

*Treasury  
of  
Prayers*

Dear Reader,

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

If you find these prayers helpful please tell others about them. They can be found on our parish website:  
[www.ascensioncatholic.net](http://www.ascensioncatholic.net).  
See homepage Fr. Tobin's writings.

In Christ,



Fr. Eamon Tobin  
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## Two Morning Prayers

Father, Son and Holy Spirit,  
I come into your loving presence  
with gratitude for another day.  
I thank you for the blessings in life  
that I tend to take for granted;  
food, shelter, health, family,  
work and faith in you.

May I live this day in a manner  
that pleases you,  
and helps me to become the person  
you created me to be.  
Help me to recognize  
and respond generously  
to the promptings of the Holy Spirit  
in the events and encounters of this day.  
May I live this day with the dispositions  
of heart that reflect the values of Jesus,  
love, truth, compassion, mercy,  
justice and kindness.  
When decisions need to be made,  
help me to choose well.  
When asked to walk the extra mile,  
grant me generosity of heart.  
Protect me from the false ways  
of the Evil One  
and help me to live in your truth.  
Expand my capacity for love and joy.  
In all things, may I give you honor  
and glory. Amen.

Fr. Eamon Tobin

(2)

I thank you, Lord,  
for the wonder of my being,  
for giving me another day to love  
and serve you,  
And enjoy the awesome beauty  
of your creation.  
May I often think of you during this day  
Inspire everything that I say and do.  
May it all begin from you  
And with your unfailing help,  
be carried through for your glory;  
through Christ our Lord. Amen.

## Day 1

### Prayer for Guidance

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

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

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

## Day 2

### Prayer to Radiate Christ

Jesus, help me to spread your  
fragrance everywhere I go today;  
Flood my soul with your spirit and  
life;  
Penetrate and possess my whole  
being so utterly that all my life  
may only be a radiance of yours.

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

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

### Breathe on Me, O God

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

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

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

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

Liturgy of the Hours

## Day 3

### Prayer for God's Mercy

Almighty Lord God,  
your glory cannot be approached,  
your compassion knows no  
bounds,  
your love for all mankind is  
beyond human expression.  
In your mercy look on me and on all  
your people;

do not leave me to my sins,  
but deal with me according to your  
goodness.  
Guide me to the haven of your will,  
and make me truly obedient to  
your commandments,  
so that I may not feel ashamed  
when I come before your  
judgment seat.  
For you, God, are good and ever-  
loving.  
We glorify you, Father, Son, and Holy  
Spirit, now and forever, to the  
ages of ages. Amen.

#### **Day 4**

##### **Prayer for Family Unity**

Lord Jesus, with Mary and Joseph,  
you lived in a family;  
Teach me to appreciate the gift  
of being part of a family.  
Show me ever new ways of  
protecting and comforting those  
closest to me; and, each day, let  
me do something that will say 'I  
love you' without speaking those  
words.  
Let me never part from any of my  
family in anger; prompt me  
always to turn back without delay  
to forgive and to be forgiven.  
Let me see your image in my family,  
in each of them, and in my larger  
family too, knowing that, in your  
kingdom, we will be truly one  
family, united by your sacrifice  
on the cross. Amen.

#### **Day by Day**

Thank you, Lord Jesus Christ,  
for all the benefits and blessings  
you have given me,  
for all the pains and insults you  
have borne for me.  
Merciful Friend, Brother and  
Redeemer,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day.

St. Richard of Chichester

#### **Day 5**

##### **For People who are Hurting**

I bring before you, O Lord, the  
troubles and perils of people and  
nations, the sighing of prisoners  
and captives, the sorrows of the  
bereaved, the necessities of  
strangers, the helplessness of the  
weak, the despondency of the  
weary, the failing powers of the  
aged.  
O Lord, draw near to each, for the  
sake of Jesus Christ our Lord.  
Amen.

#### **Day 6**

##### **Prayer for Healing the Family Tree**

[Many families are cursed with the sins  
and wounds of their ancestors, e.g.,  
alcoholism, suicide, various physical and  
mental diseases. Hence, our need to pray

for the healing of our Family Tree. Many individuals have through prayer been able to break the curse and heal wounds inflicted on their family.]

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

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

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

Heal me, Lord, of all these disorders.

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

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

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

By your loving concern for us, Heavenly Father, and by the shed blood of your precious son, Jesus,

I beg you to extend your blessing to me and to all my living and deceased relatives.

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

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

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

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

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

Let your healing power be released at this very moment, and let it continue as long as your sovereignty permits.

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

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

All of our unknown needs we include  
with this petition that we pray in  
Jesus' precious Name. Amen.  
Rev. John H. Hampsch, CMF

## Day 7

### Just for Today

My life is but an instant, a passing  
hour.  
My life is but a day that escapes and  
flies away.  
O my God! You know that to love you  
on earth I only have today.  
Lord, what does it matter if the future is  
gloomy?  
To pray for tomorrow, oh no, I cannot!  
Keep my heart pure, cover me with  
your shadow just for today.  
O divine Pilot! Whose hand guides me,  
I'm soon to see you on the eternal  
shore.  
Guide my little boat over the stormy  
waves in peace, just for today.  
Amen.

### Prayer of Love

I love you, O my God, and my only  
desire is to love you until the last  
breath of my life.  
I love you, O my infinitely lovable  
God, and I would rather die loving  
you, than live without loving you.  
I love you, Lord, and the only grace I  
ask is to love you eternally.  
My God, if my tongue cannot say in  
every moment that I love you, I  
want my heart to repeat it to you as  
often as I draw breath. Amen.  
St. John Vianney

## Day 8

### A Mystic's Prayer

You, Eternal Trinity, are a sea so  
deep that the more I enter in, the  
more I find; and the more I find,  
the more I seek of you; for when  
the soul is satisfied in your abyss,  
it is not satisfied, but it ever  
continues to thirst for you, Eternal  
Trinity, desiring to behold you  
with the light of your light.  
As the heart desires the springs of  
living water, so does my soul  
desire to leave the prison of this  
dark body and to behold you in  
truth.  
O how long shall your face be hidden  
from my eyes?  
O abyss, O eternal Godhead, O deep  
sea! Clothe me with yourself,  
Eternal Trinity, so that I may run  
this mortal life with true  
obedience, and with the light of  
your most holy faith. Amen.

St. Catherine of Siena

## Day 9

### Prayer for Self-Acceptance

My God, Jesus revealed you as a  
waiting Father, full of compassion  
and love, ever willing to welcome  
anyone who turns to you.  
I believe that you accept me just as I  
am; help me to accept myself.  
I believe that your arms are open to  
receive me; help me to cast  
myself into them.

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

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

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

Elizabeth Ruth Obbard

### **Prayer for Respect for Human Life**

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

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

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

For those who are mentally disabled,  
that we might cherish the gifts  
God has given them, and in their  
lives hear the voice of our loving  
God.

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

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

## **Day 10**

### **When Fearful**

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

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

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

Amen.

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

Lord Jesus, grant that I and my  
spouse may have a true and  
understanding love for each other.

Grant that we may both be filled with  
faith and trust.

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

May we always bear with one  
another's weaknesses and grow  
from each other's strengths.

Help us to forgive one another's  
failings and grant us patience,  
kindness, cheerfulness, and the  
spirit of placing the well-being of  
one another ahead of self.

May the love that brought us together  
grow and mature with each  
passing year.

Bring us both closer to you through  
our love for each other.  
Let our love grow to perfection.  
Amen.

### **Day 11**

#### **When Feeling Spiritually Dry**

Dear Lord, in the midst of much  
inner turmoil and restlessness,  
there is a consoling thought:  
maybe you are working in me in a  
way I cannot yet feel, experience  
or understand.  
My mind is not able to concentrate  
on you; my heart is not able to  
remain centered, and it seems as if  
you are absent and have left me  
alone.  
But in faith I cling to you.  
I believe that your Spirit reaches  
deeper and further than my mind  
or heart, and that profound  
movements are not the first to be  
noticed.  
Therefore, Lord, I promise I will not  
run away, not give up, not stop  
praying, even when it all seems  
useless, pointless, and a waste of  
time and effort.  
I want to let you know that I love you  
even though I do not feel loved by  
you, and that I hope in you even  
though I often experience despair;  
let this be a little dying I can do  
with you and for you as a way of  
experiencing some solidarity with  
the millions in this world who  
suffer far more than I do. Amen.

Fr. Henri Nouwen

### **Prayer of Trust**

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

St. Francis de Sales

### **Day 12**

#### **God As My First Love**

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

(Adapted from George Appleton)

### **Day 13**

#### **For a Generous Spirit**

Lord, teach me to be generous.  
Teach me to serve you as you deserve;  
to give and not to count the cost;  
to fight and not to heed the  
wounds;  
to toil and not to seek for rest;  
to labor and not to ask for reward;  
except to know that I am doing  
your will.

St. Ignatius of Loyola



## **Prayer before Meditation**

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

George Appleton

## **Day 14**

### **I Have a Mission**

God has created me to do Him some  
definite service.  
He has committed some work to me  
which He has not committed to  
another.  
I HAVE A MISSION;  
I may never know it in this life  
but I shall be told it in the next.  
I AM A LINK IN A CHAIN,  
a bond of connection between  
persons.  
He has not created me for naught.  
I shall do good; I shall do his  
work; I shall be an angel of peace;  
a preacher of truth in my own place  
while not intending it, if I do but  
keep his commandments  
THEREFORE I WILL TRUST HIM.  
Whatever I am, I can never be  
thrown away.

If I am in sickness, my sickness may  
serve Him.  
In perplexity, my perplexity may  
serve Him.  
If I am in sorrow, my sorrow may  
serve Him.  
HE DOES NOTHING IN VAIN;  
He knows what he is about;  
He may take away my friends  
He may throw me among strangers  
He may make me feel desolate, make  
my spirits sink, hide my future  
from me—still  
HE KNOWS WHAT HE IS ABOUT.  
John Cardinal Newman

## **Prayer for One's Home**

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

## **Day 15**

### **To be Filled with God**

O Divine One,  
to thee I raise my whole being,  
a vessel emptied of self.  
O Accept, gracious God,  
this my emptiness, and so fill me  
with thyself, thy light, thy love,  
thy life,  
That these thy precious gifts may  
radiate through me and overflow  
the chalice of my heart into the  
hearts of all those with whom I  
come in contact this day,

revealing unto them the beauty of thy joy and wholeness and the serenity of thy peace, which nothing can destroy. Amen.

### **Openness to God's Will**

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

Philaret of Moscow

### **Day 16**

#### **For the Aged**

Eternal Father, you who are unchanged down the changing years, be near to the aged.  
Even though their bodies weaken, grant that their spirit may be strong;

May they bear weariness and affliction with patience, and, at the end, meet death with serenity, through Christ our Lord. Amen.

Pope Paul VI

### **Prayer for a Giving Heart**

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

### **Day 17**

#### **Prayer to the Holy Spirit**

Holy Spirit, let your gracious love and presence descend upon us, so that no unchaste thought may corrupt the souls which you have ordained for your praise, no unchaste actions defile the bodies which are temples of you.  
Grant that, our hearts being filled with love of you, we may be enabled to overcome the temptations of this present life, and finally be made partakers of the glories of the world to come, through Jesus Christ our Lord.  
Amen.

## **Prayer of Native Americans**

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

I am small and weak.

I need your strength and wisdom.

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

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

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

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

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

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

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

### **Day 18**

#### **When Seeking Direction**

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

I do not see the road ahead of me.

I cannot know for certain where it will end.

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

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

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

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

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

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

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

Thomas Merton

#### **Prayer for the United States**

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

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

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

Grant our supplication, we beseech you, through Jesus Christ our Lord. Amen.

## Day 19

### Prayer for Employment

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

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

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

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

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

Grant this through Christ, our Lord. Amen.

## Day 20

### Prayer for Priests and Vocations

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

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

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

Protect and guard your priests from false and sinful ways.

Keep them in your truth.

Help them to grow in holiness.

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

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

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

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

Amen.

## Day 21

### Prayer for Christian Unity

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

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

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

Look with compassion on the souls of those who have been born in one or another of these various denominations, and bring them all

into that one communion which  
you willed from the beginning.  
Amen.

## Day 22

### Prayer for Faith, Hope and Charity

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

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

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

### Prayer for World Peace

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

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

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

## Day 23

### Prayer for Healing

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

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

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

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

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

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

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

Barbara Ryan

### For Trust And Confidence In God

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

Open my eyes. Open my heart.  
Enable me to take the leap of faith  
that is needed now.  
Holiness isn't a matter of starting to  
love you some time in the future,  
or even tomorrow.  
I don't have to wait until I become a  
better person, more worthy, more  
virtuous.  
It's a matter of trusting in your mercy  
today, just as I am.  
You showed this to the saints; show  
me, too, and give me a spirit of  
great confidence.  
I ask this through your beloved Son,  
our merciful Saviour. Amen.  
Elizabeth Ruth Obbard

#### **Day 24**

##### **Prayer to our Blessed Mother**

Mary, Mother of Jesus and Mother of  
Mercy, since Jesus from the Cross  
gave you to me, I take you as my  
own.  
And since Jesus gave me to you, take  
me as your own.  
Make me docile like Jesus on the  
Cross, obedient to the Father,  
trusting in humility and in love.  
Mary, my Mother, in imitation of the  
Father who gave his Son to you, I  
too give my all to you; to you I  
entrust all that I am, all that I have  
and all that I do.  
Help me to surrender ever more fully  
to the Spirit.  
Lead me deeper into the Mystery of  
the Cross, and the fullness of  
Church.

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

##### **Prayer to St. Joseph**

O blessed Joseph, faithful guardian  
of my Redeemer, Jesus Christ,  
protector of thy chaste spouse, the  
Virgin Mother of God, I choose  
thee this day to be my special  
patron and advocate and I firmly  
resolve to honor thee all the days  
of my life.  
Therefore I humbly beseech thee to  
receive me as thy client, to  
instruct me in every doubt, to  
comfort me in every affliction, to  
obtain for me and for all the  
knowledge and love of the Heart  
of Jesus, and finally to defend and  
protect me at the hour of my  
death. Amen.

#### **Day 25**

##### **Prayer of Abandonment**

Father, I abandon myself into your  
hands; do with me as you will.  
For whatever you do, I thank you;  
I am ready for all, I accept all.  
Let your will be done in me as in all  
creatures; I ask nothing else.  
Into your hands I commend my soul;  
I give it to you with all the love of  
my heart.  
I love you and I want to give myself  
into your hands with a trust  
beyond all measure because you  
are my Father.

Charles de Foucauld

## **Prayer to the Holy Spirit**

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

St. Augustine

## **Day 26**

### **Prayer of Surrender**

Lord Jesus, I give you my hands to  
do your work.  
I give you my feet to go your way.  
I give you my eyes to see as you see.  
I give you my tongue to speak your  
words.  
I give you my mind that you may  
think in me.  
I give you my spirit that you may  
pray in me.  
Above all, I give you my heart that  
you may love in me—love the  
Father and all humanity.  
I give you my whole self that you  
may grow in me, so that you,  
Lord, may be the one who lives,  
and works, and prays in me.  
Amen.

### **Prayer of a Good Steward**

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

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

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

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

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

## **Day 27**

### **For a Magnanimous Spirit**

God, keep me from smallness of  
mind.

Let me be big in thought, word and  
action.

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

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

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

Let me take time for things.

Help me grow calm, peaceful and  
gentle.

Teach me to put my good intentions  
into action.

Teach me to be straightforward and  
fearless.

Grant that I may realize that it is the small things in life that separate us, and that in the big things of life we are one. Amen.

### **Prayer for a Godly Spirit**

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

### **Day 28**

#### **Prayer of Serenity**

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

#### **Prayer for a Godly Heart**

Give me, O Lord, a steadfast heart, which no unworthy affection may drag downwards.

Give me an unconquered heart, which no tribulation can wear out.  
Give me an upright heart, which no unworthy purpose may tempt aside. Amen.

St. Thomas Aquinas

### **Day 29**

#### **Prayer of Micah (6:7)**

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

#### **Protection from Negative Attitudes**

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



May I have the patience to wait for  
your purposes to work out.  
This I ask for your love's sake.  
Amen.

William Barclay

### Day 30

#### Prayer of Surrender

Take and receive, Lord, all my  
liberty, my memory, my  
understanding and my will, all  
that I have and own.  
You gave them to me; to you, Lord, I  
return them.  
They are all yours; do with them  
what you will.  
Give me your love and your grace;  
these are enough for me; then I  
am rich enough.  
I do not ask anything more. Amen.  
St. Ignatius Loyola

#### For Those Suffering Affliction

Be merciful, Lord, to all our brothers  
and sisters who suffer any kind of  
persecution or affliction, whether  
in mind or body, especially those  
who suffer for your name and  
gospel;  
Give them patience, constancy and  
steadfast hope until you send  
them full and good deliverance of  
all their troubles. Through Jesus  
Christ our Lord. Amen.

### Day 31

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

Lord, we do not know what we  
should ask of you, but you already  
know what we need.  
You love us better than we know  
how to love ourselves.  
Father, give to us, your children, that  
which we do not know how to  
ask.  
We have no desire other than to do  
your will.  
Teach us to pray. Pray in us.  
In Jesus' name. Amen.  
Francois de la Mother Fenelon

#### Pray to the Sacred Heart

Heart of Jesus, full of goodness and  
love,  
Heart of Jesus, burning furnace of  
charity,  
Heart of Jesus, burning with love for  
me,  
Inflame my heart with love for Thee  
and for those around me.  
Pour into us, O Lord, the spirit of thy  
love.  
From anger and hate and from all  
evil wishes, O Lord deliver us.  
Amen.