

Parish Prayer Book



Saint Cronan's Cluster Prayer Book

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

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 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.

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.

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.

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

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.

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.

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.

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.

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-aingeal 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.

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!

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 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.

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 and anxious, and may peace be firmly rooted
in our hearts and 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 and 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-ignite 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 great gift of Faith,
receive our fervent thanks
for the zeal and charity which have been to thousands,
the source of blessings so invaluable.
Ask for all who dwell in this land and
the land of thy labours,
the precious light of faith, and 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 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.

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.

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.

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.

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 and 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 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 and the health of mind and body necessary for our state in life. Help us to use with wisdom and with a helpful heart the health and strength God gives to us so that, following your example, our whole lives may be a song of thanksgiving and of praise to the Father, the Son and 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 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.

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 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.

St. Therese of the Child Jesus

My Novena Rose Prayer

O Little Therése 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 today to grant the
favours I now place with confidence in your hands
(*make request*) Therése, 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.

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.

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 in life.
Amen.

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.

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.

Most Holy Trinity Prayer

Father, Son and Holy Spirit, I adore you profoundly.

I offer you the most Sacred Body, Blood, Soul and Divinity of Our Lord Jesus Christ present in all the Tabernacles throughout the world.

In reparation for the outrages, sacrileges and indifferences with which He Himself is offended. And by the infinite merits of His Most Sacred Heart, through the Immaculate Heart of Mary, I beg of thee for the conversion of poor sinners.

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 and death creeps on,
Come Holy Spirit, and 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 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 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.

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 and 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 and possessions.

We confess Lord that many of us have gone astray, and selfishly rewritten the commandments to suit ourselves. We believe that you came to cast fire upon the earth and 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 and 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.

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. Amen.

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.

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.

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.”

Family Prayer for World Meeting of Families 2018

God our Father,
we are brothers & sisters in Jesus your Son,
one family in the Spirit of your love.
Bless us with the joy of love.
Make us patient & kind, gentle & generous,
welcoming to those in need.
Help us to live your forgiveness & peace.
Protect all families with your loving care,
especially those for whom we now pray:
(name those for whom you wish to pray)
Increase our faith, strengthen our hope,
keep us safe in your love,
make us always grateful
for the gift of life that we share.
This we ask through Christ our Lord Amen.

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.

**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.

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 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 and 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.

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.

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 and 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, and your love in my need.

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

Amen.

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.

Amen

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 and be gracious with what I have overlooked. Help me to remain focussed and calm, confident in the facts and in my ability, and firm in the knowledge that no matter what happens today you are there with me. Amen

Preparing for Exams

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 and be gracious with what I have overlooked. Help me to remain focused and calm, confident in the facts and in my ability, and firm in the knowledge that no matter what happens today, you are there with me.
Amen.

Prayer for Those Awaiting Exam Results

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 had 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.

Recite a decade of the Rosary.

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. Amen.

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.

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
& 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.

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.

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 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 Christ our Lord.

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, none of it will be mine; 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 you.

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. And finally, may we really want Your Kingdom to come. Amen.

Personal Prayer

Lord, if 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 and 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 and died for my sake, I know in the depth of my heart that you understand our pain and 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 and 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 and pains with those of Christ who died on the cross to free me from sin.

Yes I have a lot to thank you for.

You Lord, are my refuge and my salvation. Amen.

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.

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.

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.

A Secret of Sanctity

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. (*Cardinal Mercier*)

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.

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.

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.

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.

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.

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.

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 who is rich in mercy,
slow to anger and 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!

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.

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.

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.

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.

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!

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.

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 and to 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.

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.

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.

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!

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...
Feed your faith & your doubts will starve to death.

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."

A Life of Beauty - *Edgar A. Guest*

Life is a gift to be used every day,
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!

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!

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.

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.

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.

Someone Who Cares

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

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.

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.

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.

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.

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

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!

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 that 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.

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."

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.