



Men's Ministry Prayer Book

Each Saturday morning 16-25 parish men of all ages gather at 7:00 am for 90 minutes in the church hall. Led by Fr. Dave, we share in small groups how to apply our faith to our daily lives so we can be better husbands, fathers, grandfathers, sons, workers, and members of the community.

Please join us any Saturday. You'll find it rewarding despite the early hour and you just might get hooked!

The value of prayer is mentioned often at the Saturday morning Men's Ministry meetings. Good things happen at our meetings. Come join us for honest sharing, mutual support, prayer, opportunities for service, coffee and bagels --

Come join us!



Men's Ministry PRAYER BOOK

Prayers submitted by the men of The St. Jerome Society: Men of Faith and Action



Inside:

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- *Prayers for wisdom*



Franciscan Morning Prayer

Jesus Lord, I offer you this new day
because I believe in you,
love you, hope all things in you,
and thank you for your blessings.
I am sorry for having offended you
and forgive everyone who has offended me.

Lord, look on me
and leave in me peace and courage
and your humble wisdom
that I may serve others with joy,
and be pleasing to you all day.

*When I consider your heavens,
the work of your fingers,
the moon and the stars,
which you have set in place,
what is humanity that you are mindful of us?
Who are we that you should care for us?
You made us barely less than God
and crowned us with glory and honor.
You have made us responsible for the work of your
hands.*

[Psalm 8:3-6]



**May God be with you and bless you.
May you be poor in misfortunes
and rich in blessings.
May joy be at home in your heart.**

The Prayer of Saint Francis

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

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



*God, give me ears that I may hear the cries of those that need me near.
God, give me lips that I might speak comfort and peace to all who seek.
God, give me a mind that I might know to help the ones who need me.
God, give me the hands that I might do some large or simple task for you.
God, give me a prayer that I may pray for help and guidance every day.
And this above all else, God, give me a heart that I might love.*

As Jesus washed the feet of his disciples, teach me to love.
As Jesus promised Paradise to the thief on the cross, teach me to hope.
As Jesus called Peter to walk to him across the water, teach me to believe.
As the child Jesus sat among the elders in the temple, teach me to seek answers.
As Jesus in the garden opened his mind and heart to God's will, teach me to listen.
As Jesus reflected on the Law and the Prophets, teach me to learn.
As Jesus used parables to reveal the mysteries of the Kingdom, teach me to teach.



Dear Jesus, as I call on you today
I realize that I often come asking for favors.
Today I'd like just to be in your presence.
Let my heart respond to Your Love.
May I never take the gift of freedom for granted.
You gave me the great blessing of freedom of spirit.
Fill my spirit with Your peace and Your joy.
Help me to notice how you are speaking to me.

Lord, show me the way to you in the choices I make today. Guard me against the temptations of things that do not lead to life. Open my eyes to the ways and places where you are at work in the world. Give me the courage to do your will and live in you today. Get me in step with your Spirit.

I remind myself that I am in your presence.
Lord, I will take refuge in your loving heart.
You are my strength in times of weakness.
You are my comforter in times of sorrow.
Lord grant me the grace to hear your voice.
Cleanse my heart so I may listen intently.
Can I see where the Lord has been present?
Did I hear Him when He spoke?



*O God, you are my God, I seek you;
my soul thirsts for you,
my flesh faints for you,
as in a dry and weary land
where there is no water.
Because your steadfast love is better than life,
my lips will praise you.
My soul will be satisfied as with a rich feast.
So I will bless you as long as I live;
I will lift up my hands and call upon your name.*

[Psalm 63]

I will try to live a simple, sincere, serene life, repelling promptly every thought of discontent, anxiety, discouragement, impurity, and self-seeking; cultivating cheerfulness, magnanimity, charity, and the habit of holy silence; exercising economy of expenditure, generosity in giving, carefulness in conversation, diligence in appointed service, fidelity to every trust, and a childlike faith in God.

In particular, I will try to be faithful in those habits of prayer, work, study, physical exercise, eating, and sleep which I believe the Holy Spirit has shown me to be right.

And as I cannot succeed on my own strength to do this, not even with a hope of success attempt it, I look to Thee, O Lord my Father, in Jesus my Savior, and ask for the gift of the Holy Spirit.

[From an Episcopalian prayer guide.]



The Splendor of Your Presence

Lord, You want me to learn from you
Gentleness of heart.
No matter how I fail you,
Your gentleness never fails me.
You are slow to anger;
Your kindness is without limit.
You tell me not to be distressed,
To make your gentleness my own
So that my soul may find rest.
Give me the wisdom to make time in my day
For a gentle nursing of my soul.
Free me from arrogance,
From goals too sublime for me.
Still and quiet my soul
As a mother quiets the little ones on her lap.
Free me from the need for achievement.
Make my life less forceful, more gentle,
Centered in you alone.
Let the splendor of your presence
Light up my everydayness.
Make me a smooth channel for the outflow
Of your Divine Will in this world.
Let me move gently
In the omnipresence of the Divine.
Harmonize my frail spirit with the Infinite Spirit
Who fills the universe and its history.
Love of my Lord,
Invade my soul and melt away any trace of
vehemence.

[by Susan Muto and Adrian van Kaam]



[Contributor's note: This prayer is not just a declaration at the time of death, but a motto for life.]

**INTO YOUR HANDS, O LORD,
I COMMEND MY SPIRIT.**

*Create in me a clean heart, O Lord,
and renew a steadfast spirit within me.
Do not cast me from your presence
or take your Holy Spirit from me.
Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.*

[Psalm 50:10-12]

O God, send forth your Holy Spirit into my heart that I may perceive, into my mind that I may remember, and into my soul that I may meditate. Inspire me to speak with piety, holiness, tenderness and mercy. Teach, guide and direct my thoughts and senses from beginning to end. May your grace ever help and correct me, and may I be strengthened now with wisdom from on high, for the sake of your infinite mercy. Amen.

[Saint Anthony of Padua]



[Contributor's note: The prayer below is not a formal prayer, just something I look to in times when I get stuck and get off the path.]

**God grant me patience and strength today.
Not just to do what is easy,
but rather to do your lesson sent to me that
is extremely difficult and seems unbearable.
Guide me to make what seem like impossible
decisions knowing that with you all things
are possible.**

**Come, Holy Spirit,
Spirit of the Risen Christ,
be with us today and always.
Be our Light, our Guide,
and our Comforter.
Be our Strength, our Courage,
and our Sanctifier.
May this new year be a time
of deep spiritual growth for us.
A time of welcoming your graces
and gifts.
A time of forgiving freely
and unconditionally.
A time for growing in virtue
and holiness.
Come, Holy Spirit,
Be with us today and always. Amen.**



[Contributor's note: This is from the text of the Catechism of the Catholic Church, Article 340.]

God wills the interdependence of creatures. The suns and the moon, the cedar and the little flower, the eagle and the sparrow: no part of creation is self-sufficient. Creatures exist only in dependence on each other, to complete each other, in the service of each other.

A Prayer for Seeing Others as Community

Gracious God, thank you for the diversity of human beings who surround us on every side. In the ideas, in the hopes, in the dreams, and in the struggles of those who share this earthly life, let us find that through a community of human beings we are made fuller and more alive. Let the fullness given by this community give us the courage to order our own unique selves with humility to the lives of others. As we all share in the life that you have so graciously given us, may we be the lights of your love to one another. Amen.



Lord, I am open to your encouragement - this very minute. Help me be the one to get encouragement started. Help me to encourage others. Amen.

[Contributor's note: This prayer for peace is from the National Association of Vietnam Veteran Ministers.]

May we see the day when war and bloodshed cease, when a great peace will embrace the whole world.

Then nation will not threaten nation, and mankind will never again know war. For all who live on earth shall realize we have not come into being to hate and destroy. We have come into being to praise, to labor, to love.

Compassionate God, bless the leaders of all nation with the power of compassion. Fulfill the promise conveyed in scripture:

I will bring peace to the land, and you shall lie down and no one shall terrify you. I will rid the land of vicious beasts and it shall not be ravaged by war. Let love and justice flow like a mighty stream; let peace fill the earth as the waters fill the sea.

Amen.



I realize, Lord, that in knowing your word I know you. Help me to turn to your word daily to know your priorities and to find my way in this world. Help me to love and rely on your word – for it is a lamp to my feet and a light for my path. Amen.

*O Lord, you have searched me out and known me;
you know my sitting down and my rising up;
you discern my thoughts from afar.
You mark out my journeys and my resting place
and are acquainted with all my ways.
Where can I go then from your spirit?
Or where can I flee from your presence?
If I take the wings of the morning
and dwell in the uttermost parts of the sea,
Even there your hand shall lead me,
your right hand hold me fast.*

[Psalm 139]

No matter what happens this day, this week, or this year, I know that you have set a path for me, that you will be there each and every step of the way. You go ahead of me to clear the way. You know where the dangerous parts are. Help me to be confident in you. Amen.



The Serenity Prayer

[The Serenity Prayer is the common name for an originally untitled prayer, most commonly attributed to the theologian Reinhold Niebuhr who used it in 1934 in a sermon. The prayer has been adopted by Alcoholics Anonymous and other twelve-step programs. The best known form is the first sentence.]

*GOD, grant me the serenity
to accept the things
I cannot change,
Courage to change the
things I can, and the
wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardship as the
pathway to peace.
Taking, as He did, this
sinful world as it is,
not as I would have it.
Trusting that He will make
all things right if I
surrender to His Will;
That I may be reasonably happy
in this life, and supremely
happy with Him forever in
the next. Amen*



**Be with me.
Open my ears –
to hear what you are saying to me.
Open my eyes –
to see the beauty You show me.
Open my hands –
to do my work well.
Open my lips –
to tell others the good news of Jesus.
Open my mind –
to bring You alive in it.
Open my heart –
to receive the grace You give me
so I may love you and all people
as you have loved us.**

**I pray for belief, Lord.
I pray that You stay with me.
I pray that You teach me.
I pray that Your message possesses me.
I pray for miracles: jobs for the jobless, food for
the hungry, homes for the homeless, peace for
the country.
I pray for Your blessing on my work.
I pray for Your blessings on my family.
I pray for a season that transforms me.**



**Lord, use me I pray,
To make Your message known today.
May Your light, somehow,
shine forth through me.
Lord, You called me into light.
By Your power give me sight
That You in others be what I see.**

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 my 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.

[by Cardinal Newman]



*Trust Him when dark doubts assail thee
Trust Him when thy strength is small,
Trust Him when to simply trust Him
Seems the hardest thing of all.*

When I am tired and discouraged,
please know I've tried.
When I cry and my heart is in anguish,
please smile on me.
If I feel my life's on hold,
please wait for me.
When nothing makes sense
and I am confused or frustrated,
please whisper to me.
When things are going well
and I have much to be thankful for,
please remind me to thank you.

**God didn't promise
days without pain
laughter without sorrow
or sun without rain.
But God did promise
strength for the day,
comfort for the tears
and a light for the way.**



*The more I call upon the Lord
The more I feel His Presence.
The more I hear His Gospel
The more I feel His Presence.
The more I forgive others
The more I feel His Presence.
The more I help my neighbor
The more I feel His Presence.
The more I follow Him
The more I feel His Presence. Amen.*

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 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.



Keep us, O Lord, from pettiness. Let us be thoughtful in word and deed. Help us to put away pretense and face each other in deep trust without fear or self-pity. Help us to guard against fault-finding, and be quick to discover the best in each other and in every situation. Guard us from ill temper and hasty judgment; encourage us to take time for all things, grow calm, serene, and gentle. Help us to be generous with kind words and compliments. Teach us never to ignore, never to hurt, never to take each other for granted. Engrave charity and compassion on our hearts.

Dear Lord, bless my children as they embark upon this exciting, challenging leg of their life's journey.

Protect them. Be by their side when I cannot.

Send Your Spirit of Wisdom
to guide them in their decisions;

Your Spirit of Mercy
when their actions fall short of Your will.

Send Your Spirit of Joy to brighten their days;

Your Spirit of Comfort
when they are lonely or confused.

And send to me, Lord, Your Spirit of Peace
so that I may rest easy,
confident in Your divine Providence and care.

Amen.



[Contributor's note: Here are three separate personal prayers for different situations. The first was said often as my children were, and my grandchildren are growing up. The second was said often in my business environment. The third was said in difficult and stressful situations and at times when I was looking for direction or making a request.]

- (1) Lord, help me to see everything
and overlook a great deal
and above all
improve a little.
- (2) Please God, help me to have
a sense of humor
and a spirit of faith,
the foundation for hope
and an ever increasing love for You,
– and greater compassion for my team
members.
- (3) I know not by what methods rare
but this I know
You answer prayer
I know not when.
You send the word
that tells us fervent prayer is heard.
I know it comes sooner or late.
Therefore we need to pray and wait.
I know not if the blessing sought
will come in just the way I thought.
I leave my prayers with Him alone
whose will is wiser than my own.

**Lord, please remind me to be a "giver,"
not a "taker."**

Don't be fooled by me.
I give the impression that I'm secure, that all is well.
But I panic at the thought of my weakness and of being rejected.
Please look my way.
If Your look is followed by acceptance,
if it is followed by love,
it will save me.
Please listen and try to hear what I'm not saying.
You breathe life into me.
I want You to know how important You are to me because I am important to You.

Give me time to think
Give me time to play
Give me time to be quiet
Give me time to help others
Give me time to laugh
Give me time to be friendly
Give me time to dream
Give me time to pray.

*A Parent's Prayer**(based on the Prayer of St. Ignatius)*

*Lord, teach me to be generous
...with a listening ear
...with patience – toward others
and toward myself.
Teach me to serve You as You deserve...
as my Creator, my Redeemer, my life's Spirit
...as the Giver of all good things in my life.
...as my Mother, my Father, my Friend.
To give and not count the cost...
even when the cost means letting go –
of my child, as she journeys towards adulthood;
of control, as he tries out his own wings.
To fight and not to heed the wounds...
to my ego when my advice is rejected
...to my tongue, bitten, so that she can make her
own decisions;
so that he can learn from his own successes and
mistakes.
To toil and not to seek for rest
...remembering though, to find time
to rest in prayer and contemplation.
...to find peace and strength in Your loving arms.
To labor and not to seek reward...
or results.
...or repayment.
Except that of knowing that I do Your will.*



A Father's Prayer

Lord,
I need your special care.
Like your earthly father, Joseph,
I want to do God's will,
even if I may not understand.

Make me gentle and selfless
in the care of my family and children;
help me guide them in the toils and troubles,
the happiness and wonders of this life.

Like my Father in heaven,
make me strong in love and forgiveness
for those you entrust to my care.

No one can do these things rightly, Lord,
without your constant help and boundless mercy.
Be with me always,
and may I come to you in heaven,
and all my family with me. Amen.

Lord, I know how much you love me.
It's hard for me to feel it sometimes,
but I know your love is always with me.

Help me to use your love as a way
to persevere in my intentions.
I am weak, but I know with your help,
I can use small sacrifices in my life
to draw closer to you.



Oh God, I ask not for easier tasks.
I ask for stronger aptitudes and greater talents to
meet any tasks which may come my way.
Help me to help others so that their lives may be
made easier and happier.
Strengthen my confidence in my fellow men in
spite of what they may do or say.
Give me strength to live according to the Golden
Rule, enthusiasm to inspire those around me,
sympathy to help lighten the burdens of those
who suffer,
and a spirit of joy and gladness to share with
others.

Give us, O Lord,
steadfast hearts, which no unworthy thought
can drag downwards;
unconquered hearts, which no tribulation can
wear out,
upright hearts, which no unworthy purpose
may tempt aside.

Bestow upon us also, O Lord our God,
understanding to know Thee,
diligence to seek Thee,
wisdom to find Thee, and
a faithfulness that may finally embrace Thee.

[St. Thomas Aquinas]



Father in heaven, I come before You today with an open and humble heart, ready to receive all You have for me. Teach me to live a life that is pleasing to You so that I can be an example of Your love in the world around me. In Jesus' Name. Amen.

Father in heaven, today I choose to get rid of old wineskins. I choose to release old thinking, old habits, and anything that would keep me from Your best. Strengthen me by Your Spirit so that I can live my life in a way that pleases You. In Jesus' Name. Amen.

Father in heaven, today I choose to increase my capacity to receive from You. I let go of limited thinking and old mindsets, and I open myself to everything You have in store for me. In Jesus' Name. Amen.

Heavenly Father, thank You for Your greatness on the inside of me. I choose to stand in faith today knowing that with You, I will overcome every challenge and every obstacle. I bless Your holy Name. In Jesus' Name. Amen.

Father in heaven, thank You for Your faithfulness. You alone can satisfy me. Search my heart today and remove any doubt or uncertainty that would try to hold me back from the wonderful blessings You have in store for me. In Jesus' Name. Amen.

Preach the gospel at all times. If necessary, use words.

[Francis of Assisi]



[Contributor's note: I taped up a large-print copy of this prayer on my bathroom medicine cabinet so I'd see it and say it first thing in the morning. I say it to remind me what is really important. It is by Adrian van Kaam and was given to me on a card by Deacon Dean Finch.]

TIME TO BE PRESENT

Lord, let me find back
The lost treasure of time.
Time for gentle listening to a friend,
For sharing the play of a child,
For consoling a suffering person,
For thinking without strain,
For labor without pressure.
Time to delight in birds and flowers,
Blooming trees and lustrous green.
Time to enjoy music, friends, and meals.
Time to be silent and alone.
Time to be quietly at home.
Time to be present to Your mystery.
Free me from the tyranny of time urgency;
Let time not possess me,
Neither the pressure of daily concerns.
Let me not cram every moment
With useful or exciting things
To do or say.
Let my life be a gentle preparation
For the pure and precious moments
Of listening to you
So that I may not drown
In the rushing waters
Of practical pursuits.



[Contributor's note: I used to say this prayer every morning right after I awoke, but have not done so for years. Because of the request for prayers for this prayer book, I just did find it again on my small bedside nightstand and have started to pray it again.]

PRAYER FOR MANLY VIRTUE

Father in heaven, I pray you, fill me with manly virtue. Make me an anchor of loving strength in the home. A husband of tenderness and constancy, a father both firm and affectionate. In my career, let me be diligent, doing always an honest day's work, and in my life of faith help me to lead by example – example of prayer, of sacramental devotion, and of self-sacrifice for God, family, and neighbor. Amen.

["Prayers for Fathers" leaflet]

[Contributor's note: Maybe it really isn't a prayer, but I have it as a handwritten note by my alarm clock.]

It's amazing how much other people change, when you accept them for what they are. When I don't have expectations of others, anything they do is a pleasant surprise.

[Contributor's note: I thought I was being really profound when I had this thought, then I realized I had to pray for it.]

Teach me, Lord, to want what I have and not to have what I want.



Father in heaven, thank You for the good plan You have for me. I trust that You are working behind the scenes on my behalf. I lift up my eyes from the natural realm into the spiritual realm. Help me see the blessings You have in store for me. In Jesus' Name. Amen.

Heavenly Father, thank You so much for Your gift of peace. I choose to hold onto my peace and release anything that would hold me back from the blessings You have in store. In Jesus' Name. Amen.

Father in heaven, I choose to set my focus on You. I know that You are turning things around in my favor. I choose to stand and believe Your promises. Thank You for Your faithfulness in my life. In Jesus' Name. Amen.

Father in heaven, I come humbly to You. I give You my past, my disappointments, my brokenness. Fill me with Your hope and expectation and give me the dreams and desires that You have in store for my life. In Jesus' Name. Amen.

Father in heaven, I come before You today with an open and humble heart, ready to receive all You have for me. Teach me to live a life that is pleasing to You so that I can be an example of Your love in the world around me. In Jesus' Name. Amen.

Heavenly Father, thank You for entrusting me with Your power. I choose to declare words of life and victory. Help me, Holy Spirit, to use my words to move forward in victory the way You have planned. In Jesus' Name. Amen.



[Contributor's note: Each paragraph is a separate prayer e-mailed daily from "Today's Word with Joel & Victoria Osteen."]

Prayer for Today

Heavenly Father, today I commit every area of my life to You. I trust that You will make up the difference and supply everything I need to fulfill Your purposes in my life. In Jesus' Name. Amen.

Father in heaven, I choose to hold my peace. I choose to do the right thing even when the wrong thing is happening. I trust that You are fighting my battles for me. I give You all the honor and praise. In Jesus' Name. Amen.

Father in heaven, thank You for loving, accepting, and approving me just as I am. I know You are doing a work in my life, and I ask for the strength and confidence to overlook offense so that I can honor You in everything I do. In Jesus' Name. Amen.

Heavenly Father, I choose to trust You with my whole heart. I know there is nothing too hard for You. Help me to stand strong in faith and keep me close to You all the days of my life. In Jesus' Name. Amen.

Heavenly Father, today I commit every area of my life to You. I trust that You will make up the difference and supply everything I need to fulfill Your purposes in my life. In Jesus' Name. Amen.



May the Blessings Of each day Be the Blessings You need most.

[Contributor's note: This may not fit the exact definition of a prayer but is one I refer to often. I picked it up while attending the wake of a former co-worker who lost his battle with cancer this past December. This prayer really spoke to me about the person he was. In addition, it also exemplifies the life my Dad led as well. Perhaps more importantly, it reminds me about the dad AND person I aspire to be. Sometimes, in the last line I substitute the name of someone I am thinking about or praying for in place of "dad" .]

God took the strength of a mountaineer,
the majesty of a tree,
the warmth of a summer sun,
the calm of a quiet sea,
the generous soul of nature,
the comforting arm of night,
the wisdom of the ages,
the power of the eagle's flight.
Then God combined these qualities;
There was nothing more to add.
His masterpiece was now complete;
He lovingly called it Dad.



[Contributor's note: These are wonderful prayers, right from the Psalms, plus one from Habakkuk.]

*Your mercy, O Lord, spans the sky;
your faithfulness soars among the clouds.
Your integrity towers like a mountain;
your justice runs deeper than the sea.
Lord, you embrace all life:
How we prize your tender mercy!
God, your people seek shelter,
safe in the warmth of your wings.
They feast at your full table,
slake their thirst in your full stream,
for you are the font of life,
you give us light and we see.*

[Psalm 36:5-9]

Even if the fig tree fails
and vines bear no fruit,
if olives yield no oil
and fields no grain,
if sheep stray from their pens
and cattle from their stalls,
still I will glorify the Lord,
still rejoice in God my savior!

[Habakkuk 3:17-18]

*As a deer craves running water,
I thirst for you, my God;
I thirst for God, the living God,
When will I see your face?*

[Psalm 42:2-3]



Slow me down.
I am an activity junkie.
Please slow me down.
I see all my work as mountains.
Slow me down.
Get me off my own clock.
Let me not get consumed by proving
my self-worth.
Slow me down.
Let me not define myself by my job, by
constantly working.
Let me know what to overlook.
Slow ... me ... down.

[Contributor's note: I once came across a book of inspirational quotes and strung several of my favorites together, so that it's like a prayer.]

Let me not think about how to make big differences at the expense of making small daily differences. Let me realize that today is a good day to make small changes, especially in myself. Let me hear what you are saying to me today, Lord. Give me the grace to do what I hear you say, even if it's a small thing, then let it ripple outward.

[Contributor's note: I heard these lines sung by the REACH Singers at a 9:15 Mass during Lent and the lines stuck in my head and kept repeating, kept singing over and over, like a prayer.]

*In the silence of the garden Jesus knelt to pray:
Take this cup, yet not my will, but yours be done
this day.*



**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 do.
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 your Father and all mankind.
I give you my whole self that you may grow in me,
so that it is you, Lord Jesus,
who live and work and pray in me.**

Prayer of Cardinal Newman

O Lord, support us all the day long
until the shades lengthen
and the evening comes,
and the busy world is hushed,
and the fever of life is over,
and our work is done.
Then, Lord, in thy mercy,
grant us a safe lodging,
a holy rest, and peace at the last.
Complete Thy work, O Lord,
and as Thou hast loved me from the beginning
so make me to love Thee unto the end.



*You love those centered in truth;
teach me your hidden wisdom.
Wash me with fresh water,
wash me bright as snow.
Fill me with happy songs,
let the bones you bruised now dance.
Shut your eyes to my sin,
make my guilt disappear.
Creator, reshape my heart,
God, steady my spirit,
Do not cast me aside
stripped of your holy spirit.*

[Psalm 51:8-13]

**You tend and water the land
How wonderful the harvest!
You fill your springs,
ready the seeds, prepare the grain.
You soak the furrows
and level the ridges.
With softening rain
you bless the land with growth.
You crown the year with riches.
All you touch comes alive:
untilled land yields crops,
hills are dressed in joy,
flocks clothe the pastures,
valleys wrap themselves in grain.
They all shout for joy
and break into song.**

[Psalm 65:10-14]



*On my heart and on my house
the blessing of God.
In my coming and in my going
the peace of God.
In my life and in my seeking
the love of God.
At my end and new beginning
the arms of God to welcome me
and bring me home.*

[Contributor's note: I call this my prayer of "one-liners." I try to pray it first thing in the morning when I awake, last thing at night, and often during the day, especially during "down time" when waiting for something, the coffee to perk, the elevator to come, the event to start. My prayer has evolved and grown over the years as I added lines.]

**Please let me know Your will and do it.
Please don't let me go crazy today.
Please let me be more forgiving of myself
and others.
Please let me be more patient and more
tolerant.
Please let me be satisfied with what I've got,
especially...(my job, my wife, my children).
Please let me be thankful for what I've got,
especially...(my job, my wife, my children).
Please let believe in You,
please let me count on You for help,
please let me have hope in You,
please let me keep on praying.**



[Contributor's note: I found this in a book of daily meditations for men. It helps me when I get feeling down about things.]

*If you keep on saying things are going to be bad,
you have a good chance of being a prophet.*

[Isaac Bashevis Singer]

**When I don't fight against the events in my life,
somehow things go better for me. I am never
alone because nothing can separate me from
God. When I accept the bad things that come,
even though they are unfair, I give them less
power in my life. Then I am free to go forward
and leave more room for the good things. Today
I'll accept the problems I must confront, and
leave room for the good things. Today I will be
open to the good around me.**

[from "Touchstones"]

[Contributor's note: When our kids were growing up and the job was always on my mind, I realized I was never "now". I always was thinking of what was next.]

**Lord, teach me to be present. I'm never in the
present. I'm either thinking of the future,
dreaming how it will be when all my work is
done, or thinking about the past and beating
myself up about how I wasted time. Please
help me be aware of the moment, and not
obsessed with "what's next." Teach me to be
in the "now."**



We trust in your resurrection power

Precious Word, thank you that you would not be silenced. Though a cross awaited you, you preached on. By washing feet, feeding others and teaching divine power, you brought down those who dominate, control and abuse. You faced the worst human beings can do to one another and still forgave.

Forgive us, Lord, for looking away from those who still twist in pain. Grant us your strength to walk with you all the way to the cross and beyond, trusting in your resurrection power in the worst of it all, that we might be your church for the world you so loved. Amen.

[from the Presbyterian Church USA web site]

A Prayer for Peace

Lord Christ, at times we are like strangers on this earth, taken aback by all the violence, the harsh oppositions. Like a gentle breeze, you breathe upon us the Spirit of peace. Transfigure the deserts of our doubts, and so prepare us to be bearers of reconciliation wherever you place us, until the day when a hope of peace dawns in our world. Amen.

[Brother Roger of Taizé]



Litany of Promise

**In the midst of hunger and war
We celebrate the promise of plenty and peace.**
**In the midst of oppression and tyranny,
We celebrate the promise of service and freedom.**
**In the midst of doubt and despair
We celebrate the promise of faith and hope.**
**In the midst of fear and betrayal,
We celebrate the promise of joy and loyalty.**
**In the midst of hatred and death,
We celebrate the promise of love and life.**
**In the midst of sin and decay,
We celebrate the promise of salvation and renewal.**
**In the midst of death on every side,
We celebrate the promise of the living Christ.**

[Sixth Assembly, World Council of Churches]

The wilderness and the dry land will be glad,
the desert will rejoice and blossom;
for waters will break forth in the wilderness,
and streams will flow in the desert.
The captives and the lost will return to God
with smiles on their faces and songs in their hearts.
I believe the good news of the gospel:
In Jesus Christ I am forgiven.
Thanks be to God!

[Based on Isaiah 35]



And because the soul is created for such high, worthy, and celestial ends, Meister Eckhart of Paris... speaks in prayer thus:

*High abundance of divine nature,
Show me your way
That in thy wisdom thou hast ordained
And open to me the precious treasure chest
To which Thou hast invited me: namely to be able
To understand with intelligence above all creatures,
To love with the angels and to be familiar
With Thy true born Son, Our Lord Jesus Christ,
And to inherit from Thee and to receive Thee
According to Thy eternal wisdom.
And with Thy help, to keep away from all evil.
Because Thou hast elevated me above all creatures
And Thou hast imprinted on me
The insignia of Thy eternal image,
And Thou hast rendered my soul
Inconceivable to all other creatures
And Thou hast made nothing more like Thee
Than the human being in its soul,
So teach me to live in such a way
That I am never more without Thee
And that in the flow of Thy loving work in me
Thou shalt never more be hindered
And that I may never be exposed
To any desire except for Thee
And never occupy my thoughts with any creature
But only with Thee.*



Dear Jesus, help us to spread your
fragrance everywhere we go.
Flood our souls with your spirit and life.
Penetrate and possess our whole being so
utterly that our lives may only be a
radiance of yours.
Shine through us, and be so in us, that
every soul we come in contact with may
feel your presence in our soul.
Let them look up and see no longer us but
only Jesus!
Stay with us, and then we shall begin to
shine as you shine;
so to shine as to be a light to others; the
light O Jesus,
will be all from you, none of it will be ours;
it will be you, shining on others through
us.
Let us thus praise you in the way you love
best by shining on those around us.
Let us preach you without preaching, not
by words
but by our example, by the catching force,
the sympathetic influence of what we do.
The evident fullness of the love our hearts
bear to you.
Amen.

*[by Cardinal Newman; a daily prayer used by Mother
Teresa and the Sisters of the Missionaries of Charity]*



*God be in my head, and in my understanding,
 God be in mine eyes, and in my looking,
 God be in my mouth, and in my speaking,
 God be in my heart, and in my thinking,
 God be at my end, and at my departing.*

[from a Book of Hours of 1514]

**Lord, Thou hast given so much to me:
 One thing more I ask: a grateful heart.
 Not thankful when it pleases me,
 As if Thy blessings had spare days;
 But such a heart whose every pulse may be:
 Thy praise.**

[from Elizabethan poet George Herbert]

Dear God,
 Help my unbelief.
 When I'm in pain, I forget that you care about me.
 I forget that you have helped me through my trials.
 I forget that you hold me in your arms.
 I forget that you are feeling my pain with me.
 I forget that you love me.
 I forget that I am important to you.
 Show me your presence - let me feel your
 enveloping love.
 Heal my hurting soul.
 Thank you for staying with me even in my unbelief.
 Amen.



[Contributor's note: I keep this prayer in my wallet.]

Confederate Soldier's Prayer

**I asked God for strength, that I might achieve,
 I was made weak, that I might learn humbly to
 obey.
 I asked God for health, that I might do greater
 things,
 I was given infirmity, that I might do better
 things.
 I asked for riches, that I might be happy,
 I was given poverty, that I might be wise.
 I asked for power, that I might have the praise
 of men,
 I was given weakness, that I might feel the
 need of God.
 I asked for all things, that I might enjoy life,
 I was given life, that I might enjoy all things.
 I got nothing that I asked for
 - but everything I had hoped for.
 Almost despite myself, my unspoken prayers
 were answered.
 I am among men, most richly blessed.**

[Found on the body of a Southern soldier, 1861-1865]

*[Contributor's note: I say this very often. From Thomas Merton.
 Based on the prayer of the tax collector, "God, have mercy on me, a
 sinner" (Luke 18:13)]*

**Lord Jesus Christ, Son of God,
 have mercy on me, a sinner.**



I go out into the world in peace.
 To feed others, as I have here been fed.
 I have tasted God's grace.
 I go in peace from this place
 to love as I have been loved.
 Let my life be taken by God and blessed,
 broken open and given to the world around me.
 Let me in love, bear all things, believe all things,
 hope all things, endure all things.

[Contributor's note: Each line of this is from the Bible: Exodus 14, Psalm 23, Psalm 1, Psalm 51, Isaiah 12, John 4, John 5, and Isaiah 43.]

Water Prayer

*Sweep away my fear in the raging flood of your grace.
 Lead me beside the still waters of your presence.
 Let my roots grow deep in your righteous stream.
 Wash me clean in the drenching rains of your mercy.
 Quench my thirst in the deep wells of your friendship.
 Let me drink deeply from the living waters of your love.
 Restore me with the healing balm of your faithfulness.
 Hold me fast when the rivers of chaos swirl around me.*

[Rev. Marney Wasserman]



[Contributor's note: This is just a series of lines that got into my head over the years and I strung them together.]

**Holy Spirit, fill me.
 Give me strength, O Christ.
 Father, show me your love.
 Teach me patience, gracious God.
 My God and my All.
 Come, Lord Jesus!**

Jesus, help me to simply live in the world, not be controlled by it. Give me the grace to adapt my days to Your plan. Grant me the wisdom to place control in Your hands. Give me patience. Make it a daily part of my life, in my family relationships especially. Grant me the grace to be able to extend it to all, and help me to show patience with myself.

[Contributor's note: Some is from prayers I said in grade school and I combined them with parts of prayers I like that I heard later in life.]

**Please watch over me.
 Help me to choose good and avoid evil.
 Let me see the needs of my neighbor and
 have the strength to respond.
 Give me the courage to follow the truth, and
 the grace to know you.
 Help me to grow,
 Help me to grow more like Jesus.**