

A Home Retreat
of
Prayer and Reflection

Based on the 7 Gifts of the Holy Spirit

For the Elderly, Sick, Housebound & Home Alone.

by
Alison Riggott and Patrick Lynch

A Home Retreat

Do not lose your inward peace for anything whatsoever, even if your whole world seems upset.

Commend all to God, and then lie still and be at rest in his bosom. Whatever happens, abide steadfast in a determination to cling simply to God – trusting to his eternal Love For You (St Francis de Sales)



A Home Retreat

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A Home Retreat

Foreword.

Bishop Malcolm McMahon introduced the first issue of A Home Retreat of Prayer and Reflection as follows:

In this age of evangelization I am please to recommend this Home Retreat of Prayer and Reflection based on the seven gifts of the Holy Spirit.

This Retreat reaches out to some of the most vulnerable in our society; the elderly, sick, housebound and home alone.

By using this booklet I hope that all who feel isolated will experience a sense of participation and oneness with the wider community as you join in prayer with each other.

May this spiritual exercise give you a feeling of belonging and help you realize your vocation as valued members of the Body of Christ.

With every good wish and blessings to you all,

Rt. Rev. Malcolm McMahon, OP
Bishop of Nottingham.

May all who share in this new edition experience a similar sense of belonging and vocation.

Patrick Lynch and Alison Riggott.

A Home Retreat

Introduction

There are seasons for everything and sometimes we are restricted to our home by illness or injury or old age. This can at first appear to be an inconvenience, but if we see it as a grace, it can be a time for spiritual growth, a gift from God, an invitation to grow closer to Him and to Mary, our mother. When Jesus walked this earth, He sought out the isolated, those who felt they had no worth in society, those who needed healing in body, mind and soul. He looked at them with such pure love and said
“Come to Me”.

If you are confined to your home because of disability, illness or old age, take this opportunity to let Jesus love you and then you will hear His call to you, His purpose for your restriction. He will transform it into a Season of Grace and be able to use you in His kingdom here on earth. You may feel that you have nothing to offer society, that now you are on the receiving end of care when you would rather be giving. You may feel forgotten, or lonely or helpless. Or you may be confined to the home because you are a carer. Jesus calls you to use this time well. When you were more active you probably had less time for God.

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Sacredness Of Time

Now you may be physically weak but you can be spiritually strong. He needs you to pray, to be one of His prayer warriors. To pray for lost souls, for others who are physically strong but spiritually weak, to pray for your family and friends, and for people you have never met. You have a divine purpose in your physical weakness to be a mighty spiritual strength. Most of all He wants you to experience His unconditional love for you.



The Autumn Of Life.

As we grow older, much consideration is given to our physical need, but rather less to our spiritual needs.

This Home Retreat is an attempt to redress the balance and to see this time as an opportunity to complete our spiritual quest.

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The Four Ages Of Life

In **the first age** of our life we are dependent on others. The continuation of our life is only possible because others cared for us. In childhood and youth our characters are formed and our patterns of behaviour and our relationships with others are developed. We develop not only physically, mentally and emotionally, but also spiritually. We learn the difference between right and wrong, we become secure if we feel those caring for us truly love us, we come to appreciate aesthetic qualities like beauty and the heritage into which we have entered. We begin to

consider the meaning of life and the importance of caring and sharing. Many of these can be regarded as spiritual matters. Depending on our formation, we may already be aware of God as Creator and guide of our life.

In **the second age** we become much more independent and become aware that others will come to depend on us. We develop significant relationships outside the family, probably resulting in a lasting partnership. In this second age we have many demands on our time; career development, employment, qualifications, the provision of a home and the responsibility of bringing up a family, and personal and family interests. It is a busy time and often spiritual values are neglected but our decisions will be influenced by the priorities in our life.

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The Four Ages Of Life

Does our belief system affect our choice of employment, which schools we send our children to?

Do we see it as our responsibility to reach out to others in the community, to 'love our neighbour as ourselves?'

In **the third age** the claims which others made upon us are usually less pressing. In most cases, we will have secured our home and we will have retired from our employment. We will have more time to spend on leisure activities and with our friends. It is a time to be positive, to continue to learn and to visit new places. It is also the stage in life when we have more time to give to others; many voluntary organisations depend on the help generously given by those in the third age.

In this age however, we may start to feel less in control of our lives and increasingly unsure about the future. We may retire from our career, illness and bereavement may challenge us. At such times of vulnerability we are perhaps more open to God. We are searching for answers to the all-important question: does our life have meaning beyond this world of space and time? Can we draw together the various strands which make up our life and discover a sense of 'wholeness?' Carl Jung talked of this part of our lives as a spiritual quest.

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The Four Ages Of Life

In **the fourth age** of our life we often once again become more dependent on others. Very few people like being dependent on others, we resist it and resent it, but most have to learn to accept it to some degree. Christians can find a deeper significance in it if they identify with the suffering Christ as a prelude to resurrection victory. We may have certain physical weaknesses but it is a time when compassion and tolerance can flourish. We are also more aware of our own mortality, and need to muster our inner resources to cope with difficulties. Old age is not without it's own benefits. As St Jerome observes, with the quieting of the passions, it "increases wisdom, and brings more mature counsels"

This is the season when we can contemplate the meaning of our existence, be still before our God, reflect on the mystery of life and prepare for the greatest journey ever – to our eternal Homeland.

This Home Retreat is offered as an opportunity for spiritual reflection as we welcome the Holy Spirit into our hearts and homes.

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Come Holy Spirit



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Prayer for the Seven Gifts of the Holy Spirit.

O Lord Jesus Christ, Who, before ascending into heaven, promised to send the Holy Spirit, the Spirit of Truth to enlighten the minds and hearts of Your Apostles and Disciples, grant the same Holy Spirit to me, that He may perfect in my soul the work of Your grace and Your love.

Grant me the Spirit of Wisdom that I may act always according to the spirit of Your Commandments

The Spirit of Understanding to enlighten my mind with the light of Your divine truth.

The Spirit of Counsel that I may ever choose the surest way of pleasing God and gaining Heaven.

The Spirit of Fortitude that I may bear my cross with You, and that I may overcome with courage all the obstacles that oppose my salvation.

The Spirit of Knowledge that I may know God and know myself and grow perfect in the science of the Saints.

The Spirit of Piety that I may know and revere God as my Father.

The Spirit of Fear that I may be filled with a loving reverence and awe towards God, and may dread in any way to displease Him.

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The Gift of Wisdom.

Opening Prayer

Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of Your Wisdom and Love.

The Gift of Wisdom corresponds to the Virtue of Charity and enables us to act in accordance with the Spirit of the Commandments.

With you is Wisdom who knows Your works
Who understands what is pleasing in Your sight
And what is right according to Your Commandments
(Wisdom 9: 1-6. 9-11)

God, give us the 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.

Reflection

Love is the keystone of Wisdom.....Wisdom means always acting according to the spirit of the Commandments.

Jesus summed up the Commandments as Love and Reverence to God and Love and Respect to Neighbour for God's sake

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The Gift of Wisdom

Wisdom means understanding the consequence of our action and words before we speak.

Wisdom means having the knowledge and understanding to recognise the right course of action and having the will and courage to follow it.

Following the ways of Wisdom helps bring us in harmony with God because these ways are in accordance with his will, and they bring us in harmony with other persons because respect for others is the very basis of the Commandments.

Acting with Wisdom brings us in harmony with ourselves, giving us a sense of self – worth and inner peace.

This inner peace is achieved because we are acting in accordance with our conscience and in the knowledge we are doing God's will.

How blessed is the man who finds Wisdom and the man who gains Understanding.

For its profit is better than the profit of silver, and its gain from fine gold

She is more precious than jewels; and nothing you desire compares with her.

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The Gift of Wisdom

Long life is in her right hand; in her left hand are riches and honour.

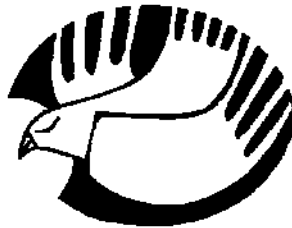
Her ways are pleasant ways, and all her paths are peace. She is a tree of life to those who take hold of her, and happy are all who hold her fast. (Proverbs 3: 13 –18)

Our growth in Wisdom is according to the growth of our love for God, reflected in growth of love for our neighbour. This is shown again in a different way by St James when he writes “If there are any wise or learned people among you, let them show it by their good lives, with Humility and Wisdom in their actions”

So great was this gift in our Blessed Lady that she has been titled “Seat of Wisdom” and in Jesus we see Wisdom lived to the full in His Life.

Reflect now on this gift and with the Psalmist pray:

“Lord, in the silence of my heart teach me Wisdom”



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The Gift of Understanding

Opening Prayer

Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of Your Understanding.

The Gift of Understanding - Spiritual Intelligence - corresponds to the Virtue of Faith and can be compared to a spiritual "x-ray" whereby the Holy Spirit helps us penetrate more deeply into the hidden meaning of things.

St. Thomas Aquinas referred to the Gift of Understanding as a supernatural light whereby we are enabled to penetrate into the heart of things.

Understanding – Spiritual Intelligence - helps us to grasp the truths of religion and helps us to live with a renewed sense of purpose.

By Faith we know these truths but by Understanding we learn to appreciate and relish them.

Understanding comes with Forgiveness ... one of the greatest gifts the Lord has given to us

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The Gift of Understanding

Reflection

In the Gospels the Jesus refers to this gift many times. In the parable of the sower, when He explained it later to His disciples he said “When anyone hears the word of the Kingdom without Understanding, the evil one comes and carries off what was sown in his heart, this is the man who received the seed at the edge of the path”. He went on to say “And the one who received the seed in rich soil is the man who hears the word and Understands it, he is one who yields a harvest and produces now a hundred fold, now sixty, now thirty.” (Matt13: 19 and 23)

We need the gift of understanding to make us aware of the evils that surround us, we must pray constantly to be filled with this great gift and we must pray for others to be filled with this great gift also.

St Paul in one of his letters writes “ ...we never failed to pray for you, and what we ask God is that through perfect Wisdom and Understanding you should reach the fullest knowledge of his will. So you will be able to lead the kind of life which the Lord expects of you, a life acceptable to him in all its aspects, showing the results in all the good actions you do and increasing your knowledge of God” (Col 1: 9 - 10)

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The Gift of Understanding

“Trust in the Lord with all your heart; and lean not on your own Understanding.

In all your ways acknowledge Him, and He will make your paths straight” (Proverbs 3:5-6)

“I shall light a candle of Understanding in your heart, which shall not be put out”(Ezra 2:14 25)

And St Thomas Aquinas states

“In this very life, when the eye of the spirit is purified by the gift of Understanding, one can in a certain way see God”

Reflect now with the psalmist (Psalm 14:2)

“From the Heavens the Lord looks down on the people of the earth

To see if any are wise if any seek God”



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The Gift of Counsel (Right Judgement)

Opening Prayer.

Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of Your Counsel and Right Judgement.

The gift of Counsel, known also as the gift of Right Judgement corresponds to the Virtue of Prudence and enables us to see and choose correctly what will help most to glorify God, our own salvation and the good of the Church.

Reflection

It is through the gift of Counsel that the Holy Spirit gives us special light and guidance.

It is like a new breath in the conscience, suggesting to it what is right, what is becoming, what is more fitting for the soul.

In some ways this gift could be defined as common sense in the spiritual life.

In everyday life we have often met people with great knowledge but little common sense, and we see how this hinders them in daily living.

Without the gift of Counsel, even if we have other great gifts, we experience the same handicap in our spiritual life.

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The Gift of Counsel (Right Judgement)

This gift guides us not only to choose the right from the wrong, but the best from the better.

This applies not only to the actual decision itself, but whether it should be carried out immediately or delayed to a more opportune time.

Failure to take account of this has ruined the best of decisions, there can be so many factors involved and the Holy Spirit should be called upon for help as he has full knowledge of all the factors.

However this precious gift is not usually given in blinding flashes of perception and light.

We have to do our part, and use our reason to the best of our ability. Indeed we must seek guidance and the relevant advice when necessary.

But through it all, if we have prayed for this great gift of Counsel, we shall be guided even in our very seeking of help. As Pope John Paul wrote:

“When we pray for help from on high, the Spirit of God responds to this plea through the gift of Counsel, by which he enriches and perfects the virtue of prudence and guides the soul from within, enlightening it about what to do, especially when it is a matter of important choices (for example, of responding to a vocation), or about a path to be followed among difficulties and obstacles.”

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The Gift of Counsel (Right Judgement)

The writer had personal experience of this when aged 17 he was testing his vocation for the religious life - the African Missions no less!

A better cause would be difficult to find but discernment through the gift of Consul showed it was not part of God's plan even though there was a crying need for vocations. Reason and logic said one thing Counsel through the Holy Spirit said another.

Reflect now on a situation in your life which is causing you anxiety

“Go back to the crossroads which put you in good stead and take the same path” and ask for the gift of Counsel and God's guidance to:

“Make me walk in your truth and teach me For you are my God my saviour” (Psalm 25:5)

You will guide me by your Counsel and so you will lead me to Glory (Psalm73: 24)



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The Gift of Fortitude (Courage)

Opening Prayer

Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of Your Spirit of Fortitude.

The Gift of Fortitude (sometimes called strength, courage, or might) corresponds to the Virtue of Fortitude and is also one of the four cardinal moral virtues which ensures firmness in difficulties and constancy in doing what is right.

Fortitude is the guard and support of the other virtues (Locke)

Reflection

This is an awesome gift. With this gift of Fortitude, it is as if Our Lord says to us with new impact;

“Truly, truly, I say to you, he who believes in me will also do the works that I do; and greater works than these will he do, because I go to the Father.

Whatever you ask in my name, I will do it, that the father may be glorified in the Son;

if you ask anything in my name, I will do it”

(John14: 12-14)

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The Gift of Fortitude (Courage)

God is calling each one of us to the heights of holiness. The call, and all the instructions for fulfilling it, He gives us in the Gospels.

Everything that we need to achieve this has been provided, even to the smallest detail, moment by moment, throughout our lives. The more trying our circumstances, the more potential there is for holiness. It is all there for us to avail of, if, in love, we freely choose to do so.

However, without the Holy Spirit's precious gift of Fortitude, we shall never persevere in our efforts.

We are surrounded by temptations, the gift of Fortitude helps us to overcome them, not with our own strength, but fortified with that of the Holy Spirit, dwelling within us, awaiting our call to Him for help. Fortitude helps us to respond to the Lord when He says

“If any man would come after me, let him deny himself and take up his cross daily and follow me.

For whoever would save his life will lose it, and whoever loses his life for my sake, will save it.” (Luke 9: 23 –24).

It is one thing to take up our cross and deny ourselves in moments of fervour for the love of the Lord, but to continue daily as Our Lord asks, on days when we do not feel like it at all, only the gift of Fortitude makes this possible. *“My Grace is sufficient for you: My strength is made perfect in weakness”*

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The Gift of Fortitude (Courage)

St Paul in his letter to the Romans, when telling of all the hardships trials and tribulations he has undergone says:
“these are the trials through which we triumph by the Power of Him who loved us”

Reflect now and pray for this gift of Fortitude to cope with any trials and tribulations you yourself are experiencing and with St Paul and the Psalmist sing out
“As for me, O Lord, I trust in your merciful love
Let my heart rejoice in your saving help” (Psalm13:6)



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The Gift of Knowledge

Opening prayer

Come Holy Spirit, fill the heart of your servant and enkindle in them the fire of Your Spirit of Knowledge.

The Gift of Knowledge corresponds to the Virtue of Faith and is the ability to speak in a way that gives true Knowledge to people especially knowledge of Scripture and knowledge of God and is the guiding light and travelling companion on our journey through life.

Reflection

It is by the power of the gift of Knowledge speaking to us through our conscience that we instinctively judge what is good and what is evil in all that concerns our salvation.

Knowledge helps us to be able to counsel one another in the Christian life, as Paul writes to the Romans

“I myself am satisfied about you, my brethren that you yourselves are full of goodness, filled with all Knowledge, able to admonish one another” (Rom 15: 14)

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The Gift of Knowledge

Peter encourages Christians to “grow in the Grace and Knowledge of our Lord and Saviour Jesus Christ”
(2 Peter 3 :18)

Paul prays that the Colossians “may be filled with the Knowledge of God’s will in all wisdom and spiritual understanding” so they may “walk worthy of the Lord, fully pleasing him, being fruitful in every good work and increasing in the Knowledge of God (Cor 1: 9-10)

Many wonder what difference there is between Knowledge and Wisdom.

The direct object of the pursuit of Wisdom is God Himself.

Knowledge on the other hand, is a guide and travelling companion on our journey through life.

The gift of Knowledge constantly comes to our aid, speaking to us through our conscience:

“You know that is wrong!”

“You know that is not true”

“You know what you should do in this situation”

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The Gift of Knowledge

Sometimes we do not want to know.

Sometimes we become so distraught, and make so much noise within, we cannot hear the gentle guiding voice calmly telling us what should be done.

The more we listen and take heed, the more our knowledge is deepened, and the less we are overcome by temptation.

Reflect now and pray for the gift of Knowledge and with the Psalmist:

“Know that the Lord is God, Our Maker to whom we belong.

We are His people, sheep of His flock”



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The Gift of Piety

Opening Prayer

Come Holy Spirit, fill the heart of your servant and enkindle in them the fire of your Spirit of Piety and Reverence.

The Gift of Piety corresponds to the Virtue of Justice enabling us to fulfil our obligations to God and neighbour and enables us to live a life of devoutness and reverence for God our Father.

It is by this gift that we show love and reverence for God as a loving Father, living with Him truly as a child of His and we respect others because they, too, are God's children, created as we all are - in His image.

Reflection

Piety is the most misunderstood of all the gifts of the Holy Spirit, we all have a picture of the “pious type” and usually it is a very unfavourable one as so many of us are upset at the idea of being branded “the pious type”.

This is very sad because many so called “pious types” have scarcely any knowledge or experience of this gift either, and it has no place in their “piety”

The Gift of Piety perfects the virtue of Justice enabling us to fulfil our obligations to God and neighbour.

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The Gift of Piety

St Paul tells us:

“Before the world was made, he chose us, chose us in Christ, to be holy and spotless, and to live through love in his presence, determining that we should become his adopted sons through Jesus Christ for his own kind purposes, to make us praise the glory of his grace, his free gift to us in the Beloved, in whom, through his blood, we gain our freedom, the forgiveness of our sins” (Ephesians 1:4 –7)

Again in his letter to the Galatians he writes:

“God sent his Son, born of a woman, born a subject of the Law, to redeem the subjects of the Law and to enable us to be adopted as sons.

The proof that you are sons is that God has sent the Spirit of his Son into our hearts: the Spirit that cries, “Abba, Father and it is this that makes you a son, you are not a slave any more; and if God has made you son, then he has made you heir.” (Galatians 4: 4-7)

It is by our living as His heirs, His sons and daughters that we experience the gift of Piety the Holy Spirit living within us. “God sent his Son, born of a woman”

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The Gift of Piety

This is the only occasion in which St Paul refers to Our Blessed Lady that Christ came to us through her, to redeem us and to enable us to be adopted.

It was on Calvary, in the great act of loving redemption on the cross that the “Son born of a woman” gave that woman to be Mother of all for whom He was making adoption possible.

Through the Holy Spirit, Mary has conceived Him and given Him for us, to enable us to be adopted, to be made sons of God.

Mary, through the Holy Spirit, helps us to realise our divine adoption, through this precious gift of the Holy Spirit – the gift of Piety

Reflect now on this gift, and pray that through this gift you will really come to know God as your Father,

“Our Father who, art in Heaven



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The Gift of Fear and Awe of the Lord

Opening Prayer

Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of Your spirit of Wonder and Awe.

The Gift of The Fear and Awe of the Lord corresponds to the Virtue of Hope it is not a servile fear, it is fear only made possible by Love.

It is a fear of the loss of the Beloved a Reverential fear which moves us to do God's will and avoid sin because of love for God.

Reflection

In listing the seven gifts of the Holy Spirit, that of the Fear of the Lord is usually placed last.

This serves a very useful purpose, for we cannot receive this gift fully unless we have the other six.

The fear considered here is not a servile fear. It is a fear that only love can make possible.

Fear of the Lord consists wholly of Love, a Fear that can be learned – as scripture says - “come my children, listen to me, I shall teach you the Fear of the Lord” and we learn by Obedience to the Commandments, Holiness of life and Knowledge of the truth.

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The Gift of Fear and Awe of the Lord

Fear is the fear of loosing of the Beloved through any thought, word or action of our own.

Our reception of God's gifts draws us closer to Him; and the closer we draw to Him in love, the greater our fear of losing Him or offending Him, of separation from Him in any form.

Thus, the greater our love, the greater our Reverence and Fear of offending so loving a God and Father, aware as we are of our weakness and frailty.

The Psalmist though, comforts us with:

“As tenderly as a father treats his children,so the Lord treats those who Fear him; he knows what we are made of he remembers we are dust. (Ps 103: 13-14)

Again in the Book of Proverbs we are told:

“By kindness and loyalty, atonement is made for sin; with the Fear of the Lord goes avoidance of evil.
(Prov 16:6)

And Psalm (112: 1)

Happy are those who Fear the Lord,
Who take delight in all God's commands.

It can be seen how deeply this gift will affect our daily living for and in God.

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The Gift of Fear and Awe of the Lord

As the Psalmist says:
How great is the goodness, Lord
That you keep for those who Fear you
That you show to those who trust you
In the sight of all. (Ps 31: 20)

The more we reflect on all that this gift of the Holy Spirit entails, the more beautifully we shall see how it is portrayed in Mary.

Mary proclaimed the greatness of the Lord in her life as well as in her Magnificat; but in praising she tells us:

“Holy is his name, and his mercy reaches from age to age for those who Fear Him”

Reflect now on this gift as with Mary we lift up our hearts in Wonder and Awe and sing – Holy Holy Holy Lord ... and reflect on the wonderful promises He has made to us.



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Healing Prayers

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Healing Prayers

Snowdrops

On a dry February morning, a few degrees above freezing and too overcast to feel the sun, I went out to clear the leaves and there I found a clump of SNOWDROPS....

Why does a clump of snowdrops fill me with such ...what? Hope, Peace, Anticipation, Perseverance.

The fragile bell-shaped flowers, white as snow. How can they grow and flower in Winter? What beckons them from the earth? Is it to give us a sign that life continues when all seems dead, that resurrection always follows crucifixion. They have their purpose and keep us going when our bodies have had enough of winter. We know that spring is just around the corner.

If you're in a situation when you've had enough and feel you just can't carry on then think of snowdrops and receive Hope. If you have reached the end of your tether, then spend a moment alone, tell God how you feel then Be Still, just Be and let God love you.

He will give you whatever it takes, in whatever form, to keep going. A shoot of hope will appear, a leaf of perseverance, a bud of energy will renew you and you will know your spring is just around the corner.



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Healing Prayers

A Prayer for Courage

Father, I pray for courage as I begin this day.
Grant me the courage to be silent that I may hear Your voice; to persevere, that I may share Your victory; and to remember, lest I forget, the way by which You have led me.

And when this day is done, O Lord, may I have the courage to see Your guiding hand in the friendships that have been made, in the hurts that have been healed, and in the strength that has been given.

Amen.

I am still confident of this; I will see the goodness of the Lord in the land of the living.

Wait for the Lord: be strong and take heart and wait for the Lord (Psalm 27 : 13, 14)

If I should walk in the valley of darkness
No evil should I fear.
You are there with your crook and your staff
With these you give me comfort
Surely goodness and kindness shall follow me
all the days of my life.
In the lords own house shall I dwell
For ever and ever. (Psalm 23: 5.6.)

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Healing Prayers

A Prayer in Loneliness

Lord, I turn to You as my source of strength when I feel so alone. I think of Christ and know that the loneliness He felt in Gethsemane and on the cross must have been far greater than I feel now. Still, I find my feelings difficult to bear. Help me to overcome my isolation and to reach out to others once again. In Christ's name, Amen.

God comforts us in all our sorrows (2 Cor 1: 4)

Hear my prayer, O Lord,
let my cry for help come to you.
Do not hide your face from me
when I am in distress
Turn your ear to me;
when I call, answer me quickly
(Psalm 102: 1, 2.)

Praise be to the God and Father of our Lord Jesus Christ, the Father of Compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

(2 Corinthians 1:3-4)

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Healing Prayers

A Prayer to Sleep

O God, as I lie here seeking a night of restful sleep, give me the peace of mind and the ability to relax.

Fulfil my needs for mental and physical restoration so I may wake up ready for another beautiful day which I hope You will allow me to live to enjoy with praise and thanks to You and our Lord Jesus.

Amen.

I will lie down in peace and sleep in peace, for you alone,
O Lord, make me dwell in safety.

(Psalm 4: 8)

Come to me all you who are weary and burdened, and I will give you rest.

(Matt 11: 28)

And the God of all grace, who called you to his eternal glory in Christ, after you have suffered for a little while, will Himself restore you and make you strong, firm and steadfast.

To Him be the power for ever and ever. Amen

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Healing Prayers

Prayer on Finding God (St Augustine)

Late have I loved you
Beauty so old and so new;
Late have I loved you.
And see,
You were within me
and I was in the external world
and sought you there,
And in my unlovely state
I plunged into those lovely
Created things that you made.
You were with me,
And I was not with you.

The lovely things kept me from you
Though if they did not have
Their existence in you,
They would have no existence at all.
You called and cried out loud to me
And shattered my deafness.
I tasted you,
And now I feel nothing but hunger
and thirst for you.
You touched me,
And I am set on fire
To attain the peace which is yours Amen

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Healing Prayers

Padre Pio recited these every day for all who came to him for prayer and healing:

1. O my Jesus, you have said: "Truly I say to you ask and it will be given you, seek and you will find, knock and it will be opened to you." Behold I knock, I seek and ask for the grace of _____

Our Father ... Hail Mary ... Glory be to the Father ...
Sacred Heart of Jesus, I place all my trust in you.

2. O my Jesus, you have said: "Truly I say to you, if you ask my Father anything in my name, He will give it to you." Behold, in your name, I ask the Father for the grace of _____

Our Father ... Hail Mary ... Glory be ...
Sacred Heart of Jesus, I place all my trust in you.

3. O my Jesus, you have said: "Truly I say to you, heaven and earth will pass away but my words will not pass away." Encouraged by your infallible words I now ask for the grace of _____

Our Father ... Hail Mary ... Glory be ...
Sacred Heart of Jesus, I place all my trust in you.

4. O Sacred Heart of Jesus, for whom it is impossible not to have compassion on the afflicted, have pity on us and grant us the grace which we ask of you, through the Immaculate Heart of Mary, your tender Mother and ours.

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Forgiveness

If we accept that death is part of life
And that we die a little every day
Then we will not postpone
The showing of affection
The kindly deed
The loving word
But we will do it now
Because the time now
If we forgive as we
Would be forgiven
And do it now
Before it is too late
We will have no regrets
When loved ones, friends or others die
And go their silent way
We will not fret
Or have that nagging doubt about
What might have been If only!
What might have been
What could have been
What should have been
Too late!
The time is now to do what we would do
If we but knew
Today was the last day the listening ear could hear
The words we meant to say
THE TIME IS NOW!

Patrick Lynch & Alison Riggott

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Divine Mercy



Jesus I Trust In You

Each person is precious in God's eyes.
Jesus gave His Life for each one.
This consoling message is addressed
above all to those who have lost confidence in life
and are tempted to give in to despair.
To them the gentle face of Jesus is offered;

*Those rays from His Heart
Touch them and
Shine upon them.
Warm them,
Show them the way and
Fill them with HOPE*

How many souls have been consoled by the prayer
"Jesus I Trust in You"
(Pope John Paul)

You who say in silence –

"Jesus I Trust In You"

teach us there is no Faith More Profound, no Hope More
Alive, no Love More Ardent than the Faith, Hope and
Love of people who in the midst of suffering place
themselves securely in God's Hands.

(Pope Benedict)

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Come Holy Spirit

Holy Spirit sweep through my mind removing all Anxiety, Fear, Despair, and Hopelessness and fill me with all the Hope, Strength, Trust, Courage and Perseverance I need at this time and in the times to come.

Holy Spirit sweep through my body. Heal me, Free me from All Pain and Fill me with renewed Health and Strength and Energy.

Holy Spirit sweep through my Soul, Refresh it and Purify it and Fill it with God's Love and Peace.



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Closing Prayer

Lord support us all the day long
'til shadows lengthen and evening falls
and the busy day is hushed
and the fever of life is over
and our work is done.
Then in Your mercy
may You give us a safe lodging,
holy rest and peace at last.
Amen.

Blessed John Henry (Cardinal) Newman

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