



Prayers

Prayers from Various Sources

Lines Written in Her Breviary

Let nothing disturb thee,
nothing affright thee;
all things are passing;
God never changeth;
patient endurance
attaineth to all things;
Who God Possesseth
In nothing is wanting;
Alone God sufficeth.
(St. Teresa of Avila)

Prayer of Saint Francis de Sales

Lord, I am yours,
and I must belong to no one but you.
My soul is yours,
and must live only by you.
My will is yours,
and must love only for you.
I must love you as my first cause,
since I am from you.
I must love you as my end and rest,
since I am for you.
I must love you more than my own being,
since my being subsists by you.
I must love you more than myself,
since I am all yours and all in you.
AMEN.

Prayer of St. Francis of Assisi

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;
and where there is sadness, joy.
O, 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.

A Prayer for Global Restoration

Good and Gracious God,
Source of all Life,
All creation is charged with your Divine
Energy.
Ignite your spark within us,
That we may know ourselves
As truly human and holy,
Irrevocably part of the Web of Life.
All creation
- each star and every flower,
- each drop of water and every person,
- each and every atom, down to its very
electrons,
- explodes with the revelation of your
Sacred Mystery.
Our minds alone cannot fathom such splendor.
Our hearts can only respond in awe, praise and
gratitude.
Forgive us, we pray, our ignorance and
insecurities which
- blind us to your Thumbprint writ large
- deafen us to the sacred space between
two heartbeats,
- prompt us in arrogance to demand and
dominate,
- numb us to the destruction we've
caused,
- hold us hostage to "either-or" thinking
and living.
May we always walk gently upon this earth, in
right relationship,
- nurtured by your Love
- taking only what we need,
- giving back to the earth in gratitude,
- sharing what we have,
- honoring all with reverence,
- reconciling and healing,
- mindful of those who will come after,
- recognizing our proper place as part of,
not apart from, your creation.
Grant us the strength and courage, we pray,
for such radical transformation into your
kin-dom.
Then we, too, with the very stones will
shout, "HOSANNA." *(from Pax Christi USA)*

Prayer of the Algonquin Indians

"The Great Spirit is in all things, is in the air we breathe. The Great Spirit is our Father, but the Earth is our Mother. She nourishes us; that which we put into the ground, She returns to us...."

Give us hearts to understand;
Never to take from creation's
beauty more than we give;
never to destroy wantonly for
the furtherance of greed;
Never to deny to give our hands
for the building of earth's beauty;
never to take from her what we cannot
use.

Give us hearts to understand
That to destroy earth's music is
to create confusion;
that to wreck her appearance is
to blind us to beauty;
That to callously pollute her
fragrance is to make a house of stench;
that as we care for her she will care for
us.
We have forgotten who we are.
We have sought only our own security.
We have exploited simply for our own
ends.
We have distorted our knowledge.
We have abused our power.

Great Spirit, whose dry lands thirst,
Help us to find the way to refresh your
lands.

Great Spirit, whose waters are
choked with debris and pollution,
help us to find the way to cleanse your
waters.

Great Spirit, whose beautiful
earth grows ugly with misuse,
help us to find the way to
restore beauty to your handiwork.

Great Spirit, whose creatures
are being destroyed,
help us to find a way to replenish them.
Great Spirit, whose gifts to us
are being lost in selfishness and
corruption,
help us to find the way to restore our
humanity.

Oh, Great Spirit, whose voice I
hear in the wind,
whose breath gives life to the world,
hear me;
I need your strength and wisdom.
May I walk in Beauty.

Lorica of Saint Patrick

I arise today
Through a mighty strength, the invocation
of the
Trinity,
Through a belief in the Threeness,
Through confession of the Oneness
Of the Creator of creation.
I arise today
Through the strength of Christ's birth
and His baptism,
Through the strength of His crucifixion
and His burial,
Through the strength of His resurrection
and His ascension,
Through the strength of His descent
for the judgment of doom.
I arise today
Through the strength of the love of
cherubim,
In obedience of angels,
In service of archangels,
In the hope of resurrection to meet with
reward,
In the prayers of patriarchs,
In preachings of the apostles,
In faiths of confessors,
In innocence of virgins,
In deeds of righteous men.
I arise today
Through the strength of heaven;
Light of the sun,
Splendor of fire,
Speed of lightning,
Swiftness of the wind,
Depth of the sea,
Stability of the earth,
Firmness of the rock.
I arise today
Through God's strength to pilot me;
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,

God's way to lie before me,
God's shield to protect me,
God's hosts to save me
From snares of the devil,
From temptations of vices,
From every one who desires me ill,
Afar and near,
Alone or in a multitude.
I summon today all these powers between
me
and evil,
Against every cruel merciless power that
opposes my body and soul,
Against incantations of false prophets,
Against black laws of pagandom,
Against false laws of heretics,
Against craft of idolatry,
Against spells of women and smiths and
wizards,
Against every knowledge that corrupts
man's body and soul.
Christ shield me today
Against poison, against burning,
Against drowning, against wounding,
So that reward may come to me in
abundance.
Christ with me, Christ before me, Christ
behind me,
Christ in me, Christ beneath me, Christ
above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit
down,
Christ in the heart of every man who
thinks of me,
Christ in the mouth of every man who
speaks of me,
Christ in the eye that sees me,
Christ in the ear that hears me.
I arise today
Through a mighty strength, the invocation
of the Trinity,
Through a belief in the Threeness,
Through a confession of the Oneness
Of the Creator of creation
St. Patrick (ca. 377).

A Brave Person's Prayer

Give me the courage to live! Really live- not merely exist.

Live dangerously, live honestly, daring the truth- particularly the truth of myself.

Live resiliently-

Ever changing, ever growing, ever adapting.

Enduring the pain of change as though it were the travail of birth.

Give me the strength to be free

And endure the burden of freedom

And the loneliness of those without chains

Let me not be trapped by success

Nor by failure, nor pleasure, nor grief

Nor malice, nor praise, nor remorse!

Give me the courage to go on!

Facing all that waits on the trail

Going eagerly, joyously on, and paying my way as I go

Without anger or fear or regret.

Taking what life gives, spending myself to the full

Then even when darkness shuts down,

And I go out alone as I came.

Even then gracious God, give me the courage to live.

The thought manifests as the word.

The word manifests as the deed.

The deed develops into the habit.

The habit hardens into the character.

The character gives birth to the destiny.

So, watch your thoughts with care

And let them spring from love

Born out of respect for all beings....

The Buddha called the practice of mindfulness the only way. Always in the present. At this very moment. From moment to moment. In all activity. In this very step.

Slowly, slowly, step by step. Each step is a meditation. Each step is a prayer.

Maha Ghosananda

Magnificat of Waiting for the Fullness of Time

My soul reflects quietly on your fullness,

And my spirit grows stronger

In the hope of your promise, God, my redeemer,

Because you have filled me with the knowing

That you are alive within me.

Yes, day by day through the course of time

My awareness of the call

To blessed fulfillment increases

For you have done great things for me

Holy is this time,

And patience is your gift

To all who nurture the seed of your love.

You have changed my life;

I was so confident in my unknowing

You have deflected my fervent thrust

Toward iron-clad goals,

And spread before me

Your vision of fragile simplicity.

My longing to be a healing and

Reconciling person to your people

Is affirmed within the daily comings

And goings of my life;

My illusions of my own wholeness

Are mercifully revealed

You are here now in this seeming

emptiness of waiting

Remembering your intent--

According to the promise made in the

beginning of time--

Remembering your intent to reach through

the work of my life

That your fullness may be known now, in our time.

Amen.

From Miryam of Nazareth, by Ann Johnson

