

Simple steps to meditate.

This meditation exercise is an excellent introduction to meditation techniques.

- * Sit comfortably, feet flat on the floor and back against the chair.
- * Read a passage from Scripture. Start with the Parables or a psalm
- * Close your eyes.
- * Simply breathe naturally.
- * Focus your attention on the breath and on how the body moves with each inhalation and exhalation. Notice the movement of your body as you breathe. Observe your chest, shoulders, rib cage, and belly.
- * Put yourself into the Bible story. Be part of the story, talk to people in the story. Spend time with Jesus. Be aware of the setting, etc.
- * If your mind wanders, return your focus back to your breath.
- * Have a conversation with God.

This is prayer.

Prayer of Silence

Heart speaking onto Heart
"Here I am, Lord"

Compiled by Newman Catholic College
chaplain: J. Roche (2019)
Twitter: @CchaplainNc



Prayers for N.C.C.

These prayers are to help you in your walk in love with Your GOD. May they help build a closer relationship with the God who loves you. "I believe Lord, help my unbelief"

**Everyone Counts,
Everyone makes a difference
Everyone Contributes,
Everyone Succeeds**

Getting yourself ready to pray. Focus on your

**In the name of the Father
and of the Son
and of the
Holy Spirit.**

Amen



School Prayer:

Lord, make me a better person, more considerate towards others, more honest with myself, more faithful to you. Make me generous enough to want sincerely to do your will whatever it may be. Help me to find my true vocation in life, and grant that through it I may find happiness myself and bring happiness to others. We ask this through Christ, our Lord. **Amen.**



The Lord's Prayer:

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**



Our Lady's Prayer:

Hail, Mary, full of grace, the Lord be with thee, blessed are thou among women and blessed

him be the glory, in the Church And in Christ, Now and forever. Amen

St John Fisher & St Thomas More Prayer:

Father, you confirm the true faith with the crown of martyrdom. May the prayers of Saints John Fisher and Thomas More give us the courage to proclaim our faith by the witness of our lives. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

**In the name of the Father and of the Son
and of the Holy Spirit.
Amen**

This Prayer booklet is designed for use in the classroom and at various meetings or occasions in Newman Catholic College. The Collective Act of Worship is a statutory⁽¹⁾ requirement in a Catholic College like ours. As believers we should naturally feel the desire to constantly lift our hearts to God in prayer and be in tune with the divine, "heart speaks unto heart". Here is a secret to life: your thoughts are in your control and what your focus on in your mind you bring about! ⁽²⁾

In prayer we focus our thoughts on God, praising and thanking Him for the good things in life and seeking his help to face life's challenges. Our whole life is a life of

draw my dying breath. St. Joseph, patron of departing souls, pray for us. Amen

St Francis' Prayer: 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

St Paul's Prayer: Glorious Saint Paul, Most zealous apostle, Martyr for the love of Christ, Give us a deep faith, A steadfast hope, A burning love for our Lord, So that we can proclaim with you, 'It is no longer I who live, But Christ who lives in me.'

Help us to become apostles, Serving the Church with a pure heart, Witnesses to her truth and beauty Amidst the darkness of our days. With you we praise God our Father: 'To

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

The Trinity Prayer:

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



Prayer for Faith:

Lord, let me see your face, know your heart and experience your love in my life. Strengthen in me the precious gift of faith. I believe Lord; help my unbelief. Amen.



Act of Sorrow

O my God, I thank you for loving me. I am sorry for all my sins, for not loving others and not loving you. Help me to live like Jesus and not sin again. Amen

When I'm stressed

Dear Lord, you promised to send your peace to those you love and I really



need that peace right now. Soothe my troubled heart and calm my turbulent mind. Remind me that with you on my side there is nothing I can't cope with. **Amen**

Newman Prayer For Students

God has created me to do 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. I am a link in a chain, a bond of connection between persons. God has not created me for nothing. I shall do good; I shall do God's work. I shall be an angel of peace, a preacher of truth in my own place.



Whatever and wherever I am, I can never be thrown away. If I am sick, my sickness may serve the Lord, in perplexity, my worries may serve Him.

If I am in sorrow, my sorrow may serve Him. God does nothing in vain. God knows what He is about. I will trust Him. **Amen**



your love. Amen

St Benedict's Prayer: Gracious and Holy Father, give us the wisdom to discover You, the intelligence to understand You, the diligence to seek after You, the patience to wait for You, eyes to behold You, a heart to meditate upon You, and a life to proclaim You, through the power of the Spirit of Jesus, our Lord. Amen.

St Joseph's Prayer: Oh St. Joseph whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires. Oh St. Joseph do assist me by your powerful intercession and obtain for me from your divine son all spiritual blessings through Jesus Christ, our Lord; so that having engaged here below your heavenly power I may offer my thanksgiving and homage to the most loving of fathers. Oh St. Joseph, I never weary contemplating you and Jesus asleep in your arms. I dare not approach while he reposes near your heart. Press him in my name and kiss his fine head for me, and ask him to return the kiss when I

friends, thank you God for being there; and when I go to bed at night, thank you God for being there. Amen

Celebrate God's Gifts: Lord you have given us many of your gifts: the gift of beauty and the gift of wonder; the gift of creation and the gift of life itself. Thank you for sharing so much of yourself with us. May we share ourselves with you. Amen

Prayer for Friends: Guardian Angel, watch over those people whose names you can read in my heart. Guard over them with every care and make their way easy and their work good. Dry their tears if they cry, make holy their joy and happiness. Give them strength if they are weak, give them hope if they despair, give them health if they are ill, truth if they should lose way and repentance if they sin.

For the Sick: Lord Jesus, you healed the sick who came to you. We ask you to pour your healing grace on all the sick. Give them the gift of healing in body, mind and spirit. We present to you all the sick people we know, that they may be strengthened and helped by



Guardian Angel Prayer: Angel of God, my Guardian dear, to whom God's love commits me here, ever this day (or night) be at my side, to light and guard, to rule and guide. **Amen.**

Grace Before Meals:



Bless us, O Lord, and these Thy gifts, which from thy bounty we are about to receive, through Christ our Lord. **Amen.**

Morning Prayer: God, our Father, I offer you today all that I think and do and say. I offer it with what was done on earth by Jesus Christ, your Son. **Amen.**

Evening Prayer: God, our Father, this day is done. We ask you and Jesus Christ, your Son, that with the Spirit, our welcome guest, you guard our sleep and bless our rest. **Amen.**

An Act of Faith, Hope, and Love:

Jesus, I believe in you. Jesus, I hope in you. Jesus, I love you.

Prayer for Preparation to Study: Lord, God, as we prepare for our exams we ask for your



6 blessing to come upon us. Grant us your Spirit of wisdom, knowledge and understanding. Help us to keep calm, to be focused and to do our



best. May everything we do be for your glory and our advancement in life. **Amen**

Preparing for Exams: I know you are with me and love me. Give me peace of mind as I prepare for this time of study. Help me to focus on my books and notes, keep me from all distractions so that I will make the best use of this time that is available to me.

家

Give me insight that I might understand what I am studying, and help me to remember it when the time comes. Above all, I thank you for the ability to be able to study and for the many gifts and talents you have given me. Help me always to use them in such a way that they honour you and do justice to myself. **Amen**



My Exam Prayer: Lord, you are my friend and you are with me today and always.

that all my life may be only a radiance of yours;

Shine through me and be so in me that everyone with whom I come into contact may feel your presence within me. Let them look up and see no longer me—but only Jesus. Amen.

St Richard of Chichester: Thanks be to you, my Lord Jesus Christ, for all the benefits you have given me, for all the pains and insults you have carried for me. O most merciful redeemer, friend and brother, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.

Generosity: Eternal Word, only Son of God, Teach me true generosity, to serve you as you deserve. to give without counting the cost, to fight heedless of wounds, to labour without seeking rest, to sacrifice myself without thought of any reward save the knowledge that I have done your will. Amen.

Thank you God: When I wake up in the morning, thank you God for being there; when I come to school each day, thank you God for being there; when I am playing with my

them the fire of your love. Send forth your Spirit and they shall be created, and you will renew the face of the earth.

The Magnificat: My soul proclaims the greatness of the Lord, my spirit rejoices in God my Saviour for he has looked with favour on his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name. He has mercy on those who fear him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has come to the help of his servant Israel for he remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children forever.

Christlikeness Prayer: Dear Jesus, help me to spread your fragrance everywhere I go; Flood my soul with your spirit and life; Penetrate and possess my whole being so completely

You have blessed my life with many gifts and talents. As the exams approach I feel nervous so I pray for your peace. Calm my mind so that I can think clearly and write down what I know. Help me to remember what I have learned and to do my best. Lord your loving presence surrounds me. Help me to trust that you will guide me.

Amen

Family Prayer: Lord God, when you created people, you wanted families to be important: places of prayer where love is taught and shared; places where you are made known, places of protection and care. Watch over my family in your love and keep them from harm. May our love for each other always be strong. **Amen.**

Anti-Bullying Prayer: Dear Lord, I pray that you can protect me and keep me safe from harm. I know I must always try to love one another and I must not take pleasure in the misfortune and pain of others Let me use technology and the internet to enhance our lives so I can learn and work and not to do



evil. May technology serve me Lord, so that I may better serve one another and serve you
Amen

A Teacher's Prayer: I believe, Lord that each of my students is your child and that they are a reflection of your love.



I believe that each child possesses special gifts and talents, that you are entrusting me to help them discover these gifts and nurture those talents.

I believe that each child is trying to find you, and that I can be a model of how to look, how to live, how to pray.



I believe that my job is actually a mission, a ministry; and that you have chosen me in this time and in this place to be there for these kids.

I believe that there is nothing haphazard about my day, about my experiences with my students or with their parents. It is all part of your plan.

I believe that you have chosen me, Lord. Help

2. The Wedding at Cana.

3. Jesus' Proclamation of the Kingdom of God.

4. The Transfiguration.

5. The Institution of the Eucharist.



The Fatima Prayer: O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Your Mercy.

Hail Holy Queen: Hail, Holy Queen, Mother of Mercy, our life, our sweetness, and our hope! To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this vale of tears.

Turn, then, most gracious advocate, your eyes of mercy toward us; and after this, our exile, show to us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary!



Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful, and kindle in



(Monday & Saturday)

1. The Annunciation.



2. The Visitation.

3. The Nativity.

4. The Presentation of Jesus at the Temple.

5. The Finding of Jesus in the Temple.

Sorrowful Mysteries

(Tuesday & Friday)

1. The Agony in the Garden.

2. The Scourging at the Pillar.

3. The Crowning with Thorns.

4. The Carrying of the Cross.

5. The Crucifixion and Death of our Lord.



Glorious Mysteries

(Wednesday & Sunday)

1. The Resurrection.

2. The Ascension.

3. The Descent of the Holy Spirit.

4. The Assumption of Mary.

5. The Coronation of the Virgin.

Luminous Mysteries (Thursday)

1. The Baptism of Jesus in the Jordan.



my belief.



St Patrick's Prayer: As I arise today, may the strength of God pilot me, the power of God uphold me, the wisdom of God guide me. May the eye of God look before me, the ear of God hear me, the word of God speak for me. May the hand of God protect me, the way of God lie before me, the shield of God defend me, the host of God save me. May Christ shield me



today.

Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit, Christ when I stand, Christ in the heart of everyone who thinks of



me, Christ in the mouth of everyone who speaks of me, Christ in every eye that sees me, Christ in every ear that hears me. Amen.



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**



Prayer for Vocations: God, in Baptism you called me by name and made me a member of your people, the Church. Help all your people to know their vocation in life, and to respond by living a life of holiness. For your greater glory and for the service of your people, raise up dedicated and generous leaders who will serve as sisters, priests, broth-



ers, deacons, and lay ministers. Send your Spirit to guide and strengthen me that I may serve your people following the example of your Son, Jesus Christ, in whose name I offer this prayer. **Amen.**



Prayer to St. Michael: St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we hum-

bly pray; and do thou, O Prince of the Heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. **Amen.**



Prayer to the Sacrament

O Sacrament most Holy,
O Sacrament Divine,
All praise and all thanksgiving,
Be every moment Thine. (x3)

The Rosary

Joyful Mysteries