



Weekly Prayers for the Journey

*Taken from:
"PRAYERS FOR THE JOURNEY"
James M. FitzPatrick OMI*

Trust in my God...

Sunday

I have trust in you, Lord,
for all that you have made,
for all that you have given, for all that you have
promised.
But most of all,
I have trust in you for all that you are.
Amen.

Monday

I place my trust in you, Lord,
when the sun is darkened,
when the moon is hidden, when the stars don't
shine,
when the birds don't sing, when the leaves turn
brown,
when the little ones die.
For, in the face of these, I know that life is in
your hands, and that all your loving care
is there alive – and for me.
Amen.

Tuesday

I believe in you God, the Father Almighty.
Help me to know that you believe in me too.
Amen.

Wednesday

I looked, and you were there.
I called, and you answered.
I asked, and you acted.
Lord, I am most blessed.
Amen.

Thursday

God, you put me on this earth for a purpose.
Not my purpose but yours.
Amen.

Friday

Home is where the heart is.
My heart's with you, Lord.
Amen.

Saturday

God is loving, can I ever be alone?
God is merciful, can I ever be afraid?
Amen.

I pray for Others...

Sunday

Grant Lord, that I
see you in the beauty of creation,
hear you in the sounds of the forest,
touch you in the texture of the earth,
smell you in the fragrance of the flowers,
taste you in the fruit of the fields.
But grant also Lord, that I may
see you in the faces of the helpless,
hear you in the cries of the weak,
touch you in the hands of the
dispossessed,
smell you in the sourness of poverty,
taste you in the bitterness of defeat.
Lord,
help me to sense you in all of these, and may I
also be present there for you.

Amen.

Monday

Lord,
I am happy today.
Help me make others happy too.
Amen.

Tuesday

My hands are for lifting up, not pushing down.
My hands are for supporting, not letting fall.
My hands are for applauding, not striking.
Lord, help me to hold gently all those around
me.
Amen.

Wednesday

I don't know who's hurting today, Lord.
Whoever they may be,
I pray for them.
Amen.

Thursday

Dear Lord,
I seem to be mightily concerned with me.
Help me to reach beyond my little world of self.
Help me to live for others, especially in their
need.
But every day, help me to reach up to you.
Amen.

Friday

Dear Lord,
you love me with love that only you can give.
Help me to love others fully, kindly, and just for
their sake.
Amen.

Saturday

Lord,
teach me to open myself to love, to love all
those
- to whom I owe the love of gratitude,
- to whom I owe the love of fidelity,
- to whom I owe the love of responsibility,
- to whom I owe the love of thanksgiving,
- to whom I owe the love of care,
- to whom I owe the love of pardon,
- to whom I owe the love of forgiveness,
for in loving these I become a little more like
you.
Amen.

For the Sick...

Sunday

I pray for the seriously ill who suffer, and for
those for whom there may be little hope,
Let me be conscious of them, unknown to me
though they be, for I am one with them in our
human condition.

When I am too concerned with me, let my prayer turn to them.

When I feel tired, let my prayer earn them rest.

When I have aches and pains, may my prayer offer them relief.

When I feel weak, may my prayer give them strength.

When I am depressed, may my prayer raise up their spirits.

When I lose hope, may my prayer brighten their day.

Uplift them, Lord, by your kindly presence, for in their helplessness you alone can sustain them.

Amen.

Monday

At this very moment, Lord, there are innocent people suffering, little ones neglected, old folks lonely, people falling sick, families torn apart.

I cannot comfort them all, but let me pray for them now – one by one.

Amen.

Tuesday

Lord, I've got my aches and pains – but others are so much worse off.

Relieve them, comfort them and make them well.

Give them health of heart and mind and body.

Amen.

Wednesday

I pray, Lord, today for those who suffer from mental or emotional illness or instability.

May their afflictions, sometimes unseen, be healed or contained.

And may they live a life of peace, purpose and happiness.

Amen.

Thursday

Dear Lord, my friend is dying. Be with her/him at this most precious time, when present life is changing to life anew.

Take my prayers, my love, my caring, and place them gently around her/him.

May her/his passing to you be not fraught with fear and fright.

May it be peaceful by your soothing presence.

Lead her/him safely home with you.

Grant her/him eternal rest in the joy of your heavenly kingdom.

Amen.

Friday

Jesus, through the prayers of your mother, Mary, you grant consolation and cure the sick.

We thank you for your mercy and ask you to grant healing in our land through her intercession.

Amen.

Saturday

Lord Jesus Christ, when you walked this earth you reached out in love to heal the sick and restore their lives again.

In your mercy look upon our sick, give them comfort, and grant them healing.

Amen.

Kindness Meditation

Susan Helene Kramer

By acting kindly, we remain energised and free of tension, avoiding self-induced stress in both our mind and body. A smile uses less energy than a frown! *"A genuine smile is not only good for the person doing it, but also for those who see it and smile in response, and it takes little effort."* Meredith Bower

Benefits of being kind

1. Our mind stays tension-free;
2. Our body becomes relaxed, but energised;
3. With reduced stress, our mental and bodily health stays at its optimum as long as possible;
4. We infect others with the energy of kindness;
5. Our self-esteem improves, because being kind allows us to look more kindly at ourselves, too.

Meditation Practice

Preparation: Sit with a straight back, hands folded in lap and close eyes. Begin even and regular breathing. *Example:* breathe in one count; breathe out one count; breathe in one count; continue counting with your breathing for at least a minute.

Just **continue** even breathing but bring to mind an incident from the past when you acted with kindness. Smile to yourself as you remember your content feelings; perhaps you felt a relaxation in your body and a peace with life. Again enjoy those warm feelings. Going on, think about ways you can be kind in your daily life; after all, isn't that warm contented feeling worth recapturing and experiencing each day!

Finish your meditation by thinking with appreciation of those close to you and for our world family. Open your eyes, stretch and go on with your day, *kinder in mind*.

Susan Helene Kramer is the author of hundreds of articles for kids and adults of all abilities on rhythmic movement, modern dance, ballet, kinesthetic learning, music, meditation, yoga, practical spirituality, social issues and co-dependency.

