A TIME FOR GOD

A Saint Louis University Prayerbook

DIVISION OF MISSION AND MINISTRY
SAINT LOUIS UNIVERSITY

slu.edu/prayerbook
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INTRODUCTION

More and more, we find ourselves spending considerable time worrying about time. We wonder if we’re late, or on time, if we have enough time to complete a task, or if we’ll ever have enough time to do all – or any – of the things we want and really value.

This book of prayers invites each of us to take some time for God, to make time for God, as a personal gift to ourselves. The prayers help us take as much time as we need with God, as we seek peace, or courage, inspiration or consolation in our daily lives.

In 1997, Saint Louis University published When We Meet God, and included prayers compiled from numerous faiths and multiple sources and resources. All of the prayers, then and now, though, address and reflect the intentions and hopes and desires of the many people who submitted them. For all of those people, and for all of their prayers, we are grateful.

This printed version of A Time for God began in 2009 as a website, seeking contributions from the entire SLU community – students, faculty, staff and alumni. A Time for God offers a rich representation of those prayers, reviewed and selected by a committee convened for that purpose. The living, online version still remains, and increases regularly, as more people continue to submit prayers for a variety of occasions. You can find it at http://slu.edu/prayerbook/.

Our Jesuit tradition, starting with St. Ignatius more than 470 years ago, and bringing us to Saint Louis University today, calls us to seek God in all people and things, to thank God for all we have been given, and to ask God for all we still need. I pray you will find time and prayers in this collection to serve those goals, and that you find peace and purpose, call and consolation.

As you use this book, as you take time for God and time for yourself, my prayer for you continues in this ancient blessing:

May God, our creator, bless you and protect you.
May you continue to grow in wisdom and virtue.
May you use your knowledge and skills for the good of others.
May you be strong leaders to show others the way.
May you find humility and patience to hear the truth.
May you generously help all your neighbors in times of need.
May true joy and happiness always be yours.
May love and peace abundantly fill your heart.
This is our prayer to our God
And to this prayer, let all say, Amen.

May God continue to bless you.

Lawrence Biondi, S.J.
President, Saint Louis University
“Praying in an Ignatian Way”

Do You Pray?

Praying is a human activity distinct from eating, thinking, reading and so on. How we believe makes a difference in how we pray. Let me repeat and emphasize that key idea: how we believe makes a difference in how we pray.

Being Christian shapes my way of praying. Christian prayer has a 2,000-year history. Over that time we Christians have developed many forms and practices of prayer. If we work from the most basic essential upon which our prayer is grounded – the fact that it is Christian – we immediately discover an important element of our prayer. To be a Christian is to be in a relationship with Jesus Christ.

What Do I Mean By Saying My Prayer Is Christian?

I learned to pray by being part of a certain community. I was born and raised a Roman Catholic. I have been influenced by the Mass and all its prayers, by hymns I have sung, and by prayer services I have attended.

Where did this community learn to pray? From a holy man, the God-Man, Jesus Christ, who taught us only one prayer, the “Our Father,” but who is recorded in the gospels saying a number of things about praying.

My own experience has continued to emphasize and deepen these two major influences on my way of praying as a Christian. As a result, I find three factors instrumental in the formation of my praying:

1. My own experience of trying to pray.
2. The community of which I am a part – the Jesuits.

My prayer as a Christian comes from seeing my mother (a Roman Catholic) and my father (a Southern Baptist) pray. Nuns and parish priests influenced my prayer through my early school years. The religious traditions of the Society of Jesus – the writings and spirit of Ignatius Loyola taught by the novice master and interpreted by various spiritual directors through the years – have left their mark. Many books on prayer have also had their impact. Acknowledging all these influences, I want to speak particularly to my experience and understanding of the Ignatian shaping of a prayer life.

Ignatian spirituality is that way of orienting my life to God influenced by Ignatius Loyola. Since Ignatius was not ordained until he was 46 years old, his spirituality is neither particularly priestly nor religious. His insights come as a layman, and Ignatian spirituality had its appeal to men and women alike in all walks of life. A particular form of Ignatian spirituality is found in the religious order called the Society of Jesus. But strictly speaking, Ignatian spirituality and Jesuit spirituality are not exactly the same. In speaking
about prayers, I want to use the language of Ignatian spirituality – a gift to the whole church, not just to Jesuits.

Remember I said that how we believe makes a difference in how we pray. The Ignatian perspective views our God as a God who works. As Jesus says in John’s gospel, “My Father works, and I work.” God is always working with each one of us. God is patient, God never gives up, God rejoices in our little steps of progress and successes, and runs to meet us when we return discouraged and a little worse for wear. Just as Jesus was busy about the kingdom, busy about his Father’s affairs, so Jesus calls followers to be busy with him in the same mission.

This perspective of a God totally involved in working with the world affects the way I pray. If God is so present in my world, how can I become more aware of God? How can I find God more easily in my day? Ignatius’ key was a prayer form traditionally called the examination of conscience. Today we tend to refer to this daily way of praying as the “consciousness examen.”

This examen can be described in five steps. Ignatius suggests that we always begin and end our meeting with God in gratitude.

1. Hi, God, Here I am. Thanks for being here for me. And thanks for this day.
2. Lord, I want to see; Lord, let me not be deaf to Your voice. Please send Your Spirit into my life so that I can see and hear as You would have me see and hear.
3. Where have I seen You, Lord, where have I heard You speaking within myself and my deep desires, through other people, in what they have said or how they have acted, in the events of this day? Where have I noted Your distance or felt myself moving away from You? Have I felt Your absence or even abandonment?
4. I thank You, God, for Your presence. I ask pardon for the ways that I have kept You, God, out of my day or at least I have paid no attention to Your presence.
5. And finally, I say goodbye God. Please stay with me. Thanks for this prayer time. Keep me more aware of the ways You surround me with care and love.

Ignatius suggests that we make this kind of prayer daily – perhaps as we are walking or driving to school or work, maybe sometimes before we turn in for the night. Little by little, I am meant to be growing in my sensitivity to turn to God easily within my days’ activities and so find God. I begin to live with God, to have a sense of working with God, and God working with me.

In an Ignatian spirituality, prayer, work and love are all closely interrelated. It has struck me at times that asking people how they pray is a little like asking them how they make love. As you are probably aware, the great school called Carmelite – especially the writings of St. Theresa of Avila and St. John of the Cross – uses the imagery of getting engaged and getting married to describe the stages of growth in prayer. The imagery draws upon the most intimate aspects of married love. Ignatius Loyola, a man of great desires and love though he was, did not use this traditional nuptial imagery to describe a prayer life. His prayer
is a “mysticism of service,” that is, a prayer not just content with resting in the company of the one I love, but rather being active alongside or working with the one I love.

**Do You Love? Do You Pray?**
You can read books on the techniques of love, but it is not the same as “loving someone.” Similarly, hearing about techniques of prayer is not the same as praying. The technique of the consciousness examen, for example, the breakdown into five points, is not the important matter. The daily contact with God is important. And praying somehow in this manner is a way of loving God. Even a spiritual director can be only of so much help in your developing prayer life. There comes the moment when something intimate goes on in your own prayer time just between you and God – even when you just sit there with each other and say nothing. Just being together is intimate . . . and is a precious moment of prayer.

Just as the ways you have of loving people now differ from how you would have loved them at age five or ten, so too the ways you have of praying to God now begin to develop differently from when you were five or ten. That is the reason we work at our praying – with a little help from our working friend, God!

Praying in an Ignatian way means that we work our life with God each day, and so grow in our love of God, our fellow men and women, and our world. We are truly becoming people of prayer.

- David L. Fleming, S.J.

**“How To Pray”**
It is one thing to read or “say” a prayer. It is another to pray. What is prayer? How do we pray?

Most simply, prayer is a conversation with God. But we don’t talk with someone unless we have a reason or a relationship. Often, the best prayer begins with the desire for a friendship. We all know that friendships aren’t created in a day. It takes time to “grow” a friendship. And, at least at first, that time is usually filled with conversation.

St. Ignatius Loyola, the founder of the Jesuits, came to know what he was to do in life through dialogue with God. This dialogue was formed, was found in prayer.

Conversation is central to all relationships. And conversation takes time. It takes time to tell a story, to share your feelings, to ask for forgiveness or a favor, to thank someone, to tell someone how good they are and how much a person means to you. In the telling and sharing and asking and thanking, friendships – relationships – grow.

So, if you want a friendship with God – for whatever reason – make time. Take time to make it happen.

**Find a comfortable place to meet.** Seat yourself in front of a scenic view or at least a neutral space where you won’t be distracted or disturbed. Go there alone, so you can focus on the one you have gone to meet.

**Say hello.** Acknowledge the one you’re with. Focus on the one who has chosen to be with you. Often, closing your eyes helps. Sometimes just saying the name of the person you are with calms and settles you. Say hello.
Thank God for coming, for having this time to share.
Then start with a subject you know something about: YOU.
Tell God about your day, its successes and disappointments,
about how you’re feeling, about what you’re hoping for.
Sure, God knows all about you already. But sometimes say-
ing it to another helps you to claim it as your own.

Share what comes to mind or what is in your heart.
What’s been the best part of your day so far? What’s really
good in your life right now? Who, what is giving you the
most grief – or the most joy? Talk about it.

Look for indications that God is listening. Listen to what
God might be saying. Pay attention to your feelings. God
speaks to us most directly through them. Turn to scripture
or to a prayer – words of inspiration.

Scripture is full of the universal and essentials of life.
See how God has spoken through the ages and speaks to
you now. Everything in scripture has something to say, if
you are in a place to hear it. The Psalms are the prayer book
of the People of God, full of emotions and petitions, for-
giveness, thanksgiving, praise. The Gospels are packed with
stories of Jesus, the God-with-us. Listen to his teachings.
See how he deals with other people – both friends and foes.
Notice how he faces difficult circumstances like sickness and
death, and times of celebration, like weddings and meals.

Enter into a scene of scripture. Read a story found in
scripture and imagine yourself in it. Use your senses to help
you “be there.” If you are by the Sea of Galilee, imagine the
breeze that comes off the water, its dampness, its coolness.
Smell the sea and the fish. See the people around you, how
they strain to see Jesus. Feel them press in on you as they
try to get nearer to him. See the man, Jesus, the calmness of
his manner, the way he touches those who touch him. Does
he touch you? Listen to him speak above the crowd. How
do his words touch you? Be aware of how you feel. Are you
changed by being with him? What is stirred inside of you?
This form of prayer, using your imagination and all your
senses, is called Ignatian Contemplation.

Or read slowly a passage from scripture or a prayer. The
words of the Prophets and the Epistles are deep wells of in-
struction and insight. Read a passage aloud. Pause and let it
sink in. Read it again. See if a word, a phrase, an image, an
entire sentence captures your attention, touches your heart.
In silence, absorb it. Let it absorb you. Talk to God about it.
Ask questions. Give thanks for the insights you gain. Carry
with you the word or the image that has spoken to you.
This form of prayer is called Meditation.

Remember who you are with. God is with you – inviting,
inspiring, remembering. Yes, be mindful that you are not alone.

When it’s time to go … Thank God for the time. Promise
to get together again. Ask for help with whatever awaits you
as you leave. Tell God how great God is, how good it is to
spend time with someone you hear so much about.

Prayer is conversation. All that is required is the desire to be
with the One who desires to be with you, and to be open to
wherever the time and conversation may take you.

- Mary Flick
THE FIRST PRINCIPLE AND FOUNDATION

The goal of our life is to live with God forever. God who loves us, gave us life. Our own response of love allows God’s life to flow into us without limit. All the things in this world are gifts of God, presented to us so that we can know God more easily and make a return of love more readily. As a result, we appreciate and use all these gifts of God insofar as they help us develop as loving persons. But if any of these gifts become the center of our lives, they displace God and so hinder our growth toward our goal. In everyday life, then, we must hold ourselves in balance before all of these created gifts insofar as we have a choice and are not bound by some obligation. We should not fix our desires on health or sickness, wealth or poverty, success or failure, a long life or short one. For everything has the potential of calling forth in us a deeper response to our life in God. Our only desire and our one choice should be this: I want and I choose what better leads to the deepening of God’s life in me.

St. Ignatius Loyola, paraphrased by David L. Fleming, S.J.
GLORY BE
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.

THE LORD’S PRAYER
Our Father, who is in heaven,
Hallowed be Your name;
Your kingdom come;
Your 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…
For the kingdom, the power, and the glory are
Yours, now and for ever.
Amen.

ACT OF FAITH
O my God, I firmly believe that You are one God in three
divine persons, Father, Son and Holy Spirit. I believe that
Your divine Son became man and died for our sins, and
that he will come to judge the living and the dead. I believe
these and all the truths which the holy Catholic Church
teaches, because in revealing them You can neither deceive
nor be deceived.
Amen.

ACT OF HOPE
O my God, relying on Your almighty power and infinite
mercy and promises, I hope to obtain pardon of my sins,
the help of Your grace and life everlasting, through the
merits of Jesus Christ, my Lord and Redeemer.
Amen.

ACT OF LOVE
O my God, I love You above all things with my whole
heart and soul because You are all good and worthy of all
my love.
I love my neighbor as myself for the love of You.
I forgive all who have injured me and ask pardon of all
whom I have injured.
Amen.

HAIL MARY
Hail Mary, full of grace.
The Lord is with you.
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.
THE MAGNIFICAT
My soul proclaims the greatness of the Lord,
My spirit rejoices in God my Savior
For he has looked with favor 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 has remembered his promise of mercy,
The promise he made to our fathers,
To Abraham and his children forever.

(Luke 1:46 – 55)

PRAYING THE ROSARY
• Beginning at the crucifix, make the sign of the Cross
  and say the Apostles’ Creed.
• On the first bead, say the Our Father.
• On each of the next three beads, say the Our Father.
• Say the Glory Be. On the next bead, announce the First
  Mystery (There are four sets of Mysteries: The Joyful
  Mysteries, The Sorrowful Mysteries, The Glorious
  Mysteries and The Luminous Mysteries), and then say
  the Our Father.
• On each of the next ten beads, say a Hail Mary while
  meditating on the Mystery.
• Say the Glory Be. On the next bead, announce the
  Second Mystery, and then say the Our Father.
• Repeat the two above steps for the Third, Fourth, and
  Fifth Mysteries.
• End with Memorare.

THE APOSTLES’ CREED
I believe in God, the Father Almighty, Creator of heaven
and earth; and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit, born of the
Virgin Mary, suffered under Pontius Pilate, was
crucified, died, and was buried.
He descended into hell, the third day he rose again from
the dead.
He ascended into heaven and sits at the right hand of
God, the Father Almighty.
From there he shall come to judge the living
and the dead.
I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting.
Amen.

MEMORARE
Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided.
Inspired with this confidence, I fly to you, O Virgin of virgins, my Mother; to you do I come, before you I stand, sinful and sorrowful.
O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me.
Amen.

THE MYSTERIES OF THE ROSARY
The Joyful Mysteries
I. The Annunciation, Luke 1:38
II. The Visitation, Luke 1:39
III. The Nativity, Luke 2:7
IV. The Presentation, Luke 2:22
The Sorrowful Mysteries
I. Agony in the Garden, Matthew 26:39
II. The Scourging, Matthew 27:26
III. Crowning with Thorns, Mark 15:17-18
IV. Carrying of the Cross, John 19:17
V. The Crucifixion, Luke 23:46

The Glorious Mysteries
I. The Resurrection, Mark 16:6
II. The Ascension, Mark 16:19
III. Descent of the Holy Spirit, Acts 2:4
IV. The Assumption of Mary, Song of Songs 6:10
V. The Coronation of Mary, Revelation 12:1

The Luminous Mysteries
I. The Baptism of the Lord, Matthew 3:17
II. Wedding Feast at Cana, John 2:1-12
III. Proclamation of the Kingdom, Mark 1:15
IV. The Transfiguration, Luke 9:35
V. Institution of the Eucharist, Luke 22:19

A PRAYER OF ST. BENEDICT
Grant O Gracious O Holy Father
Upon me to bestow:
Intelect to understand You
Perceptions to perceive You
Reason to discern You
Diligence to seek You
Wisdom to find You
A spirit to know You.

-St. Benedict
PRAYER BEFORE THE CRUCIFIX
Most High, glorious God, enlighten the darkness of my heart and give me true faith, certain hope, and perfect charity, sense and knowledge, Lord, that I may carry out Your holy and true command. Amen.

-St. Francis of Assisi

SUSCipe
Take Lord, and receive all my liberty, my memory, my understanding, and my entire will -- all that I have and call my own. You have given it all to me. To You, Lord, I return it. Everything is Yours; do with it what You will. Give me only Your love and Your grace. That is enough for me.

-St. Ignatius Loyola

PRAYER OF ST. JOAN OF ARC
I place my trust in God, my Creator, in all things. I love Him with all my heart.
**BREASTPLATE OF ST. PATRICK**
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 down, Christ when I arise, Christ in the heart of every man 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.

**THE JESUS PRAYER**
Lord Jesus Christ, Son of the Living God, Have mercy on me, a sinner.

**VENI, SANCTE SPIRITUS**
(comé, holy spirit)
Come, Holy Spirit, come! And from the celestial home Shed a ray of light divine!

Come, Father of the poor! Come, source of all our store! Come, within our bosoms shine!

You, of comforters the best; You, the soul’s most welcome guest; Sweet refreshment here below.

**Through All Times**
In our labor, rest most sweet; Grateful coolness in the heat; Solace in the midst of woe.

O most blessed light divine, Shine within these hearts of thine, And our inmost being fill!

Where You are not, we have naught, Nothing good in deed or thought, Nothing free from taint of ill.

Heal our wounds, our strength renew; On our dryness pour Your dew; Wash the stains of guilt away.

Bend the stubborn heart and will; Melt the frozen, warm the chill; Guide the steps that go astray.

On the faithful, who adore And confess You, evermore In Your sev’nfold gift descend.

Give them virtue’s sure reward; Give them Your salvation, Lord Give them joys that never end.
**SHEMA**
Hear, O Israel, the Lord is our God, the Lord is One.

Blessed be the name of his glorious majesty forever and ever. You shall love the Lord your God with all your heart, and with all your soul, and with all your being. And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and you shall speak of them when you are sitting at home and when you go on a journey, when you lie down and when you rise up. You shall bind them as a sign on your hand, and they shall be for the frontlets between your eyes. You shall inscribe them on the doorposts of your house and on your gates.

**SHABBAT CANDLE BLESSING**
Blessed are You, Lord, our God, sovereign of the universe Who has sanctified us with His Commandments And commanded us to kindle the lights of Shabbat. Amen.

**KIDDUSH**
Praise to You, Lord our God, Sovereign of the universe, Creator of the fruit of the vine.
Praise to You, Lord our God, Sovereign of the universe Who finding favor with us, sanctified us with Your Commandments. In love and favor, You made the holy Shabbat our heritage as a reminder of the work of Creation.

As first among our sacred days, it recalls the Exodus from Egypt.
You chose us and set us apart from the peoples.
In love and favor You have given us Your holy Shabbat as an inheritance.

Praise to You, Lord, who sanctifies Shabbat.

**MOURNER’S KADDISH**
Exalted and hallowed be God’s great name in the world which God created, according to plan. May God’s majesty be revealed in the days of our lifetime and the life of all Israel - speedily, imminently, and let us say Amen.

Blessed be God’s great name to all eternity.

Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. And let us say Amen.

May there be abundant peace from heaven, and life, for us and all Israel. And let us say Amen.

May the One who creates harmony on high, bring peace to us and to all Israel. And let us say Amen.
SELECTIONS FROM THE QUR'AN

Chapter One

In the name of God, the compassionate, the merciful.
Praise Him, Lord of the worlds,
The compassionate, the merciful,
Master of the day of judgment.
You it is we worship;
You it is to whom we turn for aid.
Guide us along the right path,
The path of those whom You have blessed,
Not those who have drawn Your anger,
Nor those who have lost their way.

Chapter 24, verses 35-36

God is the light of the heavens and of the earth.
His light may be likened to a lamp-niche;
Within it is a lamp.
The lamp is within a glass.
The glass is like a glittering star,
Which is enkindled from a blessed tree,
Neither of east nor of the west.
Its oil gives light almost of itself,
Even if untouched by fire.
Light upon light.
God guides to His light whomever He wills.
He fashions for humankind lessons and words
Of guidance.

And concerning each and every thing
God is most knowing.
Divine light is enkindled in dwellings that
God has permitted to be raised.
Therein is His name recited;
Therein is He praised, by day and by night.

Chapter 3, verse 8

Our Lord! Let not our hearts stray now that You have
guided us, but grant us mercy from Your Own Presence,
for You are the Giver [of bounties without measure].

Chapter 60, verse 4

Our Lord! In You we trust, to You we turn, and to You is
the final return.

A PRAYER FOR GUIDANCE FROM ALLAH

Allah, guide me among those You guide. Grant me health
and pardon among those You grant health and pardon,
look after me among those You look after, grant me grace
in what have given me, and protect me from the evil of
what You have ordained; for You decree and none decrees
against You, and none is abased whom You befriend. And
none is exalted whom You are at enmity with. O our Lord,
who is above all things sacred and exalted, all praise is
Yours for what You decree. I ask Your
forgiveness and turn to You in repentance.
PRAYER FOR LOVE
O Allah, I beg of You Your love and the love of those who love You and I ask You such deeds which will bring me Your love.

-Tirmidhi

BRIGHTLY SHINING ONE
Sing praise to Him the Lord of light. Son of strength, blessed brightly shining One, whose light is excellent. May we by Thine own fires be well supplied with fire, O Son of Strength, O Lord of Might. Give us splendor Lord, who art most prompt with the sacred gifts, and who adore the Perfect God.

-from the Rig Veda

THE TEMPLE
Sweet words are equal to all prayers. Sweet words are equal to all penance. Good behavior is what pleases God. Kindness is the root of all righteousness. Those who have riches, build a temple for Thee; What shall I build? I am poor. My legs are the pillars; This body of mine is the temple.

-Basvaraja

THE ETERNAL OM
God created the universe, like a musical instrument and filled it with His word as it sounds. God created the eternal Om out of himself.

-Dadu
**A UNIVERSITY PRAYER**
Gracious God, Father and Mother of us all,
Bless all the dreams and goals of Saint Louis University.
Shower Your grace on our efforts to reach those goals.
Motivate all students to seek wisdom:
through conversing, writing, and criticizing;
through exploration and imagination.
Inspire our faculty with effective ways
to touch the minds of the young
with insight into the beauty of Your universe.
Help our faculty, administrators and staff
to foster learning, research and faith.
Watch over our alumni and friends;
encourage them to support Saint Louis University
generously.
Give success to our teams
and to our scholastic competitions;
grant us all good humor and good health.
In our city and in our country,
help all people to live in safety
and to find productive work
so that they can care well for their families.
Most of all, help each of us
to grow in love and understanding with one another
and with Jesus Christ who is the way to You, our Creator.
Amen.

*-John Piderit, S.J.*
*Adapted by Jim Veltrie, S.J.*

**BACK TO SCHOOL PRAYER FOR EDUCATORS**
As I step into a new academic year,
Restore my spirit.
Renew my passion for sharing Your wisdom
And nurture my compassion
for those You put in my charge.
Transform me as I seek to transform;
Guide me as I seek to guide;
Open my mind and heart
As I seek to open minds and hearts
To the Good News of justice and peace.
Help me listen more deeply
To the world and to Your Word,
So I can walk with my students,
Attentive to the Wisdom that
Calls us all to the Kingdom of God.

*-Jane Deren*

**PRAYER BEFORE STUDYING**
O merciful God, grant that I may desire ardently, search
prudently, recognize truly, and bring to perfect completion
whatever is pleasing to You for the praise and glory of Your
name. Amen.

*-St. Thomas Aquinas*
BLESSING FOR A HOME
Lord God,
You are Father and Mother to us;
Our Life begins in You.
You chose to make Your home among us.
You sent Your Son to be one with us,
and Your Spirit to be with us forever.
Bless this home, and Your people who live here.
Be here today, as You were yesterday.
Be here tomorrow.
Be our shelter, our walls to protect us.
Be our windows; let us see the world through You.
Be our warmth, to share with all who come in and all who go forth. Amen.

-Paul Leingang

PRAYER BEFORE A MEETING
Heavenly Father, we come to You today asking for Your guidance, wisdom, and support as we begin this meeting.
Help us to engage in meaningful discussion; allow us to grow closer as a group and nurture the bonds of community. Fill us with Your grace, Lord God, as we make decisions that might affect the students, staff, faculty, alumni and friends of Saint Louis University. And continue to remind us that all that we do here today, all that we accomplish, is for the pursuit of truth for the greater glory of You, and for the service of humanity. We ask these things in Your name, Amen.

-Bobby Wassel

PRAYER BEFORE A MEETING TO DISCUSS THE BUDGET
Generous God,
You provide for the lilies of the field
And the birds of the air.
And You promise to take care of us,
Even when our faith is small.
Bless us as we examine the use of Your gifts
And seek to use them fairly, honestly, prudently
To better our University
And meet the needs of our students, faculty, staff and administrators.
During this time of deliberation
As we estimate our needs
And allocate our resources,
May we remember that we are doing Your work, not our own.
May we see this meeting time as a way of serving You.
May all that we do and are
Give You praise
And be for Your honor and glory.
Amen.

-Mary Flick
PRAYER FOR THE GUIDANCE OF THE HOLY SPIRIT
We stand before You, Holy Spirit, conscious of our sinfulness, but aware that we gather in Your name. Come to us, remain with us, and enlighten our hearts. Give us light and strength to know Your will, to make it our own, and to live it in our lives. Guide us by Your wisdom, support us by Your power, for You are God, sharing the glory of Father and Son. You desire justice for all: enable us to uphold the rights of others; do not allow us to be misled by ignorance or corrupted by fear or favor. Unite us to Yourself in the bond of love and keep us faithful to all that is true. As we gather in Your name may we temper justice with love, so that all our decisions may be pleasing to You, and earn the reward promised to good and faithful servants. You live and reign with the Father and the Son, one God, forever and ever. Amen.

-Second Vatican Council
A SIMPLE MORNING PRAYER
Take me, O Lord, as wholly Yours. I lay all my plans at Your feet. Use me today in Your service. Abide in me, and let all my work be wrought in You.

EASTERN ORTHODOX MORNING PRAYER
O Lord, grant me to greet the coming day in peace. Help me in all things to rely upon Your holy will. In every hour of the day, reveal Your will to me. Bless my dealing with all who surround me and teach me to treat all that comes to me throughout the day with peace of soul and firm conviction that Your will governs all. In my deeds and words, guide my thoughts and feelings. In unforeseen events, help me to not forget that all are sent by You. Teach me to act firmly and wisely without embittering and embarrassing others. And grant me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray, and You Yourself pray in me.

MORNING PRAYER
Dear God,
I give this day to You.
May my mind stay centered on the things of spirit.
May I not be tempted to stray from love.
As I begin this day, I open to receive You.
Please enter where You already abide.
May my mind and heart be pure and true,
and may I not deviate from the things of goodness.
May I see the love and innocence in all mankind, behind the masks we all wear and the illusions of this worldly plane.
I surrender to You my doings this day.
I ask only that they serve You and the healing of the world.
May I bring Your love and goodness with me, to give unto others wherever I go.
Make me the person You would have me be.
Direct my footsteps, and show me what You would have me do.
Make the world a safer, more beautiful place.
Bless all Your creatures.
Heal us all, and use me, dear Lord, that I might know the joy of being used by You.
Amen.

-Marianne Williamson
DIVINE PRESENCE DURING THE DAY
Into Your hands, O God, we commend ourselves, and all who are dear to us, this day. Let the gift of Your special presence be with us even to its close. Grant us never to lose sight of You all the day long, but to worship, and pray to You, that at evening we may again give thanks unto You.

- Gelsian Sacramentary
7th Century C.E.

FOR THE ORDINARY
When we consider our world, O God,
We always seem to be aware of the bizarre,
The out-of-kilter, the extraordinary.
Only occasionally do we marvel
At day following night,
At the repeating cycles of birth, growth, decay and death,
At the consistency of the phases of the moon.
Give us the grace to wonder at the ordinary.

-Doris Donnelly

EVENING PRAYER
May God support us all the day long until the shadows lengthen and the evening comes and the busy world is hushed and the fever of life is over and our work is done!
Then in God’s Mercy may he give us a safe lodging and a holy rest and peace at the last.
Amen.

-John Henry Cardinal Newman

NIGHT IS FALLING
We praise and thank You, O God, through Your Son, Jesus Christ, our Lord, through whom You have enlightened us, by revealing the light that never fades.
Night is falling and day’s allotted span draws to a close. The daylight which You created for Your pleasure has fully satisfied us; and yet, of Your own free gift, now the evening lights do not fail us.
We praise You and glorify You through Your Son, Jesus Christ, Our Lord. Amen.

-St. Hippolytus
**NIGHT PRAYER**

O watch, dear Lord, with those who wake, or watch, or weep tonight.
Give Your angels charge over those who sleep.
Tend Your sick ones, O Lord Jesus Christ.
Rest Your weary ones.
Bless Your dying ones.
Soothe Your suffering ones.
Pity Your afflicted ones.
Shield Your joyous ones.
And all for Your love’s sake.

*St. Augustine*
SOUL OF CHRIST
Jesus, may all that is You flow into me.

May Your body and blood
Be my food and drink.

May Your passion and death
Be my strength and life.

Jesus, with You by my side
Enough has been given.

May the shelter I seek
Be the shadow of Your cross.

Let me not run from the love
Which You offer,
But hold me safe from the forces of evil.

On each of my dyings
Shed Your light and Your love.

Keep calling to me until that day comes,
When, with Your saints,
I may praise You forever.
Amen.

-An Adaptation on St. Ignatius
Loyola by David L. Fleming, S.J.

A SIMPLE PRAYER
O God,
open my ears to hear You
and heart to receive You,
and strengthen my will
that I may follow You. Amen.

OUR FOUNDATION
Creator God,
We are made for a purpose
And are given a lifetime to achieve it.
Bless our efforts, increase our talents,
Provide us with our daily necessities
That we might serve You in all we do
And praise You by being who we are. Amen.

-Mary Flick

PRAYER OF LOVE
Lord, let Your love be a strong embrace around me,
Let me show love to all those I meet.
Rid me of pride which stands in the way of love,
May I find joy in loving and being loved.
Guide my heart in the path of love,
Give me the strength to love.
May love follow me all the days of my life. Amen.

-Jonathan O’Connor
Purify me,
Purify me, like Your Mother Mary;
Purify my heart to accept You,
my lips to consume You,
my hands to serve You,
my body to be one with You,
Purify me.

-Briana Klostermann

A Prayer by Thomas Merton
In one sense we are always traveling,
and traveling as if we did not know where we were going.
In another sense we have already arrived.
We cannot arrive
at the perfect possession of God in this life,
and that is why we are traveling and in darkness.
But we already possess Him by grace,
and therefore in that sense,
we have arrived and are dwelling in the light.
But oh! How far have I to go to find You
in Whom I have already arrived!

You keep us waiting.
You keep us waiting.
You, the God of all time,
Want us to wait for the right time in which to discover
Who we are, where we must go,
Who will be with us, and what we must do.
So, thank You... for the waiting time.

You keep us looking.
You, the God of all space,
Want us to look in the right
and wrong places for signs of hope,
For people who are hopeless,
For visions of a better world that will appear among
the disappointments of the world we know.
So, thank You... for the looking time.

You keep us loving.
You, the God whose name is love,
Want us to be like You –
To love the loveless and the unlovely and the unlovable;
To love without jealousy or design or threat,
And most difficult of all, to love ourselves.
So, thank You... for the loving time.

And in all this You keep us,
Through hard questions with no easy answers;
Through failing where we hoped to succeed and making
an impact when we felt useless;
Through the patience and the dreams and the love of
others; and through Jesus Christ and his Spirit,
You keep us.

-Iona Community in Scotland
A PRAYER TO THE HOLY SPIRIT
Come Spirit of God, grant us
The power to be gentle,
The strength to be forgiving,
The patience to be understanding,
The endurance to accept the consequences
Of holding on to what is right.

Come Spirit of God, help us to
Put our trust in
The power of good
To overcome evil,
The power of love to overcome hatred.

Come Spirit of God, enlighten us
With the vision to see and the faith to believe in
A world free from violence,
A new world where fear will no longer lead us to commit injustices,
Nor selfishness cause us to bring suffering to others.

Come Spirit of wisdom and love,
Source of all good, teach us Your truth and guide our actions
In Your way of peace.

Amen.

- Pax Christi, USA

PRAYER FOR OPENNESS
Heavenly Father,
Remind us each day,
That of all of the gifts You have given to us, the greatest of these is Love. Open our hearts not only to those who are close to us, but, to all that we might meet on the way.
Let us forget to judge and remember to forgive,
And, help us to show the same patience and empathy You have shown to us, for it is the angry and unloved that cry the loudest. Lord, heal our wounds and bless this work we offer in Your Name, Amen.

-Claire Applewhite

HOLY MARY, MOTHER OF GOD
Holy Mary, Mother of God,
you have given the world its true light,
Jesus, your Son – the Son of God.
You abandoned yourself completely to God’s call
and thus became a wellspring
of the goodness which flows forth from him.
Show us Jesus. Lead us to him.
Teach us to know and love him,
so that we too can become capable of true love
and be fountains of living water
in the midst of a thirsting world.

-Pope Benedict XVI
STUDENT’S PRAYER FOR PEACE
I need reminders of my inner worth,
Reminders stronger than my doubts,
Deeper than the compliments of friends,
More lasting than discouragement or fear.
Help me to learn Your inner way of peace.

Show me the preciousness of every life:
The poor whose dignity is wrapped in rags,
The weak who carry toughness as a shield,
The frightened pretending they are brave.
Help me to learn Your gentle way of peace.

Make me aware of other people’s pain,
Whether from sickness, guns, or words.
Let me be touched by their afflicted lives
And make my life more generous and fair.
Help me to learn Your healing way of peace.

Open my mind to see opposing truths
Teach me to listen to all who disagree,
Honoring their values and their voices,
Stretching my vision to include another view.
Help me to learn Your loving way of peace.

Make us uncomfortable
Come Lord
Do not smile and say
You are already with us.
Millions do not know You
and to us who do,
What is the difference?
What is the point of Your presence
if our lives do not alter?
Change our lives,
shatter our complacency.
Make Your word
flesh of our flesh,
blood of our blood
and our life’s purpose.
Take away the quietness
of a clear conscience.
Press us uncomfortably.
For only thus is
that other peace made, Your peace.

-Archbishop Dom Helder Camara
A PRAYER FOR THOSE SEARCHING FOR GOD
Teach us to seek You,
And reveal Yourself to us as we seek;
For unless You instruct us we cannot seek You,
And unless You reveal Yourself we cannot find You.
Let us seek You in desiring You;
Let us desire You in seeking You.
Let us find You in loving You;
Let us love You in finding You.

- St. Anselm of Canterbury

A PRAYER FOR GENEROSITY
Lord Jesus, 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 seek reward, except that of knowing that I do Your will.
Amen.

- St. Ignatius Loyola
A VOCATION PRAYER
Lord, let me know clearly the work which You are calling me to do in life. And grant me every grace I need to answer Your call with courage and love and lasting dedication to Your will.

THE ROAD AHEAD
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 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 that I have that desire in all that I am doing.
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.

-Thomas Merton

TEACH ME YOUR WAYS
Teach me Your way of looking at people: as You glanced at Peter after his denial, as You penetrated the heart of the rich young man and the hearts of Your disciples.

I would like to meet You as You really are, since Your image changes those with whom You come into contact.

Remember John the Baptist’s first meeting with You? And the centurion’s feeling of unworthiness? And the amazement of all those who saw miracles and other wonders?

How You impressed Your disciples, the rabble in the Garden of Olives, Pilate and his wife and the centurion at the foot of the cross. . . .

I would like to hear and be impressed by Your manner of speaking, listening, for example, to Your discourse in the synagogue in Capernaum or the Sermon on the Mount where Your audience felt You “taught as one who has authority.”

-Pedro Arrupe, S.J.
FOR INSIGHT
May the Lord Jesus touch our eyes
As he did those of the blind.
Then we shall begin to see in visible things those which
are invisible. May he open our eyes to gaze, not on present
realities, but on blessings to come. May he open the eyes
of our heart to contemplate God in Spirit, through Christ
Jesus the Lord, to whom belongs power and glory through
all eternity.

-Origen

A PRAYER FOR COLLEGE STUDENTS
God has created me to do some definite service; God has
committed some work to me which has not been commit-
ted 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 per-
sons. God has not created me for naught. 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, wherever I am, I can never be thrown away. If I
am in sickness, my sickness may serve the Lord; in perplex-
ity, my perplexity may serve the Lord; if I am in sorrow,
my sorrow may serve the Lord. God does nothing in vain.
Therefore I will trust in the Lord.

-John Henry Cardinal Newman

PRAYER FOR SPIRITUAL PERSPECTIVE
Thank You Lord for all with which You have blessed me,
but mostly for those blessings that I do not fully recognize.
Lord, increase my awareness of You in my life today.

Lord, Your gifts for me have included some things that I
would never have chosen for myself...among these I have
found some of my greatest blessings and spiritual growth.
Certainly, Your ways differ than mine.

Other times, I have prayed for some things that, if granted,
may not have been in my best spiritual interests. Again,
our ways have differed.

You teach me to simply pray each day for the grace to dis-
cern Your will and Your way for my life and for the faith,
trust and courage to then lovingly do what You would have
me do.

Amen.

-Ralph Ostermueller
LORD, GRANT ME A HOLY HEART
Lord, grant me a holy heart
that sees always what is fine and pure
and is not frightened at the sight of sin,
but creates order wherever it goes.
Grant me a heart that knows nothing
of boredom, weeping and sighing.
Let me not be too concerned
with the bothersome thing
I call “myself.”
Lord, give me a sense of humor
and I will find happiness in life
and profit for others.

-St. Thomas More
SERENITY PRAYER
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.
Amen.

-Reinhold Niebuhr

PRAYER FOR ALL NEEDS
We beg You, Lord, to help and defend us.

Deliver the oppressed. Pity the insignificant. Raise the fallen. Show Yourself to the needy. Heal the sick. Bring back those of Your people who have gone astray. Feed the hungry. Lift up the weak. Take off the prisoners’ chains.

May every nation come to know that You alone are God, that Jesus is Your Child, that we are Your people, the sheep that You pasture.

-St. Clement of Rome

PRAYER TO THE HOLY SPIRIT
Come, Holy Spirit
Replace the tension within us with a holy relaxation.
Replace the turbulence with a sacred calm.
Replace the anxiety within us with a quiet confidence.
Replace the fear within us with a strong faith.
Replace the bitterness in us with the sweetness of grace.
Replace the darkness within us with a gentle light.
Replace the coldness within us with a loving warmth.
Replace the night in us with Your day.
Replace the winter in us with Your spring.

Straighten our crookedness.
Fill our emptiness.
Dull the edge of our pride.
Sharpen the edge of our humility.
Light the fires of our love.
Quench the flames of our lust.

Let us see ourselves as YOU see us.
That we may see You as You have promised us,
And be healed according to Your word.
A Time for God

IN TIME OF CRISIS
God of our weary years,
Countless times have You made a way
Out of no way.
God of our silent tears,
No one works like You.

Once more and again I find myself
Afraid and alone,
Scared and hurting,
Caught in crisis.
Help me.

OUT OF DARKNESS
Loving God,
there is so much darkness in my life
and I hide from You.
Take my hand
and lead me out of the shadows of my fear.
Help me to change my heart.
Bring me to Your truth
and help me to respond to Your generous love.
Let me recognize the fullness of Your love
which will fill my life.
Free me from the darkness in my heart.
Amen

LITANY OF NON-VIOLENCE
Provident God, aware of our own brokenness,
we ask the gift of courage to identify how and where
we are in need of conversion in order
to live in solidarity with all Earth's people.
Deliver us from the violence of superiority and disdain.

Grant us the desire, and the humility, to listen with
special care to those whose experiences and attitudes
are different from our own.
Deliver us from the violence of greed and privilege.

Grant us the desire, and the will, to live simply so that
others may have their just share of Earth's resources.
Deliver us from the silence that gives consent to abuse,
war and evil.

Grant us the desire, and the courage, to risk speaking and
acting for the common good.
Deliver us from the violence of irreverence, exploitation
and control.

Grant us the desire, and the strength, to act responsibly
within the cycle of creation.

God of love, mercy and justice, acknowledging our
complicity in those attitudes, action and words which
perpetuate violence, we beg the grace of non-violent
hearts. Amen.

-Sisters of Providence
FOR RESOLVING CONFLICT IN THE HOME
God of Peace,

How frightening
the sounds and action of anger –
Shouting, screaming, hitting, fighting.
Protect those who are the victims –
Husbands, wives, children, pets.

Shelter them from harm.
Give hope to the despairing.
Give calm to the unruly.
Replace hatred with love,
Injury with pardon.
Resolve conflict
and fill the home
with peace.

-I HAVE NO OTHER HELPER THAN YOU
I have no other helper than You,
No other father,
No other redeemer,
No other support.
I pray to You.
Only You can help me.
My present misery
Is too great.
Despair grips me,
And I am at my wits’ end.
I am sunk in the depths,
And I cannot pull myself up
Or out.

If it is Your will,
Help me out of this misery.
Let me know
That You are stronger
Than all misery and all enemies.
O Lord, if I come through this,
Please let the experience
Contribute to my and my brothers’ blessing.
You will not forsake me;
This I know.
Amen.

-Charlotte Zalot, O.S.B.

-Ghana
PEACE FOR THE CHILDREN OF GOD
O God, all holy one,
You are our Mother and our Father,
and we are Your children.
Open our eyes and our hearts so that we may be able
to discern Your work in the universe.
And be able to see Your features
in every one of Your children.
May we learn that there are many paths
but all lead to You.
Help us to know that You have created us
for family, for togetherness, for peace, for gentleness,
for compassion, for caring, for sharing.
May we know that You want us
to care for one another as those who know
that they are sisters and brothers,
members of the same family,
Your family, the human family.
Help us to beat our swords into plowshares
and our spears into pruning hooks,
so that we may be able to live in peace and harmony,
washing away the tears from the eyes of those
who are less fortunate than ourselves.
And may we know war no more, as we strive to be
what You want us to be: Your children.

Amen.

- Archbishop Desmond M. Tutu

PRAYER FOR WOMEN EVERYWHERE
With Miriam, who with Moses and Aaron
led the people of Israel out of Egypt;
with Deborah, who judged the people of Israel
in truth and righteousness;
with Ruth, who was an example of faithfulness;
with Mary Magdalen, who first
brought the good news of the resurrection;
with Phoebe, deacon and leader of the early Church;
with Priscilla, who labored with Aquila
in the service of Christ;
with Dorcas, who spent herself doing good
and helping the poor;
with Mary the mother of Jesus,
who said “yes” with no holding back.

With these, our sisters,
We pray for people everywhere who see
their families divided,
their children sad;
we pray for people who against all odds
create a good place
for their families to live in;
we pray for people who,
when tempted to give up,
find new strength from their sisters
and go on. Amen.

-B. D’Arcy
A Time for God

FOR AN END TO DISCRIMINATION
O God, You fashioned our human family in love
And called us from the beginning
To join our hearts and hands as one people
To proclaim Your truth and tend the gifts of all creation.
But from the distrust born of our first parents
And the innocent blood of Abel
spilled out of jealous rage,
We turned aside from the path of unity
And made enemies where only friends
Were meant to be found.

This day we repent of the ways we have invented
to tear our hearts from one another
in oppression and hatred.
We have not welcomed the stranger and the orphan.
We have oppressed each other by sinful spite
And given free reign to the evil of prejudice.
This day let Your light melt the ice of human hating.

Let the voice of Jesus in our midst call us
To build a new order in which all people
Can live together in peace.
We ask this through Christ and the Holy Spirit,
With You, One God, forever and ever.
Amen.

-Edward F. Gabriele

A TEACHER’S PRAYER
Holy Spirit, my heart is a humble home, but I open its doors to You.
Come: stay with me.
Make of my being Your dwelling place.
From within me, guide the steps of my life.
Give me new powers of listening,
that I may hear even the quiet anguish
of the lonely and forgotten.
Give me the courage and compassion
to seek out the silent cries of devastation
and shyness when no one else can hear them.
Give me the yearning heart to stay
with the lost, neglected one I find—and listen,
even when all the voice this child of Yours brings forth is a pair of searching, terrified eyes
and two trembling hands, reaching out.
There, in this wordless voice,
let me hear my own;
but mingled with it, Yours—
let the two of us hear Yours:
that whisper of hope
that ever bids us human beings
rise, together, and walk again in joy.

-Mark Clark
A PRAYER FOR THOSE WITH A TERMINAL ILLNESS
Bless, O God,
All who struggle with terminal illness.
Empower them with hope
For each and every day.
Provide them with loving and tender care, laughter,
And the support of love.
Grant them courage when they are afraid,
Comfort when they are in pain,
And Your blessing
When all else seems hopeless,
That in their fight with illness
They may glorify Your name;
In Christ’s name we pray.
Amen.

-Vienna Cobb Anderson

A NEW SERENITY PRAYER, FOR THOSE ACHING TO REPAIR THE WORLD
Grant me the empathy to understand what I do not know firsthand, and to act even when the crisis is remote and overwhelming.
Grant me the clarity to know my own strengths; the strength to detach my private needs; the peace to go inward and restore my sanity.
Grant me the wisdom to know when, and how, to respond to the world’s need.

-Jeannette Cooperman
HERE I AM, LORD
Here I am, Lord, before You
just as I am at this moment.
I sit in Your presence, Lord, in peace and tranquility.
I am in Your presence and allow myself to be
directed by You. I open myself to You who are near.
You are the font of life, the force of life which permeates
my very being.
You are my breath which maintains me in existence.
Let peace dwell within me.
Give me the grace to let myself be cleansed by You,
to be a shell filled only with You, my God.
Let all my thoughts and feelings, my will and liberty,
be totally directed to Your honor and service.
Amen.

YOU HAVE CALLED ME BY NAME
Oh, Lord my God, You called me from the sleep of noth-
ingness merely because in Your tremendous love You want
to make good and beautiful beings. You have called me by
my name in my mother’s womb. You have given me breath
and light and movement and walked with me every mo-
moment of my existence. I am amazed, Lord God of the uni-
verse, that You attend to me and, more, cherish me. Create
in me the faithfulness that moves You, and I will trust You
and yearn for You all my days.
Amen.

---Joseph Tetlow, S.J.

GREAT IS OUR HAPPINESS
Great is, O King,
Our happiness
In Your kingdom,
You, our king.

We dance before You,
Our king,
By the strength
Of Your kingdom.

May our feet
Be made strong;
Let us dance before You,
Eternal.

Give praise,
All angels,
To him above
Who is worthy of praise.

-Zulu, South Africa
GOD, OUR CREATOR AND HEALER
Creator and Healer, 
You dwell closer to us 
than the air we breathe, 
Yet far surpass all we can know. 
We bless You for the stunning beauty of Your cosmos, 
The gifts You unendingly give. 
Forgive us our failure to be grateful and to trust You. 
Fill our hearts with Your courage, 
And our minds with Your vision 
of what we might become. 
Free us from fear of the dark unknown spaces 
Where You give birth to new possibilities. 
You are a God of adventure, 
And You took a great risk in creating us. 
Empower us to become the community 
Of which Your heart dreams. 
Amen. 
-Kathleen Fischer

A PRAYER OF ST. AUGUSTINE
Late have I loved You, O Beauty so ancient, and so new. 
Late have I loved You! You were within me but I was out-
side myself, and there I sought You! In my weakness I ran 
after the beauty of the things You have made — the things 
which would have no being unless they existed in You! You 
have called, You have cried, and You have pierced my deaf-
ness. You have radiated forth, You have shined out brightly, 
and You have dispelled my blindness. You have sent forth 
Your fragrance, and I have breathed it in, and I long for You. 
I have tasted You, and I hunger and thirst for You. 
You have touched me, and I ardently desire Your peace. 
Amen.

FOUND GOD IN ALL THINGS
O God, the sun neither rises nor sets 
but that Your love is one with my breathing. 
Never have I sat in conversation 
but that it was You who spoke to me from among those seated round. 
Never have I been mindful of You, whether in sadness or joy, 
but that You were there in my head amidst my inmost whisperings. 
Never have I sought a drink of water in my thirst, 
but that I saw Your image in the cup. 
-Hallaj
The Sanctuary

I make my way into the temple of my heart . . .
And invent a form of worship
That seems accordant with the time of day . . .
Or with my present mood . . .

Enshrined there in the temple
Are the persons who have changed me
By their love . . .

And those whom I have changed by mine . . .

At the end of my devotions
I place my hands on each of them
To share with them
The grace God gave me in my worship . . .

To how many of these persons can I say,
“I am certain that your love for me
will last forever?”
To how many can I say
“You can be sure my love for you
will never die?”

I choose a person
Of whose love I am completely certain.

I go back to the times
When I felt this person’s love . . .

Relive those times in fantasy . . .
Allow myself to feel the joy they bring . . .
And stay with it for as long a time as possible . . .
For in doing so I drink in love –
And life and God.

I now come to the present
And see this person,
Living or dead it matters not,
Sitting here before me . . .
We hold hands . . .
I let his/her love flow into me . . .
And imagine I am energized by it . . .

I let my own love flow into this person . . .
The two love currents flow into each other
And generate an atmosphere of love around us . . .

And so I end this exercise
As I began it,
In a temple –
For loving is divine and God is love.

-Anthony de Mello, S.J.
CANTICLE OF THE CREATURES
Most High, all-powerful, good Lord,
Yours are the praises, the glory, and the honor, and all blessing,
To You alone, Most High, do they belong,
And no human is worthy to mention Your name.
Praised be You, my Lord, with all Your creatures,
Especially Brother Sun,
Who is the day and through whom You give us light.
And he is beautiful and radiant with great splendor;
And bears a likeness of You, Most High One.
Praised be You, my Lord, through Sister Moon and the stars,
In heaven You formed them clear and precious and beautiful.
Praised be You, my Lord, through Brother Wind,
And through the air, cloudy and serene, and every kind of weather,
Through whom You give sustenance to Your creatures.
Praised be You, my Lord, through Sister Water,
Who is very useful and humble and precious and chaste.
Praised be You, my Lord through Brother Fire,
Through whom You light the night,
And he is beautiful and playful and robust and strong.
Praised be You, my Lord, through our Sister Mother Earth,
Who sustains and governs us,
And produces various fruit with colored flowers and herbs.

Praised be You, my Lord, through those who give pardon for Your love,
And bear infirmity and tribulation.
Blessed are those who endure in peace
For by You, Most High, shall they be crowned.

Praised be You, my Lord, through our Sister Bodily Death,
From whom no one living can escape.
Woe to those who die in mortal sin.
Blessed are those whom death will find in Your most holy will,
For the second death shall do them no harm.
Praise and bless my Lord and give Him thanks
And serve Him with great humility.

—St. Francis of Assisi

A PRAYER OF THANKS
O Tender Father, You gave me more, much more than I ever thought to ask for. I realize that our human desires can never really match what You long to give us.
Thanks, and again thanks, O Father, for having granted my petitions, and that which I never realized I needed or petitioned. Amen.

—St. Catherine of Siena
PRAYER OF THANKSGIVING
O God, we thank You for this earth, our home; For the wide sky and the blessed sun, For the salt sea and the running water, For the everlasting hills And the never-resting winds, For trees and the common grass underfoot. We thank You for our senses By which we hear the songs of birds, And see the splendor of the summer fields, And taste of the autumn fruits, And rejoice in the feel of the snow, And smell the breath of the spring. Grant us a heart wide open to all this beauty; And save our souls from being so blind That we pass unseeing When even the common thorn bush Is aflame with Your glory. O God our creator, Who lives and reigns forever and ever.
-Walter Rauschenbusch

THANK YOU, LORD
Thank You Lord for struggles and sufficient grace to meet them; for remembering me, when I forget You; for moments of laughter and the knowledge of sorrow; for the body and mind in strength and weakness; for Your plan and my ignorance of it; for frustrations and the peace that comes through prayer; for inspiring, loving, forgiving and nurturing; for pushing, reminding, challenging and denying; for Your grace for Your sacrifice for Your promise of eternity.
-Sarah Klucker

GOD BLESS THE WORLD
Mighty God, Father of all, Compassionate God, Mother of all, bless every person I have met, every face I have seen, every voice I have heard, especially those most dear. Bless every city, town, and street that I have known, bless every sight I have seen, every sound I have heard, every object I have touched. In some mysterious way these have all fashioned my life; all that I am, I have received. Great God, bless the world.
-John J. Morris, S.J.
**DAYBREAKS**
That I live
That I breathe
That I see and hear, even a little
That I have a heart to feel
A mind to know and remember by,
I thank You most bountiful and close God
Made one with us in Jesus Christ
And present to us
Even in the million ways I forget.

*John Kavanaugh, S.J.*

**TIMES TOGETHER**
MAKE US HOLY
Holy Father, make us holy.
Holy Jesus, make us holy.
Holy Spirit, make us holy.
Holy God, make us whole.
Amen.

- Institute for Spirituality, CPSA

A PRAYER FOR UNITY
You, the one
From whom on different paths
All of us have come,

To whom on different paths
All of us are going,
Make strong in our hearts what unites us;

Build bridges across all that divides us;
United make us rejoice in our diversity,

At one in our witness to Your peace,
A rainbow of Your glory.

- Br. David Stiendl-Rast, O.S.B.

PRAYER FOR BEING TOGETHER
We dare to believe, O God,
That there is purpose in our being together.
For each comment and question offered,
For the risks taken,
For the efforts made to search for truth,
And for the grace extended when another viewpoint might conflict with our own –
For every insight that calls us to reconsider our motives and intentions,
We give You thanks.

Forgive us, we pray,
For any unwillingness or lack of discipline
That undercut what we might have done together in Your name.

Thank You dear God for bringing us together this day.
Thank You for the fits we as individuals bring to our community of concern
And the power we have when we join together to seek Your way of peace and justice.
Please accept our meager offerings of time, talent and treasure as our prayer for a most just and peaceful world.
Take what little we offer and make it grow
Until it brings forth the fruit of justice and peace
In our lives, in our community and in our world.
Amen.

- Doris Donnelly and Tom Cordano
BREATH OF GOD, BREATHE ON US
O God, the source of our common life,
When we are dry and scattered,
When we are divided and alone,
We long for connection, we long for community.
*Breath of God, breathe on us.*

With those we live beside,
Who are often strange to us,
Whom we may be afraid to approach,
Yet who have riches of friendship to share,
We long for connection, we long for community.
*Breath of God, breathe on us.*

With those we have only heard of,
Who see with different eyes,
Whose struggles we try to imagine,
Whose fierce joy we wish we could grasp,
We long for connection, we long for community.
*Breath of God, breathe on us.*

With those we shall never know,
But whose lives are linked with ours,
Whose shared ground we stand on,
And whose common air we breathe,
We long for connection, we long for community.
*Breath of God, breathe on us.*

When we are dry and scattered,
When we are divided and alone,
When we are cut off from the source of our life,
Open our graves, O God,
That all Your people may be free to breathe,
Strong to move,
And joyful to stand together
To celebrate Your name.
Amen.

WHEN WE SERVE
Jesus, You gave us ears to hear:
Help us to hear.
May we listen to all we meet and
To those who come to us in trouble.
Remind us daily that there is a time
For silence and a time for speaking.
Show us when to speak and
When to hold our peace.
Never let us miss a cry for help
Because we are too busy talking.
Make us ready to listen to others
As we listen each day in silence to You.
Amen.
CARRYING OUT GOD’S WORK
God of love, help us to remember
That Christ has no body now on earth but ours,
No hands but ours, no feet but ours.
Ours are the eyes to see the needs of the world.
Ours are the hands with which to bless everyone now.
Ours are the feet with which he is to go about doing good.

- St. Teresa of Ávila

A PRAYER FOR RETREAT
O God, You have blessed our encounter with Christ
By inviting us to know ourselves as we truly are:
Deeply loved by You, our God in Christ,
And by so many others who have become sacraments of
Your friendship in our lives.
Through our relationships, reflection and prayer,
You draw us more deeply into love of You.
Through our ever-growing friendship with Jesus,
We are inspired to follow him in a life of service
And a commitment to Gospel values.
May we seek ever more to bring
Justice where there is inequity,
Peace where there is discord,
Compassion where there is hurt,
And love where there is loneliness
To all those we encounter, through Jesus Christ. Amen.

-Mary Flick

PRAYER BEFORE A MEAL
Holy and Loving God,
We come together today in gratitude for the gifts of food
and conversation set before us.
We ask Your blessing upon our food,
Remembering all those whose hands have worked to bring
it to our table
And remembering all those who are forced to go without
in our world of unjustly distributed resources.
Be with us in our conversation and reflection
And inspire in us the holy desire
to do everything for Your glory,
And in the service of a new reality here on earth
in which justice and peace prevail.
We ask all this
in the holy name of the one who came
to show us how to live in right relationship
With You and each other and all of creation,
The one who taught us to seek out and love
Those who society forgets and disgraces,
The one who welcomed all to the table
to eat of the living bread, the eternal feast,
The one who asks us to do the same:
Our Teacher, Friend, and Redeemer:
Jesus Christ.
Amen.
CO-WORKERS’ PRAYER
You have placed us on the same path of life,
strangers walking side by side
in this blessed space and time;
sharing our daily bread and tasks,
we dare to trust and respect each other
and grow in love and friendship.
You inspire us with Your wisdom and light our way,
companions on the journey, a family of faith;
on the road, we support and encourage
one another to learn and grow,
and we embrace each other’s sorrows and joys.
Thank You, Lord, for bringing us together in community;
guide our hearts and minds
as we work together to achieve our goals.
Teach us to celebrate Your presence in each person
so that we might be signs of Your peace.
Amen

-Carol-Anne Dabek
A Reflection on the Peace of a Moment
There is a moment between inhales and Exhales, where time hangs.
In this moment, we are One with nature and the world is at peace.
Wipe every fear from your mind
Because the heartbeat realigns now
With the flow of the wind, and you will find
The rustle of grass has never been so striking
Sending a chill down the spine.

There is a moment between inhales and Exhales, where time will stay
Just as a child’s swing reaches the zenith:
An incredible moment of delay
Between rising and falling
Time will hang so that Heaven may Guide, protect, and smile down.

Until one day the breaths will cease,
Forever we will be in between
The inhales and exhales; forever at peace
Without time to bind
If you breathe with all of your heart, time will hang
And if you love with all of your heart, you’ll find
A heaven in the peace of a moment.

Heaven knows it is no coincidence
That the crests and troughs of a rosary line up perfectly
With our delicately placed thumbs: woven like lace,

The beads held dearly by our fingers pour out a grace
Felt in our heart of hearts, and to you I say:
Heaven knows it is no coincidence,
For these hands were created to pray.

-Adrienne Renee Edson

Prayer for Peace Within
May today there be peace within.
May you trust God that you are exactly where you are meant to be.
May you not forget the infinite possibilities that are born of faith.
May you use those gifts that you have received, and pass on the love that has been given to you.
May you be content knowing you are a child of God.
Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.
It is there for each and every one of you who choose to claim it.

-St. Thérèse of Lisieux

Present Moment
Breathing in, I calm my body.
Breathing out, I smile.
Dwelling in the present moment, I know this is a wonderful moment!

-Thich Nhat Hanh
**Blessing for Inner Peace**

Do not fear
What may happen to you tomorrow.
The same Father
Who cares for you today,
Will care for you tomorrow
And every other day.
Either he will shield you from suffering
Or he will give you unfailing strength to bear it.
Be at peace, then,
And put aside all
Anxious thoughts
And imaginings.

- St. Francis de Sales

**Today**

Today, I will dwell neither on yesterday’s events nor
tomorrow’s maybes, but rather the still, perfect
moment that is the present.
Today, I will take each moment one at a time. I will sit
still and look around me. I will accept every situation I
find myself in.
Today, I will appreciate the richness of every season. I
will celebrate the spirit of every circumstance, mood,
and archetype.
Today, I will cultivate a spirit of gratitude by recognizing
the countless blessings in my life. I will offer up
continual thanks.
Today, I will seek the beauty in every person I meet and
dwell on the good in them. I will build them up and do
everything I can to make their day a little better.

Today, I will look each person I talk to in the eye. I will
listen to him or her with all of my attention and energy.
Today, I will be kind to myself. I will be gentle yet
disciplined, and I will be ready to laugh at myself and
my situation at all times.
Today is God’s day. I am alive for it, and I have a purpose.

- Whitney Kline

**Blessed to the Longing**

Blessed to the longing that brought you here
and that quickens your soul with wonder.
May you have the courage to befriend
your eternal longing.
May you enjoy the critical and creative companionship
of the question “Who am I?” and
may it brighten your longing.
May a secret Providence guide your thought and
shelter your feeling.
May your mind inhabit your life with the same sureness
with which your body belongs to the world.
May the sense of something absent enlarge your life.
May your soul be as free as the ever-new waves of the sea.
May you succumb to the danger of growth.
May you live in the neighborhood of wonder.
May you belong to love with the wildness of Dance.
May you know that you are ever embraced in the kind
circle of God.
REMEMBER
Remember:
The will of God will never take you
Where the grace of God cannot keep you,
Where the arms of God cannot support you,
Where the riches of God cannot supply your needs,
Where the power of God cannot endow you.

The will of God will never take you
Where the spirit of God cannot work through you,
Where the wisdom of God cannot teach you,
Where the army of God cannot protect you,
Where the hands of God cannot mold you.

The will of God will never take you
Where the love of God cannot enfold you,
Where the mercy of God cannot sustain you,
Where the peace of God cannot calm your fears,
Where the authority of God cannot overrule for you.

The will of God will never take you
Where the comfort of God cannot dry your tears,
Where the Word of God cannot feed you,
Where the miracles of God cannot be done for you,
Where the omnipresence of God cannot find you.

DO NOT PRAY FOR EASY LIVES
Do not pray for easy lives,
pray to be stronger people.
Do not pray for tasks to equal your powers,
pray for powers to equal your tasks.
Then the doing of your work shall be no miracle,
but you shall be the miracle.
Every day you shall be a miracle;
every day you shall wonder at yourselves,
at the richness of life that has come to you
by the grace of God.

-Phillip Brooks

TO PONDER
The Risen Christ is with us this day, and He continues to
need each one of you. Jesus needs your eyes to continue to
see. He needs your strength to continue to work. He needs
your voice to continue to preach. He needs your hands to
continue to bless. He needs your heart to continue to love.
And Jesus needs your whole being to continue to build up
his body, the Church. As we believe, so let us live.

-Joseph Cardinal Bernardin
PROPHETS OF A FUTURE NOT OUR OWN
It helps, now and then, to step back and take a long view. The kingdom is not only beyond our efforts, it is even beyond our vision. We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God’s work. Nothing we do is complete, which is a way of saying that the kingdom always lies beyond us. No statement says all that could be said. No prayer fully expresses our faith. No confession brings perfection. No pastoral visit brings wholeness. No program accomplishes the church’s mission. No set of goals and objectives includes everything. This is what we are about.
We plant the seeds that one day will grow. We water seeds already planted, knowing that they hold future promise. We lay foundations that will need further development. We provide yeast that produces far beyond our capabilities. We cannot do everything, and there is a sense of liberation in realizing that. This enables us to do something, and to do it very well. It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord’s grace to enter and do the rest. We may never see the end results,
but that is the difference between the master builder and the worker.
We are workers, not master builders; ministers, not messiahs.
We are prophets of a future not our own. Amen.
-Bishop Ken Untener

PATIENT TRUST
Above all, trust in the slow work of God. We are quite naturally impatient in everything to reach the end without delay. We should like to skip the intermediate stages. We are impatient of being on the way to something unknown, something new. And yet it is the law of progress that it is made by passing through some states of instability — and that it may take a very long time. And so I think it is with you. Your ideas mature gradually — let them grow, let them shape themselves, without undue haste. Don’t try to force them on, as though you could be today what time (that is to say, grace and circumstances acting on your own good will) will make of you tomorrow. Only God could say what this new spirit gradually forming within you will be. Give Our Lord the benefit of believing that his hand is leading you, and accept the anxiety of feeling yourself in suspense and incomplete.
-Pierre Teilhard de Chardin, S.J.
FALLING IN LOVE
Nothing is more practical than finding God, that is, than falling in a love in a quite absolute, final way. What you are in love with, what seizes your imagination will affect everything. It will decide what will get you out of bed in the mornings, what you will do with your evenings, how you spend your weekends, what you read, who you know, what breaks your heart, and what amazes you with joy and gratitude. Fall in love, stay in love, and it will decide everything.

-Pedro Arrupe, S.J.

A PRAYER OF ENCOURAGEMENT
Go on advancing, you are on the true road. Remember, it is not you who have taken it, but God who has placed you here. Walk trustfully and may nothing in the world be able to dishearten you. May Jesus’ Spirit dispel from you that other spirit, which makes you discouraged and mistrustful. Give your heart, once and for all to love and trust.

-St. Madeleine Sophie Barat

A BLESSING
The peace of God, Which passes all understanding, Keep your hearts and minds In the knowledge and love of God And of God’s chosen One, Jesus Christ.

The blessing of God, Whose breath gave life to the world, Be in all you speak this day.

The blessing of God, Whose love reconciles all who are divided, be with you as you seek to heal the brokenness around you.

The blessing of God, Whose Spirit sanctifies life, Be with you as you go forth into the world To bless others with God’s love.

So be it! Amen.

-Vienna Cobb Anderson

AN OLD GAELIC BLESSING
May the road rise to meet you. May the wind be always at your back. May the sun shine warm upon your face. May the rains fall softly upon your fields. Until we meet again May God hold you in the palm of his hand.
AN OPENING PRAYER FOR ADVENT
Lord God in heaven, our hearts desire the warmth of Your love
And our minds are searching for the light of Your Word.
Increase our longing for Christ our Savior and give us
The strength to grow in love, that the dawn of his
Coming may find us rejoicing in his presence and
welcoming the light of his truth.

We ask this in the name of Jesus the Lord. Amen.
- The Roman Missal

AN ADVENT PRAYER
God of promise,
Make us ready for Your coming.
Help us to find quiet moments of contemplation.
Help us to see awesome beauty in one another’s eyes.
Help us to hear and respond to the cries of the poor and
the oppressed.
Help us to breathe in the wonders of nature.
Help us to walk along that path that leads to You.
Help us to find the only truth that will save us.
Help us to serve You until that day
When we meet face to face.
Help us to grow closer to You with each passing day
And to love You.
Come, Lord Jesus! Amen.
-Carmen L. Caltagirone
AN OPENING PRAYER FOR CHRISTMAS
Almighty God and Father of light,
A child is born for us, and a son is given to us.
Your eternal Word leaped down from heaven
In the silent watches of the night,
And now Your Church is filled with wonder
At the nearness of her God.
Open our hearts to receive his life
And increase our vision with the rising of dawn,
That our lives may be filled with his glory and his peace,
Who lives and reigns forever and ever.
Amen.

- The Roman Missal

A CHRISTMAS PRAYER
Loving Father,
Help us remember the birth of Jesus,
that we may share in the song of the angels, the gladness of the shepherds, and worship of the wise men.
Close the door of hate and open the door of love all over the world. Let kindness come with every gift and good desires with every greeting. Deliver us from evil by the blessing which Christ brings, and teach us to be merry with clear hearts. May the Christmas morning make us happy to be Your children, and Christmas evening bring us to our beds with grateful thoughts, forgiving and forgiven, for Jesus’ sake. Amen.

-Robert Louis Stevenson

AN OPENING PRAYER FOR LENT
Lord our God, You formed Your people from the clay of the earth and breathed into us the spirit of life, but we turned from Your face and sinned.
In this time of repentance we call out for Your mercy. Bring us back to You and to the life Your Son won for us by his death on the cross, for he lives and reigns forever and ever.
Amen.

- The Roman Missal

BLESSED ARE YOU, LORD:
A MARDI GRAS PRAYER
Blessed are You, Lord God of all creation,
for it is from Your goodness that we have this day to celebrate on the threshold of the Season of Lent. Tomorrow we will fast and abstain from meat.
Today we feast.
We thank You for the abundance of gifts You shower upon us.
We thank You especially for one another.
As we give You thanks, we are mindful of those who have so much less than we do.
As we share these wonderful gifts together, we commit ourselves to greater generosity toward those who need our support.
Prepare us for tomorrow.
Tasting the fullness of what we have today, let us experience some hunger tomorrow.
May our fasting make us more alert
and may it heighten our consciousness
so that we might be ready to hear Your Word
and respond to Your call.
As our feasting fills us with gratitude
so may our fasting and abstinence hollow out in us
a place for deeper desires
and an attentiveness to hear the cry of the poor.
May our self-denial turn our hearts to You
and give us a new freedom for
generous service to others.
We ask You these graces
with our hearts full of delight
and stirring with readiness for the journey ahead.
We ask them with confidence
in the name of Jesus the Lord. Amen.

**Penitential Prayer of St. Ambrose of Milan**

O Lord, who has mercy upon all,
take away from me my sins,
and mercifully kindle in me
the fire of Your Holy Spirit.
Take away from me the heart of stone,
and give me a heart of flesh,
a heart to love and adore You,
a heart to delight in You,
to follow and enjoy You,
for Christ’s sake. Amen.

-St. Ambrose of Milan

**The Stations of the Cross**

My Lord Jesus Christ, You have made this journey to die
for me with love unutterable, and I have so many times
unworthily abandoned You, but now I love You with my
whole heart, and because I love You, I repent sincerely for
having ever offended You. Pardon me, my God, and permit
me to accompany You on this journey. You go to die for
love of me; I wish also, my beloved Redeemer, to die for
love of You. My Jesus, I will always live and die united to
You.

I. Jesus is condemned to Death (John 3:16)
O Jesus, help me to appreciate Your sanctifying grace more
and more.

II. Jesus Bears His Cross (Luke 9:23)
O Jesus, You choose to die for me. Help me to love You
always with all my heart.

III. Jesus Falls the First Time (Isaiah 53:6)
O Jesus, make me strong to conquer my wicked passions,
and to rise quickly from sin.

IV. Jesus Meets His Mother (Lamentations 1:12)
O Jesus, grant me tender love for Your Mother, who of-
fered You for love of me.

V. Jesus is Helped by Simon (Matthew 25:40)
O Jesus, like Simon lead me ever closer to You through my
daily crosses and trials.
VI. Jesus and Veronica (John 14:9)
O Jesus, imprint Your image on my heart that I may be faithful to You all my life.

VII. Jesus Falls a Second Time (Matthew 11:28)
O Jesus, I repent for having offended You. Grant me forgiveness of all my sins.

VIII. Jesus Speaks to the Women (Luke 23:28)
O Jesus, grant me tears of compassion for Your sufferings and of sorrow for my sins.

IX. Jesus Falls a Third Time (Luke 14:11)
O Jesus, let me never yield to despair. Let me come to You in hardship and spiritual distress.

X. Jesus is Stripped of His Garments (Luke 14:33)
O Jesus, let me sacrifice all my attachments rather than imperil the divine life of my soul.

XI. Jesus is Nailed to the Cross (John 6:38)
O Jesus, strengthen my faith and increase my love for You. Help me to accept my crosses.

XII. Jesus Dies on the Cross (Philippians 2:7-8)
O Jesus, I thank You for making me a child of God. Help me to forgive others.

XIII. Jesus is Taken Down from the Cross (Luke 24:26)
O Jesus, through the intercession of Your holy Mother, let me be pleasing to You.

XIV. Jesus is Laid in the Tomb (John 12:24)
O Jesus, strengthen my will to live for You on earth and bring me to eternal bliss in heaven.

Jesus, You became an example of humility, obedience and patience, and preceded me on the way of life bearing Your Cross. Grant that, inflamed with Your love, I may cheerfully take upon myself the sweet yoke of Your Gospel together with the mortification of the Cross and follow You as a true disciple so that I may be united with You in heaven. Amen.

AN OPENING PRAYER FOR THE HOLY TRIDUUM
Lord our God, we gather to share in Your supper which Your only Son left to his Church to reveal his love. He gave it to us when he was about to die and commanded us to celebrate it as the new and eternal sacrifice. We pray that in this Eucharist, we may find the fullness of love and life. Amen.

- The Roman Missal

Eucharistic Prayer for Holy Thursday
We take bread
Symbol of labor, exploited, degraded
Symbol of life.
We will break this bread
Because Christ, the source of life,
Was broken for the exploited and downtrodden.
We take wine
Symbol of blood, spilled in war and conflict,
Symbol of new life.
We will drink the wine
Because Christ, the peace of the world,
Was killed by violence.

Now bread and wine are before us,
The memory of our meals,
Our working, our talking;
The story which shapes us,
The grieving and the pain,
The oppressor who lies deep in our own soul;
The seeking and the loving.

And we give thanks
For all that holds us together in our humanity;
That binds us to all who live and have lived,
Who have cried and are crying,
Who hunger and are thirsty,
Who pine for justice,
And who hold out for the time that is coming.

And in this we are bound to Jesus,
Who, in the same night that he was betrayed,
Took bread and gave You thanks;
He broke it and gave it to his disciples, saying:

“Take, eat; this is my body which is given for you;
do this in remembrance of me.”
In the same way after supper
He took the cup and gave You thanks;
He gave it to them saying:
“Drink this, all of you; this is my blood of the new covenant,
which is shed for you and for many
for the forgiveness of sins.
Do this as often as you drink it
In remembrance of me.”

This is the death we celebrate.
This is the new life we proclaim.
This is the vision we await.

-WORLD STUDENT CHRISTIAN FEDERATION

SIMPLE PRAYER BEFORE THE CROSS
Lord, I give thanks to You for Your dying on the Cross for my sins.

-St. Paul of the Cross

A GOOD FRIDAY PRAYER
Lord God,
Today, we remember and mourn
the death of Your son and our brother, Jesus.
And yet in our sorrow,
we discover an answer to Pilate’s question:
“What is truth?”

We find Truth in Christ,
Who empties himself
of divine majesty and human comfort
To the point of dying alone.

We find Truth in You,
Our God, who joins in our brokenness
in order to heal us and reveal to us
what lies beyond suffering and death.

Today, give us eyes to see
Christ crucified in our world,
in those who are enslaved by
poverty, oppression, sin and desolation.

And in our suffering, give us hope in the forgiveness
and gratuitous love given by Jesus, who creates
the world anew through Your Easter promise.
Amen.

-Daniel Finucane

AN EASTER PRAYER
Risen Christ
As You stay with us
Open our eyes to see the needs in Your world,
Open our ears to hear the cries
of the poor
of the suffering
the marginalized
give us the courage and the tenacity to take our spoken prayers into serious action.
Move us from our security, cast out our fears.
To take risks just like Jesus
And as You want us to do now
To walk with humankind
Knowing that You, Spirit of God, will support us.
As we meet You,
Re-assure, re-new
And Re-commit us to a life of service
Where we will stand for Justice and Peace.
Risen Christ, on this Easter Day, may things change be-
cause of us.
We, who are the Body of Christ, and the Spirit of God,
Called, through baptism, to heal the wounds within the Body of Christ
of our sisters and brothers in remarkable need.
Thank You, Lord, for Your Easter invitation
to continue Your mission in Hope. Amen.

AN OPENING PRAYER FOR EASTER
Lord our God, creator of all: today is the day of Easter joy.
This is the morning on which the Lord appeared to his people who had begun to lose hope and opened their eyes to what the Scriptures foretold: that first he must die, and then he would rise and ascend into his Father’s glorious presence.

May the risen Lord breathe on our minds and open our eyes that we may know him in the breaking of the bread, and follow him in his risen life. Amen.

-The Roman Missal
IF YOU WERE NOT RISEN
If You were not risen,
Lord Christ, to whom would we go
to discover a radiance
of the face of God?
If You were not risen,
we would not be together
seeking Your communion.
We would not find in Your presence
forgiveness,
wellspring of a new beginning.
If You were not risen,
where would we draw the energy
for following You
right to the end of our existence,
for choosing You again and anew?

-Brother Roger of Taizé

AMEN AND ALLELUIA
All shall be Amen and Alleluia.
We shall rest and we shall see,
We shall see and we shall know.
We shall know and we shall love.
We shall love and we shall praise.
Behold our end which is no end.

-St. Augustine

PRAYERS FROM MADRID
ANGEL DE MI GUARDA
(My Guardian Angel)
Ángel de mi guarda,
dulce compañía,
no me desampares
ni de noche ni de día.
No me dejes solo,
que me perdería.

BENDITA SEA TU PUREZA
(Blessed is Your Purity)
Bendita sea tu pureza,
y eternamente lo sea,
pues todo un Dios se recrea
en tan graciosa belleza.
A Ti celestial Princesa,
Virgen sagrada María,
yo te ofrezco en este día,
alma, vida y corazón.
Mírame con compasión,
No me dejes, Madre mía.

ORACIONES A LA VIRGEN (Prayer to Mary)
• Bendita sea tu pureza y eternamente lo sea, pues todo un
Dios se recrea en tan graciosa belleza. A ti celestial princesa,
Virgen sagrada María, yo te ofrezco en este día alma, vida y
corazón, mírame con compassion, no me dejes madre mía.

ORACIÓN PARA LA CONFESIÓN (Prayer before Confession)
• Señor mío Jesucristo, Dios y hombre verdadero, me pesa
de todo corazón de haber pecado, porque he merecido el
infierno y he perdido el cielo, pero sobre todo porque te
ofendí a ti, que eres bondad infinita, a quien amo sobre to-
das las cosas. Propongo firmemente, con tu gracia, enmen-
dar y evitar las ocasiones próximas de pecado, confesarme
y cumplir la penitencia. Confío en que me perdonarás, por
tu infinita misericordia. Amén.

ORACIONES HABITUALES (Traditional Prayers)

PADRE NUESTRO (Our Father)
Padre nuestro,
que estás en el cielo,
santificado sea tu Nombre;
venga a nosotros 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 la tentación,  
y líbranos del mal. Amén.

**AVE MARÍA (Hail Mary)**  
Dios te salve María  
llena eres de gracia  
el Señor es contigo;  
bendita eres  
entre todas las mujeres,  
y bendito es el fruto  
de tu vientre, Jesús.  
Santa María, Madre de Dios,  
ruega por nosotros, pecadores,  
ahora y en la ahora  
de nuestra muerte. Amén.

**LA SEÑAL DE LA CRUZ (Sign of the Cross)**  
Por la señal de la santa cruz +  
de nuestros enemigos +  
líbranos, Señor, Dios nuestro +  
En el nombre del Padre y del Hijo y del Espíritu Santo +  
Amén.

**GLORIA AL PADRE (Glory Be)**  
Gloria al Padre, al Hijo y al Espíritu Santo,  
como era en un principio, ahora y siemre,  
y por los siglos de los siglos.  
Amén
Members of the Saint Louis University administration submitted the following prayers.

INVOCATION
Jesus, guardian of all creatures great and small,
we bless You for the wonder of this new day,
the wonder of the springtime,
the season of new birth and transformation.
The Risen Christ is with us this day,
and he continues to need each one of us.

-Lawrence Biondi, S.J.,
President

INVOCATION BEFORE A MEETING
Gracious Lord, we ask that You give clarity and focus to
our deliberations today, that You send us Your Holy Spirit
to animate us and drive us toward greater wisdom, understanding, and knowledge to do what is best for our SLU community.

And we ask You to help us keep in mind those who we
are called to serve – the students, faculty, and staff of Saint Louis University.

Finally, we thank You for the talents and gifts that You
have given us and ask for Your help in assuring that we use
them for the good of all Your people in ways that bring
greater glory and honor to You.

Amen.

-Lawrence Biondi, S.J.,
President

TODAY
I pray that the world will be better today,
that we’ll all work together to find the right way;
That we’ll give social justice its rightful high place,
and strive to support each person and race;
That we’ll teach one another the things we should know,
and search for God’s guidance in the ways we should go;
That we’ll all pull as one, all for one another,
whether Christian or Muslim, Judaic or other;
To make this world better, a place we can stay,
To live for each other in God’s chosen way;
Let’s pray that can happen. Let’s pray for today.

-Phil Alderson,
Vice President, Health Sciences

AT THE END OF THE SCHOOL YEAR
O God of all beginnings and endings, we praise and thank
You for the gift of this school year.

It has been a time filled with grace and blessings,
with challenges and opportunities, joys and sorrows.

The days have passed quickly, O Lord.
The weeks, the months, the seasons, and holidays, the
exams, vacations and breaks have all come from Your hand.

We pray that our efforts this past year, will bear fruit
according to Your will, and we ask for Your continued
blessings on Saint Louis University.

Amen.

-Kathleen Brady,
Vice President, Facilities
Management and Civic Affairs
**A Time for God**

**Prayer for Administrators**

Heavenly Father, we pray for the administrators of Saint Louis University that there be a unity of spirit among them as they seek, find, and demonstrate Your wisdom and truth.

May they lead and serve by example, demonstrating fair-mindedness, humility and understanding as they make decisions for the University and affecting the lives of those in the University community.

Let the administrators hear and listen to wise counsel and help them to interpret and apply Your will as they lead.

May You richly reward the work of Saint Louis University and may all the work be done for Your greater honor and glory.

Amen.

-Kathleen Brady,
Vice President, Facilities
Management and Civic Affairs

**Glorious God**

Glorious God, the source of all our strength, support each of us in this meeting that is now beginning.

Grant us the courage to be open, but respectful of one another; and to not be fearful of the new and different.

Grant us the ability to be decisive in our actions; the wisdom to make sound decisions; and the humility to be servant-leaders.

Strengthen us with the willingness to act on behalf of those we lead and never lose sight of the greater purpose of our mission.

For this we pray, Amen.

-Tim Brooks, Vice President and Chief Information Officer

**Prayers from the Administration**

**A Prayer for Saint Louis University**

Almighty and loving God, You are lavish in bestowing all Your gifts, and we give You thanks for the many blessings and favors You have given to Saint Louis University and the Jesuit priests and brothers over its years of existence.

In Your goodness, You have blessed this University with gifted leaders and talented faculty and generous benefac-

**MAY GOD BLESS US**

As we begin our meeting and come to the end of this academic year,

We ask the blessings of God’s spirit for all of us: board members, staff, faculty, and students:

May God bless us with a restless discomfort about easy answers half-truths and superficial relationships, so that we may seek truth boldly and love deep within our hearts.

May God bless us with holy anger at injustice, oppression, and exploitation of people, so that we may tirelessly work for justice, freedom, and peace among all people.

May God bless us with the gift of tears to shed with those who suffer from pain, rejection, starvation, or the loss of all that they cherish, so that we may reach out our hand to comfort them and transform their pain into joy.

May God bless us with enough foolishness to believe that we really can make a difference in this world, so that we are able, with God’s grace, to do what others claim cannot be done.

-James Burshek, S.J.,
University Trustee
tors, to serve our more than 12,000 students as they work to develop themselves to their full potential and prepare themselves for life.

Bless our graduates as they complete their studies and move on to share their knowledge and learning with a world so in need. Bless their families and all those who have supported them in their academic studies and in their daily needs. We pray for their success in finding gainful employment and a life full of happiness.

May each of us open our hearts to the blessings God showers upon us each day and acknowledge the gift of his grace. May we never forget his kindness to us and merciful forgiveness as he suffered and died for us—rising again that we might live forever in eternal life.

May the peace of God, that surpasses all understanding, guard our hearts and minds in Christ. Amen.

-Most Reverend Robert J. Carlson, Archbishop of St. Louis

PRAYER OF A UNIVERSITY TRUSTEE
Let us bow our heads and pray to the God of us all, the Great Spirit, the God of Moses, Abraham, Isaac, and Jacob:

We gather today as Your stewards of Saint Louis University entrusted with the responsibility handed to us with respect to our students, patients, faculty and staff. We ask for strength to be selfless discerning, and wise in our advice and deliberations.

We pray, recognizing that this time of year in the University some of our students (and we ourselves) are at the end of this chapter and await the commencement of the next.

Like Your Martyr, Archbishop Oscar Romero of San Salvador, we deeply recognize that:

“We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God’s work. Nothing we do is complete, which is another way of saying that the Kingdom always lies beyond us… We plant seeds that one day will grow. We water seeds already planted, knowing that they hold future promise. We lay foundations that will need further development… We may never see the end results, but that is the difference between the master builder and the worker. We are workers, not master builders; ministers, not messiahs. We are prophets of a future not our own.

And, therefore, we ask now for Your inspiration in Jesus’ name.

Amen.

-Dennis C. Donnelly, Alumnus and Former SLU Trustee
FOR THE GREATER GLORY OF GOD
This is what I strive for as I ask for the strength to be the leader You have called me to be, to make decisions grounded in prayerful reflection, and to work in companionship with others.

Help me to be remain teachable and humble even in the most trying situations where I think I may know the answers.

My relationship with You will be my guiding force as I discern and act on the many decisions that will need to be made on behalf of those I serve.

May Your presence be ever with me in this work that You have missioned me to at Saint Louis University, all for the Greater Glory of God.

Amen.

-Ken Fleischmann,
Vice President, Human Resources

GOD OF LIFE
God of life, surround us as we delight in this joyous season of Christmas and Hanukkah.

To Christians in modern times, the Christmas tree has come to symbolize the feast of the birth of the Holy Child. May the Christmas Tree remind us to give to others in a spirit of joy, thoughtfulness and generosity. May its thousands of needles that fall to the ground make us mindful of the needs of the poor and homeless the world over.

May its branches that point upwards lead us to wonder and worship You, our Creator.

May the lights of the candles of the Menorah and the star that shone so brightly over Bethlehem, stand guard over each of us, filling us and all the peoples of the Earth with light and peace and hope.

Heavenly Father, we give You thanks for food in a world where many walk in hunger, for faith in a world where many walk in fear, for friends in a world where many walk alone.

Bless this food we are about to eat, bless those who have prepared and serve it. Amen.

-Bridget Fletcher,
Assistant to the President

PRAYER FOR STRENGTH AND WISDOM
Heavenly Father, give me the wisdom and the strength to devote more of my time and energy to those things that will help make our community and the world a better place.

Let me see the best in people, and to work with them to help those less fortunate than me.

Allow me to listen more intently when I hear cries for help, and teach me not to let other work get in the way of helping those truly in need.

Teach me to be better at collaboration, conversation, discernment and sharing.

And through these interactions, let me always strive to be part of a solution rather than a part of the problem.

Amen.

-Jeff Fowler,
Vice President, Advancement
A PRAYER FOR Knowing God
Oh God, God of all there is and that which ever will be,
God who knows my every thought, my every wish,
Hear my wishes, but grant my needs,
And teach me to know the difference.
Give me understanding of Your plan for me,
And give me the gifts, including courage that I need to
achieve Your plan.
Speak to me not only in my most difficult moments or at
times of my greatest fears, but also when I am strong and
assured.
Help me to know that I am never alone and that You are
with me always.
Amen.

-William R. Kauffman,
Vice President and General Counsel

A PRAYER OF REFLECTION AND SELF-RENEWAL
As we start our summer break, we begin a time of reflection and self-renewal. I offer this prayer to encourage us
to observe a few moments of silence, review the thoughts, feelings, actions, inactions and consequences.
Embedded in our thoughts, feelings, actions, inactions and consequences, is the Divine. Let us not worry about
the pleasure or pain that we may have experienced this year because they both come to an end. Instead, let’s focus on
the knowledge gained over the last year because knowledge is eternal. Let us use that knowledge to build a stronger
future.
Everything we do, physical and mental, is Karma, and it leaves a mark on us.
Let us think about what mark we wish to leave on us as we perform our duty in the coming year, and in the process, how we contribute to the development of our family members, friends, work colleagues, and our institution.
In closing, let us revive the Divine within each of us to take us from darkness to light so that our kindness shows
in the smallest of tasks and our contributions are out of love, compassion, and duty.

-Manoj Patankar,
Vice President, Frost Campus
THE TRUTH IS THE DIVINE
As we come together this morning, let us connect with the Divine within each of us.

I am part of You and You are part of me. Together, we can strive to understand the WHOLE TRUTH, the DIVINE.

Together, we are here to advance the University:
Through discovery and promotion of TRUTH
Through caring of our people – our faculty, staff, and students
Through responsible use of our resources
Through our actions that are just and consistent with the TRUTH

Today, we seek the DIVINE to guide us out of darkness of ignorance and lack of knowledge, and into light – the TRUTH.

-Manoj Patankar,
Vice President, Frost Campus

PRAYER BEFORE A MEETING
Good and gracious God, we give thanks for this day You have given us, for this opportunity to serve this great University and to share this time together.

As we discuss issues of importance and endeavor to make the decisions that will advance the University’s goals and ideals, we seek Your guidance, wisdom and strength.

Help us set aside our own interests and egos and in our words and actions represent and fulfill the University’s mission.

Help us to pursue truth, to act justly and to glorify You in all that we do.

We ask these things in Your name, almighty God.

Amen.

-Kent Porterfield,
Vice President,
Student Development

A PRAYER FOR STUDENT DEVELOPMENT
Good and gracious God,

We come before You asking to be cleansed of all unrighteousness, and to thank, praise and worship You for all that You have done.

Bless our students and cause them to transform into great men and women for others. Bless the staff and faculty and help them to do their work with enthusiasm. Help us take risks that cause great things to happen. Cause every meeting to be productive and meaningful.
Give us favor where we need it.
Keep us safe from all hurt, harm and danger and connected to Your power. We ask all this in Your holy name.
Amen.

-Kent Porterfield,
Vice President,
Student Development

AN OFFERING
Lord – particularly when I am stressed or feeling sorry for myself – I want to offer You my day:
I offer my work and studies that You will help a disabled child learn to tie her shoes.
I offer my meals that You will keep someone from starving to death today.
I offer my joys that You will cheer the lonely in rest homes.
I offer my disappointments that You will comfort the parents of those who will die today in war.
I offer my tiredness that You will strengthen those who are struggling to raise a family in a two-room house.
I offer my smiles that You will make someone happy who has not been happy in a long time.
I offer my prayers that You will calm the anxieties of a confused believer who seeks the faith to pray.

-Frank Reale, S.J.,
Vice President and Rector,
Madrid Campus

PRAYER FOR STUDENTS
Let us pray, for each other and for all of our students.
Let’s take a moment in silent thanks, calling to mind the many talents and gifts God has given each of us, and especially to these students we celebrate. In all things and in all prayers, St. Paul tells us not to worry about anything, but in everything, by prayer and supplication and thanks, to let our requests be made known to God. In such times as these, we all understand and appreciate even more the promise and power of prayer.
We know today we all need prayer, so we pray for these students, that their achievements and accomplishments to this point serve only as a beginning for the fullness of their lives; we pray for them that their roots in faith will grow deep, so they grow in knowing why they believe what they believe, and we pray they continue to be thankful for the gifts we’ve all been given, for families, faith, friends …
So this morning, as we come and as we go, direct our actions, we beg You, O Lord, so that every thought and every word, every act and every prayer of ours might begin with You, and by You be happily and successfully completed …
And may the joy of God overtake you, and His blessings go before you. And together we say … amen!

-Paul Stark, S.J.,
Vice President,
Mission and Ministry
A PRAYER FOR WISDOM
Let us pray for wisdom as we contemplate the many choices that we will confront as we plan for the challenges and opportunities that lie ahead.

Let us pray for equanimity, patience and good judgment as we contemplate those challenges and opportunities.

Let us pray for resources adequate to achieve the goals that are most dear to us, as well as the goals that are most dear to others.

Let us be thankful for the friends and colleagues that surround us, whose many perspectives we should respect and value, particularly as they differ from our own.

-Ray Tait,
Vice President, Research

LORD, WE SEEK YOU
Lord, let Your presence be known to me as I serve the faculty, staff and students of Saint Louis University.

Guide me as I work in companionship with my colleagues.

Strengthen me when I have to make difficult decisions, knowing I do not make them alone.

Help me to remember that with You no challenge is insurmountable.

And, finally, Lord, help me to be grateful for the opportunity to serve in this way, where my relationship with You makes all this possible.

-Bob Woodruff,
Vice President and
Chief Financial Officer

PRAYER FOR NEW BEGINNINGS
Good and gracious God, as Your servants, we are called to many ventures.

We face the future, not knowing what the months, weeks and days will bring us or how we will respond.

Give us faith to go out with good courage, knowing that Your guiding hand and abiding love are ever with us.

As we journey, may we welcome all who come our way.

Deepen our faith to see all of life through Your divine eyes.

Fill us with hope and a trust that You will dwell in us amidst joys and sorrows.

Blessed Lord, we thank You for this treasure of our faith life.

Thank You for the gift of being able to rise in the morning with the assurance that You will walk each day with us. Springtime is a time of new beginnings, a time to strengthen and reaffirm our love and commitment to those with whom we live, work and serve.

Give us the strength to forgive and forget past transgressions and be ever mindful of Your countless blessings.

These things we pray in Your name.
Amen.
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