365 Prayers FOR Catholic Schools and Parish Youth Groups

INTERACTIVE ➔ SEASONAL ➔ TRADITIONAL

FILOMENA TASSI and PETER TASSI

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DEDICATION

We dedicate this book to the memory of our father, Phil Tassi (1928-2006), a blacksmith and millwright who dedicated his life to others, being the face of Jesus to all who met him. His wisdom, profound views on life, and infinite capacity to love and forgive inspired us all to live out the gospel message.

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ACKNOWLEDGMENTS

Thank you to Twenty-Third Publications for their faith in our work and for publishing this follow up to ***500 Prayers for Catholic Schools and Parish Youth Groups****. Their commitment to their mission informs and enlightens their readers with a better understanding of church and God. Thank you to the educators with whom we have worked, and most of all, thank you to the youth, who are a blessing to serve and work with.*

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Introduction

We hope you find this prayer book a useful tool in your schools, parishes, youth groups, and organizations. What better way to start a day, an event, or a class than with a prayer? This book provides a comprehensive, all-in-one prayer book covering traditional prayers and practices, prayers for the liturgical seasons, saints' feast days and celebrations, as well as a host of interactive prayers covering a wide range of topics/themes relevant to young people.

The Traditional Prayers and Practices will not only serve as a great review of our traditional prayers but will guide us in practices such as praying the Rosary and the Stations of the Cross. Prayers for our Liturgical Seasons will not only provide a better understanding of the liturgical calendar but will also promote spiritual reflection during these most important times. Saints' Days and Celebrations mark some of the days important to us all, while each prayer highlights some of the great attributes of our saints and provides encouragement to help us foster our personal and spiritual growth.

Finally, the Interactive Prayers for Daily Life serve a dual function. First, they lead us to pray on relevant topics important to teenage life, encouraging the youth to find inspiration and consolation through their faith and spiritual life. Second, they will stimulate discussion on these topics through the use of reflection questions that challenge us to think about the topic from a faith perspective as well as from social and personal viewpoints. It is our hope that these reflection questions will serve as a catalyst,

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encouraging the youth to share and to discuss those issues that most concern them. We encourage the teachers/facilitators to add questions they believe will further stimulate discussion.

365 Prayers was not only written for Catholic schools, parish youth groups, and those leading group prayer. As well, it is an excellent guide and source for prayer and reflection in the life of any Catholic.

We hope that you find this prayer book a useful tool in helping you and your students grow in faith. We hope that it serves to strengthen your relationship with God as well as with his children. Finally, we hope this prayer book strengthens and inspires you to move forward every day in helping to build God's kingdom.

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TRADITIONAL PRAYERS AND PRACTICES

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Traditional Prayers

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do 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. **[Rite of Penance, no. 45]**

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 man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches, because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness, because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

Act of Love

O Lord God, I love you above all things, and I love my neighbor for your sake, because you are the highest, infinite, and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

Anima Christi

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within your wounds conceal me. Do not permit me to be parted from you. From the evil foe protect me. At the hour of my death call me. And bid me come to you, to praise you with all your saints forever and ever. Amen.

Apostles' 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.

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Confiteor *(traditional version)*
I confess to Almighty God, to blessed Mary ever virgin, to blessed Michael the archangel, to blessed John the Baptist, to the holy apostles Peter and Paul, and to all the saints that I have sinned exceedingly, in thought, word and deed, through my fault, through my fault, through my most grievous fault. Therefore I beseech blessed Mary, ever virgin, blessed Michael the archangel, blessed John the Baptist, the holy apostles Peter and Paul, all the Saints, and you, Father, to pray to the Lord our God for me.

Divine Praises
Blessed be God. Blessed be his holy name. Blessed be Jesus Christ, true God and true man. Blessed be the name of Jesus. Blessed be his most sacred heart. Blessed be his most precious blood. Blessed be Jesus in the most holy sacrament of the altar. Blessed be the great mother of God, Mary most holy. Blessed be her holy and immaculate conception. Blessed be her glorious assumption. Blessed be the name of Mary, virgin and mother. Blessed be St. Joseph, her most chaste spouse. Blessed be God in his angels and in his saints.

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.

Grace Before Meals
Bless us, O Lord, and these your gifts, which we are about to receive from your bounty, through Christ our Lord. Amen.

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Grace Before Meals
The eyes of all look to you, O Lord, to give them their food in due season. You open wide your hands and fill all things with your blessings, through Christ our Lord. Amen.

Grace After Meals
We give you thanks, Almighty God, for all thy gifts that we have received, through Christ our Lord. Amen.

Grace After Meals
For these and his many mercies, may the Lord's name be blessed, now and forever, through Christ Our Lord. Amen.

Grail Prayer
Lord Jesus, I give you my hands to do your work. I give you my feet to go your way. I give you my eyes to see as you do. I give you my tongue to speak your words. I give you my mind that you may think in me. Above all, I give you my heart that you may love in me your Father and all mankind. I give you my whole self that you may grow in me, so that it is you, Lord Jesus, who will live and work and pray in me. Amen.

Guardian Angel
Heavenly Father, Your infinite love for us has chosen a blessed angel in heaven and appointed him our guide during this earthly pilgrimage. Accept our thanks for so great a blessing. Grant that we may experience the assistance of our holy protector in all our necessities. And you, holy, loving angel and guide, watch over us with all the tenderness of your angelic heart. Keep us always on the way that leads to heaven, and cease not to pray for us until we have attained our final destination, eternal salvation. Amen.

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Hail, Holy Queen

Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, your eyes of mercy toward us; and after this, our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

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 at the hour of our death. Amen.

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 unto you, O virgin our Mother. To you we come, before you we kneel, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in your mercy hear and answer them. Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

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Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Prayer Before a Crucifix

Look down upon me, good and gentle Jesus, while before your face I humbly kneel and, with burning soul, pray and beseech you to fix deep in my heart lively sentiments of faith, hope, and charity; true contrition for my sins, and a firm purpose of amendment. While I contemplate, with great love and tender pity, your five most precious wounds, pondering over them within me and calling to mind the words which David, your prophet, said to you, my Jesus: "They have pierced my hands and my feet, they have numbered all my bones."

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Prayer to the Holy Spirit

Spirit of wisdom and understanding, enlighten our minds to perceive the mysteries of the universe in relation to eternity. Spirit of right judgment and courage, guide us and make us firm in our baptismal decision to follow Jesus' way of love. Spirit of knowledge and reverence, help us to see the lasting value of justice and mercy in our everyday dealings with one another. May we respect life as we work to solve problems of family and nation, economy and ecology. Spirit of God, spark our faith, hope, and love into new action each day. Fill our lives with wonder and awe in your presence, which penetrates all creation. Amen.

The Angelus

The Angel of the Lord declared unto Mary and she conceived of the Holy Spirit. Hail Mary... Behold the handmaid of the Lord, be it done unto me according to your Word. Hail Mary... And the Word was made flesh and dwelt among us. Hail Mary... Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Pour forth, we beseech You, O Lord, your grace into our hearts: that we, to whom the Incarnation of your Son was made known by the message of an Angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ Our Lord. 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.

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The Prayer for the Dead

God our Father, your power brings us to birth, your providence guides our lives, and by your command we return to dust. Lord, those who die still live in your presence; their lives change but do not end. I pray in hope for my family, relatives, and friends, and for all the dead known to you alone. In company with Christ, who died and now lives, may they rejoice in your kingdom, where all our tears are wiped away. Unite us together again in one family, to sing your praise forever and ever. Amen.

Traditional Practices

The Rosary

Through praying the Rosary we remember important events in the history of our salvation. There are twenty mysteries for which we give thanks. They are divided into the Joyful Mysteries, the Luminous Mysteries, the Sorrowful Mysteries, and the Glorious Mysteries. Our church recommends saying the Joyful Mysteries on Monday and Saturday and the Sundays of Advent, the Luminous on Thursday, the Sorrowful on Tuesday and Friday and the Sundays of Lent, and the Glorious on Wednesday and Sunday (except in Advent and Lent).

HOW TO PRAY THE ROSARY

- With the crucifix of the rosary, make the sign of the cross and say the Apostles' Creed.
- Say the Our Father on the first bead.

- Say three Hail Marys on the next three beads.
- Say the Glory Be.
- Announce the first Mystery and then say the Our Father.
- While fingering the next ten beads, say ten Hail Marys while meditating on the Mystery.
- Say the Glory Be.
- After the Rosary pray: "Hail Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

THE MYSTERIES

The Joyful Mysteries

- The Annunciation: Mary learns that she has been chosen to be the mother of Jesus.
- The Visitation: Mary visits Elizabeth, who tells her that she will always be remembered.
- The Nativity: Jesus is born in a stable in Bethlehem.
- The Presentation: Mary and Joseph take infant Jesus to the Temple to present him to God.

- Finding Jesus in the Temple: Jesus is found in the Temple discussing faith with teachers.

The Luminous Mysteries

- The Baptism of Jesus in the River Jordan: God proclaims that Jesus is his beloved Son.
- The Wedding Feast at Cana: At Mary's request, Jesus performs his first miracle.
- The Proclamation of the Kingdom of God: Jesus calls all to service of the kingdom.
- The Transfiguration of Jesus: Jesus is revealed in glory to Peter, James, and John.
- The Institution of the Eucharist: Jesus offers his body and blood at the Last Supper.

The Sorrowful Mysteries

- The Agony in the Garden: Jesus prays in the Garden of Gethsemane on his final night.
- The Scourging at the Pillar: Jesus is lashed with whips.
- The Crowning with Thorns: Jesus is mocked and crowned with thorns.
- The Carrying of the Cross: Jesus carries the cross that will be used to crucify him.
- The Crucifixion: Jesus is nailed to the cross and dies.

The Glorious Mysteries

- The Resurrection: God the Father raises Jesus from the dead.
- The Ascension: Jesus returns to his Father in heaven.
- The Coming of the Holy Spirit: The Holy Spirit comes to bring new life to the disciples.
- The Assumption of Mary: After her death, Mary is taken body and soul into heaven.
- The Coronation of Mary: Mary is crowned as queen of heaven and earth.

The Stations of the Cross

The Stations of the Cross commemorate the passion of Christ, recalling the day of Jesus' crucifixion. The Stations of the Cross are also called the Way of Sorrows or, simply, the Path. The stations are most commonly done during Lent, especially on Good Friday, but may also be done any time one chooses.

OPENING PRAYER: Say the Act of Contrition

At the beginning of each station, announce the station and then say this prayer:

LEADER: We adore you, O Christ, and we praise you.

ALL: Because by your holy cross you have redeemed the world.

At the end of each station say an Our Father, a Hail Mary, and a Glory Be to the Father. Then pray this prayer:

LEADER: Jesus Christ crucified.

ALL: Have mercy on us.

LEADER: May the souls of the faithful departed,
through the mercy of God, rest in peace.

ALL: Amen.

FIRST STATION

Jesus is condemned to death

Jesus, you devoted your life to serving others, and yet when you stood before Pilate, there was nobody to help you. You stood alone. Lord, there are times in my life when I feel alone. I am committed to doing what I believe is right, and while others are preoccupied with what they are doing, I stand firm in my faith and love for you. Be with me, Lord, and give me the strength to endure these situations. May I always have the courage to do what I believe is right and to know that you are with me.

SECOND STATION

Jesus takes up his cross

Jesus, you accepted your cross and carried it to your death on Calvary. You knew it would not be easy and that you would endure great suffering, but you did it anyway. Lord, allow me to be patient when parents, friends, or teachers do not understand me; allow me to be generous when many others are only concerned with their own lives; give me courage to do what is right even though doing what is right may bring criticism and ridicule.

THIRD STATION

Jesus falls the first time

Jesus, the cross you carried was heavy, and you were tired and weak from the beatings you had taken. You fell, and even though nobody was there to help you and nobody seemed to care, you got up and carried on. Lord, there are times in my life when I feel tired and weak. It is as if I fall to my knees in failure. Help me to realize, Lord, that it is okay to fall, but what is most important is that I never quit—that I get back up and continue my journey.

FOURTH STATION

Jesus meets his mother

Jesus, you felt completely alone, and the people continued to yell and scream at you. As you felt it almost too much to bear, you saw your mother. Lord, open my eyes to the people who love me. Although they may not always be able to help me, I pray to see that they do love me and care for me, and if they could, they would do what needs to be done to rid me of my loneliness.

FIFTH STATION

Jesus is helped by Simon of Cyrene

Jesus, just as you thought you could go no farther, the soldiers told Simon to help you. Lord, as much as life can bring us pain, it can also bring us unexpected support. Sometimes when we least expect it and we think that all is lost, someone comes to our aid. We are grateful to those who are there to carry us on our journey, to bring us hope in our darkest times. And we pray, Lord, that we will always have the insight to see and the strength to help others who are in need of us.

SIXTH STATION

Veronica wipes Jesus' face with her veil

Jesus, Veronica came out of the crowd to wipe the blood and sweat from your face. She truly cared for you. She was unable to do much, but enough to let you know that she felt your suffering. There will be times, Lord, when friends, teachers, or parents cannot take away my suffering, but they are there to help me. They wipe away my tears, offer a kind word, and are with me through the difficult times. Their love will be a source of strength for me.

SEVENTH STATION

Jesus falls the second time

Lord, your journey was long, difficult, and painful; you fell once again. But in spite of exhaustion and suffering, you arose once again and continued your journey. Lord, once again you teach us that no matter how many times we fall, we must get up once again. When we are tempted to feel total despair, help us to know that you are with us. Give us the strength to persevere, to overcome all the obstacles. In this way, Lord, you offer us the opportunity for greatness.

EIGHTH STATION

Jesus speaks to the women of Jerusalem

Jesus, even though you were abandoned by friends, you mustered up the strength and made time to talk to, encourage, and help the women of Jerusalem. Lord, we pray that we never get so wrapped up in our own lives that we lose sight of others. Grant us this great capacity for love so that, even during the most difficult times, we have the capacity to see the needs of others and the strength to reach out and help them.

NINTH STATION

Jesus falls a third time

Jesus, your journey became almost unbearable. You fell for a third time beneath the weight of the cross. Yet you still managed to get up to finish the journey. Lord, I have fallen so many times in life. It seems as if I try my best and yet I continue to fail and sin. I just can't shed those weaknesses. Help me think of the cross you carried and realize that no matter how hard it gets, I can continue and I can make changes in my life.

TENTH STATION

Jesus is stripped of his garments

Jesus, you were whipped, tortured, mocked, and spat at. To further humiliate you, they stripped you of your clothes. They tried to strip you even of your pride, but you simply turned your eyes to heaven. Lord, it hurts to be criticized, gossiped about, or made fun of. When this happens to me, help me to turn my eyes to you and to trust in your loving presence. No matter how people treat me, they cannot take away my integrity and your love for me.

ELEVENTH STATION

Jesus is nailed to the cross

Jesus, large nails were hammered through your hands and feet. As the cross was lifted, you bled more, and you gasped for air as you hung from those nails. Lord, sometimes I feel ashamed for the things I have done and failed to do. Yet I know that in your most painful death, you show me your forgiveness and offer me redemption. When I reflect on your death, it brings me great sorrow but also gratitude for the freedom you have offered me.

TWELFTH STATION

Jesus dies on the cross

Jesus, in the midst of unbearable suffering and prior to breathing your last breath, you forgave those who crucified you and prayed for your mother and friends. Even in your death you thought of others rather than yourself. Lord, there are times I get so entangled in my own life I fail to see others. So often I am ruled by my own concerns and fail to see the suffering of others. Free me from self-centeredness so that I can be one with you and a caring person for others.

THIRTEENTH STATION

Jesus is taken down from the cross

Jesus, your suffering finally ended and your bloodied and beaten body was placed in the lap of your mother. Finally, it ended! You were then ready to join your Father. Lord, how many times I have taken others for granted! How many times I have not taken the opportunity to thank the people in my life! May I never take anyone for granted, and may I thank each and every person while they are alive for all the love and service they give to me.

FOURTEENTH STATION

Jesus is laid in the tomb

Jesus, they took you to your resting place and rolled a large stone over the entrance of your tomb. Although this was your final act of surrender, your tomb would soon be empty and you would show yourself alive to your disciples. I ask you, Lord, to give me your grace so that I may have the courage and strength to take up my cross and endure all things for your sake. I ask you that, like you, I too can be a beacon of light to others.

Holy Water

Holy water is water that has been blessed by a Catholic priest. Blessed water is a symbol of spiritual cleansing. When we bless ourselves with it by making the sign of the cross, it recalls our baptism and redirects our life to God. By recalling our baptism, we share in the passion, death, and resurrection of Jesus and begin anew.

Palms

In church or at home, the palms represent our homage and loyalty to Christ our King and Redeemer. They are a witness to our faith in Jesus as the messianic king and in his paschal victory. Blessed palms are also sacramentals, or sacred signs, preparing us to receive the sacraments or to sanctify situations. We celebrate with palms on Palm Sunday, the Sunday prior to Easter, the great celebration of Jesus' resurrection. This represents Jesus' entry into Jerusalem when the people placed palm branches in his path in recognition of his kingship. We sometimes make crosses out of palms. This reminds us to carry our cross patiently so that we may share in Christ's Easter glory.

Relics

Relics usually consist of the physical remains of a saint or the personal effects of the saint. Relics are not to be worshiped; only God is worshiped. Instead, we venerate and pray before the relics of the saints as a way to adore God.

Scapulars

The scapular was originally a monastic garment that hung over the shoulders, front and back of the wearer, and reaching to the knees. It is worn by monks to remind them of their commitment to live a Christian life. Devotional scapulars are much smaller pieces of cloth, a few inches in size, and bear religious images or text. These can be worn by any Christian.