

## 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.*



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[3-Minute Retreats](http://3-MinuteRetreats.com) Website

# 100 Prayers

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 Contributes,  
Everyone Succeeds,  
Everyone makes a  
difference**

Getting yourself ready to pray. Focus on your breathing, on a flickering candle. Taking time to speak with God about your day. God hears your prayer from your heart.

**"Heart speaks onto heart."**

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



Hear  
O Israel,  
the Lord our God,  
the Lord  
is  
One.  
Deut 6:4



"For me prayer is a surge of the heart; it is a simple look towards heaven; it is a cry of recognition and love, embracing both trial and joy." (CCC 2558)



**1. 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.**



**2. 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**



**3. Our Lady's Prayer:**



Hail, Mary, full of grace, the Lord be with thee, blessed are 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**

**4. 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**



**5. 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.**

**The Daily Examen:** The examen, or examination of conscience, is a quick prayer to help you see where God was active in your day. Usually done for 15 to 20 minutes at the end of a day, the prayer was popularized by St. Ignatius Loyola in his classic text **The Spiritual Exercises**. Use these five easy steps to pray the examen every day, and soon you will begin to notice God's presence more easily.

**Presence:** Remember that you're in the presence of God in a special way when you pray. Ask God for help in prayer.

**Gratitude:** Recall two or three things that happened today for which you are especially grateful. Savour them. Then thank God for these gifts.

**Review:** Review your day from start to finish, noticing where you experienced God's presence. Notice everything from large to small: from an enjoyable interaction with a friend to the feel of the sun on your face. When did you love? When were you loved?

**Sorrow:** You may have sinned today or done something you regret. Express your sorrow to God and ask for forgiveness. If it's a grave sin, pray about seeking forgiveness from the person offended, or the sacrament of reconciliation.



**Grace:** You may want to return to a meaningful part of your prayer and speak to God about how you felt. At the close of the prayer, ask for God's grace for the following day.

Over time, as you pray the examen, you'll notice God's presence in the moment, rather than just at the end of the day. You'll see that your whole day can be a kind of prayer. Soon you'll discover that you've become, as Jesuits like to say, a "contemplative in action." James Martin, S.J.

**A prayer for Ukraine:** Lord God of peace, hear our prayer! Open our eyes and our hearts, and give us the courage to say: "Never again war!"; "With war everything is lost." Instil in our hearts the courage to take concrete steps to achieve peace. Keep alive within us the flame of hope, so that with patience and perseverance we may opt for dialogue and reconciliation. In this way may peace triumph at last. **Amen.**

**Prayer for The Environment** O Lord, grant us the grace to grow deeper in our respect of and care



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<sup>(1)</sup> 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!<sup>(2)</sup>

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 prayer of communicating with the Divine. If you commit every thought, word, act and event to God then you are praying. So there is time for daily prayer. It is a question of making the time, prioritising your life.

I would encourage you to use this booklet as often as possible especially morning and afternoon, registration time. Tutors, please help your class to reconnect, to ask for God's help as well as thank and praise him always.

- (1) School Standards and Framework Act 1998 Ch(vi)#70  
 (2) Catechism of the Catholic Church #4 Christian Prayer-Section 1:Prayer in the Christian life#2558-2561

### 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"

"Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which he looks compassionately on this world. Yours are the feet with which he walks to do good. Yours are the hands through which he blesses all and heals the world. Yours are the hands, yours are the feet, yours are the eyes, you are his body. Christ has no body now on earth but yours." St Teresa of Avila

"A faith without works, a faith that doesn't get you involved, isn't faith. It's words and nothing more than words." Pope Francis

6. 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**



7. 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**

8. 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**



9. 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.**

10. 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.**





**11. 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.**



**12. 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.**

**13. An Act of Faith, Hope, and Love:** Jesus, I believe in you. Jesus, I hope in you. Jesus, I love you. **Amen**



**14. Prayer for Preparation to Study:**



Lord, God, as we prepare for our exams we ask for your 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**

**15. 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. 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**

**16. My Exam Prayer:** Lord, you are my friend and you are with me today and al-



لَتَكُنْ مَشِيئَتُكَ فِي الْأَرْضِ كَمَا السَّمَاءِ.  
ارْزُقْنَا خُبْرًا كَفَافَ يَوْمِنَا، وَ اغْفُ عَنْ حَطَايَانَا،  
فَإِنَّا نَعْفُو عَمَّنْ يُحْطِئُونَ بِحَقِّنَا. لَا تُعَرِّضْنَا لِلْغَوَايَةِ،  
بَلْ نَجِّنَا مِنَ الشَّرِيرِ. فَلَكَ الْمَلَكُوتُ وَالْجَبَرُوتُ وَالْمَجْدُ أَبَدًا.

"Instead of being just a Church that welcomes and receives by keeping the doors open, let us try also to be a Church that finds new roads: that is able to step outside itself and go to those who do not attend Mass; to those who have quit or are indifferent." Pope Francis

Try to do the Lord's work in your own strength is the fusing, exhausting, and tedious of all work. But when filled with the Holy Spirit, then the ministry of Jesus out of you. Corrie ten Boom 1892-1993



most con-  
you are  
just flow

Earth hath no sorrow that Heaven cannot heal. St Thomas More

Kind words can be short and easy to speak but their echoes are truly endless. St Teresa of Calcutta 1910-1997

We are each made for goodness, love and compassion. Our lives are transformed as much as the world is when we live with these truths. Archbishop Desmond Tutu 1931-

Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset. St Francis de Sales 1567-1622

God loves us more than a father, mother, friend, or anyone else could love, and even more than we are able to love ourselves. St John Chrysostom 347 - 407

The whole of your life should be a season of prayer. St Basil the Great 329-379



All men have a reason, but not all men can give a reason. St John Henry Newman

We should seek not so much to pray but to become prayer. Francis of Assisi

May God bless you and listen to your prayers. Amen.

**St John Henry Newman, pray for us**

**St Thomas Moore, pray for us**

**St John Fisher, pray for us.**

**Our Lady of Willesden pray for us.**

Holy Spirit, show us your beauty, reflected in all the peoples of the earth, so that we may discover anew that all are important and all are necessary, different faces of the one humanity that God so loves. **Amen.**

#### The Lord's Prayer in:

**Spanish:** Padre nuestro, que estás en el cielo. Santificado sea tu nombre. Venga tu reino. Hágase tu voluntad en la tierra como en el cielo. Danos hoy nuestro pan de cada día. Perdona nuestras ofensas, como también nosotros perdonamos a los que nos ofenden. No nos dejes caer en tentación y líbranos del mal. Amén.

**Italian:** Padre Nostro, che sei nei cieli, Sia santificato il tuo nome. Venga il tuo regno, Sia fatta la tua volontà, Come in cielo, così in terra. Dacci oggi il nostro pane quotidiano, E rimetti a noi i nostri debiti Come noi li rimettiamo ai nostri debitori. E non ci indurre in tentazione, Ma liberaci dal male. Amen.

**French:** Notre Père, qui es aux cieux, Que ton nom soit sanctifié, Que ton règne vienne, Que ta volonté soit faite sur la terre comme au ciel. Donne-nous aujourd'hui notre pain de ce jour. Pardonne-nous nos offenses Comme nous pardonnons aussi à ceux qui nous ont offensés. Et ne nous soumet pas à la tentation, mais délivre-nous du mal, car c'est à toi qu'appartiennent le règne, la puissance et la gloire, aux siècles des siècles. Amen.

**Portuguese:** Pai nosso, que estás no céu, Santificado seja o Vosso nome. Venha a nós o Vosso reino. Seja feita a Vossa vontade, Assim na terra como no céu. O pão nosso de cada dia nos dai hoje. Perdoai as nossas Ofensas Assim como nós perdoamos a quem nos têm ofendido. Não nos deixeis cair em tentação, Mas livrai-nos do mal, Amém.

**Polish:** Ojcze Nasz Ojcze nasz, któryś jest w niebie, święć się Imię Twoje. Przyjdź królestwo Twoje. Bądź wola Twoja, jako w niebie tak i na ziemi. Chleba naszego powszedniego daj nam dzisiaj. I odpuść nam nasze winy, jako i my odpuszczamy naszym winowajcom. I nie wódz nas na pokuszenie, ale nas zbaw ode złego. Amen.

**Romanian:** Tatăl nostru carele ești în ceruri, sfintească-se numele tău;

vie împărăția ta, facă-se voia ta, precum în cer așa și pre pământ. Pâinea noastră cea de toate zilele dă-ne-o astăzi, și ne iartă nouă păcatele noastre precum și noi iertăm păcătoșilor noștri; și nu ne duce pre noi în ispită, ci ne scapă de cel rău. Amin.

#### **Arabic**

أَبَا الَّذِي فِي السَّمَاوَاتِ، لِيُقَدَّسَ اسْمُكَ. لِيَأْتِ مَلَكُوتُكَ،



ways. 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**

**17. 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.**



**18. 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**

**19. 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 my belief.

**20. 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.

**21. 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**



**22. Prayer for Vocations:** God, in Baptism you

ty: pour forth into our hearts a fraternal spirit and inspire in us a dream of renewed encounter, dialogue, justice and peace. Move us to create healthier societies and a more dignified world, a world without hunger, poverty, violence and war. May our hearts be open to all the peoples and nations of the earth. May we recognize the goodness and beauty that you have sown in each of us, and thus forge bonds of unity, common projects, and shared dreams. Amen.



**101. A prayer for LGBT+**

God of Community, encompassing all that was, that is and that can be, who brings to birth each precious being in your creation; we thank you for our capacity to love, and for your love poured out on us. We pray for your blessing on our LGBTQIA+ Community. May our Common Life be enriched by their presence, and blessed by their gifts. Grant us Grace and Humility to heal past hurts, and transform us, that together we may take our place in your Kingdom. **Amen**



**102. An Ecumenical Christian Prayer.** O God, Trinity of love, from the profound communion of your divine life, pour out upon us a torrent of fraternal love. Grant us the love reflected in the actions of Jesus, in his family of Nazareth, and in the early Christian community. Grant that we Christians may live the Gospel, discovering Christ in each human being, recognizing him crucified in the sufferings of the abandoned and forgotten of our world, and risen in each brother or sister who makes a new start. Come,



life, they would know you are their rock on which they can stand. I pray that through the challenges of school life, exams, and future decisions, you would lead them, guide them and bring them comfort. In Jesus' name, **Amen**



**98. For Fathers:** God our Father, we give you thanks and praise for fathers young and old. We pray for young fathers, newly embracing their vocation; may they find courage and perseverance to balance work, family and faith in joy and sacrifice. We pray for those Dads around the world whose children are lost or suffering; may they know that the God of Compassion walks with them in their sorrows. We pray for men who are not fathers but still mentor and guide us with fatherly love and advice. We remember Dads, Granddads and great-granddads who are no longer with us but who live forever in our memory and nourish us with their love. **Amen.**



**99. For Mothers:** Mary, Mother of God and our Mother, pray for all mothers, so that they will be able to fulfil their maternal responsibilities. Help them to be lovers and nurturers of all human life from the moment of conception until natural death, all the while being examples for their own children. Pray for their children, so that they, too, will be faithful followers of Your Son. We offer these prayers in Jesus' name, in union with the Holy Spirit, one God forever and ever. **Amen**

**100. Prayer to the Creator** Father of our human family, you created all human beings equal in digni-

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, brothers, 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.**



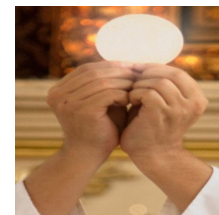
**23. Prayer to St. Michael:** St. Michael the



Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly 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.**

**24. Prayer to the Sacrament**

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



## 25. The Rosary

### Joyful Mysteries (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.
2. The Wedding at Cana.
3. Jesus' Proclamation of the Kingdom of God.
4. The Transfiguration.
5. The Institution of the Eucharist.



**26. 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.

Thy faithful follower. Help me to keep my body well and strong. Help me to show loving-kindness and to be helpful and courteous at home or wherever I may be. Give me patience and purity and truth, and make my heart a place of peace. If things seem to go wrong with me, help me to be good-tempered and cheerful at all times, sunny hearted, joyous, unselfish. Dear God, who watches over me, help me to grow in goodness, and step by step to gentle womanhood. **Amen.**

**95. A Boy's Prayer:** O God, give me clean hands, clean thoughts. Help me to stand for the hard right against the easy wrong. Save me from habits which do me harm. Teach me to work and play as fair in Thy sight alone, as if the whole world were looking on. Forgive me when I am unkind, and help me to forgive those who are unkind to me. Keep me ready to help others at some cost to myself, and so grow more like Thee. For Jesus Christ our Saviours' sake, **Amen.**

**96. For Babies and new-borns:** Lord God, we thank you for the gift of new life. We thank you for this precious baby's safe arrival into our world. We pray this baby would sleep peacefully and be kept from harm. We pray you would bless this child as they grow. Keep them safe and strong in the weeks, months and years ahead. Give us grace and strength through the highs and lows of caring for a new-born baby. In Jesus' name. **Amen**

**97. For Teenagers:** Lord God, I pray for my teenage son or daughter to know your goodness and provision. I pray they would place their identity in you. I ask that in the pressures of

**TEENS!**





forgive all others for what they have done against me. I renounce Satan, the evil spirits and all their works. I give you my entire self. Lord Jesus, now and forever, I invite you into my life Jesus. I accept you as my Lord, GOD and Saviour. Heal me, change me, strengthen me in body, soul and spirit. Come Lord Jesus, cover me with your precious blood, and fill me with your Holy Spirit. I love you Lord Jesu, I praise you Jesus, I thank you Jesus, I shall follow you every day of my life. **Amen.** Mary my Mother, Queen of Peace, all the Angels and Saints please help me.

**Amen**

**93. St Jude:** May the most sacred Heart of Jesus be praised, loved, adored and glorified throughout the whole world now and forever more. Most Sacred Heart of Jesus have mercy on us. Holy St Jude, helper of the desperate, pray for us. Holy St Jude apostle and martyr, pray for us. Holy St Jude great in virtue, pray for us. Holy St Jude, rich in miracle, pray for us. Holy St Jude, near kinsman of Jesus Christ, pray for us. Holy St Jude, faithful intercessor of all who invoke thee, pray for us. Holy St Jude, special patron in time of need, pray for us. I have recourse to you from the depth of my heart. I humbly beg you to whom God has given such great powers to come to my assistance and help me in my present and urgent need and grant my earnest petition ... (State your petition)

**Amen**

**94. A Girl's Prayer:** Dear God, help me today, at home, at school, at work, at play, to be



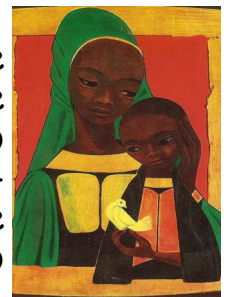
**27. Hail Holy Queen:** Hail, Holy Queen, Mother of Mercy, our life, our sweetness, and our hope! To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this vale of tears. Turn, then, most gracious advocate, your eyes of mercy toward us; and after this, our exile, show to us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary!



**28. Prayer to the Holy Spirit:** Come, Holy Spirit, fill the hearts of your faithful, and kindle in them the fire of your love. Send forth your Spirit and they shall be created, and you will renew the face of the earth.

**29. 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.

**30. 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 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.**



**31. 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.**

**32. 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.**



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



**34. 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

possess is that we might share peace with all around us. **Amen**

**89. St Anthony:** Almighty God, you have given St Anthony to your people as an outstanding preacher and a ready helper in time of need. With his help may we follow the Gospel of Christ and know the help of your grace in every difficulty. **Amen.** St Anthony, loved and honoured by the Divine child: obtain what we ask of you. St Anthony, powerful in word and work: obtain what we ask of you. St Anthony, attentive to those who invoke you: obtain what we ask of you.



**90. At your Word Lord:** God our loving father, who made us your children in baptism, pour out on us afresh the gifts of your Holy Spirit. Open our ears to hear your Word, open our hearts to you in prayer, that we may receive with ever deeper faith the Bread of life. Strengthened through these gifts make us signs of your presence to the world of today. **Amen**

**91. Christians in the Middle East:** Lord the plight of your people in the Middle East is grave. And the suffering of the Christians is terrible and frightening. Therefore, we ask you Lord to save your people from all fears and violence. Grant them patience and courage to continue to witness to their Christian values with faith, hope and charity. Lord, peace is the foundation of life; give them peace and stability; help them to live with one another without fear and anxiety, with dignity and joy. **Amen.**

**92. The Miracle Prayer:** Lord Jesus, I come before you, just as I am. I am sorry for my sins, I repent of my sins. Please forgive me. In your name, I



ness, a light of love. **Amen**

**85. Pax Christi:** We thank you for giving us your peace. Help us to spread peace at home and at school by loving and caring for one another. Help us to spread peace by listening to one another, even when we don't agree. Help us to spread peace by sharing our time with those who are lonely and who need a friend. Help us to spread peace by thinking and praying for children who have no food or who are frightened and live in fear. Let us pray every day for peace for our families, for our friends and for ourselves. **Amen**

**86. Those in Prison:** Lord Jesus Christ, you have come so that we may have life to the full, listen to our prayers for all in prison and for their families. Touched by your Spirit, may they find newness of heart and be open to that new life that is found only in you. May they know care, and receive support from those around them. May they find new purpose in serving you in their brothers and sisters. **Amen**

**St Maximilian Kolbe, pray for us.**

**87. Taize Prayer:** O risen Christ, you breathe your Holy Spirit on us and you tell us: "peace be you're". Opening ourselves to your peace—letting it penetrate the harsh and rocky ground of our hearts—means preparing ourselves to be bearers of reconciliation wherever you may place us. But you know that at times we are at a loss. So come and lead us to wait in silence, to let a ray of hope shine forth in our world. **Amen**

**88. Peace Journey (Refugees):** In your kindness, Lord, grant peace all those who are defenceless, to all who seek refuge and a home, to all harmed and broken by conflict and war. May the peace of Christ



share ourselves with you. **Amen**

**35. 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.



**36. 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 your love. **Amen**

**37. 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.**



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

**39. 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**



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

**41. 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



given us Jesus your Son to be our Good Shepherd. Help us to listen to his voice and to follow in his footsteps to holiness. May your Holy Spirit raise up in your Church men willing to be true models of Christ, who will become merciful and caring priests for your people. May Jesus the Good Shepherd guide those being called to the priesthood and give them the strength to say "yes" **Amen**

**82. New Academic Year:** God of our past, our present and our future, God of our dreams, our designs and our decisions, be love in us as we journey through this new school year. Be our inner vision, that we may see life through your eyes, be our inner hearing, that we may listen well for your call, be our inner judgement, so we may discern clearly that which gives life, promotes growth, and nurtures love. As we move into this new school year, fill us with hope and abiding trust that you dwell in us, so that, in both joy and sorrow, we radiate hope. **Amen**

**83. Reconciliation invite:** Today I let go and let God take charge of this life of mine. Now in the dark corners of my soul, His light is beginning to shine. All of the cares and worries that I have carried around for so long He has lifted them from my shoulders, and filled my heart with love. Problems that were overwhelming suddenly seem very small and come what may, starting today, I know I can handle them all. **Amen**

**84. CCS:** Dear Jesus, You are the light of the world. Let your light shine so bright in me that I may become a light for others: a light of goodness, a light of kindness, a light of happi-



for me to love and be loved. **Amen.**

**76. Help Me to Love Myself Prayer:** Dear God, thank You for Your unconditional love. Lord, help me to know myself and to love myself. If I don't feel self-worth, how can I expect someone else to cherish me? Help me to develop a healthy self-identity, remembering that I am a child of the King, created in Your image. Help me know who I really am, what I really want from life, and what I want in the person I will spend my life with. **Amen.**



**77. Prayers to begin a meeting:** Holy Spirit of the Most Holy God, you call us together as one to bring to your children the message of your everlasting love. Be with us in this meeting. We ask this in Jesus' name. **Amen**



**78. Prayer to close a meeting:** To you O God, who by the power at work in us can do far more than we dare ask or imagine, to you be glory in the Church in in Christ Jesus to all generations, now and for ever. **Amen**

**79. Starting a New School:** I'm starting a new school today Lord. I'm a bit nervous about it, but I'm excited, too. It'll be good making new friends and meeting my new teachers. I know that you'll be there for me, wherever I am. Thank you. **Amen**



**80. In the small hours Prayer:** Don't fret when you can't sleep, or worry about the next day. Draw near to God and peace will come, when you use this time to pray. Those things that have been on your mind, the worry and the care. Now in the stillness of the night, Bring them to your Father in prayer. **Amen**

**81. Call to Religious life:** Loving Father, you have



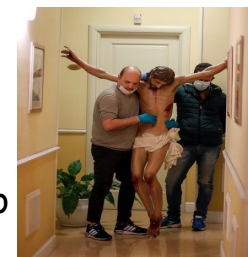
proclaim our faith by the witness of our lives. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

**42. From one who is ill or isolated** O God, help me to trust you, help me to know that you are with me, help me to believe that nothing can separate me from your love revealed in Jesus Christ



our Lord. **Amen.**

**43. For the ill:** Merciful God, we entrust to your tender care those who are ill or in pain, knowing that when ever danger threatens your everlasting arms are there to hold them safe. Comfort and heal them, and restore them to health and strength; through Jesus Christ our Lord. **Amen.**



**44. For hospital staff and medical researchers:**



Gracious God, give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure. Strengthen them with your Spirit, that through their work many will be restored to health; through Jesus Christ our Lord. **Amen.**

**45. A prayer for when a friend is ill:**

Dear God, (name of friend) is ill. They are not allowed to go to school or come over to play.



I'm sad because I miss them. They must be feeling miserable and lonely as well. Please be close to them. Be with the people who are looking after them. Help them to get better and to know that you love them. **Amen.**

**46. Prayer to St. Roch - Patron of the Sick and Pandemics:**

O most merciful God who through an angel promised St. Roch that whoever should invoke his name would be preserved from pestilence and contagious diseases. Grant that through his intercession we may be preserved from all dangers, both of soul and body, through Christ our Lord. **Amen.**



**47. A prayer remembering God is with us**

Lord God, you are always with me. You are with me in the day and in the night. You are with me when I'm happy and when I'm sad. You are with me when I'm healthy and when I am ill. You are with me when I am peaceful and when I am worried. Today I am feeling *(name how you are feeling)* because *(reasons you are feeling this way)*. Help me to remember that you love me and are with me in everything today. **Amen.**



**48. A prayer at bedtime:**



Before the end of the day, Creator of the world, we pray that you, with steadfast love, would keep your watch around us while we sleep. Tonight we pray especially for *(names family or friends)* and the people of *(people of a certain troubled place)*. Please give skill and wisdom

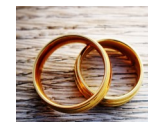
ways to bring to Your kingdom on Earth besides salaried work. Help me to make use of them for the time being so that I may continue to grow as a person for Your greater glory. **Amen.**

**73. Right Relationships Prayer**



Father, finding the right friends in high school is very difficult. It is easy to succumb to peer pressure. But Lord, you are my shepherd, I choose to listen to your voice and follow your ways. Connect me to the right friends and separate me from people who do not honour your name. Fill my friends and me with your love and help us to understand each other. Help us to forgive each other when we make mistakes and may we always build each other up. In Jesus' name, we believe and pray, **Amen.**

**74. Lead Me to the Right One Prayer:**



O God, my Provider, I pray that You will guide me into an enduring, passionate, healthy, and committed life-long relationship. Protect me from relationships that will bring harm or heartbreak. Help me to not be so giddy with excitement when I meet someone new that I overlook important details about that person which need to be brought to light. Lead me to that special person who is the one You know is best for me. **Amen.**

**75. Prayer for Wisdom:** Lord of Wisdom, be my guide as I look for love. You know I've passed through a series of dissatisfying relationships and gotten hurt a few times, and I've made a lot of mistakes. Give me Your wisdom Lord, because I don't trust myself to make the right decisions. Help me to make wise and informed decisions in finding that person who is the right fit





future.

I am out of work, and my finances are in trouble. I have made many mistakes. Help me to forgive myself and others, so that I may make amends with all concerned. Grant me peace of mind, so I can fill my life with your goodness and grace. Guide me towards a good job where I may fulfil my needs as a better and wiser person. Thank you, Lord, for listening to me and helping me today. Thank you for reminding me that you are always there to help me, as you are right at this moment. **Amen.**



### **71. Those Who Are Uncertain About The Work They Are In:**

Heavenly Father, I feel confused about life at the moment. I am not sure if I'm in the right place. Thank You that wherever I am, You have gone before. Enlighten me if I am in the right place. Help me to realize if I have to stay in this place. Bring peace and laughter if this is the right work for me. In Jesus' name, I pray, **Amen.**

### **72. Those Who Can't Find A Job**

Dear Lord, You wanted all who are weary to come to You for support. Lord, I am worn out by my inability to find a wage-earning job. Day after day, my worries and fears grow as the rejections of my applications mount. I am able and willing to work, but I cannot find a good job. Please help me to get one soon so that I can decently support myself and my family. However, if it is your will that I wait for longer,



help me to worry less and be able to take advantage of the time available to get closer to You. Let me realize that there are other



to all who are caring for them. **Amen.**

### **49. Prayer at the end of the day:**

Jesus, my God, I adore you and I thank you for the many favours you have given me today. I offer you my sleep and all the moments of this night, and I pray that you preserve me from sin. Therefore, I place myself in your most sacred side, and under the mantle of our Blessed Lady, my Mother. May the holy Angels assist me and keep me in peace, and may your blessing be upon me. **Amen.**



### **50. A prayer for the world:**

God of love and hope, you made the world and care for all creation, but the world feels strange right now. The news is full of stories. Some people are worried while others are anxious for their family and friends. Be with them and help them to find peace. We pray for the doctors and nurses and scientists, and all who are working to discover the right medicines to help those who are ill. Thank you that even in these anxious times, you are with us. Help us to put our trust in you and keep us safe. **Amen.**

**51. Short Prayer for today:** Lord help me to remember that nothing is going to happen to me today that You and I together can't handle. **Amen.**



**52. Prayer on Depression:** O Christ Jesus, when all is darkness and I feel my weakness and helplessness,

ness, give me a sense of Your presence, Your love, and Your strength. Help me to have perfect trust in Your protecting love and strengthening power, so that nothing may frighten or worry me, for, living close to You, I shall see Your hand, Your purpose, Your will through all things. **Amen.**

**53. Newman Mission:** God, you created me to do You some definite service. You have committed some work to me which You have 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. You have not created me for naught. I shall do good; I shall do Your 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 Your commandments. Therefore, I will trust You Lord, whatever I do or say. You are my rock. **Amen**



#### **54. Stations of the Cross:**

Walk around the stations

We adore You, O Christ, and we praise You. (Genuflect)  
Because, by Your holy cross, You have redeemed the world. (Rise)

mercy for our beloved dead Who have gone before us with the sign of faith And sleep the sleep of peace. **Amen**

**67. New Car Prayer:** Bless this vehicle which enables us to move about more safely and rapidly. We ask that Your holy angels may always shield its passengers and keep them safe from accidents. Watch over those who drive this car, and those allowed to drive it, may they drive safely and with care. May it be a joy to him and a help to the needy. May the engine run smoothly and the brakes always work.

**Amen**

**68. Prayer for a new home:** Lord, be close to your friends who move into this new home and who ask for your blessing. Be their shelter when they are at home, their companion when they are away, and their welcome guest when they return. And at last receive them into the dwelling place you have prepared for them in your Father's house, where you live for ever and ever.

**Amen.**

**69. A Prayer To Find Employment:** Dear God, Be with me today in finding employment. Lead me to work that I love, and that has value. Guide me to a place with an atmosphere of respect and cooperation. Lead me to a safe and happy environment. Oh Lord, help me find work that can fulfil me mentally and financially. In Jesus' name, I pray. **Amen.**

**70. A Prayer For Job Those Who Have Lost Their Jobs:** Lord, I am coming to you today with a heavy heart, filled with regret over the past, and anxiety for the



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**

**62. Peace Prayer:** Lord, Give us peace in our homes, workplaces, country and world. Put an end to aggression and violence. Whenever possible, help me to be a peace-maker. **Amen**



**63. Help me to Pray:** Loving Lord, I don't always feel ready to welcome everyone you put in my path. Sometimes I would prefer to run in the opposite direction. Help me to have an open heart and to see you in the people who are part of my life. **Amen**



**64. Family:** Loving Lord, I thank you for my family. Help us to grow closer to you and to each other at every moment of every day. **Amen.**

**65. Harvest:** Lord of life, at this time of year, farmers and gardeners wait anxiously to see if they will produce a good harvest. Bless all those who wait expectantly for their crops, even if only for a few tomatoes or lettuces in the garden. **Amen.**



**66. Our Lady of Willesden**



O Immaculate Queen, Our Lady of Willesden, We consecrate ourselves, all we have and are to you forever. Make your Shrine glorious as of old. Bring pilgrims to worship at it. Convey theirs and our prayers to God in your own hands. Pray for us all. Pray for the conversion of all people to your Divine Son. And obtain pardon and

1st Station: Pilate Condemns Jesus to Die

2nd Station: Jesus Accepts His Cross

3rd Station: Jesus Falls the First Time

4th Station: Jesus Meets His Mother

5th Station: Simon Helps Jesus Carry the Cross

6th Station: Veronica Offers Her Veil to Jesus

7th Station: Jesus Falls the Second Time

8th Station: Jesus Speaks to the Women

9th Station: Jesus Falls the Third Time

10th Station: Jesus Is Stripped of His Garments

11th Station: Jesus Is Nailed to the Cross

12th Station: Jesus Dies Upon the Cross

13th Station: Jesus Is Taken Down from the Cross

14th Station: Jesus Is Placed in the Sepulchre

15th Station: The Resurrection

**55. Spiritual Communion Prayer:** My Jesus, I



believe that you are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You in my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. **Amen.**

**56. A Prayer of Solidarity:** For all who

have contracted coronavirus, We pray for care and healing. For those who are particularly vulnerable, We pray for safety and protection. For all who experience fear or anxiety, We pray for peace of mind and spirit. For affected families who are facing difficult decisions between food on the table or public safety, We pray for policies that recognize their plight. For those who do not have adequate





health insurance, We pray that no family will face financial burdens alone. For those who are afraid to access care due to immigration status, We pray for recognition of the God-given dignity of all. For our brothers and sisters around the world, We pray for shared solidarity. For public officials and decision makers, We pray for wisdom and guidance. Father, during this time may your Church be a sign of hope, comfort and love to all. Grant peace. Grant comfort. Grant healing. Be with us, Lord. **Amen.**



I shall pass through this world but once. Any good therefore that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.

**57. Angelus:** The Angel of the Lord declared to Mary: And she conceived of the Holy Spirit.



*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.*

Behold the handmaid of the Lord: Be it done unto me according to Thy word.

Hail Mary...

And the Word was made Flesh: And dwelt among us.

Hail Mary...

Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same



Christ Our Lord. **Amen.**

**58. Prayer to the Guardian Angel:**

Angel sent by God to guide me, be my light and walk beside me; be my guardian and protect me; on the paths of life direct me.



**Amen**

**59. Eternal Rest:** Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.



May the souls of the faithful departed, through the mercy of God, rest in peace.

**Amen.**

**60. Canticle of the Sun:** Be praised, my Lord, For all your creatures, And first for brother sun, Who makes the day bright and luminous. He is beautiful and radiant with great splendour. He is the image of You, Most high.



Be praised, my Lord, for sister moon and the stars. You placed them in the sky, so bright and twinkling. Be praised, my Lord, through Brothers Wind and Air, and clouds and storms, and all the weather, through which You give Your creatures sustenance.

Be praised, my Lord, through Sister Water; she is very useful, and humble, and precious, and pure. Be praised, my Lord, through Brother Fire, through whom You brighten the night. He is beautiful and cheerful, and powerful and strong. Be praised, my Lord, through our sister Mother Earth, who feeds us and rules us, and produces various fruits with coloured flowers and herbs. **Amen**

**61. Holy Spirit Prayer of St Augustine:**



Breathe in me, O Holy Spirit, That my thoughts may all be holy. Act in me, O Holy