

Different prayers

Thank you, God
Help us, God
We praise you, God
So sorry, God



Praying in Lent 2022

We are invited to fast, pray and give alms during Lent. Why not explore different sorts of prayer – prayers of thanksgiving, prayer of petition, prayer of praise or prayer of contrition – this Lent? These prayers could be part of your focal space in the church, they may be shared through the parish newsletter, webpage or Facebook.

- **Prayers of Thanksgiving**

for the beauty of creation, planet, animals, vegetation, flora and fauna, humans.....
for your relationships,
for the gift of belonging to your faith community/parish,
for all those who served the country during the pandemic
for all those throughout the world who brought their expertise together to create the vaccine
for the gift of nature and creation as a teacher
for the yearning for life, the resilience against the odds,
for the compost which gives new life in its dying,
for surviving the Pandemic

*Lord Jesus Christ,
in your ministry you were approached by people
of many different nations and cultures.
You listened to their cry for help,
treated them with love and compassion,
and brought them healing and wholeness.
In our own time may we provide to all those who are suffer
the help that they need and the care that they require.
May we respond to the invitation of the Holy Spirit
to dream of a world made new where the poor are not forgotten
but are given the opportunity to live and flourish with good health and equal prospects.
We ask this in the name of Jesus the Lord. Amen.*

Prayer from Catholic Bishops' Conference of England and Wales for Racial Justice Sunday 2021

- **Prayers of Petition**

- for those who have suffered most due to the Coronavirus pandemic,
- for those who are suffering today due to the climate crisis.
- for the parts of the world still suffering from high levels of the virus

*O Lord our God
grant us the grace*

*to desire you with our whole heart;
that so desiring you we may seek to find you,
and so finding you we may love you,
and loving you may hate those sins
from which thou hast redeemed us;
through our Lord Jesus Christ.*

St. Anselm

*Lord Jesus Christ, we thank you
for all the benefits you have won for us,
for all the pains and insults
you have borne for us.
Most merciful redeemer,
friend and brother,
may we know you more clearly,
love you more dearly
and follow you more nearly,
day by day.*

Prayer of Richard of Chichester

O Christ, guide and strengthen all who are tempted in this hour.

Ash Wednesday

*Dust and ashes touch our face,
mark our failure and our falling.
Holy Spirit, come,
walk with us tomorrow,
take us as disciples,
washed and wakened by your calling.
Take us by the hands and lead us,
lead us through the desert sands,
bring us living water,
Holy Spirit, come.*

*Lord, you return gladly
and lovingly to lift up the one
who offends you
and I do not turn
to raise up and honour
the one who angers me.*

St. John of the Cross

*Let us strive to enter by the narrow gate.
Just as trees, if they have not stood
before the winter's storms cannot bear fruit,
so it is with us:
this present age is a storm
and it is only through many trials*

*and temptations
that we can obtain an inheritance
in the kingdom of heaven.*

Theodora, Desert Mother

*Lord our God,
you invite us to follow Christ
in his struggle in the desert.
Through our self-denial
may your spirit make us ever strong
against evil.
Hear us, you who remain faithful to us,
for ever and ever. Amen.*

Source unknown

*Lord God,
you call us to repentance and self-denial.
While we can choose our penance,
so many of our brothers and sisters
have not the basic needs of life.
Teach us humility in our works of penance,
so that our fast may be a victory
over egotism and indulgence,
through Jesus, the Christ, our Lord. Amen.*

Source unknown

*Lord God,
you who breathed the spirit of life within me.
Draw out of me the light and life you created.
Help me to find my way back to you.
Help me to use my life to reflect your glory
and to serve others
as your son Jesus did.*

Online Creighton Resources

*Loving God,
you call us back to you with all of our hearts.
I feel your call for me deep in my heart
and I know you want me back
as much as I want to return.
Please, Lord,
give me the wisdom to know how to return.
Make my journey back to you this Lent
one of grace, forgiveness and gentle love.*

Online Creighton Resources

*Father of my soul,
Mother of my heart,
I know your love for me is limitless beyond imagining.
You care for me as a loving parent.
Through my smallest Lenten sacrifices,*

*help me to become less selfish
and more aware of your ways.
Fan the flame of my desire
to draw ever closer to you.
Guide me to seek your love.*

Online Creighton Resources

*Loving God,
Sometimes my heart
turns in every direction
except towards you.
Please help me
to turn my heart toward you,
to gaze upon you in trust
and to seek your kingdom with all of my heart.
Soften my hardened heart
so that I might love others
as a way to glorify and worship you.
Grant me this
with the ever-present guidance of your spirit.*

Online Creighton Resources

Laudato si Prayer

*All-powerful God, you are present in the whole universe and in the smallest of your creatures.
You embrace with your tenderness all that exists.
Pour out upon us the power of your love,
that we may protect life and beauty.
Fill us with peace, that we may live
as brothers and sisters, harming no one.
O God of the poor,
help us to rescue the abandoned and forgotten of this earth, so precious in your eyes.
Bring healing to our lives,
that we may protect the world and not prey on it,
that we may sow beauty, not pollution and destruction.
Touch the hearts
of those who look only for gain
at the expense of the poor and the earth.
Teach us to discover the worth of each thing,
to be filled with awe and contemplation,
to recognize that we are profoundly united
with every creature as we journey towards your infinite light.
We thank you for being with us each day.
Encourage us, we pray, in our struggle
for justice, love and peace.*

Pope Francis

- **Prayer of Praise**

Fratelli Tutti – an excerpt

*Come, Holy Spirit, show us your beauty,
reflected in all the peoples of the earth,
so that we may discover anew
that all are important and all are necessary,
different faces of the one humanity
that God so loves. Amen.*

Pope Francis

*O Most High, all-powerful, good Lord God,
to you belong praise, glory,
honour and all blessing.
Be praised, my Lord, for all your creation
and especially for our Brother Sun, who brings us the day and the light;
he is strong and shines magnificently.
O Lord, we think of you when we look at him.
Be praised, my Lord, for Sister Moon, and for the stars
which you have set shining and lovely in the heavens.
Be praised, my Lord, for our Brothers Wind and Air
and every kind of weather
by which you, Lord, uphold life in all your creatures.
Be praised, my Lord, for Sister Water, who is very useful to us,
and humble and precious and pure.
Be praised, my Lord, for Brother Fire,
through whom you give us light in the darkness: he is bright and lively and strong.
Be praised, my Lord, for Sister Earth, our Mother,
who nourishes us and sustains us,
bringing forth fruits and vegetables of many kinds and flowers of many colours.
Be praised, my Lord, for those who forgive for love of you;
and for those who bear sickness and weakness
in peace and patience - you will grant them a crown.
Be praised, my Lord, for our Sister Death, whom we must all face.
I praise and bless you, Lord, and I give thanks to you,
and I will serve you in all humility.*

St Francis of Assisi

Psalm 8

Psalm 18

Psalm 29

Psalm 34

Psalm 62

Psalm 72

Psalm 104

Psalm 117

Psalm 150

*Something strange is happening –
there is a great silence on earth today,
a great silence and stillness.
The whole earth keeps silence
because the king is asleep.
The earth trembles and is still
because God has fallen asleep
in the flesh and he has raised up
all who have slept
ever since the world began.
God has died in the flesh
and hell trembles with fear...
From an ancient homily
From the moment Christ went out into the
desert to be tempted, the loneliness, the
temptation and the hunger of every man and
woman became the loneliness, the temptation
and hunger of Christ.*

Thomas Merton

- **Prayer of Contrition**

- For an awareness of how we fail in our relationship with the earth and with others
- We come to you, Jesus, contrite for failing to love God in and through our relationship with others, the planet

*O my God, I thank you for loving me.
I am sorry for all my sins,
For not loving others,
And not loving you.
Help me to live like Jesus
And not sin again.
Amen.*

From Grow in Love

A Prayer of Penitence

*God of grace, I turn my face
To You, I cannot hide;
My nakedness, my shame, my guilt,
are all before Your eyes.
Strivings and all anguished dreams
In rags lie at my feet,
and only grace provides the way
For me to stand complete.
And Your grace clothes me in righteousness,
And Your mercy covers me in love.*

*Your life adorns and beautifies,
I stand complete in You.*

*There is a deep well inside me.
And in it dwells God.
Sometimes I am there too.
But more often
stones and grit block the well,
and God is buried beneath.
Then God must be dug out again.*

Etty Hillesum

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

The Jesus Prayer

I am fallen; in your compassion have mercy on me.

The Lenten Triodion

Reflection for Lent

Lent

*Lent is a time to learn to travel
Light, to clear the clutter
From our crowded lives, and
Find a space, a desert.
Deserts are bleak: no creature
Comforts, only a vast expanse of
Stillness, sharpening awareness of
Ourselves and God.
Uncomfortable places, deserts.
Most of the time we're tempted to
Avoid them, finding good reasons to
Live lives of ease; cushioned by
Noise from self-discovery,
Clutching at world's success
To stave off fear.
But if we dare to trust the silence
To strip away our false security,
God can begin to grow his wholeness in us,
Fill up our emptiness, destroy our fears,
Give us new vision, courage for the journey,
And make our desert blossom like a rose.*

Ann Lewin