

### **Prayer for Inner Healing**

Lord Jesus, you came to heal our wounded hearts. I beg you to heal the torments that cause anxiety in my heart. I beg you, in a particular way, to heal all causes of sin. I beg you to come into my life and heal me of the psychological harms that struck me in my early years and from the injuries that they caused throughout my life.

Lord Jesus, you know my burdens. I lay them all on your Good Shepherd's Heart. I beseech you - by the merits of the great, open wound in your heart - to heal the small wounds that are mine. Heal the pain of my memories, so that nothing that has happened to me will cause me to remain in pain and anguish, filled with anxiety.

Heal, O Lord, all those wounds that have been the cause of all the evil that is rooted in my life. I want to forgive all those who have offended me. Look to those inner sores that make me unable to forgive. You who came to forgive the afflicted of heart, please, heal my own heart.

Heal, my Lord Jesus, those intimate wounds that cause me physical illness. I offer you my heart. Accept it, Lord, purify it and give me the sentiments of Your Divine Heart. Help me to be meek and humble.

Heal me, O Lord, from the pain caused by the death of my loved ones, which is oppressing me. Grant me to regain peace and joy in the knowledge that you are the Resurrection and the life. Make me an authentic witness to your resurrection, your victory over sin and death, your living presence among us. Amen.

### **The Unity Prayer**

My Adorable Jesus,

May our feet journey together.

May our hands gather in unity.

May our hearts beat in unison.

May our souls be in harmony.

May our thoughts be as one.

May our ears listen to the silence together.

May our glances profoundly penetrate each other.

May our lips pray together to gain mercy from the Eternal Father. Amen

### **Prayer of St. 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 hosts, by the power of God, thrust into hell Satan, and all evil spirits, who prowl about the world seeking the ruin of souls. Amen.

### **OUR FATHER**

**Our Father** who art in Heaven, hallowed be thy Name, thy Kingdom come, thy will be done on earth as it is in Heaven. Forgive us our trespasses as we forgive those who trespass against us. Deliver us not into temptation, but deliver us from evil. Amen.

**Hail Mary**, Full of Grace, The Lord is with thee. Blessed art thou among 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 death. Amen.

### **Renewal of Baptismal Promises**

V. Do you reject Satan?

R. I do.

V. And all his works?

R. I do.

V. And all his empty promises?

R. I do.

V. Do you believe in God, the Father Almighty, creator of heaven and earth?

R. I do.

V. Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father? R. I do.

Do you 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? R. I do.

V. God, the all-powerful Father of our Lord Jesus Christ has given us a new birth by water and the Holy Spirit, and forgiven all our sins. May he also keep us faithful to our Lord Jesus Christ forever and ever. R. Amen.

### **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, pray for us, O holy Mother of God; that we may be made worthy of the promises of Christ. Amen.

### **The Memorare**

Let us pray:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, and sought thy intercession, was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee do I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate: despise not my petitions, but in thy mercy hear and answer me. 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, hide me;

let me never be separated from You; from the evil one, protect me; at the hour of my death, call me; and bid me come to You; that with your saints, I may praise your forever and ever. Amen.

### **Prayer of Abandonment**

Father, into your hands I commend my life. Do with me what you Will. Whatever you 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 ask for no more than this, that your Will be done in me. For into your hands I commend my spirit with all the love of my heart, for I love you, Father, and so need to give myself, to surrender myself, into your hands without reserve, and with boundless confidence, for you are my Father.

### **Prayer of St. Ignatius**

Take Lord, receive all my liberty, my memory my understanding, my entire will, all that I have and possess. You have given ALL to me; to you, O Lord, I return it. Dispose of it wholly according to your will. Give me only your love and your grace. That is enough for me; your love and your grace.

My Lord, you are all powerful, you are God, you are Father. We beg you through the intercession and help of the Archangels Michael, Raphael, and Gabriel for the deliverance of our brothers and sisters who are enslaved by the evil one. All saints of Heaven come to our aid.

From anxiety, sadness and obsessions, we beg you, Free us O Lord.

From hatred, fornication, envy, we beg you, Free us O Lord.

From thoughts of jealousy, rage and death, we beg you, Free us O Lord.

From every thought of suicide or abortion, we beg you, Free us O Lord.

From every form of sinful sexuality, we beg you, Free us O Lord.

From every division in our family, and every harmful friendship, we beg you, Free us O Lord.

From every sort of malefice, witchcraft, and every form of the occult, we beg you, Free us O Lord.

Lord, you who said, "I leave you peace, my peace I give you", grant that through the intercession of the Virgin Mary, we may be liberated from every evil spell and enjoy your peace always. In the name of Christ Our Lord. Amen.

### **Flame of Love Prayer**

O Blessed Lady, Spread the effect of Grace  
Of thy Flame of Love,  
Over all of Humanity.  
(Repeat at least 3 times)

