

PRAYER JOURNAL

14 DAILY PRAYERS

to guide you over the course of the next two weeks



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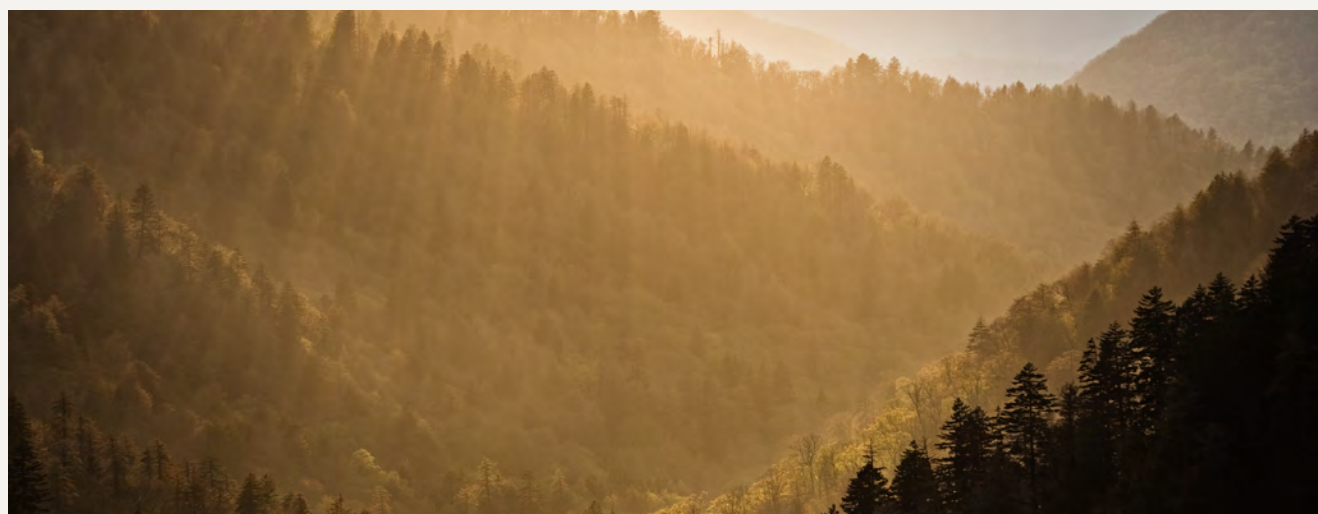




"Breathing is made up of two stages: inhaling, the intake of air, and exhaling, the letting out of air. The spiritual life is fed, nourished, by prayer and is expressed outwardly through mission: inhaling and exhaling. When we inhale, by prayer, we receive the fresh air of the Holy Spirit."

POPE FRANCIS





DAY 1

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 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.

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

Therefore will I trust you always though I may seem to be lost and in the shadow of death, I will not fear, for you are ever with me and you will never leave me to face my perils alone.

THOMAS MERTON

Reflection on Today's Prayer

Prayer Request of the Day



DAY 2

Christ Has No Body

Christ has no body now on earth but yours:

No hands but yours:

No feet but yours.

Yours are the eyes through which must look out

Christ's compassion on the world.

Yours are the feet with which he is to go about doing good.

Yours are the hands with which he is to bless mankind now.

ST. TERESA OF AVILA

Reflection on Today's Prayer

Prayer Request of the Day



DAY 3

Lord, make us instruments of your peace.
Where there is hatred, let us 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.
Grant that we 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.

ST. FRANCIS

Reflection on Today's Prayer

Prayer Request of the Day



DAY 4

Let Your God Love You

Be silent.

Be still.

Alone.

Empty

Before your God.

Say nothing.

Ask nothing.

Be silent.

Be still.

Let your God look upon you.

That is all.

God knows.

God understands.

God loves you

With an enormous love,

And only wants

To look upon you

With that love.

Quiet.

Still.

Be.

Let your God

Love you.

EDWINA GATELEY

Reflection on Today's Prayer

Prayer Request of the Day



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DAY 5

They will be God's people, and God will be with them and be their God. God will wipe every tear from their eyes.

There will be no more death or mourning or crying or pain, for the old order of things has passed away.

-Of Revelation 21

God of Hope, It is difficult to imagine a world other than that which surrounds us. At times, it feels like to hope is to be dismissive of the sorrow and injustice that seeps into every sphere of society.

Would you make us a people whose roots are entwined with hope itself, that we would at all times be grounded in what awaits us as we face the harsh winds of present evil.

Grant us that hope that is deeply connected to lament and solidarity--a hope that isn't naive or neglectful of the present, but makes us crave renewal of the now with greater depths.

And if ever we begin to sink into despair, give us that same resolve you gave Ruth and Naomi, knowing that you, who will swallow up death, have prepared a place for us.

We will dream as we remember.

COLE ARTHUR RILEY

Reflection on Today's Prayer

Prayer Request of the Day





DAY 6

The Call

I have heard it all my life,
A voice calling a name I
recognized as my own.

Sometimes it comes as a soft-
bellied whisper.
Sometimes it holds an edge of
urgency.

But always it says: Wake up my
love. You are walking asleep.
There's no safety in that!

Remember what you are and
let this knowing
take you home to the Beloved
with every breath.

Hold tenderly who you are and
let a deeper knowing
colour the shape of your
humanness.



There is nowhere to go. What
you are looking for is right here.
Open the first clenched in
wanting and see what you
already hold in your hand.

There is no waiting for
something to happen,
no point in the future to get to.
All you have ever longed for is
here in this moment, right now.

You are wearing yourself out
with all this searching.
Come home and rest.

How much longer can you live
like this?
Your hungry spirit is gaunt, your
heart stumbles. All this trying.
Give it up!

Let yourself be one of the God-
mad,
faithful only to the Beauty you
are.

Let the Lover pull you to your
feet and hold you close,
dancing even when fear urges
you to sit this one out.

Remember-there is one word you are
here to say with your whole being.
When it finds you, give your life to it.
Don't be tight-lipped and stingy.

Spend yourself completely on the saying.
Be one word in this great love poem we
are writing together.

ORIAH MOUNTAIN DREAMER

Reflection on Today's Prayer

Prayer Request of the Day



DAY 7

Grant me, O Lord, to see everything now with new eyes,
To discern and test the spirits
that help me read the signs of the times,
to relish the things that are yours,
and to communicate them to others.
Give me the clarity of understanding that you gave Ignatius.

PEDRO ARRUIPE, SJ

Reflection on Today's Prayer

Prayer Request of the Day



DAY 8

Putting Love Into Practice

Love consists in sharing
what one has
and what one is
with those one loves.
Love ought to show itself in deeds more than in words.

ST. IGNATIUS OF LOYOLA

Reflection on Today's Prayer

Prayer Request of the Day



DAY 9

Blessing the Story

You might think
this blessing lives
in the story
that you can see,
that it has curled up
in a comfortable spot
on the surface
of the telling.
But this blessing lives
in the story beneath
the story.
It lives in the story
inside the story.
In the spaces
between.
In the edges,
the margins,
the mysterious gaps,
the enticing and
fertile emptiness.
This blessing
makes its home
within the layers.
This blessing is
doorway and portal,
passage and path.
It is more ancient
than imagining
and makes itself
ever new.

This blessing
is where the story
begins.

JAN RICHARDSON

Reflection on Today's Prayer

Prayer Request of the Day



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DAY 10

Lord, Lord, Open Unto Me from "Meditations of the Heart"

Open unto me, light for my darkness
Open unto me, courage for my fear
Open unto me, hope for my despair
Open unto me, peace for my turmoil
Open unto me, joy for my sorrow
Open unto me, strength for my weakness
Open unto me, wisdom for my confusion
Open unto me, forgiveness for my sins
Open unto me, tenderness for my toughness
Open unto me, love for my hates
Open unto me, Thy Self for myself
Lord, Lord, open unto me!

HOWARD THURMAN

Reflection on Today's Prayer

Prayer Request of the Day





DAY 11

O God, we thank you for the fact that you have inspired men and women in all nations and in all cultures.

We call you different names: some call you Allah; some call you Elohim; some call you Jehovah; some call you Brahma; some call you the Unmoved Mover. But we know that these are all names for one and the same God.

Grant that we will follow you and become so committed to your way and your kingdom that we will be able to establish in our lives and in this world a brother and sisterhood, that we will be able to establish here a kingdom of understanding, where men and women will live together as brothers and sisters and respect the dignity and worth of every human being.

In the name and spirit of Jesus. Amen.

MARTIN LUTHER KING, JR.

Reflection on Today's Prayer

Prayer Request of the Day

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DAY 12

O Father, raise up among
Christians
abundant and holy vocations to
the priesthood,
who keep the faith alive
and guard the blessed memory
of your son Jesus
through the preaching of his
word
and the administration of the
sacraments,
with which you continually renew
your faithful.
Grant us holy ministers of your
altar,
who are careful and fervent
guardians of the Eucharist,
the sacrament of the supreme
gift of Christ
for the redemption of the world.
Call ministers of your mercy,
who, through the sacrament of
Reconciliation,
spread the joy of your
forgiveness.

Grant, O Father, that the Church
may welcome with joy
the numerous inspirations of the
Spirit of your Son
and, docile to his teachings,
may she care for vocations to the
ministerial priesthood
and to the consecrated life.
Sustain the bishops, priests, and
deacons,
consecrated men and women,
and all the baptized in Christ,
so that they may faithfully fulfill
their mission
at the service of the Gospel.
This we pray through Christ our
Lord. Amen.
Mary, Queen of Apostles, pray for
us.

BENEDICT XVI

Reflection on Today's Prayer

Prayer Request of the Day



DAY13

Common Prayer for Earth and for Humanity

Loving God,
Creator of Heaven, Earth, and all therein contained. Open
our minds and touch our hearts,
so that we can be part of Creation, your gift.

Be present to those in need in these difficult times,
especially the poorest and most vulnerable.
Help us to show creative solidarity as we confront the
consequences of the global pandemic.
Make us courageous in embracing the changes required
to seek the common good.
Now more than ever, may we all feel interconnected and
interdependent.

Enable us to succeed in listening and responding to the
cry of the Earth and the cry of the poor.
May their current sufferings become the birth-pangs of a
more fraternal and sustainable world.
We pray through Christ our Lord, under the loving gaze of
Mary Help of Christians.
Amen.

POPE FRANCIS

Reflection on Today's Prayer

Prayer Request of the Day



DAY 14

Father, Mother God,
Thank you for your presence
during the hard and mean days.
For then we have you to lean upon.

Thank you for your presence
during the bright and sunny days,
for then we can share that which we
have
with those who have less.

And thank you for your presence
during the Holy Days, for then we are
able
to celebrate you and our families
and our friends.

For those who have no voice,
we ask you to speak.

For those who feel unworthy,
we ask you to pour your love out
in waterfalls of tenderness.

For those who live in pain,
we ask you to bathe them
in the river of your healing.

For those who are lonely, we ask
you to keep them company.

For those who are depressed,
we ask you to shower upon them
the light of hope.

Dear Creator, You, the borderless
sea of substance, we ask you to give
all the world that which we need
most -- Peace.

MAYA ANGELOU

Reflection on Today's Prayer

Prayer Request of the Day





Jesuit Volunteer Corps matches young leaders in roles providing vital service for 1-2 years with an organization serving people in need in the U.S. or internationally. Jesuit Volunteers live in intentional community with other volunteers, build deep relationships, and gain valuable professional experience while fostering personal growth as leaders committed to faith in action.

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