

NCC Daily Reflections - Secondary

May 1-29, 2026

Rejoice in hope; be patient in affliction; persevere in prayer. Romans 12:12

Additional Prayer and Reflection Resources:

[Virtue of the Month Calendar](#)

[Saints Calendar](#)

Virtue of the Month Certificates ([portrait](#) / [landscape](#))

Friday May 1, 2026



“May the life of Blessed Mary be ever present to our awareness.”

O, that the soul of Mary were in us to glorify the Lord!

That the spirit of Mary were in us to rejoice in God.
May the life of Blessed Mary be ever present to our awareness.

In her, as in a mirror, the form of virtue and beauty of chastity shine forth.

She was virgin, not only in body, but in mind and spirit.

She never sullied the pure affection of her heart by unworthy feelings.

She was humble of heart.

She was serious in her conversations.

She was prudent in her counsels.

She preferred to pray rather than to speak.

She united in her heart the prayers of the poor

And avoided the uncertainty of worldly riches.

She was ever faithful to her daily duties,

Reserved in her conversations, and always

accustomed to recognize God as the witness of her thoughts.

Blessed be the name of Jesus.

Amen.

St. Ambrose

From
<https://udayton.edu/imri/mary/p/prayers-of-saints-to-mary.php>

May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen

	Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions
Catholic Education Week 2026 begins! Each year, the Catholic community of Ontario engages in a week-long celebration of the unique identity and distinctive contributions of Catholic education during Catholic Education Week. This year's celebration is entitled, "Pilgrims of Hope: On the Path to Holiness" and will be celebrated during the week of May 3 – May 8. The theme for Catholic Education Week 2026 was inspired by the following considerations: • Renewed conviction to place priorities on serving the common good and committing ourselves to prayer, Christian service and evangelization. • Building on the momentum from our 2024-2025 school year Jubilee celebrations and extending an invitation to all within Catholic education to journey on the path to holiness and peace. • The canonization of Blessed Carlo Acutis and Blessed Pier Giorgio Frassati. Inspired by this blessed event, the Catholic Education Week theme will focus on the CCCB 2022 Pastoral Letter to Young People. • Our belief that as Catholic Christians we are on a path to holiness – becoming more and more, the people God created us to be. While that will look different in each of our lives, we know that it is the Holy Spirit at work in us and guiding us: "The Holy Spirit illumines all believers with the light of hope. He keeps that light burning, like an ever-burning lamp, to sustain and invigorate our lives." (Spes Non Confundit, 3) • Catholic Education Week comes at the same time as Mental Health Awareness Week. Through love and compassion, we continue to support each other's wellbeing. God is love and we are always called to live out this love. For more information, please consult the NCC Catholic Education Week 2026 program slide deck (link will be live as of April 27, 2026).	
Monday May 4, 2026 	<i>As Pope Leo XIV says, "...peace is not simply the absence of noise or conflict. It is the deep assurance that God is present and at work, even when the day feels overwhelming. It is the peace that reminds us that we do not work alone."</i> God of Peace, You sent your Son, Jesus, to bring reconciliation, healing, and hope to a broken world. In moments of fear, conflict, and uncertainty, Jesus offered peace, not as the world gives, but as only You can give. Bless our school community. Help us to be people of peace in our words, our actions, and our

	relationships. May we learn to listen with compassion, act with justice, and respond with love. We ask this through Christ our Lord. Amen. CEW Secondary Prayer for Monday May 4, 2026 May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions
Tuesday May 5, 2026 	<i>"God does not wait for us to be good before he loves us. He loves us into goodness. He embraces us while we are still far off. His love is freely given, faithful, and unconditional." Pope Leo XIV</i> God of all that is good, You have created and formed us with your loving hand. Help us to see ourselves and one another as you see us: precious, beautiful, and beloved. Guide us to love as you love; freely, unwaveringly, and without conditions. Inspire us to be credible witnesses of your love, living it through all we say and do. May the light of your love sustain and strengthen our journey together as Pilgrims of Hope on the Path to Holiness. We ask this through Christ our Lord. Amen. CEW Secondary Prayer for Tuesday May 5, 2026 May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions
Wednesday May 6, 2026	<i>"In the Holy Spirit, every individual and all people have become, through the Cross and Resurrection of Christ, children of God, partakers in the divine nature and heirs to eternal life. All are redeemed and</i>



called to share in glory in Jesus Christ, without any distinction of language, race, nation or culture.”
St. John Paul II

Loving God,

You sent your Son Jesus as our light and our salvation. You invite all of us to accept your loving invitation to be united with you as your children through Jesus. No matter what storms or obstacles we face, we pray that we continue to pursue what is true, beautiful and good by choosing actions rooted in faith, hope, and love. Keep alive within us the flame of hope, so that we will come to trust in Your promise of salvation and eternity with you in Heaven.

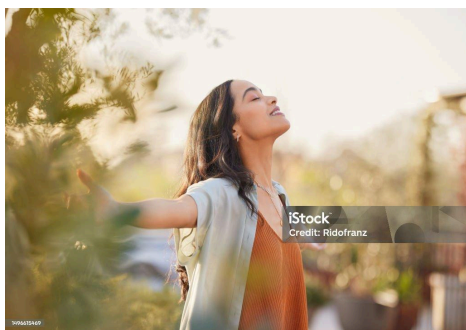
We praise Your holy name through Jesus Christ our Lord. **Amen.**

[CEW Secondary Prayer for Wednesday May 6, 2026](#)

May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen

Also, you can pray and reflect with this link below:
<https://www.livingwithchrist.ca/index.php/intentions>

Thursday May 7, 2026



“The Holy Spirit moves us, he makes us travel, he pushes the Church forward... In our personal life, in our private lives, the same thing happens: the Spirit pushes us to take a more evangelical path... I wish we would all ask the Lord for docility to the Holy Spirit – to that Spirit who comes to us and leads us forward on the path of holiness.” Pope Francis

Spirit of God, Spirit of creation and newness,

Help us to recognize the immense dignity that we have as your dwelling-place and home. Open our minds to your wisdom and guidance, our hearts to your invitation, so that we may grasp what Jesus calls us to, and may we be instruments for bringing your vision to reality. Strengthen us when we struggle, and empower us when we may feel inadequate to the task. Continually open our eyes to

	the glory of Jesus' Resurrection, and to our vocation as His witnesses, partners, and friends. We ask this in His name, Jesus the Lord. Amen. CEW Secondary Prayer for Thursday May 7, 2026 May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions
Friday May 8, 2026 	<i>"What matters in life is not great deeds, but great love." St. Thérèse of Lisieux</i> Heavenly Father, We gather today as a community, walking together on the journey You have set before us. Bless our hearts with understanding, our minds with wisdom, and our hands with the courage to serve. Help us to support one another, to celebrate each other's gifts, and to grow in faith and love as we travel this path together. May Your Spirit guide our steps, inspire our actions, and unite us in Your peace. Amen. CEW Secondary Prayer for Friday May 8, 2026 May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions
National Family and Life Week 2026 National Family and Life Week (NFLW) this year will take place from May 10 to May 17, 2026. For more information, please consult the NCC National Family and Life Week 2026 slide decks, English and French (live as of May 1, 2026). If you are posting about National Family and Life Week on social media, please include #NFLW2026 in your post.	

Monday May 11, 2026



"I am with you always."

Prayer for National Family and Life Week

Good and gracious God,

In you we place our trust, mindful of your constant presence and loving care. Through your goodness we have received life and the joy of living in relationship with one another.

Guide our families during all stages of life to seek your strength and comfort. As we navigate the daily tasks of family life, may we call on your Spirit to lead and inspire us.

Knowing the constant love you have for us, may we offer praise and thanks to you.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. **Amen.**

From [National Family and Life Week, CCCB](https://www.livingwithchrist.ca/index.php/intentions)

May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen

Also, you can pray and reflect with this link below:
<https://www.livingwithchrist.ca/index.php/intentions>

Tuesday May 12, 2026

"Loving Jesus, we pray for all of those who are suffering in body, mind, or spirit."

Prayer Intention: For those experiencing spiritual or physical difficulties

Loving Jesus, we pray for all of those who are suffering in body, mind, or spirit. Help them to feel your closeness in these difficult times and ease their burdens. Help them to entrust all of their worries and burdens to your loving care. May they be strengthened by your grace and experience the peace that only you can bring.



Amen.

"[I]n families, there is always, always, the Cross...in families as well, after the Cross, there is the Resurrection...The family is...a factory of hope, of life, of resurrection. God was the one who opened this path. In families, there are difficulties, but these difficulties are overcome with love."

(Pope Francis, Meeting of Families in Philadelphia, 2015)

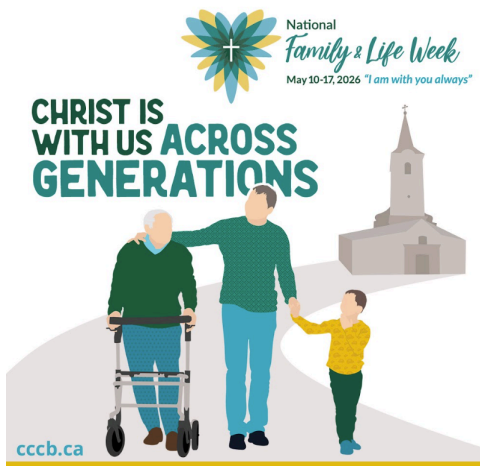
From [National Family and Life Week, CCCB](https://www.livingwithchrist.ca/index.php/intentions)

May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen

Also, you can pray and reflect with this link below:

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Wednesday May 13, 2026



"We entrust our family relationships to you, so that you may teach us to welcome each other with our differences, and to forgive one another."

Prayer Intention: For families, that they may find peace and hope during times of crisis

God, our Father, you have compassion on those who undergo tribulations.

We entrust our family relationships to you, so that you may teach us to welcome each other with our differences, and to forgive one another.

In this way, may we welcome your Word who proclaimed, "Peace be with you".

You who live and reign forever and ever. **Amen.**

"The strength of the family lies in its capacity to love and to teach how to love. For all a family's problems, it can always grow, beginning with love."

(Pope Francis, Amoris Laetitia, 53)

From [National Family and Life Week, CCCB](https://www.livingwithchrist.ca/index.php/intentions)

May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen

Also, you can pray and reflect with this link below:

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Thursday May 14, 2026

Solemnity of the Ascension of the Lord



The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they saw him, they worshiped, but they doubted. Then Jesus approached and said to them, "All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age." (Mt 28:16-20)

Prayer for the Ascension

Lord, your ascension into heaven fills me with joy because the time for me to stand around looking at what you are doing is over.

It's time for me to be involved.

What you have entrusted to me cracks the shell of my individualism and of my standing around looking, making me feel personally responsible for the salvation of the world.

Lord, you have entrusted your Gospel to me so that I might proclaim it on every street in the world.

Grant me the same strong faith that your first apostles had so that I might not be conquered by fear, that difficulties might not stop me, that misunderstanding might not dishearten me, but that always and everywhere, I might be your glad tidings, that I might reveal your love, just as the martyrs and saints did throughout the history of all the peoples of the world. **Amen.**

(Dominican Fathers, Roman Province of Saint Catherine of Siena)

From:
<https://www.vaticannews.va/en/liturgical-holidays/solemnity-of-the-ascension-of-the-lord.html>

May the Lord bless us, the Father, the Son, (+) and the

	Holy Spirit. Amen Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions
Friday May 15, 2026  cccb.ca CHRIST IS WITH US IN LOVE'S JOURNEY 	<i>"Hope is the leaven that, in those first years of engagement and marriage, makes it possible to look beyond arguments, conflicts and problems and to see things in a broader perspective."</i> Prayer Intention: For those who are called to, or are sharing in the vocation of marriage God our Father, we give you thanks for the gift of marriage. We pray that all couples be filled with grace to strengthen and encourage one another and that spouses never take each other for granted. We pray that all married couples recognize the goodness and the beauty of their marriage, and how their witness enriches our Church and our world. Amen. <i>"Young love needs to keep dancing towards the future with immense hope. Hope is the leaven that, in those first years of engagement and marriage, makes it possible to look beyond arguments, conflicts and problems and to see things in a broader perspective."</i> (Pope Francis, Amoris Laetitia, 219) From National Family and Life Week, CCCB May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions
Laudato Si' Week begins! Let us reflect on the significance of Laudato Si' in its eleventh anniversary (May 24). In the midst of a climate crisis, Pope Francis invites us to reexamine our relationship with God's Creation; not just nature, but how we are interconnected through nature with other communities around the world. Our decisions, in a culture and mentality that focuses on consumerism and convenience, have already impacted those who are most vulnerable.	

Let us become more aware of God's gifts to us, through nature. Let us become more mindful, during our walks outside: of the trees that help us breathe; of each step on the ground that connects us with an earth that provides our food; of the insects and bees, who pollinate and allow new harvests each year. Let us remember, with gratitude, to respect and love nature as God's gift to us, and how this in turn, protects those who are impacted by our human activities: Let us pray for those who become sick from pollution, those who are hungry or experience loss from climate change-induced drought, flooding, forest fires, etc. We belong to each other. We belong to God. If we truly believe in the message of *Laudato Si'* and "God the Father Almighty, Creator of Heaven and Earth," then we will become better stewards.

Adapted from prayers by Pope Francis and Allyson Kenny on the publication of *Laudato Si'*

For more information, please consult the NCC Laudato Si' Week 2026 [slide deck](#) (live as of May 10, 2026).

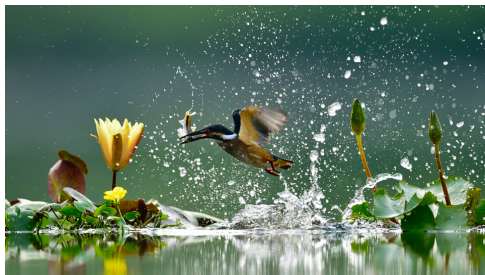
Monday May 18, 2026

Victoria Day



Enjoy this time with your loved ones!

Tuesday May 19, 2026



"Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognize that we are profoundly united with every creature as we journey towards your infinite light." Pope Francis

Laudato Si' Prayer

All-powerful God, you are present in the whole universe and in the smallest of your creatures. You embrace with your tenderness all that exists. Pour out upon us the power of your love, that we may protect life and beauty. Fill us with peace, that we may live

	as brothers and sisters, harming no one. O God of the poor, help us to rescue the abandoned and forgotten of this earth, so precious in your eyes. Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction. Touch the hearts of those who look only for gain at the expense of the poor and the earth. Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognize that we are profoundly united with every creature as we journey towards your infinite light. We thank you for being with us each day. Encourage us, we pray, in our struggle for justice, love and peace. From https://slmedia.org/blog/laudato-si-prayer-for-environment May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions
Wednesday May 20, 2026 	“Strengthen our faith, and let us never lose hope so together we may rise up responding to the urgent call of your people and all creation.” Laudate Deum prayer A prayer inspired by the Apostolic Exhortation Laudate Deum released by Pope Francis on 4 October 2023. Laudate Deum, O God we praise you, for the world sings of your infinite love.

	Forgive us our failure to agree a way forward to protect this earth and our children's future. For the way the powerful shelter behind their wealth, while the poorest people are disregarded, and the earth is at breaking point. Guide our leaders to set aside their own interests in the interest of us all and grant us all the courage to turn our concern into change. Strengthen our faith, and let us never lose hope so together we may rise up responding to the urgent call of your people and all creation. Amen. <i>Prayer: Catherine Gorman/CAFOD</i> From: https://cafod.org.uk/pray/prayer-resources/laudate-deum-prayer May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions
Thursday May 21, 2026 	"Praise be to you!" A Christian prayer in union with creation Father, we praise you with all your creatures. They came forth from your all-powerful hand; they are yours, filled with your presence and your tender love. Praise be to you!

Son of God, Jesus,
through you all things were made.
You were formed in the womb of Mary our Mother,
You became part of this earth,
and you gazed upon this world with human eyes.
Today you are alive in every creature
in your risen glory.
Praise be to you!

Holy Spirit, by your light
you guide this world towards the Father's love
and accompany creation as it groans in travail.
You also dwell in our hearts
and you inspire us to do what is good.
Praise be to you!

Triune Lord,
wondrous community of infinite love,
teach us to contemplate you
in the beauty of the universe,
for all things speak of you.
Awaken our praise and thankfulness
for every being that you have made.
Give us the grace to feel profoundly joined
to everything that is.

God of love, show us our place in this world
as the channels of your love
for all creatures of this earth,
for not one of them is forgotten in your sight.
Enlighten those who possess power and money
that they may avoid the sin of indifference,
that they may love the common good,
advance the weak,
and care for this world in which we live.
The poor and the earth are crying out.
O Lord, seize us with your power and light,
help us to protect all life,
to prepare for a better future,
for the coming of your Kingdom
Of justice, peace, love and beauty.
Praise be to you!

Amen.

	From: https://cafod.org.uk/pray/prayer-resources/a-christian-prayer-in-union-with-creation May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions
Friday May 22, 2026 	“Creation awakened. Reaching towards you, life sang your praises.” Called to Your Table You said: “Let there be”, And so there was. Creation awakened. Reaching towards you, life sang your praises. Each seed, each atom replied to your calling; each plant, each creature - knowing, unasking. You said: “Let them live”, and so we did. Creation: abundant, reaping the harvest, called to your table. Each man, each woman joined in the feasting, each son, each daughter - praising, rejoicing. You said: “Let them share”, and how we fail. Creation: unbalanced. wasting, destroying, we take from others. Keeping, withholding, we fail to notice each man, each woman - hungering, weeping.

	We say: “Let us learn”, and so we must. Creation: restored. Giving and taking: to each life sufficient. Each to another, filled with your bounty each prayer, each answer - Building, remaking. <i>Prayer: Claud Mba/CAFOD</i> From: https://cafod.org.uk/pray/prayer-resources/called-to-your-table May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions
Sunday May 24, 2026 <u>Solemnity of Pentecost</u> 	“And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them.” 2 Acts 2:2 Prayer for the Spirit of God on Pentecost Heavenly Father, Send forth your Holy Spirit, Light of Radiant Joy, to take possession of our hearts! As we celebrate the great feast of Pentecost, we come before You with hearts full of hope and yearning. Just as You sent Your Holy Spirit upon the Apostles, filling them with divine grace and power, we humbly ask You to pour out Your Holy Spirit upon us today. O Holy Spirit, Divine Breath of God, come and dwell within us. Ignite in our hearts the fire of Your love. Enlighten our minds with Your truth, and guide our steps along the path of righteousness.

Bestow upon us your seven gifts that we may put on the mind of Christ: wisdom, understanding, counsel, knowledge, fortitude, piety and fear of the Lord, so we can serve You faithfully and bear witness to Your glory.

Fill us with Your charisms that we may build up your Church and evangelize: the word of wisdom, the word of knowledge, supernatural faith, gifts of healing, miracles, prophecy, discernment of spirits, tongues and their interpretation.

O Holy Spirit, make us also holy and radiant with Your fruit: love, joy, peace, patience, kindness, gentleness, generosity, humility, faithfulness, self-control, chastity and purity.

Spirit of the Living God, transform us from within. Heal our wounds, cleanse our sins, and renew our spirits.

Grant us the courage to proclaim the Gospel with boldness and to live out our faith with unwavering conviction.

Make us instruments of Your peace, channels of Your mercy, and vessels of Your boundless love.

As we celebrate this holy day, we remember the powerful outpouring of Your Holy Spirit upon the early Church. May we too experience a profound outpouring of Your grace, enabling us to live in unity, joy, and love.

Let the fruits of Your Spirit flourish in our lives, and may we become beacons of hope in a world longing for Your presence.

Come, Holy Spirit, fill the hearts of Your faithful, and kindle in us the fire of Your love.

We ask this in the name of Jesus Christ, our Lord and Saviour, who lives and reigns with You and the Father, God, forever and ever. **Amen.**

	From: https://stmarysvancouver.ca/resources/pentecost-prayer-2024 May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions
Monday May 25, 2026 	<i>“With all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit—just as you were called to the one hope that belongs to your call— one Lord, one faith, one baptism.” Ephesians 4:2-5</i> Diversity Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. 1 Corinthians 12:4-7 O God of many faces, you have blessed the world and its peoples with the richness of diversity. We are like a scarf woven of various coloured threads, or a multi-hued rainbow, or the harmony of many notes sounding together. All too often, however, we allow difference to become a source of fear and even hatred. Help us to welcome the gifts and insights of people of various cultures and faiths, ages and genders, economic levels and kinds of work. Make us understand that we are stronger together. Remind us that in welcoming the stranger, we welcome you. You have taught us that whatever we do to our brothers and sisters, we do to you. Open our minds and hearts to welcome all, Amen. From <i>Inviting God: Simple, Creative Prayers for Meetings</i>, Krystyna Higgins May the Lord bless us, the Father, the Son, (+) and the

	Holy Spirit. Amen Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions
Tuesday May 26, 2026 	“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” John 14:27 Prayer for a World Where Hope Seems Dim Dear God, the world seems so dark and foreboding. Where are the signs of hope? What are you calling us to do? Wars, uprisings, displacements, hunger, poverty, and disease continue to claim victims by the millions around the world each year. Our ears do not want to hear their stories and our eyes do not want to see their plight because the suffering and destruction is so massive and cruel. In our hearts and minds there is a desire to help somehow, but the crisis seems so overwhelming that we shake our heads in dismay and we wonder what the point is for us even to attempt to be witnesses for healing and hope in [our world]. Help us to follow the path of Jesus, the Suffering Servant. Give us the courage to be willing to walk the path of depression and pain with the victims of injustice here at home as well as abroad. Help us to seek ways to light candles of hope, however small, through our words, our deeds, and our prayers, to encourage our sisters and brothers to hold onto the faith in spite of the pain and suffering they are facing. And help those of us who are among the fortunate ones, who have enough bread to eat, good health, and who live in relative peace, to open our hearts to learn from our sisters and brothers who are living

	lives of grace and forgiveness in the horrid circumstances which surround them. O God, help us to light one candle rather than to curse the darkness. We pray this in the name of Jesus, who knows what being a light in this dark world is all about. Amen. Adapted from Xavier University Prayer Resources May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions
Wednesday May 27, 2026 	<i>"The beginning of wisdom is this: Get wisdom, and whatever else you get, get insight."</i> Proverbs 4:7 Heavenly Father, of Light and Wisdom, thank you for giving me a mind that can learn and a heart that can love. Father, help me to keep learning every day of my life, no matter what the subject may be. Let me be certain that all knowledge leads to you. Also, let me know how to find you and love you in all the things you have created. Lord, encourage me when the studies are hard and when I am tempted to give up. Guide me when my brain is slow and help me to grasp the truth held out to me. Give me the grace to put my understanding to good use in building the kingdom of God on earth so that I may enter the kingdom of God in heaven. Amen May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions

Thursday May 28, 2026



"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope." Romans 15:13

We Are One With You

O God, we are one with you. You have made us one with you.

You have taught us that if we are open to one another, you dwell in us.

Help us to preserve this openness and to fight for it with all our hearts. Help us to realize that there can be no understanding where there is mutual rejection.

O God, in accepting one another wholeheartedly, fully, completely, we accept you, and we thank you, and we adore you, and we love you with our whole being, because our being is your being, our spirit is rooted in your spirit. Fill us then with love, and let us be bound together with love as we go our diverse ways, united in this one spirit which makes you present in the world, and which makes you witness to the ultimate reality that is love. Love has overcome. Love is victorious. **Amen.**

From [Xavier University Prayer Resources](#)

May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen

Also, you can pray and reflect with this link below:
<https://www.livingwithchrist.ca/index.php/intentions>

Friday May 29, 2026

"Instill in us the courage through reflection to learn, unlearn, and relearn."

A Prayer to the Heart of Mary

O Heart of Mary, Mother of God, and our Mother, most amiable Heart, object of the complacency of the most adorable Trinity, and worthy of all the veneration and affection of Angels and men;

Heart most conformable to that of Jesus, of which you are the most perfect likeness;



Heart full of goodness and compassion for our miseries, vouchsafe to melt our frozen hearts, and grant that they may be entirely turned towards the Heart of our Divine Savior.

Infuse into them the love of your virtues; inflame them with that sacred fire with which you continually burn.

Take under your protection the Holy Catholic Church; defend it, and be always its consolation, its asylum and its invincible fortress against every assault of its enemies.

Be our way to come to Jesus, and the channel through which we receive all graces necessary for our salvation.

Be our help in our wants, our relief under afflictions, our comfort in temptations, our refuge in persecutions, and our support in all dangers; but especially in our last conflict at the time of death, when all the powers of hell will use their utmost endeavours to seize our souls in that awful moment, in that terrible crisis, on which depends our eternal lot.

At that time, O most pious Virgin, make us experience the sweetness of your maternal Heart, and the efficacy of your influence with Jesus, your all-powerful Son, by opening unto us, a secure refuge in the source itself of mercy, a secure refuge, that we may enjoy the happiness of blessing Him in Heaven for all eternity.

Amen.

From <https://laycistercians.com/prayers-to-blessed-mother/>

May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen

Also, you can pray and reflect with this link below:
<https://www.livingwithchrist.ca/index.php/intentions>