

PRAYERS
TO LIFT THE
Spirit



A Prayer Of Gratitude

Thank You, Lord, for all Your gifts of love, especially for those we often overlook.

Thank You for friends – to increase our love for You.

Thank You for enemies – to increase our tolerance.

Thank You for joys and happiness –
to strengthen our trust and perseverance.

Thank You for the times when all goes well –
to teach us serenity.

Thank You for the days when things are rough –
to teach us patience.

Thank You for our successes – to increase our confidence.

Thank You for our failures – to increase our humility.

Thank You Lord, for the “ups” and “downs” of life.

Thank You, Lord, for the precious gift of life itself.

Help us to continue to grow and to learn, to love
and to be grateful.

Comfort us when we are disturbed; disturb us when we
become too comfortable.

Thank You, Lord, for being by our side. Amen.

Prayer For A Forgiving Spirit

Almighty God, You have listened patiently to my complaining and consoled me in times of hardship. Let me remember Your unfathomable love for me when I am called upon to deal with compassion towards some other person.

You have shown me how to act, what to say, what to do and yet I continue to ignore the example of Christ and sometimes react without forgiveness for others.

Grant that I may recognize this failing in myself and remember the teachings of Christ the next time I encounter such a situation in my life. Amen.



Prayer Of Trust

Lord, we go back a long way together. As a matter of fact, I can't even conceive of life without You. You were right there by my side whenever I needed You. Even during the times when I wasn't aware of Your presence, You were still there protecting me and guiding me. I have come to look upon You as companion, as friend, as Savior, as a rock of safety which keeps me from all harm. I have come to trust You completely with myself, with all my thoughts, hopes and dreams. I feel secure in Your love.

In the years ahead, Lord, I want to continue to walk with You and be strengthened by You. I cannot see the future, and so, I do not know what You will ask of me. I'm sure there will be some doubt and uncertainty, some loss and grief, some trying times. Together, though, Lord, I feel confident that we'll make it. Amen.



For Resignation To God's Will

Lord Jesus, in Your agony You uttered the prayer, "Not My will, but Yours be done." Help me to resign myself to the Father's will with such humility and love. Grant that I may perceive the things that I can change in my life: give me the help to accept those things I cannot change.

I know that You will permit only that which will lead to my salvation and that of others. Help me to accept the good things You send with a joyful and humble heart. Help me to accept, too, the cross which I must bear in union with You. I ask this, Lord, in Your name. Amen.



Prayer For Patience

Lord, teach me to be patient – with life, with people, with myself. I try to speed things along too much, and I push for results before the time is right. Teach me to trust Your sense of timing rather than my own, and to surrender my will to Your greater and wiser plan.

Help me let life unfold slowly, like the small rosebud whose petals unravel bit by bit. If I hurry the bloom along by pulling away petals, I destroy the bud and all the potential for beauty therein. Instead, let me wait for the flower to unfold in its own time. I will appreciate all stages of its opening, until it becomes the rose whose fragrance fills my home for days.

Each moment and state of growth contains a unique loveliness. Teach me to slow down enough to appreciate life. Teach me that patience which Mary seemed to exhibit as she waited through the years, fully experiencing her vow of commitment, “Let Your will be done in my life, according to Your Word.” Amen.



Prayer On A Night Alone

Dear Lord, tonight I face another night alone, as Your Mother, Mary, must have done after Your Resurrection. My home, once filled with the clatter and clutter of family life, is empty and clean. My obligations are met, and the moments of silence I often longed for now stretch into hours of solitude.

Keep me from self-pity. Help me use this time constructively – calling a friend or writing a letter or baking a batch of cookies to share. Help me also to remember that I am never truly alone.

Lord, You who have remained with me throughout my days of work, be with me now. Silent, unseen and undemanding, wait as a faithful friend with me, Lord, that I may pray to You and listen for Your guidance. So, tonight, may I spend my hours wisely and well, and may I emerge a better person tomorrow because of Your help. Amen.



Prayer To Break A Bad Habit

I cannot even remember why I started this bad habit, Lord, and the reason is no longer important. What is important is that I recognize the harm this habit is doing. Excesses of any kind are destructive to both body and spirit.

My health is suffering, and my spirit is suffering even more. This habit has robbed me of my free will not to do something because my response is automatic, and I no longer even think before I act. What I must do now is reverse the process and become aware of the pattern of my habit and formulate a realistic plan for change. I have already taken the first and hardest step – admitting my problem.

I pray for increased faith to believe I can change this habit, and I pray for the will to want to change. Keep me from being too discouraged when it appears I am making no progress. As I keep Your mother as the model of my life, sustain my efforts until I successfully eliminate this habit and replace it with one more beneficial to me. Alone, I can do nothing to break this habit, but with Your help, I will break it. Amen.



Prayer During Financial Crisis

I have been taught from childhood that money is not what is most important in life. I want to believe that, yet money continually seems to be a problem in my life. Everything from medical care to a ball game comes with a price tag. No matter how hard I work or try to economize, I never seem to get ahead.

This latest siege of unexpected bills is particularly difficult for me. Help me, Lord, to find a way out of this current financial crisis. Make me aware of my efforts in managing money so that I will avoid this situation again. Help me to remember, Lord, the financial insecurity Your mother, Mary, must have felt when she and Joseph were forced to flee into Egypt with so few possessions and no promise of employment.

Give me the self-discipline to use money wisely – to resist buying what I do not need and to stop comparing my possessions to others. Most of all, guide me toward a better perspective on money.

You said, “Your Heavenly Father knows all that you need. Seek first His kingship over you, His way of holiness, and all these things will be given your desires.” (Matt. 6:32-33). Help me, Lord, to realize what my real needs are and to increase my faith in You to provide for them. Amen.

Prayer For The Return Of A Loved One To The Church

Lord Jesus, I know that You give everyone the grace to seek and to find You in their lives; so I want to pray for someone who is very dear to me, someone who was in the Church but who has now turned away.

Grant Your grace to this person, Lord, that they may come back to full union with You in the Church. Grant them the eyes of faith to see that only in Your true Church the fullness of life can be found.

Let my life and the lives of all the faithful be so truly Christian that they may be a sign and an invitation to reconversion for this person and for all who have fallen away. Amen.







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