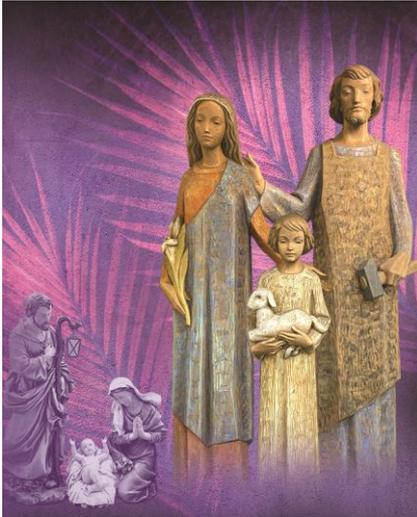


# A Prayer for Every Family

*Father, I Promise to be Holy Present when I Pray  
Prayer for every family  
by St. John Paul II*



Lord God, from You every family in Heaven and on earth takes its name. Father, You are love and life.

Through Your Son, Jesus Christ, born of woman, and through the Holy Spirit, the fountain of divine charity, grant that every family on earth may become for each successive generation a true shrine of life and love.

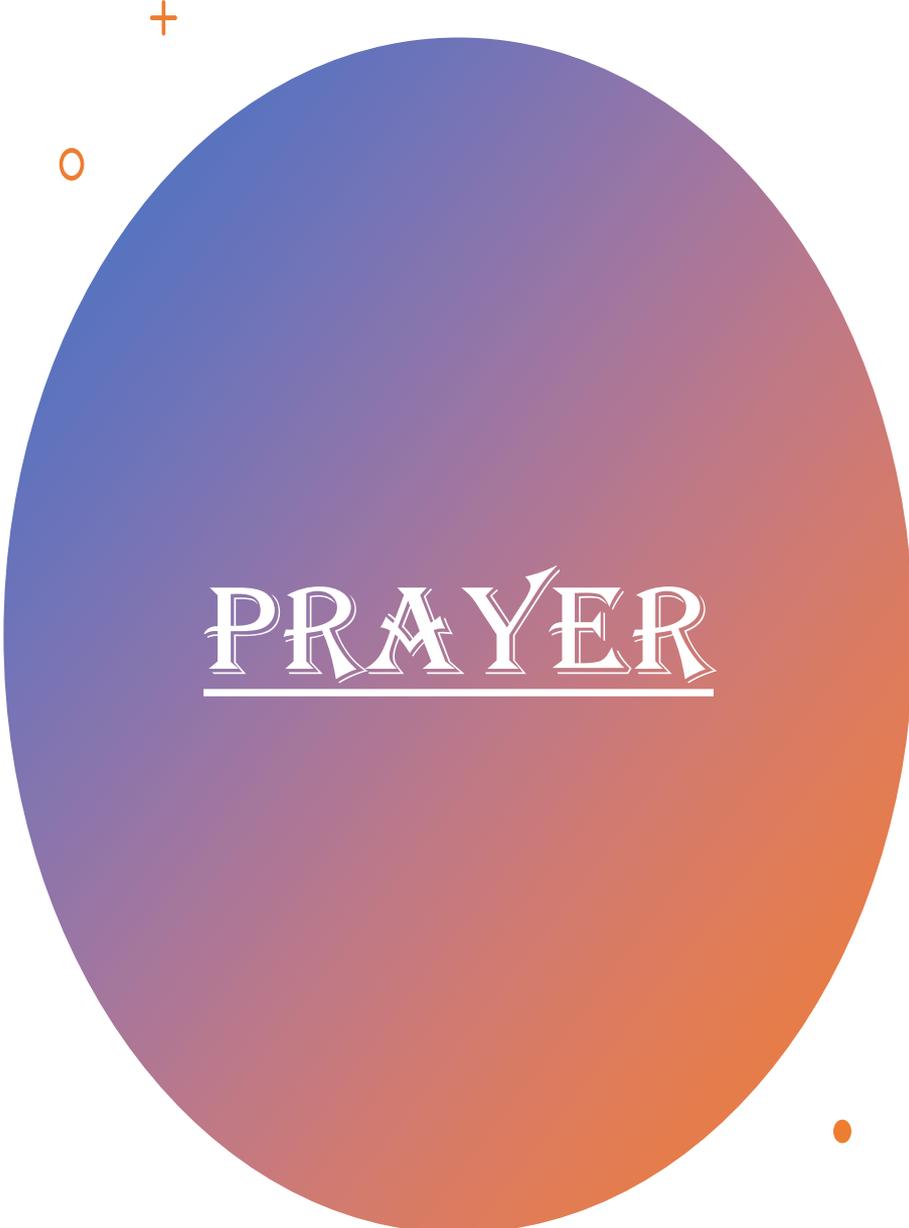
Grant that Your grace may guide the thoughts and actions of husbands and wives for the good of their families and of all the families in the world.

Grant that the young may find in the family solid support for their human dignity and for their growth in truth and love.

Grant that love, strengthened by the grace of the sacrament of marriage, may prove mightier than all the weaknesses and trials through which our families sometimes pass.

Through the intercession of the Holy Family of Nazareth, grant that the Church may fruitfully carry out her worldwide mission in the family and through the family.

We ask this of You, Who is life, truth and love with the Son and the Holy Spirit. Amen.



# PRAYER

P.R.A.Y. (Guide to spontaneous prayer)

**Praise:** Give thanks to God. Express your gratitude, offer praises for God's Goodness.

**Reconcile:** Review your life, ask for forgiveness. Trust in God's Mercy. "Lord Jesus Christ, Son of God, Have Mercy on me, a sinner."

**Ask:** Share your needs and needs of others. Ask for patience, strength, trust, hearing and so forth.

**Yield:** Stop, surrender and sit in silence with God. Give God a chance to speak to you, a place for scripture. Perfect time is meditation after Communion.



## **DAILY MANTRA**

**(Repeatable phrase uttered in one breath)**

**Come Holy Spirit, Come**

**Thank You Lord**

**O God, Come to My Aid**

**Lord, Give me Strength**

**Lord, Help me**

**Jesus, I Trust In You**

**Yes my God**

**Your Will be done**

## SERENITY PRAYER

O God, grant me the Serenity to accept the things I cannot change, Courage to change the things I can, and the 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

**God gives us what we need, not what we want.  
God's Timing is Always Perfect, never early, never late.**

**Hesus, Mary Joseph**

**Jesus, Mary Joseph**

**Present Us to Our Heavenly Father**

**So, He will reveal to Us, our mission in life**

**So, we can be pleasing in our eyes,**

**But most importantly, pleasing in His,**

**So His Will and not our will be done. Amen.**

# Morning Consecration by Fr. Antony Vazhappilly

Lord, I thank you for this new day.  
Help me spend it in the best way.  
With love, I take it as your gift.  
To your throne my prayers I lift.  
I surrender myself to your care.  
Guide me along your Way is my prayer.  
With you I can do everything well,  
In doubts, the right thing you have to tell.  
I don't know what the day holds for me,  
My well being, dear Lord, you have to see.  
Hold me in moments of temptation,  
With my heart I dread your rejection.  
Help me to see the good in people,  
I promise you never to grumble.  
Make me an instrument of your joy.  
My day's work Lord, Help me to enjoy.  
Open my eyes to see your message,  
My life here on earth is a passage.  
Let me live, Lord, one day at a time,  
Living it to the fullest till my prime.  
I consecrate myself to your Heart.  
Help me, from your love, never to part.  
Today is your gift that I'll remember,  
In you I will grow ever closer. Amen.