

A prayer to beg God's pardon Psalm129

Out of the depths I have cried to you, Lord:
Lord, hear my voice.
Let your ears listen out
for the voice of my pleading.
If you took notice of our transgressions,
Lord – Lord, who would be left?
But with you is forgiveness,
and for this we revere you.
I rely on you, Lord,
my spirit relies on your promise;
my soul hopes in the Lord,
more than the watchman for daybreak.
More than the watchman for daybreak,
let Israel hope in the Lord:
for with the Lord there is kindness
and abundant redemption.
He himself will redeem Israel
from all its transgressions.

Confident prayer in the trouble Ps.30,2-6

In you, Lord, I put my trust: may I never be put to shame.
In your justice, set me free,
Turn your ear to me,
make haste to rescue me.
Be my rampart, my fortification;
keep me safe.
For you are my strength and my refuge:
you will lead me out to the pastures,
for your own name's sake.
you will lead me out of the trap that they laid for me
for you are my strength.
Into your hands I commend my spirit:
you have redeemed me, Lord God of truth.

Confidence in God's protection Ps. 61

I wait patiently for God to save me;
I depend on him alone.
He alone protects and saves me;
he is my defender, and I shall never be defeated.

Your Will be done

Merciful Father, You have given me
all that I have in this world, even life itself.
In all my daily needs,
help me to remember the needs of the others, too.
Make me aware of the need to pray to you
not just for myself but for the Church,
and for people who suffer any need.
Throughout my life, give me the grace
to direct my first thoughts to the service
of You and of others.
Make my prayer "Your will be done"
knowing that in Your mercy and love,
Your will for me is my sanctification.
I ask this through Jesus Christ, our Lord.
Amen.

Prayer of Saint Francis

Lord, make me un instrument of your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is discord, union;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy,
for your mercy and truth's sake.

Evening prayer

May the Lord support us all the day long,
till the shades lengthen
and the evening comes,
and the busy world is hushed,
and fewer of life is over,
and our work is done.

Then in his mercy
may he give us a safe lodging,
and a holy rest,
and peace at the last.
Amen.

(J.H.Newman)



*Texts, thoughts
and prayers,
to pour out
one's heart*

*"Come to me, all of you who are tired
and I will give you rest"*

Jesus invites us to pray

- You should always pray and never become discouraged. (Lc 18,1)
- Ask, and you will receive; seek and you will find; knock and the door will be opened to you. For everyone who asks will receive, and he who seeks will find, and the door will be opened to anyone who knocks. (Lc 11,9)
- Be faithful; when you pray and ask for something, believe that you have received it, and you will be given whatever you ask for. (Mc 11,24)
- When you stand and pray, forgive anything you may have against anyone, so that your Father in heaven will forgive the wrongs you have done. (Mc 11,25)
- When you pray, go to your room, close the door, and pray to your Father, who is in unseen. And your Father, who sees what you do in private, will reward you. (Mt 6,6)
- Whenever two of you on earth agree about anything you pray for, it will be done for you by my father in heaven. For where two or three come together in my name, I am there in my name. (Mt 18,19-20)
- One of the disciples said to Jesus: "Lord, teach us to pray". Jesus said to them: "When you pray, said this:
Father, may your holy name be honoured, may your Kingdom come..." (Lc 11,1)

The Apostle's 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,
sits at the right hand of God, the Father Almighty;
from thence He shall come to judge
the living and the dead.
I believe in the Holy Spirit,
the holy Catholic Church,
the communion of the saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

Some questions to think about

- + Which are now my personal interests?
- + What am I looking for about my life?
- + What does it make my heart happy and what does it make it sad?
- + Do I love enough, and do I feel loved by those who are nearer?
- + Do I feel need forgive anyone or something or being forgiven to find again peace?
- + Is God present enough in my life?
- + Does the prayer make part of my daily life?
- + Do I feel that my Christian faith is alive or is it dead? do I know why?
- + Who is Jesus for me? Is he someone that I would like to know better?

Prayers for all and for everyone

- The Lord is my light and my salvation; I will fear no one. The Lord protects me from all danger; I will never be afraid. (Ps 26,1)
- Jesus, our rejoicing, source of joy unending, life for all mankind. You restore our freedom, for you set your Kingdom, closes within our hearts, you are hope in all our hope, you are faithfulness unending, you are love undying.
- As a deer longs for a stream of cool water, so I long for you, O God. I thirst for you, the living God. (Ps 41,1)
- Jesus, Lord of mercy, constantly forgiving, why should we still fear? You are our salvation, and no condemnation, even can appear, You so loved upon the cross, dying there for every creature; you are love undying.
- Oh God, you are my God, and I long for you. My whole being desires you; like a dry, worn-out, and waterless land, my soul is thirsty for you. (Ps 62,1)
- Jesus, you uphold us, and remain beside us in our struggle here. When the powers of darkness seem to overcome us, then your light appears. Risen Christ, in you we trust, find in you a sure communion in your love undying.
- I wait patiently for God to save me; I depend on him alone. He alone protects and saves me; he is my defender, and I shall never be defeated. (Ps 61)
- In the Lord I will be ever thankful, in the Lord I will rejoice! Look to God, do not be afraid, lift up your voices, the Lord is near.



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