away from God, and we ask you to add your  
prayers to those of all mothers who are worried about their children.

Pray for us that one day, following your example,  
we may, in the company of our children,  
enjoy the eternal vision of our Father in Heaven. Amen.

### **Saint Anthony, Saint of Miracles**

O Holy Saint Anthony, reach down from heaven and take hold of my hand. Assure me that I am not alone. You are known to possess miraculous powers and to be ever-ready to speak for those in trouble. Loving and gentle Saint Anthony, reach down from heaven I implore you and assist me in my hour of need. Obtain for me (*mention request*). Dearest Saint Anthony, reach down from heaven and guide me with thy strength. Plead for me in my needs. And teach me to be humbly thankful as you were for all the bountiful blessings I am to receive. Amen.

### **Saint Anthony, Saint of Miracles**

O Holy Saint Anthony, gentlest of Saints, your love for God and charity for his creatures made you worthy when on earth to possess miraculous powers. Miracles waited on your word, which you were ever ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore you to obtain for me (*mention request*). The answer to my prayer may require a miracle; even so, you are the Saint of Miracles. O gentle and loving Saint Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the sweet Infant Jesus, who loved to be folded in your arms, and the gratitude of my heart will ever be yours. Amen.

### **A Prayer by Padre Pio**

O Lord we ask for a boundless confidence and trust in your Divine Mercy, and the courage to accept the crosses and sufferings which bring immense goodness to our souls and that of your Church. Help us to love you with a pure and contrite heart, and to humble ourselves beneath your Cross, as we climb the mountain of holiness carrying our cross that leads to heavenly glory. May we receive you with great faith and love in Holy Communion, and allow you to act in us as you desire for your greater glory. O Jesus most adorable Heart and eternal fountain of Divine Love, may our prayer find favour before the Divine Majesty of your heavenly Father. Amen.

### **Prayer to Saint Martin for the Sick**

Dear Saint Martin, you were always the tireless servant of the sick. During your lifetime and from your place in Heaven, God allowed you to work many wonderful miracles. Look with compassion on  
(*name of sick person*) suffering now from sickness.

Obtain for us from God the pardon of every sin & the health of mind & body necessary for our state in life. Help us to use with wisdom & with a helpful heart the health & strength God gives to us so that, following your example, our whole lives may be a song of thanksgiving & of praise to the Father, Son & the Holy Spirit. Amen.

Saint Martin pray for us and for all who are sick.

Saint Martin intercede for all who lovingly tend the sick and give to them comfort and care and support in their hour of need.

### **Prayer to St. Roch**

Dear Medicant Pilgrim you once took care of sufferers from the plague and were always ready to help others by kind service and fervent prayers. You yourself had no home and you died in a dungeon. No wonder countless invalids have confidently invoked your help. Please grant a cure to (*name of the sufferer*), and help us all become spiritually healthy.

### **Prayer to St. Roch**

O Blessed Saint Roch, patron of the sick, have pity on those who lie upon a bed of suffering. Your power was so great when you were in this world, that by the sign of the Cross, many were healed of their diseases. Now that you are in heaven, your power is not less. Offer, then, to God our sighs and tears and obtain for us that health we seek.

Saint Roch, pray for us,  
that we may be preserved from all diseases of body and soul.

### **Prayer to Sts Cosmos & Damian -Patrons of Surgeons & Doctors**

Dear twin brothers, you both died as witnesses to the Lord you loved. Sometimes you miraculously healed the ailing bodies of fellow human beings. You also managed to cure the souls that suffered from unbelief and sin. Help surgeons and doctors in their delicate work, especially when there exists more danger than usual.

Remind them to invoke often the Lord of life, while not forgetting to do their part to save or better the lives of their patients.

## **Saint Colette, Patron of Childless Couples**

*Our Father...Hail Mary...Glory Be...*

Blessed be the hour in which the Incarnate God was born! Blessed be the Holy Spirit by whose operation Jesus Christ was conceived!

Blessed be the Glorious Virgin Mary, of whom the Word Incarnate was born! Through the intercession of the Glorious Virgin Mother, and in remembrance of the most Sacred Hour in which the Incarnate Word was born, may the Lord hear my prayers and grant upon my request (*mention request*) O Jesus, You are mercy & goodness itself! Do not abandon me on account of my sins or punish me as I deserve but graciously hear my humble prayer and grant me the favour that I ask, for Your honour and the glory of Your Holy Name. Amen.

**Blessing of Saint Colette:** I pray the Holy Spirit always to have you, soul and body, in His safe keeping; and to give you joy, peace, health, salvation and life everlasting. May the Father of Mercies, the Son by His Passion, and the Holy Spirit, source of peace, sweetness and love, fill us with their consolation. Amen.

### **Prayer of Saint Augustine**

Watch O Lord with those who wake or watch or weep tonight,  
and give your angels charge over those who sleep.

Tend your sick ones O Lord Jesus Christ, rest your weary ones,  
bless your dying ones, soothe your suffering ones, pity your afflicted  
ones, shield your joyous ones, and all for your love's sake.

### **Prayer of Saint Francis**

Lord, help me to face this day quietly, easily;

To lean on your great strength trustfully, restfully;

To wait for the unfolding of your will patiently, serenely;

To meet others peacefully, joyfully;

And to face tomorrow confidently, courageously. Amen.

### **Prayer to Blessed John Sullivan**

We thank you Lord for the life & example of Blessed John Sullivan;  
may we carry forward in our lives his care for the sick & the poor.  
May he look after all who have suffered because of a family member  
who is missing, as he himself suffered through the loss of his brother.

May he intercede for us & may God grant through his intercession  
the favour I ask. May all I ask be always in faith in your care for me.

### **Prayer to your Patron Saint**

Saint (*Name*)

Holy Mother of God and all the saints,  
who have pleased God in your lives,  
please pray to Christ my Lord that I might live  
this day in peace, love and humility.

Pray unto God for me O Holy Saint (*name*)  
well pleasing to God, for I turn to you,  
who are a speedy helper and intercessor for my soul.

### **The Chaplet of Divine Mercy**

*Begin with one Our Father, one Hail Mary & The Creed.*

*Then, on the large beads, say:*

Eternal Father, I offer You the Body and Blood,  
Soul and Divinity of Your dearly beloved son, Our Lord Jesus Christ,  
in atonement for our sins and those of the whole world.

*On the ten small beads, say:*

For the sake of His sorrowful Passion,  
have mercy on us and on the whole world.

*After the five decades, say three times:*

Holy God, Holy Mighty One, Holy Immortal One,  
have mercy on us and on the whole world.

### **Consecration to the Divine Mercy**

Jesus, the Divine Mercy, I consecrate my entire life, from this day on,  
to You without reserve. Into Your hands I abandon my past, my  
present and my future, from this day forward, make me a true  
follower of Your teaching, let Your Divine Mercy Image protect my  
home and my family from all the powers of evil in this world today.

May all who venerate it never perish, may it be their joy in life,  
their hope in death, and their glory in eternity. Amen.

### **Blessed Faustina's Healing Prayer**

Jesus may Your pure and healthy blood circulate in my poor ailing  
organism, and may Your pure and healthy body transform my weak  
unhealthy body, and may a healthy and vigorous life flow once again  
within me, if it is truly Your holy will.

### **Sacred Heart Primary School Prayer**

Pour out your love on our friends, and on all that we know.

May they carry with them the gentleness of Christ.

We pray for the whole world, for our family, the sick, the lonely,  
the hungry and all who suffer injustice.

Lord help us to help them. Bless the people of our parish.

Keep our priests, missionaries, teachers,  
parents and children always in your love.

O Sacred Heart of Jesus, I place all my trust in You.

O Sacred Heart of Jesus, I place all my trust in You.

Immaculate Heart of Mary, pray for us.

St. Madeleine Sophie, lover of children, pray for us.

St. Rose Philippine Duchesne, pray for us.

St. Rose Philippine Duchesne, pray for us.

*This prayer has been said at every assembly in Sacred Heart Primary School for over 30 years and is a very special prayer to the school.*

### **Prayer to the Holy Cross of Jesus**

Holy Cross of Jesus, God all-powerful who has suffered death for my sins, be with me always. Holy Cross of Jesus Christ, have pity on me.

Holy Cross of Jesus Christ, grant that I may walk in your path of salvation. Holy Cross of Jesus Christ, remove me from all accidental death.

### **A Prayer to the Wound in Thy Holy Shoulder**

O most loving Jesus, meek Lamb of God, I, a miserable sinner, salute and worship the most sacred Wound of Thy Shoulder of which Thou didst bear Thy heavy cross, which so tore Thy flesh and laid bare Thy bones as to inflict on Thee an anguish greater than any other wound of Thy most blessed body. I adore Thee O Jesus most sorrowful. I praise and glorify Thee and give Thee thanks for this most sacred and painful wound, beseeching Thee by that exceeding pain, and by the crushing burden of Thy heavy cross, to be merciful to me, a sinner, to forgive me all of my mortal and venial sins, and to lead me on toward heaven along the Way of Thy Cross.

### **Prayers to the Holy Spirit**

Holy Spirit, breathe on me; Holy Spirit, protect me;

Holy Spirit, fall on me; Holy Spirit, enlighten me;

Soul of my soul, love from my heart to Jesus,  
my friend, my Lord and my God. Amen.

Come Holy Spirit, come from Thy throne above.

Come with all Your gifts to heal us, free us & to love.

Come Holy Spirit with Your fires of truth that all things  
be made possible through You.

Come Holy Spirit of gentleness, heal our strife that in our deepest,  
darkest moments, You may turn all to light.

Come Holy Spirit, with Your Holy Spouse,  
bless us with Your presence, make us one.

Come Holy Spirit one with the Father and the Son that when this life  
is over & death creeps on, Come Holy Spirit, & take us home. Amen.

### **Prayer to the Holy Spirit**

Come Holy Spirit, you who solve all problems,  
light all roads so that I can obtain my goal;

You who gave me the divine gift to forgive and forget all evil against  
me, and in all instances of my life, you are with me and in this short  
prayer, I want to thank you for all things and I confirm once again  
that I never want to be separated from you, in spite of all material  
illusions, I wish to be with you in eternal glory.

Thank you for your mercy towards me and mine.

### **Come Holy Spirit**

Send forth your Spirit Lord & renew the face of the earth. Renew  
what is weary & worn; restore what is old & stale; reclaim what has  
been lost. Fill us with your gifts – gifts to speak, gifts to love, gifts to  
heal, gifts to bind up broken hearts & to rebuild your people. Amen.

### **Prayer to Jesus in the Tabernacle**

Oh Jesus lonely today/tonight in so many Tabernacles, I offer thee  
my lonely heart. May its every beat be an act of love for thee.

In thy love thou art ever watching or weary of thy vigil for sinners.

Oh loving Jesus, oh lonely Jesus, make heart be lamp the light of  
which will burn for you in time and eternity. Amen

### **Prayer for the Pope**

Father, we pray for Your protection and guidance over our Holy Father, the Pope. Give him strength and wisdom to stand as a prophet of our times. May he be a light in darkness around which we gather in hope.

We ask You to bring about reconciliation through his faithful teaching of peace and justice. Grant him compassion and care to live the gospel in love and service to all people.

Let him follow in the path of Peter and Paul, who, filled with the Holy Spirit, preached that the Lord saves all who call upon his name. Amen.

### **Prayer for Pope Francis**

Please Lord, give Pope Francis wisdom, guidance and love so he can be a good shepherd for Your people.

Let the Holy Spirit provide him with a caring and wise heart.

Give him courage to always make the right decision.

Help him to steer the Roman Catholic Church in the right direction.

We ask this through Jesus Christ Our Lord, who lives and reigns with You and the Holy Spirit, one God forever and ever.

### **Prayer for Bishop Fintan**

Eternal God, Shepherd and Guide,

May Fintan who will serve your church be a shepherd after your own heart, who will walk in your ways and with loving care, watch over your people of Killaloe. May he be a leader of vision and a teacher of your truth. So may your name be glorified and your church built up through Christ our Lord. Amen.

### **Prayer for Vocations**

Lord Jesus, the ministry of priests is a sign of your unfailing care. Call from among us the priests needed for the Church of today and tomorrow. Bless all students for the priesthood and religious life,

Sisters and Brothers. Grant them joy, wisdom, courage and a generous spirit. Sustain priests with a real sense of your love and the support of those they are called to serve.

Keep them faithful to their calling.

Bless all those who minister in your church in any way. Amen.

### **Missionary of Joy**

Heavenly Father, help us...Count our blessings, not our crosses;  
Count our gains, not our losses; Count our joys, not our woes;  
Count our friends, not our foes; Count our courage, not our fears;  
Count our laughs, not our tears; Count our health and without fuss,  
Count on You and Your love for us. Amen.

### **Prayer for a Rekindling of Faith in Ireland**

Lord we thank you for your countless blessings you poured out on Ireland in the past. We praise you for the way in which your grace found expression in many generous & loving lives.

We are grateful for the comfort which we currently enjoy and we pray for those who may not be as fortunate as we are.

We regret that the flame of the Spirit has sometimes been quenched by an idolatrous pursuit of power, pleasure, popularity & possessions.

We confess Lord that many of us have gone astray & selfishly rewritten the commandments to suit ourselves. We believe that you came to cast fire upon the earth & long to renew your wonders in our day as by a new Pentecost. Help us to fan the embers of our smouldering faith into a lively flame, especially by regular periods of personal & family prayer. Mary Mother of Jesus, we entrust Ireland to your motherly care. In the past our people remained faithful to your Son in times of persecution. We now pray that we may also remain faithful in times of prosperity. Amen.

### **Fr Hyde Prayer**

Lord that I may see, Lord that I may see Your wonders.

Lord that I may hear, Lord that I may hear Your word.

Lord that I may walk, Lord that I may walk in Your ways.

Lord give Your peace to our troubled world.

Our Lady of Lourdes, pray for us.

Mary, comfort of the afflicted, pray for us.

Mary, health of the sick, pray for us. Saint Bernadette, pray for us.

Saint Flannan, pray for us. Saint Senan, pray for us.

Fr. Hyde, heal me, help me. Saint Padre Pio, keep us safe. Grant us

Lord, the joy of constant health in mind & body. Through the intercession of Our Lady of Lourdes, may we be freed from present sorrow & filled with everlasting joy, through Christ our Lord. Amen.

### **Prayer of Dean Cuddy**

O Sacrament Most Holy, O Sacrament Divine, all praise and all thanksgiving be every moment thine. Lord, we thank you for this Man and for this Holy Communion. We thank you for coming amongst us, for your Passion, Death and Resurrection. We thank you for your continued presence amongst us in the Mass and in Holy Communion. We thank you God for all the blessings you gave us in this life and the many times you forgave us our sins.

We pray Lord, that we will come closer to you, day by day, and that we will always come to you with our difficulties and our problems.

We pray Lord, for those who might need your help in a special way, such as the sick, the bereaved, the unemployed, those who have had to emigrate, and for all who carry any cross.

We pray for peace in our homes, in our hearts and in our world.

Watch over your holy church Lord and take care of it.

Bless all my family, all my friends and all for whom I have been asked to pray.

Have pity on the souls in Purgatory and grant them eternal rest.

### **Lord Support Us**

May the Lord support us all the day long,  
until the shadows lengthen and the evening comes,  
the busy world is hushed,  
the fever of life is over and our work is done;  
then in His mercy, may He grant us a safe lodging,  
a holy rest and peace at last. Amen.

### **Recite after Holy Communion before a Crucifix**

Behold, O Good and Most Sweet Jesus,  
I cast myself on my knees in thy sight,  
and with a most fervent desire, beg and beseech thee, that thou  
wouldst impress upon my heart lively sentiments of faith, hope and  
charity, true repentance for my sins and a firm purpose of amendment  
and with deep affection and grief of soul,  
I ponder within myself thy five most precious wounds,  
having before my eyes that which thy prophet David spoke of thee,  
O Good Jesus...“They have pierced my hands and my feet,  
they have numbered all my bones.”

### **Jesuit Prayer of Self-Dedication**

Lord Jesus Christ, take my freedom,  
my memory, my understanding and my will.  
All that I have and cherish, you have given to me.  
I surrender all to be guided by your will.  
Your grace and your love are wealth enough for me.  
Give me these, Lord Jesus, I ask for nothing more.

### **Send Your Angel To Holy Mass**

O holy angel, at my side,  
Go to the church for me.  
Kneel in my place at holy Mass  
Where I desire to be.  
At Offertory in my stead  
Take all I am and own;  
And place it as a sacrifice  
Upon the Altar Throne.  
At holy Consecration's bell,  
Adore with Seraph's love,  
My Jesus, hidden in the Host,  
Come down from heaven above.  
Then pray for those I dearly love,  
And those who cause me grief,  
That Jesus' Blood may cleanse all hearts,  
And suffering souls release.  
And when the priest communion takes,  
O bring my Lord to me,  
That his sweet heart may rest on mine,  
And I his temple be.

### **Prayer of Dedication to the Holy Family**

Jesus, Mary and Joseph, with complete confidence we entrust our  
family to you. Make our home a place of prayer and peace,  
a place of love and kindness,  
just like your home in Nazareth.  
Watch over each of us and  
protect us from every danger.  
Keep us always close to you and to each other. Amen.

### **A Family Prayer**

Our heavenly Father, we thank you for the food before us, the roof above us and this family. Help us to remember that a family is for growing up in, going away from and for coming back to, it is for loving concern, for helping each other through happy times and sad. With your blessing, this family will always be together in our hearts and in our memories, giving each of us the strength to live our own lives and to be our own persons. Amen.

### **Family Prayer**

Stay with us Lord, when our family is united,  
when joy and laughter make life easy.  
Stay with us Lord, when there is trouble at home,  
when discord and anger upset our peace.  
Stay with us Lord, when there is sickness at home,  
when we need your courage and support.  
Stay with us Lord, when the journey of life is over,  
and take us to our heavenly home,  
to stay with you Lord, in peace, forever.

### **A Family Prayer**

Visit our house and family I beseech you O Lord  
and drive far from us all the snares of evil.  
Let thy holy angels dwell here and  
keep us in health and peace.  
May thy blessings always be upon us.  
Through Christ our Lord, Amen.

### **Our Family**

God made us a family – we need one another,  
We love one another, we forgive one another.  
We work together, we play together, we worship together.  
Together we use God's word, together we grow in Christ,  
Together we love all, together we serve our God,  
Together we hope for heaven.  
These are our hopes and ideals,  
Help us to attain them O God,  
Through Jesus Christ our Lord. Amen.

**A Mother's Prayer  
To the Guardian Angel of her Children**

I humbly salute you o faithful friend of my children! I give you heartfelt thanks for all the love and goodness you show to them.

At some future day I shall, with thanks,  
more worthy than I can now give,  
repay your care for them and before the whole heavenly court  
acknowledge their indebtedness to your guidance and protection.

I ask you to continue to watch over them,  
provide for all their needs of body and soul.

Pray, also, for me and for my whole family, that we may all one day rejoice in your blessed company in heaven. Amen.

**A Prayer for Healing from The Book Of Dimma**

Let us pray Sisters and Brothers: to the living Almighty God,  
for whom it is so easy to renew and strengthen all things;  
that He may renew us, that we may feel the hand of the Creator,  
that God the Father may revive and strengthen us.

O God, who always rules with kindness and goodness,  
visit us with Your healing power & the remedy of Heavenly Grace.  
Through Christ our Lord, Amen.

**Prayer to Christ for Healing**

In the comfort of your love, I pour out to you my Saviour,  
the memories that haunt me, the anxieties that perplex me, the fears  
that stifle me, the sickness that paralyses me, the frustration of all the  
pain that weaves about within me. Lord help me to see your peace  
and your compassion in my turmoil, your forgiveness in my  
weakness, your love in my need, touch me O Lord  
with your healing power and strength. Amen.

**Healing Prayer – My Life in your Hands**

Lord, I come now before you,  
with feelings that I cannot share and try to hide,  
with the emptiness that sometimes grips me,  
and with the physical and mental pain that so often preoccupies me,  
but I also come in faith and trust, and I ask to be healed.  
Heal me Lord, Heal me Lord.

### **Healing Prayer for a Family**

O Dear Jesus, I humbly implore You  
to grant Your special graces to our family this day.  
In Your Divine Mercy, make our home a shrine of peace, love &  
faith. I beg You, dear Jesus, to protect and to bless all of us and  
our families, absent and present, living and dead.  
O Mary, loving Mother of Jesus and our Mother, pray to Jesus the  
Divine Mercy, for our family, and for all the families of the world.  
Ask Him to guard the cradle of the newborn, the young in the schools  
and all those about to start their vocations in life. Amen.

### **Prayer for Healing**

Heavenly Father, I call on you right now in a special way.  
It is through your power that I was created. Every breath I take, every  
morning I wake and every moment of every hour, I live under your  
power. Father, I ask you now to touch me with that same power.  
Fill me with the healing power of your spirit.  
Cast out anything that should not be in me. Mend what is broken.  
Root out any unproductive cells, open any blocked arteries and veins  
and rebuild any damaged areas.  
Remove all inflammation and cleanse any infection.  
Let the warmth of your healing love pass through my body  
to make new any unhealthy areas so that my body will function  
the way you created it to function.  
Please Father, restore me to full health in mind and body  
so that I may serve you the rest of my life.  
I ask this through Christ our Lord. Amen.

### **Prayer for Healing**

O Jesus we believe in you, we hope in you and we love you.  
Strengthen our faith, renew our hope and love and grant our prayers.  
Touch with your healing love O Lord all who feel the hurt of life's  
wounds. Heal us of our sinfulness & of the hatred that divides us.  
Take away our hardness of heart. Open our eyes which are often  
blind to the needs of others. Remove our selfishness and our greed.  
Give us self-control at all times & fill our hearts with your eternal  
love. O Jesus we ask you to heal us and to bless us, and  
fill us with your peace. Amen.

### **Prayer for Healing**

Jesus, through the power of the Holy Spirit,  
go back into my memory. Every hurt that has ever been done to me,  
heal that hurt. Every hurt that I have ever caused to another, heal that  
hurt. All the relationships that have been damaged in my whole life,  
even those that I am not aware of...heal those relationships.

But Lord, if there is anything that I need to do; if I need to go to a  
person because she/he is still suffering from my words or my hand,  
bring my awareness to that person.

I choose to forgive and I ask to be forgiven.

Remove whatever bitterness may be in my heart Lord and  
fill the empty spaces with your love. Thank you Jesus, Amen.

**Before Surgery:** Lord Jesus, healer of body and soul,  
protect me from my fear  
and guide the hands of the surgeon  
and all who help towards my recovery  
for my life is in their hands and yours.

**During Recovery:** Lord, may your healing power be at work in me  
and in the doctors and nurses  
so that I may grow in strength and  
be reunited with my loved ones.

**For Healing:** Lord be merciful to those who ask for healing in your  
name. May they never cease to praise you for the  
wonders of your saving power.

**In Suffering:** May the Lord in His love and mercy be with all who  
are suffering today and be their strength and their consolation.

**For Strength:** For all who are depressed, addicted, lonely, and feel  
forgotten or helpless. I pray that they may know the strength of  
Christ in his suffering for the salvation of the world.

**In Sickness:** Lord Jesus, friend of the sick,  
console those who are unwell,  
restore them to health and  
bless all who are with them.

### **Prayer for Cancer Sufferers**

Loving God, when the dreaded “C” word was uttered,  
it struck like a sword into my heart.

I pray that the memory of the swords that pierced the heart of Mary at the prophecy of Simeon might serve as a consolation for me at this time. Be near me, Loving God, in this time of trial, treatment and the related weakness and pain.

Sustain me with strength and courage as I endure the needed therapy for this disease. I ask that your peace, grace and love surround me, gracious God. May the awareness of your Divine Presence be like a tent over my bed of pain and suffering.

Give me a grateful heart for my care and caregivers. Saint Peregrine, patron of those suffering from cancer, intercede for me. Amen.

### **Prayer in Terminal Illness**

Divine healer, God of wholeness, I place myself in your hands. I ask for healing, and also for acceptance of this illness. Help me to know and accept your holy plan for me. Help me and my family embrace whatever you have in mind. Support me in the anxieties, fears, pains and frustrations of my illness. Bless me with your healing power, God, and help me to acknowledge and appreciate the love of those who care about me. I ask this in the name of Jesus, compassionate healer of those in need of health and hope. Amen.

### **Prayer if Suffering Psychological Disorders**

In the comfort of your healing arms, I pour out to you,  
Christ my Saviour, the memories that haunt me, the fears and anxieties that perplex me, the depression that paralyses me, the hurting and the anguish that prevails upon me, and the frustration of all the pain that weaves within and around me.

Lord, help me to see your peace in my turmoil,  
your compassion in my sorrow, your forgiveness in my weakness &  
your love in my need.

Touch me as you touched so many  
with your healing power and strength.  
Amen.

### **A Prayer for Healthcare Workers**

Loving God, we place into your care all our doctors, nurses, carers, paramedics, domestic staff and all who work in the healthcare sector.

Give them courage of heart and strength of mind and body.

Keep them safe from harm. May they know our deep gratitude for all they are doing to heal and help those affected by sickness.

God of all consolation, may they know your protection and peace.

Bless them in their challenging days and bless their families too.

We pray for healing for all who are sick. Bless and embrace each and every single person and heal their bodies, minds and spirits. Amen.

### **A Moment in Prayer**

We bring to mind all those who care for the sick or aged, in nursing homes, in care facilities or in their own homes.

We ask God to surround all carers with his love & protection & to bless those being cared for.

### **Beatitudes for Friends of the Aged**

Blessed are they who understand

My faltering step and palsied hand.

Blessed are they who know that my ears today

Must strain to catch the things they say.

Blessed are they who seem to know

That my eyes are dim and my wits are slow.

Blessed are those who looked away

When coffee spilled at the table today.

Blessed are they with a cheery smile

Who stop to chat for a little while.

Blessed are they who never say:

“You’ve told that story twice today!”

Blessed are they who know the ways

To bring back memories of yesterdays.

Blessed are they who make it known

That I’m loved, respected and not alone.

Blessed are they who know I’m at a loss

To find the strength to carry my cross.

Blessed are they who ease the days

On my journey Home in so many loving ways.

### **Prayer For Those Who Live Alone**

I live alone dear Lord, stay by my side;  
In all my daily needs, be my guide.  
Grant me good health, for that indeed I pray,  
To carry on my work from day to day.  
Keep pure my mind, my thoughts, my every deed;  
Let me be kind and unselfish, in my neighbour's need.  
If sickness or an accident befall,  
Then humbly Lord I pray, hear my call.  
When I'm feeling low, or in despair, lift up my heart and help me in  
my prayer. I live alone dear Lord, yet have no fear  
because I feel you present, ever near. Amen.

### **Prayer of an Older Person**

Come, Lord Jesus,  
Come and stay with me, for my day is far spent.  
Come when I am lonely and my spirit cries out for sympathy  
as a child cries out in the dark. Come, when my soul is troubled and  
dismayed, and the sins of my past rise up against me.  
But most of all, in my dying hour come, Lord Jesus:  
Come to forgive me before I am called to your judgement-seat. Amen

### **Prayer for a Happy Death**

O Mary conceived without sin, pray for us who have recourse to thee.  
Refuge of sinners, Mother of those who are in their agony, leave us  
not at the hour of our death but obtain for us perfect sorrow, sincere  
contrition, remission of our sins, a worthy reception of the most holy  
viaticum, the strengthening of the sacrament of extremunction  
so that we may be able to stand with safety  
before the throne of a just and merciful judge,  
our God and our Redeemer. Amen.

### **Prayer for the Dying**

Most Merciful Jesus lover of Souls! I pray thee, by the agony of thy  
most Sacred Heart, and by the sorrows of thy Immaculate Mother,  
wash in thy blood the sinners of the whole world,  
who are now in their agony, and are to die this day.

### **Prayer for all Bereaved**

Dear Lord, Please comfort those in grief,  
Love them, lift them, give relief  
For loss they've suffered, sadness felt,  
Make their sorrow slowly melt.  
Lord, let happy memories ease,  
Creating peace like a gentle breeze;  
And as you help them make it through,  
Draw them closer, Lord, to you.

### **Prayer for all who Mourn**

Dear Lord, whose gentle heart broke with love and sorrow on the  
Cross for us, have pity on all those who mourn.

Have pity on all those whose sorrow seems too much for them to  
bear, who, buried in their grief do not heed at this dark time in their  
lives, the very close presence of your loving and understanding heart.  
Take the place, dear Lord, of their lost loved ones and be to them a  
comfort, the only true comfort that our human hearts can ever know.  
Let them remember, Lord, that this separation is not so final, but that  
through your tender mercy we may all look forward to a joyful and  
everlasting re-union in your love in heaven. Amen.

### **Prayer for Peace**

Loving God, our Father, we pray for all who are touched by  
war and terrorism, by evil and injustice in our world today. Guide  
world leaders in their decision-making, so that the violence in the  
Holy Land may be brought to an end. We ask for peace, Lord, in our  
world – a peace based on justice, respect and forgiveness.

Give to each one of us in our personal lives that peace  
which comes from knowing that we are always in the caring hands  
of your Son, our Lord, Jesus Christ. Amen.

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 that we are born to eternal life.

### **Lord Make Me An Instrument Of Your Peace**

Lord make me an instrument of your peace;

To bring love where there is hatred;

To bring light where there is darkness;

And to bring trust where there is doubt.

Lord thank you for all who bring good news;

Who minister your healing and forgiveness;

And who help your light to shine brightly and lovingly in our world.

Lord, may your kingdom come; A kingdom of justice and peace;

A kingdom of love and forgiveness;

A kingdom of truth and life for all your creation.

### **Prayer for Understanding**

Dear Lord, give me an understanding heart,

so that I may be able, by some thought or deed or word,

to light the way for someone who may come to me and bring their hopes and fears. Help me to leave my problems for a while and take

up theirs. So by my understanding to impart relief and

comfort to some troubled heart. Amen.

### **Prayer of Parents**

O God, you have called us to be co-creators with you of these precious souls, whom you have entrusted to our care.

Grant that, aided by your grace, we shall not fail in our sacred duty towards them. Lord, let us always be aware of our tremendous responsibility in your sight, and the account that we must one day render to you of their souls. Give us the courage to go against ourselves when doing what we know to be right and necessary.

Keep us from selfishness, Lord, and from being over indulgent or extremely severe with them, and grant us an understanding of their age and time, so that we can offer better guidance to them.

In our anxiety for their worldly success & well-being, let us always remember, Lord, that true success can only be achieved by doing your holy will. Help us to teach them by word and example the beauty of your love, the shortness of time and the length of eternity. Bless our family by calling from it someone to your special service, and grant us the grace to be reunited with all our children in the glory of Heaven. Amen.

### **A Prayer for a Blessed 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 feeling, 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 you guide our life and love. Bless our marriage O God with peace and happiness and with your love. Amen.

### **Prayer for our Youth**

Dear Lord, be with them as they try to grope their way through all the baffling mazes of today: Assure them they will find it if they but seek, give strength when indecision makes them weak;

encourage them whenever faith ebbs low,  
set in their minds the dauntless will to grow;  
be patient with their fumbling toward a goal;  
gird their impulsiveness with self-control.

Encircle them with love as with a host, when they deserve it least and need it most. Let love of you, with its consuming fire,  
burn from their hearts and dross of base desire.

Fill them with discontent, until they see there is no lasting joy apart from thee. Grant them no peace until their lives fulfill their full design, according to your will.

### **Prayer for our Young People**

Heavenly Mother Mary, in today's world, we worry for the future of our young people. We don't have any charts or maps to help them on their journey through life. Let your love and peace penetrate their young hearts, and let them know they are important in God's plan.

Dear Jesus, let your Holy Spirit bless our young people with graces to discover the joy and blessing that is their Christian faith. May those who guide them never fail them, and may Mary give them a motherly assurance that by doing God's will, their young hearts will be a dwelling place for His love. Let graces flow from your Divine Image on all our young people; give them an awareness of the dangers arising from alcohol and drugs, and may they always know the love of a happy home, and the support of their family and friends.

Amen

### **Prayer of Young People**

Lord, be with me as I struggle to make my way through the trials and difficulties of the present time. Give me strength and courage to make the right decisions, to set my mind on what is good and true. Moderate my impulsiveness with self-control, my exuberance with a patient spirit and my thoughts with mature reflection.

Help me to be true to my faith, loyal to my family and firm in my friendships. Be with me at school, at my work and in my recreation.

Comfort me in my sorrows, sustain me in times of anxiety and be present to me in my joys. Help me to realise the truth of your Word, the constancy of your love and the generosity of your Spirit. Amen.

### **Prayer for Strength**

Lord every day I need you, but especially this day.

I need some extra strength to face whatever is to come.

This day, more than any other day, I need to feel you near me, to fortify my courage and to overcome my fear. By myself I cannot meet the challenge of the hour. I need you to sustain me in all that life may bring. So dear Lord, hold my trembling hand.

Be with me Lord this day so that I may know your guiding hand at work in everything, and know your guiding presence with me always.

### **A Prayer for Teachers & Students**

What will this week bring?

You do not know; I do not know.

It will bring its usual quota of work & play, of success & failure, all the things that are part of school life.

It is a new beginning, the planting of a seed that will grow for a lifetime. The seed of fruit that will blossom in times to come. It is a new hope – hope for good work, for successful results, for friendship, for fun, for learning. In this coming week, may there be learning, prayer & fun. May there be hard work, faith & friendship.

May no-one be lonely; may no-one be left out in class; may no-one suffer through others at school or college. As we begin this new week in hope, in prayer & in friendship, may the Lord begin it with us, be with us during it, and successfully bring it to its conclusion.

May we, this week, together act justly, together love tenderly, and together walk humbly with our God. Amen.

### **Prayer to the Holy Spirit for those doing Exams**

Spirit of God, be in a special way with all those doing exams;  
Spirit of Wisdom, enlighten students to choose the correct questions;  
Focus their minds so that they will be able to answer each question  
clearly & concisely; Spirit of God, grant them peace of mind &  
calmness of soul; Holy Spirit of Peace & Wisdom,  
come help us during the exams & always.

### **Prayer before an Exam**

Dear Lord, as I take this exam, I thank you that my value is not based  
on my performance, but on your great love for me. Come into my  
heart so that we can walk through this time together. Help me, not  
only with this test, but the many tests of life that are sure to come my  
way. As I take this exam, bring back to my mind everything I studied  
& be gracious with what I have overlooked. Help me to remain  
focussed & calm, confident in the facts & in my ability & firm in the  
knowledge that no matter what happens today you are there with me.

### **Prayer for Those Awaiting Exam Results**

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Dear God, I hope I get the results I want.  
Help me to feel at peace until I receive them – help all the class as  
well, especially those who think they didn't do as well as they had  
hoped. Thank you for the friends we made throughout our school  
lives, for the teachers & school staff who were always willing to help  
us, especially coming up to the exams. Thank you for my family &  
friends, who gave me support during this year & always.

Lord, give me the confidence to know  
my own value does not equate to grades or points.  
Please help me that I will always use my talents for good. Amen.

### **Prayer of Abandonment**

Father, I abandon myself into your hands; do with me what you will.  
Whatever you may do, 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 soul; I offer it to you with all the love  
of my heart, for I love you Lord and so need to give myself,  
to surrender myself into your hands, without reserve,  
with boundless confidence, for you are my Father.

### **Prayer for Employment**

God our Father, I turn to you seeking your divine help and guidance  
as I look for suitable employment.

Give me the wisdom to guide my footsteps along the right path.

I wish to use the gifts & talents given me. Please grant me this  
special favour I seek so that I may return to you with praise and  
thanksgiving for your assistance. Grant this through Christ our Lord.

### **Daily Prayer to Saint Joseph for Employment**

Dear Saint Joseph, you were yourself once faced with the  
responsibility of providing the necessities of life for Jesus and Mary.  
Look down with fatherly compassion upon me in my anxiety over  
my present inability to earn a living. Please help me to find gainful  
employment very soon, so that this heavy burden of concern will be  
lifted from my heart, and that I am soon able to provide for those  
whom God has entrusted to my care. Help us to guard against  
bitterness and discouragement so that we may emerge from this trial  
spiritually enriched and with even greater blessings from God.

### **Psalm 62**

O God You are my God, for You I long;  
for You my soul is thirsting,  
my body pines for You  
like a dry weary land without water.  
I gaze on You on the altar  
to see Your strength and Your glory,  
for Your love is better than life,  
my lips will speak Your praise.  
I will bless You all my life;  
in Your name I will lift up my hands.  
My soul shall be filled as with a banquet;  
I shall praise You with joy.  
In the shadow of Your wings I rejoice.  
I cling to You; Your right hand holds me fast.

### **Prayer for Emigrants**

O Jesus you once had to leave your home and travel to a foreign land.

I place in your protective care all those who have had to leave this land in search of employment, especially those I now remember.

I ask you Lord, to guide them on their way, to support them in their difficulties, to console them in their sorrows and to give them strength to face the future. May they be loyal to their faith, safe in their work and happy in their new-found relationships. Be with them Lord in the time they will spend away from home and protect them.

O Mary our Mother, wrap the mantle of your love around them.

### **Prayer for Emigrants**

O Jesus, in the first days of your life on earth, you were compelled to leave the land of your birth, and with Mary your loving Mother and

Saint Joseph, to endure in Egypt the hardships and poverty of emigrants. Turn your eyes in mercy upon our people, who in search of employment, are forced to leave their native land. Far away from all that is dear to them, and faced with the difficulties of a new life, they are often exposed to grave temptations and dangers to

themselves. Be, O Lord, their guide upon their way, their support in their labours, their consolation in sorrow, their strength in temptation.

Keep them loyal to their faith, free from sin, and faithful to their family ties. Grant that, when this life's journey is ended, we may all be united in the blessedness of our heavenly home. Amen.

Jesus, Mary & Joseph, protect our emigrants.

### **The Miracle Prayer**

Lord Jesus, I come before you, just as I am.

I am sorry for my sins. I repent of my sins. Please forgive me.

In Your name, I forgive all others for what they have done against me. I renounce satan, evil spirits and all their works.

I give you my entire self. Lord Jesus, now and forever, I invite you into my life. I accept you as my Lord, God and Saviour.

Heal me, change me, strengthen me in body, soul and spirit.

Come Lord Jesus, fill me with your Holy Spirit. I love you Lord Jesus. I praise You Lord Jesus. I thank you Lord Jesus. I shall follow you every day of my life. Mary my Mother, Queen of Peace, all the Angels and Saints, please help me. Amen.

### **A Blessing For All Who Face Change**

May you find serenity & tranquillity in a world you may not always understand. May any pain you may know, and any conflict you may experience, give you strength to walk through life, facing each new situation with courage & optimism.

Know that there are those whose love & understanding will always be there, even when you feel most alone.

May a kind word & a warm smile be yours every day of your life & may you give these gifts as well as receive them.

May you not become too concerned with material matters but instead place immeasurable value on the goodness in your heart.

Realise that each person has limitless abilities, but each of us is different in our own way – what you may feel you lack in one regard may be more than compensated for in another. What you feel you lack right now may become one of your strengths in the future.

May you always see your future as one filled with promise & possibility. View everything as a worthwhile experience that you may learn something from. May you find inner strength to determine your own worth by yourself & not be dependent on another's judgement of your accomplishments. May you always feel loved.

### **Prayer to be Merciful**

Help me Jesus, that what I ask of You (Mercy)

I will give to others in word and deed.

Help me, O Lord that my eyes may be merciful, so that I may never suspect or judge others, but always look for what is beautiful and good in other people. Help me, that my ears may be merciful, so that I give heed to others needs, and not be indifferent to their pain.

Help me, O Lord that my tongue may be merciful, so that I should never speak wrongly of others, but have a word of comfort and forgiveness for all. Help me O Lord, that my hands may be merciful and filled with good deeds so that I may do only good to others and always try to take upon myself the more difficult tasks.

Help me, O Lord that my feet may be merciful, so that I may hurry to assist others, overcoming my own fatigue and weariness, contemplating Your love and mercy.

Help me, O Lord, to forgive and forget. This is Your greatest gift to me, and should be mine for Your sake, to all who offend me.

### **Prayer for Motherhood**

Dear Father, giver of life, lover of humanity,  
you know how my whole being longs to conceive & carry & give  
birth to a baby. May my longing & anxiety & disappointment  
become a pure prayer that will touch your heart.

Bless with fruitfulness the love that unites my husband/partner & me.  
Nothing is impossible to you. Show your power & loving kindness  
now in me as you did in Sarah, Anna, Elizabeth & Mary. Let our love  
join with yours to create a new life, a new person whom we can love  
& cherish & teach to walk in your ways. Mother Mary, pray for me  
to the good God, that my womb may be fruitful like yours. Amen.

### **Prayer for Parenthood**

Father in Heaven, you know the joy of saying to Jesus, and to each of  
us, "You are my beloved child: my soul delights in you."

We too long to have a child of our own to whom we can give all the  
motherly and fatherly love that is in our hearts.

Let the ache of our desire pierce your heart and grant that we may  
soon have a child to whom we can say with joy and thanksgiving:

You are my beloved child: my soul delights in you.

Holy Mother of God, pray for us. Amen.

### **Prayer for the Child in the Womb**

Lord Jesus, you are the source and lover of life.

Reawaken in us respect for every human life.

Help us to see in each child the marvellous work of our Creator.

Open our hearts to welcome every child as a unique and wonderful  
gift. Guide the work of doctors, nurses and midwives.

May the life of a mother and her baby in the womb  
be equally cherished and respected.

Help those who make our laws

to uphold the uniqueness and sacredness of every human life,  
from the first moment of conception to natural death.

Give us wisdom and generosity to build a society that cares for all.  
Together with Mary, your Mother, in whose womb you took on our  
human nature, help us to choose life in every decision we take.

We ask this in the joyful hope of eternal life with you. Amen.

### **Prayer of an Expectant Mother**

Dear Father, giver of life, lover of humanity, I bless you for sharing with us the joy of creating new life. I thank you for the frail but eager human life that is blossoming in my womb. Fill me with your peace and love, so that my baby may feel only peace and security during these months of closeness. Give me courage and joy and strength so that every beat of my heart may speak welcome and delight to this vulnerable little person. Keep us both safe in your love now and at the moment of birth, so that my child may be a healthy child who will live to love and serve you through a long life.

Jesus, Mary & Joseph, be close to me & my child.

Angels of God, watch over us and keep us safe from all harm. Amen.

### **For Situations That Seem Hopeless**

Lord, it's me again.

I'm sorry I always seem to be asking for something.

In the midst of this great worry and sadness, it's difficult to be hopeful. We might get overwhelmed Lord but nothing can overwhelm you as you hold the fullness of time.

Things seem desperate and it's hard to see them improve.

Yet hope is only really hope when things seem hopeless.

Faith is only really faith when things seem difficult.

In the midst of the improbable, unlikely and even impossible, surprise us with a miracle because we have to trust and believe that nothing is impossible to you Lord.

Pour your grace, light and love into this sorry situation.

May it bring healing and resolution but if it can't bring resolution, may it bring acceptance, peace, hope and strength for the future.

### **A Prayer for the Missing**

O Blessed Mother & Saint Joseph, you searched when your Son Jesus disappeared when he was twelve. Help those who are searching now to find the answers to their questions & an end to their searching. Inspire us all to be vigilant so that our eyes & ears may see & hear news that will bring hope. Comfort those who feel lonely & sad because the one they love has vanished. Be with them in the storm & guide them in their efforts. Grant comfort to those whose loved ones have been found deceased – bless them in their mourning.

### **Motorist's Prayer**

Lord, please grant me a steady hand and watchful eye  
that no-one may be hurt when I pass by.  
Thou gave us life I pray no act of mine  
may take away or mark that act of thine.  
Teach me to use my car for other's needs,  
not miss through love of speed  
the beauty of this world  
that thus I may with joy and courtesy go  
happily life's way &  
reach without mishap eternal day. Amen.

### **Prayer for Forgiveness**

Father, how weak we are is not exactly news to You. Every day in many ways we start out with marvellous intentions and end up trying to get even, to get out of responsibility, being dishonest in thought or act. Forgive us Lord. Your Son knew us well and we know not what we do. Even more, let us have some of Your power so that we may forgive one another. That's where most of our trouble starts. And on a deeper level, help us to forgive ourselves and to believe in Your pardon, gained by dying and rising. Amen.

### **An Irish Prayer for Forgiveness**

God of mercy, nothing is hidden from your eyes.  
I acknowledge in your sight all the sins of my life:  
Through the seeing of my eyes,  
Through the hearing of my ears,  
Through the words of my lips,  
Through the thoughts of my heart,  
Through the grasping of my hands,  
Through every breaking of your holy laws.  
I come to ask your forgiveness in the sweet name of Jesus our Lord.

### **Guardian Angel**

O Angel of God, my guardian dear,  
To whom God's love entrusts me here,  
Ever this day be at my side  
To light & to guard, to rule & to guide. Amen.

### **Prayer to Jesus**

Dear Jesus, help me to spread your fragrance everywhere I go; flood my soul with your spirit & life; penetrate & possess my whole being so utterly that all my life may be only a radiance of thine.

Shine through me & be so in me that every soul I come in contact with, may feel your presence in my soul; let them look upon me & see no longer me, but only Jesus. Stay with me & then I shall begin to shine as thou shinest, so to shine as to be a light to others; the light O Jesus will be all from thee; it will be you shining on others through me; let me thus praise you in ways that you dost love best, by shining on those around me; let me preach thee without preaching, not by words but by example, by the catching force, the sympathetic influence of what I do, the evident fullness of the love my heart bears.

### **Personal Prayer**

Lord our God, may your Son reign in our minds so that we may think as He would have us think. May He rule our hearts so that we may love as He would have us love. May He direct our whole behaviour that it may be more like His. Lord for what we have, we are so grateful. For what we need, we ask Your help. Help us especially to be sensitive and generous towards others. Amen.

### **Personal Prayer**

Lord, my life has been pretty good so far, I've got a lot to thank you for. But there comes a time in the life of every Christian, when one has to take up one's cross and follow you to the hill of Calvary. They say Lord, that you only permit evil in the world & do not create it, but that is hard to understand in the middle of pain...when a person is really distressed, one needs someone close at hand. Jesus, when I think of all you suffered, how you bled & died for my sake, I know in the depth of my heart that you understand our pain & sorrow. I need to feel you close to me as a solid anchor when the gales of anxiety break over this poor weak body, this weary mind of mine. Through the suffering & distress, may I find you again in life. May I have deeper faith, a firmer hope, a more ardent love for you.

If it be your holy will Lord, take away my cross and let me be. But let me always remember to join my aches & pains with those of Christ who died on the cross to free me from sin. Amen.

### **Teach Me To Be Generous**

Dearest Jesus, teach me to be generous.  
Teach me to serve you as you deserve;  
To give and not to count the cost;  
To fight and not to think of wounds;  
To work and look for no reward,  
Except that of knowing that I am doing your holy will. Amen.

### **Lord, Make Me a Better Person**

Lord, make me a better person; more considerate towards others,  
more honest with myself, more faithful to you.  
Make me generous enough to want sincerely to do  
your will whatever it may be,  
Help us to find our true vocation in life, and grant that through it,  
we may find happiness ourselves and bring happiness to others.  
Grant Lord, that those whom you call to enter the priesthood or the  
religious life, may have the generosity to answer your call,  
so that those who need your help may always find it.  
I ask this through Christ our Lord, Amen.

### **God, Hold Me**

May the presence of God calm my soul.  
May the peace of God quieten my mind.  
May the love of God comfort my heart.  
May the mercy of God restore my being.  
May the fullness of God fill my spirit.  
May the light of God guide my way.  
May the power of God be my refuge and strength.  
May the kindness of God help me in my struggles.  
May the gentleness of God keep me in peace.  
May the goodness of God give me hope and courage.  
May the arms of God hold me in a warm embrace.

### **Letting Go**

Dear God, I'm letting go of my problems and asking you to handle  
them. I'm letting go of my hurt and asking you to heal me.  
I'm letting go of my fear and asking you to sustain me.  
I'm letting go of my worries and asking you to bless me.

### **A Secret of Sanctity** *Cardinal Mercier*

I am going to reveal to you a secret of sanctity and happiness.  
If every day during five minutes you will keep your imagination quiet, shut your eyes to all things of sense and close your ears to all the sounds of the earth, so as to be able to withdraw to the sanctuary of your baptised soul, which is the temple of the Holy Spirit, speaking there to that Holy Spirit saying: "O Holy Spirit, soul of my soul, I adore thee. Enlighten, guide, strengthen & console me. Tell me what I ought to do & command me to do it. I promise to be submissive in everything that thou permittest to happen to me. Only show me what is Thy will." If you do this, your life will pass happily and serenely. Consolation will abound even in the midst of troubles. Grace will be given in proportion to the trial as well as the strength to bear it, bringing you to the Gates of Paradise full of merit.  
This submission to the Holy Spirit is the secret of sanctity.

### **Learn to Share**

May we who have much remember those who have little;  
May we who are full remember those who are hungry;  
May we who are loved remember those who are lonely;  
May we who are safe remember those who are in danger;  
May we who have so much learn to share. Amen.

### **A Wish for the Week Ahead**

May you discover at least one good thing in every day,  
Even if you have to put on your glasses & squint!  
May you carry hope in your pocket,  
Hope in your heart & love in both hands.  
May your coffee sustain you,  
May your kindness guide you,  
May you learn & grow from your experiences...  
Or at least survive them!  
May your purpose stay steady & firm,  
May your spirit be fresh & strong  
And may you choose to protect your peace & happiness  
Calmly, but firmly!

### **I Thank You Lord**

I thank you Lord, for you remembered me at those times  
when I found life most difficult,  
when I was almost swamped by the pressures of life,  
like a small boat caught in a gale.  
You kept me afloat & kept me going,  
and even though I'd done nothing special to merit your favour,  
you chose to help me.  
You came to my aid, and I felt your presence,  
felt you near, experienced a peace & consolation  
that helped me just at the right time.  
How can I ever thank you enough for the favours you bestow upon  
me, for the many times you make things work out for the best?  
Lord, I thank you with all my heart for the good things I've received  
from your bounty. Amen.

### **So Much More**

You, my dear child, are so much more,  
Than a number, a percentage, a level or a score,  
You're a brilliant artist painting a scene,  
A wonderful poet describing a dream,  
An author creating mystery and surprise,  
A rugby player scoring a hat-trick of tries,  
A chorister singing a beautiful song,  
A mathematician who is rarely wrong,  
A sailor sailing away on a boat,  
A musician hitting the perfect note,  
An amazing athlete winning gold,  
A fearless adventurer so brave and so bold,  
The list is long and could go on and on,  
For each of us is a talented one,  
Your tests are important but be in no doubt,  
They do not tell what you are all about.  
You see, dear child, you are so much more  
Than a number, a percentage, a level or a score.

### **Reflection**

When the world is on your shoulders  
And your heart feels full of lead  
And your stomach churns like butter  
And the voice inside your head  
Is reminding you of everything  
You've ever said or done  
All your failures and regrets  
All the times your fear has won...  
Take a minute to remember that you've survived all this before  
You've battled and you've conquered  
When you thought you had no more.  
You are stronger than you realise.  
You are brave and wise and kind.  
And you know you're so much bigger  
Than the doubts that fill your mind.  
So breathe it in, then let it out,  
Allow the ebb and flow.  
You can win this war, you always do -  
You're a warrior you know!

### **Pathways**

God hath not promised skies always blue,  
Flower-strewn pathways all our life through,  
God hath not promised sun without rain,  
Joy without sorrow, peace without pain;  
But God hath promised strength for the day,  
Rest for the labour, light for the way,  
Graces for the trials, help from above,  
Unfailing sympathy, undying love.  
Give us Lord a special faith, unlimited and free;  
A faith that isn't bound by what we know or what we see;  
A faith that trusts the sunshine even when there is no light;  
A faith that hears the morning songs soft echo in the night;  
A faith that somehow rises past unhappiness or pain,  
Knowing that in every loss your goodness will remain;  
A faith that finds your steadfast love sufficient of all things;  
A faith that lifts the heart above and gives the spirit wings.

### **Please Be With Me Lord In This Sickness**

God of comfort and compassion, be with me in this time of sickness, give me light, peace and consolation. All loving God, grant me courage and strength, raise me up, touch me with your healing power and strength. Give health to my body, calm to my mind and holy strength to my soul. May our Lord Jesus Christ who went about doing good and healing the sick, touch me and restore me to health, and may I be enriched by His blessings. Amen.

### **All for Jesus**

I have much to ask, sweet Jesus,  
While within my heart you lie,  
First I beg that Jesus dearest, I a holy death may die.  
Let no stain of sin that's grievous, ever mark my precious soul.  
Give me patience, meekness, kindness,  
holy fear and self-control.

### **Not!**

You are not your age, nor the size of the clothes you wear.  
You are not a weight, or the colour of your hair.  
You are not your name, nor the dimples in your cheeks,  
You are all the books you read and all the words you speak,  
You are your croaky morning voice,  
And the smiles you try to hide,  
You're the sweetness in your laughter,  
And every tear you've cried,  
You're the songs you sing so loudly,  
When you know you're all alone,  
You're the places that you've been to,  
And the one that you call home.  
You're the things that you believe in,  
And the people that you love,  
You're the photos in your bedroom,  
And the future you dream of,  
You're made of so much beauty,  
But it seems that you forget,  
When you decided that you were defined,  
By all the things you're not!

### **The Journey of Life**

Father, as we journey through life,  
we face the mysteries of love and hate,  
of friendship and loneliness, of joy and sorrow,  
of suffering and death.

Help us to believe in the midst of doubt and uncertainty.  
Help us to hope in the midst of despair, suffering and death.  
Help us to love in the midst of hate, selfishness and rejection. Amen.

### **Do It Anyway**

People are often unreasonable and self-centred –  
forgive them anyway;  
If you are kind, people may accuse you  
of ulterior motives – be kind anyway;  
If you are honest, people may cheat you –  
be honest anyway;  
If you find happiness, people may be jealous –  
be happy anyway;  
The good you do today may be forgotten tomorrow –  
do good anyway;  
Give the world the best you have and  
it may never be enough – give your best anyway.  
For you see, in the end it is between you and God,  
it was never between you and them anyway.

### **Take Time**

Take time to think, it is the source of power;  
Take time to play, it is the secret of perpetual youth;  
Take time to read, it is the fountain of wisdom;  
Take time to pray, it is the greatest power on earth.  
Take time to love and be loved,  
it is a God-given privilege.  
Take time to be friendly, it is the road to happiness.  
Take time to laugh, it is the music of the soul.  
Take time to give, it is too short a day to be selfish;  
Take time to work, it is the price of success;  
Take time to do charity, it is the key to Heaven.

### **Forgive**

I've found a little remedy to ease the life we live,  
And make each day a happier one – it is the word forgive.  
So often little things come up that leave a pain or sting,  
That covered up at once would not amount to anything.  
'Tis when we hold them up to view, and brood and sulk and fret,  
They greater grow before our eyes 'twere better to forget.  
Letting go, it isn't easy, but it lets us truly live,  
We build a bridge to peace each time that we forgive.

### **Hear me Lord**

Hear me Lord on behalf of all those who are dear to me,  
all whom I have in mind at this moment. Be near them in all their  
anxieties and worries. Give them the help of Thy saving grace.  
I commend them all with trustful confidence to Thy merciful love.  
Remember Lord all who are mindful of me, all who have asked me to  
pray for them, all who have been kind to me, all who have wronged  
me, or whom I have wronged by ill-will or misunderstanding.  
Give all of us grace to bear with each other's faults and  
to share each other's burdens.  
Have mercy also on the souls of our loved ones who have gone  
before us. Grant them peace and happiness with thee. Amen.

### **Lord for Tomorrow and Its Needs**

Lord for tomorrow and its needs I do not pray;  
Keep me, my God, from stain of sin just for today.  
Let me both diligently work and duly pray;  
Let me be kind in word and deed just for today.  
Let me no wrong or idle word unthinking say;  
Set thou a seal upon my lips just for today.  
So for tomorrow and its needs I do not pray;  
But keep me and guide me,  
Love me Lord, just for today.

Love makes our friends a little dearer  
Joy makes our hearts a little lighter  
Faith makes our paths a little clearer  
Hope makes our lives a little brighter  
Peace brings us all a little nearer.

### **Be With Me, God**

Be with me, God, when I am glad...and all the skies are blue.  
And never let me fail to give my gratitude to you.  
Be with me when the night is dark, and shadows cross my heart,  
that I may always keep the faith and never grow apart.  
Let not my mind be lonely or my footsteps go astray,  
but teach me how to live my life according to your way.  
Be with me, God, when I am home and when I travel far and  
help me to appreciate the beauty of a star.  
Be my companion everywhere in happiness and tears.  
Be with me God and give me grace through all my earthly years.

### **Lord Help Me Today**

Lord, may today be a time of renewal & refreshment;  
a time to know your gracious mercy & loving forgiveness,  
a time to deepen my prayer which draws me ever closer to you,  
the Father of Mercy, the God of all comfort. I rejoice in God the  
Father, rich in mercy, slow to anger & abounding in steadfast love.

### **Nobody knows but Jesus**

Nobody knows but Jesus, is it not better so?  
That no-one else but Jesus, thy own dear Lord should know.  
When the sorrow is a secret between my Lord and me,  
I learn in fuller measure his own quick sympathy.  
Whether it be so heavy that dear ones could not bear,  
to know the bitter burden they could not lift or share,  
whether it be so tiny that others could not see,  
how such a seemingly trifle should mean so much to me.  
Either or both I lay it down at my Master's feet,  
and find it alone with Jesus, mysteriously sweet.  
Sweet for it brings me nearer, to my dearest truest friend.  
Sweet for He comes the closer as 'neath the cross I bend.  
Such sorrows are the channels through which His blessing flows,  
and through such bitter secrets His heart of love I know,  
nobody knows but Jesus, it is music for today.  
And through the darkest hours it will chime along the way,  
nobody knows O Jesus, how grateful I should be,  
for the precious gifts of sorrows, unknown to all but Thee!

### **Hang it on the Cross**

If you have a secret sorrow, a burden or a loss,  
An aching need for healing...hang it on the Cross.  
If worry steals your sleep & makes you turn & toss,  
If your heart is feeling heavy, hang it on the Cross.  
Every obstacle to faith or doubt you come across,  
Every prayer unanswered, hang it on the Cross.  
For Christ has borne our brokenness & dearly paid the cost  
To turn our trials to triumphs hanging on the Cross.

### **A Prayer of Hope**

Lord Jesus, I pray this day for strength,  
because there are times when things get tough and I feel like quitting.  
Lord Jesus, I ask this day for the comforting reassurance of Your  
love, because there are times when people fail me,  
and I am tempted to lose hope.

Lord Jesus, I seek this day for Your light to guide my steps,  
because there are times when life is confusing and difficult, and I  
lose my way. Help me O Lord, to pick up the pieces, wipe my tears,  
face the sun, and start over again, for all is possible when I place my  
faith and trust in You, my Saving God. Amen.

### **The Prayer of Everyday Objects!**

The carpet said tread carefully; The kettle said don't boil over;  
The chair said be supportive; The pillow said rest easy;  
The window said don't be a "pane;" The hurley said aim high;  
The car said carry everyone along; The phone said talk to everyone;  
The door said be open to everyone; And God said love everyone!

### **Like Stepping Stones!**

Our prayers are like stepping stones!  
They enable us to cross safely over the adverse currents  
that otherwise would catch us and perhaps put us off completely  
from crossing over to you, Lord.  
Our prayers are like little islands in the flowing stream of a busy  
world. We step from prayer to prayer,  
keeping in touch with you Lord,  
not letting all the fashions and fancies of the world  
take us away from following you. Amen.

### **A Special Wish!**

May God make your time a happy one,  
not by shielding you from all sorrows and pain,  
but by strengthening you to bear it as it comes;  
not by making your path easy,  
but by making you sturdy to travel any path;  
not by taking hardships from you,  
but by taking the fears from your heart;  
not by granting you unbroken sunshine,  
but by keeping your face bright even in the shadows;  
not by making your life always pleasant,  
but by showing you when people and their causes need you most and  
by making you anxious to be there to help.  
May the dawn of this time fill your heart with new hopes, open up  
new horizons, and bring for you promises of bright tomorrows!

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### **The Story of the Four Candles**

The Four Candles burned slowly. Their ambiance was so soft you could hear them speak! The first candle said,

“I am Peace, but these days, nobody wants to keep me lit.”

Then Peace’s flame slowly diminished & went out completely.

The second candle said,

“I am Faith, but these days, I am no longer indispensable.”

Then Faith’s flame slowly diminished & went out completely.

Sadly, the third candle spoke, “I am Love & I haven’t the strength to stay lit any longer. People put me aside & don’t understand my importance. They even forget to love those who are nearest to them.”

And, waiting no longer, love went out completely.

Suddenly, a child entered the room & saw the three candles no longer burning. The child began to cry, “Why are you not burning?

You are supposed to stay lit until the end.”

Then the fourth candle spoke gently to the little boy, “Don’t be afraid for I am Hope & while I still burn, we can re-light the other candles.”

With shining eyes, the child took the Candle of Hope & re-lit the other three candles.

Never let the flame of hope go out –

with hope in your life, no matter how bad things may be,  
peace, faith & love may shine brightly once again!

Dear God... I am working on being a better person. Please – let me by the type of person I would respect & admire if I saw them in action. Let me greet each new day as another opportunity to get it right. Let me be open to thinking about things in a way I haven't thought about them before. Let me not shy away from trying new things just because I am afraid of failing or of looking foolish. Let me face my fears & do the things I would like to do, even when they make me nervous. Let me be generous with what I have to give & be confident enough to encourage others. Let me remember to be thankful for what I have & for the choices in my life. Let me accept my mistakes as valuable learning experiences. Let me not be so worried about what other people think. Let me learn to love myself, flaws & all, & accept others, flaws & all. Let me be patient as I discover what I want to do & who I want to be in my life. Let me be proud of who I am & who I am becoming.

When my mind is running in circles &  
my heart is racing to keep up, still my soul Lord.  
When my spirit is heavy & my heart is burdened beneath the load,  
strengthen my soul Lord.  
When my life is full of questions & my heart is unsure & confused,  
direct my soul Lord.  
When my tears outnumber my smiles & my heart is gripped with  
sorrow, comfort my soul Lord.  
When my knees are bent low & my heart cries out for You,  
rescue my soul Lord.

### **Be a candle – Spread some light!**

Sometimes the world may seem like a dark place, but there is more good in the world than any of us can possibly imagine. Negativity gets more press, but there are far more people performing acts of love & kindness in this world than those few who seek to disrupt it. These countless individuals are beacons of hope who often perform deeds without notice & without any expectation of anything in return, but no act of kindness, no act of bravery, no act of love, no act that instills hope in another is ever wasted. So let your light shine! You may never know when you are a beacon of hope or a source of inspiration to others, but it matters. It always matters!

### **The Train of Life!**

At birth, we boarded the train & met our parents. They usually travel by our side, in body or in spirit. As time goes by, other people will board the train; and they will be significant - siblings, friends, loved ones, maybe children. However, at some stations, our parents will step down from the train, leaving us to continue this journey.

Others will step down over time, leaving a permanent vacuum.

Some, however, will go so unnoticed that we don't realise they vacated their seats. This train ride will be full of joy, sorrow, hope, forgiveness, expectations, disappointments, hellos and farewells.

Success consists of having a good relationship with all passengers, requiring that we give the best of ourselves. The mystery to everyone is: we do not know at which station we ourselves will step down!

So we must live in the best way we can – love, forgive and offer the best of ourselves to those around us. When the time comes to step down & vacate our seat, we hope to leave behind beautiful memories for those who will continue to travel on the train of life!

### **Reflection – A Life of Beauty**

Life is a gift to be used everyday, not to be smothered & hidden away;

It isn't a thing to be stored in the chest where you gather your keepsakes & treasure your best! So go out & live it each hour of the day, wear it & use it as much as you may; don't keep it in niches & corners & grooves, you'll find that, in service, its beauty improves!

### **The Other Beatitudes**

If you can hold riches, never letting them hold you;

If you can hear your praises sung & still give God his due;

If you can help the slow & weak & raise the one who falls;

And quickly come with helping hand when anybody calls;

If you can have a heart that's free from selfishness & sin;

And keep that heart so God's great light may shine more strongly in;

If you can give forgiveness to the one who hurts your heart;

If you can build a bridge & bring together those apart;

If you can say "this thing is wrong" or "that is right to do,"

And stand your ground though other hearts would pain & punish you;

If you can be a friend to all, to all be strong & true;

Then God who made the world will make his Kingdom come to you.

### **Two Mothers Remembered**

I had two mothers, two mothers I claim;  
Two different people, yet with the same name.  
Two separate women, diverse by design;  
But I loved them both, because they were both mine.  
The first was the mother who carried me here,  
Gave birth & nurtured & launched my career.  
She was the one whose features I bear,  
Complete with the facial expression I wear.  
As I grew older, she some younger grew,  
And we'd laugh as just mothers & daughters can do.  
But then came the year when her mind clouded so,  
And I sensed that the mother that I'd known soon would go.  
So quickly she changed & turned into the other –  
A stranger who dressed in the clothes of my mother.  
Oh she looked just the same, at least at arm's length –  
But she was the child now & I was her strength.  
We'd come full circle, we women three,  
My mother the first, the second & me.  
And if my own children should come to a day  
When a new mother comes & the old goes away,  
I'd ask of them nothing that I didn't do –  
Love both of your mothers, as both have loved you.

### **A Child's Heritage**

A child often criticised may learn to condemn.  
If exposed to hostility may learn to fight; If exposed to ridicule may  
grow in shyness; If exposed to shame may grow in guilt.  
Let us through tolerance teach him patience; Through encouragement  
teach him confidence; Through fairness teach him justice.  
To give a child security is to give him faith;  
And to give him love, is to give him God.

### **A Daily Prayer**

O God my Father, help me to think about my day...  
How did I act at home, at school, how did I work & play?  
For all my gifts I thank you, forgive my faults I pray &  
help me to be like Your Son in all I do & say. Amen.

### **The Serenity Prayer**

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.

### **The Other Serenity Prayer!**

God grant me the serenity to accept the people I cannot change;  
the courage to change the one I can & the wisdom to know it's me!

### **The Other Other Serenity Prayer!**

God, grant me the serenity to stop beating myself for not doing things  
perfectly, the courage to forgive myself because  
I'm working on doing better &  
the wisdom to know that you already love me just the way I am.

### **Another Interpretation of Prayer...**

Prayer doesn't only happen when we kneel or put our hands together  
and focus and expect things from God.

Thinking positive and wishing good for others is a prayer.

When you hug a friend, that's a prayer!

When you cook something to nourish family and friends,  
that's a prayer!

When we send off our near and dear ones,  
and say "drive safely" or "be safe," that's a prayer!

When you are helping someone in need  
by giving your time or energy, that's a prayer!

When you forgive someone, that's a prayer!

Prayer is a feeling, a thought, the voice of love and friendship.

Prayer is an expression of your silent being!

Keep praying...always!!

### **Hang On**

Sometimes we need to hang on to someone else's strength,  
someone else's peace, someone else's hope,  
while ours is under siege. DO IT.

Courage, strength, hope, faith, peace and even sanity...they all come  
and go. Borrow them from someone else's supply until your own  
comes back to you. There are rich reserves of all these  
life necessities if we but reach out for them. *Francis Bacon*

### **Anima Christi (The Soul of Christ)**

Soul of Christ, be my sanctification; Body of Christ, by my salvation;  
Blood of Christ, fill all my veins;  
Water of Christ's side, wash out my stains;  
Passion of Christ, my comfort be; O good Jesus, listen to me;  
In thy wounds I fain would hide; Ne'er to be parted from Thy side;  
Guard me, should the foe assail me;  
Call me when my life shall fail me; Bid me come to Thee above,  
with Thy saints to sing Thy love, world without end. Amen.

### **What I lost through prayer...!**

Once a man was asked, "What did you gain by praying regularly to God?" The man replied, "Nothing. But let me tell you what I lost: Anger, ego, greed, depression, insecurity & fear of death."  
Sometimes the answer to our prayers is not gaining but losing;  
which ultimately is the gain.

### **The ABCs of Life!**

**Acept differences; Be kind; Count your blessings; Dare to dream;  
Express thanks; Forgive quickly; Give freely;  
Harm no-one, especially yourself;  
Inspire when you can; Jettison anger; Keep confidences; Love truly;  
Make peace with your past; Nurture hope; Open your mind;  
Pray daily; Quell rumours; Reach out to those in need;  
Seek wisdom; Touch hearts; Understand; Value truth;  
Win graciously; eXemplify goodness; Yearn for peace;  
Zealously support a worthy cause!**

### **I Said A Prayer**

I said a prayer for you today and I knew that God must have heard.  
I felt the answer in my heart although he spoke no words.  
I did not ask for wealth or fame, I knew that you would not mind,  
I asked him to send treasures of a different and far more lasting kind.  
I asked that he be near you at the start of each new day,  
to grant you health and blessings and a friend to share the way,  
I asked for happiness for you in all that's grand and small  
but it was for his loving care I prayed for most of all.

### **God Counts On Us**

Only God can create, but we are called upon to value that creation.  
Only God can give life, but we are called to transmit it & respect it.

Only God can make growth happen,  
but we are called to guide it and give it direction.

Only God can give faith,  
but we are called to be signs of God for our sisters & brothers.

Only God can give love,  
but we are called to grow in caring for each other.

Only God can give hope,  
but we are called to enable people believe in themselves.

Only God can give power & energy,  
but we are called upon to get things going.

Only God can give peace,  
but we are called to build bonds that bring people together.

Only God can give happiness, but we are invited to laugh.  
Only God can bring mercy, but we're called to show it to others.

Only God is the light,  
but we are called to let it shine forth in the world.

Only God can make miracles happen,  
but we are invited to offer our five loaves & two fishes.

Only God can do the impossible,  
but it's up to us to do what is possible.

### **A Celtic Prayer**

I rise today with God's strength to direct me,  
God's wisdom to guide me, God's eyes to look before me,  
God's ear to hear me, God's word to speak for me,  
God's hand to uphold me, God's pathway before me,  
God's shield to protect me & God's hope to sustain me. Amen.

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God never sends you into a situation alone.  
He goes before you. He stands beside you. He walks behind you.  
Whatever situation you have right now, be confident God is with you.

Ships don't sink because of the water around them;  
Ships sink because of the water that gets into them.

Don't let what's happening around you  
get inside you & weigh you down...

### **Practice the Pause - Lori Deschene**

Pause before judging; Pause before assuming;  
Pause before accusing; Pause before gossiping;  
Pause whenever you're about to react harshly;  
You'll avoid doing & saying things you might later regret!

### **Something To Think About!**

An old Cherokee told his grandson,  
"My son, there is a battle between two wolves inside us all.  
One is Evil.  
It is anger, jealousy, greed, resentment, inferiority, lies & ego.  
The other is Good.  
It is joy, peace, love, hope, humility, kindness, empathy & truth.  
The boy thought about it & asked, "Grandfather, which wolf wins?"  
The old man quietly replied, "The one you feed."

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### **Time Apart**

Lord, in my busy days of noise and action, remind me of my need for  
time alone and for peace and quiet and silence within.  
Be with me now, Lord, as I pause for a few moments in quietness.

### **A Wish For You**

May you always have & may you seek to share:  
Enough happiness to keep you sweet;  
Enough trials to keep you strong;  
Enough sorrow to keep you human;  
Enough hope to keep you happy;  
Enough failure to keep you humble;  
Enough success to keep you eager;  
Enough friends to give you comfort;  
Enough wealth to meet your needs;  
Enough determination to make each day  
a better one than yesterday!

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### **Someone Who Cares**

Lord, make my heart a haven where the lonely may find friendship,  
where the weary may find shelter, where the helpless find refuge,  
where the hopeless may find hope,  
where all those who seek someone who cares may enter & find you.

### **Desiderata**

Go placidly amid the noise & the haste,  
and remember what peace there may be in silence.  
As far as possible, without surrender, be on good terms with all  
persons. Speak your truth quietly & clearly;  
and listen to others, even to the dull & the ignorant,  
they too have their story.  
Avoid loud & aggressive persons, they are vexations to the spirit.  
If you compare yourself to others, you may become vain & bitter;  
there will always be greater & lesser persons than you.  
Enjoy your achievements as well as your plans.  
Keep interested in your own career, however humble;  
it is a real possession in the changing fortunes of time.  
Exercise caution in your business affairs,  
for the world is full of trickery.  
But let not this blind you to what virtue there is.  
Be yourself. Especially do not feign affection.  
Neither be cynical about love; for in the face of all aridity &  
disenchantment, it is as perennial as the grass.  
Take kindly the counsel of the years,  
gracefully surrendering the things of youth.  
Nurture strength of spirit to shield you in sudden misfortune.  
Beyond a wholesome discipline, be gentle with yourself.  
You are a child of the universe, no less than the trees & the stars;  
you have a right to be here.  
Therefore, be at peace with God & keep peace in your soul.  
With all its sham drudgery & broken dreams,  
it is still a beautiful world. Be cheerful. Strive to be happy.

### **To Know Your Peace Within**

Lord, I come to you with so many worries, so many concerns about  
myself and about my family, that it's hard to feel at peace.  
My worries, like weeds, seem to choke up  
the good thoughts that try to flower within.  
Help me to pray with a thankful heart,  
for I know that in prayer, the worries can unravel and  
the concerns can be shared with you,  
the anxiety can lift, and I can know your peace. Amen.

### **Thank You God For Everything**

I thank you Lord, for the gift of life itself,  
For my birth, for my family, for my friends,  
For all those who help me in life,  
For the gift of those I meet each day,  
For every act of kindness I receive.  
I thank you Lord, for the beauty of creation,  
For things in nature that give me joy,  
For the wonder of every living thing.  
I thank you Lord, for creating us all in your image,  
For giving us hearts that can love like you,  
For the goodness of others,  
For those who help the poor and needy,  
For those who show consideration,  
For being able to forgive like you,  
For fortitude through life's trials,  
For your glory shining through  
those seeking to make the world a better place.  
I thank you Lord for sharing your life with us,  
For suffering for our sakes,  
For giving yourself up on the cross,  
For the splendor of your holiness,  
For loving us all, now and always,  
For all this and more, I thank you Lord, Amen.

### **Prayer of Thanksgiving**

We thank you Lord for all the graces  
that have come to us from your hands.  
We thank you Lord for bringing us safely through this day.  
We thank you Lord  
for the work that you have given us to do.  
We thank you Lord  
for the food that you have given us to eat.  
We thank you Lord  
for all we have learned and received from others.  
Forgive us the faults we have committed this day.  
We ask your mercy Lord for we are truly sorry. Amen.

### **Prayer of Thanksgiving**

I adore you dear Jesus with all of my heart.

I thank you dear Jesus for coming to me –  
how good, how kind, you are to me.

You know Jesus that my soul is not fit for you  
but you have come to me and I know you want to remain with me.

Dear Jesus - take my body that it may be chaste and pure,  
take my soul and keep it free from sin,  
take my heart that it may always love you.

Dear Jesus bless my family, my neighbours and friends,  
bless all those who take care of me.

Bless the Pope, Bishops, Priests, Nuns and Teachers and all we love.

We pray for the souls in purgatory.

O Sacrament most Holy, O Sacrament Divine,  
all praise and all thanksgiving be every moment thine. Amen.

### **Gratitude**

Be thankful that you don't already have everything you desire –  
if you did, what would there be to look forward to?

Be thankful when you don't know something,  
for it gives you the opportunity to learn.

Be thankful for the difficult times – during those times, you grow.

Be thankful for your limitations –  
they give you opportunities for improvement.

Be thankful for each new challenge –  
it will build your strength & character.

Be thankful for your mistakes – they teach you valuable lessons.

Be thankful when you're tired & weary –  
it means you've made a difference.

It's easy to be thankful for the good things.

A life of rich fulfillment comes to those  
who are also thankful for the setbacks.

Gratitude can turn a negative into a positive.

Find a way to be thankful for your troubles and  
they can become your blessings.

### **An Attitude of Gratitude!**

Lord, thank you for this sink of dirty dishes;  
we have plenty of food to eat.

Thank you for this pile of dirty laundry;  
we have plenty of nice clothes to wear.

Thank you also, Lord, for those unmade beds;  
they were so warm & comfortable last night.

I know that many have no bed.

My thanks to you, Lord, for this bathroom, complete with damp  
towels & soapy sink; they are so convenient.

Thank you for this finger-smudged fridge that needs cleaning.

It has served us faithfully for many years.

It is full of cold drinks & enough leftovers for a few meals.

Thank you, Lord, for this oven that absolutely must be cleaned today;  
it baked so many nice things over the years.

The whole family is grateful for that uncut grass in the garden.

We are healthy & able to run through it.

Lord, the presence of all these chores awaiting me  
says you have richly blessed me & my family.

I do them cheerfully & I shall do them gratefully.

Even though I clutch my duvet & growl when the alarm rings,  
thank you, Lord, that I can hear.

Even though I keep my eyes closed against the morning light as long  
as possible, thank you, Lord, that I can see.

Even though I huddle in my bed & put off rising,  
thank you, Lord, that I have the strength to rise.

Even though the breakfast table never looks like the pictures in  
magazines & the menu is at times not balanced,  
there are many who are hungry.

Even though the routine of my job is often monotonous, thank you,  
Lord, for the opportunity to work.

Even though I grumble & bemoan my fate & wish my circumstances  
were not so modest, thank you Lord for life!

Darkness cannot drive out darkness:  
only light can do that.

Hate cannot drive out hate: only love can do that.

### **The Fragrant Minute**

I remember when I was only four,  
Mother would bring me round to the store;  
And just outside the church she'd stand,  
And "Come in!" she'd say, reaching down for my hand,  
"Just for a minute."

And when I started going to school,  
She'd bring me round each day as a rule;  
But first the steps of the church we'd climb,  
And she'd say: "We'll go in, I think we'll have time,  
Just for a minute!"

When I got big – I mean seven years old –  
I went in by myself, for was I not told:  
"When you're passing the church, don't forget to call  
And tell Our Lord about lessons and all,  
Just for a minute!"

And now it's sort of a habit I've got,  
Returning from work down by the lot –  
Though it takes me a little bit out of the way –  
To turn and slip into the church to pray,  
Just for a minute!

There are things inside of me, bad and good,  
That nobody knows and nobody could.  
Except for Our Lord, but I like Him to know,  
For He helps when for a visit I go,  
Just for a minute!

He finds it lonely when nobody comes.  
(You'd find it the same if you had no chums)  
And He's pleased when anyone passing the way  
Drops in to bid Him the time of day,  
Just for a minute.

I don't know what happens when people die,  
But I won't be scared – I'll tell you why –  
When Our Lord is judging my soul, I feel  
He'll remember the time I went in to kneel,  
Just for a minute!

### **Cross in my Pocket**

I carry a cross in my pocket, a simple reminder to me,  
Of the fact that I am a Christian, no matter where I may be.

This little cross is not magic, nor is it a good luck charm,  
It isn't meant to protect me from every physical harm.

Its not for identification, for all the world to see,

Its simply an understanding between my Saviour and me.

When I put my hand in my pocket to bring out a coin or a key,

The cross is there to remind me of the price He paid for me.

It reminds me too to be thankful for my blessings day by day,

And to strive to serve Him better in all that I do and say.

Its also a daily reminder of the peace & comfort I share,

With all who know my Master & give themselves to His care.

So I carry a cross in my pocket reminding no-one but me,

That Jesus Christ is Lord of my life, if only I'll let Him be.

### **The Knot Prayer**

Dear God, Please untie the knots that are in my mind,  
my heart and my life. Remove the have nots, cannots and the do nots.  
Erase the will nots, may nots and might nots that find a home in my  
heart. Release me from the could nots, would nots and should nots  
that obstruct my life. And most of all, dear God,

I ask that you remove from my mind, my heart and my life,  
all of the am nots that I have allowed to hold me back.

Especially the thought that I am not good enough.

**How Often:** How often do we think that God's not listening to our  
prayers? How often do we feel neglected, feel that no-one cares?

How often do we beg, beseech, for answers to our call?

How often do we think that there's no one there at all?

Do we never stop & thank the Lord for each new dawning day?

Do we never stop & thank him for the friends he sends our way?

Do we never stop & thank him for his beauty all around?

Do we never stop & realise his loving knows no bounds?

Our every prayer is answered in the whispers of the wind.

Our every prayer is answered in the forgiveness of our sins.

Our every prayer is answered in the blessings we can't see.

Our every prayer should simply be: "Thy will be done to me."

### **My Forever Friend**

Everybody needs a little help sometime, no-one stands alone.

Makes no difference if you're just a child like me,  
or a king upon a throne.

For there are no exceptions, we all stand in the line.

Everybody needs a little friend – let me tell you of mine.

He's my forever friend, my leave-me-never friend.

From darkest nights to rainbows end, he's my forever friend.

Even when I turn away he cares for me, his love no-one can shake.

Even as I walk away he's by my side, with every breath I take.

And sometimes I forget him, my halo fails to shine.

Sometimes I'm not his friend, but he is always mine.

If you still don't know the one I'm talking of, I think it's time you knew.

Long ago & far away upon a cross, my friend died for you.

So if you'd like to meet him, and don't know what to do.

Ask my friend into your heart, and he'll be your friend too.

### **Night Prayer**

When night comes Lord,

help me to face the dark on my own with the help of your grace.

When night comes Lord,

help me to know you are my strength when my spirit is low.

When night comes Lord,

help me to cope with worries and fears, for you are my hope.

When night comes Lord, help me keep calm,

watch over my slumber, protect me from harm.

When night's gone Lord, help me give you praise,

for you are my helper through all of my days.

### **Evening Prayer**

Dear Lord, my challenges may seem big, but I know there is nothing  
that I am facing that is too big for you to handle.

Tonight, I give you my burdens, cares & pain & leave them in your  
hands. I am grateful that I can sleep in peace

because your eye is upon me & your angels surround me.

Please help my mind & body to be at rest so I can fall asleep quickly  
& easily & wake up refreshed tomorrow.

I'm grateful that my life is in your hands. Amen.

### **Now That The Day Has Come To An End**

Now that the day has come to an end, I thank you Lord for family and friends. For all that has happened both the good and the bad, for the life and the laughter, for the tearful and sad. Looking back on the day, help me to see the ways in which you've walked with me. Thank you Lord for the stillness of night, guide family and friends to morning light.  
For those who won't make it to greet a new day:  
may they go gently, angels guiding the way.  
For those sick or in pain or struggling to cope: draw close to them Lord and fill them with hope. May we sleep soundly with help from above, and awaken with gusto to be agents of love.

### **Night Prayer after a challenging day**

Dear Lord, on days when I am unable to accomplish all I needed & wanted to do, it's hard not to feel discouraged. Help me to rest in the fact that I did my best today & that's all I can do.  
Help me rest & recharge tonight & not worry about tomorrow.  
Please take these things that are weighing heavy on me.  
I ask that tomorrow might be a better day. In Jesus name, Amen.

### **Good Night Blessings**

Tonight, as you fold back your blankets and lay your head upon your pillow, fold your hands in prayer and lay this day at the feet of your Heavenly Father. Wrap your failures and regrets in a prayer of forgiveness, your blessings, joys and successes in a prayer of thanksgiving, and your cares for tomorrow in a prayer of surrender.  
Then give them all to God.  
With a smile on your face and peace in your heart, wrap up in the warm embrace of your Heavenly Father and enjoy sweet sleep.

### **Bedtime Prayer**

Dear God, tonight as I sleep, please lift my fears and worries and in their place, put faith and inspiration. Help to seed my consciousness with love and joy, so I may awaken tomorrow with a deep sense of peace. Weave moments of laughter into my day and please help me to be a blessing to others. Thank you God for my health and wellbeing, my gifts and talents, my comforts and luxuries and for all the opportunities you send my way. Amen.

### **The Divine Praises**

Blessed be God,  
Blessed be His Holy Name,  
Blessed be Jesus Christ, true God and true Man,  
Blessed be the Name of Jesus,  
Blessed be His Most Sacred Heart,  
Blessed be His Most Precious Blood,  
Blessed be Jesus in the Most Holy Sacrament of the Altar,  
Blessed be the Holy Spirit the Paraclete,  
Blessed be the great Mother of God, Mary most Holy,  
Blessed be Her Holy Immaculate Conception,  
Blessed be her Glorious Assumption,  
Blessed be the name of Mary Virgin and Mother,  
Blessed be St Joseph her most chaste spouse,  
Blessed be God in his Angels and in His Saints.

### **Spiritual Communion - What is this?**

The church has an ancient practice known as “Spiritual Communion.” A Spiritual Communion is different from an actual or Sacramental Communion in which we receive the real presence of Jesus in the Holy Eucharist.

To make a Spiritual Communion is to make a “communion of desire” when receiving the Lord in Holy Communion is not possible.

Pope Saint John Paul II was a great advocate of Spiritual Communion. He wrote in his encyclical *Ecclesia de Eucharistia*:  
“It is good to cultivate in our hearts a constant desire for the Sacrament of Eucharist. The Church recommends making Spiritual Communion as often as possible.” There are many prayers that can be used to make Spiritual Communion and to stir up a holy desire for that union with Jesus. The most famous prayer and the one we recite is by St. Alphonsus Liguori, founder of the Redemptorist Order.

*My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You.*

*Never permit me to be separated from You. Amen.*