

Prayers for Inner Peace

Find a quiet place. Take some time to be quiet in yourself, closing your eyes, and simply pause to breathe in and out, experiencing peace for a few minutes, and then breathe in and out repeating the words:

Jesus in your love, have mercy on me.
Stay with me and give me your peace.

In the presence of my God
I sit and listen.
In the silence of my heart
I hear God's will.

"I Will Help You"

Lord, I ask your help, please help me.
I need your grace, please send Your Holy Spirit
so that I may find peace and happiness again.
Lord inspire me, Lord strengthen me,
Lord heal me.

Stay With Me Lord

Stay with me Lord, when it is dark;
when pain and troubles are all I see;
Stay with me Lord,
in the dawn and the bright,
when love is deep
and I sense your presence;
Stay with me Lord.

Spirit of God

Spirit of God,
breathe Your Spirit of peace into my soul.
Still it, that hushed and quiet,
God's voice may be heard.
Amen.

Take time for God. It is the way of life.

Saint Francis Prayer

Lord, make me an instrument of your peace;
where there is hatred, let me bring love,
where there is injury, pardon,
where there is doubt, faith,
where there is despair, hope,
where there is darkness, light,
and 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.

(St. Francis of Assisi)

The Beatitudes

Blessed are the poor in spirit:
for theirs is the kingdom of heaven.

Blessed are they that mourn:
for they shall be comforted.

Blessed are the meek:
for they shall inherit the earth.

Blessed are they who hunger and thirst after
righteousness: for they shall be filled.

Blessed are the merciful:
for they shall obtain mercy.

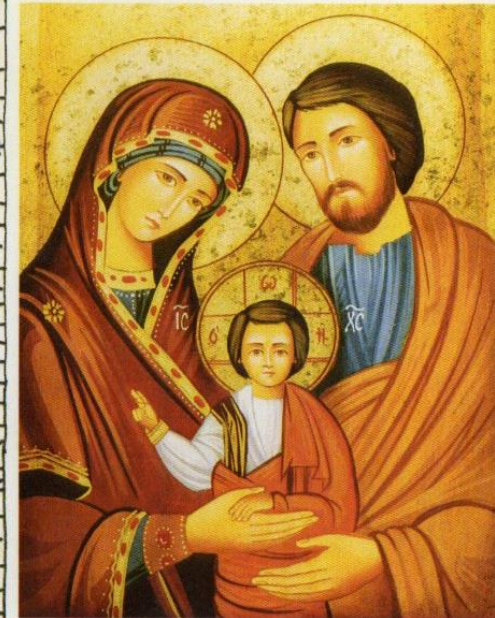
Blessed are the pure in heart:
for they shall see God.

Blessed are the peacemakers:
for they shall be called the children of God.

Blessed are they who are persecuted for
righteousness' sake:
for theirs is the kingdom of heaven.



PARISHES OF GREENLOUGH AND LAVEY



God, our Father,
we are brothers and sisters in Jesus your Son,
one family, in the spirit of your love.

Bless us with the joy of love.
Make us patient and kind, gentle and generous,
welcoming to those in need.

Help us to live your forgiveness and peace.

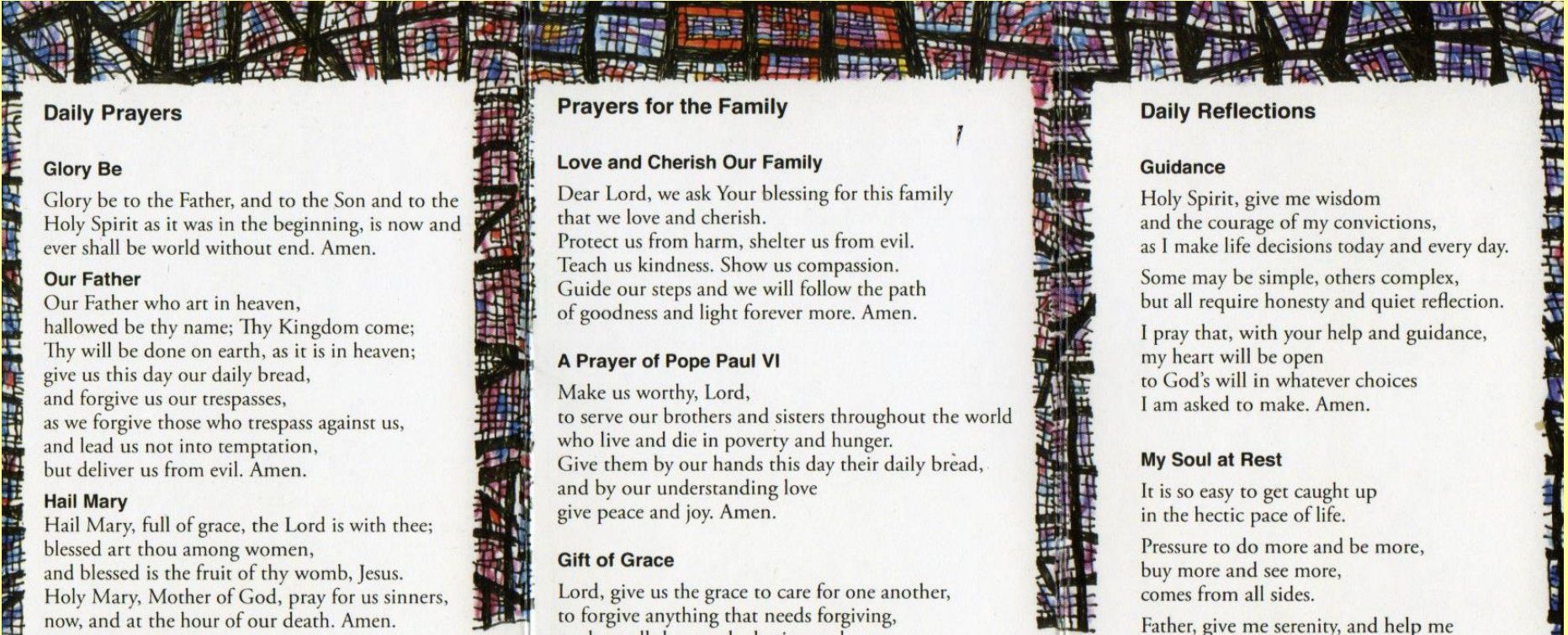
Protect all families with your loving care,
especially those for whom we now pray:

(We pause and remember family members and others by name)

Increase our faith, strengthen our hope,
keep us safe in your love,

Make us always grateful for the gift of life
that we share.

This we ask, through Christ our Lord,
Amen.



Daily Prayers

Glory Be

Glory be to the Father, and to the Son and to the Holy Spirit as it was in the beginning, is now and ever shall be world without end. Amen.

Our Father

Our Father who art in heaven,
hallowed be thy name; Thy Kingdom come;
Thy will be done on earth, as it is in heaven;
give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with thee;
blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now, and at the hour of our death. Amen.

Grace Before Meals

Bless us, O Lord, as we sit together.
Bless the food we eat today.
Bless the hands that made the food.
Bless us, O Lord. Amen.

Grace After Meals

Thank you, God, for the food we have eaten,
Thank you, God, for all our friends.
Thank you, God, for everything. Amen.

Night Prayer

God Our Father,
I come to say thank you for your love today.
Thank you for my family and all the friends
You give to me. Guard me in the dark of night
and in the morning send your light. Amen.

Take time to pray. It is the very heart of life.

Prayers for the Family

Love and Cherish Our Family

Dear Lord, we ask Your blessing for this family
that we love and cherish.
Protect us from harm, shelter us from evil.
Teach us kindness. Show us compassion.
Guide our steps and we will follow the path
of goodness and light forever more. Amen.

A Prayer of Pope Paul VI

Make us worthy, Lord,
to serve our brothers and sisters throughout the world
who live and die in poverty and hunger.
Give them by our hands this day their daily bread,
and by our understanding love
give peace and joy. Amen.

Gift of Grace

Lord, give us the grace to care for one another,
to forgive anything that needs forgiving,
to share all that needs sharing and
to live in the peace of God. Amen.

Gift of Peace

Lord, look at my family with your eyes of love,
Help us to face difficult times.
I pray you fill our hearts with your peace.
Lord, I know we can overcome every problem with you.

Prayer for Healing

Lord Jesus, we ask you to bring your healing touch
to those whom we know to be sick, afraid, or worried.
Bring them your peace and healing.
Mary, Mother of God, pray for me.
Mary, Healer of the Sick, pray for me.

Take time to love and be loved.

Daily Reflections

Guidance

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

My Soul at Rest

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

Thank you

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

Take time to laugh. It is the music of the soul.