

# PRAYERS FOR ALL SEASONS

*Powerful Prayers for the  
Challenges and Blessings of Life*



**Dynamic Catholic**

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Challenges and Blessings of Life*



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# HOW TO USE THIS RESOURCE

This small booklet is designed to meet you where you are and help you take the next step toward where God is calling you to be. How? **By unleashing the power of prayer in every aspect of your life.**

In these pages you will find a collection of prayers organized around many of life's most common and challenging experiences and emotions. Whether you are dealing with anxiety, struggling financially, or expecting a child, you'll find words written specifically to help you ignite a meaningful conversation with God. Simply reference the Table of Contents to see the full list of topics addressed and turn to the page with the prayer you need right now.

Under each topic you will find **four elements**. The first is an hourly prayer, which is meant to be repeated as often as you need. Write it down somewhere you will see it consistently so that it can serve as a reminder throughout your day. (For instance, write it down on a post-it and attach it to your laptop or working space). Then you will find two options for a longer prayer. The first was written specifically to help you address each of the listed emotions and experiences. The second is a prayer drawn from a traditional source that is proven to help in these circumstances and situations. You can pray both or choose whichever you find most helpful. Finally, we've suggested further spiritual resources that will help you as you navigate the challenge or opportunity before you.

Many of the prayers in this booklet are proven to help ordinary men and women walk their own path to wholeness and holiness. Come back to them as many times as you need. Sometimes you may only need to say one of these prayers once, sometimes you may find yourself praying them over and over. That's ok. Try not to rush or judge your experience or emotion. Your feelings are messengers, and they will only depart once you have embraced what they are trying to reveal to you. No matter what you feel, each time you choose to enter into prayer, you give God the opportunity to work in you and around you.

**One of the most impactful ways to use this resource is to share it with others.**

If you know someone who is struggling with a particular experience or emotion, share this booklet with them. You can even download the individual page that is relevant for them and share it. These words are sure to offer them the comfort and clarity they seek.

Our prayer is that this resource serves you and those you love powerfully in every area of life.

# WHY PRAY?

## 1. LIFE'S ESSENTIAL DAILY HABIT

There are an unlimited number of ways to feed your soul. The best place to start is with daily prayer. It is the cornerstone of the spiritual life.

Nothing will change your life so completely, absolutely, and forever like learning how to really pray. In prayer we learn who we are and what we are here for, what matters most and what matters least. Through prayer we discover the-best-version-of-ourselves, and are given the courage to celebrate and defend it in each moment of each day. The habit of prayer prepares us for the unexpected storms of life. In prayer we learn how to love and be loved, because we discover that we have been loved, are loved, and will continually be loved by God.

Prayer is life's essential daily habit.

As Padre Pio once said, "Prayer is the oxygen of the soul." Without prayer, our souls wither and eventually die. With prayer, amazing things become possible.

## 2. THE FIRST SIGN OF A DYNAMIC CATHOLIC

In 2009, Dynamic Catholic conducted an unprecedented research study on engagement within Catholicism. The study revealed that just 7% of Catholics are highly engaged. There are many things that make the 7% different from the rest of Catholics. But there are four things that all of the 7% have in common. We call these the four signs of a Dynamic Catholic. They are the life-giving spiritual habits that animate the faith of every Dynamic Catholic.

The first sign of a Dynamic Catholic is prayer. More specifically, it is a daily commitment to prayer. Dynamic Catholics universally begin their day with some type of prayer, a spiritual routine that focuses their day.

Even more specific than a commitment, Dynamic Catholics have a routine of prayer. What does that mean? Well, they tend to pray at the same time every day. They tend to pray in the same place every day. And they tend to pray in the same way every day, whether that is by reading the Bible, saying the morning prayers of the Church, or using a spiritual resource (like this one!).

Most people sit down to pray and see what happens, and of course very often nothing happens. So they get frustrated and stop praying. When Dynamic Catholics sit down to pray they don't just see what happens; they have a plan.

## WHY PRAY? (CONTINUED)

We encourage you to make this resource a part of your daily plan for prayer. We hope it gives you the words you need to jumpstart a daily conversation with God.

Why is prayer the first sign of a Dynamic Catholic? Because it is from this first sign of prayer that the other three signs of a Dynamic Catholic flow: Study, Generosity and Evangelization. Prayer opens our minds, inspires our hearts, and overflows into our actions. It is the very first step to developing a vibrant spiritual life.

The moment you are truly on the path to becoming a Dynamic Catholic is the moment you realize, once and for all, that a life with prayer is better than a life without prayer.

### 3. INSPIRING QUOTES ABOUT PRAYER

“Prayer enlarges the heart until it is capable of containing God’s gift of Himself. Ask and seek and your heart will grow big enough to receive Him and to keep Him as your own. Wherever God has put you, that is your vocation. It is not what we do but how much love we put into it.” —Saint Teresa of Calcutta (Mother Teresa)

“Pray as though everything depended on God. Work as though everything depended on you.” —Saint Augustine

“For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.”  
—Saint Thérèse of Lisieux

“Prayer is nothing else than being on terms of friendship with God.”  
—Saint Teresa of Ávila

“We set forth our petitions before God, not in order to make known to Him our needs and desires, but rather so that we ourselves may realize that in these things it is necessary to turn to God for help.” —Saint Thomas Aquinas

“Prayer is the place of refuge for every worry, a foundation for cheerfulness, a source of constant happiness, a protection against sadness.”  
—Saint John Chrysostom

“Virtues are formed by prayer. Prayer preserves temperance. Prayer suppresses anger. Prayer prevents emotions of pride and envy. Prayer draws into the soul the Holy Spirit, and raises man to Heaven.” —Saint Ephraem of Syria

# HOW TO PRAY: THE PRAYER PROCESS

The Prayer Process, an adaptation of Saint Ignatius of Loyola's Examen, provides a consistent format to guide you in your daily prayer. The first barrier to entry for most people who feel drawn to prayer is that they simply don't know how to pray. They have never been taught to pray. The Prayer Process overcomes the first barrier to entry by providing people with a format and a method.

This prayer is a game changer for you spiritually, and a game changer for every aspect of your life. Each step of the process is designed to stimulate conversation between you and God. If you are just beginning, you may want to start with just one minute of conversation with God each day, adding a minute each week until you reach ten.

One of the most beautiful aspects of this prayer is that it expands and contracts to meet you where you are. You can use it to pray for ten minutes, an hour, or make it the center of an entire retreat. We hope it inspires regular and meaningful conversations with God for the rest of your life.

## THE PRAYER PROCESS

- 1. Gratitude:** Begin by thanking God in a personal dialogue for whatever you are most grateful for today.
- 2. Awareness:** Revisit the times in the past twenty-four hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.
- 3. Significant Moments:** Identify something you experienced today and explore what God might be trying to say to you through that event (or person).
- 4. Peace:** Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.
- 5. Freedom:** Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.
- 6. Others:** Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.
- 7. Finish** by praying the Our Father.

## WHAT TO PRAY WHEN

# Addicted

**Hourly Prayer:** God, help me overcome my addiction one day, one hour, one moment at a time.

► Jesus, I come to you today burdened with addictions, whether those addictions be to substances, behaviors, or thought patterns. As Saint John of the Cross says, whether a bird is held by a chain or a thread, still it cannot fly. I feel this addiction, Jesus, holding me down, restricting the freedom you desire for me.

Time and again, I've tried to break free through my own willpower, only to stumble and fall. Today, I come before you with a heart full of surrender. I know that true liberation can only be achieved through total surrender to you. I choose to make you the center of my life, Jesus. Fill the void that my dependencies have created, so that my heart desires you above all else. Teach me to turn to you in prayer whenever temptations come my way. And help me to trust you a little more each day. *Amen.*

## The First Step Prayer

Dear Lord, I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction. *Amen.*

## Helpful Resources

*[The Rhythm of Life](#)* by Matthew Kelly

*[Safely Through the Storm](#)*  
by Debra Herbeck

## WHAT TO PRAY WHEN

## Afraid

**Hourly Prayer:** Lord, you are at my side. I trust in you.

► Jesus, Prince of Peace, I come before you today with a heart weighed down by fear. Fear fills my thoughts, clouds my judgment, and steals my peace. Whether it's fear of failure, fear of rejection, or fear of the unknown, these fears capture my attention and won't let me go. So help me let go of them.

Jesus, give me the courage to face my fears head-on. Help me to trust in your love for me. Remind me that you are always close by, even when I feel alone and am overwhelmed. Teach me to seek your presence whenever I am fearful. Help me to see moments of fear as opportunities to trust in you.

I entrust my fears to you, Jesus, knowing that you hold me safely in the palm of your hand. *Amen.*

**“The Lord Is My Shepherd”**

Psalm 23

The Lord is my shepherd, I shall not want; he makes me lie down in green pastures. He leads me 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 fear no evil; for thou art with me; thy rod and thy staff, they comfort me.

Thou preparest a table before me in the presence of my enemies; thou anointest my head with oil, my cup overflows. Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the Lord for ever. *Amen.*

**Helpful Resources**

*Faith Under Fire* by Matthew Archbold

*God, Help Me* by Jim Beckman

## WHAT TO PRAY WHEN

## Angry

**Hourly Prayer:** Jesus, help me to be gentle with others and myself.

► Lord, right now, I am angry. In this state it is hard to see clearly. It is even more difficult to practice self-control.

Remind me that it is okay to feel angry sometimes. But that my anger doesn't justify lashing out or harming others. Grant me the wisdom to pause before acting rashly. Teach me to deal with my anger in a healthy way, whether that means letting it go or channeling it into thoughtful action.

Give me clarity in this moment. Help me to recognize what role I have played in this situation, and show me how I have misjudged anyone involved in it.

Jesus, you calmed the storm at sea. Help calm the storm within me. *Amen.*

**"Prayer Against Anger"**

by Saint Francis de Sales

O Lord, with your help, I want to practice gentleness in daily encounters and annoyances. As soon as I realize that anger is kindled in me, I will collect myself, not with violence, but gently, and I will seek to restore my heart to peace. Knowing that I can do nothing alone, I will take care to call on You for help, as the Apostles did when they were tossed by the raging sea. Teach me to be gentle with all, even with those who offend me or are opposed to me, and even with myself, not burdening myself because of my faults. When I fall, in spite of my efforts, I will gently pick myself up and say: "Come on, my poor heart, let's get up and leave this pit forever. Let's have recourse to the Mercy of God, and He will help us." *Amen.*

**Helpful Resources**

*The Mindful Catholic*

by Dr. Gregory Bottaro

*Do Something Beautiful for God:*

*The Essential Teachings of Mother Teresa*

by Dynamic Catholic

## WHAT TO PRAY WHEN

# Anxious

**Hourly Prayer:** “God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

► Jesus, today I come to you with a heart full of anxiety. My mind wants to spiral into unhealthy rumination. Instead, I choose to turn to you in prayer.

Bring your peace into my heart and mind. Help me to recognize what lays outside of my control, and how trying to control it may be contributing to my anxiety. Remind me that some matters lie in your loving hands, and not my own.

Jesus, you have taught us that worrying adds nothing to our lives. Today, I surrender all these worries to you. Be my strength as I manage my anxiety, one day at a time, one situation at a time, one moment at a time. *Amen.*

## The Serenity Prayer

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Living one day at a time; enjoying one moment at a time; accepting hardships as the pathway to peace; taking, as He did, this sinful world as it is, not as I would have it; trusting that He will make things right if I surrender to His Will; so that I may be reasonably happy in this life and supremely happy with Him forever and ever in the next. *Amen.*

## Helpful Resources

*Stop Worrying & Start Living*  
by Gary Zimak

*Praying with a Pen*  
by Mary Beth Weisenburger

## WHAT TO PRAY WHEN

# Depressed

**Hourly Prayer:** Lord, bring me to the light.

► Jesus, Light of the World, I come to you burdened with the heaviness of depression. Right now, the darkness is so intense that I'm disoriented, unsure of which way to turn or how to move.

I acknowledge the things that draw me deeper into darkness: worry, fear, procrastination, self-destructive behaviors, dwelling on the past, anxiety, and negativity. Help me avoid these sources of depression.

Help me instead to embrace the things that bring me closer to the light: prayer, reflection, meditation, meaningful work, walks in your creation, self-compassion, acceptance of others, and sharing your love with those around me.

Today, help me to take a single step toward your light. Give me the strength to do something, however small, that is good and energizing for my soul.

Jesus, I trust that your light will guide me out of this depression, because there is no darkness that you cannot overcome. *Amen.*

## **"Prayer Against Depression"**

by Saint Ignatius of Loyola

O Christ Jesus, when all is darkness and we feel our weakness and helplessness, give us the sense of Your presence, Your love, and Your strength. Help us to have perfect trust in Your protecting love and strengthening power, so that nothing may frighten or worry us, for, living close to You, we shall see Your hand, Your purpose, Your will through all things. *Amen.*

## **Helpful Resources**

*Life is Messy* by Matthew Kelly

*I'm Not OK. You're Not OK. But It's OK.*  
by Chris Padgett

## WHAT TO PRAY WHEN

# Discouraged

**Hourly Prayer:** Holy Spirit, show me my full soul potential.

► Holy Spirit, You are the Great Encourager. Come to me now in my discouragement. I recognize that temporary discouragement is a part of life, but grant me the strength not to dwell in this state.

Help me drive this feeling away with daily doses of inspiration. Guide me to find solace and encouragement in books, history, music, friends, family, prayer, reflection, meditation, and the joyous gift of laughter.

Allow me to rest when needed, to seek rejuvenation, and to remember that I am never alone in this journey. Then, with a renewed spirit, empower me to press on.

Holy Spirit, remind me that every moment is an opportunity to collaborate with you. Help me to make my next moment a Holy Moment, so that you can flood my soul with courage and hope. *Amen.*

## “Holy Spirit Prayer”

by Saint Augustine

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.*

## Helpful Resources

*Sober Intoxication of the Spirit*

by Raniero Cantalamessa O.F.M. Cap.

*Pray and Never Lose Heart*

by Sister Ann Shields S.G.L.

## WHAT TO PRAY WHEN

# Feeling Empty

**Hourly Prayer:** Jesus, please fill my emptiness.

► Jesus, I come to you with a sense of emptiness in my soul. Time and again, I have tried to fill this void with work, pleasure, possessions, and plans for the future. But when these distractions fade away, I find that the emptiness remains. This emptiness reminds me of my profound need for something, or someone, greater.

Jesus, only you can truly satisfy the longings of my heart. so now I turn to you. Flood my soul with your peace, love, and wisdom, so that I may be complete.

*(Pause and take a deep breath)*

Jesus, please fill my emptiness.

*(Pause and take a deep breath)*

Jesus, please fill my emptiness.

*(Pause and take a deep breath)*

Jesus, please fill my emptiness. *Amen.*

## “Help Me Keep My Eyes on You”

by Henri Nouwen

Dear Lord, Help me keep my eyes on you. You are the incarnation of Divine Love, you are the expression of God's infinite compassion, you are the visible manifestation of the Father's holiness. You are beauty, goodness, gentleness, forgiveness, and mercy. In you all can be found. Outside of you nothing can be found. Why should I look elsewhere or go elsewhere? You have the words of eternal life, you are food and drink, you are the Way, the Truth, and the Life. To you I want to give all that I am. Let me be generous, not stingy or hesitant. Let me give you all—all that I have, think, do, and feel. It is yours, O Lord. Please accept it and make it fully your own. *Amen.*

## Helpful Resources

[Ask Him](#) by Jane Trufant Harvey

[Meeting God in the Upper Room](#)  
by Monsignor Peter J. Vaghi

## WHAT TO PRAY WHEN

## Grieving

**Hourly Prayer:** Lord, fill me with your love throughout this healing process.

► Jesus, I come to you with a heavy heart, burdened by grief that feels like a relentless shadow over my life. You know my pain, Jesus. You wept at the grave of Lazarus. You know how overwhelming loss can be.

Help me accept this pain as a step in the journey toward healing. Give me the courage to face my grief without shame, letting it wash over me. Remind me that grief is not my enemy, but my friend in healing. And that the healing process unfolds on your timetable, not my own. Fill me with the patience to be kind to myself, and the humility to ask for help when I need it.

Your love is stronger than my pain. I pray for the resilience to look ahead with hope, trusting you to guide me from grief into a future of joy and peace. *Amen.*

**“Remember My Affliction”**

Lamentations 3:19-24

Remember my affliction and my bitterness, the wormwood and the gall! My soul continually thinks of it and is bowed down within me. But this I call to mind, and therefore I have hope:

The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is thy faithfulness.

“The Lord is my portion,” says my soul, “therefore I will hope in him.” *Amen.*

**Helpful Resources**

*Making Sense Out of Suffering*

by Peter Kreeft

*The Rocking Chair Prophet*

by Matthew Kelly

## WHAT TO PRAY WHEN

# Lonely

**Hourly Prayer:** Jesus, here I am. Come to me in my solitude.

► Jesus, I come to you feeling lonely, but I know you're always with me, even when it feels like no one else is. Jesus, you often retreated to solitary places. For you, being alone was a time for prayer and renewal. Help me treat my alone time as you did, as precious moments of solitude.

Give me the courage to dive deep into this solitude rather than run from it. Help me to embrace this opportunity for silence, so that I can hear what you want to reveal to me and understand more about myself. Teach me what I should hold onto, and what I should let go of.

In your loving friendship, I offer this prayer, trusting that with you by my side, I am never truly alone. *Amen.*

**Prayer of Peace**

Saint John of the Cross

O Blessed Jesus, grant me stillness of soul in You. Let Your mighty calmness reign in me. Rule me, O King of gentleness, King of peace. By your own deep patience give me patience, stillness of soul in You. Make me in this, and in all, more and more like You. *Amen.*

**Helpful Resources**

[\*A Quiet Place\*](#) by John Bartunek

[\*Find a Real Friend in Jesus\*](#)  
by Gary Zimak

## WHAT TO PRAY WHEN

## Ill or in Pain

**Hourly Prayer:** Loving Father, touch me now with your healing hands.

► Jesus, I come to you in pain and illness. You made the blind see, the deaf hear, the lame walk, and even resurrected the dead. There is no pain or illness you cannot heal. Please bring me healing, and let your comfort wash over me.

While I am enduring this suffering, please stay by my side, and help me to find the meaning in the trial. Lord, let the fact that I am fighting this hard battle be a reminder that everyone I meet is fighting a hard battle too. In that spirit, I offer up my suffering for (special intention).

I entrust my pain to you, Jesus, the one who gives meaning to suffering. May your love guide me forward.  
*Amen.*

**Healing Prayer**

Saint Padre Pio

Heavenly Father, I thank you for loving me. I thank you for sending your Son, Our Lord Jesus Christ, to the world to save and to set me free. I trust in your power and grace that sustain and restore me. Loving Father, touch me now with your healing hands, for I believe that your will is for me to be well in mind, body, soul and spirit. Cover me with the most precious blood of your Son, our Lord, Jesus Christ from the top of my head to the soles of my feet. Cast out anything that should not be in me. Root out any unhealthy and abnormal cells. Open any blocked arteries or veins and rebuild and replenish any damaged areas. Remove all inflammation and cleanse any infection by the power of Jesus' precious blood. Let the fire of your healing love pass through my entire body to heal and make new any diseased areas so that my body will function the way you created it to function. Touch also my mind and my emotion, even the deepest recesses of my heart. Saturate my entire being with your presence, love, joy and peace and draw me ever closer to you every moment of my life. And Father, fill me with your Holy Spirit and empower me to do your works so that my life will bring glory and honor to your holy name. I ask this in the name of the Lord Jesus Christ. *Amen.*

**Helpful Resources**

[Miracles Do Happen](#)

by Briege McKenna O.S.C.

[Healing Promises: The Essential Guide to the Sacred Heart](#) by Anne Costa

## WHAT TO PRAY WHEN

# A Relationship Ends

**Hourly Prayer:** I love you, God, and I know you love me.

► Mary, you watch over all my joys and sorrows with the heart of a mother. I come to you now at the end of a relationship, my heart heavy with a mix of emotions.

Help me to see that sometimes relationships end because they no longer align with the person God is calling us to be. Help me accept that even good relationships can come and go, according to the seasons in which we need them. And help me see whether in this relationship, we might have lost sight of our essential purpose: to become the-best-versions-of-ourselves.

Mary, help me grow from this experience. Show me how to deal wisely with the aftermath of this relationship. Never let me forget God's unconditional love for me. Guide me toward relationships that reflect that love, and align with my essential purpose. *Amen.*

**Act of Love**

Catechism of the Catholic Church, Appendix A

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. *Amen.*

**Helpful Resources**

[\*How to Find Your Soulmate\*](#)

[\*Without Losing Your Soul\*](#)

by Jason and Crystalina Evert

[\*Finding True Happiness\*](#)

by Fulton Sheen

## WHAT TO PRAY WHEN

# Considering a Career Change

**Hourly Prayer:** God, what do you think I should do?

► Holy Spirit, Giver of Wisdom, as I consider a career change, I find myself at a crossroads. I invite you into this decision-making process, and ask that you give me clarity.

Teach me how to break down this complex decision into simple, practical steps. Grant me the wisdom to accurately weigh the various factors at play, from family obligations to the security of my current job.

As I navigate this decision, give me the courage to be honest with myself. Help me have the patience and discipline to ask, “Which career path will most help me grow in character and become the best-version-of-itself?”

If I am not meant to make a career change right now, help me see ways I can thrive more fully in my current position. If I am meant to make a career change, help me take careful steps within the safety of my current circumstances.

Holy Spirit, I trust in your plan and I know that you want me to flourish. Show me which path will lead me to the life you want for me, and draw me closer to you. *Amen.*

## “Prayer for Vocations”

by Saint Jane Frances  
de Chantal (Adapted)

O Holy Spirit, Spirit of wisdom  
and divine love, impart Your  
knowledge, understanding,  
and counsel to me that I  
may know the vocation  
where I can best serve God.

Give me courage and strength  
to follow God’s holy will. Guide  
my uncertain steps, strengthen  
my resolutions, fashion my  
mind, conquer my heart, and  
lead me to the vineyards  
where I will labor in God’s  
holy service. *Amen.*

## Helpful Resources

[\*Perfectly Yourself\*](#) by Matthew Kelly

[\*Do What You Love\*](#) by Kate Volman

## WHAT TO PRAY WHEN

# Expecting a Child

**Hourly Prayer:** Heavenly Father, keep our child and our family in the palm of your hand.

► Heavenly Father, we thank you in advance for the gift of our child. We are both excited and nervous as we await the arrival of our baby into the world. Please bless our baby with good health. Shape each tiny finger and toe, give our child a strong heart, and protect our family from all harm.

When the time for delivery comes, please keep both mother and child safe. Guide the hands of our medical professionals. Keep us calm and help us to trust in you, so that we can truly rejoice in the gift of new life.

As we prepare our home and hearts for our new arrival, we ask for your help in becoming amazing parents. Help us to align our dreams for our child, with your dream for him or her.

Before our child was even conceived, you knew him or her perfectly. Please watch over our child now and every day of his or her life. *Amen.*

## “You Knit Me in My Mother’s Womb”

Psalm 139: 13-18

For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts,[a] God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand—when I awake, I am still with you. *Amen.*

## Helpful Resources

*Starting Point* by Dynamic Catholic

*Embracing Motherhood* by Donna-Marie Cooper O’Boyle

*Step Up, Dad!* by Mark Berchem

## WHAT TO PRAY WHEN

# Struggling to Forgive

**Hourly Prayer:** Jesus, give me a heart full of forgiveness like yours.

► Jesus, You forgave even those who crucified you, showing us the ultimate example of forgiveness and love. Today, I find myself struggling to forgive. In this moment when I feel wounded, remind me of your words on the Cross, “Father, forgive them, for they know not what they do.”

Give me the spiritual awareness to remember that refusing to forgive is like drinking poison and expecting the other person to die. When I’m tempted to hold onto hurt, remind me of the harm it brings to my soul, and the freedom that forgiveness makes possible. Guide me through this inner turmoil, and help me cultivate a heart of forgiveness, like yours.

Jesus, help me see the people who have hurt me as you see them: as beloved sons and daughters of God, deserving of love and forgiveness. *Amen.*

**Eternal Father**

## Divine Mercy Chaplet

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, In atonement for our sins and those of the whole world. For the sake of His sorrowful Passion, have mercy on us and on the whole world. *Amen.*

**Helpful Resources**

*Everybody Needs to Forgive Somebody*  
by Allen Hunt

*Beautiful Mercy* by Matthew Kelly,  
Pope Francis, and Many Others

## WHAT TO PRAY WHEN

# Struggling Financially

**Hourly Prayer:** Lord, I trust that you will supply my every need.

► Jesus, You spoke about money more than any other topic in the Gospels. Because money can be the greatest obstacle to growing closer to you, or it can be the means by which we show our trust in you.

Today, I place my financial struggles in your hands. You are the giver of all good gifts. I trust that you will provide for my needs and the needs of my family. And that, with you, nothing is impossible.

I turn to you for wisdom and guidance. Help me examine my relationship with money. Show me where my attitude toward money is preventing me from trusting you. Help me to build strong financial habits that lead to freedom and peace. And teach me how to be a wise steward of the gifts you give me.

Jesus, I pray for the wisdom to navigate this financial challenge, trusting that you are the provider of all good things. *Amen.*

## “I Have Learned to be Be Content”

Philippians 4:11-13

I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. *Amen.*

## Helpful Resources

[\*What Your Money Means \(And How to Use it Well\)\*](#) by Frank Hanna

[\*Invest Yourself\*](#) by John Abbate

## WHAT TO PRAY WHEN

# Struggling in Marriage

**Hourly Prayer:** Jesus, kindle the flame of love in our marriage.

► Jesus, we know you understand the complexities of human love. We come before you with the challenges facing our marriage.

Bless our efforts to communicate openly and honestly. Help us to listen with our full attention to one another, remind us that our goal is to respond to one another's deepest needs, not to win an argument or prove that we are right.

Guide us in dedicating carefree timelessness for each other, much like we did when our love as a couple was new. Help us break away from life's demands, even for short periods, to renew our connection and focus on each other.

Give us the strength to serve and sacrifice for one another selflessly. Give us the courage to address problems before they grow larger. Give us the wisdom to seek understanding before making judgments. Give us the patience to bear with one another's faults. Give us the love to grow closer to one another each day, and closer to you. *Amen.*

## Prayer of a Couple on the Anniversary of Marriage

USCCB

We praise you, O God, we bless you, Creator of all things, who in the beginning made man and woman that they might form a communion of life and love.

We also give you thanks for graciously blessing our family life so that it might present an image of Christ's union with the Church.

Therefore, look with kindness upon us today, and as you have sustained our communion amid joys and struggles, renew our Marriage covenant each day, increase our charity, and strengthen in us the bond of peace, so that we may for ever enjoy your blessing. Through Christ our Lord. *Amen.*

## Helpful Resources

*The 21 Undeniable Secrets of Marriage*  
by Dr. Allen Hunt

*Marriage 911: How God Saved Our Marriage (and Can Save Yours, Too!)*  
by Greg & Julie Alexander

## WHAT TO PRAY WHEN

# Struggling with Family

**Hourly Prayer:** God, help my family to live the dream you have for us.

► Jesus, I lift up the struggles and joys of my family life to you.

I know that family relationships are filled with unexpected challenges. When my family faces challenges, give us the strength and wisdom to address them head-on, together. Let these difficult moments strengthen our bonds as a family.

Help me to recognize and cherish the good times with my family, and never take my family members for granted. Guide us to deeper intimacy with one another. Help us to make our home a place of humble service and unshakable trust.

Jesus, come dwell within my family. Fill our hearts with patience, understanding, joy, kindness and love. You have a dream for our family that will make it flourish like never before. Lead us toward that dream a little more each day. *Amen.*

## Prayer for the Family

by Mother Teresa

Heavenly Father, you have given us the model of life in the Holy Family of Nazareth. Help us, O Loving Father, to make our family another Nazareth where love, peace and joy reign. May it be deeply contemplative, intensely Eucharistic, revived with joy. Help us to stay together in joy and sorrow in family prayer. Teach us to see Jesus in the members of our families, especially in their distressing disguise. May the Eucharistic heart of Jesus make our hearts humble like His and help us to carry out our family duties in a holy way. May we love one another as God loves each one of us, more and more each day, and forgive each other's faults as you forgive our sins. Help us, O Loving Father, to take whatever you give and give whatever you take with a big smile. Immaculate Heart of Mary, cause of our joy, pray for us. St. Joseph, pray for us. Holy Guardian Angels, be always with us, guide and protect us. *Amen.*

## Helpful Resources

*Mission of the Family* by Jon Leonetti

*Building Better Families*

by Matthew Kelly

## WHAT TO PRAY WHEN

# The Nest is Empty

**Hourly Prayer:** Jesus, open my eyes to amazing new possibilities.

► Jesus, I come to you today in an empty nest. My role has shifted, my responsibilities have changed, and a new chapter unfolds. While it is natural to feel lonely and aimless during this transition, help me to recognize the opportunity to redefine my dreams and set new goals, not only for myself but also for my relationship with my spouse and my children.

Fuel my heart with passion, purpose, and energy as I navigate this season of change. Give me the wisdom to set goals that are both challenging and attainable. Keep my spirit engaged but not overwhelmed. Spur me on to spend quality time focusing on these new dreams. Remind me of my infinite value in your eyes, and that my life still has deep meaning and purpose.

Jesus, I also lift up my children to you in prayer. Watch over their happiness and health as they carve their own paths in the world. Bless this new phase of life for myself and my family. *Amen.*

## “May Today There Be Peace Within”

attributed to Saint  
Thérèse of Lisieux

May today there be peace within.  
May you trust God that you are  
exactly where you are meant to  
be. May you not forget the infinite  
possibilities that are born of faith.  
May you use those gifts that you  
have received, and pass on the  
love that has been given to you.  
May you be content knowing  
you are a child of God. Let this  
presence settle into your bones,  
and allow your soul the freedom  
to sing, dance, praise and love.  
It is there for each and every one  
of us. *Amen.*

## Helpful Resources

*No Regrets* by Allen Hunt  
and Matthew Kelly

*Walk Softly and Carry a Great Bag*  
by Teresa Tomeo

## WHAT TO PRAY WHEN

## Facing Death

**Hourly Prayer:** Jesus, be with me now and the hour of my death.

► Jesus, I come before you at this pivotal moment, aware of the limited time I have left on this Earth. Help this reality sharpen my focus, so that I give all my attention to what truly matters. Guide me to live these remaining days, weeks, months, or years with purpose, with you and my loved ones at the center of my life.

Help me prepare mentally, emotionally, and spiritually for my departure. Give me the presence of mind to cherish each moment I have left, and to let go of everything but faith, hope, and love. No matter how prepared I may be, it is hard not to be afraid. Be with me now and at the hour of my death.

In death, as in life, I place my trust in you, Jesus. I look forward to the promise of eternal life with you, where every tear will be wiped away, and joy will know no bounds. *Amen.*

**“One One Thing Is Necessary”**  
by Saint Alphonsus Liguori

O my God, help me to remember that time is short, eternity long. What good is all the greatness of this world at the hour of death? To love You, my God, and save my soul is the one thing necessary. Without You, there is no peace of mind or soul. My God, I need fear only sin and nothing else in this life, for to lose You, my God, is to lose all. O my God, help me to remember that I came into this world with nothing, and shall take nothing from it when I die. To gain You, I must leave all. But in loving You, I already have all good things, the infinite riches of Christ and His Church in life, Mary's motherly protection and perpetual help, and the eternal dwelling place Jesus has prepared for me. Eternal Father, Jesus has promised that whatever we ask in His Name will be granted us. In His Name, I pray: give me a burning faith, a joyful hope, a holy love for You. Grant me perseverance in doing Your will and never let me be separated from You. My God and my All, make me a saint. *Amen.*

**Helpful Resources**

*The Last Homily* by Richard J. Hauser

*The Road of Hope*

by Francis Xavier Nguyen Van Thuan

## WHAT TO PRAY WHEN

# God Feels Far Away

**Hourly Prayer:** God, draw near to me.

► Heavenly Father, I feel distant from you right now. Come to me in this time of darkness and loneliness, and help me surrender all my fears and doubts to you.

Restore my hope, Lord. Remind me that even though I feel lost, and I may not completely understand what's going on, that everything you do has a purpose, and everything you do is for my good. I know that you love me.

Help me to focus on the simple ways you are always with me: You fill my lungs with air, You make my heart beat in my chest, You wake me up in the morning to a new day.

Let this dark night of the soul strip away layers of my false self, so that I come out the other side fully aware of who I truly am: Your beloved child.

Even when you feel far away, Father, I trust that you are near, working in hidden ways to bring about a resurrection in my soul. *Amen.*

## The Unity Prayer

My adorable Jesus,  
May our feet journey together.  
May our hands gather in unity.  
May our hearts beat in unison.  
May our souls be in harmony.  
May our thoughts be as one.  
May our ears listen to the  
silence together.  
May our glances profoundly  
penetrate each other.  
May our lips pray together to gain  
mercy from the Eternal Father.  
*Amen.*

## Helpful Resources

*Prayer Primer: Igniting a Fire Within*  
by Thomas Dubay S.M.

*Walking with Purpose*  
by Lisa Brenninkmeyer

PRAYERS FOR

*Christian Virtues*

## PRAYERS FOR CHRISTIAN VIRTUES

## Love

**Hourly Prayer:** Lord, help me to love you with all my heart, mind, soul and strength.

► Father of All Creation, source of unending love, show me the power of your love in new and special ways. Open my heart and mind to receive your love in all the ways you want to share it with me.

Help me to be not just a receiver, but also a giver of your love. Open my eyes to daily opportunities to share your love, through acts of kindness and words of support. Remind me that no act can be considered small if it is infused with love.

Give me the courage to show your love in both comfortable and challenging situations. Whether it's with family, friends, or strangers, allow your love to flow through me to others, so that by knowing me they might come to know you and your love a little more. *Amen.*

**“Prayer for the Virtue of Love”**  
by Saint Anselm of Canterbury

We love You, O God and desire to love You more and more. Grant that we may love You as we wish to love You and as we should love You. O dearest Friend, who has loved us so deeply and redeemed us; come and take Your place in our hearts. Watch over our lips, our steps and our deeds so we no longer need fear for our soul and body. Yes, give us love, most precious of gifts, which knows no enemies. Give our hearts that pure love borne of Your love for us, that we may love others as You love us. O most loving Father of Jesus Christ from whom all love flows, grant that our hearts, frozen in sin and grown cold toward You, may be warmed in the divine glow. Help and bless us in Your Son. O blessed Lord, You have commanded us to love one another, give us the grace that, as we have received your unmerited favors, we may love all persons in You and for You. *Amen.*

**Helpful Resources**

*Made for Love, Loved by God*

by Fr. Peter John Cameron O.P.

*Love Never Fails* by Debra Herbeck

## PRAYERS FOR CHRISTIAN VIRTUES

## Joy

**Hourly Prayer:** Jesus, fill every corner of my soul with joy.

► Jesus, source of all joy, I ask that you bring joy into every corner of my soul.

In every season of my life, in both triumph and trial, help me find the Christian joy that always endures, regardless of circumstances.

Give me the wisdom to know that true joy comes when I am living in alignment with my essential purpose, which is to become the-best-version-of-myself. Remind me that whenever I abandon my essential purpose, emptiness and dissatisfaction are sure to follow.

Teach me to cherish the times when my life is full and joy comes easily. But when life is heavy and joy is hard to find, teach me to cherish the simple gifts of this life: To laugh loudly, love deeply, and admire the beauty of each day. Open my eyes to see every smile, every act of kindness, every Holy Moment, as a fountain of joy. Help my life overflow with joy to touch the lives of those around me. *Amen.*

**Amazing Grace**

by John Newton

Amazing grace! How sweet the sound, that saved a wretch; like me! I once was lost, but now am found, was blind, but now I see.

'Twas grace that taught my heart to fear, and grace my fears relieved; how precious did that grace appear the hour I first believed!

The Lord hath promised good to me, His word my hope secures; He will my shield and portion be as long as life endures.

When we've been there ten thousand years, bright shining as the sun, we've no less days to sing God's praise than when we first begun. *Amen.*

**Helpful Resources**

*Joy of the Gospel* by Pope Francis

*Joyful Witness* by Randy Hain

## PRAYERS FOR CHRISTIAN VIRTUES

# Humility

**Hourly Prayer:** Jesus, give me humility in my heart and soul.

► Jesus, you embraced humility to walk among us. Help me embrace humility as you did.

Jesus, give me humility...

In my thoughts, so that I value the needs of others as equal to mine. In my words, so that I speak kindly to others and praise them rather than myself. In my actions, so that I serve selflessly without seeking recognition. In my relationships, so that I support others and celebrate their success without jealousy. In my work, so that I focus on doing my best without complaint. In my suffering, so that I accept what I cannot change and find meaning in it. In my success, so that I remember all good things come from you. In my failure, so that I remember that you are strongest when I am weakest. In my leadership, so that I lead with a servant's heart and prioritize others over myself. In my heart, so that I put aside my ego and let you work within me. In my soul, so that I let go of my pride and let you lead me today and always. *Amen.*

## “Let Me Know Myself”

by Saint Augustine

Lord Jesus, let me know myself and know you, and desire nothing, save only you. Let me hate myself and love you. Let me do everything for the sake of you. Let me humble myself and exalt you. Let me think of nothing except you. Let me die to myself and live in you. Let me accept whatever happens as from you. Let me banish self and follow you, and ever desire to follow you. Let me fly from myself and take refuge in you, that I may deserve to be defended by you. Let me fear for myself, let me fear you, and let me be among those who are chosen by you. Let me distrust myself and put my trust in you. Let me be willing to obey for the sake of you. Let me cling to nothing, save only to you, and let me be poor because of you. Look upon me, that I may love you. Call me, that I may see you, and for ever enjoy you. *Amen.*

## Helpful Resources

*Walk Humbly with Your God*

by Fr. Andrew Apostoli

*Beyond Me, My Selfie, and I*

by Teresa Tomeo

## PRAYERS FOR CHRISTIAN VIRTUES

## Compassion

**Hourly Prayer:** Jesus, give me a ready heart, open eyes, and eager hands.

► Jesus, you have a heart of boundless compassion. I come to you today seeking a heart like yours.

Elevate my awareness that the beauty of my soul shines brightest in acts of kindness, especially in the darkest moments. Kindle in my heart a desire to be kind and compassionate with everyone I meet so that my life might be a testament to your divine love.

Guide me to not only recognize but actively engage in the acts of compassion you arrange around me. May I become an ambassador of your compassion, reaching out with a loving heart and making someone's day with my kindness.

Help me understand that every act of kindness, no matter how random it may seem, is part of your grand design to heal, uplift, and restore compassion in this world. Give me a heart passionate to serve, eyes ready to recognize needs, and hands eager to act.

May I reflect your boundless compassion more and more each day. *Amen.*

### “Christ Has No Body But Yours”

by Saint Teresa of Ávila

Christ has no body but yours,

No hands, no feet on  
earth but yours,

Yours are the eyes with  
which He looks

Compassion on this world,

Yours are the feet with which  
He walks to do good,

Yours are the hands, with which  
He blesses all the world.

Yours are the hands,  
yours are the feet,

Yours are the eyes, you  
are His body.

Christ has no body  
now but yours,

No hands, no feet on  
earth but yours,

Yours are the eyes with which he  
looks compassion on this world.

Christ has no body now on  
earth but yours. *Amen.*

### Helpful Resources

*The Work of Mercy* by Mark P. Shea

*Fire in My Heart* by Sister Ann Shields

## PRAYERS FOR CHRISTIAN VIRTUES

# Courage

**Hourly Prayer:** Holy Spirit, pour the gift of courage into my heart.

► Come Holy Spirit, the Great Encourager, pour the gift of courage into my heart.

In every moment, give me the courage to be the best-version-of-myself, especially when it's not easy. Especially when I am afraid.

Give me the courage to be vulnerable, to let down the barriers that keep me from you and from others.

Give me the courage to do what I feel you are calling me to do. When strong action is required, fortify my spirit. When clear words are important, be the voice that speaks through me. And when silence is the answer, give me the wisdom to embrace it.

Holy Spirit, in the moments when my courage seems to fail, remind me that because you live within me, I can overcome any obstacle. Give me the courage not just to survive, but to thrive as the person you created me to be. Help me live a life of courage. *Amen.*

**“Anyway”**

attributed to Mother Teresa

People are often unreasonable, illogical, and self-centered; forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives; be kind anyway. If you are successful, you will win some false friends and some true enemies; succeed anyway. If you are honest and frank, people may cheat you; be honest and frank anyway. What you spend years building, someone could destroy overnight; build anyway. If you find serenity and happiness, there may be jealousy; be happy anyway. The good you do today, people will often forget tomorrow; do good anyway. Give the world the best you have, and it may never be enough; give the world the best you've got anyway. You see, in the final analysis, it is between you and God; it was never between you and them anyway. *Amen.*

**Helpful Resources**

*The Book of Courage* by Matthew Kelly

*Meet John Paul II* by Janel Rodriguez

## PRAYERS FOR CHRISTIAN VIRTUES

## Peace

**Hourly Prayer:** Lord, make me an instrument of your peace.

► Heavenly Father, in the midst of daily pressures and challenges, I reach out to you for the grounding virtue of peace. When the world feels chaotic and my mind is cluttered with worries, help me to pause and find a moment of calm in your presence.

Guide me in managing my responsibilities without being overwhelmed, and in addressing conflicts with a sense of peace. When I feel anxious or stressed, remind me of the bigger picture, and the peace you always make available to me. Help me create spaces of stillness in my day, even if just for a few minutes, to connect with you and recharge.

Lord, make me an instrument of your peace, a source of understanding and calm to those around me. Calm the waters of my soul so that every action I take may be more effective. In every situation and circumstance, remind me to make myself available to you, so that you can instill your peace in every aspect of my life. *Amen.*

**“Make Me an Instrument of Your Peace”**

by Saint Francis of Assisi

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; and 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.*

**Helpful Resources**

*The Peace Promise* by John Kuypers

*Our Lady of Fatima*

by Donna-Marie Cooper O’Boyle

## PRAYERS FOR CHRISTIAN VIRTUES

# Patience

**Hourly Prayer:** Jesus, teach my heart to be patient.

► Jesus, teach me to embrace the virtue of patience. As I navigate the many decisions of my daily life, help me slow down and identify the best course of action. Give me the self-awareness to discern between automatic reactions and intentional responses, so that I respond calmly and wisely.

Help me realize that with the people who most test my patience, and in the moments I am most inclined to blindly react, you are often calling me to pause. In these pauses, remind me to breathe deeply, and assess the situation before acting, if action is necessary.

Help me understand that not every situation demands action. Sometimes, the best decision is to do nothing, trusting in your divine plan and timing.

Teach my heart to be patient, so that in every situation, I may reflect your love, wisdom, and boundless patience. *Amen.*

## “Let Nothing Disturb You”

by Saint Teresa of Ávila

Let nothing disturb you,  
Let nothing frighten you,  
All things are passing away:  
God never changes.  
Patience obtains all things  
Whoever has God lacks nothing;  
God alone suffices. *Amen.*

## Helpful Resources

[\*Resisting Happiness\*](#) by Matthew Kelly

[\*Love is Patient, but I'm Not\*](#)  
by Christopher West

## PRAYERS FOR CHRISTIAN VIRTUES

# Generosity

**Hourly Prayer:** Jesus, help me lead a life of staggering generosity.

► Jesus, help me lead a life of staggering generosity. Open my eyes to the plentiful opportunities to be generous in my daily life. Push me to take the initiative, whether it's offering my time to someone in need, sharing my resources, or simply lending a listening ear. Help me fill each day with generous acts of kindness.

Teach me, Jesus, the true meaning of generosity. Remind me that I don't need money or things to be generous. All I need to do is put aside self-interest and give others what I can: Whether that's my time, talent, or treasure.

Inspire me to appreciate the blessings I receive and share them with others. Remind me that life is short and that I cannot bring anything with me when it ends. Strengthen my ability to be a steward of the gifts you've given me here and now. Help me use your gifts to make a profound impact in the lives of others. *Amen.*

**Prayer for Generosity**

by Saint Ignatius of Loyola

Lord Jesus, teach me to be generous. Teach me to serve as you deserve, to give and not to count the cost, to fight and not to heed the wounds, to labor and not to seek to rest, to give of my self and not ask for a reward, except the reward of knowing that I am doing your will. *Amen.*

**Helpful Resources**

[\*The Generosity Habit\*](#) by Matthew Kelly

[\*Connected for Good: A Gameplan for a Generous Life\*](#) by John Stanley

## PRAYERS FOR CHRISTIAN VIRTUES

# Dynamic Faith

**Hourly Prayer:** Loving Father, inspire me to live with dynamic faith.

► Loving Father, I invite you into my life today and make myself available to you. Help me to become the-best-version-of-myself by seeking your will and becoming a living example of your love in the world.

Open my heart to the areas of my life that need to change in order for me to carry out the mission and experience the joy you have imagined for my life.

Inspire me to live the Catholic faith in ways that are dynamic and engaging. Show me how to best get involved in the life of my parish.

Make our community hungry for best practices and continuous learning. Give me courage when I am afraid, hope when I am discouraged, and clarity in times of decision.

Teach me to enjoy uncertainty and lead your Church to become all you imagined it would be for the people of our times. *Amen.*

## Act of Faith

Catechism of the Catholic Church, Appendix A

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins and that he will come to judge the living and the dead.

I believe these and all the truths which the Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. *Amen.*

## Helpful Resources

*The Four Signs of a Dynamic Catholic*  
by Matthew Kelly

*Living the Catholic Faith*  
by Archbishop Charles Chaput

## PRAYERS FOR CHRISTIAN VIRTUES

# Transformation

**Hourly Prayer:** Lord, transform me.

► Lord, here I am. I trust that you have an incredible plan for me. Today I surrender my whole being to your care. I surrender my life, my plans, and my very self to you. I make myself 100 percent available to you today. Transform me. Transform my life. Everything is on the table. Take what you want to take, and give what you want to give. Transform me into the person you created me to be, so I can live the life you envisioned for me at the beginning of time. I hold nothing back. I am 100 percent available. Lead me, challenge me, encourage me, and open my eyes to all your amazing possibilities. Show me what it is you want me to do, and I will do it. *Amen.*

**“Suscipe”**

by Saint Ignatius of Loyola

Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, All I have and call my own.

You have given all to me.  
To you, Lord, I return it.

Everything is yours; do with it what you will. Give me only your love and your grace, that is enough for me. *Amen.*

**Helpful Resources**

[Rediscover Jesus](#) by Matthew Kelly

[How to Make Great Decisions](#)

by Fr. Mike Schmitz

# *Praying with the Saints*



# Saints to Turn to During Difficult Times

## **Saint Jude**

The patron saint of hope and impossible causes.

He was one of Jesus' twelve Apostles, and has inspired countless medical professionals in treating desperate cases. Turn to Saint Jude when you feel overwhelmed, hopeless, or ill.

## **Saint Maximilian Kolbe**

The patron saint of addiction, courage, and dying.

He is best known for volunteering to die in place of another prisoner at Auschwitz, after which he was executed by lethal injection. Turn to Saint Maximilian Kolbe when you're struggling with addiction, feeling afraid, or facing death.

## **Saint Dymphna**

The patron saint of mental illness, abuse, and traumatic experiences.

She died at the hands of her father, who suffered from intense mental illness. Turn to her when seeking help with mental health disorders, healing from trauma, or chaos in the family.

## **Saint John of the Cross**

The patron saint of prayer, inspiration, and the dark night of the soul.

When he experienced his own dark night of the soul, he wrote a poem to describe this common experience of feeling distant from God. Turn to Saint John of the Cross when you feel far from God, need inspiration, or are looking for a light in the darkness of depression.



# Saints to Turn to During Difficult Times

## *Continued*

### **Saint Monica**

The patron saint of parents and difficult marriages.

She never stopped praying for the conversion of her son, Saint Augustine, and remained steadfast in her Catholic faith despite being married to an unbeliever. Turn to Saint Monica when you're struggling in your marriage, have children who have left the faith, or simply need to pray for someone's conversion.

### **Saint Padre Pio**

The patron saint of suffering, miracles, and anxiety.

Known for the stigmata (wounds corresponding to the wounds of Jesus) that he bore for over fifty years, as well as the countless miracles he experienced, he constantly advised those who came to him, "Do not worry." Turn to him when you're feeling anxious, need a miracle, or seeking healing.

### **Saint Teresa of Calcutta (Mother Teresa)**

The patron saint of charity, humility, and the poor.

Mother Teresa devoted her life to serving the poorest of the poor, not just trying to convert them but taking care of their physical needs. Turn to her when you need help with your own physical needs, whether they be financial or medical, and also ask for a heart of humility and love like hers.