

Prayers  
for the  
Journey

Fr. Eamon Tobin

Dear Reader,

Prayer is to the soul what food is to the body. Without it, we die spiritually. Even our Lord and Savior Jesus Christ felt a need for prayer. Down through the centuries, all the great saints, canonized and uncanonized, were convinced of the importance of prayer in their daily lives.

There are many ways to pray. Each of us has to find the best one that works for us while being open to experimenting with new approaches to praying to enhance our relationship with God.

This book has two parts: *Part One* offers suggestions for morning and evening prayers. *Part Two* is a treasury of prayers written by well-known holy people as well as unknown ones.

If you find some of the prayers in this book helpful to your prayer life, I hope you will share this resource with other fellow pilgrims. It is available on our website [www.ascensioncatholic.net](http://www.ascensioncatholic.net). (On homepage, click on Fr. Tobin's Writings: Prayers for the Journey.)

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**PART ONE**  
**MORNING AND EVENING PRAYERS**

***MORNING PRAYERS***

Begin by taking a moment to be aware of God's presence in you and surrounding you. "In him, we live, move, and have our being" (Acts). In other words, before you rush into saying your prayers, gather yourself together for a quiet moment to feel God's awesome presence. Then acknowledge it. Remember: "Prayer is less a matter of what *we* do or try to do, than of what *God* does in us if we create a space for him."

Continue with the following prayer or another one like it:

Lord, open my lips to praise your  
Holy Name.  
Cleanse me of any worthless evil or  
distracting thoughts.  
Give me the wisdom and love  
necessary to pray with attention,  
reverence and devotion.  
Father, let my prayer be heard in  
your presence, for it is offered  
through Christ Our Lord. Amen.

***Three Morning Prayers.*** The following are three beautiful morning prayers. Pray whichever one you prefer as you begin your day.

(1)

Father, Son and Holy Spirit,  
I come into your loving presence  
with gratitude for another day.  
I thank you for the blessings in life  
that I tend to take for granted:

food, shelter, health, family, work  
and faith in you.

May I live this day in a manner that  
pleases you, and helps me to  
become the person you created me  
to be.

Help me to recognize and respond  
generously to the promptings of  
the Holy Spirit in the events and  
encounters of this day.

May I live this day with the  
dispositions of heart that reflect the  
values of Jesus: love, truth,  
compassion, mercy, justice and  
kindness.

When decisions need to be made, help  
me to choose well.

When asked to walk the extra mile,  
grant me generosity of heart.

Protect me from the false ways of the  
Evil One and help me to live in  
your truth.

Expand my capacity for love and joy.  
In all things, may I give you honor  
and glory. Amen.

(2)

I thank you, Lord, for the wonder of my  
being, for giving me another day to  
love and serve you, and enjoy the  
awesome beauty of your creation.

May I often think of you during this  
day.

Inspire everything that I say and do.

May it all begin from you and with your unfailing help, be carried through for your glory, through Christ our Lord. Amen.

(3)

God of my life, I welcome this new day.  
It is your gift to me, a new creation, a promise of resurrection.  
I thank you for the grace of being alive this morning.  
I thank you for the sleep that has refreshed me.  
I thank you for this chance to make a new beginning.  
This day, Lord, is full of promise and opportunity; let me waste none of it.  
This day is full of mystery and the unknown: help me to face it without fear or anxiety.  
This day is blessed with beauty and adventure; make me fully alive to it.  
During this day keep me thoughtful, prayerful and kind.  
May I be courteous and helpful to others, and not turned in on myself.  
Keep me from any word or deed that would hurt or belittle another.  
And may the thoughts of my mind be pleasing in your sight.  
When night comes again, may I look back on this day with no grievance or bitterness in my heart.  
And may nobody be unhappy because of anything I have done, or anything I have failed to do.  
Lord, bless this day for me and everyone.  
Make it a day in which I grow to have the mind of Christ, your Son. Amen.

## ***SPIRITUAL READING***

The Church has always encouraged her people to engage in *Lecto divino* (divine or sacred reading), which *nourishes, illuminates* and *gives direction* to the soul. Without this practice, we run the risk of being ‘fed’ only by the ‘wisdom’ of secular society. The best books are those that ‘click’ for us, or that speak to our heart. Spiritual reading as part of our prayer time should be approached differently from the way we read a novel, textbook, magazine or newspaper. Spiritual reading should be done *slowly* and *meditatively*. When a word or phrase strikes our attention, we should pause and rest with that word or phrase and allow it to touch our heart, fully aware that it may comfort or challenge us. We should never read a spiritual book in a hurry in our desire to cover a set number of pages in one sitting or in a short period of time.

### **Prayer before Meditation**

Give me a candle of your Spirit,  
O God, as I go down into the deep  
of my own being.  
Show me the hidden things.  
Take me down to the spring of my  
life, and tell me my nature and my  
name.  
Give me freedom to grow so that I  
may become my true self—the  
fulfillment of the seed which You  
planted in me at my making.  
Out of the deep I cry unto thee,  
O God. Amen.

George Appleton

## ***PRAYERS OF PETITION***

After having done your sacred reading, you may be led to spend some time in prayers of petition and intercession. Prayers of *petition* are intended for *our own* spiritual, physical and material welfare. It would be a grave mistake not to pray for oneself. Below are some examples of prayers of petition. Hopefully, you will be led to add petitions that speak to your current life situation. It is very important that we be *honest* with God in our prayers. Our prayers should express the true feelings of our heart. Note the Trinitarian theme of the prayers, i.e. invoking the Father, Son and Holy Spirit.

- *Father, thank you for the gift of another day. May I live it in a way pleasing to you.*
- *Father, help me to know in my heart the unconditional love you have for me. Free me from all unhealthy images I may have of you.*
- *God, grant me the grace to seek you with my whole being, to desire you more than anyone or anything.*
- *Holy God, help me to work with you this day to make this world alive with your presence. Help me to build on earth a city of justice, love and peace.*
- *Jesus, deliver me from my fears, insecurities, arrogance, jealousies that hinder me from becoming the person you created me to be. Help me to relate to others in good and healthy ways.*

- *Jesus, help me in my relationship with [person's name]. You know how much he/she bugs me and drives me nuts.*
- *Jesus, just as you calmed the mighty seas, calm my fears, anxieties and worries. Help me place my total trust in you.*
- *Jesus, help me to be kind and charitable to all I speak to and meet this day.*
- *Jesus, help me to carry my crosses with patience [name them, e.g., a bad relationship, poor health, anxiety, etc.].*

As you pray for the grace to patiently carry your crosses, also pray for the grace to change what can be changed—e.g. my attitude towards my life situation.

- *Holy Spirit, help me to grow in my ability to be attentive and responsive to your promptings.*
- *Holy Spirit, guide me in my decisions. Help me to choose well. Teach me to pray just as Jesus taught his disciples.*
- *Holy Spirit, help me to have a sense of humor and laughter especially when I take myself and others too seriously.*

In your prayers of petition, be *honest* with God. If you are disappointed or mad with him or others, say so. If you are feeling down, say so. If you are not particularly repentant about some sin, say so and seek the grace of sincere repentance.

## **PRAYERS OF INTERCESSION**

Prayers of intercession are intended for the spiritual, physical and material welfare of *other people*. Concerning this form of prayer, the late Fr. Anthony DeMello, S.J., writes: “*Until the next life we shall not realize how the destinies of persons and nations have been shaped, not so much by the external actions of powerful people and by events that seemed inevitable, but by the quiet, silent, irresistible prayer of persons the world will never know.*”

Just as Mary placed before Jesus the need of the young couple at Cana, (Jn 2:1-12), we place before Jesus the needs of others, trusting like Mary, that he will take appropriate action while always remembering that “God’s ways are not necessarily our ways” (Is 55:8). Our prayers of intercession should have a *global dimension* to them. The following prayers of intercession are a beautiful example of how we can focus on the global needs of the big world we live in while at the same time pray for our Church and her mission in the world.

- *Creator God, bless and strengthen all who are trying to teach us how to protect and respect your beautiful creation and our environment.*
- *Creator of all life, help us to protect and respect the dignity of all human life from womb to tomb. We especially pray for all women considering abortion today. Send your angel to protect the child in their womb. Convert all abortionists and all who are pro-choice and in*

*favor of capital punishment and euthanasia.*

- *Father, protect us against terrorists. May they soon be captured and brought to justice. Better yet, Lord, convert terrorists and those who destroy life. Protect our troops and all engaged in the war against terrorism. May the leaders of Christianity, Judaism and Islam come together to help create a more peaceful and just world.*
- *Father, be with those who daily labor to end world hunger and illiteracy. Bring the gift of clean water to populations that do not enjoy such a blessing that we daily take for granted.*
- *Good and just God, strengthen and empower all who fight injustice wherever it is found in our world—in our legal system, and in the economic, labor and trading policies.*
- *Holy Spirit, guide and bless those engaged in research to find a cure for the diseases that plague our human family, such as cancer, Alzheimer's, mental illness, AIDS, deafness, blindness, and pedophilia.*
- *Jesus, comfort and console those who daily live with physical, emotional and mental illness and pain. We pray for all who are physically, emotionally and mentally challenged. Bless doctors, nurses, therapists and all who work with the sick.*

- *Jesus, comfort and console those grieving a loss of some kind. Bless support groups that seek to help people deal with loss.*
- *Jesus, deliver those plagued with an addiction. We especially pray for those addicted to alcohol, drugs, sex, gambling, compulsive shopping. We also pray for all who spend their days helping people with addictions.*
- *Jesus, protect young people from the false ways of the world. Create in their hearts a deep hunger for you.*
- *Convert those involved in any way in the billion dollar industry of pornography that degrades women, children and men. Help all involved in prostitution find dignified work. Bless the efforts of those who fight pornography and prostitution rings and those who sell young people into slavery for financial gain.*
- *Jesus, bless the ministry of those who work in retreat centers and help people grow in their relationship with God and his Church.*
- *Jesus, Good Shepherd, protect and strengthen our Holy Father, our bishops, priests, deacons, and religious brothers and sisters. Help them to be holy, loving and wise shepherds of us your people. May the men and women you are calling to the priesthood and religious life hear and answer your call.*
- *Holy Spirit, thank you for the men, women and children who minister in our parish. Bless their ministry. Bless all who contribute to the financial support of our parish and other good causes. Help all of us to be good and generous stewards of our time, treasure and talent.*
- *Good Shepherd, help our Church to find creative ways to seek out all who are alienated from you and your Church. Bless those who are seeking to bring spiritual renewal to our church family. Bless the work of our local Catholic radio.*
- *God Our Father, watch over and help those who daily have to work in oppressive and unjust working environments and for unjust wages. Convert cruel and unscrupulous employers.*
- *God, watch over and guide our President and the leaders of all nations. Help them to be wise and compassionate. Give them a heart for justice, peace and care for the most vulnerable members of our society.*
- *Jesus, comfort and console those who will receive bad news this day. May they have a strong faith and good friends to comfort them.*
- *Bless, guide and strengthen those who care for the sick and infirmed: nurses, doctors, caregivers, respite volunteers, etc.*
- *Jesus, comfort those who are in their final days on this earth. Help them to have a peaceful death. Open the door of eternal life to all who will die today.*
- *Jesus, be with those undergoing tests and surgery at this time and*

*are worried about the outcome. Guide the mind and hands of all surgeons who will operate on people today.*

- *Jesus, Mary and Joseph, protect and strengthen families, especially the families of our parish. Keep them strong in faith. Help parents to see the serious obligation they have to help their children to know and love you. Be with the sick members of our parish family. Heal hurting marriages.*
- *Good Shepherd, help those searching for missing children and other loved ones. Convert all who would harm children.*
- *Lord, bless and protect firefighters and police workers who work around the clock to keep our streets and neighborhoods safe.*
- *Jesus, you who spent a night in jail and was severely punished for a crime you did not commit, be with all who are in prison. May the innocent be released soon. Convert the guilty. May all prisoners, especially the poor, receive fair representation. Give judges, lawyers and jurors a deep passion to be just and fair. Be with prison guards, that they may bring your compassion to their work.*
- *Father, bless in a special way our families, friends and benefactors, all those who affirm us, love us, give us a ride to the doctor, store, church, or help us in any way.*

Add your own special intentions.

**Closing Prayer.** You can close your morning prayers with the following prayer or your own creation.

*Loving and caring Father,  
You have brought me to the light  
of a new day.  
Keep me safe the whole day through.  
Protect me from every sinful  
inclination.  
May all my thoughts, words and  
actions reflect what is pleasing in  
your sight.  
I make my prayer through Christ  
your Son, who lives and reigns  
with you and the Holy Spirit,  
one God, for ever and ever. Amen.*

## **EVENING PRAYERS**

Begin by taking a few moments to become aware of God's presence, and asking him to help you to be truly present to him during this time of prayer.

The following is a beautiful hymn from the *Liturgy of the Hours*. It is a wonderful and suitable piece to read and reflect on to begin Evening Prayers.

### **Day is Done**

Day is done, but Love unfailing dwells  
ever here;  
Shadows fall, but hope prevailing  
calms every fear.  
Loving Father, none forsaking, take our  
hearts of Love's own making,  
Watch our sleeping, guard our waking,  
be always near.  
Dark descends, but Light unending  
shines through our night;

You are with us, ever lending new  
strength to sight;  
One in love, your truth confessing, one  
in hope of heaven's blessing,  
May we see, in love's possessing,  
love's endless light!  
Eyes will close, but you, unsleeping,  
watch by our side;  
Death may come, in Love's safe  
keeping still we abide.  
God of love, all evil quelling,  
sin forgiving, fear dispelling,  
stay with us, our hearts indwelling;  
This eventide.

### **EXAMINATION OF CONSCIENCE**

The following spiritual exercise is one of the best ways to help us become more *attentive and responsive* to the presence of the Holy Spirit in our lives. Begin by asking the Holy Spirit to help you *see* your day as he sees it. It's easy to look at our day superficially and miss out on what God may want us to notice.

**Step One.** Ask the Holy Spirit to help you see how you have been *responsive* to his promptings, how you have moved through the day with the *dispositions of heart* that reflects the fruits of the Holy Spirit, e.g., kindness, love, peace, patience, etc. We can look back and see how we may have resisted the temptation to be snotty in a conversation, or unkind to someone who needed our help, etc. For the times that we have been responsive to the Spirit, we give *thanks*.

**Step Two.** We ask the Holy Spirit to help us see how we have been *unresponsive* or have ignored the Holy Spirit during the

day. Remember sin involves not only "choosing to do wrong," but also "failing to do good" (sins of omission) – which is the more common sin for Christians who are serious about their spiritual journey. After naming ways we have been less than Christ-like in our thoughts, words and deeds, we ask the Lord's *forgiveness*.

**Step Three.** Ask the Lord to help us grow in our ability to recognize and be responsive to his presence in our lives and to help us to avoid sin as we go forward.

**Act of Contrition.** If you know a particular act of contrition, say it now. Or you can say the following:

*My God, I am sorry for my sins of  
thought, word and deed.  
I am sorry for the unloving things I  
said or did, and for the good I  
could have done but failed to do.  
With the help of your grace, I will try  
to avoid sin in the future.  
Amen.*

Conclude with the following prayer:

*Almighty God, I give you thanks for  
bringing me safely to this evening  
hour.  
May this lifting up of my hands in  
prayer be a sacrifice pleasing in  
your sight.  
This I pray through Christ our Lord.  
Amen.*

**PART TWO**  
**A TREASURY OF PRAYERS FOR EACH DAY OF THE MONTH**

In Part Two of this book, you will find many beautiful prayers by saints and other friends of God. Just *reading* the prayers can be a lesson on *how* to pray and relate to God. In reading the prayers of others, we get a glimpse into their relationship with God. Some of the prayers may greatly appeal to you that you may want to pray them frequently, if not daily. Other prayers may not be relevant to your present situation, but they may speak to you at another time. The prayers are not laid out in a particular order. Unfortunately, I was unable to find the author of many of the prayers.

**Day 1**

*Prayer for Guidance*

Grant me, Lord,  
to know what I ought to know,  
to love what I ought to love,  
to praise what delights you most,  
to value what is precious in your  
sight,  
to hate what is offensive to you.

Do not allow me to judge according  
to appearances,  
nor to pass sentence following  
the judgment of the ignorant,  
but to discern with true judgment  
between things visible and  
spiritual,  
and, above all things, to seek to  
know what is the good  
pleasure of your will. Amen

Thomas à Kempis

Lord, take me where you want me to  
go;  
Let me meet who you want me to  
meet;  
Tell me what you want me to say,  
and keep me out of your way.

Fr. Mychal Judge

**Day 2**

*Prayer to Radiate Christ*

Jesus, help me to spread your  
fragrance everywhere I go today;  
Flood my soul with your spirit and  
life;

Penetrate and possess my whole  
being so utterly that all my life  
may only be a radiance of yours.

Shine through me and be so in me  
that every soul I come in contact  
with may feel your presence in  
my soul.

Let them look up and see no longer  
me, but only Jesus! Amen

Blessed John Newman

*Breathe on Me, O God*

Breathe on me, breath of God,  
Fill me with the life anew,  
That I may love the things you  
love,  
And do what you would do.

Breathe on me, breath of God,  
Until my heart is pure,  
Until with you I have one will,  
To live and to endure.

Breathe on me, breath of God,  
My soul with grace refine,  
Until this earthly part of me  
Glow with your fire divine.

Breathe on me, breath of God,  
So I shall never die,  
But live with you the perfect life  
In your eternity.

Liturgy of the Hours

### Day 3

*Prayer for God's Mercy*

Almighty Lord God,  
your glory cannot be approached,  
your compassion knows no  
bounds,  
your love for all mankind is  
beyond human expression.  
In your mercy look on me and on all  
your people;  
do not leave me to my sins,  
but deal with me according to your  
goodness.  
Guide me to the haven of your will,  
and make me truly obedient to  
your commandments,  
so that I may not feel ashamed  
when I come before your  
judgment seat.  
For you, God, are good and ever-  
loving.  
We glorify you, Father, Son, and Holy  
Spirit, now and forever, to the  
ages of ages. Amen.

### Day 4

*Prayer for Family Unity*

Lord Jesus, with Mary and Joseph,  
you lived in a family;

Teach me to appreciate the gift  
of being part of a family.  
Show me ever new ways of  
protecting and comforting those  
closest to me; and, each day, let  
me do something that will say 'I  
love you' without speaking those  
words.

Let me never part from any of my  
family in anger; prompt me  
always to turn back without delay  
to forgive and to be forgiven.

Let me see your image in my family,  
in each of them, and in my larger  
family too, knowing that, in your  
kingdom, we will be truly one  
family, united by your sacrifice  
on the cross. Amen.

*Day by Day*

Thank you, Lord Jesus Christ,  
for all the benefits and blessings  
you have given me,  
for all the pains and insults you  
have borne for me.

Merciful Friend, Brother and  
Redeemer,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day.

St. Richard of Chichester

### Day 5

*For People who are Hurting*

I bring before you, O Lord, the  
troubles and perils of people and  
nations, the sighing of prisoners  
and captives, the sorrows of the  
bereaved, the necessities of

strangers, the helplessness of the weak, the despondency of the weary, the failing powers of the aged.

O Lord, draw near to each, for the sake of Jesus Christ our Lord.

Amen.

## Day 6

### *Prayer for Healing the Family Tree*

[Many families are cursed with the sins and wounds of their ancestors, e.g., alcoholism, suicide, various physical and mental diseases. Hence, our need to pray for the healing of our Family Tree. Many individuals have through prayer been able to break the curse and heal wounds inflicted on their family.]

Heavenly Father, I come before you as your child, in great need of your help.

Many of my problems have been caused by my own failure, neglect and sinfulness, for which I humbly beg your forgiveness,

I also ask you to forgive the sins of my ancestors whose failures have left their effects on me in the form of unwanted tendencies, behavior patterns and defects in body, mind and spirit.

Heal me, Lord, of all these disorders.

With your help I forgive all who have hurt me, especially living or dead members of my family tree, who have directly offended me or my loved ones in any way, or those whose sins have resulted in our present sufferings and disorders.

In the name of your Divine Son, Jesus, and in the power of his Holy Spirit, I ask you, Father, to deliver me and my entire family tree from the influence of the evil one.

Free all living and dead members of my family tree, including those in adoptive relationships, and those in extended family relationships, from every contaminating form of bondage.

By your loving concern for us, Heavenly Father, and by the shed blood of your precious son, Jesus, I beg you to extend your blessing to me and to all my living and deceased relatives.

Heal every negative effect transmitted through all past generations, and prevent such negative effects in future generations of my family tree.

I symbolically place the cross of Jesus over the head of each person in my family tree, and between each generation.

I ask you to let the cleansing blood of Jesus purify the bloodlines in my family lineage.

Set your protective angels to encamp around us, and permit Archangel Raphael, the patron of healing, to administer your divine healing power to all of us, even in areas of genetic disability.

Give special power to our family members' guardian angels to heal, protect, guide and encourage each of us in all our needs.

Let your healing power be released at this very moment, and let it

continue as long as your  
sovereignty permits.

In our family tree, Lord, replace all  
bondage with a holy bonding in  
family love, and let there be an  
ever-deeper bonding with you,  
Lord, by the Holy Spirit, to your  
son, Jesus.

Let the family of the Holy Trinity  
pervade our family with its  
tender, warm, loving presence, so  
that our family may recognize and  
manifest that love in all our  
relationships.

All of our unknown needs we include  
with this petition that we pray in  
Jesus' precious Name. Amen.

Rev. John H. Hampsch, CMF

## Day 7

### *Just for Today*

My life is but an instant, a passing  
hour.

My life is but a day that escapes and  
flies away.

O my God! You know that to love you  
on earth I only have today.

Lord, what does it matter if the future is  
gloomy?

To pray for tomorrow, oh no, I cannot!  
Keep my heart pure, cover me with  
your shadow just for today.

O divine Pilot! Whose hand guides me,  
I'm soon to see you on the eternal  
shore.

Guide my little boat over the stormy  
waves in peace, just for today.

Amen.

### *Prayer of Love*

I love you, O my God, and my only  
desire is to love you until the last  
breath of my life.

I love you, O my infinitely lovable  
God, and I would rather die loving  
you, than live without loving you.

I love you, Lord, and the only grace I  
ask is to love you eternally.

My God, if my tongue cannot say in  
every moment that I love you, I  
want my heart to repeat it to you as  
often as I draw breath. Amen.

St. John Vianney

## Day 8

### *A Mystic's Prayer*

You, Eternal Trinity, are a sea so  
deep that the more I enter in, the  
more I find; and the more I find,  
the more I seek of you; for when  
the soul is satisfied in your abyss,  
it is not satisfied, but it ever  
continues to thirst for you, Eternal  
Trinity, desiring to behold you  
with the light of your light.

As the heart desires the springs of  
living water, so does my soul  
desire to leave the prison of this  
dark body and to behold you in  
truth.

O how long shall your face be hidden  
from my eyes?

O abyss, O eternal Godhead, O deep  
sea! Clothe me with yourself,  
Eternal Trinity, so that I may run  
this mortal life with true  
obedience, and with the light of  
your most holy faith. Amen.

St. Catherine of Siena

## Day 9

### *Prayer for Self-Acceptance*

My God, Jesus revealed you as a waiting Father, full of compassion and love, ever willing to welcome anyone who turns to you.

I believe that you accept me just as I am; help me to accept myself.

I believe that your arms are open to receive me; help me to cast myself into them.

I believe that you hear me even before I begin to pray, and that you know my heart's deepest desires.

You are with me here right now, loving me, forgiving me, finding joy in my being with you.

And so I can come to you with great confidence, knowing that all you want is my trust. Amen.

Elizabeth Ruth Obbard

### *Prayer for Respect for Human Life*

For the littlest child in her mother's womb, that in her life we may see the infinite love of God.

For the oldest person who in sickness approaches death, that in his weakness, we may find strength, and in his suffering see the cross of Christ.

For all who are forgotten or cast off, that we might value each human life, as an inestimable gift from God.

For those who are mentally disabled, that we might cherish the gifts God has given them, and in their

lives hear the voice of our loving God.

For those who have lost hope, and especially for those condemned to die, that we might work to save their lives.

For all who are tempted to sin against life, that they might turn from darkness and embrace the infinite love and light of God. Amen.

## Day 10

### *When Fearful*

Lord, we ask you to deliver us from fear of the unknown future: from fear of failure; from fear of poverty; from fear of bereavement; from fear of loneliness; from fear of sickness and pain; from fear of age; and from fear of death.

Help us, Father, by your grace to love you above all, and to fear nothing.

Fill our hearts with cheerful courage and loving trust in you; through our Lord and Master, Jesus Christ. Amen.

### *Prayer of Spouses and for Each Other*

Lord Jesus, grant that I and my spouse may have a true and understanding love for each other. Grant that we may both be filled with faith and trust.

Give us the grace to live with each other in peace and harmony.

May we always bear with one another's weaknesses and grow from each other's strengths.  
Help us to forgive one another's failings and grant us patience, kindness, cheerfulness, and the spirit of placing the well-being of one another ahead of self.  
May the love that brought us together grow and mature with each passing year.  
Bring us both closer to you through our love for each other.  
Let our love grow to perfection.  
Amen.

### **Day 11**

*When Feeling Spiritually Dry*

Dear Lord, in the midst of much inner turmoil and restlessness, there is a consoling thought: maybe you are working in me in a way I cannot yet feel, experience or understand.  
My mind is not able to concentrate on you; my heart is not able to remain centered, and it seems as if you are absent and have left me alone.  
But in faith I cling to you.  
I believe that your Spirit reaches deeper and further than my mind or heart, and that profound movements are not the first to be noticed.  
Therefore, Lord, I promise I will not run away, not give up, not stop praying, even when it all seems useless, pointless, and a waste of time and effort.

I want to let you know that I love you even though I do not feel loved by you, and that I hope in you even though I often experience despair; let this be a little dying I can do with you and for you as a way of experiencing some solidarity with the millions in this world who suffer far more than I do. Amen.  
Fr. Henri Nouwen

*Prayer of Trust*

O Lord, though I have no feeling of confidence in you, nevertheless, I know that you are my God, that I am all yours, and that I have no hope but in your goodness. So, I abandon myself entirely into your hands. Amen.

St. Francis de Sales

### **Day 12**

*God As My First Love*

Lord God, I know that if I do not love you with all my heart, with all my mind, with all my soul and with all my strength, I shall love something else with all my heart and mind and soul and strength.  
Grant that, putting you first in all my loving, I may be liberated from all lesser loves and loyalties, and have you as my first love, my chief good and my final joy.  
Amen.

(Adapted from George Appleton)

## Day 13

*For a Generous Spirit*

Lord, 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 heed the  
wounds;  
to toil and not to seek for rest;  
to labor and not to ask for reward;  
except to know that I am doing  
your will.

St. Ignatius of Loyola

*Prayer before Meditation*

Give me a candle of your Spirit,  
O God, as I go down into the deep  
of my own being.  
Show me the hidden things.  
Take me down to the spring of my  
life, and tell me my nature and my  
name.  
Give me freedom to grow so that I  
may become my true self—the  
fulfillment of the seed which you  
planted in me at my making.  
Out of the deep I cry unto thee, O God.  
Amen.

George Appleton

## Day 14

*I Have a Mission*

God has created me to do Him some  
definite service.  
He has committed some work to me  
which He has not committed to  
another.  
I HAVE A MISSION;  
I may never know it in this life  
but I shall be told it in the next.

I AM A LINK IN A CHAIN,  
a bond of connection between  
persons.  
He has not created me for naught.  
I shall do good; I shall do his  
work; I shall be an angel of peace;  
a preacher of truth in my own place  
while not intending it, if I do but  
keep his commandments  
THEREFORE I WILL TRUST HIM.  
Whatever I am, I can never be  
thrown away.  
If I am in sickness, my sickness may  
serve Him.  
In perplexity, my perplexity may  
serve Him.  
If I am in sorrow, my sorrow may  
serve Him.  
HE DOES NOTHING IN VAIN;  
He knows what he is about;  
He may take away my friends  
He may throw me among strangers  
He may make me feel desolate, make  
my spirits sink, hide my future  
from me—still  
HE KNOWS WHAT HE IS ABOUT.  
John Cardinal Newman

*Prayer for One's Home*

Visit, we beseech you, O Lord, this  
dwelling, and drive far from it all  
snares of the enemy.  
Let your holy angels dwell herein, to  
preserve us in peace; and let your  
blessing be upon us forever.  
Through Christ our Lord. Amen.

## Day 15

*To be Filled with God*

O Divine One,  
to thee I raise my whole being,  
a vessel emptied of self.  
O Accept, gracious God,  
this my emptiness, and so fill me  
with thyself, thy light, thy love,  
thy life,  
That these thy precious gifts may  
radiate through me and overflow  
the chalice of my heart into the  
hearts of all those with whom I  
come in contact this day,  
revealing unto them the beauty of  
thy joy and wholeness and the  
serenity of thy peace, which  
nothing can destroy. Amen.

*Openness to God's Will*

Lord, I do not know what to ask of  
you.  
You alone know what are my true  
needs.  
You love me more than I myself  
know how to love.  
Help me to see my real needs which  
are concealed from me.  
I do not ask for either a cross or a  
consolation; I can only wait for  
you.  
My heart is open to you.  
Visit and help me; cast me down and  
raise me up.  
I worship in silence your holy will  
and your inscrutable ways.  
I offer myself as a sacrifice to you.  
I put all my trust in you.  
I have no desire other than to fulfill  
your will.

Teach me how to pray.  
Pray you yourself in me. Amen.  
Philaret of Moscow

## Day 16

*For the Aged*

Eternal Father, you who are  
unchanged down the changing  
years, be near to the aged.  
Even though their bodies weaken,  
grant that their spirit may be  
strong;  
May they bear weariness and  
affliction with patience, and, at  
the end, meet death with serenity,  
through Christ our Lord. Amen.  
Pope Paul VI

*Prayer for a Giving Heart*

I do not know how long I'll live  
But while I live, Lord, let me give  
Some comfort to someone in need  
By smile or nod—kind word or  
deed  
And let me do whatever I can  
To ease things for my fellow man.  
I want nothing but to do my part  
To lift a tired or weary heart.  
To change folks from frowns to  
smiles again—  
Then I will not have lived in vain.  
And I'll not care how long I'll live  
If I can give—and give—and give.

## Day 17

*Prayer to the Holy Spirit*

Holy Spirit, let your gracious love  
and presence descend upon us, so  
that no unchaste thought may

corrupt the souls which you have  
ordained for your praise, no  
unchaste actions defile the bodies  
which are temples of you.

Grant that, our hearts being filled  
with love of you, we may be  
enabled to overcome the  
temptations of this present life,  
and finally be made partakers of  
the glories of the world to come,  
through Jesus Christ our Lord.

Amen.

*Prayer of Native Americans*

O Great Spirit, whose voice I hear in  
the winds, And whose breath  
gives life to all the world, hear  
me!

I am small and weak.

I need your strength and wisdom.

Let me walk in beauty and make my  
eyes ever behold the red and  
purple sunset!

Make my hands respect the things  
you have made and my ears sharp  
to hear your voice.

Make me wise that I may understand  
the things you have taught my  
people.

Let me learn the lessons you have  
hidden in every leaf and rock.

I seek strength, not to be greater than  
my brother, but to fight my  
greatest enemy – myself.

Make me always ready to come to  
you with clean hands and straight  
eyes.

So when my life fades, as the fading  
sunset, my spirit may come to you  
without shame. Amen.

**Day 18**

*When Seeking Direction*

My Lord God, I have no idea where I  
am going.

I do not see the road ahead of me.

I cannot know for certain where it  
will end.

Nor do I really know myself, and the  
fact that I think that I am  
following your will does not mean  
that I am actually doing so.

But I believe that the desire to please  
you does in fact please you.

And I hope I have that desire in all  
that I am doing.

I hope that I will never do anything  
apart from that desire.

And I know that if I do this you will  
lead me by the right road though  
I may know nothing about it.

Therefore will I trust you always  
though I may seem to be lost and  
in the shadow of death.

I will not fear, for you are ever with  
me, and you will never leave me  
to face my perils alone. Amen.

Thomas Merton

*Prayer for the United States*

Almighty God, we make our earnest  
prayer that you will keep the  
United States in your holy  
protection;

that you will incline the hearts of the  
citizens to respect government  
and entertain a brotherly affection  
and love for one another and for  
the fellow-citizens of the United  
States at large.

Dispose us all to do justice, to love mercy, and to demean ourselves with that charity, humility and pacific temper of mind which were the characteristics of the Divine Author of our blessed religion and without which we can never be a happy nation. Grant our supplication, we beseech you, through Jesus Christ our Lord. Amen.

### Day 19

#### *Prayer for Employment*

(If not seeking employment pray this prayer for those who are.)

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

I need your wisdom to guide my footsteps along the right path and to lead me to find the proper things to say and do in this quest.

I wish to use the gifts and talents you have given me, but I need the opportunity to do so with gainful employment.

Do not abandon me, dear Father, in this search, but rather grant me this favor I seek so that I may return to you with praise and thanksgiving for your gracious assistance.

Grant this through Christ, our Lord. Amen.

### Day 20

#### *Prayer for Priests and Vocations*

Jesus, good and gentle Shepherd, I thank you for the men who have heard and responded to your call to priesthood.

Place in their hearts a deep desire to love and serve you and the people you have placed in their care.

May their word to us be your Word. And may we hear and act on your Word.

Protect and guard your priests from false and sinful ways.

Keep them in your truth.

Help them to grow in holiness.

Help us, your people, to love and support your priests by word and deed.

Lord of the harvest, may all those whom you are calling to the priesthood and religious life hear and answer your call.

Show us, as a parish, ways to foster vocations.

Jesus, bless all Vocations Directors; help them to discover effective ways to call men and women to the priesthood and religious life.

Amen.

### Day 21

#### *Prayer for Christian Unity*

Lord Jesus Christ, when you were about to suffer, you prayed for your disciples, that they might all be one as you are in the Father and the Father in you.

Look down in pity on the many divisions among those who profess faith in you, and heal the wounds which human pride has inflicted on your people.

Break down the walls of separation, which divide one party and denomination of Christians from another.

Look with compassion on the souls of those who have been born in one or another of these various denominations, and bring them all into that one communion which you willed from the beginning.

Amen.

## Day 22

*Prayer for Faith, Hope  
and Charity*

My God, I believe in you and in all that you teach, because you have said it, and your word is true.

My God, I hope in you for grace and for glory, because of your promises, your mercy and your power.

My God, because you are so good, I want to love you with all my heart, and for your sake to love my neighbor as myself. Amen.

*Prayer for World Peace*

Almighty and Eternal Father, God of wisdom and mercy, enlighten and direct those who bear the heavy responsibility of government throughout the world, in these days of stress and trial.

Grant them the strength to stand firm for what is right, and the skill to dispel the fears that provoke discord.

Inspire them to be mindful of the horrors of atomic war; inspire them to seek reconciliation, so that people of all nations may, in our day, enjoy the blessings of a just and lasting peace. Amen.

## Day 23

*Prayer for Healing*

Dear Jesus, I believe you have designed and created me; therefore, you can also repair and restore me.

In the comfort of your love, I pour out to you the memories that haunt me, the anxieties that bewilder me, the fears that stifle me, and the sickness that besets me.

I confess my frustration in dealing with the emotional, physical and spiritual pain of my life.

Help me to image your gentle touch as you tenderly enclose me in your arms.

Give me the gift of faith to believe in your merciful love each step of my earthly journey.

I trust your tender care will yield peace to my mind, serenity to my heart, renewal to my spirit and healing to my body.

I offer you a sacrifice of praise in the midst of my suffering, knowing that you promised to never leave me nor forsake me. Amen.

Barbara Ryan

*For Trust And Confidence In God*

My God, I want to have confidence  
in your love, but so many things  
seem to hold me back:  
past wounds, past hurts, past  
betrayals, past sins—mine and  
others.

Open my eyes. Open my heart.

Enable me to take the leap of faith  
that is needed now.

Holiness isn't a matter of starting to  
love you some time in the future,  
or even tomorrow.

I don't have to wait until I become a  
better person, more worthy, more  
virtuous.

It's a matter of trusting in your mercy  
today, just as I am.

You showed this to the saints; show  
me, too, and give me a spirit of  
great confidence.

I ask this through your beloved Son,  
our merciful Saviour. Amen.

Elizabeth Ruth Obbard

**Day 24**

*Prayer to Our Blessed Mother*

Mary, Mother of Jesus and Mother of  
Mercy, since Jesus from the Cross  
gave you to me, I take you as my  
own.

And since Jesus gave me to you, take  
me as your own.

Make me docile like Jesus on the  
Cross, obedient to the Father,  
trusting in humility and in love.

Mary, my Mother, in imitation of the  
Father who gave his Son to you, I  
too give my all to you; to you I

entrust all that I am, all that I have  
and all that I do.

Help me to surrender ever more fully  
to the Spirit.

Lead me deeper into the Mystery of  
the Cross, and the fullness of  
Church.

As you formed the heart of Jesus by  
the Spirit, form my heart to be the  
throne of Jesus in his glorious  
coming. Amen.

*Prayer to St. Joseph*

O blessed Joseph, faithful guardian  
of my Redeemer, Jesus Christ,  
protector of thy chaste spouse, the  
Virgin Mother of God, I choose  
thee this day to be my special  
patron and advocate and I firmly  
resolve to honor thee all the days  
of my life.

Therefore I humbly beseech thee to  
receive me as thy client, to  
instruct me in every doubt, to  
comfort me in every affliction, to  
obtain for me and for all the  
knowledge and love of the Heart  
of Jesus, and finally to defend and  
protect me at the hour of my  
death. Amen.

**Day 25**

*Prayer of Abandonment*

Father, I abandon myself into your  
hands; do with me as you will.

For whatever you do, I thank you;  
I am ready for all, I accept all.

Let your will be done in me as in all  
creatures; I ask nothing else.

Into your hands I commend my soul;  
I give it to you with all the love of  
my heart.

I love you and I want to give myself  
into your hands with a trust  
beyond all measure because you  
are my Father.

Charles de Foucauld

*Prayer to the Holy Spirit*

Breathe in me, O Holy Spirit,  
that my thoughts may all be holy.  
Act in me, O Holy Spirit,  
that my work, too, may be holy.  
Draw my heart, O Holy Spirit,  
that I love but what is holy.  
Strengthen me, O Holy Spirit,  
to defend all that is holy.  
Guard me, then, O Holy Spirit,  
that I always may be holy.  
Amen.

St. Augustine

**Day 26**

*Prayer of Surrender*

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 may  
think in me.  
I give you my spirit that you may  
pray in me.  
Above all, I give you my heart that  
you may love in me—love the  
Father and all humanity.  
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.

*Prayer of a Good Steward*

God our Father, I thank you for your  
Son Jesus Christ, the Saviour of  
all people.

Help me to take every talent and gift  
which I possess and to lay them  
on the altar of your service, that I  
too may be used to bring others to  
you.

Help me to be ready to give, and  
even to sacrifice, my time, my  
energy, and money, to spread  
Christ's message wherever I live  
and to share with others the life of  
Christ which is in us.

Help me so to live that by my word  
and my life, many more may be  
moved to give their minds and  
hearts to you.

God our Father, hear this prayer  
through our Saviour Jesus Christ.  
Amen.

**Day 27**

*For a Magnanimous Spirit*

God, keep me from smallness of  
mind.

Let me be big in thought, word and  
action.

Let me be finished for ever with self-  
love and fault-finding.

May I put away all pretense, and  
meet everyone face to face  
without self-pity or deceit.

May I not be hasty in judging others,  
but may I always be generous.

Let me take time for things.  
Help me grow calm, peaceful and gentle.  
Teach me to put my good intentions into action.  
Teach me to be straightforward and fearless.  
Grant that I may realize that it is the small things in life that separate us, and that in the big things of life we are one. Amen.

*Prayer for a Godly Spirit*

Give us a pure spirit so we can see you,  
A humble spirit so we can hear you,  
A loving spirit so we can serve you,  
A believing spirit so we can live with you. Amen.

Dag Hammarskjöld

**Day 28**

*Prayer of Serenity*

God, grant me the serenity to accept the things I cannot change;  
courage to change the things I can, and wisdom to know the difference.  
Living one day at a time, enjoying one moment at a time;  
Accepting hardship as pathway to peace;  
Taking, as Jesus did, this world as it is, not as I would have it;  
Trusting that you will make all things right if I surrender to your will;  
So that I may be reasonably happy in this life and supremely happy with you forever in the next.  
Amen. Reinhold Niebuhr

*Prayer for a Godly Heart*

Give me, O Lord, a steadfast heart,  
which no unworthy affection may drag downwards.  
Give me an unconquered heart,  
which no tribulation can wear out.  
Give me an upright heart,  
which no unworthy purpose may tempt aside. Amen.

St. Thomas Aquinas

**Day 29**

*Prayer of Micah (6:7)*

Lord, make us able to walk blamelessly, to act justly, to speak truthfully, and to give no welcome to speaking badly of our neighbour.  
Then we shall know that peace of mind to which sincerity gives the only true claim. Amen.

*Protection from Negative Attitudes*

God, keep me from grumbling.  
I know that there are few people harder to put up with than those who are always complaining.  
Don't let me become like that.  
Don't let me have discontent written all over my face.  
If I can't get my own way, don't let me sulk about it.  
If I can't get what I want, help me to make the best of what I have.  
Don't let me take offense easily, getting into a huff, even when no harm was intended.  
Help me all day and every day to see the best in people.

Help me, too, to live in the certainty  
that you are working all things  
together for good.

May I have the patience to wait for  
your purposes to work out.

This I ask for your love's sake.

Amen.

William Barclay

### Day 30

#### *Prayer of Surrender*

Take and receive, Lord, all my  
liberty, my memory, my  
understanding and my will, all  
that I have and own.

You gave them to me; to you, Lord, I  
return them.

They are all yours; do with them  
what you will.

Give me your love and your grace;  
these are enough for me; then I  
am rich enough.

I do not ask anything more. Amen.

St. Ignatius Loyola

#### *For Those Suffering Affliction*

Be merciful, Lord, to all our brothers  
and sisters who suffer any kind of  
persecution or affliction, whether  
in mind or body, especially those  
who suffer for your name and  
gospel;

Give them patience, constancy and  
steadfast hope until you send  
them full and good deliverance of  
all their troubles. Through Jesus  
Christ our Lord. Amen.

### Day 31

#### *When We Do Not Know What We Want*

Lord, we do not know what we  
should ask of you, but you already  
know what we need.

You love us better than we know  
how to love ourselves.

Father, give to us, your children, that  
which we do not know how to  
ask.

We have no desire other than to do  
your will.

Teach us to pray. Pray in us.

In Jesus' name. Amen.

Francois de la Mother Fenelon

#### *Pray to the Sacred Heart*

Heart of Jesus, full of goodness and  
love,

Heart of Jesus, burning furnace of  
charity,

Heart of Jesus, burning with love for  
me,

Inflame my heart with love for Thee  
and for those around me.

Pour into us, O Lord, the spirit of thy  
love.

From anger and hate and from all  
evil wishes, O Lord deliver us.

Amen.