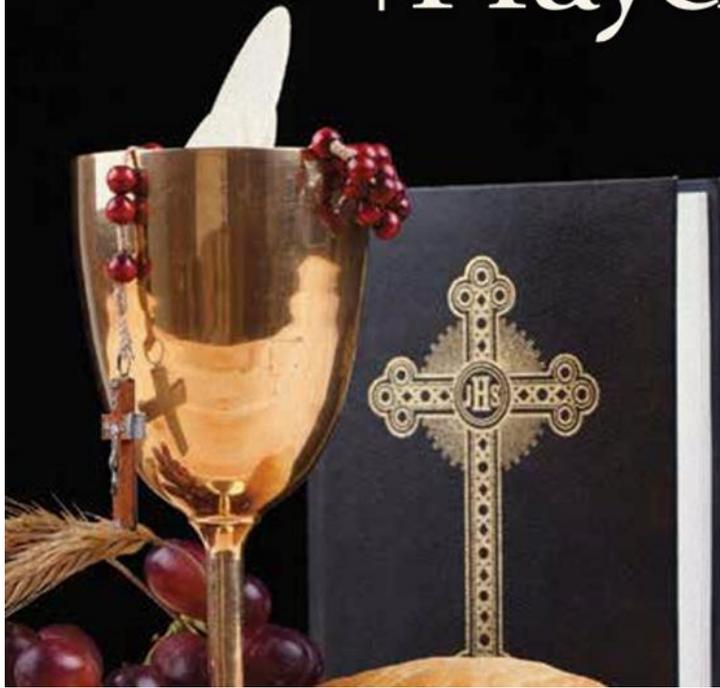


Daily TV Mass Prayer Book



DAILY TV MASS

WARMING FAITHFUL HEARTS

Dear Friends,

When asked about his vision for the church Pope Francis said, “the thing the church needs most today is the ability to heal wounds and to warm the hearts of the faithful; it needs nearness, proximity.”

The vision of the National Catholic Broadcasting Council (NCBC) was adopted from this quote and *Warming Faithful Hearts* is at the core of all we do in our ministry.

The Daily TV Mass is broadcast across Canada and now, around the world on the internet Monday to Saturday every week. Our audience is made up of faith-filled people who want to stay connected to our Church.

One way we stay connected, as a community of faith, is through prayer, so when time permits, a prayer is offered during communion.

This is our new Daily TV Mass Prayer Book. We have kept all the old favorites from the past 20 years and added several new reflections. We have also included the Mass responses to help you follow the mass.

God bless you and please keep all the faithful in your daily prayers.

Your Friends at the National Catholic Broadcasting Council

MASS PRAYERS AND RESPONSES

SIGN OF THE CROSS

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.**

KYRIE

You were sent to heal the contrite of heart:

Lord, have mercy. Or: Kyrie, eleison.

You came to call sinners:

Christ, have mercy. Or: Christe, eleison

You are seated at the right hand of the Father to intercede for us:

Lord, have mercy. Or: Kyrie, eleison.

[*Other Kyrie tropes may be used, in the same format as the above.]

Or:

Lord, have mercy. Lord, have mercy.

Christ, have mercy. Christ, have mercy.

Lord, have mercy. Lord, have mercy.

CONFITEOR

I confess to almighty God

and to you, my brothers and sisters,

that I have greatly sinned,

in my thoughts and in my words,

in what I have done and in what I have failed to do,

through my fault, through my fault,

through my most grievous fault;

therefore I ask blessed Mary ever-Virgin,

all the Angels and Saints,

and you, my brothers and sisters,

to pray for me to the Lord our God.

MISERERE NOSTRI

**Have mercy on us, O Lord.
For we have sinned against you.
Show us, O Lord, your mercy.
And grant us your salvation.**

ABSOLUTION

**May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting.**

GLORIA IN EXCELSIS DEO

**Glory to God in the highest,
and on earth peace to people of good will.
We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.**

NICENE CREED

**I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.**

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;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty; from there he will
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.**

PREFACE DIALOGUE

**The Lord be with you.
And with your spirit.
Lift up your hearts.
We lift them up to the Lord.
Let us give thanks to the Lord our God.
It is right and just.
It is truly right and just, our duty and our salvation,...**

SANCTUS

**Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

MYSTERY OF FAITH

The mystery of faith.

**We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.**

Or:

**When we eat this Bread and drink this Cup,
we proclaim your Death, O Lord,
until you come again.**

Or:

**Save us, Savior of the world,
for by your Cross and Resurrection
you have set us free.**

DOXOLOGY

**Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honor is yours,
for ever and ever.**

Amen.

LORD'S PRAYER

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy 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.**

**Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress,
as we await the blessed hope
and the coming of our Savior, Jesus Christ.**

**For the kingdom,
the power and the glory are yours
now and for ever.**

AGNUS DEI

**Lamb of God, you take away the sins of the world,
have mercy on us.**

**Lamb of God, you take away the sins of the world,
have mercy on us.**

**Lamb of God, you take away the sins of the world,
grant us peace.**

DISMISSAL

The Lord be with you.

And with your spirit.

May almighty God bless you,

the Father, and the Son, and the Holy Spirit.

Amen.

Go forth, the Mass is ended[, alleluia, alleluia].

Or:

Go and announce the Gospel of the Lord[, alleluia, alleluia]. Or:

Go in peace, glorifying the Lord by your life[, alleluia, alleluia]. Or:

Go in peace[, alleluia, alleluia].

Thanks be to God, alleluia, alleluia

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1. PRAYER FOR TRUST

**O Christ Jesus, when all is darkness and
we feel our weakness and helplessness,
Give us the sense of your presence,
Your love and your strength.
Help us to have perfect trust in your
protecting love and strengthening power,
so that nothing may frighten or worry us.
For living close to you, we shall see your hand,
your purpose, your will through all things. Amen.**

St. Ignatius of Loyola

2. PRAYER FOR TRUST

**Lord
Help me to remember
That nothing is going to happen to me today,
That you and I together, can't handle. Amen.**

3. A PRAYER ABOUT THE MEANING OF LIFE

**God has created me to do Him some definite service.
He has committed some work to me which
He has not committed to another.
I have my mission.
I am a link in a chain.
I am a bond of connection between people.
He has not created me for nothing.
I shall do good. I shall do His 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 will serve Him.
If I am in perplexity, my perplexity will serve Him.
If I am in sorrow, my sorrow will serve Him.
He does nothing in vain. Amen.**

Cardinal Newman

4. SOUL OF CHRIST

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, fill me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within your wounds hide me,

Suffer me not to be separated from you.

From the malicious enemy defend me.

In the hour of my death call me

And bid me come unto you.

That with your saints I may praise you.

For ever and ever. Amen.

5. THE MYSTERY OF GOD'S LOVE

O God,

Your love for me is a mystery!

I can count hundreds of reasons

why I am unworthy of your providence and care.

When I identify my talents and abilities,

I must recognize that even these come from you.

I can neither understand your esteem for me,

nor pretend to adequately respond to your graciousness.

Guide me, then, in our relationship.

Remove from me everything

which keeps me apart from you.

Give me all I need to grow

and flourish in your love. Amen.

6. THE MEMORARE

**Remember, most gracious Virgin Mary,
that never was it known that anyone who
fled to your protection,
implored your help
and sought your intercession,
was left unaided.**

**Inspired with this confidence, I fly to you,
O Virgin of virgins, my mother.**

To you 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.

St. Bernard of Clairvaux

7. HAIL, HOLY QUEEN

**Hail, Holy Queen, mother of mercy,
our life, our sweetness and our hope.**

To you do we cry poor banished children of Eve;

**to you do we send up our sighs,
mourning and weeping in this valley of tears.**

Turn then, most gracious advocate,

your eyes of mercy upon us,

and after this, our exile,

show unto us the blessed fruit of your womb, Jesus.

O clement, O loving, O kind Virgin Mary.

Pray for us, O Holy Mother of God.

That we may be made worthy of the promises of Christ. Amen.

8. A PRAYER TO THE HOLY SPIRIT

Descend, Holy Spirit of Life!

**Come down into our hearts,
that we may live.**

**Descend into our emptiness,
that emptiness may be filled.**

**Descend into the dust,
that dust may flower.**

**Descend into the dark,
that the light may shine in darkness. Amen.**

Caryll Houselander

9. A PRAYER FOR THE JOURNEY

May He support us all the day long,

'Til the shades 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 His mercy may He give us a safe lodging,

And a holy rest, and peace at the last. Amen.

Cardinal Newman

10. A PRAYER OF ST. FRANCIS

Lord, make me an instrument of your peace;

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

Divine Master,

Grant that I may not so much seek;

To be consoled, as to console;

To be understood, as to understand;

To be loved, as to love.

For it is in giving that we receive;

It is in pardoning that we are pardoned;

And it is in dying that we are born to eternal life. Amen.

11. A PRAYER OF REASSURANCE

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 that 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.

I hope that I will never do anything apart from that desire.

**And I know that if I do this you will lead me by the right road
though I may know nothing about it.**

Therefore, I will trust you always

though I may seem to be lost and in the shadow of death. Amen.

Thomas Merton

12. A PRAYER FOR GENEROSITY

Dear Lord, 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 wound,

To toil and not to seek for rest,

To labor and not to seek reward,

Save that of knowing that

I do your will. Amen.

St. Ignatius of Loyola

13. AMAZING GRACE

Amazing grace!

How sweet the sound,

That saved a wretch like me.

I once was lost, but now am found, was blind, but now I see.

'Twas grace that taught my heart to fear and grace my fears relieved.

How precious did that grace appear the hour I first believed.

Through many dangers, toils and snares

I have already come;

'Tis grace has brought me safe thus far, and grace will lead me home. Amen.

John Newton

14. ACT OF CONTRITION

O my God, I love you with my whole heart,

with my whole soul, and with all my strength.

I am sorry for all the sins of my whole life,

that I have committed against you

and for the sins I have committed against my neighbour.

With my whole heart,

I forgive anyone who has ever made me suffer,

and anyone who has been my enemy.

With my whole heart,

I ask forgiveness of everyone

whom I have wronged and

of everyone to whom I have given pain. Amen

15. PRAYER FOR THE SICK AND ALL IN NEED

Watch, dear Lord, with those who wake or watch or weep,

And give your angels charge over those who sleep.

Tend the sick, rest the weary,

Bless the dying, soothe the suffering.

Pity the afflicted, shield the joyous

In your love, give us all this

Through Jesus Christ our Lord. Amen.

16. PRAYER FOR THE SICK

O my God, give me the grace of patience in my suffering and of submission to your holy will.

I offer this illness in reparation for my sins and for the sins of the world.

I unite myself with the bitter sufferings and death of my Lord Jesus Christ. Amen.

17. PRAYER FOR THE SICK

O Holy Lord, Father Almighty, Eternal God, who, by pouring the grace of your blessing into the bodies of the sick,

watches with all embracing care over your creatures,

Be present in your kindness, as we call upon your holy name.

Free your servants from sickness, restore them to their health.

Raise them up by your right hand, strengthen them by your power, protect them by your might and give them back to your holy Church with all that is needed for their welfare, through Christ our Lord. Amen.

18. PRAYER FOR THE DYING

May Christ, who was crucified for your sake, free you from excruciating pain.

May Christ, who died for you, free you from the death that never ends.

May Christ, the Son of the living God, set you in the evergreen loveliness of his paradise, and may He, the true shepherd, recognize you as one of His own.

And so, having taken your place in the ranks of the blessed, may you enjoy the happiness of heaven, forever and ever. Amen.

19. PRAYER FOR THE DYING

**O God most kind,
the Father of mercies and the God of all consolation,
whose will it is that no one who believes
and hopes in you, should perish.
With your boundless mercy,
look with kindness on your servants,
for true faith and Christian hope commend them to you.
Come to them in your saving power,
and because of the passion and death of your only Son,
be pleased to grant them remission and
pardon of all their sins so that their souls,
when they leave this life,
cleansed of every stain by the blood of your Son,
may enter into life everlasting.
Through Christ our Lord. Amen.**

20. PRAYER FOR THE DYING

**O God, whose love has no limits,
Forgive your servants,
pour down your grace upon them,
and if it should please you to call them home today,
grant for the sake of your Son,
our Lord Jesus Christ,
that all their pain and sufferings,
may serve as a reparation for their
sins and call them into your peace,
through Jesus Christ our Lord. Amen.**

21. PRAYER FOR WISDOM

**I asked God for strength, that I might achieve.
I was made weak, that I might learn humbly to obey.
I asked for health, that I might do great things.
I was given infirmity, that I might do better things.
I asked for riches, that I might be happy.
I was given poverty, that I might be wise.
I asked for power, that I might have the praise of men.
I was given weakness, that I might feel the need of God.
I asked for all things, that I might enjoy life.
I was given life, that I might enjoy all things. Amen.**

22. A MORNING OFFERING

**O Jesus, I come before you at the beginning of this day.
I gaze at your face,
I look upon your side
pierced by the lance.
Your wounded heart speaks to me
of God's love poured out for us.
Take, Lord, and receive my heart;
the words of faith that I speak,
the works of justice that I would do, my joys and sufferings.
When I come to the Eucharistic table,
gather my offerings to your own, for the life of the world.
At the end of the day,
place me with Mary, your mother,
and for her sake take me to your heart. Amen.**

23. HELP US TO REMAIN CLOSE TO YOU

**Lord Jesus, we ask you now
to help us remain with you always,
to be close to you with all the ardor of our hearts,
to take up joyfully the mission you entrust to us
and that is to continue your presence
and to spread the good news of your Resurrection.**

Carlo Maria Martini, S.J.

24. I TAKE MY STAND ON HIS WORD – PSALM 130

Out of the depths I cry to you, O Lord,
Lord hear my voice and be attentive to my cry.
If you remember my sin
who could bear it?
No, your glory is your forgiveness.
My soul hopes in the Lord
I take my stand on his word.
More than the sleepless awaiting the dawn, my soul awaits him.
As a vigiler awaits the dawn, let his friends await the Lord.
For with him is grace in abundance!
Out of the depths
I take my stand on his word. Amen.

Daniel Berrigan S.J

25. IN THE HANDS OF GOD

More than ever I find myself in the hands of God.
This is what I have wanted all my life, from my youth.
But now there is a difference;
the initiative is entirely with God.
It is indeed a profound spiritual experience
to know and feel myself so totally in God's hands.

Pedro Arrupe, S.J.

26. LORD, HELP ME

Lord, help me enter into that peace
which consists in
having put my life in your hands.

Carlo Maria Martini, S.J.

27. REVELATION 21:4 NRSV

**He will wipe every tear from their eyes.
Death will be no more;
mourning and crying and pain will be no more,
for the first things have passed away.**

28. PEACE

**Peace
is only found
in yes.**

Anthony de Mello, S.J.

29. ACT OF SPIRITUAL COMMUNION

**My Jesus, I believe that You are present in the Blessed Sacrament.
I love You above all things and I desire You in my soul.
Since I cannot now receive You sacramentally,
Come at least spiritually into my heart.
As though You were already there,
I embrace You and unite myself wholly to You;
Permit not that I should ever be separated from You. Amen.**

St. Alphonsus Liguori

30. PRAYER FOR COMPASSION

**Teach me how to be compassionate
to the suffering, to the poor, the blind, the lame, and the lepers;
Show me how you revealed your deepest emotions,
as when you shed tears or
when you felt sorrow and anguish to the point of sweating blood
and needed an angel to console you.
Above all, I want to learn
how you supported the extreme pain of the cross,
including the abandonment of your Father. Amen.**

Pedro Arrupe, S.J.

31. PRAYER FOR HUMILITY

Dear Lord,

Let me have too deep a sense of humor ever to be proud.

Let me know my absurdity before I act absurdly.

**Let me realize that when I am humble I am most human,
most truthful, and most worthy of your serious consideration. Amen.**

Daniel A. Lord, S.J

32. PRAYER FOR WHAT I WANT

**Lord, grant that I may see
thee more clearly,
love thee more dearly,
follow thee more nearly.**

From the spiritual exercises of St. Ignatius

33. THE TRADITIONAL MORNING OFFERING

**O Jesus, through the Immaculate Heart of Mary,
I offer you my prayers, works, joys, sufferings
of this day, in union with
the Holy Sacrifice of the Mass throughout the world.
I offer them for all the intentions of your Sacred Heart;
the salvation of souls, reparation for sin,
the reunion of all Christians;
I offer them for the intentions of our bishops,
and of all apostles of prayer,
and in particular, for those recommended
by our Holy Father this month. Amen.**

34. 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 dying's shed your light and your love.
Keep calling to me until that day comes,
When, with your saints,
I may praise you forever. Amen.**

Daniel L. Fleming, S.J.

35. TEACH ME TO LISTEN

**Teach me to listen, O God, to those nearest me,
my family, my friends, my co-workers.
Help me to be aware that
no matter what words I hear, the message is,
"Accept the person I am. Listen to me."
Teach me to listen,
my caring God, to those far from me –
the whisper of the hopeless,
the plea of the forgotten,
the cry of the anguished.
Teach me to listen, O God to myself.
Help me to be less afraid
to trust the voice inside – in the deepest part of me.
Teach me to listen, Holy Spirit, for your voice –
in busyness and in boredom,
in certainty and in doubt,
in noise and in silence.
Teach me, Lord, to listen. Amen.**

Adapted by John Veltri, S.J.

36. YOU HAVE CALLED ME BY NAME

**Oh, Lord my God,
You called me from the sleep of nothingness
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 moment of my existence.
I am amazed, Lord God of the universe,
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.

37. ACT OF SPIRITUAL COMMUNION

**As I cannot this day enjoy the happiness of assisting at the holy Mysteries,
O my God! I transport myself in spirit at the foot of Your altar;
I unite with the Church,
which by the hands of the priest,
offers You, Your adorable Son in the Holy Sacrifice;
I offer myself with Him, by Him, and in His Name.
I adore, I praise, and thank You, imploring Your mercy,
invoking Your assistance, and presenting
You the homage I owe You as my Creator,
the love due to You as my Savior. Amen.**

St. Bernard of Clairvaux

38. A PRAYER OF SPIRITUAL COMMUNION

O Eucharistic Heart of Jesus.

**I wish to be united with
your eternal oblation to the Father,
with each Eucharistic sacrifice
being offered at this moment upon the earth.**

**Lord, Jesus, come and dwell in my heart,
nourish me with the Bread of Life,
cleanse, wash and purify me
in the bath of Your Precious Blood.**

Our Father,

**Who art in heaven;
hallowed be Thy name.**

**Thy kingdom come;
thy will be done on earth as it is in heaven.**

**Give us this day our daily bread;
and forgive us our debts,
as we forgive our debtors,
and lead us not into temptation,
but deliver us from evil. Amen.**

39. ABIDE WITH ME

**Abide with me; fast falls the eventide;
The darkness deepens; Lord, with me abide;
When other helpers fail, and comforts flee,
Help of the helpless, O abide with me.
Swift to its close ebbs out life's little day;
Earth's joys grow dim, its glories pass away;
Change and decay in all around I see;
O thou who changest not, abide with me.
Hold thou thy Cross before my closing eyes;
Shine through the gloom, and point me to the skies;
Heaven's morning breaks,
and earth's vain shadows flee;
In life, in death, O Lord, abide with me.**

Henry Francis Lyte

40. COME, HOLY SPIRIT

**Come Holy Spirit,
fill the hearts of your faithful
and kindle in them the fire of your love.
Send forth your spirit,
O Lord, and renew the face of the earth.
O God, on the first Pentecost,
you instructed the hearts of those who believed in you
by the light of the Holy Spirit;
under the inspiration of the same Spirit,
give us a taste for what is right and true
and a continuing sense of his presence and power,
through Jesus Christ our Lord. Amen.**

41. A PRAYER FOR COURAGE

**Grant me O Lord, the strength to be who I must be,
to do what I must do.
Give me the courage to stand strong against my fears
and have the will to express my feelings and needs.
Help me realize that I have the power to change –
no matter what anyone tells me - because of you.
Give me the faith I need to believe in you always –
even when it seems you are not there.
I ask this in Jesus' name. Amen.**

Laura Bird

42. FLOOD THE PATH WITH LIGHT

**God of our life,
there are days when the burdens we carry
chafe our shoulders and weigh us down:
when the road seems weary and endless,
the skies grey and threatening;
when our lives have no music in them,
our hearts are lonely,
and our souls have lost their courage.
Flood the path with light,
turn our eyes to where the skies are full of promise;
tune our hearts to brave music;
give us the sense of comradeship with heroes and saints of every age;
and so quicken our spirits,
that we may be able to encourage the souls of all who journey with us
on this road to life, to your honour and glory. Amen.**

St. Augustine of Hippo

43. LIFE'S SONG

**If we really want to pray,
we must first learn to listen,
for in the silence of the heart,
God speaks.**

Saint Teresa of Calcutta

44. LOVE AND DO WHAT YOU WILL

**Therefore, once and for all this short command is
given to you: "Love and do what you will."
If you keep silent, keep silent by love;
if you speak, speak by love;
if you correct, correct by love;
if you pardon, pardon by love:
let love be rooted in you, and from
the root nothing but good can grow.**

St. Augustine of Hippo

45. PRAYER FOR LIGHT AND HELP

**Jesus, I feel within me
a great desire to please you
but, at the same time,
I feel totally incapable of doing this
without your special light and help,
which I can expect only from you.
Accomplish your will within me –
even in spite of me. Amen.**

St. Claude La Colombiere S.J.

46. AN ACT OF SPIRITUAL COMMUNION

**O Immaculate Queen of Heaven and Earth,
Mother of God and Mediatrix of every grace:
I believe that Your dearly beloved Son, Our Lord Jesus Christ,
is truly, really, and substantially contained in the Most Blessed Sacrament.
I love Him above all things and I long to receive Him into my heart.
Since I cannot now receive Him sacramentally,
be so good as to place Him spiritually in my soul.
And never permit me to be separated from Him. Amen.**

47. PRAYER FOR PEACE

**Almighty and eternal God,
may our grace enkindle in all of us a love
for the many unfortunate people
whom poverty and misery reduce to
a condition of life unworthy of human beings.
Arouse in the hearts of those
who call you Father,
a hunger and thirst for justice and peace
and for fraternal charity in deeds and in truth.
Grant, O Lord, peace in our days,
peace to souls, peace to families,
peace to our country, and peace among nations. Amen.**

Pope Pius XII

48. PRAYER OF ST. THOMAS AQUINAS

**Grant me, O Lord my God,
a mind to know you,
a heart to seek you,
wisdom to find you,
conduct pleasing to you,
faithful perseverance in waiting for you,
and a hope of finally embracing you. Amen.**

49. QUIET TIME

**Lighting the candle this morning, I sit quietly before it.
This is time set aside for God and me to be together.**

I wait...

In stillness...

I listen.

God listens...

God is never too busy to listen.

My heart is open.

I come empty,

I come in hope,

I come in need to be made anew.

Come Lord, your presence is creative, life-giving.

Cleanse and refresh me.

Encourage and strengthen me for the day ahead.

Thank you for our time together. Amen.

Janet Bourgeau

50. THE SERENITY PRAYER

**O 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.
Living one day at a time,
enjoying one moment at a time.
Accepting hardships as the pathway to peace.
Taking, as he did, this sinful world as it is,
not as I would have it.
Trusting that he will make all things right
if I surrender to his will;
that I may be reasonably happy in this life
and supremely happy with him forever. Amen.**

Reinhold Niebuhr, 1892

51. THE DAILY PRAYER OF SAINT TERESA OF CALCUTTA

**Dear Jesus, help me to spread Thy fragrance everywhere I go.
Flood my soul with Thy spirit and love.
Penetrate and possess my whole being so utterly,
that all my life may only be a radiance of Thine.
Shine through me and be so in me,
that every soul I come in contact with
may feel Thy presence in my soul.
Let them look up and see no longer me, but only Jesus.
Stay with me and then I shall begin to shine as you shine,
so as to be a light to others. Amen.**

52. GOD IS THE FRIEND OF SILENCE

**We need to find God,
and he cannot be found in noise and restlessness.
God is the friend of silence.
See how nature - trees, flowers, grass,
grows in silence;
see the stars, the moon and the sun,
how they move in silence.
We need silence to be able to touch souls. Amen.**

Saint Teresa of Calcutta

53. WHAT DOES LOVE LOOK LIKE?

**What does love look like?
It has the hands, to help others.
It has the feet, to hasten to the poor and needy.
It has eyes, to see misery and want.
It has the ears, to hear the sighs and sorrows of men.
That, is what love looks like. Amen.**

Saint Augustine

54. DIRECTION OF INTENTION

**My God, I give you this day.
I offer you, now, all of the good that I shall do
and I promise to accept,
for love of you, all of the difficulties that I shall meet.
Help me to conduct myself during
this day in a manner pleasing to you. Amen.**

St. Francis de Sales

55. BE AT PEACE

**Do not look forward to what may happen tomorrow;
the same everlasting Father who cares for you today,
will take care of you tomorrow and every day.**

**Either He will shield you from suffering,
or He will give you unfailing strength to bear it.**

**Be at peace, then,
put aside all anxious thoughts and imaginations,
and say continually:**

**'The Lord is my strength and my shield;
my heart has trusted in Him and I am helped.
He is not only with me but in me and I in Him.' Amen.**

Saint Francis de Sales

56. OPEN MY HANDS

Dear God, I so much want to be in control.

I want to be the master of my own destiny.

Still I know that you are saying:

“Let me take you by the hand and lead you.

Accept my love

and trust that where I will bring you,

the deepest desires of your heart will be fulfilled.”

Lord, open my hands to receive your gift of love. Amen.

Father Henri Nouwen

57. SPEAK GENTLY IN MY SILENCE

Dear God,

Speak gently in my silence.

when the loud outer noises of my surroundings

and the loud inner noises of my fears

keep pulling me away from you,

help me to trust that you are still there

even when I am unable to hear you.

Give me ears to listen to your small, soft voice saying:

“Come to me, you who are overburdened,

and I will give you rest...

for I am gentle and humble of heart.”

Let that loving voice be my guide. Amen.

Father Henri Nouwen

58. COMPANIONS ON THE JOURNEY

Dear God,

As you draw me ever deeper into your heart,

I discover that my companions on the journey

are women and men

loved by you as fully and as intimately as I am.

In your compassionate heart,

there is a place for all of them.

No one is excluded.

Give me a share in your compassion, dear God,

so that your unlimited love may become visible

in the way, I love my brothers and sisters. Amen.

Father Henri Nouwen

59. CLENCHED FISTS

Dear God,

**I am so afraid to open my clenched fists!
Who will I be when I have nothing left to hold on to?
Who will I be when I stand before you with empty hands?
Please, help me to gradually open my hands
and to discover that I am not what I own,
but what you want to give me.
And what you want to give me is love,
unconditional, everlasting love. Amen.**

Father Henri Nouwen

60. YOUR NAME IS LOVE

Dear God,

**I am full of wishes,
full of desires,
full of expectations.
Some of them may be realized, many may not,
but in the midst
of all my satisfactions and disappointments,
I hope in you.
I know that you will never leave me alone
and will fulfill your divine promises.
Even when it seems that things are not going my way,
I know that they are going your way
and that in the end your way is the best way for me.
O Lord, strengthen my hope,
especially when my many wishes are not fulfilled.
Let me never forget that your name is Love. Amen.**

Father Henri Nouwen

61. PSALM 27:1 NRSV

**The Lord is my light and my salvation;
whom shall I fear?
The Lord is the stronghold of my life;
of whom shall I be afraid?**

62. PSALM 46:1-3 NRSV

God is our refuge and strength,
a very present help in trouble.
Therefore, we will not fear, though the earth should change,
though the mountains shake in the heart of the sea;
though its waters roar and foam,
though the mountains tremble with its tumult.

63. PSALM 46:10-11 NRSV

Be still, and know that I am God!
I am exalted among the nations,
I am exalted in the earth.
The Lord of hosts is with us;
the God of Jacob is our refuge.

64. ISAIAH 40:31 NRSV

But those who wait for the Lord shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.

65. ISAIAH 41:10 NRSV

Do not fear, for I am with you,
do not be afraid, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my victorious right hand.

66. JEREMIAH 29:11 NRSV

For surely, I know the plans I have for you,
says the Lord, plans for your welfare and not for harm,
to give you a future with hope.

67. MATTHEW 11:28-29 NRSV

**Come to me, all you that are weary
and are carrying heavy burdens,
and I will give you rest.**

**Take my yoke upon you,
and learn from me;
for I am gentle and humble in heart,
and you will find rest for your souls.**

68. JOHN 14:27 NRSV

**Peace I leave with you;
my peace I give to you.
I do not give to you as the world gives.
Do not let your hearts be troubled,
and do not let them be afraid.**

69. JOHN 16:33 NRSV

**I have said this to you,
so that in me you may have peace.
In the world, you face persecution.
But take courage; I have conquered the world!**

70. ROMANS 15:13 NRSV

**May the God of hope
fill you with all joy and peace in believing,
so that you may abound in hope
by the power of the Holy Spirit.**

71. 1 JOHN 4:7 NRSV

**Beloved, let us love one another,
because love is from God;
everyone who loves is born of God and knows God.**

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