

*If you know of someone who needs your prayers ...*

Lord, I pray for... (and ...) who need(s) to experience your (love, protection, healing etc.). Be with them and all who need your help at this time. Give them courage, may they know your love for them, may they experience that deep peace that only you can give and may they know your presence beside them. Amen

Watch, dear Lord, with those who wake, or watch, or weep tonight, and give your angels charge over those who sleep. Tend your sick ones, Lord Christ. Rest your weary ones. Bless your dying ones. Soothe your suffering ones. Pity your afflicted ones. And all for your love's sake. Amen  
(St. Augustine)

Lord, support us all the day of this troublous life, until the shades lengthen, and the evening comes, and the busy world is hushed, the fever of life is over, and our work is done. Then Lord, in your mercy, grant us a safe lodging, a holy rest, and peace at the last; through Jesus Christ our Lord. Amen  
(John Henry Newman)

**The Ministry in Spirituality, Diocese of Willochra**  
**P.O. Box 47,**  
**Burra S.A. 5417 ph: (08) 8892 2313**

*Two prayers for yourself ...*

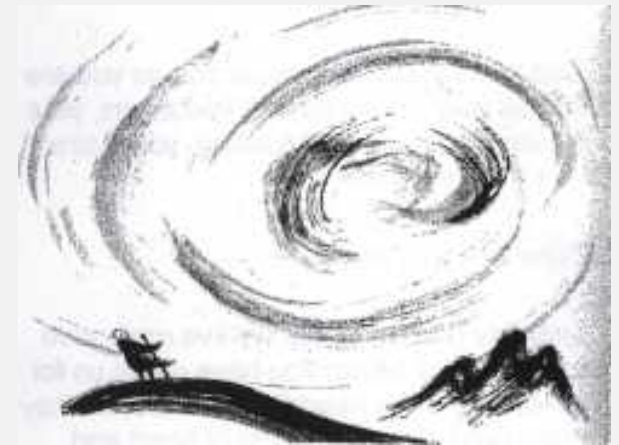
Gracious and holy Father, please give me: intellect to understand you, reason to discern you, diligence to seek you, wisdom to find you, a spirit to know you, a heart to meditate upon you, ears to hear you, eyes to see you, a tongue to proclaim you, a way of life pleasing to you, patience to wait for you. Grant me a perfect end - your holy presence, a blessed resurrection and life everlasting. Amen (St. Benedict)

God be in my head, And in my understanding;  
God be in my eyes, And in my looking;  
God be in my mouth, And in my speaking;  
God be in my heart, And in my thinking;  
God be at my end, And at my departing.  
Amen (Richard Pynson's Horae)

*Some Bible verses to help ...*

When you -  
**seek inner peace:** John 14; Romans 8; Psalm 23  
**want to know how to pray:** Luke 11.1-13 are  
**overwhelmed by sadness:** Matthew 28.1-10  
**everything is going well:** 1 Timothy 6.11-21  
**find it hard to express the wonder of God's love and presence in your life:** Psalm 139.1-18  
**have sinned:** Psalm 51  
**need God's guidance:** Psalm 32.8-9  
**are worried:** Matthew 6.25 - 34  
**want to praise God:** Psalm 47  
**want to thank God:** Deuteronomy 8.10-18  
**face death:** Phiippians 1.21; 3.20-21

*When you have a few minutes and would like to pray, but are not sure what to do next...*



*From '(Desert Wisdom' by Yushi Nommura*

*"Can a woman forget her nursing child or show no compassion for the child of her womb? (Even these may forget, yet I will not forget you. See, I have carved you on they palms of my hand' says the Lord"*

(Isaiah 49.15 - 16)

## *To Begin*

Stay still for a moment and enjoy the silence. Remember that you are now, as always, in God's presence. This is the God who loves you with a passion that none of us can fully comprehend; the God who created you and all the wonder and beauty of this universe, from its vastness to its minuteness.

### *Think about this for a few moments ...*

God loves you and accepts you as you are with all your strengths and limitations, your weaknesses and your frailties, your sins and your goodness.

### *Now say this prayer -*

Almighty God, in whom we live and move and have our being, you have made us for yourself and our hearts are restless till they rest in you: Grant us purity of heart and strength of purpose, that no selfish passion may hinder us from knowing your will, no weakness from doing it; but that in your light we may see light clearly, and in your service find our perfect freedom, through Jesus Christ our Lord. Amen (St. Augustine)

***With what follows, take your time and let it "flow from your heart".***

## *If you are conscious of a particular sin in your life ...*

"If we say that we haven't sinned, we are fooling ourselves, and the truth isn't in our hearts. But if we confess our sins to God, he can always be trusted to forgive us and take our sins away." (1 John 1.8-9)

Lord God,  
I ask your forgiveness.  
There are so many sins in my life.  
I have thought...  
I have said ...  
I have done...  
Lord, have mercy on me, pardon and forgive me all these sins, as well as those I have forgotten or am not aware that they were sins. Make me anew so that I may begin afresh. Amen

To me who am but black, cold charcoal,  
grant, O Lord,  
that by the fire of Pentecost,  
I may be set ablaze. Amen  
(A prayer after St. John of Damascus)

"A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. I will put my spirit within you, and make you eager to obey my laws and teachings"  
(Ezekiel 36.26 - 27)

## *If there is something you wish to thank God for...*

"Rejoice always; pray without ceasing; in everything give thanks; for this is the will of **God in Christ Jesus**" (1 Thienians 5.16-18)

*What are the things you wish to thank God for? Give thanks to God for them, then say this prayer -*

Thanks be to you my Lord Jesus Christ,  
For all the benefits you have given me,  
For all the pains and insults you have borne for me.  
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 (Richard of Chichester)

## *If you are troubled or worried...*

*'Remember the promise of Jesus: "I am with you always, to the end of the age", (Matthew 28.20 )*

Lord, I am distressed and worried about... Walk with me, guide me and show me the way forward. Give me strength and courage. Thank you, Jesus. Amen