

Spiritual Titbits

While we are bracing ourselves for the next weeks of the lockdown, let us use the time to nourish ourselves spiritually. We should use the time as an opportunity to nurture the soul and our faith. This is the time to take up “the armour of God” (Ephesians 6: 11). It is the time to practise the teaching of the Church that the family is the domestic Church, the Church at home (Lumen Gentium 11). We can't reach God of the Altar (the Sacraments). **But we can be in touch with God of the Word in the Bible and God of life through our living faith.** The following prayers are meant to come to our assistance and stimulate our curiosity to write or seek and find our own prayers. Be inventive!

Get ready

Erect your Prayer Table

Make this the meeting point for the family to pray. St (Mother) Theresa of Calcutta famously said: a family that prays together, stays together. Order the day for prayer time.

- Crucifix
- Picture or statue of Mary
- Pictures of your family
- Candle
- Flowers

Bible

Rosary

Holy Water

Prayers

Games

Pray the Family Rosary

Practise charity by looking after an elderly, sick or lonely person (a phone call). Don't forget, too, that charity begins at home.

Say prayers before meals, and sit as family at the table

It is time for conversation. Talk about your faith with your spouse and children. Recall experiences that are important to your life as a Christian.

Morning Prayer

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Our help is in the name of the Lord.

Who made heaven and earth.

Glory be to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, it is now and for ever. Amen.

Response: In the morning let me know your love, O Lord.

Lord, listen to my prayer:

Turn your ear to my appeal.

You are faithful, you are just; give answer.

Do not call your servant to judgment

For no one is just in your sight.

Response: In the morning let me know your love, O Lord

I remember the days that are past:

I ponder all your works.

I muse on what your hand has wrought

And to you I stretch out my hands.

Like a parched land my soul thirsts for you.

Response: In the morning let me know your love, O Lord.

Lord, make haste and answer;

For my spirit fails within me.

Do not hide your face

Lest I become like those in the grave.

Response: In the morning let me know your love, O Lord.

In the morning let me know your love
For I put my trust in you.
Make me know the way I should walk:
To you I lift up my soul.

Response: In the morning let me know your love, O Lord.

For your name's sake, Lord, save my life;
In your justice save my soul from distress.

Response: In the morning let me know your love, O Lord.

Response: How wonderful is this knowledge of yours that you have shown me, Lord

O Lord, you search me and you know me,
You know my resting and my rising,
You discern my purpose from afar.
You mark when I walk or lie down,
All my ways lie open to you.

Response: How wonderful is this knowledge of yours that you have shown me, Lord

Before ever a word is on my tongue
You know it, O Lord, through and through.
Behind and before you besiege me,
Your hand ever laid upon me.
Too wonderful for me, this knowledge,
Too high, beyond my reach.
O where can I go from your spirit,
Or where can I flee from your face?
If I climb the heavens, you are there,
If I lie in the grave, you are there.

Response: How wonderful is this knowledge of yours that you have shown me, Lord

If I take the wings of the dawn
And dwell at the sea's furthest end,
Even there your hand would lead me,
Your right hand would hold me fast.

Response: How wonderful is this knowledge of yours that you have shown me, Lord

Reading: Deuteronomy 30: 2-3

**When you return to the Lord your God, you and your children, and obey his voice
In all that I command you this day, with all your heart and with all your soul, then the
Lord your God will restore your fortunes and have compassion upon you.**

Response: From my sins turn away your face

And blot out all my guilt.

Or: Hebrews 10: 35-36

**Do not throw away your confidence, for it carries a great reward. You need endurance if you are
To do God's will and win what he has promised.**

Response: My sacrifice is a contrite spirit

A humbled, contrite heart you will not spurn, O God.

Or: Isaiah 55: 3

**Come to me and listen to my words, hear me, and you shall have life: I will make a
Covenant with you, this time for ever, to love you faithfully as I loved David**

Response: A pure heart create for me, O God.

Put a steadfast spirit within me.

Prayer

Lord God,
You love innocence of heart,
And when it is lost you alone can restore it.
Turn then our hearts to you
And kindle in them the fire of your Spirit,
So that we may be steadfast in faith
And unwearied in good works.
Through Christ our Lord

Or:

Compassionate Lord, you have chastened us
By penance and schooled us in good works;
Grant us now a single-hearted perseverance in keeping
Your commandments and brings us untouched by sin
To the joys of Easter. Amen

Children's Morning Prayer

Lord, in the morning I start each day,
By taking a moment to bow and pray.
Beginning with thanks, I then give praise
For all your kind and loving ways.
Today if sunshine turns to rain,
If a dark cloud brings some pain,
I won't doubt or hide in fear
For you, my God, are always near.
I will travel where you lead;
I will help my friends in need.
Where you send me, I will go;
With your help, I'll learn and grow.
Hold my family in your hands,
As we follow your commands.
And I will keep you close in sight
Until I crawl in bed tonight.
Amen.

Morning Prayer for Children

For this new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends.
For everything Thy goodness sends,
We thank Thee, dearest Lord.
Amen.

A Child's Prayer for Morning

Now, before I run to play,
Let me not forget to pray
To God who kept me through the night
And waked me with the morning light.
Help me, Lord, to love Thee more
Than I ever loved before,
In my work and in my play
Be thou with me through the day.

Amen.

Thank You, God

Thank you for the world so sweet,
Thank you for the food we eat,
Thank you for the birds that sing,
Thank you God for everything.
Amen

Good Morning, Jesus

Jesus, you are good and wise
I will praise you when I rise.
Jesus, hear this prayer I send
Bless my family and my friends.
Jesus, help my eyes to see
All the good you send to me.
Jesus, help my ears to hear
Calls for help from far and near.
Jesus, help my feet to go
In the way that You will show.
Jesus, help my hands to do
All things loving, kind, and true.
Jesus, guard me through this day
In all I do and all I say.
Amen.

Be Near Me, Lord Jesus

Be near me, Lord Jesus!
I ask Thee to stay
Close by me forever
And love me, I pray.
Bless all the dear children
In Thy tender care
And take us to heaven
To live with Thee there.
Amen.

Child's Morning Prayer

Dear God, I thank Thee for this day.
Wherever I go,
Whatever I do and see,
I want to spend
This day entirely with Thee.
Please, dear God, come into my heart,
Our day together is already a start.
Bless me ever and ever again!
I love Thee, dearest God.
Amen.

Good Morning, Jesus

Jesus, you are good and wise
I will praise you when I rise.
Jesus, hear this prayer I send
Bless my family and my friends.
Jesus, help my eyes to see
All the good you send to me.
Jesus, help my ears to hear
Calls for help from far and near.
Jesus, help my feet to go
In the way that You will show.

Jesus, help my hands to do
All things loving, kind, and true.
Jesus, guard me through this day
In all I do and all I say. Amen.

Evening Prayer

Lord come to our aid
O God make haste to help us.
Glory be to the Father and to the Son and to the Holy Spirit
As it was in the beginning, it is now and forever. Amen.

Response: He will conceal you with his wings; you will not fear the terror of the night

He who dwells in the shelter of the Most High
And abides in the shade of the Almighty
Says to the Lord: 'My Refuge',
My stronghold, my God in whom I trust.

Response: He will conceal you with his wings; you will not fear the terror of the night

Since he clings to me in love, I will free him;
Protect him for he knows my name.
When he calls I shall answer: 'I am with you'
I will save him in distress and give him glory.

Response: He will conceal you with his wings; you will not fear the terror of the night

Reading: 1 Peter 5: 8-9

Be calm but vigilant, because your enemy the devil is prowling round
Like a roaring lion, looking for someone to eat. Stand up to him, strong
In faith.

Response: Into your hands I commend my spirit
You have redeemed us, Lord God of truth.

Prayer:

In your mercy, Lord,
Dispel the darkness of this night.
Let your household so sleep in peace,
That at the dawn of a new day
They may, with joy, waken in your name.
Through Christ our Lord. Amen.

God My Friend

God, my friend, it is time for bed.
Time to rest my sleepy head.
I pray to you before I do.
Please guide me down the path that's true.

God, my friend, please bless my mother,
All your children--sisters, brothers.
Oh! And then there's daddy, too--
He says I am his gift from you.

God, my friend, it is time to sleep.
I thank you for a soul unique,
And thank you for another day,
To run and jump and laugh and play!

God, my friend, it is time to go,
But before I do I hope you know,
I am thankful for my blessing, too,
And God, my friend, I love you.

Father, We Thank Thee

Father, we thank thee for the night,
And for the pleasant morning light;
For rest and food and loving care,
And all that makes the day so fair.

Help us to do the things we should,
To be to others kind and good;
In all we do, in work or play,
To grow more loving every day.

Three traditional children's night-time prayers

Now I lay me down to sleep,
I pray the Lord my soul to keep.
May God guard me through the night,
And wake me with the morning light. Amen.

Now I lay me down to sleep,
I pray the Lord my soul to keep.
May the angels watch me through the night,
And keep me in their blessed sight. Amen.

Now I lay me down to sleep.
I pray the Lord my soul to keep.
If I should live another day
I pray the Lord to guide my way. Amen.
(from: www.learnreligions.com)

The Angelus

This prayer takes us back to the moment of the Angel Gabriel in conversation with Mary. It is the time when God prepares to send His Son into the world. For this, He sought the cooperation of Mary. When we say this prayer, we are transported back to this moment. Usually it is said at 12 noon and at 6pm, or any other convenient time.

The Angel of the Lord declared to Mary:

And she conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Behold the handmaid of the Lord: Be it done unto me according to Thy word.

Hail Mary...

And the Word was made Flesh: And dwelt among us.

Hail Mary...

Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord.

Amen.

'Hail, full of grace, the Lord is with you' (Lk 1: 28)

'Blessed are you among women,
and blessed is the fruit of your womb'

(Lk 1: 42).

Prayer to St. Michael the Archangel

In times of darkness, we pray to St Michael to assist us in the battle against such darkness. We guard against the darkness of negativity (which is lack of trust in God), and lack of kindness (which is lack of charity), and other evils.

St. Michael the Archangel,
defend us in battle.

Be our defense against the wickedness and snares of the Devil.

May God rebuke him, we humbly pray,

and do thou,

O Prince of the

seeking the ruin of souls. Amen heavenly hosts,

by the power of God,

thrust into hell Satan,

and all the evil spirits,

who prowl about the world.

Praying with the Psalms

The psalms are prayers from the heart within a deep personal relationship with God. They encompass all life situations – praise, pain, sin, thanksgiving, distress, anxiety. All these experiences the psalmist expresses to God from face to face. The psalms allow us to enter into this relationship with God, and talk to the Majestic God in the most human way.

Trust in God's Wisdom

Psalm 139

Psalm 62

Psalm 8

Psalm 146

Praise of God

Psalm 148

Psalm 150

Psalm 145

Psalm 115

The protection of God

Psalm 121

Psalm 91

Psalm 34: 1-11

Psalm 54

Thanksgiving to God

Psalm 111

Psalm 95

Psalm 103

In time of distress

Psalm 86

Psalm 22

Psalm 70

In time of old age

Psalm 71

Longing for God

Psalm 63: 1-9

Psalm 42