

When You Pray Alone

Be still for a few moments and bring to mind the fact that you are with God, who created the whole world, who is the source of love and who alone gives true peace.

Reflect on the Cross and remember that you are with God, who made you, loves you and cares about every part of your life. Pray this prayer, pausing at the end of each request:

*Lord, overshadow me with your Spirit...
Take away all distraction and inattention...
Make my soul still...
Speak Lord, I am listening...*

If there is anything you wish to thank God for, tell Him:

Thank you Lord for all your goodness and loving kindness to me and to my family and friends, especially for this... and this... and this... I praise you not only with my lips, but with my life for these and all your blessings. Amen.

If you are in trouble or worried, pray:

Lord, I am distressed, in anguish and fearful. I'm anxious because... and... and... Strengthen me with your Spirit and help me go on believing in your love even when I cannot understand. When the path is dark, let the light of faith shine in my heart and renew your Holy Spirit within me. Amen.

If you know someone who needs your prayers, remember that God wants to use you as a channel of His love.

Lord Jesus, I pray especially for... and... and...and... I offer to you all those who are dear to me, especially... and... and... I pray especially for those who need their faith renewed, for those who have neglected or forgotten their prayers today and for those who have no one to pray for them. Give to each the blessing of your peace. I ask this in Jesus' Name.

To end your prayer time, pray.

Thank you, Jesus, for this time together. I rededicate my life to you now. Fill me with your Holy Spirit to guide and keep me always in your Presence. Amen.