

Prayers & Reflections

An Everyday Spiritual Companion



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 **MISSIO**
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Missio Ireland is the Pope's official charity
for overseas mission.

The Praying Hands

Two brothers dreamed of going to art school. Their father couldn't afford to send them so, in love, they agreed a plan: one would go while the other would support him; then they would change places. It all came down to the toss of a coin as to who would go first. Albrecht Durer (1471-1528) won, and went to the Academy in Nuremberg.

To fulfill his part of the bargain, Albert went down into the nearby mines and worked to finance his brother's study. Meanwhile Albrecht quickly impressed his teachers. His etchings, his woodcuts and his paintings were a sensation and, even by the time he graduated, he had established his reputation.

Faithful to his promise, Albrecht returned home to remind his beloved brother that it was now his turn to fulfill his ambition and that he, Albrecht, would support him. In tears, however, Albert told his brother that it was now too late for him: four years of toil in the mines had so badly damaged his hands that he could never be an artist.

To honour Albert for all that he had sacrificed on his behalf, Albrecht drew his brother's damaged hands with palms together and thin fingers stretched heavenward. He called his drawing simply *Hands*, but his great masterpiece, his tribute of love, would become known as *The Praying Hands*.

Morning Prayer

Facing a New Day

Jesus, Son of David,
You give us the light of day.
May You bring our souls safely
to the city of grace.

To My Guardian Angel

Guardian Angel,
sent by God to guide me,
be my light
and walk beside me.

The Promise of God

God has promised
Strength for the day,
Forgiveness for failure,
Light for the way,
Grace for the trials,
Help from above,
Unfailing sympathy
Undying love.

Life

Lord, I exist because of you.
I thank you for the precious gift of life.
Today I want to live better than yesterday.

Protection

Deliver me, Lord from every evil
and grant me peace during this day.
In your mercy keep me free from sin
and protect me from all anxiety.

Another Day

Thank you Lord for
the gift of another day.
I leave this day in your hands.
I do not fear as you are beside me
to give me victory over
my problems and cares.

Prayer for Serenity

God grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Daily offering

Loving Father, I offer you this day,
my thoughts, words and deeds,
my joys and sufferings
for the spread of the Gospel.

Mercy

Lord Jesus, be merciful to me, a sinner.

Let His Face Shine

May the Lord bless me.

May the Lord keep me safe.

May the Lord let his face shine on me
and be gracious to me.

May the Lord fill me with courage and peace.

Trust

If today I am tempted, in trouble or in distress,

Lord answer me when I call.

In you alone, can I place my trust.

Prayer at the beginning of the Day

I lift these hands, dear God, to You,
in praise and thanks for all you do.

You light the path through all my days
and bless me with your loving ways.

I lift these hands dear God, to You,
in troubled hours when joys are few.

You bear me up on eagles' wings and see
me through each test life brings.

I lift these hands, dear God, to You,
please grant me wisdom, patience, too.

Then fill my heart with love and caring,
precious gifts you've made for sharing.

Emily Matthews

Especially for you

May your life hold many blessings
and may you always find
the comfort of eternal life
to give you peace of mind.
May there be joy within your home
and hope within your heart
the warmth of happy memories
to play their special part.
May you have
inner strength and faith
to light you through each day
and love be always close to you
to guide you on your way.

Iris Hesselden

Thinking of You

This morning, when I wakened
and saw the sun above, I softly said
"Good morning Lord, bless everyone I love".
Right away, I thought of you and
said a loving prayer, that He would bless you
specially and keep you free from care.
I thought of all the happiness a day
could hold in store;
I wished it all for you because
no one deserves it more.

Welcome Morning

There is joy in all:
in the hair I brush each morning,
in the towel, newly washed,
that I rub my body with each morning,
in the basket of eggs I cook each morning,
in the outcry from the kettle that heats my coffee
each morning,
in the spoon and the chair
that cry "hello there, Anne," each morning,
in the godhead of the table
that I set my silver, plate, cup upon
each morning.
All this is God,
right here in my pea-green house each morning
and I mean, though often forget,
to give thanks, to faint down by the kitchen table
in a prayer of rejoicing
as the holy birds at the kitchen window
peck into their package of seeds.
So while I think of it,
let me paint a thank-you on my palm
for this God, this laughter of the morning,
lest it go unspoken.
The joy that isn't shared, I've heard,
dies young.

Anne Sexton

Growing in Faith

Presence

Spirit of the Living God, fall afresh on me.
I need your presence within.
Guide me to know what I should do
and grant me the power to do it.

Comforter

Holy Spirit, may I never be so self satisfied,
so self assured, so proud, so narrow minded
that I do not turn to you as comforter.

Gifts

With your gifts, O Spirit, my heart please fill.
Bend my stubborn heart and will.

Renewal

Purify, O Lord,
by the fire of the Holy Spirit,
my body and mind,
so that I may serve you
with a renewed heart.

Love

Lord, put your thoughts in my mind,
your words on my lips,
your love in my heart.

Request

Lord, three things I pray:
to know you more clearly,
to love you more dearly,
to follow you more nearly.

Magnificat

The Almighty works marvels for me.
Holy is his name.
He fills the starving with good things
but sends the rich away empty.

Come Holy Spirit

Come Holy Spirit,
fill me with your gifts of
wisdom and understanding.
May I know the will of God
in all my undertakings
and receive the strength to carry it out.

Light

Lord, you are the light of the world.
May your light shine through me.

Prayer for the Synod: Adsumus, Sancte Spiritus

We stand before You, Holy Spirit
as we gather together in Your name.

With You alone to guide us,
make Yourself at home in our hearts;
teach us the way we must go
and how we are to pursue it.

We are weak and sinful;
do not let us promote disorder.
Do not let ignorance
lead us down the wrong path
nor partiality influence our actions.

Let us find in You our unity
so that we may journey together to eternal life
and not stray from the way of the truth
and what is right.

All this we ask of You,
who are at work in every place and time,
in the communion of the Father and the Son,
forever and ever. Amen

Act of Faith

O Lord, I can't; you can;
please do. Amen.

Mother Teresa

In Sickness & Need

Healing

Lord, I want to be well and strong.
If it is your will that my illness continues,
help me bear it with patience.

Strength

Lord, in you, may I find
strength when I am weak,
protection when frightened.
Turn my anxiety into joy.

Terminal Illness

Lord, you have made me for yourself
and my heart is restless until it rests in you.
I await my final call in patience and hope.

Before Surgery

Lord, you are the Divine Healer.
Give success to the hands of the surgeon
and to all who assist.
Renew my health as I place myself
in your loving care.

Healing

Lord, healer of souls and bodies,
heal me now and save me.

In Recovery

Lord, may I always remember to thank you.
May I be a little bit better each day.
Continue your healing power within me.
Bless those who care for me.

In Pain

Lord, you yourself have suffered.
Take my suffering, fill it with your presence
and unite it with yours.

Serious illness

I pray for those who are seriously ill,
and for those who are dying.
Give them reconciliation and peace.
I pray for their carers.
Give them peace and compassion.

While Ill

Lord, I place myself in your loving care.
Send me consolation in my sorrow,
courage in my fear, and healing in my illness.
May I accept whatever lies ahead.

Restored Health

Lord, thank you for my restored health
and once again reunited with family and friends.
Keep me focused on what is essential in life.

A Soldier's Prayer

Look God, I have never spoken to you –
You see, God, they told me you didn't exist
and like a fool, I believed all of this.
Last night from a shell-hole I saw your sky –
I figured right then they had told me a lie.
Had I taken the time to see the things you made
I'd have known that they weren't calling
a spade a spade.

I wonder, God, if you'll shake my hand.
Somehow, I feel that you will understand.
Funny, I had to come to this hellish place
before I had time to see your face.

Well, I guess there isn't much more to say.
But I'm sure glad, God, I met you today.
I guess the Zero Hour will soon be here,
but I'm not afraid since I know you are near.

The signal! Well, God, I'll have to go.
I like you a lot, this I want you to know.
Look now, this will be a horrible fight,
who knows, I may come to your house tonight.

Though I wasn't friendly with you before,
I wonder God, if you'd wait at your door.
Look, I am crying – me shedding tears,
I wish I'd known you these many years.
Well, I have to go now. God, goodbye,
strange since I met you, I'm not afraid to die.

Footprints

I walked the road of sorrow
A road so dark with pain
So lonely, I was certain
My cry for help was in vain.

But suddenly around me
Were beams of light, stretched wide;
And then I saw that someone
Was walking by my side.

And when I turned to notice
The road which I trod,
I saw two sets of footprints
My own ... and those of God.

Compassion

Lord, may my smile be sunlight for others.
May my words heal the broken heart.
Help me show your compassion
to strangers and to those in need.

Presence

Christ be with me,
Christ before and behind me,
Christ beneath and above me,
Christ on my right and on my left,
Christ in the heart of those who care for me.

Special Prayers

Prayer to Our Lady of Knock

Our Lady of Knock, Queen of Ireland,
you gave hope to your
people in time of distress
and comforted them in sorrow.
You have inspired countless pilgrims
to pray with confidence to your divine Son,
remembering His promise,
"Ask and you shall receive,
seek and you shall find".
Help me to remember that
we are all pilgrims
on the road to heaven.
Fill me with love and concern
for my brothers and sisters in Christ,
especially those who live with me.
Comfort me when I am sick,
lonely or depressed.
Teach me how to take part
ever more reverently
in the Holy Mass.
Give me a greater love of Jesus
in the Blessed Sacrament.
Pray for me now and
at the hour of my death.
Amen.

Prayer of the Missionary Disciples

O Risen Lord, walk with us
on our paths of suffering.
As missionary disciples,
open our eyes.
Enlighten them with hope
for a new beginning.

Bread of the pilgrims
come into our home
when night falls.
Open our whole being to your grace
and stay with us always!

Most Loving and Holy Presence of Jesus,
make our hearts burn and rejoice
filled with your Fire and Light,
brightening our way.

We will go out, all together,
as enthusiastic witnesses of the Mission
to announce the good news
of your Gospel to all nations!

O Risen Lord, stay with us!
On the way, walk with us!
Make your hearts burn and rejoice!

*Fr Yoland Ouellet OMI
Missio Director, Canada*

Prayer to St Brigid

You were a woman of peace.
You brought harmony where there was conflict.
You brought light to the darkness.
You brought hope to the downcast.
May the mantle of your peace
cover those who are troubled
and anxious, and may peace be firmly
rooted in our hearts and in our world.
Inspire us to act justly
and to reverence all God has made.
Brigid you were a voice
for the wounded and the weary.
Strengthen what is weak within us.
Calm us into a quietness
that heals and listens.
May we grow each day
into greater wholeness
in mind, body and spirit.
Amen

Family

Lord, bless my family,
those who are near and those afar.
Keep them safe from danger.
Help me to love them unconditionally.

Prayers for those Preparing for Examinations

Prayer for Students preparing for Examinations

Let us pray for all students
undergoing examinations:
Lord, pour out your Spirit of Wisdom
on these students:
help them to remain calm,
to attend carefully to the questions asked,
to think clearly,
to remember accurately,
and to express themselves well.
Grant that they may reflect on
the best of the work they have done
and the best of the teaching they have received.
Accept their best efforts in these examinations
and in the great test of life on earth.
May your love be upon them, O Lord,
as they place all their trust in you.
We ask this through Christ our Lord.
Amen

Taken from
The Veritas Book of Blessing Prayers

Parents' Prayer for those preparing for examinations

Divine Father, I give thanks to you
for the gift of wisdom and honour
you have blessed my children with.
Thank You for the life of the teachers
that you caused to have genuine interest
in seeing to the success and breakthrough
of our children and youths.
God, we are consciously full of appreciation
for all you have done over these young ones.
Your love is stronger than wine,
your mercies greater than the heaven
and your sweet compassion
an unending flow towards my very existence.
I ask that you bless my children
with strength and wisdom
making them excel greatly in the exam.

Prayer for success at my exam

Father, please clear my mind and
give me the understanding and knowledge
that comes only from you.
Bless me as I take this exam
and bring the information that I've studied
to mind when it is needed in this exam.
Grant me favour as I begin this test.
I ask this in Jesus' name.

Night Prayer

Contrition

Lord, for the good I should have done
and did not do, I ask your mercy.
Do not forget me now,
or at the hour of my death.

Forgiveness

Lord be with me as I sleep.
Fill the secret places of my heart with your love.
Heal every hurt done to me.
Heal every hurt I have caused to others.
Remove any bitterness from my heart.
Forgive me as I forgive others.

Care

Lord, before I sleep,
I entrust my loved ones to your care.
I know your love for them
is greater than my own.

No Grudge

Lord, before I sleep,
may I bear no grudge in my heart.
Bless all those I have met with today.
Heal broken bonds of friendship
and drive pettiness and bitterness away.

Sleep

Before I reach the end of the day,
Creator of the world, I pray that in your mercy,
you will keep a shield around me as I sleep.

Circle

Circle me, O Lord,
keep peace within and fear without.
Circle me, O Lord,
keep trust within and doubt without.
Circle me, O Lord,
keep light within and darkness without.

Rest

Lord, thank you for your presence today.
When my work is done, grant me safe lodging
and true peace at last.

Always

Lord, may I speak always
as if it were my last word.
May I act always
as if it were my last deed.
May I pray always
as if it were my last prayer.

Commendation

Into your hands, Lord, I commend your spirit.

India

In Calcutta, former place of work of Holy Mother Teresa, great progress has been made. Nevertheless many families still live in abject poverty and unimaginable suffering. The tracks of the railway share realities of life. Ward 58 is one of Calcutta's notorious slums, where people live in the middle of the tracks. A mother lovingly takes care of her baby. But the child was born into an environment of need and poverty. Without the intervention of missionaries on the ground, their future offers little hope.

People who live in Ward 58 live hand to mouth - they eke out an existence in whatever way they can. They often only have one euro a day to get by. They live in makeshift shacks where they are exposed to wind and weather and where rats and vermin thrive. Building has commenced on simple, clean apartments for the local people.

The local children's education is also being prioritised. But there is hope: even in the desolate slums, people are not left alone. The Caritas of Calcutta is active in the slums and offers schools for children and education for parents. This increases their income and with it the chance of a life in dignity. In addition, the Salesians of Don Bosco are building brick shelters in the slums. For the first time, people have a roof over their heads and solid ground under their feet.



Leave a legacy
that'll live for
generations

By remembering Missio Ireland at this time or in your will, you will help build and protect the future of our Church for generations to come.

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