

Prayers & Reflections



Two brothers dreamed of going to art school. Their father couldn't afford to send them so, in love, they agreed a plan: one would go while the other would support him; then they would change places. It all came down to the toss of a coin as to who would go first. Albrecht Durer (1471-1528) won, and went to the Academy in Nuremberg.

To fulfill his part of the bargain, Albert went down into the nearby mines and worked to finance his brother's study. Albrecht quickly impressed his teachers. His etchings, his woodcuts and his paintings were a sensation and, even by the time he graduated, he had established his reputation.

Faithful to his promise, he returned home to remind his beloved brother that it was now his turn to fulfill his ambition and that he, Albrecht, would support him. In tears, however, Albert told his brother that it was now too late for him: four years of toil in the mines had so badly damaged his hands that he could never be an artist.

To honour Albert for all that he had sacrificed on his behalf, Albrecht drew his brother's damaged hands with palms together and thin fingers stretched heavenward. He called his drawing simply *Hands*, but his great masterpiece, his tribute of love, would become known as *The Praying Hands*.

MORNING PRAYER

Praise

I begin this day praising you
God my Father;
your Son, Jesus, my Saviour;
and the Holy Spirit who dwells in me.

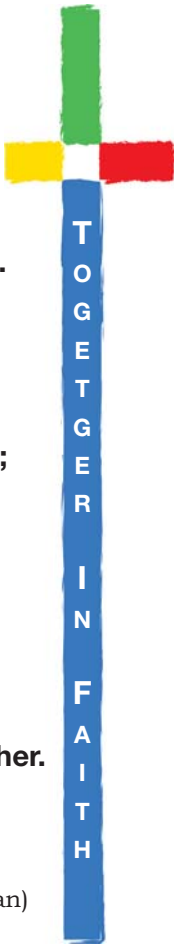
Courage

Grant me, Lord, the courage
to live the life you hope for me today;
the fullness of life you promise.

Mission

God has created me
to do him some definite service.
He has committed some work to me
which he has not committed to another.
I have my mission:
I may never know it in this life,
but I shall be told it in the next.

(JH Newman)



**Lord of the
new day,
refresh us
from the
well-springs
of the Trinity.**



St Patrick at Máméan, Connemara, Co Galway

Strength

Lord, you are the strength
of all who trust in you.
Help me to know your will
and to do it with courage and faith.

Acceptance

Lord, you know me and you love me.
May I know the depth of your love for me
and be filled with wonder and hope
no matter what difficulties
this day may bring.

Presence

Christ be with me throughout this day.
Christ before me wherever I go.
Christ behind me to be my guard,
Christ within me, giving me peace.

COME HOLY SPIRIT

Companion

**Come Holy Spirit!
Come Spirit of life and joy!
Come Spirit of hope and healing!
Make your home in me this day.**

Gifts

**Lord, may your Spirit in us
bring us health and maturity;
and always be with us;
especially in times of difficulty.**



Comforter

**Spirit of the Living God,
fill me with courage when I am afraid;
with hope when I am despondent
and with peace when I am troubled.**

FAITH & HOPE

Serenity

Grant me the serenity, Lord,
to accept the things I cannot change;
the courage to change
the things I have to change;
and the wisdom to know the difference.

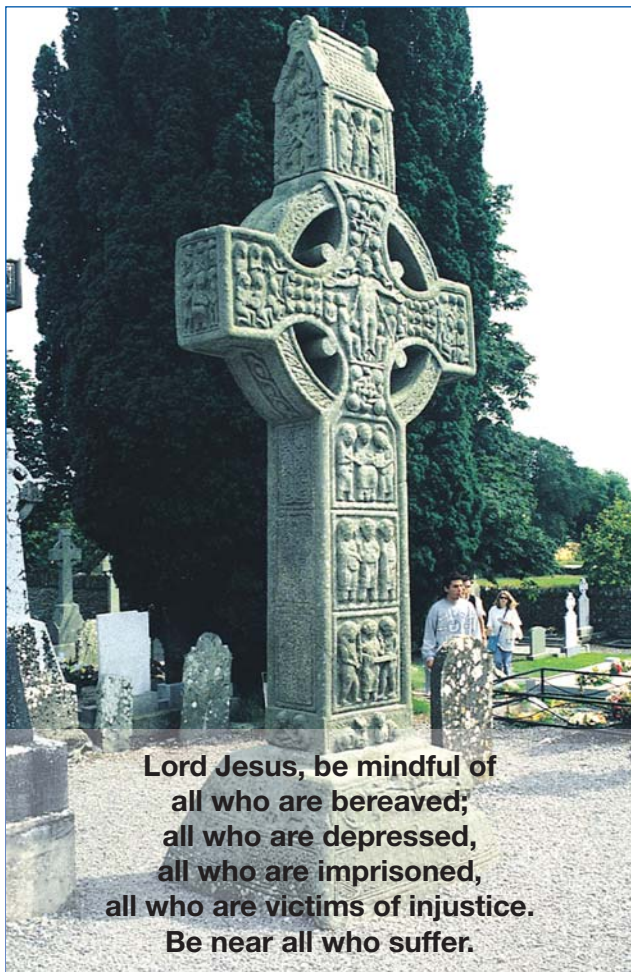
Wisdom

Remove all that would prevent me
from knowing your saving love, O Lord;
and fill me with the joy of your presence.

Addiction

Be with those, Lord
who find themselves
enslaved by addiction today.
Unbind them and free them.
May they find encouragement
and support from those who help them.





**Lord Jesus, be mindful of
all who are bereaved;
all who are depressed,
all who are imprisoned,
all who are victims of injustice.
Be near all who suffer.**

FORGIVENESS

Saving Love

**Lord, you know my weakness and sin.
May I never doubt your saving love
or the power of your forgiveness.
May I never turn away from you.**

Mercy

**Lord Jesus,
be merciful to me,
a sinner.**

Troubled

**For all who long for your peace, Lord,
but cannot find it;
for all who are troubled and cannot find rest.
Lord, be merciful.**

IN SICKNESS & NEED

Weakness

You know I cannot easily pray
in my sickness, Lord.

Put words in my heart,
and hear my prayer to you.

Suffering

I am tired of being unwell, Lord,
and weary with the weight of illness.

Be my hope and strength
and lighten my burden.



Sickness

Bless all who are sick, Lord,
and those who care for them.
Thank you for all who look after
those who are sick this day.

Pain

From the depths of my being
I cry to you, O Lord.
Do not abandon me in my need
but come to my help in my illness.

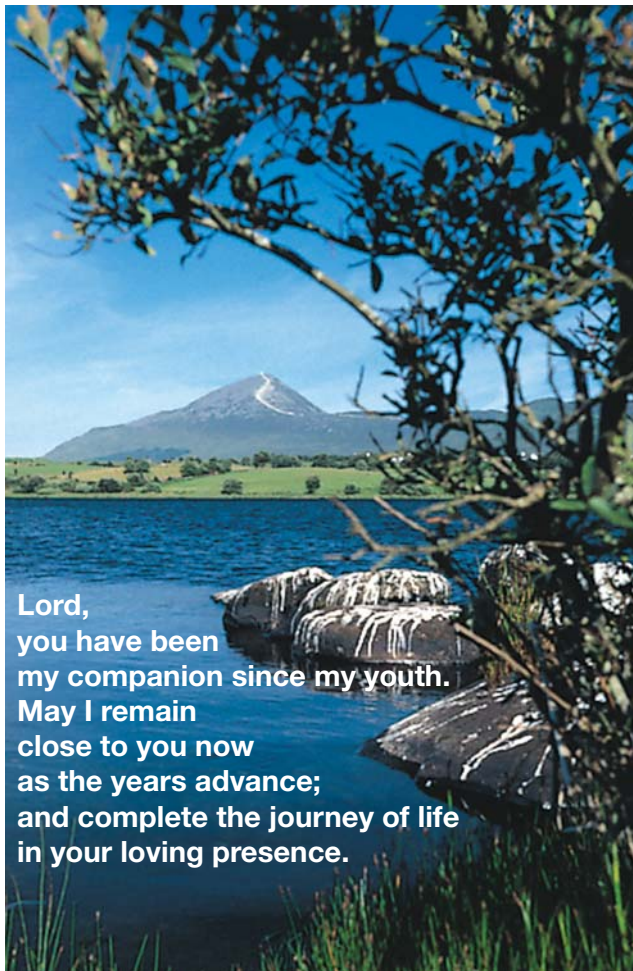
Before Surgery

Be with me, Lord,
in my fear and my anxiety
as I await my operation.
Bless the surgeon and all the team
who help me.

During Recovery

Lord, you healed the sick.
Heal my sickness,
and restore all who are sick
to health and wholeness.





**Lord,
you have been
my companion since my youth.
May I remain
close to you now
as the years advance;
and complete the journey of life
in your loving presence.**

FRIENDSHIP

Friends

You light up our lives, Lord,
with the gift of friendship.
Bless my special friends
who bring joy to my life.

Sharing

Lord,
may my smile bring happiness,
may my laughter bring joy,
may my understanding bring comfort,
may my presence bring your peace.

Thanksgiving

Thank you, Lord,
for all who have shared
life and faith with me.
Bless them
for they have blessed me.

NIGHT PRAYER

Faithful Love

For all who despair
of your understanding, Lord;
or don't know your forgiveness;
or are afraid of you.
May we always know your love;
and your faithfulness to your promises.

Guardian Angel

Be at my side this night
my own Guardian Angel.
May we keep watch with Christ
and rest with him in peace.



Nana's Prayer

Thank you for my family, Lord.
I pray to see my grandchildren grow up;
keep them safe and healthy.

Safety

**Keep safe
all who travel this night, Lord.
Guard those in danger,
comfort the lonely,
and bring justice to the oppressed.**

The Dead

**Be merciful, Lord,
to those who have died.
Welcome them into your kingdom
and awaken them
to the light of your glory. Amen.**

For Rest

**This day you have given me, Lord, is over
and it's time to thank you, once more.
May I now find rest, secure in your love.**



TOGETHER IN FAITH

“There is nothing more beautiful than to be surprised by the Gospel, by the encounter with Christ. There is nothing more beautiful than to know Him and to speak to others of our friendship with Him.”

Pope Benedict XVI

Prayers & Reflections

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