



Blessings & Prayers

for families

Prayer of St. Francis (1181-1226 AD)

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.

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.

Prayer of St. Patrick (400 AD)

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.

Prayer of St. Augustine (354-430 AD)

Breathe in me, O Holy Spirit,
That my thoughts may all be holy.

Act in me, O Holy Spirit,
That my work, too, may be holy.

Draw my heart, O Holy Spirit,
That I love but what is holy.

Strengthen me, O Holy Spirit,
To defend all that is holy.

Guard me, then, O Holy Spirit,
That I always may be holy.

Aaron's Priestly Prayer (Numbers 6:24-26)

*The Lord bless you and keep you;
the Lord make his face to shine upon you
and be gracious to you;
the Lord lift up his countenance upon you
and give you peace.*

The Shepherd's Prayer (Psalm 23)

The Lord is my shepherd

I shall not want

He makes me lie down in green pastures

He leads beside still waters

He restores my soul

He leads me in paths of righteousness for his name's sake

Even though I walk through the valley of the shadow of death

I will fear no evil

for you are with me

your rod and your staff they comfort me

You prepare a table before me in the presence of my enemies

you anoint my head with oil

my cups overflow

Surely goodness and mercy shall follow me all the days of my life

and I will dwell in the house of the Lord forever.

Psalm 25 (David's prayer)

Make me to know your ways,

O Lord; teach me your paths.

Lead me in your truth and teach me,

for you are the God of my salvation;

for you I wait all the day long

Psalm 51 (David's Prayer)

*Create in me a clean heart, O God,
and renew a right spirit within me.
Restore to me the joy of your salvation,
and uphold me with a willing spirit.*

Teresa of Calcutta Prayer (1910-1997)

(attributed to John Henry Newman 1801-1890)

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 to shine as to be a light to others. Amen.

Thomas Aquinas (1224-1274)

*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.*

The Lord's Prayer (Matthew 6:9-13)

*Our Father in heaven,
hallowed be your name.*

*Your kingdom come,
your will be done,
on earth as it is in heaven.*

*Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.*

*And lead us not into temptation,
but deliver us from evil*

The Jesus Prayer

*Lord Jesus Christ, Son of God,
have mercy on me, a sinner.*

Martin Luther King Jr. Prayer (1929-1968)

Keep us, we pray, in perfect peace,
help us to walk together,
pray together,
sing together,
and live together
until that day when all God's children,
Black, White, Red, and Yellow,
will rejoice in one common band of humanity in the kingdom of our Lord and of our God,
we pray.
Amen.

The Body Prayer

St. Julian of Norwich (c.1343-1416 AD)

Wait for God.

Hold your hands open in front of you.

This action means you are waiting for God to come and be with you.

Let God come.

Reach up high with your hands open.

This action means you are letting God come and be with you. You might feel something in your heart. Or you might not feel anything. That is okay.

Welcome God.

Put your hands on your heart.

This action means you are saying yes to God and to whatever he wants to give you today.

He is in charge.

Listen to God.

Stretch your open hands out in front of you.

This action means you are ready to do what God wants you to do today. You may feel him ask you to do something now. If not, that is okay.

Watch, O Lord Prayer

St. Augustine of Hippo (354-430 AD)

Watch O Lord, with those who cannot sleep or weep tonight.

Tend your sick ones.

Rest your weary ones.

Bless your dying ones.

Soothe your suffering ones.

Pity your afflicted ones.

Shield your joyous ones. Amen.

Prayer of the Holy Spirit

St. Augustine of Canterbury (534-604AD)

Breathe in me O Holy Spirit, that my thoughts may all be holy.

Act in me O Holy Spirit, that my work, too, may be holy.

Draw my heart O Holy Spirit, that I love but what is holy.

Strengthen me O Holy Spirit, to defend all that is holy.

Guard me, then, O Holy Spirit, that I always may be holy. Amen.

Philippians 4:7

*And the peace of God,
which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.*

Going or Coming

(Thomas Ken, 1637-1711)

Lord, bless my going out and coming in, from this time forth, forevermore.

Meals

(Thomas Ken, 1637-1711)

Lord, grant that whether I eat or drink, or whatever I do, I may do all to thy glory.