

PRAYERS IN THE MARIST TRADITION
MARIST HIGH SCHOOL, CHICAGO



Marist
ILLUMINATIONS

VOLUME I, 2011

Psalm 127...

Unless the Lord Build the House

Unless the Lord build the house,
they labor in vain who build.
Unless the Lord guard the city,
in vain does the guard keep watch.

It is vain for you to rise early and put off your rest at night,
To eat bread earned by hard toil...
all this God gives to his beloved in sleep.

Children too are a gift from the Lord,
the fruit of the womb, a reward.

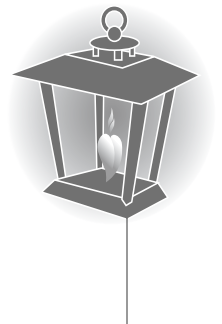
Like arrows in the hand of a warrior
are the children born in one's youth.

Blessed are they whose quivers are full.
They will never be shamed contending with foes at the gate.

Amen. ■

**"I CANNOT SEE A CHILD WITHOUT WANTING TO
TELL THEM HOW MUCH GOD LOVES THEM."**

St. Marcellin Champagnat





DEAR MARIST FAMILY...

And the disciples asked Jesus, "Teach us to pray..."

This line from scripture tells us the origin of our universal prayer, "Our Father."

If you're like me, often we ask the Lord to teach us to pray; to tell us what to say, to help us in our need, to thank God for all creation and love, to praise with all our hearts, our souls, our minds, our spirits.

We know that the Holy Spirit helps us to pray in our own ways; each one of us have different gifts of the Spirit. The Catholic, Christian family and our Marist Tradition also offer some expressions of prayers. *Marist Illuminations: Prayers in the Marist Tradition, Volume 1, 2011* provides you with some traditional daily prayers that you can use for your own personal prayer or when two or three of you are gathered in Jesus' name and with Mary, our Good Mother. It also offers you some prayers that are composed by faculty, students, and friends in the Marist Family. Keep this with your personal reading and prayer space. May the Lord speak through these pages to bring you closer in spiritual friendship.

I offer special thanks to Deacon Andy Neu, our Marist Chaplain, and Vinny Caramele, Religious Studies/Ministry faculty member for their efforts to edit and to publish this prayer book. The response from students and faculty has been overwhelming. Many thanks to all of you for your contributions! As Father Champagnat would say to the early brothers, remember to keep one another in prayers, and he would keep us all in the hearts of Jesus and Mary. God bless. Let us remember, to pray for each other.



Br. Patrick McNamara, FMS, *President*

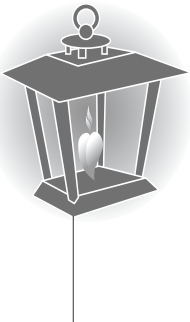
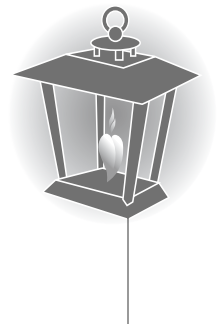


TABLE OF CONTENTS

Prayers from our Marist Tradition	6
Prayers to Mary, our Good Mother	12
Traditional Prayers of the Church	14
Prayers to the Holy Spirit.....	18
Praying with the Saints and Angels.....	19
Prayers for Vocations.....	23
Prayers for Everyday	24
Prayers for the Future	30
Prayers by Marist Students.....	32
Prayers by Marist Faculty and Friends.....	40
Acknowledgements.....	44



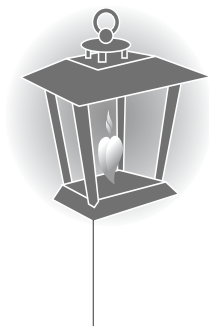
THERE'S SOMETHING ABOUT MARIST

I first encountered the work of the Marist Brothers as a high school student of Mount Saint Michael Academy in the Bronx, New York. During my four years at the Mount, I came to realize the love that the Marist Brothers and Marist laity had towards me and my fellow students. Towards the end of my high school career, the Marist Brothers involved me in some of their work so that I could experience God's love through the same selflessness that has become part of the Marist code.

While I was in college, I accepted the Marist Brothers invitation to stay involved and volunteer with many of the high school programs and special needs camps. The Marist lifestyle of spreading God's love had taken me in and hooked me. After college, I answered God's call to serve the Marist community that had already given me so much (self esteem, knowledge of myself, knowledge of God's love, a sense of community, etc...).

I began working as a teacher at the Mount and the next five years that followed will live in my heart and thrive in my soul forever. Towards the end of my fifth year teaching at the Mount, I once again heard God's call to serve the Marist mission, but this time I would be doing it in another state. In July of 2010, I moved to Illinois with my wife and soon began my teaching career at Marist High School.

I was in a new state, a new home, and 800 miles from my closest relatives. This was a recipe for a sense of solitude for me and my wife, but instead we found ourselves overwhelmed with the convivial nature of the Marist people of Chicago. We found ourselves comforted and welcomed immediately.



Marist Brothers, administration, faculty, staff, and students really went above and beyond to make us feel welcomed. I soon realized that even though I was 800 miles away from the Bronx, I was still home. Being with members of my Marist family means being home.

As I have been compiling, organizing, and redacting this prayer book, I have been afforded the opportunity to reflect. This reflection period has reminded me of God's love and life's meaning. This global Marist family extends from Jesus through Mary to and through the Marist Brothers, laity, and students.

Thank you for taking the time to read my reflection, and for being part of my Marist family. I pray that this prayer book brings you light in times of darkness, comfort in times of pain, joy in times of sorrow, and guidance in your path. May you know God's love, experience God's love, and transmit God's love, always.

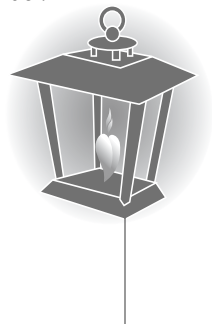
I would like to take this opportunity to thank all of the Marist administration, faculty, staff, and students that lent support, submitted prayer suggestions, and even scribed some very personal prayers to be used.

I would like to thank the entire Marist family, which extends throughout God's earth, for continuing a legacy of spirituality, education, and genuine love for all of God's children. The Marist Brothers and Marist Laity throughout the world have all contributed to the lives of countless young people discovering their journey towards the love of self, love of neighbor, and the love of Jesus Christ.

I would like to thank the Marist Brothers for all that they do in such unassuming ways. They truly live the example of Marcellin Champagnat by doing ordinary things extraordinarily. God has blessed us through the Marist order.

With Love, Fraternity, and Gratitude,

Vinny Caramelo



Prayer to St. Marcellin Champagnat

Saint Marcellin, through faith you accomplished what many thought was impossible. Help me to deepen my own faith so that my relationship with the Lord will always be an essential part of my life.

Help me to listen for God's voice in my own life so that I will have the confidence to share my faith and my love of the Lord with those making the Encounter.

Like you, Marcellin, I place my trust in the Lord and in Mary, our Good Mother. Amen. ■

.....

Prayer of Commitment

Loving God you call us and challenge us to be speakers of the truth, prophets of justice, workers in the vineyard, proclaimers of the Kingdom. We commit ourselves to these tasks by promising to follow Marcellin's example to bring others to Jesus through Mary. Give us the courage, the strength, and the faith to live our lives for others, imitating both you and Marcellin Champagnat. Amen. ■

.....

A Morning Offering

Lord, I present myself to you at the beginning of a new day. I acknowledge my dependence on you for many daily blessings as you provide and care for me.

Today I offer you my efforts to be your light, your witness, and your instrument in making your kingdom present in the places I find myself and with the people I meet. Amen. ■

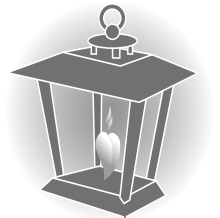


A Marist Prayer to Begin the Day

God of us all,
we come before you
to make a simple offering of our lives to you.
In the events of this day
may we be attuned to receive your word
and respond generously as Mary did.
May the gifts that you continue to give us
be a source of new life and hope
to all we meet. Amen. ■

Marcellin Champagnat, Our Model

Lord, God, you raise up saints from age to age
to speak anew your word to us,
to guide us in your ways.
And so in days when the vision faded
you inspired Marcellin Champagnat
with a vision that leads towards you;
in days when we can lose courage,
you give us a man of strength
to walk before us with conviction;
in days when our faith is assailed by winds of change
you present us with a prophet whose faith remained firm.
May Champagnat's vision, strength and faith,
so firmly fixed on those same virtues of Mary,
our Good Mother, continue to inspire us
as we reach towards you in our daily lives.
We make our prayer through Christ our Lord.
Amen. ■



The Prayer of St. Marcellin Champagnat

Mary, my Good Mother, I am called here to do good:
I can achieve nothing without the assistance of your divine son,
and yours as well.

This is why I ask you to help me.

I ask you to be with me, directing my hands, my words,
my heart, my whole person.

And when I am faced with some difficulties,
Good Mother, I will entrust them to you
though I myself will do all that depends on me.

I offer and commend to you, all that will be entrusted to me.

Amen. ■

.....

The Prayer of Marist Youth

God, you gave us Marcellin Champagnat as a fine example
of how ordinary people can do extraordinary things
when they make use of the gifts they have been given.

In the same way, you expect us to use the gifts
that you have given us so that we can make
you present to the world.

Help us to invite you into our lives
and to allow you to work through us
to touch the lives of the people we meet and serve.

Amen. ■



Follow Me

Almighty God, we thank you that our living Lord,
your divine Son, has two hands;
one to point the way, and the other to beckon us forward.
Summoned and encouraged by his Spirit,
may we follow him without delay.

Amen. ■

Christ has no Body but Yours

(St. Teresa of Avila, 1515-1582)

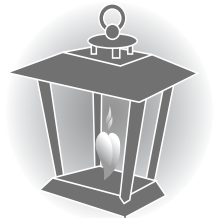
Christ has no body but yours,
no hands, no feet on earth but yours.
Yours are the eyes with which he looks with
compassion on this world.

Yours are the feet with which he walks to do good.
Yours are the hands, with which he blesses all the world.
Yours are the hands, yours are the feet,
yours are the eyes, you are his body.

Christ has no body now but yours,
no hands, no feet on earth but yours,
Yours are the eyes with which he looks with
compassion on this world.

Christ has no body now on earth but yours.

Amen. ■



O Domina Mea

O Holy Mary, my sovereign Lady,
into your blessed trust and special custody,
and into the heart of your mercy, I this day, and every day,
and in the hour of my death, commend my whole being.

To you I commit all my hope and happiness,
all my cares and concerns and my whole life,
that, through your most holy intercession and through
your merits, all my actions may be guided and governed
according to your will and that of your divine Son.

Amen. ■

.....

The Salve Regina

(Hail Holy Queen)

Hail Holy Queen, Mother of Mercy,
our life our sweetness and our hope.

To thee do we cry, poor banished children of Eve;
to thee do we send up our sighs,
mourning and weeping in this valley of tears.

Turn then, most gracious advocate,
thine eyes of mercy toward us and after this our exile
show unto us the blessed fruit of thy womb, Jesus.

O clement, O loving, O sweet Virgin Mary!

Amen. ■



A Prayer for the Marist Brothers

God –

In your infinite love and compassion
you gave us your Son, Jesus, as our brother.

Despite our flaws and failures,

Jesus was never ashamed
to claim us as part of his family.

Help us to meet others as equals.

Help us to build prayerful communities.

Help us to be people who live life
with passion and compassion.

In a special way, bless those
who have consecrated their lives
as Marist Brothers.

May their loving example inspire others
to be prayerful witnesses of brotherhood
to those in need.

Amen. ■

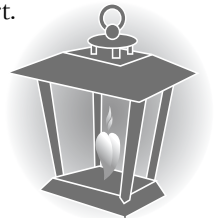
A Young Person's Prayer

St. Marcellin Champagnat, you devoted your entire life
to the Christian formation of the children of the working class;
now on the threshold of my life, I wish to imitate your generosity
in service of God and others.

Like you, I wish to give my life to Christ, under Mary's maternal
protection. Help me, by your prayers, to find the way along which
God wishes to lead me, and to follow it with all my heart.

St. Marcellin Champagnat pray for me.

Amen. ■



The Memorare

Remember, O most gracious Virgin Mary
that never was it known that anyone who fled to your protection,
implored your help, or sought your intercession was left unaided.
Inspired with this confidence, we fly to you,
O Virgin of virgins, my Mother.
To you we come; before you we stand, sinful and sorrowful.
O Mother of the Word Incarnate, despise not our petitions,
but in your mercy, hear and answer me. Amen. ■

Sulpician Prayer

O Jesus, living in Mary,
come and live in your servants:
in the spirit of your holiness,
in the fullness of your power,
in the reality of your virtues,
in the perfection of your ways,
in the communion of your mysteries;
have dominion over every adverse power,
in your own Spirit,
to the glory of God the Father. Amen. ■

Fatima Prayer

My God, I believe, I adore, I hope, and I love you. I beg pardon
of you for those who do not believe, do not adore, do not
hope, and do not love you. Mary, Queen of the Holy
Rosary, pray for us. Mary, Queen of Peace, pray for us.
Mary, Our Loving Mother, pray for us. Amen. ■



The Hail Mary

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

The Holy Rosary

The Five Luminous Mysteries

The Baptism in the Jordan / The Wedding at Cana /
The Proclamation of the Kingdom / The Transfiguration /
The Institution of the Eucharist

The Five Joyful Mysteries

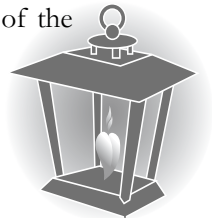
The Annunciation: Humility / The Visitation: Charity /
The Birth of Our Lord: Poverty, or detachment from the world /
The Presentation of Our Lord: Purity of heart, obedience /
The Finding of Our Lord in the Temple: Piety

The Five Sorrowful Mysteries

The Agony in the Garden: Contrition for our sins /
The Scourging at the Pillar: Mortification of our senses /
The Crowning with Thorns: Interior mortification / The Carrying
of the Cross: Patience under crosses / The Crucifixion and Death
of Our Lord: That we may die to ourselves

The Five Glorious Mysteries

The Resurrection: Conversion of heart / The Ascension: A desire
for heaven / The Coming of the Holy Spirit: The Gifts of the
Holy Spirit / The Assumption of our Blessed Mother
into Heaven: Devotion to Mary / The Coronation of
our Blessed Mother: Eternal happiness



The Doxology

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. ■

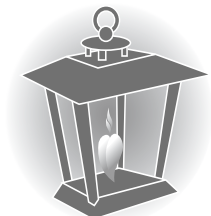
(this prayer is optional and may be said after all Glory Be to the Fathers...)

O my Jesus, have mercy on us. Forgive us our sins.
Save us from the fires of hell. Take all souls into heaven, especially,
those most in need of thy mercy. Amen. ■

.....

The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name.
Thy Kingdom come,
thy will be done on earth as it is in Heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil. Amen. ■



The Apostle's Creed

I believe in God, the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God
the Father almighty;
from there he will come to judge the living and the dead.
I believe in the Holy Spirit, the holy catholic Church,
the communion of saints, the forgiveness of sins,
the resurrection of the body, and life everlasting.

Amen. ■

.....

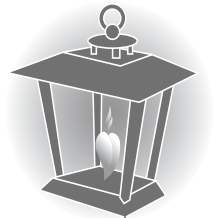
Prayer for Justice and Peace

Almighty and eternal God,
may your grace enkindle in all of us
a love for the many unfortunate people whom poverty
and misery reduce to a condition of life unworthy of human beings.

Arouse in the hearts of those who call you Father
a hunger and thirst for social justice and for fraternal
charity in deeds and in truth.

Grant, O Lord, peace in our days:
peace to souls, peace in families,
peace to our country, and peace among nations.

Amen. ■



Act of Charity

O God, I love you with all my heart above all things,
Because you are infinitely good;
and for your sake I love my neighbor as I love myself.

Amen. ■

Act of Faith

O my God, I firmly believe that you are one God
in three divine Persons, Father, Son, and Holy Spirit;
I believe that your divine Son became human
and died for our sins and that he will come to judge
the living and the dead.

I believe these and all the truths that the holy
Catholic Church teaches, because you have revealed
them, who can neither deceive nor be deceived.

Amen. ■

Act of Hope

O my God, relying on your almighty power and infinite
mercy and promises, I hope to obtain pardon for my
sins, the help of your grace, and life everlasting, through
the merits of Jesus Christ, my Lord and redeemer.

Amen. ■



Act of Love

O my God, I love you above all things,
with my whole Heart and soul,
because you are all good and worthy of my love.
I love my neighbor as myself for the love of you.
I forgive all who have injured me and ask pardon
of all whom I have injured.

Amen. ■

An Act of Contrition

O my God, I am heartily sorry for all my sins.
In choosing to do wrong, and failing to be good,
I have sinned against you whom I should love above all things.
I firmly intend, with your help, to do penance,
to sin no more, and to avoid whatever leads me to sin.
Our Savior Jesus Christ suffered and died for us.
In his name, my God, have mercy.

Amen. ■

The Confiteor

I confess to Almighty God, and to your my brothers
and sisters, that I have greatly sinned in my thoughts and in my
words, in what I have done, and in what I have failed to do,
(gently strike the left breast with the right hand)
through my fault, through my fault, through my most grievous fault.

Therefore I ask blessed Mary, ever virgin,
all the angels and saints, and you, my brothers and
sisters, to pray for me to the Lord our God.

Amen. ■



Prayer to the Holy Spirit

Breathe into me Holy Spirit, that all my thoughts may be holy.
Move in me, Holy Spirit, that my work, too, may be holy.
Attract my heart, Holy Spirit, that I may love only what is holy.
Strengthen me, Holy Spirit, that I may defend all that is holy.
Protect me, Holy Spirit, that I always may be holy. Amen. ■

Let Us Pray

O God, who has taught the hearts of the faithful
by the light of the Holy Spirit, grant that by the gift of
the same Spirit we may be always truly wise and ever rejoice in his
consolation, through Christ our Lord. Amen. ■

The Trinity Prayer

Blessed be the Holy Trinity now and forever.
I adore you, my God. I adore your infinite perfections,
incomprehensible to men and angels, truly known
only by your Word, worthily loved only by your Spirit.
Unable of myself, Eternal Father, to honor you worthily,
I offer you the praise of your Word from all eternity,
the homage of his life incarnate and the reverence
he now renders you in Heaven. These I make mine
and with all my heart I unite myself to that love which
the Holy Spirit bears for you through all who are your Church.

Grant, most holy and adorable Trinity, one God in three Persons,
that in Jesus Christ, our mediator in your presence,
and by the grace of the Holy Spirit,
I may offer you my whole life in worship this day.
Amen. ■



Prayer to Saint Michael the Archangel

St. Michael the Archangel, defend us in battle;
be our defense against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou,
O prince of the heavenly host, by the power of God,
thrust into hell Satan and all the other evil spirits
who prowl about the world seeking the ruin of souls. Amen. ■

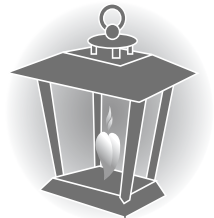
.....

Prayer to Saint Joseph

O glorious Saint Joseph,
you were chosen by God to be the foster father of Jesus,
the most pure spouse of Mary, ever virgin,
and the head of the Holy Family.
You have been chosen by Christ's vicar as the heavenly patron
and protector of the Church founded by Christ.
Protect the Holy Father, our sovereign pontiff,
and all bishops and priests united with him.
Be the protector of all who labor for souls
amid the trials and tribulations of this life,
and grant that all peoples of the world may follow Christ and the
Church he founded.

Dear St. Joseph, accept the offering I make to you.
Be my father, protector, and guide in the way of salvation.
Obtain for me purity of heart and a love for the spiritual life.
After your example, let all my actions be directed to the
greater glory of God, in union with the Sacred Heart of Jesus,
the Immaculate Heart of Mary,
and your own paternal heart.

Finally, pray for me that I may share in the
peace and joy of your holy death. Amen. ■



The Peace Prayer of St. Francis

Lord, make me an instrument of thy peace;
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

O Divine Master,
grant that I may not so much seek to be consoled as to console;
to be understood, as to understand;
to be loved, as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to Eternal Life.

Amen. ■

Saint Teresa's Prayer

May today there be peace within.
May you trust God that you are exactly where you are meant to be.
May you not forget the infinite possibilities that are born of faith.
May you use those gifts that you have received,
and pass on the love that has been given to you.
May you be content knowing you are a child of God.
Let His presence settle into your bones,
and allow your soul the freedom to sing, dance, praise, and love.
It is there for each and every one of us.

Amen. ■



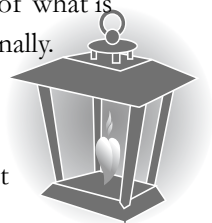
Adoration Prayer

I adore you, O Jesus, God of Love, truly present in the Most Holy Sacrament. I adore you who has come to your own but were not received by them. I adore you, whom the majority of mankind rejected and despised. I adore you, whom the impious incessantly offend by their sacrileges and blasphemies. I adore you, who are grieved by the coldness and indifference of a vast number of Christians. I adore you, O Infinite Goodness, who has wrought so many miracles, in order to reveal your love to us. I adore you, with all the angels and saints, and with those chosen souls that are now already the blessed of your Father and are all aglow with burning love for you.

I adore you with all your friends, O Jesus! With them I prostrate myself at the foot of the altar, to offer you my most profound homage, to receive your Divine Inspiration, and to implore your grace. Oh, how good it is for me to be here with you! How sweet to hear the voice of my beloved! O Victim of Divine Love! A piercing cry breaks forth from your heart here on the altar, as it once did on Calvary; it is the cry of love; "I thirst," you call to your children, "I thirst for your love! Come all, whom I love as my Father has loved me; come and quench the thirst that consumes me!

Lord Jesus, behold I come. My heart is small, but it is all yours. You are a prisoner in our tabernacles, you the Lord of Lords! And love it is, that holds you here as such! you leave the tabernacle only to come to us, to unite yourself with the faithful soul and allow your divine love to reign within. O King of Love! Come, live and reign in me. I want no other law but the law of your love! No, no, I henceforth desire to know nothing, neither of this world nor of what is in it, nor of myself; your love alone shall rule in me eternally.

O Jesus, grant me this grace! Break all my fetters, strip me of all that is not of yourself, in order that your love may be my life here below, and my happiness and delight in eternity. Amen. ■



Novena to Our Guardian Angel

O most faithful companion,
appointed by God to be my guardian,
and who never leaves my side,
how shall I thank you for your faithfulness and love
and for the benefits which you have obtained for me!

You watch over me when I sleep;
you comfort me when I am sad;
you avert the dangers that threaten me
and warn me of those to come;
you withdraw me from sin
and inspire me to good;
you exhort me to penance when I fall
and reconcile me to God.

I beg you not to leave me.
Comfort me in adversity,
restrain me in prosperity,
defend me in danger,
and assist me in temptations,
lest at any time I fall beneath them.

Offer up in the sight of the Divine Majesty
my prayers and petitions,
and all my works of piety,
and help me to persevere in grace
until I come to everlasting life.

Amen. ■



Prayer for Vocations

Lord, make me a better person, more considerate towards others, more honest with myself, more faithful to you.

Help me to find my true vocation in life, and grant that through it I may find happiness myself and bring happiness to others.

Grant, Lord, that those whom you call to enter the priesthood, the diaconate, or the religious life may have the generosity to answer your call, so that those who need your help may always find it.

We ask this through Christ our Lord.

Amen. ■

Prayer for Vocations

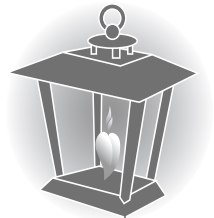
Lord, Jesus, Christ, Good Shepherd of our souls, you who know your sheep and know how to reach our hearts, open the minds and hearts of those young people who search for and await a word of truth for their lives; let them understand that only in the mystery of your incarnation do they find full light; arouse the courage of those who know where to seek the truth, but fear that what you ask will be too demanding.

Stir in the hearts of those young people who would follow you, but who cannot overcome doubts and fears, and who in the end follow other voices and other paths which lead nowhere.

You who are the Word of the Father, the Word which creates and saves, the Word which enlightens and sustains hearts, conquer with your Spirit the resistance and delays of indecisive hearts; arouse in those whom you call the courage of love's answer:

“Here I am, send me.” Amen. ■

Pope John Paul II



Day By Day

Thank you, Lord Jesus Christ,
for all the benefits and blessing which you have given me,
for all the pains and insults which you have borne for me.
Merciful Friend, Brother and Redeemer,
may I know you more clearly, love you more dearly,
and follow you more nearly,
Day by day. Amen. ■ *St. Richard of Chichester*

God Be In My Head

God be in my head and in my understanding.
God be in my eyes and in my looking.
God be in my mouth and in my speaking.
God be in my heart and in my thinking.
God be at my end and at my departing.
Amen. ■ *Sarum Primer, 1527*

God Is

God is my father and my mother.
He is my sister and my brother.
He is my rock, my sword, my shield.
He is a wheel within the middle of a wheel.
He is water when you're thirsty and bread when you're hungry.
He is a father to the fatherless,
He is a mother to the motherless.
He is a joy when you're in sorrow.
He is your hope for tomorrow.
He is my life. He is my everything.
He is my doctor. He is my lawyer. He is mine indeed.
He is everything I need. Amen. ■ *Thea Bowman*



For Brotherhood

Father, you have made us.
red, yellow, brown, white, and black,
tall and short, fat and thin,
rich and poor, young and old –
all are your children.

Teach us to cooperate rather than to compete,
to respect rather than to revile,
to forgive rather than condemn.

Your Son turned from no one.

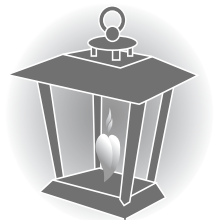
May we learn, like him, to be open
to share of the divine that you implanted
in each of your sons and daughters.

And may we forge a bond of love
that will make living a reality
the brotherhood in which we profess to believe. Amen. ■

.....

Serenity Prayer (extended)

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.
Living one day at a time;
enjoying one moment at a time;
accepting hardships 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;
so that I may be reasonably happy in this life
and supremely happy with Him
forever and ever in the next. Amen. ■



A Prayer for Spiritual Freedom

O Spirit of God, we ask you to help orient
all our actions by your inspirations,
carry them on by your gracious assistance,
that every prayer and work of ours
may always begin from you
and through you be happily ended.

Amen. ■

Prayer for Generosity

Lord Jesus, teach me to be generous;
teach me to serve you as you deserve,
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labor and not to seek reward,
except that of knowing that I do your will.

Amen. ■

St. Ignatius Loyola



Teach Me to Listen

Teach me to listen, O God,
to those nearest me,
my family, my friends, my co-workers.
Help me to be aware that
no matter what words I hear,
the message is,
“Accept the person I am. Listen to me.”

Teach me to listen, my caring God,
to those far from me,
the whisper of the hopeless,
the plea of the forgotten,
the cry of the anguished.

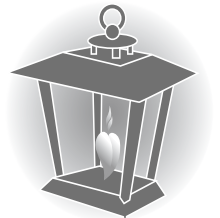
Teach me to listen, O God my Father,
to myself.
Help me to be less afraid
to trust the voice inside,
in the deepest part of me.

Teach me to listen, Holy Spirit,
for your voice
in busyness and in boredom,
in certainty and in doubt,
in noise and in silence.

Teach me, Lord, to listen.

Amen. ■

Adapted by John Veltri SJ



Sports

Heavenly Father,
Thank you for my love of sports
and my athletic ambition.
Be with me in practices and games.
Lead my team to play well and fairly.
Allow all competition to make us stronger,
but never angry.
Lead us through competition with dignity.
Keep us all safe from injury.
Remind us that this is only sport, and should be fun.
Help the victorious team be happy and modest.
Help the defeated stay from envy.

Amen. ■

.....

Universal Prayer For Peace

Lead me from death to life, from falsehood to truth.
Lead me from despair to hope, from fear to trust.
Lead me from hate to love, from war to peace.
Let peace fill my heart, my world, my universe.

Amen. ■

Mother Teresa of Calcutta



For Peacefulness

Let nothing disturb thee.
Let nothing frighten thee.
Everything is changing.
God alone is changeless.
Patience attains the goal.
One who has God lacks nothing.
God alone fills our needs.

Amen. ■

St. Teresa of Avila

Trust

Heavenly Father, I trust in you completely;
even when it is difficult, I know I must trust in you.

My life is in your hands, my soul yearns for you.
I know that the future is not for me to know now
and I know that I must trust in your ways.

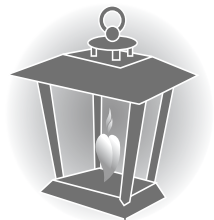
Lord, please help me keep my trust strong;
and keep me from lingering.

I know you are always with me and for me.
I love you and I owe you everything.

Amen. ■

Vinny Caramele '01

Mount Saint Michael Academy, the Bronx, NY



I am Ready... I Accept

Father,

I abandon myself into your hands; do with me what you will.

Whatever you may do, I thank you:

I am ready for all, I accept all.

Let only your will be done in me, and in all your creatures.

I wish no more than this, O Lord.

Into your hands I commend my soul;

I offer it to you with all the love of my heart,

for I love you, Lord, and so need to give myself,

to surrender myself into your hands without reserve,

and with boundless confidence,

for you are my Father.

Amen. ■

Charles de Foucauld

My Gift

Lord, I freely yield all my freedom to you.

Take my memory, my intellect and my entire will.

You have given me anything I am or have;

I give it all back to you to stand under your will alone.

Your love and your grace are enough for me;

I shall ask for nothing more.

Amen. ■

St. Ignatius Loyola



The Road Ahead

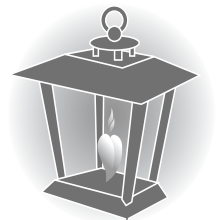
My Lord God,
I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end,
nor do I really know myself,
and the fact that I think that I am following your will
does not mean that I am actually doing so.

But I believe that the desire to please you
does in fact please you.
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that desire.
And I know that if I do this, you will lead me
by the right road though I may know nothing about it.

Therefore I will trust you always
though I may seem to be lost and in the shadow of death.
I will not fear, for you are ever with me,
and you will never leave me to face my perils alone.

Amen. ■

Thomas Merton



God, Allow me to strive for balance. Embrace me with your love, and lead my decisions to bring positive outcomes.

God, help me see you at all times. Guide me away from my flaws and help me master my strengths. Hear my cries for help, and continue to bless me. Remind me of those less fortunate, and the work in the world that is left to be done. Remind me of my dreams, and that I can accomplish them.

God, stay with me always. Only you can grant me peace of mind. I love you and I thank you for all that you give to me. Amen. ■

Kennedy Reese '14

Dear Lord, every day we take for granted many of the wonderful things you give us. From talent, to education, to wisdom, to shelter and food, to a loving family, we are truly blessed by all your creations.

You are in every aspect of our lives, yet we fail to see you in even the simplest of things. You are with us always and provide for our every need, yet we often resort to blaming you for abandoning us and ignoring our needs.

We want; you give. We hate; you love. We hold grudges; you forgive. We sin; you are perfect in every way. Yet no matter what we do, or how undeserving we are, you love us with an everlasting love that nothing can compare to, and you are always ready to welcome us back when we stray from you.

Lead me, Lord, throughout this day and all the days of my life, so that I may strive to be more like you and your Son, Jesus Christ. Protect me from harm, shield me from sin, and forgive my wrongdoings. Thank you for everything you have done for me, my friends, and my family.

In your name have mercy. Amen. ■

Maeve McDermott '14



Dear God,
Although we do not take the time to thank you enough,
just know we love and appreciate you O God.
We thank you for the family and friends you have given to us.
We thank you for every breath we take.
We thank you for every decision we make.
We thank you for having faith in us even when we lose faith in you.
We thank you for answering our prayers.
Even when we sin and turn our backs to you,
you still try to reach us with your love.
We will never be able to thank you enough
but know, O God, we will never stop trying.

Amen. ■

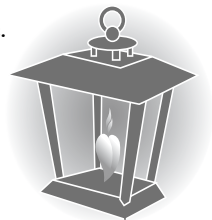
Rachel Mandes '14

.....

Dear Lord,
I ask of you to forgive me for all of the wrong that I have done in
the past. Whether I was aware of the wrongdoing or not, I just ask
you to forgive me for my sins.
Lord, I ask of you to walk with me, lead me to the right direction
so that one day I can be with you forever. Lord, help me to live right
and do what I was created to do. I feel as though I'm bound for great
success and great life because you are in my life. Lately, I've been
having this complete feeling inside, I feel as though I'm whole with
you. It is really a good feeling.
I pray today to say "thank you" and "I love you."
Walk with me, hold my hand, lead me all the way, Lord.
Thank you for my family; bless them all. Until next time.

Amen. ■

Jessica Levine '14



Dear God,
As I wake to another day,
Grant me the courage to share what I have to say,
the wisdom to acknowledge all of your glory,
to have an understanding of every side of a story,
the strength to turn away from sin,
to show humility to others when I win,
the faith to trust in you,
to spread joy even when I'm feeling blue.
May I fall asleep with ease and peace of mind
knowing that I have another day to wake up and find.

Amen. ■

Stephanie Cerveny '14

.....

Dear God,
Please help me to become the person that you created me to be.
Help me to remember that I am created in your image.
Let me never forget everything that you have given me:
a loving family, great friends, and the privilege to have
my parents be able to let me receive a Catholic education.
Always let me remember all the people who are not
as fortunate as I am; let me be able to help them as much as I can.
Please give me the strength to be able to not be ashamed
of my faith and to be able to share it with others.
Last of all, thank you God for everything you do for me every day.
Please continue to help me make the right choices in my life.

Amen. ■

Jillian Joyce '14



Dear God,

Thank you for the gift of life, and the presence here in your world.
Help us follow in your footsteps and show love and care for one another. Teach us to be kind to others and lead them down your path of wisdom and glory. Have our guardian angels watch over us as we take a journey in this world here on earth and in heaven.

Amen. ■

Jennifer Glynn '14

God, give us the courage to get through this day,
the power to overcome any obstacles,
the heart to let us love those around us,
the wisdom to accept other people,
and the ability to make each day great.

God, protect those around us.

Help those in need that cannot help themselves,
and give everyone the spirit to enjoy life.

God, give us your divine protection today, and always.

Amen. ■

Matt Byermalter '12

Dear Holy Trinity,

Forgive me for all I have done.

Help me to be like Jesus in all that I do.

I'm sorry for the sins I have committed,

I did not mean to offend you.

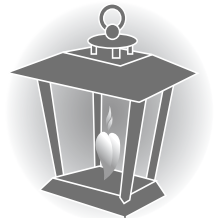
You are deserving of all my love.

Please Holy Trinity,

Forgive me.

Amen. ■

Rosie Helmold '14



Dear God,
Thank you for everything you've given me, and everyone else.
Please strengthen my knowledge, Lord.
Protect me through everything with your guardian angels.
Thank you for every privilege you've given to me, too.
I pray that people going hungry today find food and the homeless
find shelter. Help me throughout everything, God.

Amen. ■
Tori Mooncotch '14

Dear God,
When I am afraid, give me courage.
When I am weak, give me strength.
When I am confused, give me wisdom.
And when I am tempted, turn me away.
When I am afraid, weak, confused, and tempted,
May you give me the strength to follow the path
that you have laid before me.

Amen. ■
Logan McMillin '13

God, help me to remember
so I can recall what I have learned;
so I can understand how the world acts, thinks, and hopes;
so I can look at everything and see beauty;
so I can pray always for the hopes and wishes
of my loved ones to come true;
so I can know that you are with me at all times and are
the reason I can remember such amazing things.

Amen. ■
Catherine Costin '14



Dear God,

Thank you for the gift of life, in which you have surrounded me with truly wonderful family and friends; I feel completely blessed.

Please help me as I maneuver through the stages in life, in making decisions that will not only benefit me, but others in the long run.

Please lead me to follow in the footsteps of Christ, and help me spread my goodness to the world throughout the years of my life.

Amen. ■

Hannah Fabry '14

God, please guide all of us as we go through our high school years. Keep all athletes safe from injury and out of harm's way.

Guide us all down the right paths to make the right decisions when we are faced with peer pressure. Please allow us to make Christian choices and to treat each other with respect. Help those who struggle in school and help them to stay focused on the school work.

Amen. ■

Justin Lapinskas '13

God,

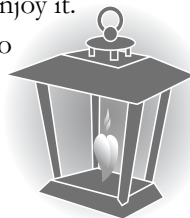
Help us today with all of our classes. Help us pass our tests and study well for tests to come. Guide us through the halls and get to our classes on time. Give us the strength to actually do our homework.

Help us work for the weekend so when it gets here we enjoy it.

Help any of our family members that are sick or dying to get better. Watch over those in danger and help us to avoid danger.

Amen. ■

Peter Conway '13



God, as we make our way through our sophomore year.
Help us to remember that hard work will pay off in the end.
That as we think about the heavy burden our classes put on us
Nothing compares to the burden that was put upon Jesus.
We can only be the best person that we can be.

Help us to remember that our friends should
not be the ones who judge us.
Only God has the power to do that.
Others should not change the person you are inside,
and decisions you make are your own and no one else's.

Help us to know that sports are only a game
and sportsmanship is important;
that we should give 110% on and off the field,
and never ever quit.

Help us to make the smart decisions when we go out;
Not to surround ourselves with the people who
go down the wrong way,
and to know that what is popular is not always right.
A reputation lasts a lifetime in a human's eyes
but for eternity in God's eyes.

Help us to remember that our families come first,
and that school things come before our social lives,
and that you come before all things.

Amen. ■

Mariclare Touby '13



Heavenly Father, you are my guidance.

I look to you when I have a situation that is too big for me to handle. I feel that I'm nothing in this world without you. I need you to show me the light and guide me down the right paths. I try to control my thoughts and concentrate so that I can believe that you have a plan for me, for that is an awesome thought.

Help me as you have helped others before me. Teach me purpose, so that I may fulfill it. I dedicate myself to your will in exchange for your divine grace to choose the right over the wrong and the holy over the sinful. Thank you for believing in me.

Amen. ■

Sean Kitchin '13

Dear Jesus Christ, I pray today for everyone in the world because everyday is a new day and tomorrow is never promised. I pray that everyone is safe and has made an effort to accept you in their lives. Thank you for all that you have done to help me improve myself as a person.

In Jesus' name, I pray. Amen. ■

Leah Bolton '13

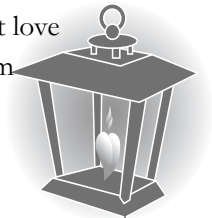
A Prayer for Cancer Patients

Dear God,

Give these patients the willpower to continue their treatments and still maintain their faith in you. Although their bodies will feel weak, grant them the emotional strength to remain optimistic. Grant them the joy of love from their friends and family, and let that love guide them through this dark time in their lives. Let them be at peace and help them to find whatever they need.

Amen. ■

Jamie Corcoran '11



With the Gifts of the Holy Spirit

Holy Spirit,

With your gift of Wisdom, I am able to recognize God working through everyone, everywhere.

With your gift of Understanding, I am able to apply reason in the apprehension of truth, and to know how I am meant to live my life in accordance with Christ.

With your gift of Counsel, I am able to determine right and wrong, and to choose the righteous path.

With your gift of Fortitude, I am able to overcome fear, endure persecution, and work towards the good.

With your gift of Knowledge, I am able to understand God as best I can.

With your gift of Piety, I am able to maintain a deep sense of respect for God, and for myself as a humble servant.

With your gifts of Wonder, awe, and fear of the Lord, I am able to be fully aware of God's majesty and glory while maintaining a healthy sense of filial fear to guide me.

I am grateful to you, Holy Spirit, for all of these gifts which you have bestowed upon me, as well as my brethren.

Amen. ■

Vinny Caramele '01

Mount Saint Michael Academy, the Bronx, NY



Guide us Jesus

Mercy of Jesus, lift us up when we fall.

Word of Jesus, call us back when we stray.

Heart of Jesus, help us love one another as you love us.

Jesus, all for Jesus, all we are and all we will ever be, all for Jesus.

Amen. ■

Deacon Jim Renwick

Good and Gracious God...

You are the One who has blessed us with all that is good in our lives. Bless us and those we love again this day. Bless us with strength and confidence and the will to persevere. Bless us with healing, comfort, and peace. Be with us in our anxiety. Bless us throughout this day by being our constant companion, and gently guide our thoughts, our words, and our actions.

Help us today to remain ever watchful in prayer, strong in love, and faithful to the breaking of the bread.

Amen. ■

Deacon Andy Neu '78

Lord, you have challenged us to be your hands and feet.

Help us to accept our calling and to realize our worth.

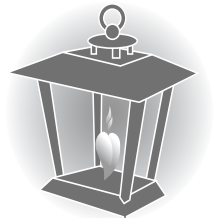
Be our guide and lead us to those who need you the most.

Give us the courage to keep working, especially in the face of opposition. Keep us strong in faith in you, strong in hope for peace, and strong in love for each other.

Thank you for blessing us with your grace.

Amen. ■

Katie Neu, '07



Prayer for Confidence and Trust

Lord, things don't seem to be going my way today.

I'm tired and stressed out. There are too many things to do;

I can't seem to get ahead.

No one has the time to listen to me.

I turn to you who have said,

“Ask and you shall receive, knock and it shall be opened”.

I ask you then for confidence and trust that you know all about my problems and will send your grace in the form of a friend to help me find the peace that comes from total confidence in you.

Thanks, Lord.

Amen. ■

Br. Rene D. Roy, FMS

Central Catholic High School, Lawrence, MA

Patience

Lord, every day it's the same: I lose patience with others, with myself, with you. I never think of how patient YOU are with me. Forgive me for my pettiness; help me to get back on track with you and then I'll find it easier to be patient.

Glory, praise and thanksgiving to you for your infinite patience.

Amen. ■

Br. Rene D. Roy, FMS

Central Catholic High School, Lawrence, MA



For Humility

Lord, truly you must increase and I must decrease.

I find myself always talking about “me,” and never asking about how others are doing or what they need. And I don’t really listen to them when they speak to me. I’m so taken up with myself, I think I’m your extraordinary gift to the world. It’s a wonder you haven’t really made me look foolish to teach me humility.

If I focus on who YOU are and how all things are gifts from you to us, then I will see all things, including myself, in better perspective. Lord, help this prayer become action, not just words. Show me who you are and I will learn humility.

Amen. ■

Br. Rene D. Roy, FMS

Central Catholic High School, Lawrence, MA

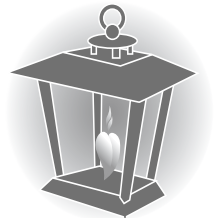
As I Begin

Beginnings can be exciting and frightening. Lord, help me to remain calm and to see what unfolds. Let me remember that your plan may not be my plan, and in the end, your plan will really be the better plan. So, Lord, I simply ask your blessing on all that will follow today, trusting that you know best. Let me put my day into your loving plans and move ahead in joy and peace.

Amen. ■

Br. Rene D. Roy, FMS

Central Catholic High School, Lawrence, MA



ACKNOWLEDGEMENTS

Day by Day – The Notre Dame Prayer Book for Students
edited by Thomas McNally, CSC

The Essential Catholic Prayer Book
edited by Judith A. Bauer, 1999, Liguori Publications

Knowing God In Your Extended Network: A Marist Prayer Booklet

A very special thank you to all Marist administration, faculty, staff, and students that have supported and contributed to this prayer book.



*“Without Mary we are nothing,
and with Mary we have everything,
for Mary always has her divine Son
in her arms or in her heart.”*

Champagnat



© MARIST HIGH SCHOOL, CHICAGO, IL • WWW.MARIST.NET