

Prayers For Us All

by Brother Nicholas Hutchinson FSC

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LOVING OURSELVES AND OTHERS

Father,
enable us to see and love
ourselves and others
as you see and love us,
and so may we grow in the image and likeness
of Jesus your Son and our Brother. Amen.

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FOR DISCERNMENT

Grant us, O Lord,
to know what is worth knowing,
to love what is worth loving,
to praise what delights you most,
to value what is precious in your sight,
and to hate what is offensive to you.
Do not let us judge by what we see,
nor pass sentence
according to what we hear,
but to judge rightly
between things that differ. Amen.
(Thomas à Kempis: 1380-1471)

3

LOVING WORDS

Lord,
may the words we use
today and every day
be words of kindness,
words of humour and goodwill:
words that come from the overflowing
of a loving heart. Amen.

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ENCOURAGING OTHERS

Lord, we ask you to inspire us
to encourage others today
in our attitude and words and actions. Amen.

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HOW I MIGHT LIVE

Lord, give me patience and tolerance

with everyone.
Lead me to be kind and generous
to everyone,
and keep me cheerful
for the sake of everyone. Amen.

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REMEMBERED FOR OUR ATTITUDE

Lord,
most of us
will not become well-known
or be written about
because of great achievements,
but we will be remembered
for our attitude towards individuals.
Inspire us, Lord, to live in your presence
so that we may transform this day
by being positive in attitude,
looking for the best
in people and situations. Amen.

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HAVE I MISSED OUT?

Lord,
sometimes I look at others
and feel a little jealous
of their talents and abilities.
Sometimes I regret
having missed
the opportunities that others have had.
Being with others
sometimes makes me feel more lonely
because I feel less "fulfilled"
than they seem to be.
Melt in my heart, Lord,
any feelings of bitterness or ill-will,
and inspire me
to be generous and positive,
that I may be better able
to see the good in others.
Help me to develop
my own talents and abilities,
and praise others
for the good use of theirs.
Lead me to appreciate people more
for who they are. Amen.

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WITHOUT YOU WE CAN DO NOTHING (Ps 126/127; Lk 5⁵; Jn 21³; Jn 15⁵)

Lord, we call to mind
the words of the psalmist:
*"If the Lord does not build the house,
then it is in vain that its builders work.
If the Lord does not watch over the city,
it is in vain that a watchman keeps vigil.
In vain is your earlier rising,
your going later to rest,
you who toil for what you eat,
whilst God pours out his gifts
on those who are close to him
whilst they are sleep."*

And we recall, Lord,
that your disciples worked all night
but caught no fish
until you came among them.
Inspire and enable us, Lord,
to live in your presence and
bear fruit in plenty, knowing
that, cut off from you,
we can do nothing. Amen.

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"WHAT DO YOU WANT ME TO DO FOR YOU?"

Lord Jesus, we read in the gospel
that you spoke individually to many people
and said:
"Be cured"; Lk 5¹³
"Get up and walk"; Lk 5²⁴
"What do you want me
to do for you?"; Mt 20³²
"Of course I want to cure you:
be healed"; Mt 8³
"Let what you want
be done for you"; Mt 9²⁹ "Receive your
sight"; Lk 18⁴² "Receive back your
hearing"; Mk 7³⁴ "Young man, arise";
Lk 7¹⁵
"Go, your son will live"; Jn 4⁵⁰
"Go, your faith has saved you." Mk 10⁵²

Knowing that you are present in our midst,
we ask you today
to touch each one of us individually
and fulfil our deep-felt needs
and bring us your healing. Amen.

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LIVING THIS DAY

God our Father,
lead us to find enjoyment and fulfilment
in our lives today,
in all the circumstances
in which you place us,
and with the people
whom you entrust to us.

Inspire us
to seek first your kingdom,
live joyfully in your presence,
and grow in your image and likeness.

Empower us with your Spirit
that we may transform ordinary lives
and be credible witnesses of your love. Amen.

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BALANCE IN MY LIFE

God our Father,
lead me to grow in faith
and keep a healthy balance in my life.

Remind me that I need to
give time and space for myself
as well as for others.

Inspire me
to remaining committed in my work,
sharing quality time with my family,
and enjoying
sufficient rest and recreation. Amen.

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FEELING WEAK

Lord, you know
I'm not in the best of form today.
No longer do I feel your inspiration.
In my weakness
I pray for all the people
I will meet during this day.
As your ambassador, I am concerned
that I might present
a distorted image of you.
So be with me, Lord.
Be the strength in my weakness,
and give me some inspiration
and some enthusiasm
that I may bring your Good News of love
to those whom I will meet today. Amen.

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THE LOW MOMENTS OF THE DAY

Father,
when things are not going well,
touch the hearts of all of us,
that we may see the best in each other.

Alert me
to different approaches I might take
and remind me
to remain positive in attitude,
treating others with respect.

When things are going well,
prevent me feeling smug
or better than someone else,
and remind me then
how important it is
for us to work together
and support one another. Amen.

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KINDNESS AND COURAGE *(phrased from words of Princess Diana)*

Lord, I ask you to help me
to show kindness in another's trouble,
and courage in my own.

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PRIORITIES, AND SUPPORT OF OTHERS

In times of difficulty, Lord,
inspire us to get our priorities right
and support others
with the same care and concern
that we would like to experience ourselves.

May we learn the lesson
that as we encourage and support others,
our own generosity returns to us
and builds us up
in times of difficulty. Amen.

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THANKS FOR SOMEONE'S SUPPORT

Thanks, Lord,
for the support given me today.
I wasn't at my best,
and just spending time having a chat
left me brighter

and a little more energetic.
Thanks for all those
who are ready to give encouragement.
Help me to look outward
and offer more support to others.
Help me to live positively and cheerfully
and make the best of each day. **Amen.**

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THOSE WHO LOOK FOR THE BEST IN ME

Lord, I give thanks
for those who look for the best in me
and for all whose hearts touch mine
in love and kindness,
in encouragement and support.
I place in your care
those through whom you minister to me.
Bless them
and fill their lives with your love. **Amen.**

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JUSTICE AND PEACE

Lord, we remember before you
all our brothers and sisters
who are weighed down with suffering.
Bless and guide us
that your love may be reflected
in our concern for the hungry,
the oppressed and the unloved.
Help us to acknowledge
and grow in appreciation
that all people are made
in your image and likeness. **Amen.**

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LIVING SIMPLY

Lord, may we who have plenty
live simply
so that others may simply live. **Amen.**

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MY SMALL SACRIFICE

Lord, as many human hands
transform many grains of wheat

into a loaf of bread,
so may our small sacrifices
help towards the building up
of our human family.
We ask this through Jesus,
who is our brother,
and who fed the hungry. Amen.

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THOSE WHO ARE SICK, AFRAID, WORRIED

Lord Jesus,
we ask you to bring your healing touch
to those whom we know
to be sick, afraid, or worried.
Bring them your peace and healing. Amen.

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IN YOUR OWN WAY, LORD

Lord Jesus,
we ask you to touch
and bring *him/her* healing
in your own way. Amen.

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THE ONE YOU LOVE IS ILL

Lord, as your friend Lazarus lay ill,
others remarked to you
that "*the one you love is ill.*"
People said: "*See his love for him.*"
Today, Lord Jesus,
we pray for _____
because *s/he* - the one you love - is ill.
We ask you to bring
your healing and peace
to *him/her* and *hi/hers* family. Amen.

re 'Lazarus', see John 11)

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FOR SOMEONE WHO HAS DIED

Loving Father,
to you the dead do not die
and, in death, our life is changed
- not ended.
We believe that all that binds us together

in love and friendship
does not end with death.
Hear our prayers for _____
who has died.
As you have made each of us
in your image and likeness
and have called us by name,
hold him/her safely in your love
in your kingdom
of light, happiness and peace. Amen.

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FOR THE DECEASED AND THOSE WHO MOURN

Father,
your Son declared "blessed"
all those who mourn,
knowing that no-one can mourn
unless they love very much.
Bring courage and strength to
those who now mourn because
they have loved greatly.
In your loving kindness
bring them healing and inner peace,
and lead the one they mourn
into your kingdom
of light, happiness, and peace. Amen.

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FOR SOMEONE WHOSE RELATIVE/FRIEND HAS DIED

(Insert the name of the one whose relative/friend has died)

Lord Jesus, you tell us
that those who mourn are "blessed",
knowing that only those
who love greatly
can mourn.
We know, too,
that it is better
to have loved and lost someone
than never to have loved at all.
Be with _____
and may the members of his/her family
be strengthened,
knowing that others care for them
and hold them in prayer. Amen.

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FOR THOSE ABOUT TO BE CONFIRMED

Father,

we bring before you
those about to be confirmed.

We ask that the power of the Holy Spirit

may be in their lives
so that they may live fully with his gifts
of wisdom and understanding,
of knowledge and good judgment,
of courage and reverence,
and of wonder and awe in your Presence.

Inspire them to live their faith

in a genuine and credible way,
and grow as the people
you call them to be. Amen.

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GENERAL ELECTION / GOVERNMENT

God our Father,

(as our General Election approaches)

we pray for all
who *(are/will be)*
in positions of leadership
in our country.

We pray that they may live

as people of integrity and honesty,
growing in a sense
of duty and responsibility,
always being aware of the needy
and ready to be of service to others.

We pray for ourselves,

that the Holy Spirit
may inspire and empower us so
that our attitude may reflect the
values of the gospel. Amen.

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