

LIST OF PRAYERS

WHICH ARE MEANINGFUL FOR THOSE WHO ARE ON
THE CELTIC CARMELITE WISDOM PATH OF LIFE



PRAYER OF ST. FRANCIS

LORD,

make me an instrument of Thy 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;
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;
It is in dying that we are born to eternal life.

The Lord is My Shepherd (Psalm 23:1)

THOMAS MERTON PRAYER

MY LORD GOD

I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself,
and the fact that I think
that I am following Your will
does not mean that I am actually doing so.

But I believe
that the desire to please You does in fact please You.
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that desire.

And I know that if I do this
You will lead me by the right road,
though I may know nothing about it.
Therefore, will I trust You always,
though I may seem to be lost and in the shadow of death.

I will not fear,
for You are ever with me,
and You will never leave me to face my perils alone.

The Lord is My Shepherd (Psalm 23:1)

OUR FATHER PRAYER

OUR FATHER,

who art in heaven,

hallowed be Thy name;

Thy kingdom come; Thy will be done;

on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,

as we forgive those who trespass against us.

And lead us not into temptation; but deliver us from evil.

For Thine is the kingdom,

the power and the glory,

for ever and ever.

Amen.

ST. PATRICK'S BREASTPLATE PRAYER

(The Long Version)

I arise today
Through a mighty strength, the invocation of the Trinity,
Through belief in the Threeness,
Through confession of the Oneness of the Creator of creation.

I arise today
Through the strength of Christ's birth with His baptism,
Through the strength of His crucifixion with His burial,
Through the strength of His resurrection with His ascension,
Through the strength of His descent for the judgment of doom.

I arise today
Through the strength of the love of cherubim,
In the obedience of angels,
In the service of archangels,
In the hope of resurrection to meet with reward,
In the prayers of patriarchs,
In the predictions of prophets,
In the preaching of apostles,
In the faith of confessors,
In the innocence of holy virgins,
In the deeds of righteous men.

I arise today
Through the strength of heaven,
The light of the sun,
The radiance of the moon,
The splendor of fire,
The speed of lightning,
The swiftness of wind,
The depth of the sea,
The stability of the earth,
The firmness of rock.

The Lord is My Shepherd (Psalm 23:1)

I arise today
Through God's strength to pilot me,
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's shield to protect me,
God's host to save me
From snares of devils,
From temptation of vices,
From everyone who shall wish me ill, afar and near.

I summon today
All these powers between me and those evils,
Against every cruel and merciless power that may oppose my body and soul,
Against incantations of false prophets,
Against black laws of pagandom,
Against false laws of heretics,
Against craft of idolatry,
Against spells of witches and smiths and wizards,
Against every knowledge that corrupts man's body and soul;
Christ to shield me today
Against poison, against burning,
Against drowning, against wounding,
So that there may come to me an abundance of reward.

CHRIST WITH ME,
CHRIST BEFORE ME,
CHRIST BEHIND ME,
CHRIST IN ME,
CHRIST BENEATH ME,
CHRIST ABOVE ME,
CHRIST ON MY RIGHT,
CHRIST ON MY LEFT,
CHRIST WHEN I LIE DOWN,
CHRIST WHEN I SIT DOWN,
CHRIST WHEN I ARISE,
CHRIST IN THE HEART OF EVERY MAN WHO THINKS OF ME,
CHRIST IN THE MOUTH OF EVERYONE WHO SPEAKS OF ME,
CHRIST IN EVERY EYE THAT SEES ME,

The Lord is My Shepherd (Psalm 23:1)

CHRIST IN EVERY EAR THAT HEARS ME.

The Lord is My Shepherd (Psalm 23:1)

[Note that people sometimes pray a shorter version of this prayer just with these 15 lines about Christ above. The conclusion follows below.]

I arise today
Through a mighty strength, the invocation of the Trinity,
Through belief in the Threeness,
Through confession of the Oneness of the Creator of creation.

The Lord is My Shepherd (Psalm 23:1)

ST. PATRICK'S BREASTPLATE PRAYER

(The Shorter Version)

CHRIST WITH ME,
CHRIST BEFORE ME,
CHRIST BEHIND ME,
CHRIST IN ME,
CHRIST BENEATH ME,
CHRIST ABOVE ME,
CHRIST ON MY RIGHT,
CHRIST ON MY LEFT,
CHRIST WHEN I LIE DOWN,
CHRIST WHEN I SIT DOWN,
CHRIST WHEN I ARISE,
CHRIST IN THE HEART OF EVERY MAN WHO THINKS OF ME,
CHRIST IN THE MOUTH OF EVERYONE WHO SPEAKS OF ME,
CHRIST IN EVERY EYE THAT SEES ME,
CHRIST IN EVERY EAR THAT HEARS ME.

The Lord is My Shepherd (Psalm 23:1)

THE MOST POWERFUL HEALING PRAYER BY ST. 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 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.

The Lord is My Shepherd (Psalm 23:1)

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.

The Lord is My Shepherd (Psalm 23:1)

SERENITY PRAYER

(The Full Version)

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 hardship 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 all things right
if I surrender to His will.
That I may be reasonably happy in this life,
And supremely happy with Him forever in the next.
Amen.

The Lord is My Shepherd (Psalm 23:1)

SERENITY PRAYER

(The Original Full Version)

GOD,

give us grace to accept with serenity
the things that cannot be changed,
Courage to change the things which should be changed,
and the Wisdom to distinguish the one from the other.

Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as a pathway to peace,
Taking, as Jesus did,
This sinful world as it is,
Not as I would have it,
Trusting that You will make all things right,
If I surrender to Your will,
So that I may be reasonably happy in this life,
And supremely happy with You forever in the next.
Amen.

The Lord is My Shepherd (Psalm 23:1)

DAILY PRAYER OF SAINT TERESA OF CALCUTTA

DEAR JESUS,

help me to spread Thy fragrance everywhere I go.

Flood my soul with Thy spirit and love.

Penetrate and possess my whole being so utterly
that all my life may only be a radiance of Thine.

Shine through me

and be so in me

that every soul I come in contact with

may feel Thy presence in my soul.

Let them look up and see no longer me

but only Jesus.

Stay with me

and then I shall begin to shine as You shine,

so to shine as to be a light to others.

Amen.

Saint Teresa of Calcutta, pray for us.