

2009-2010 Prayer Booklet

(Anger- BB pg. 1202)

I'm angry, God.
Help me understand my feelings.
Help me to see the other person's side of things.
Help me to control my words and my actions.
Help me to look for a solution to the problem that won't hurt anyone- most of all, me.
Amen.

(Balance in Life- BB pg. 926)

God of all seasons,
Help me to remember the sun when it's raining.
Help me to remember the rain when the sun is shining.
Teach me to respect the unpopular students when I am popular.
Teach me to respect the popular kids when I am unpopular.
When I win a game,
help me remember the times I lost.
When I lose a game,
help me remember the times I won.
When I am with my friends,
remind me of times alone.
When I am alone,
remind me of times with friends.
Help me to understand that there is a balance to life.
Amen.

(Being Made Fun Of- BB pg. 586)

God, my friend,
When others laugh and point fingers at me,
it really hurts.
Help me hear your voice instead of their laughter
and to look to you,
not at their mocking fingers.
Because it is your opinion that really counts to me,
not theirs.
It is your voice that calls me,
not theirs.
I pray for them,
for those who have made fun of me,
so that they may know you as a friend, too.
Amen.

(Being Small- CCH 10)

Dear Jesus,
Thank you for coming as a small child who is easy to love.
Teach me to be simple and humble, too.
Help me rely on God more than on human strength.
Show me how to serve God and others in little ways each day.
Amen.

(Being Stubborn; BB pg. 85)

I'm afraid that I'm stubborn, God.
Sometimes I refuse to listen to you and my heart is too hard.
Sometimes I am too proud to pay attention to you.
I laugh at people who are hurting.
I don't treat people fairly.
I ignore people who talk about you.
I refuse to change my ways.
Soften my heart, God,
so that is a more welcoming place for you.
When I feel like being stubborn,
fill my mind with thoughts of your love.
When I act proudly,
help me remember that you are a God of justice.
When I refuse to listen to those who share your words,
speak to me of the comfort that your Word brings us.
Amen.

(Blessing Creation- CCH 23)

Creator God,
You have made everything-
time and space, plants and animals,
even me and everyone I love.
You called all your creation good,
and I know you are with me wherever I go.
Bless this day, which you have made.
Let me spend it imitating you by creating only good things
and blessing the world with love.
Amen.

(Blessing for a Journey- BB pg. 1622)

May the sun bring you new energy by day.
May the moon softly restore you by night.
May the rain wash away your worries
and the breeze blow new strength into your being,
and all of the days of your life may you walk gently
through the world and know its beauty.
Amen.

(Called and Sent- BB pg. 1445)

Jesus,
Help me to hear your call.
I want to follow you, wherever you lead me.
I don't need to start a church.
I just need to let the Church guide me and
strengthen me so that I can share your love with others.
Thank you, Jesus, for calling me to be part of your family.
Amen.

(Children of the Future- BB pg. 516)

Creator God,
You made me a child, and a grandchild.
One day, I too may be a grandparent.
I pray now for my possible grandchildren and for
all the children of the future.
I pray that they know your love and the love of
their family.
I pray that they know of your peace.
I pray that they know of your wisdom.
And I pray that they know they were loved even
before they were born.
I don't know what will happen, God,
but I do know that if I do have kids,
and they have kids, you will be with them.
Thank you, God.
Amen.

(Clay Pots?- BB pg. 1690)

Almighty God, our potter,
I am the work of your hands.
Even though I am like an ordinary clay pot,
you trust me to carry the wonderful treasure of
Jesus, your Son.
Help me keep my body, mind, and soul healthy and
strong so that I am worthy of this great honor.
And keep me humble,
always pointing others to Jesus and not to myself.
Because I am just an ordinary clay pot made
beautiful by you living within me.
Amen.

(Come to Jesus- BB pg. 1400)

Jesus,
Help me to remember to come to you when I am
feeling overwhelmed.
You promise to take my heavy burdens,
and replace them with things that are much easier
to carry.
When I am tired and sad,
remind me to come to you,
the One who loves me,
and let me rest in you.
Amen.

(Communion Prayer- CCH 27)

Jesus, Son of God,
Teach me to pray with open hands and an open
heart.
Jesus, Lamb of God,
Nourish my body that I may do your will.
Jesus, Love of God,
Send me where you need me to go and help me give
others the love and joy you give me.
This I pray in your holy name.
Amen.

(Confirmation- CCH 29)

Spirit of God,
You anoint me with your gifts and empower me to
use them.
Set your seal upon me and bless my words and
deeds that all may know I am your child and your
witness to the world.
Amen.

(Confirmation Blessing- BB pg. 1676)

All powerful God, Father of our Lord Jesus Christ,
by water and the Holy Spirit you freed your sons
and daughters from sin and gave them new life.
Send your Holy Spirit upon them to be their helper
and guide.
Give them the spirit of wisdom and understanding,
the spirit of right judgment and courage,
the spirit of knowledge and reverence.
Fill them with the spirit of wonder and awe in your
presence.
We ask this through Christ our Lord.
Amen.

(Confused- BB pg. 921)

There's so much I don't know, God.
I used to think I was pretty smart,
but now I'm not so sure.
It seems like life is changing too fast for me.
I'm different than I was last year.
My body is different,
I think about different things,
and my friends are different, too.
It's not a bad kind of different, just different.
I don't know what's happening.
I suppose it's part of growing up.
But I have to tell you, God, it's kind of scary.
It's like being on a wild ride at an amusement park.
Now that I'm older I want to get to know you
better.
I realize that I cannot be the person I want to be
without your help.
I have a feeling there are more twists and turns up
ahead on this wild ride that is my life,
and I need you sitting right beside me.
Amen.

(Courage; BB pg. 259)

God,
help me to rely on you.
Give me the courage to follow your will as I reach
out to others and as I learn new things.
Help me to have the confidence that you will
always be there to guide me and protect me.
Amen.

(Created in God's Image- CCH 5)

God,
Everything you have created is good.
Every human being is your child, including me.
Like all human beings,
I am good because I am made to be like you.
Even when I do something wrong,
you love me.
Please give me the courage to do what you have
created me to do.
Help me see others as you see them.
Help me forgive others as you forgive them.
Help me love others as you love me.
Amen.

(Creation-CCH 4)

Lord, God of all creation,
Thank you for everything you have created
and everything you have given me.
Help me recognize my own goodness.
Continue to bless me and everyone else
as we strive to understand your will for our lives
and as we care for all creation.
Amen.

(Defending Poor People- BB pg. 1419)

Lord,
You showed great care for people that others often
overlooked.
Help me always be aware of those in need.
Give me the courage to speak out for the people to
whom no one else listens.
Amen.

(Discipleship- CCH 9)

Jesus,
Thank you for your great gift of love in becoming
human for us.
Help me to honor and love you as my Savior, Lord,
and God in all my thoughts, words, and actions.
Teach me through your holy life to live a holy life,
too.
Through the Holy Spirit, give me the grace to know
and follow your teachings with humility,
generosity, and persistence.
May others see your goodness in me.
Amen.

(Down and Out- BB pg. 1155)

Dear God,
Right now I feel pretty down and out.
It seems that no one cares,
and I am just sinking deeper.
I believe that you are with me in my troubles.
I pray that you will send someone to help me.
Keep my eyes focused on you and fill me with hope.
Let me also have the courage to ask for help when I
need it.
We can't get through life alone.
I look forward to brighter days.
Thank you, God.
Amen.

(Earth Prayer- BB pg. 766)

The beauty of the trees,
the softness of the air,
the fragrance of the grass,
speaks to me.
The summit of the mountain,
the thunder of the sky,
the rhythm of the sea,
speaks to me.
The faintness of the stars,
the freshness of the morning,
the dewdrop on the flower,
speaks to me.
The strength of fire,
the taste of salmon,
the trail of the sun,
and the life that never goes away,
they speak to me.
And my heart soars.
Amen.

(Faith- CCH 7)

Jesus,
I am like the man who cried out to you,
"I do have faith, but not enough.
Help me have more!"
Sometimes it seems like my faith is as small as a
mustard seed.
But with even that much faith,
you said I could do anything.
It does not seem possible,
but with you nothing is impossible.
I place my trust in you,
knowing you will not disappoint me.
Amen.

(Fear and Faith; BB pg. 21)

Dear God,
Sometimes I'm afraid.
I'm afraid of what the future will bring.
I'm afraid that I won't know what to do when I
grow up.
I'm afraid of what will happen to the people I love.
I'm afraid of the tests I have in school and the tests
I have in life.
I believe in you, God.
I know that you are with me all the time-
especially when I'm afraid.
Please take care of me.
Amen.

(Find Me, God- BB pg. 1768)

Find me God, I am feeling lost.
Help me get back on your path.
Find me God, I'm ready to turn back.
Help me stay with you.
Find me God, I'm slowing down.
Help me know my faith.
Find me God, I want to be with you.
Help me remember that you never leave.
Amen.

(Find Us Ready, Lord- BB pg. 1428)

When you return Lord, I want to be ready.
Help me clean out the dusty corners of my life and
keep my heart ready for your return.
Through prayer I will grow closer to you.
By loving others I will prepare myself for your
coming.
By knowing that you might come at any moment,
I will remain ready for your return because I wish
to live always in your love.
Amen.

(Forgive Me, God- BB pg. 1463)

For being greedy, forgive me, God.
For putting possessions over people, forgive me,
God.
For worshipping material things instead of you,
forgive me God.
For being jealous of what others have, forgive me,
God.
For not being satisfied with what I have, forgive
me, God.
For not being grateful to you for all you have given
me, forgive me, God.
Amen.

(Friend in Need; BB pg. 101)

Thank you, God, for my friend (name of person).
She (or he) . . .
Knows when I need someone to listen.
Lets me talk about my worries and struggles.
Shows me the good side when I can only see the
bad.
Laughs with me, not at me.
Gives me good advice.
Lets me talk about you.
Thank you, God, for (name).
Please let me be a friend like that for someone else.
Amen.

(Friends to Count On- BB pg. 303)

God of love, give me friends I can count on when I
have something difficult to face or if I just need a
shoulder to cry on.
Help me to turn to be a good friend and offer
comfort to the people who count on me.
Amen.

(Glimpse of Glory- BB pg. 1412)

Lord Jesus,
I need you to lead me up the mountain because it is
so easy for me to get discouraged.
Let me see your shining presence because it is so
easy for me to get distracted.
Help me focus on what your love requires of me
because it is so easy to want to keep things easy.
Lead me back down the mountain to everyday life
with you by my side and help me do what God asks
me to do in the world.
Amen.

(God, Be My Pillar; BB pg. 93)

God of light and God of darkness,
the Israelites know you were with them as they
made their way out of Egypt.
They saw you as a pillar of cloud in front of them
during the day and a pillar of fire lighting their way
at night.
I wish I could see you sometimes.
It would make life a lot easier.
At least I would know that I'm heading the right
direction.
I know that you're always with me, too,
but sometimes I don't feel it.
I think that you put "pillars" in my life to guide me,
just as you guided the Israelites.
After all, I have parents, teachers, relatives, and
friends who look out for me.
They teach me, give me directions, and light my
way when I'm lost or confused.
They are gifts from you- your way of being my very
own pillar of cloud and fire.
Thank you, God, for them.
Amen.

(God is Good- BB pg. 1449)

I know I can ask for a lot, God.
Just like the people who saw Jesus at Galilee,
I'm usually asking you for help.
But this prayer is going to be different.
I don't want anything.
I don't need help with a problem.
And I know you're right here with me.
Right now, I just want to say thank you.
Thanks for all you do for me.
Thanks for making me who I am.
Thanks for the people who love me.
Thanks for this wonderful world.
Thanks for being right here with me.
Just one small request: Please give me the courage
to tell my friends how great you are.
Amen.

(God's Power in Nature- BB pg. 751)

Thank you, God-
for the unconditional love of dogs,
for the amazing way our bodies work,
for the variety of trees and plants and flowers in
the world,
for the strength of my dad's arms when he holds
me tight,
for the sparkle of fireflies,
for the ability of our hearts to forgive,
for music and sunsets and pizza and electricity!
You are truly an awesome God!
Amen.

(God's Presence- CCH 22)

God of time and history,
You walk with me unseen yet surround me with
your presence.
Fill me with your Spirit and open my eyes that I
may recognize the extraordinary love of Christ in
ordinary acts of faith.
May I always praise you with the saints and angels
every day of my life.
I ask this through Christ, our Lord.
Amen.

(God the Father- CCH 2)

God, our Father,
I understand so little about you,
but I know a few things.
You exist beyond the farthest star,
but I know you are here with me now.
I do not know everywhere I will go in the future,
but I do know I came from you.
I do not always understand your ways,
but I do know I can trust you.
I cannot even guess how you came to be,
but I do know you will always be with me.
Thank you, God, for being you.
Amen.

(Golden Rule- BB pg. 1392)

Loving God,
You showed us how to love one another.
It is easy to say, but sometimes it is hard to do.
When I am angry or tired or annoyed,
it is easy to forget the needs of another person.
It is easy to forget that I should treat them the way
I want to be treated.
Please help me to remember each person's
humanity.
Help me to remember that each person I meet is
your son or daughter.
Help the leaders of this world, Lord.
Whenever they have a decision to make that affects
others, help them remember the Golden Rule.
Amen.

(Gospel Prayer- CCH 8)

Dear God,
Thank you for telling me about yourself in the
Scriptures.
Thank you for showing me yourself most fully in
the Gospels.
May the Holy Spirit help me understand Jesus' life
and teachings.
Let them inspire me to grow in friendship with you.
Help me serve you and others as the Gospels teach
us to do.
May I become more and more like Christ,
so that others can see him in me.
Amen.

(Grace- CCH 16)

God of all grace,
I praise you and thank you for sharing your life
with me.
Through Jesus, your Son, I see how your grace can
change the world.
Help me accept your invitation to participate in
your life.
May the grace you offer me through your Holy
Spirit put things right between you and me.
Heal me and make me holy in your sight.
Amen.

(Guilty Conscience- BB pg. 409)

O God,
Sometimes I can coast along in life,
and everything seems to be going great.
At other times, I know something is wrong.
I don't feel right inside.
Help me to pay attention to my conscience.
If I am feeling guilty,
help me to be honest with myself and with you.
Help me to ask forgiveness if I've done something
wrong.
Help me to do the right thing,
and when I fail, help me to learn from my failure
and make up my mind to do better.
You are with me through it all.
Don't let me forget that!
Amen.

(Healing- CCH 12)

Jesus,
Divine doctor, heal our bodies and souls.
Bring relief to those who suffer from sicknesses
and diseases.
Clean the minds of those who suffer from bitter and
lonely thoughts.
Cure the hard hearts of those who suffer from sin
of any kind.
Make us healers.
Help us sow joy and love among our friends.
Inspire in us deeds of reconciliation.
Give us words of comfort and advice for those who
hurt.
Work through us to make others healers, too.
Amen.

(Hearts Open to Christ- BB pg. 1425)

Jesus,
Help me to be open to the amazing love you have
for me.
I don't want to turn my back on you.
I will follow you; I will accept your love.
I will follow you; I will listen to your words.
I will follow you; I will live as you command.
Amen.

(Help Me Be Open- BB pg. 885)

Dear God,
Open my ears that I may hear the words that are
spoken.
Open my heart that I might understand their true
meaning.
Open my mind that I may always act out of love and
respect.
Amen.

(Help Me to See- BB pg. 1517)

Dear God,
It is so easy to ignore people we would rather not
have to deal with.
Give me the grace to notice the forgotten and the
ignored, especially the elderly, the homeless, or the
people others call crazy.
If I can do anything to brighten their day,
let me have the courage to do it.
Help me to see the unseen.
Amen.

(Holy Spirit- CCH 15)

Holy God, our Father,
We praise and thank you for the gift of love that
your Holy Spirit poured out on us.
May your Spirit breathe on us and fill us with your
grace.
Help us recognize that the Holy Spirit is bringing us
closer to your Son and that with the help of the
Holy Spirit, we can live as Jesus' disciples.
Amen.

(Homework & Chores- BB pg. 1548)

Jesus,
You worked hard healing and caring for others.
You were able to do all of this because of the love of
your Father.
Help me to work and care for others without
complaining.
Help me to be thankful for the ability to work,
for my arms and legs- some kids can't use theirs.
Help me be thankful for my brain-
some kids don't learn well.
Help me be thankful for homework-
some kids don't have a chance to go to school.
Help me be thankful for chores- some kids don't
have a kitchen to do dishes in or a rug to vacuum.
And most of all, help me remember to be thankful
for those who care about me: family, teachers, and,
of course, you.
Thank you, Jesus, for the example you show me.
Amen.

(Honesty- BB pg. 898)

Hear me, God.
Only you can help me with this.
Never let me lie or cheat again.
Even when I know the truth will get me in trouble.
Speak to my mind, heart, and soul.
Telling the truth at all times is the way that pleases
you.
You, my God, know every truth there is to know.
Amen.

(Honoring God- CCH 34)

O, God,
You are my God.
There are no others in my life.
Give me the strength to keep it that way.
Help me avoid things that distract my focus from you.
Keep my language clean and my schedule clear.
Let my words and worship praise only you.
Let nothing come between us.
Amen.

(Hope in Suffering- BB pg. 1818)

Dear God,
Too many people are suffering in our world today-
from disease, hunger, war, natural disasters,
hatred, addictions, violence, and other terrible things.
Some live far from me, and some right here in my town and in my school.
You depend on us to help bring your comfort to one another,
so help me to listen to those who are afraid,
or give a hug to those who are sad,
or provide assistance to those who have lost homes and belongings.
Let me show them there is hope and that they are loved by you.
Amen.

(Hopelessness- BB pg. 492)

O God,
I don't know what to do.
I feel like life will never be the same again.
There seems to be no reason to hope.
I want to hide and cry.
Hold me and comfort me.
Remind me that you're here with me.
Help me find something to be hopeful about.
Bring me back to life.
Amen.

(How Will I Know, God? BB pg. 123)

God,
I try to do what I think you want me to do,
but am I doing it right?
How will I know?
Are you pleased with me, God?
When you look at me, do you feel proud?
How will I know?
I want to believe that you're on the journey with me- even when I mess things up, but how will I know?
I wish I could see you, God.
Maybe I do- but I just don't know it's you.
How will I know?
I'd like some answers soon, God.
But I have to trust that you will show me what I need to know even if it isn't everything that I would want to know.
Amen.

(Humble Leader- BB pg. 298)

God,
make me a humble leader.
Help me to lead not because I want to,
but when you call me to lead.
Help me to lead not for my personal glory,
but to bring glory to you.
Help me not to think of what I want,
but to put the needs of others before my own needs.
Amen.

(Humility- BB pg. 1666)

Dear God,
Help me understand what it means to be humble.
There are some things I can do really well,
and some parts of me that are easy to like.
I want to remember that you have given all that to me.
Whenever I am complimented by others or I am feeling good about myself, let me stop and whisper a thanks to you.
If I start feeling like I am better than others,
stop me in my tracks and remind me where my gifts come from.
And, on those days when I don't believe there is anything good about me, show me the best parts of myself that you've helped build inside me.
Amen.

(Humility & Hospitality- BB pg. 1513)

Dear God,
Help me to remember I need the two h's, humility and hospitality.
Whenever I think that I can handle life all by myself, remind me that I always need you.
Remind me to look for opportunities to make others feel welcome, at school, at home, and at church.
Through humility and hospitality, draw me closer to you each day.
Amen.

(I Messed Up Again, Jesus- BB pg. 1470)

I try so hard, Jesus.
I try to do everything you said I should do.
I love you.
I believe in you.
I try to be good to others.
But sometimes I really make a mess of things.
I feel terrible about it.
It's like I've got a hole in my soul.
I just want things to be right between us again.
I'll keep trying, I know you will forgive me.
Amen.

(Jealousy- BB pg. 356)

Dear God,
I need your help in dealing with my jealousy toward _____.
Help me to step back and not judge this person.
Help me to realize how quickly my feelings of jealousy can take over and can lead me to say and do things that go against your command to love one another.
I want to pray that you bless _____ and that I can accept whatever differences there are between us.
Help me to move on and not let jealousy get the best of me.
Amen.

(Jesus as Word- BB pg. 1539)

God of all time,
As I learn about you in the Gospels, help me to keep my mind on the Word so that I may stay focused on you.
Help me hear the Word so that I understand it with my heart.
Help me understand the Word so that I both know and live it!
And help me live the Word so that I do more than just think about it.
When I know, and understand, and live, and do your Word I will shout Alleluia!
Amen.

(Judging Others- BB pg. 1553)

God,
You love me whether I am skinny or large, tall or short.
Help me love others who are different from me.
You love me whether I am happy or mad.
Help me love others who are mean or angry.
You love me whether I get straight A's or fail a test.
Help me love others when they seem silly or don't make sense.
You love me whether I win or lose.
Help me love others who compete against me.
You love me no matter what.
Help me to not judge others and to love others the way you do.
Amen.

(Judging Others During Mass- BB pg. 327)

Lord,
Help me not to be so quick to judge others, especially during a prayer service or Mass.
Even though it may look like they are sleeping or daydreaming, they may also be deep in prayer, as I should be at those times.
Give me deep faith to focus on you during prayer, not the actions of those around me.
Amen.

(Knowing God's Will- CCH 40)

Jesus,
Remember when you got lost at the Temple?
At least your parents thought you were lost.
When you were only twelve, you knew what your Father wanted you to do.
Send us your Spirit so we can know God's will for us, too.
Teach us to pray constantly so we may grow as close to the Father as you are.
Amen.

(Let Nothing Disturb You- BB pg. 645)

Let nothing disturb you,
nothing dismay you.
All things pass.
But God never changes.
Whoever has God lacks nothing.
If you have only God, you have more than enough.
Amen.

(Life- BB pg. 875)

Giver of life,
Let us remember that all of life is special.
Help us remember the beauty of life- newly formed, unborn babies, wrinkled and bald,
life- old men and women, wrinkled and bald,
life- sick people, undergoing treatment, wrinkled and bald,
all of life- the old and young, the sick and the healthy, the prisoner and free.
Help me, Giver of Life, to remember that all of them are special.
Amen.

(Living the Moral Life- CCH 32)

Loving God,
Let me never forget that you made me wonderfully, loved me from the start, and gave me great and countless gifts.
When temptations and hard times come, as I know they will, help me remember your gift of fortitude.
Give me the strength to make good choices that lead to a holy life, today and always.
Amen.

(Lord of Peace- BB pg. 1338)

Lord, let there be peace in my heart.
so that it may be open to feel love, kindness, and goodness.
Lord, let there be peace in my life,
so that I can listen to and learn from others who seem so different from me.
Lord, may I have the opportunity to create a peaceful environment with lifestyles that include all my neighbors.
Lord, please grant me peace,
that I may find contentment in your world,
so that "nations will never again go to war."
Amen.

(Love & Forgiveness- CCH 30)

Jesus, Healer and Savior,
Only you know what is in my heart and what I need
to be whole again.
Open my eyes to see myself as you see me-
forgivable and blessed.
Touch my heart and bless all who suffer in mind,
body, or spirit, that together we might praise you
with all your people for your great and immense
love.
Amen.

(Love of the Poor & Powerless- BB pg. 909)

Dear Jesus,
Help me to hear the cry of poor people.
Help me to see the many ways that people can be
poor:
by having no friends,
by having special needs,
by being new to our school and community.
Jesus, even though I am young,
inspire me to give of my time and even my money
and to make a difference to someone in need.
Amen.

(Mary- CCH 21)

Holy Mary,
You are my spiritual mother.
Be with me today.
Protect me and guide me with your love.
Show me how to follow your Son, Jesus, in
everything I do and say.
Amen.

(Mission- CCH 18)

Holy God,
I praise and thank you for your goodness.
Thank you for the new life you have given me in the
waters of Baptism.
I share in your life, through Christ, your Son, who
died and rose for me.
Help me be a good disciple of Jesus.
Help me spread the Good News in my family and
my community.
Amen.

(Money- BB pg. 1252)

Dear God,
Perhaps the last place I expect to see your name is
on a coin or a dollar bill. Yet there you are.
Thanks for the reminder that even money calls me
to an awareness of your presence in my life and my
need to trust in you.
Increase my trust in you and decrease my trust in
money.
And help me be generous with the money I have
and spend it wisely.
Amen.

(Nature as a Reminder of God- BB pg. 263)

God of all creation,
you made everything from the depths of the earth
to the farthest star.
Wind and water, sun and sky, you made everything.
Help me to remember when I see a beautiful sunset
or a powerful storm, when nature amazes me, that
you made everything.

(Parents- CCH 35)

Heavenly Father,
You use parents to create us.
You call parents to guide us.
Please strengthen our parents to be strong for us,
especially when we need them most.
Help us appreciate their patience and sacrifices.
Help us be patient and learn from their strengths
and mistakes so we might someday be good
parents, too.
Amen.

(Paying Attention at Mass- CCH 24)

Lord Jesus,
Sometimes it's hard to pray at Mass.
I get so distracted, and sometimes I don't
understand what is happening.
Help me just to respond as best I can, to believe
what I pray, and to live what I believe, so I can be
your Body for all those who need you most.
Amen.

(Peer Pressure- BB pg. 892)

Dear God,
Sometimes my so-called friends want me to do
things that I know are wrong.
I want to say no,
but I know they would make fun of me.
Help me to stand up for what I believe is right.
It's not easy to do that, and I really need to know
that you are standing right beside me.
I can't do it alone.
Please, God, I need you.
And so do my friends.
Amen.

(People Who Threaten Us- BB pg. 1036)

Mighty God,
Sometimes I want to see people who do evil and
hurt others completely destroyed.
It is hard to understand how people can be so mean
and cruel to other people.
But Jesus showed us that you even love mean and
evil people.
So I pray, Lord, for people who are our enemies.
Help them to know your love.
Help us to be an example of love and forgiveness so
that they might come to believe in you, too.
With the help of the Holy Spirit,
may we live with understanding, peace, and justice
for all people.
Amen.

(Perfection- BB pg. 417)

Loving God,
You have showed great love to your people.
You have given me many gifts even though I am
very young and don't yet know everything I will
need to know.
Here I am among your people.
Give me the wisdom I need to follow you.
Help me to see what is right and what is wrong.
Help me to be a sign of your love in the world.
Amen.

(Power of Baptism- CCH 28)

God of Heaven and earth,
You made the waters and filled the seas with life.
Shower your mercy upon me and wash me clean of
my faults.
Refresh my spirit and fill my thirst that I might live
each day as your child,
dead to sin and alive for you alone.
Amen.

(Power of the Holy Spirit- CCH 17)

Holy God,
Send your Holy Spirit to fill my heart with your
love.
Help me live in harmony with others as the first
Christians did.
Help me resolve differences and forgive.
May the power of your Spirit help me teach others
about your Son by the way I live.
Come, Holy Spirit!
Fill my heart and kindle in me the fire of your love.
I pray this in the name of Jesus, your Son.
Amen.

(Power of Words- CCH 37)

Lord,
It can be easy to find words to tear people down,
cheap words that find flaws in others or hurt the
people I envy.
Forgive me when I use words to harm others.
Help me find words to heal and to forgive when I've
been hurt.
Help me find words to lift up the good gifts in
others and to praise you for all you've done for me.
Amen.

(Pour Out Your Heart- BB pg. 482)

Dear God,
I don't know what to do,
the situation seems hopeless.
I don't want to give up, but I don't see a way out.
I know we cannot solve this by ourselves.
We can only do it with your help.
Be with us, Lord.
Guide us,
protect us,
and give us courage.
I know we can only get through this with you.
Amen.

(Praise God- BB pg. 1267)

God,
You are wise and powerful!
I praise you forever and ever.
You control the time and the seasons;
you make and unmake presidents and rulers;
it is you who give wisdom and understanding.
You reveal things that are deep and secret;
you know what is hidden in darkness,
and you are surrounded by light.
I praise you and honor you, God of my parents and
grandparents.
Please give me wisdom and strength,
and let my whole life be a song of praise to you.
Amen.

(Prayer After Communion- CCH 26)

Blessed are you, God of everything.
You gave me all I have, even my life.
I want to say thank you by offering you my life
lived well.
Use me and my talents and give me only what I
need, so I can always be grateful to you and
attentive to those who have so little.
Amen.

(Prayer Before Mass- BB pg. 1341)

Dear God,
I know I am not perfect.
Show me where I need to change.
Let Jesus' body and blood in the Eucharist
strengthen me to do what is right in the week
ahead.
Do not let my prayers become empty promises.
Amen.

(Prayer for a Quiet Place- BB pg. 1488)

God,
Here I am alone with you.
Life gets so crazy sometimes.
It's good just to hang out with you.
It helps me to know that even Jesus needed to get
away once in awhile.
Help me as I sort through what's going on in my
life, especially with my family and friends.
Thank you for being here with me.
Amen.

(Prayer for Praying the Our Father- CCH 42)

God, our Father,
Sometimes I am not sure what I need.
Or I don't know what is best for me.
I have a hard time putting it into words.
Thank you for the gift of the words that your Son,
Jesus Christ, gave us when he taught his friends
how to pray.
When I say these words,
I want to pray.
I want to say them as if I had been there,
hearing them for the first time from Jesus himself.
Help me love and appreciate the gift of the Lord's
Prayer.
Amen.

(Prayer for Peace- BB pg. 1234)

God,
It seems that war is everywhere.
The older I get, the more I hear about it and the
more it bothers me.
People kill people every day.
It happens around the world and right where I live.
People's lives are shattered because someone they
love is hurt or killed, their home is destroyed, or
they are wounded beyond repair.
I don't know what to do, God, except to pray.
Help me do what I can to change things, God.
Please heal the world- one heart at a time.
And please start with mine.
Amen.

(Prayer for Troubled Youth- BB pg. 846)

Praise the Lord!
How do I praise the Lord when everything is so
horrible?
How can I remember how kind God is when
everyone else is being unkind?
My life doesn't feel like it is filled with good things.
Wait, though, maybe I can praise the Lord:
I am young
God has forgiven me before.
God does love me.
Even if my parents don't seem kind right now,
they are good people,
trying to do their best.
And, if I really do believe,
then God really is here,
even when life is crummy,
when things don't go my way,
and when I'm feeling troubled.
So, yeah, I will praise the Lord!
Praise the Lord!
With God, I will get through this!
Amen.

(Praying for Others- CCH 43)

God, our Father,
When we pray for ourselves and our needs,
we know you listen to us.
Today we pray for the needs of those who do not
know how to pray or have no one to pray for them.
We ask that you grant our brothers and sisters in
every corner of the world all they need to be well
fed, to be safe, and to have the opportunity to know
you and love you as your Son, Jesus, has taught us
to do.
Amen.

**(Prayer for Those Accused of Crime- BB pg.
1533)**

God,
Help me always to remember that you love every
one of us, no matter what we have done.
Your Son was given the death penalty, even though
he was innocent.
I pray for everyone who has been falsely accused
and convicted.
I pray also for all those who have been sentenced
to death.
No matter what they have done,
they are still your children.
Your love knows no bounds.
Remind me of that when my heart is too small and
judgmental.
Amen.

(Priorities- BB pg. 1529)

Dear Jesus,
You came to tell us that being number one is not
what it's all about.
Help me to keep you as number one in my life and
keep the needs of others close behind.
Let me wake up each day and think of how I can
serve others, especially at home or in school.
Help me to keep my priorities straight,
which means they are directed toward you.
Amen.

(Prayer for Us- BB pg. 1711)

I kneel before the Creator of heaven and earth.
I ask to receive the power of the Holy Spirit to
strengthen my inner self.
I pray that Jesus Christ lives in my heart.
I pray that my life is built on love.
I pray that I can know how huge God's love is for
me and for all the world.
Finally, I pray that God's power will work in me to
do more than I can ever imagine or think to ask for.
Glory to God forever!
Amen.

(Promises- CCH 31)

Father God,
You promise me light and life,
and each day you fulfill your word.
Help me keep my own promises and let my word
always be true.
Strengthen all who have promises to keep
and bless them with your Spirit so they may serve
you faithfully.
Amen.

(The Real Me- BB pg. 1706)

Dear God,
I want to be me.
But my parents tell me to be one thing,
my friends tell me to be my own person,
and television, music, and movies make me think I
should be something else.
It's all very confusing.
Then I remember you.
Who do you want me to be?
You have given me direction in your Word.
Help me to hear your call.
Help me be the person you created me to be.
The real me.
Amen.

(Regret- BB pg. 399)

Dear God,
Things haven't turned out like I hoped.
Sometimes I find myself wishing things had gone
differently.
When I am tempted to say, "If only . . .,"
open my eyes to all the blessings around me.
Let me make the most of what you have given me.
Help me to know when to work at changing things,
and when to accept things as they are and make the
best of them.
I need your help God, please.
Amen.

(Relationship with God- BB pg. 1643)

More than anything, God, I want to be right with
you.
I know that Jesus died for me,
just because you love me.
Now it's my turn to show my love.
I want to live the life you want for me.
I want to be the person you made me to be.
I want to feel all the love you have for me.
I want the world to be a better place because I'm in
it.
Help me be right with you, God.
Amen.

(Remember the People- BB pg. 1626)

God,
At the end of each day,
help me remember all the people I was with,
and how they showed me a little bit of your love
and care.
A smile, a helping hand, some advice offered
sincerely, kind words, fun. . .
I don't always think of this as you peeking into my
life, but you are!
So, God, thank you for all the people who will show
me your love today!
And help me think of ways I can show your love to
all I meet, too.
Amen.

(Renewal- BB pg. 1207)

I need a new heart, God.
Not the one that beats inside of me,
but the one that makes me understanding and kind
to others.
I need a new mind, God.
Not the one that gets me through school,
but the one that makes me think that I am the
center of the universe.
Can you help me, God?
Can you take away my stubbornness and replace it
with faithfulness?
I am yours.
I just have to keep remembering.
Amen.

(Resisting Pop Culture- BB. 1798)

Holy Spirit,
Help me not to love the things of this world.
Give me the wisdom to know that having the latest
and greatest does not bring true happiness.
Give me the courage to say no to people who
promise me good times but only lead me away
from you.
Give me the strength to resist the things that
promise instant happiness but in reality bring
unhappiness and even death.
Help me to know the difference between the things
that are of God and the things that are only passing
away.
Amen.

(Respecting Life- CCH 36)

Dear Lord,
You created us in your image.
You made us good.
Help us do good by respecting and protecting all
life.
Let us be life giving in our words and actions.
Let us speak out for those who can't speak for
themselves and make our world a better,
safer place for all people to live.
Amen.

(Respecting Sexuality- CCH 38)

Everybody's doing it, Lord.
Everybody's doing a lot of wondering about sex.
Some people are worrying.
Some people are tempting, and it seems everybody is tempted.
Some people are feeling weak.
Keep me strong, Lord.
Give me temperance and patience,
with myself and others, to save the gift of my body,
that I may someday share it with my spouse and
celebrate love in a way that honors you.
Amen.

(Resurrection- CCH 14)

Jesus,
Help us recall your Resurrection often.
May its hope be with us always.
May we desire, pray, and work to hasten your
Kingdom's coming on earth.
May we enjoy its glory with you forever.
Amen.

(Reveal Yourself God-CCH 1)

Lord God,
I ask:
When I am lost, make yourself known to me.
When I celebrate, make yourself known to me.
When I am lonely, make yourself known to me.
When I am confused, make yourself known to me.
When I am sick, make yourself known to me.
When I am joyful, make yourself known to me.
When I doubt you, make yourself known to me.
When I am in need, make yourself known to me.
When I pray, make yourself known to me.
Amen.

(Sacrifice- CCH 13)

Jesus,
Thank you for your generous love in sacrificing
yourself for me and all people.
Help me forget about myself and give my life for
others.
Show me how I can take up your cross by serving
people in little ways.
Remind me to offer everything I do in union with
you in joy and hope.
Teach me to bear pains well and to comfort others
who are in pain.
Amen.

(Second Chance- BB pg. 276)

God of new life,
be my city of refuge.
When I have done wrong,
I will come to you.
You will be my safe place in this world until I can
set things right again.
Amen.

(Sin- BB pg. 472)

God of Love,
I know you want me to stay close to you.
Whenever I sin it's like I'm turning my back on you,
taking a step away from you,
refusing your gift of love.
Help me to avoid the things that lead me into sin.
Help me to seek you when I need forgiveness.
Help me to remember both your love and your
mercy.
Amen.

(Strength- CCH 33)

Lord,
Sometimes it's hard to do the right thing.
Help me be stronger, so when I have a tough
decision to make, my choice will please you.
When I mess up and sin, give me the strength so
say I'm sorry.
Your love will restore me, Lord.
Bring me back to you.
Amen.

(Strength for the Journey- CCH 20)

Holy God,
You invite me to spend eternity with you.
You sent your Son, Jesus, to restore my relationship
with you.
Help me follow the way of Jesus and be his disciple.
Help me live a life worthy of the Kingdom of
Heaven you have prepared for me.
Amen.

(Surrender to Serve- CCH 25)

Jesus, Word Made Flesh,
Even though you are God,
you chose to become like me.
Dwell again in human skin and use my voice to
speak your Word.
Let me proclaim your Good News where there is
hunger, and let me hear your voice where there is
suffering.
Help me be a part of your Word, spoken to bring
new life.
Amen.

(Teach Me- CCH 11)

Jesus,
Thank you for revealing your Kingdom to us and
for inviting me to be part of it.
Through the Holy Spirit, lead me to learn your
Kingdom's law of love.
Teach me to live your Kingdom's law of love with
faith and hope.
Help me bring others to be part of your Kingdom
through my example and words.
Amen.

(Temptation- BB pg. 1384)

Dear God,
I don't feel very good right now.
Like Jesus in the desert, I'm tired.
I feel weak.
Be my strength and my courage.
Help me to rely on you when I'm tempted to do
things that I know I shouldn't.
I know that you will get me through.
Amen.

(Thanks for Siblings; BB pg. 35)

Dear God,
I don't often say thanks for my siblings.
Usually, I complain to you about them.
We argue, we fight, and we get in one another's
way.
We also laugh a lot and have fun together.
Deep down, I love them, and I know they love me.
My life would be a lot more boring without them.
So thank you, God, for sisters and brothers.
Please keep them safe and happy.
Amen.

(Thank You, Lord- BB pg. 1436)

Lord Jesus,
When I see you on the cross, it makes me wonder.
Why did you have to suffer?
Was this the only way?
I am so amazed that you, the Son of God, were
willing to become human,
even if that meant enduring the worst treatment
that human beings have to offer-
mockery, torture, death.
Thank you.
Thank you for following your Father's will.
Thank you for standing in the face of hatred and
showing such amazing love.
Amen.

(Treated Unfairly-BB pg. 1614)

God, you are amazing!
Over and over you've shown your deep love for me.
I can make it through terrible times because I know
you're right here, always- no matter what happens.
You are as close to me as my heartbeat.
Help me stay strong and hopeful.
Thank you for your blessings in my life!
Amen.

(Trinity- CCH 3)

In the name of the Father,
who created everyone I love and all I know;
and of the Son,
who became a human being like me and showed
me the right way to live;
and of the Holy Spirit,
who inspires me with courage and creativity;
you are my one God.
In you I place my trust.
Amen.

(Trust in God- CCH 6)

God,
People are not perfect.
My parents make mistakes.
My friends do not always do what they promise.
Teachers tell us to act one way,
but even they sometimes act differently.
I am glad I have you to trust.
Even though I do not always understand your
ways, I know you keep your promises.
Thank you.
Amen.

(Trust in the Lord- BB pg. 887)

Dear God,
Sometimes I wonder, am I doing what you want me
to be doing?
Is everything going to turn out okay?
Why do bad things happen?
When the road ahead looks uncertain or fearful and
I don't know where I'm going,
help me see the path you want me to follow.
I believe you will be with me every step of the way,
when everything is going great, and in times of
trouble, danger, and sorrow.
I trust that you will lead me where you want me to
go.
And knowing that brings me joy.
Amen.

(Trust in You- BB pg. 787)

This prayer is for you, God.
You teach me, and I trust in you.
Sometimes I mess up.
I did when I was little, and still do.
You loved me through it all.
Because you are awesome,
you show me what to do,
and I try to do what is good.
I turn to you for help,
and you help me not to worry.
I trust in you.
You protect me and keep me safe.
I trust in you.
Amen.

(Tuning In To God- CCH 41)

Loving God,
The gift of your presence is like divine music that I
can hear every moment of my life.
Through the Holy Spirit,
teach me the ways to download your love so I can
recognize your divine power.
With the earphones of faith,
help me tune out the background noise of my life so
I can tune in to your constant love for me.
Help me share with others the music of your love.
Amen.

(Uncertainty- BB pg. 1585)

Lord,
I don't always know what's next in my life,
and sometimes the unknown is scary.
But, I will wait for your gifts.
Holy Spirit, help me understand what I need to do
and when I need to accomplish it.
Amen.

(When Times Are Tough- BB pg. 1052)

Just when I think I can't take it anymore,
there you are, the God who blesses me.
Just when I have heard so much bad news,
there you are, the God who brings good news.
Just when I thought all was wrong,
there you are, the God who makes me want to do
what is right.
Just when I realize that I did wrong,
there you are, the God who forgives.
Just when I think I can't take it anymore,
there you are, my wonderful God who never leaves
me.
Amen.

(Turning Your Back on God- BB pg. 286)

God,
help me never to turn my back on you,
because you never turn your back on me.
Remind me when I forget you,
that I am yours and you are mine.
Help me commit to putting you first,
by praying, by doing something for someone in
need, by being an active member of my church.
Amen.

(Victim of Jealousy- BB pg. 1278)

Heavenly Father,
I didn't mean to make people jealous or act snobby
or proud.
Yet they seem to dislike me anyway.
Dear God, help them to see that my joy in life comes
from you.
Anything good or precious that I have is the result
of your blessing and love.
They can have that, too, if they only trust in you.
Amen.

(Whispers from God- BB pg. 444)

Dear God,
I want to hear your voice.
I want it to be loud and dramatic,
something I can't miss!
But that's not the way you usually speak to us.
Help me to be patient and listen for you in the quiet
of my heart.
Help me to make time and space where I can hear
the gentle whisper of your voice.
Amen.

(Witness- CCH 19)

Holy God,
You invite me to share in the mission of your Son,
Jesus, who wants all people to be one with you, his
Father.
May the way I live- point people to Jesus.
May I be a signpost for others on their journeys to
find you.
Amen.

(Working for Justice- CCH 39)

Lord,
When do we see you hungry or thirsty?
When do we see you as a stranger or an outcast?
Open my eyes, Lord, to help me see you in the eyes
of my brothers and sisters in need.
Let my eyes shine with welcome for the strangers
among us.
Let my eyes run with tears of compassion for the
hurting.
Let my eyes focus more sharply on the path that
leads to justice.
So that someday I'll gaze forever in your eyes.
Amen.

(Work Through Me- BB pg. 919)

God be in my head and in my understanding.
God be in my eyes and in my looking.
God be in my mouth and in my speaking.
God be in my heart and in my thinking.
God be at my end and my departing.
Amen.

(World Hunger- BB pg. 828)

Giver of life,
You helped the Israelites when they were hungry.
I know you will continue to help the hungry in our
time, too.
Help me be more aware of the needs of others,
and make me eager to join in works of service to
help those who are hungry every day.
Amen.

(You're Scared- BB pg. 1632)

God, help!
This is too big, too scary.
I know you are near, but I need to feel your
presence- comforting me, protecting me, guiding
me to a safe place again.
Please calm these waves of trouble,
and keep me calm, too.
And when the storm is over,
help me become wiser and stronger and less fearful
when the waters of life get choppy again.
Thanks, God, for rescuing me- again and again!
Amen.