



# Prayer Book

*Be still and know that I am God.*

Psalm 46:10

## *Forward*



*Welcome to the Damascus College Prayer Book.*

*What has been your experience of prayer?*

*We pray for many different reasons – so often we pray only when we want something. We pray when we are facing exams, when we want something to go “our way”, and think that if we can talk to God and get God on “our side” all will be well.*

*We pray for others – when we or others are ill or have lost a loved one – for comfort and support for them.*

*But prayer is so much more than this. Prayer is our relationship with God and like any good relationship it has to be given time and worked at. It might take the form of standing in a beautiful environment and being grateful for the gift of that beauty around us. What a wonderful opportunity we have at our beautiful College to appreciate our environment! Take some time to do so.*

*Prayer is in the gratitude that we have for all that we have been given. It is appreciation of the gift of the people that we love. Often prayer can be expressed in the silence of bringing these things to mind, embracing them and recognising the hand of God in giving them to us.*

*It is a time and a practice that can assist us in seeing the way forward when things are unclear.*

*It is important that we work at developing this relationship with God. Sometimes it can be developed in the silence but sometimes we need words to help us.*

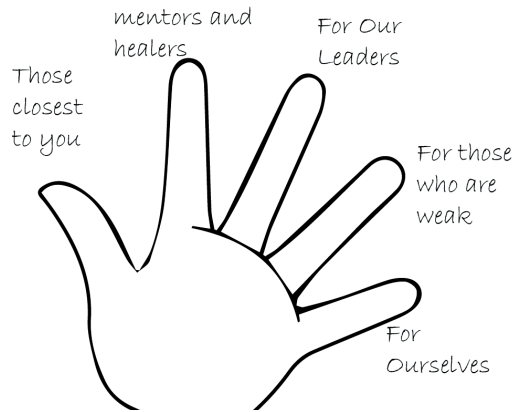
*This prayer book is designed to help you in the times when you feel you need words to focus your thoughts. Use it on your own, use it with others – browse through to find something that suits you at the time – but use it as a gift to help you to develop your relationship with God – a relationship which hopefully will sustain you for life.*

*Sr Marie Davey RSM*

## Five Finger Prayer of Pope Francis

Using the fingers on your hand, start with the thumb and pray these intentions in this order:

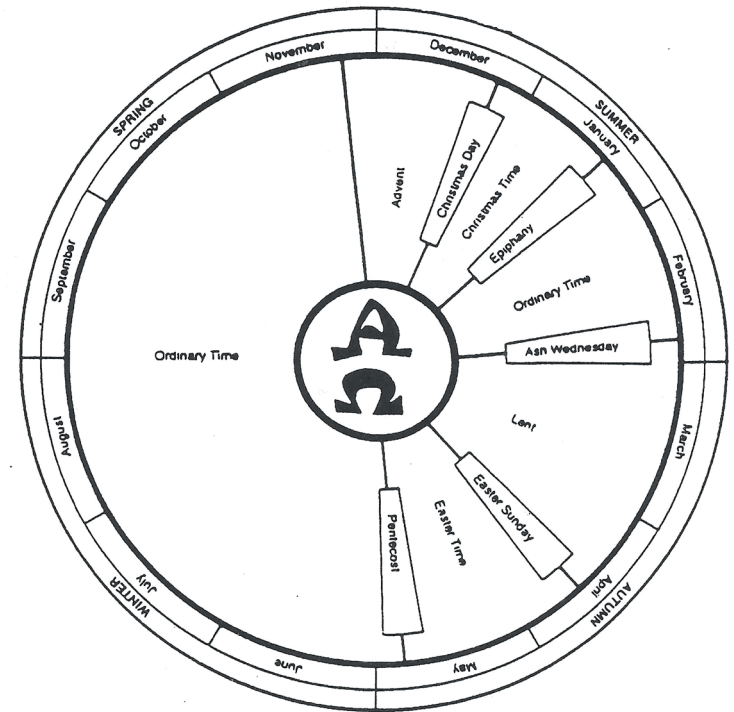
1. The thumb is closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember.
2. The next finger is the index or pointer. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.
3. The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. They need God's guidance.
4. The fourth finger is the ring finger. Even though it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems and social injustice. They need your prayers.
5. And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective, and also you will be able to pray for your own needs in a better way.



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## The Church Year



In the Roman Catholic tradition all time is sacred and each year is a journey of faith and prayer. We are invited to stop, to reflect, to celebrate the life of God that calls us into a hopeful future.

## ***Special Days of the Year***

### **Nativity**

Sometimes we mistakenly think that Christmas occurs on the 25th of December, when actually that is just the day we've chosen to celebrate all the Christmas in our lives.

Christmas is a miracle that happens whenever love and hope and wonder are brought into the world. It can happen over a can of coke with a friend, doing the weekly shopping, or at a picnic. It can happen noisily, when everyone has something to say at once, or quietly in the hush of a prayer.

Christmas happens in all the little things when people are real and available to each other. That's when love is born and God-is-with-us.

If you think about it, love coming into the world is what Christmas is all about.

*From Celebrate, October 1983.*

### **Mother's Day**

God, we thank you for one of your special gifts to us, our mother,  
Thank you for the love she shares with us in so many ways.  
Help us to love her,  
And keep her close to you always.  
We ask this in Jesus name. Amen.



### **Ash Wednesday**

All loving God,  
lead me back to you during this season of Lent, so that I may live a new life in Christ.  
Help me to find your light: in prayer, in fasting and in giving to your needy. Amen.

### **Holy Week**

Jesus, many whom you healed and consoled would betray you.  
Make us grateful for the gift of your life and death, and keep us faithful to you. Amen.

### **Easter**

Jesus, you appeared to your apostles after the resurrection and filled their hearts with joy when you said to them, "Peace be with you!"  
Come also into the midst of the Damascus College community.  
Bring us the peace of your presence,  
and may your joy overflow in our hearts. Amen.

### **Advent**

Leader: As we await the coming of God, let us make our hearts ready.  
All: Come, Jesus, come.  
Leader: May the light of God shine on us and give us peace now and always.  
All: Amen.

### **Feast of St. Martin De Porres**

Giver of life,  
Like St. Martin de Porres of Peru, open our eyes so that we may see the needs of others and respond with generous hearts. Amen.

### Litany of the Saints

Blessed Mary MacKillop	Pray for us.
Blessed Edmund Rice	Pray for us.
Venerable Catherine McAuley	Pray for us.
St. Paul	Pray for us.
All Holy Women and Men	Pray for us.
(Name own Saints)	Pray for us.

### All Souls

God of all Compassion,  
 Raise up all who have died, particularly those we have loved (pause  
 ..... quiet naming). Grant that we may share eternal glory with them.  
 Amen.

### Venerable Catherine McAuley

God, the poor and the needy are with us always. Grant that like  
 Catherine McAuley of Dublin we may be ready to reach out and  
 show our ability to care for others. Amen.

### Blessed Edmund Rice

God of Compassion,  
 Edmund Rice was fully alive to your presence. We know that he  
 opened his whole heart to the poor and underprivileged boys of  
 Ireland. May we, too, bring our gifts into the service of others.

### Feast of the Sacred Heart

Christ, our Companion,  
 Your heart is nothing but love and you give it to us as your generous  
 gift. Mark us with your love, and release in us a passion for justice  
 in our disfigured world. Amen.

### Saint Mary of the Cross MacKillop

God, source of all goodness, in Mary MacKillop you show us a  
 woman of faith. Teach us to embrace ways of living the gospel that  
 respect the human dignity of all in our land.  
 We ask this through Jesus Christ. Amen.

### ANZAC Day/Remembrance Day

God, our Security,  
 Thank you for the gifts of freedom and peace. We remember the  
 men and women who gave their lives so that we could share in  
 these gifts. Give them the light of your eternal peace. Amen.

### Another Day

God,  
 These days seem so long and empty.  
 Same friends, Same games.  
 Same school work.  
 I thought the day looked empty,  
 but now I'm remembering a huge gift you gave me -  
 I'm alive! Thanks God.

### Pentecost

Jesus said the Spirit would:  
 open our eyes to the truth,  
 guide us in times of uncertainty,  
 befriend us when we are lonely.  
 Help us each day to rely upon the Spirit. Amen.

## Father's Day

Blessed are You, God, Creator of all life,  
who has given us the gift of our father.

Today, we honour him,  
and we thank You for the numerous good things that are ours  
because of him.

Bless him with your strength and holy power,  
Bless him with happiness and good health,  
Bless him with peace and good fortune.

This blessing we pray, in the name of the Father, and of the Son, and  
of the Holy Spirit. Amen.

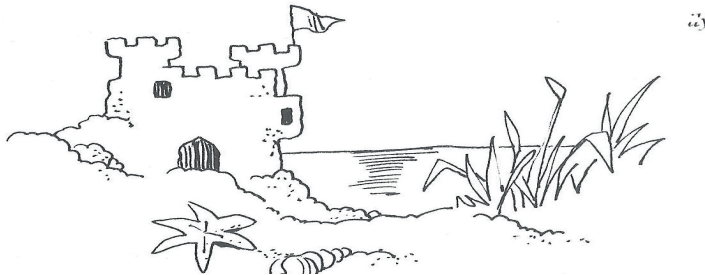
## Holidays

God,  
Your presence refreshes us like the swooping wind, that clears all  
the leaves and dust.

Your love, like a gentle breeze, gets rid of the bad feelings we have  
and makes us calm.

Your love is like a storm that unleashes power and unpredictable  
winds.

God, we ask you to help people through the holidays.  
Keep your love surrounding us to keep us safe.



## Justice

### God of Hope

Jesus taught us:

"I was hungry and you gave me food.

I was thirsty and you gave me drink.

I was a stranger and you made me welcome.

I was naked and you clothed me.

I was sick and you visited me.

I was in prison and you came to see me."

You call us to forget ourselves and to be givers, welcomers and  
visitors of the sick and imprisoned.

Help us to be generous. Amen.

### God of Compassion

The season of Lent is an opportunity to build a better world for our  
suffering brothers and sisters.

We know that there are millions of people who wake up hungry and  
homeless every day.

You call us to forget ourselves and to work for a more just world.

Help us to be generous in prayer and good works. Amen.

### God, Our Provider

When we pray the words of Jesus prayer, "Give us this day our daily  
bread",

we pray not just for ourselves and our own needs,  
but also for the needs of our neighbours throughout the world who  
lack the things they need for life - food, water, shelter, clothing and  
dignity.

May we feel your call to give of our daily bread.

We ask this in the name of Jesus, our teacher of justice. Amen.

### **God of the Powerless**

Sometimes we become frustrated with the magnitude of the problems which face our world.

We feel powerless to change things.

Sometimes we place the blame for human disaster and injustice on you.

Help us to see that even our smallest action can make changes and bring a more just world into being.

Give us the courage to confront injustice as we become aware of its devastation in our surroundings.

We ask this in the name of Jesus, our teacher of justice. Amen.

### **God of Our World**

May the journalists who write the news broadcasts have respect for human dignity and for professionalism that rises above human greed.

The headlines report violence, murder, death, suffering, addiction, loneliness, exploitation, sickness and loss.

May we work to promote news that is good, to create news that reconciles, news that brings justice, news of peace. Amen.

### **God of the Lost**

We all need love and companionship.

God of the Lost, help us to recognise those in need of direction.

Help us to care for the feelings of those not accepted and those with troubles at school or at home.

We pray that those on the edges of society are understood and given strength and we pray that the homeless find hope and guidance. Amen.

### **For Equal Share**

God of compassion,

So many of your children, our sisters and brothers, have too little even for life and cannot dream of plenty or luxury. By their standards we have so much, yet we are always being told to want more and to be wasteful. As we pray for the hungry, the poor, the many millions who have nothing to call their own, help us to see that we must commit ourselves to fair shares within your family, and be held accountable for what we take.

### **God of those who Hunger**

When we are hungry,

we feel bad tempered and cross.

We find something to eat as soon as we can.

God of those who hunger,

We forget that there are parts of the world where people are always hungry.

Even in our local community there are those who cannot find enough to eat.

Help us to remember

that for some the hunger pains never go away. Amen.

### **War**

God, our creator,

we ask you to pour your love and compassion on people suffering through war in different parts of the world.

Strengthen them in their ordeal.

Give them patience and endurance

and offer them fresh hope

for a future that will bring an end

to violence, imprisonment and suffering. Amen.



### For Timor-Leste

We pray for our sister school, Santa Maria in Ainaro in Timor Leste. May our relationship grow your mercy and justice on both sides of the Timor Sea. We pray especially for the current Immersion Team that their journey may lead to ongoing reflection and support for our friends in Ainaro.



## *Healing: Sorrow and Forgiveness*

### Peter

Jesus, you knew that Peter would deny you three times, yet you forgave him.

Help us to be forgiving of all who have hurt and harmed us.  
Amen.

### Prayer for Forgiveness

Leader: At times we all find it more convenient  
to take the easy way out,  
to give in to peer pressure,  
to go back on our word.  
Think of a time when you have failed to do  
what was right. (pause)  
What led you to make that choice? (pause)  
We pray together...

All: God, we ask your forgiveness for taking the easy way.  
Give us the courage to be true to you. Amen.

### Prayer for someone I could have helped and didn't

God,  
Someone needed me, but I passed right by.  
I pretended not to see because I was enjoying what I was doing  
and didn't want to stop.  
I'm sorry I didn't help.  
Please give that person the love I didn't share.

### **Prayer for Honesty**

Spirit of Truth,  
 I want to be honest  
 at home with my parents,  
 at school with my friends and teachers.  
 I wish to be able to share, not to lie or be greedy.  
 Forgive me for the times I have been dishonest or told lies.  
 It is always best if I can face the truth, be honest and own up, even  
 though it hurts my pride and makes me embarrassed.  
 I ask this in Jesus' name.  
 Amen.

### **Prayer for the Sick**

God help all sick people,  
 especially those who have no one  
 to pray for them or take care of them.  
 Thank you for hearing our prayer  
 In the name of Jesus.  
 Amen.

### **Prayer for Mercy**

Forgive me, O God, for all the times when I was a trouble and a  
 nuisance to people. Forgive me:  
 For times when I was careless and forgetful;  
 For times when I was unobliging and unhelpful;  
 For times when I was far slower to learn than I need have been;  
 For times when I was late and kept people waiting;  
 For times when I argued when I should have kept quiet;  
 For times when I made things unpleasant when I did not get my own  
 way.  
 Help me, from now on, to make things easier for the people with  
 whom I live and work. Amen.

### **Prayer From Self-Centredness**

Merciful God, forgive my selfishness and self-centredness.  
 Help me to think more of others and less of myself,  
 To work and pray for others so that I may have less and that they  
 might have more. We pray this in Jesus' name. Amen.

### **Prayer for Families Hurting**

God of Love,  
 We pray for those who suffer because of an unhappy relationships.  
 We pray for adults who are going through the traumas of separation  
 and divorce;  
 for children who are being torn in different directions and wonder if  
 they are still being loved;  
 for other family members who may be shattered and distressed.  
 Help them to continue to love and support without attaching blame.  
 (Quiet moment)  
 God, we ask that you might heal all wounds and be a source of  
 comfort and encouragement to families in conflict. Amen.

### **Prayer for Reconciliation**

I feel bad about the quarrel with my parents.  
 We all got angry and said things that hurt.  
 We didn't mean to.  
 They want what is good for me,  
 But I need to be heard,  
 To be trusted as a person in my own right.  
 I know that just now I feel resentful,  
 A bit hateful,  
 But I also thank you for them and everything they mean to me.  
 Maybe this bad time will lead to a reconciliation,  
 and deepen the love between us.  
 God, change my bitterness into understanding. Amen.

## ***Celebration***

### **Talents**

Loving God, you have created us with different talents and you have placed people in our world who need the specific gift that each of us can offer. Help us to think about our future life as a way to answer your call to develop and use our gifts for the good of the community. Grant us the courage and wisdom to respond generously to your call. We pray with faith in your love for us. Amen.

### **Life by Mother Teresa**

Life is an opportunity: benefit from it  
 Life is a beauty: admire it  
 Life is bliss: taste it  
 Life is a dream: realise it  
 Life is a challenge: meet it  
 Life is a duty: complete it  
 Life is a game: play it  
 Life is costly: care for it  
 Life is wealth: keep it  
 Life is love: enjoy it  
 Life is mystery: know it  
 Life is a promise: fulfil it  
 Life is sorrow: overcome it  
 Life is a song: sing it  
 Life is a struggle: accept it  
 Life is a tragedy: confront it  
 Life is an adventure: dare it  
 Life is luck: make it  
 Life is too precious: do not destroy it  
 Life is life: fight for it.

### **Gifts**

We all have gifts, qualities and talents - a great smile, an ability to make people feel at home, a particular skill at maths, a musical talent or a natural ability in sports. We might even have earning power in a part-time job, or a circle of friends whose company we enjoy. Whatever our gifts, our mission is about being generous enough to spend those riches on others. God, help me to share.

### **Relationships**

God of Love,

As I grow through my teenage years, help me to form a special relationship with you that I will be able to build on. Teach me to respect myself, as well as others, to treat them in a way I would like to be treated. Most of all, help me to develop your gift of love so that it may affect others in a special way - just like the way your love for me has had a great impact in my life. Amen.

### **Our Country**

We celebrate  
 living in this country  
 where we are free  
 to be the best  
 we can be.

Thank you God,  
 for all your blessings  
 on this country.

(Mention special people, places, and events for which you want to thank God especially this year.)

Please teach us  
 how to use our freedom  
 to make all your people happy. Amen.

## Family

God of Love,  
 The word "family" means a lot to me, but I think the most important thing it brings to mind is love.  
 But love isn't the only thing a family needs.  
 It also needs respect, hope, communication and forgiveness.  
 God help me to give the members of my family what they give me, and more. Amen.

## Believing

God, I've noticed that the more I believe in you,  
 the better I become at believing in myself.  
 Give me the confidence so that I might become the best I can be to myself and to others.  
 We ask this in Jesus' name. Amen.

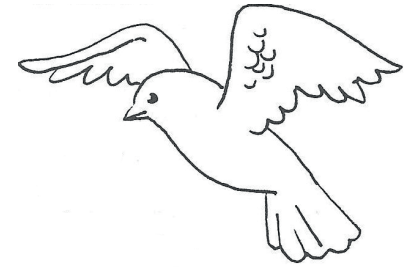
## God of Giving

Thank you for giving us freedom  
 Thank you for giving us family  
 Thank you for giving us love  
 Thank you for giving us forgiveness  
 Thank you for giving us food  
 Thank you for giving us friends  
 Thank you for giving us the opportunity to be equal  
 Thank you for giving us life  
 Thank you for Giving. Amen.

## Peace

### Together

Loving God,  
 Together we seek the way,  
 helping, watching, learning, leading,  
 each step forging new links,  
 each dialogue opening further  
 the channels of peace and  
 understanding.  
 We pray in Jesus' name. Amen.



### Quiet Time

It's hard to find some quiet time,  
 to find a little silence.  
 Jesus, in your busy life  
 you occasionally went apart  
 from the crowd, to a quiet,  
 silent place, like a mountain, or a lakeside.  
 There you would talk quietly with God  
 about life and things that were most important.  
 This was also a change for you -  
 to stop and be silent.  
 Our lives are often full of noise,  
 work activities - we rarely stop.  
 May we be able occasionally to find  
 some quiet time on our own - the lake,  
 a park, a church - just to be with you,  
 to pray about important things. (Pause)  
 Amen.

## Encouragement

God,  
 How quickly we would spread peace if we took the time to always be encouraging.  
 Encouragement builds up as surely as negative words knock dishearten. We are all in this together.  
 Open our eyes to see what is good and growing and life-giving in ourselves and in others.  
 God, encourage us in this special way of loving. Amen.

## Our Peace with God

God of Peace, teach us how to pray.  
 Our peace-making won't be authentic unless it begins and ends in you.  
 There's a busy part of us that urges us to be always out doing something.  
 But you've told us that being quiet with you is essential too.  
 Help us not to be afraid of what we might learn if we are still. Amen.

## Care of Creation

God, creator of all living and non-living beings, you have made us a part of this universe with the great responsibility to learn about it, to love it and to use it wisely. May we learn to be true-caretakers of your creation. We make this prayer through Christ. Amen.

## Seeds of Peace

God, give us light to reach down deep into our own lives to find where you have planted your seeds of peace.  
 Give us courage to nurture that peace and to allow it to grow.  
 Teach us to be aware of the seeds we must plant in the lives of others. Amen.

## Thanks

### Thanks for Possibilities Unlimited

I can count the seeds in an apple.  
 But, God - you alone can count the apples in one seed!  
 Some things are impossible, God!  
 It's not impossible for me to see the immeasurable, unlimited possibilities in one fertile idea. Praise be to God. Amen

*Robert H. Schuller*

### Thanks for the Gift of a New Day

God, our Creator,  
 Your kindness has brought us the gift of a new day.  
 Help us to leave yesterday  
 And not to take hold of tomorrow  
 But to accept the uniqueness of today.  
 God, we give you thanks for  
 the blessings of each day.  
 Amen.

### Thanks for Being Christian

God, may we be faithful to our Christian way of life so that we will be a sign of hope, of harmony and of courage in this mixed up world.  
 Amen.

### Thanks for Your Blessings

God, we give thanks for the blessings of life. May we find ways to live simply, so that others may simply live with dignity and respect.  
 Amen.

### Thanks for Learning

God, we thank you for the gifts of learning and intelligence and ask that you will always help us use these gifts well. Amen.

### Thanks for Faith

God, give us a lively faith in you that will be stronger than any doubts we have, a hope that will take us through any hard times of life, and a love that is sincere. We ask this through Christ. Amen.

### Thanks for Our Abilities

God, thank you for giving each one of us different abilities, roles and opportunities in this life. Help us to be thankful for the gifts you have given us, and may we use them creatively, not for our own ends, but humbly and gladly for your service in this world.

### Thanks for Life

Creator God,  
 Thank you for the life which you have given me.  
 Thank you for  
 My body to act;  
 My mind to think;  
 My memory to remember;  
 My heart to love.  
 Thank you for giving me  
 So many things to enjoy;  
 So many things to learn;  
 So many things to do;  
 So many people to love.  
 Help me to always add something to  
 world's joy:  
 Through Jesus Christ. Amen.



## Struggle and Fear - Yet Hope

### For Difficulties in Life

God, you know our difficulties and our needs. With your love we can overcome all things; strengthen our confidence and our faith and let us know your loving care. Through Christ our Lord. Amen.

*Pope Paul VI*

### For the Lost

God bless the lost, the confused, the unsure, the bewildered, the puzzled, the mystified, the baffled and the perplexed. Help me to encourage others in their uncertainties. We pray this in Christ's name. Amen.

*Michael Leunig*

### For Hope

I look ahead in life,  
 I wonder about how safe it will be to live and bring up a family.  
 I fear about the threat of nuclear war  
 and I wonder about those people in parts of the world where there is  
 little or no food and medical treatment.  
 Give us some sense of hope - your hope, my God.

### For Courage

We know that in our life we can be scared to face certain difficulties.  
 Jesus, help us to have courage to meet these problems.  
 We also need special strength to know and to do what is right and  
 to do our best;  
 Sometimes it is better not to say or do anything, but simply to pray  
 quietly.  
 Help me to recognise those times. Amen.

### For Confidence

Why does everybody seem better than I am?  
 Why do I do so many wrong things?  
 God, we are told that you gave gifts and abilities  
 to everyone, that we are all good at something.  
 Help me to know what I am good at; remind me  
 that I don't have to compare myself to others.  
 Let me feel good about being me.  
 God, thank you for your presence among us. Amen.

### For Determination

Leader: So often people who have serious  
 disabilities display great courage by  
 participating in sport. These people set us a great  
 example of determination. Let us pray,

All: We invite you, Spirit of Truth, into our being. Be with us  
 in our moments of challenge. Come Spirit of Life, give  
 us courage. Amen.

### What a Friend!

Jesus, you have never failed to be my one, essential, intimate friend.  
 When I was  
 Lonely in striving - you encouraged me  
 Lonely in struggling - you lifted me  
 Lonely in serving - you supported me  
 Lonely in suffering - you comforted me  
 Lonely in sinning - you forgave me  
 Lonely in sinking - you renewed me  
 Lonely in succeeding - you rejoiced with me.  
 What a friend I have in Jesus.

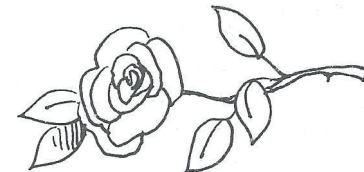
*Robert H. Schuller*



### When It looks like I have Failed

God, are you trying to tell me something?  
 For -  
 Failure doesn't mean I'm a failure.  
 It does mean I haven't yet succeeded.  
 Failure doesn't mean I have accomplished nothing.  
 It does mean I have learned something.  
 Failure doesn't mean I have been a fool.  
 It does mean I had enough faith to experiment.  
 Failure doesn't mean I've been disgraced.  
 It does mean I dared to try.  
 Failure doesn't mean I don't have what it takes.  
 It does mean I have to do something in a different way.  
 Failure doesn't mean I am inferior.  
 It does mean I am not perfect.  
 Failure doesn't mean I've wasted my life.  
 It does mean I have an reason to start over again.  
 Failure doesn't mean I should give up.  
 It does mean I must try harder.  
 Failure doesn't mean I'll never make it.  
 It does mean I need more patience.  
 Failure doesn't mean you have abandoned me.  
 It does mean you must have a better idea!  
 Amen.

*Robert H. Schuller*



## Desires

I have so many conflicting desires,  
Or that's how it seems.  
One moment I'm all for good,  
Then I turn nasty and selfish.  
At other times I really want to help another,  
And I'm loving and tolerant.  
Then again I'm filled with prejudice and I want to throw my weight  
around.  
Help me to know that my true desire brings me peace.

## Jesus like Me

Jesus, when you were young and growing up  
you experienced the same things as we do -  
Good times and hard times  
conflicts and agreements  
sadness and happiness.  
You had hassles with your parents,  
friends, relatives and teachers.  
We sometimes forget  
that you were just like us.  
Help us to remember this  
and learn from you. Amen.



## School Days

### Beginning the Year

God, thank you for surrounding me with your love and care during  
my holiday.  
Help me to look forward to what will be a good year at school.  
New people may become new friends.  
New subjects may help me to understand more about your world,  
about your people and about myself.  
New teachers may be able to stir up new interest in work within me.  
Another year is a step forward in life and sometimes a bit scary,  
however old I am. Perhaps the teachers and other students are as  
nervous as I am.  
God of wisdom, bless us all. Amen

### I Am Waiting

Thank you, God, for your messages that come from the deepest,  
unexplored, unfathomable seas of silence.  
Through beautiful, positive thoughts you come into my mind.  
O God, it is going to be a great day!  
I am waiting. I am ready.  
I am listening. I will move.  
Amen

*Robert H. Schuller*

### Learning

God of all learning,  
help me to seek truth through the opportunities that will open around  
me, so that I come closer to you and to the people I meet. May I  
enjoy the challenges, seeking the questions that will extend my mind  
and to guide my actions in your way. Amen.



## New Term

Creator God, you are the source of life and goodness.  
 You, who delight in new beginnings, begin new things within us  
 as we gather together for another term.  
 Expand our minds and touch our hearts  
 so that we may become more aware  
 of your love and your presence  
 in every aspect of our lives.  
 We make our prayer in Jesus' name. Amen.

## Labels

I look at the people who are labelled as -  
 too fat, too tall, too awkward, or too homely.  
 I don't really want to be friends with them.  
 I'd like to avoid them if I could  
 The way others do.  
 Yet I know you don't want me acting that way, Jesus.  
 For you treated the rich and the poor, the popular and the unpopular  
 just the same.  
 Help me so that I no longer label others.  
 Help me love everyone the way you love all of us. Amen.

## Sports

God, we live in a world where sports, competition, and winning are  
 emphasised daily.  
 Help us in developing a healthy sense of fair play and justice in our  
 school.  
 Help us to develop our best skills without thinking of others as losers.  
 Amen.

## School

I thank you for my time at school.  
 Please help me to be able to apply myself to the best of my ability  
 and to co-operate with teachers and other students.  
*Helen Maher*

## Sports Day

God, we look to you for help in developing a happy, bonding spirit  
 among us today.  
 Let us promote fairness in our competitions and encourage others to  
 develop their sporting ability.  
 Whatever our role may be, let us realise that to become a better  
 sport is to become a better person. Amen.

## I Have Exams Today

I have exams today, God, and I am panicking.  
 I feel I can't remember a thing. I've tried to work. I could have done  
 more.  
 Help me to remember what I've learned and to read the questions  
 properly.  
 Calm me down God, and stop me shaking.

## The Gift of our Friends

God, thank you for giving us another day to spend with our friends.  
 Today, let us be mindful of what we say to our friends. Sometimes  
 while joking with them we say things that we think are funny, but that  
 hurt or offend. Help us to use our words to express friendship and  
 love instead of sarcasm.  
 Let us go in peace together. Amen.

## An Open Mind

God, give me an open mind,  
 ready to receive the truth and ready to act upon it.  
 Show me that others have the right to their own opinions, and help  
 me to see their points of view.  
 Make me ready to say sometimes I might be wrong.  
 Open my mind and heart to the truth.  
 We ask this through Jesus Christ. Amen.

## A Better Person

O God, give me all the simple, basic things which will make me able  
 to be a useful person in this world.  
 Help me to be honest, so that people will be able to depend on my  
 word;  
 Conscientious, so that nothing that I do may ever be less than my  
 best;  
 Punctual, so that I may not waste the time of others by keeping them  
 waiting for me;  
 Reliable, so that I may never let people down when I promise to do  
 something;  
 Responsible, so that I may always think of how my action will affect  
 not only myself but others also. Amen.

## Friend

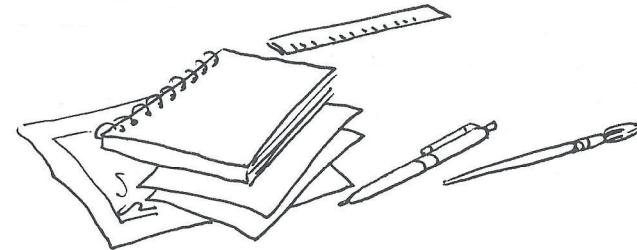
Help me, O God, to be a good and true friend,  
 To be always loyal, and never let my friends down;  
 Never talk about them behind their backs in a way which I would not  
 do before their faces;  
 Never to betray a confidence or talk about the things about which I  
 ought to be silent;  
 Always to be ready to share everything I have;  
 To be as true to my friends as I would wish them to be to me. Amen.

## Against Laziness

God, give me energy to be active,  
 don't let me be happy to take a back seat  
 as a student at Damascus College.  
 It's so easy to sit back and admire others.  
 Don't let laziness or not caring get the better of me.  
 Everyone needs my effort.  
 Since you've given me health and talents,  
 help me to be generous in using them.  
 As people seeking to grow in faith, we offer this  
 prayer in Jesus' name. Amen.

## For Exams

God, examination time!  
 Time for anxieties and fears - and for hopes.  
 A time when foolish people think that prayer can replace yesterday's  
 work.  
 So we will not be foolish or insult you; we will not ask you to give us  
 knowledge we could have gained for ourselves.  
 Instead we ask for clear minds, for sound memories unspoiled by  
 bad nerves, for the peak of our ability in expressing ourselves so  
 that we do not let ourselves or others down.  
 We make this prayer through Christ. Amen.



## To Learn at School

God, sometimes learning is hard work.

It is not meant to be always easy.

Give me heart

to make the best use of my classes at school.

Bless my teachers and give them patience.

Help me to continue to study hard,

even when I want to quit.

By doing faithfully the things I should, may I grow to love my work.

Amen.

## Winter Sport

In winter, we play our team games: football, hockey, netball and a host of other team games. We need each other to play them. We need each other to win them. Even with a star player, we depend on all the team for support. We must help each other. God, help us to see this, not only in sport, but throughout life. Amen.

## Wisdom

God of Wisdom,

Give me today an attitude of mind to really learn.

Give me today,

An attentive mind, that I may concentrate all the time on what I am hearing or doing;

An attentive mind, that I may not hear and forget,

but that I may grasp a thing and remember it;

An open mind, that no prejudice may blind me to truth I do not want to see;

This I ask for Jesus' sake. Amen.

## Homework

God, I know quite well that I bring most of my troubles on myself.

I leave things until the last minute so that I have to do them in far too big a hurry to do them properly. I often come to school with lessons half learned and work half done.

I don't spend all the time I ought to spend in work and in study, although I always mean to.

Please help me to do what I think I cannot do and to be what I think I cannot be by myself. Amen.

## It's Not Easy

It's not easy being a student, God

There always seem to be assignments and the work seems never to stop.

I know I would rather listen to my CD's or watch TV or go out with friends.

God,

help me really to work as a student,

and to realize nothing can be achieved unless I work at it.

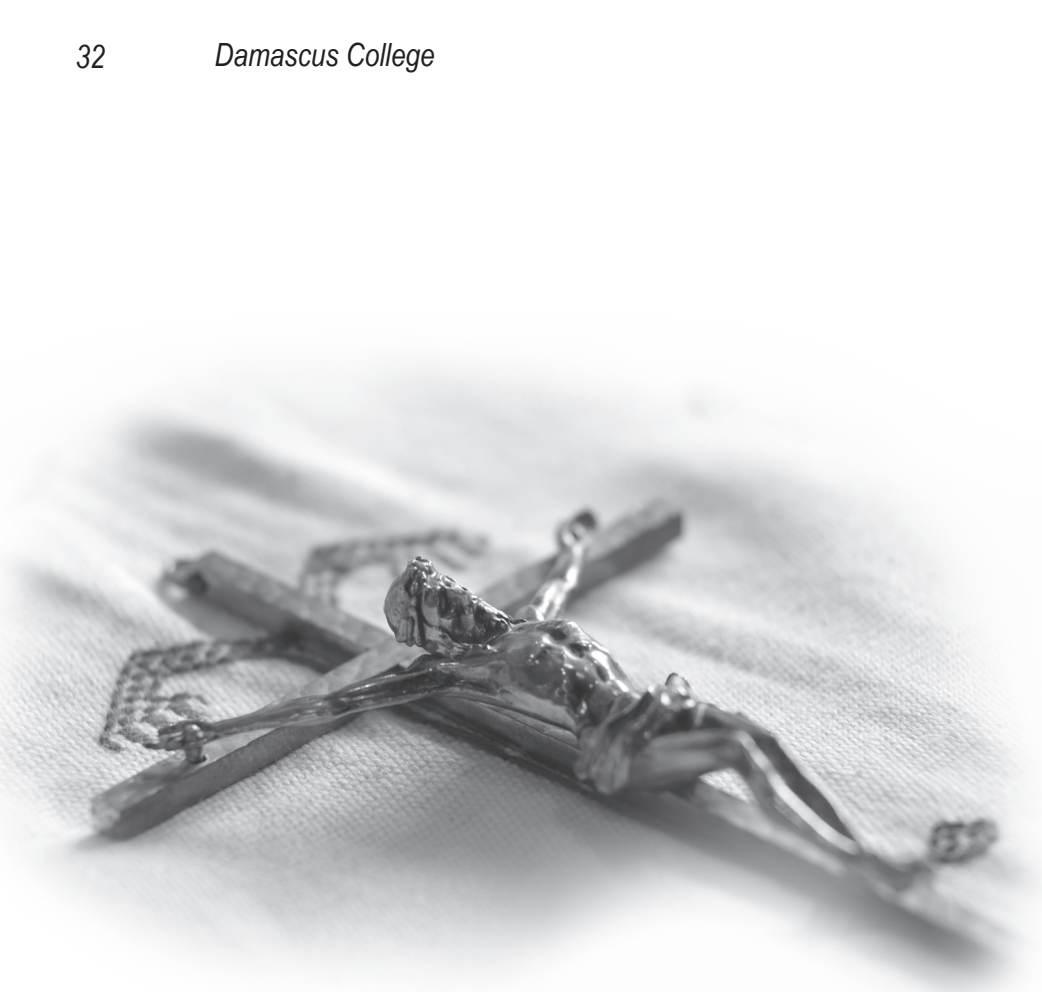
This prayer we offer in the name of Jesus. Amen.

## A Daily Prayer

O God, help me to use today as you would wish me to use it.

Don't let me waste my time today. Help me always to know what I ought to be doing, and to do it.

Don't let me miss my opportunities today - opportunities to learn something new, opportunities to help someone in difficulty, opportunities to show those who love me that I love them, opportunities to make myself a little better and a little wiser than I am now. Amen.



## ***Future***

### **What will the Future bring?**

I wonder what the world will be like in the future.

Will robots do the work for us?

Will there be enough food for everyone?

Will there be war?

I have so many questions about the future and nobody knows the answers.

Sometimes I get excited about the future and what I'll be able to do.

At other times I worry about it.

God, you've promised that whatever the future brings you'll be there.

Help me to believe that. Amen.

### **Death of a Young Person**

God our creator, to each of us you allot the days of our life. You know the sadness of this family at the death of ....., who was with us for so short a time. We entrust him (her) now to you, and pray that he (she) may come to know the freshness of youth and everlasting joy of life in your kingdom. Through Christ our Lord. Amen *Pope Paul VI*

## Decisions

Jesus,  
We pray that you give us guidance and strength to make wise decisions in our lives.

Decisions that will help us grow into happy, healthy young adults with the prospect of a bright future.

Decisions that will inspire us to choose the correct path to an enjoyable and successful career.

Decisions that will be adhered to courageously under pressures from peer groups and modern society - to be strong in our commitment to our faith and our beliefs.

Decisions that will finally lead us to you and to everlasting peace.  
Amen.

*By the Pat Maher Family*

## Choices

God, as we think about the future, we wonder what to do and what choices to make about a job, and about life in general.

Guide us in this search to be true and to do what is best.

As we grow, let us look around and learn from others how best to use our abilities and our time. Amen.

## For Those Leaving School

God, those leaving school have important decisions to make.

Some may be unsure of what to do.

We ask that they receive wisdom and understanding to choose what is right.

May you, our ever-creating God, continue to bless each of them in the future.

## For Youth

God, I pray for the youth of the world.

For those taking the steps to becoming more mature, here in the classroom and here in this school.

Give them patience, obedience, openness, energy and joyful hearts.

I pray for the youth of the world.

What I have asked for, I need for myself too.

I make this prayer in faith.

Amen.

## When I Don't Know What To Do

Jesus, there are times when I just don't know what to do for the best.

I don't know what is the right or wrong decision.

Guide me, at these times.

Show me the best way, which is your way.

I want to do what is best for myself and for those who are nearest me. Amen.

## Future

I often wonder, God, what my life will be like.

Right now it seems simple enough:

I'm at school, I'm studying,

Exams will come; I pray for success.

I think of different jobs or careers -

a carpenter, a nurse, a teacher, a doctor, a secretary, a technician.

Will I change my mind?

Will I have good enough results?

Life is fairly straightforward now, but where will the future bring me?

God, help me to trust your presence in the mystery of life.

## What Should I Be?

I don't know what I want to be in the future.  
 Some of my friends have plans already.  
 They seem to have a clear idea of where they are going, but I sure don't.  
 Sometimes I think I want to be a musician, a footballer, a golfer, a doctor or a missionary.  
 How can I know what is right for me?  
 I know I don't have to decide right now.  
 Let me find work that will be right for me,  
 and helpful to others. Amen.



## Vocation

Leader: God we remember all those who are baptised in your name. May they recognise the dignity of their Christian vocation to be instruments of love, justice, truth and peace wherever they are.  
 All: God, who shows us the path of life, hear our prayer

Leader: God, we remember the young adults who are searching for their vocation in life. May they have the courage and openness to search earnestly for the lifestyle that will enable them to grow to the fullness of life that you offer each of us.

All: God, who shows us the path of life, hear our prayer

Leader: God, we remember all those you have called to the vocation of marriage. May they be faithful to their commitment through the love they have for one another, thereby enabling others to know that they are your disciples.

All: God, who shows us the path of life, hear our prayer

Leader: God, we remember those whom you have called to the vocations of priesthood and religious life. May they grow deeper in their commitment to know and love you, and serve you faithfully by sharing your love, compassion and forgiveness with every person they meet.

All: God, who shows us the path of life, hear our prayer.

Leader: God, we remember those whose vocation it is to be single. May they generously share their gifts, their time and their resources with others, and so reveal your loving presence wherever they are.

All: God, who shows us the path of life, hear our prayer.

## *Mary*

### **God's Way**

Mary,  
you trusted and accepted God's will in your life.  
You are a model for us to follow.  
Direct us in our lives to have a firm belief  
and trust in God,  
and to practise what we believe. Amen.

### **Suffering**

Creator of All,  
May Mary's life of love and compassion be a source of strength,  
comfort and hope to those who are suffering and overburdened.  
Amen.

### **Care for Others**

God, help me to use opportunities to care for others as Mary did. To  
care not only for my family and friends, but all the people I meet: my  
teachers, neighbours, the people in the shops, on the buses.  
Let me never forget the suffering of our world.  
This I ask in Jesus' name. Amen.

### **Woman of Peace**

We are called to be peacemakers: peace making is no easy task,  
but it is surely needed in our world today.  
God of Peace, may we join Mary in saying "Yes" to all that you call  
us to be and do in our world. Give us the loving hearts required to  
be peacemakers. Amen.

## *Traditional Prayers*

### **Canticle of Mary**

My soul proclaims your greatness, O my God,  
and my spirit has rejoiced in you, my Saviour.  
For your regard has blessed me,  
poor, and a serving woman.  
From this day all generations will call me blessed,  
For you, who are mighty, have made me great.  
Most Holy be your Name.  
Your mercy is on those who fear you throughout all generations.  
You have shown strength with your arm.  
You have scattered the proud in their hearts' fantasy.  
You have put down the mighty from their seat,  
and have lifted up the powerless.  
You have filled the hungry with good things,  
and have sent the rich away empty.  
You, remembering your mercy,  
have helped your people Israel -  
As you promised Abraham and Sarah.  
Mercy to their children, forever. Glory\* ...

**Prayer of St. Patrick**

Christ be with me, Christ be within me,  
 Christ behind me, Christ before me,  
 Christ beside me, Christ to win me,  
 Christ to comfort and restore me,  
 Christ beneath me, Christ above me,  
 Christ in quiet, Christ in danger,  
 Christ in hearts of all that love me,  
 Christ in mouth of friend and stranger. Amen.

**Prayer of St. Francis of Assisi**

O Jesus, our Christ, may we have your mind and Spirit.  
 Make us instruments of your peace:  
 where there is hatred, let me sow love;  
 where there is injury, pardon;  
 where there is discord, union;  
 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 we 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 giving that we receive;  
 it is in pardoning that we are pardoned;  
 and it is in dying that we are born to eternal life.

**The Lord's Prayer**

Our Father,  
 who art in heaven,  
 hallowed be your name.  
 Your kingdom come,  
 Your 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 have trespassed against us.  
 And lead us not into temptation  
 But deliver us from evil  
 For yours is the kingdom,  
 the power and the glory  
 For ever and ever. Amen.

**Prayer of Sorrow**

O my God,  
 I am sorry that I have sinned against you.  
 Because you are so good,  
 And with your help,  
 I will not sin again. Amen.

**Glory Be**

Glory be to the Father,  
 and to the Son and to the Holy Spirit  
 As it was in the beginning  
 Is now and ever shall be,  
 World without end. Amen.



## The Angelus

V: The angel spoke God's message to Mary,  
 R: and she conceived of the Holy Spirit.  
 Hail Mary . . .

V: "I am the lowly servant of God  
 R: let it be done to me according to your word."  
 Hail Mary . . .

V: And the Word became flesh  
 R: and lived among us.  
 Hail Mary . . .

V: Pray for us, holy Mother of God,  
 R: that we may become worthy of the promises of Christ.

Let us pray.

Loving God,

Fill our hearts with your grace:

once, through the message of an angel,

you revealed to us the incarnation of your Son;

now, through his suffering and death,

lead us to the glory of his resurrection.

We ask this through Christ. Amen.

## Hail Mary

Hail Mary,

Full of grace,

the Lord is with you.

Blessed are you among women

And blessed is the fruit of your womb, Jesus.

Holy Mary,

Mother of God,

Pray for us sinners

Now and the hour of our death. Amen.

## Creation

### Spring

Creator God,

We celebrate the rebirth of spring.

Let us experience the

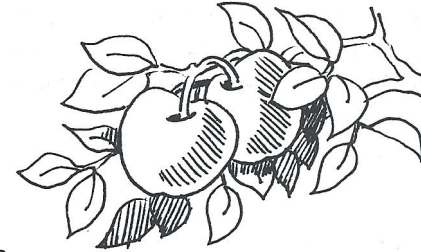
giftedness of your creation

and the grace of our own being

as we face the responsibilities

that lie before us.

We pray this in Jesus' name. Amen.



### God in All Things

God of the elements,

May we give thanks for the warming sun, the cooling breeze, the refreshing rain.

The fire that burns away our fear and sorrow.

The water that clears us of our sins.

The light that guides us through times of darkness.

We don't seem to clearly understand your ways.

As we look around our College community may we see the beauty in your work.

As these elements are the essence of you and from this we become whole. Amen.

### Wisdom

God, we ask for your blessings and wisdom so that we may be caretakers of all your creation.

Teach us to appreciate the land, the air we breathe and the food that the earth nourishes us with.

Thank you, God. Amen.

**Caretakers**

God of all life,  
 All that we have is your gift.  
 We are the caretakers of the richness of the world.  
 Help us to make the best possible use of it all for your glory and for  
 the good of all people.  
 We make this prayer through Christ. Amen.

**Thanks**

Thank you God for the creation of  
 all the things that surround me,  
 Things that I often take for granted -  
 Fresh air, sunshine, rain, clouds, trees and flowers.  
 Show me the way to use these blessings without destroying them.  
 Let us bow our heads and pray:  
 Glory be to God our Creator,  
 To Jesus the Christ  
 and to the Holy Spirit, who dwells in our midst,  
 both now and forever. Amen.

**Wondering**

God, sometimes I wonder  
 What the earth was like when it was all new.  
 I wonder - and then I am sad, because I see your beautiful rivers all  
 brown and scummy, and the lakes slimy green with old tyres sticking  
 out.  
 And I see junky cars piled in fields.  
 Sometimes I forget and throw down empty cans, food, and paper  
 without thinking.  
 I'm sorry for the times I spoil your world, especially our Damascus  
 environment.  
 Help me right the wrong and be a responsible caretaker. Amen.

***Decision Time*****God of the Giving**

Help us to understand that "the quickest way to receive love is to  
 give love, and the only way to be happy is to make others happy".  
 Thank you for giving us the opportunity to love, respect and trust  
 others and for giving us friendships to help us through life.

**My Future**

God, where am I going? .....  
 What am I to do? .....  
 Please help me  
 make the right decision  
 for my future.  
 Whether to leave school,  
 find a suitable job,  
 or continue  
 with further education,  
 God, hear my prayer  
 and help me  
 through these troubled times  
 and to make the best decision,  
 not only now,  
 but for the rest of my life.

**Peace of Mind**

God our friend, you are with us as we pray.  
 We ask you to give us peace of mind and a true sense of what is  
 right and wrong. Strengthen us to make wise decisions and may we  
 have the courage to stand by our convictions - even when faced with  
 pressure from our peers.  
 May your light be our guide. Amen.

## Balance

Help me to keep my life in balance.  
 Let me allow enough time for you, God of Love,  
 and for everything that is important to me.  
 Don't let me neglect you or the responsibilities and people  
 that should be appreciated most in my life. Amen.

## How to Act

God, how am I supposed to know how to act?  
 My parents tell me one thing,  
 my teachers say something else.  
 My friends have a different idea,  
 and on TV people act another way.  
 How can I know what is right for me?  
 Jesus has shown us how to live.  
 Help me to listen to your Spirit  
 and to sort out all the ideas  
 to make the best and right decisions. Amen.

## For Fairness in Sport

God, let me promote fairness in sports I play and not to cheat, nor  
 lose my temper, nor hurt people, nor swear.  
 Help me not to be a sore loser or to show off. Help me to accept  
 referees' decisions calmly.  
 Let me realise that to become a better sport is to become a better  
 person. Amen.

## Responsibility

Give me, O God, a sense of responsibility;  
 Give me:  
 A sense of responsibility to myself,  
 So that I may never waste the gifts which you have given to me;  
 A sense of responsibility to my parents,  
 So that I may do something to try to repay them for all the love and  
 the care they have given to me;  
 A sense of responsibility to my teachers,  
 So that all their patient teaching of me may not go for nothing;  
 A sense of responsibility to my friends,  
 So that I may never disappoint them;  
 A sense of responsibility to the world,  
 So that I may put into life more than I take out. Amen.

## Suffering

*In the Concentration Camp of Ravensbruck, that graveyard of so many  
 human hopes and desires, an unknown prisoner wrote this prayer on a torn  
 scrap of wrapping paper, and left it by the body of a dead child:*

God, remember not only the men and women of good will, but also  
 those of ill-will. But do not remember all the suffering they have  
 inflicted on us; remember the fruits we have bought, thanks to this  
 suffering - our comradeship, our loyalty, our humility, our courage,  
 our generosity, the greatness of heart which has grown out of all  
 this, and when they come to judgement, let all the fruits which we  
 have borne be their forgiveness.

*From Mary Craig's Blessings.*

## *A Blessing*

*The blessing of the God of Life  
be ours,  
The blessing of the loving Christ  
be ours,  
The blessing of the Holy Spirit  
be ours,  
to cherish us, to help us  
become one with our God.  
Amen.*

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