

# a prayer guide for the journey



**You are preparing** to be strengthened by the Holy Spirit in Confirmation. To be open to the grace God offers you in this sacrament, you will want to know Jesus better and try to be more like him. You can do this by spending extra time with him every day in prayer. The suggestions in this prayer guide will help you pray and deepen your relationship with God.

## Morning Prayer

As soon as you wake up, thank God for protecting you during the night and giving you another day. Offer the new day to God—all that you will do and say, all that the day holds for you, both joys and sufferings. You might include a special intention for the day. This is a traditional morning-offering prayer:

*God, our Father, I offer you today all that I think and do and say.  
I offer it with what was done on earth by Jesus Christ, your Son.  
Amen.*

Consider the day ahead and ask God to help you with anything you may face.

## Meal Prayers

Before eating, think of God, who has provided food for all his creatures. Ask God to bless your meal. When you are finished eating, thank God for the food and all the good things your Creator has given you.

### Grace Before Meals

*Bless us, O Lord, and these thy gifts,  
which we are about to receive from thy  
bounty,  
through Christ our Lord.  
Amen.*

### Grace After Meals

*We give thee thanks, for all thy benefits,  
Almighty God, who live and reign for ever.  
And may the souls of the faithful departed,  
through the mercy of God, rest in peace.  
Amen.*

## Evening Prayer

Review your day before going to bed. Thank God for the good things that happened. Examine your conscience and ask forgiveness for anything you've done that may have damaged your relationship with God. Pray an Act of Contrition. Ask God to bless the people you love and anyone who might need God's blessing.

*God, our Father, this day is done.  
We ask you and Jesus Christ, your Son,  
that with the Spirit, our welcome guest,  
you guard our sleep and bless our rest.  
Amen.*

## More Ways to Pray

Choose a time that you can give just to God, a time when you can be alone and quiet.

Find a quiet, private place.

Quiet yourself and recall God's presence.

Follow one of these traditional methods of prayer.

- **Pray a prayer of faith, such as**

*My God, I believe  
that you are here with me,  
that you love me,  
that you created the whole universe out  
of love.*

*Jesus, I believe  
that you are the Son of God,  
that you died to save me from sin  
and death,  
that you rose from the dead and are  
the Lord of Lords.*

*Holy Spirit, I believe  
that you are the Spirit of life and love,  
that you teach me how to live and love,  
that you will help me to be more  
like Jesus.*

- **Pray a prayer of praise, such as**

*I praise you, Father, for your goodness  
and love.  
I praise you, Jesus, true God and true man, who  
redeemed the world.  
I praise you, Holy Spirit, who inspires me to  
do good.*

You might also pray prayers of thanks or petition. Be still and listen to God.

- **Read a story from the Gospels and reflect on it.**

Replay the story in your imagination, seeing it as though you were there. Reflect on what is happening in the story and speak to Jesus about it.

What is the Word of God saying to you in the passage?

Make a resolution for your life based on the story.

- **Pray a centering prayer.**

Move toward God within you. Center, or focus, on God, who is deep within you. Let God's love and goodness draw you to him. Rest in God's presence.

Pray a simple word or phrase, such as "I love you," "My Lord and my God," or simply "Jesus."

Attend to God and enjoy his presence. When your mind wanders, use your prayer word or phrase to bring your attention back to God.

Close with a formal prayer. Pray the Lord's Prayer, Glory Be to the Father, or another prayer.

- **Pray a prayer written by a follower of Jesus', such as the *Suscipe* by Saint Ignatius of Loyola:**

*Take, Lord, and receive all my liberty,  
my memory, my understanding,  
and my entire will,  
all I have and call my own.*

*You have given all to me.  
To you, Lord, I return it.*

*Everything is yours; do with it what you will.  
Give me only your love and your grace,  
that is enough for me.*

- **Pray prayers found in Scripture, such as**

Psalms 1; 4; 16; 19; 23; 33; 34; 46; 51; 63; 77; 84; 86; 91; 96; 103; 111; 121; 139; 145; 150

Isaiah 43:1–3; Isaiah 55:6–11; Daniel 3:52–90; Habakkuk 3:17–19

Luke 1:46–55; Luke 1:68–79

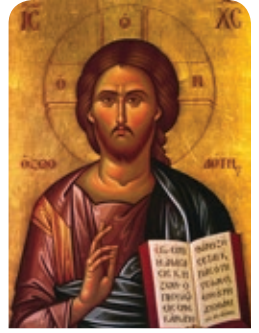
Ephesians 1:3–10; Philippians 2:5–11; Colossians 1:15–20; Revelation 7:10,12

- **Pray traditional Catholic prayers such as the Rosary and the Way of the Cross.**



## Responding to Jesus' Words

The following pages will help you listen to Jesus as he speaks in the Gospels and respond to him.



### What does Jesus say about God?

Read the following passages, reflect on them, and respond in the way that the Spirit calls you.

*John 14:1–2*

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*John 16:23–27*

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*Matthew 6:5–13*

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*Matthew 6:25–34*

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*Matthew 10:26–31*

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*Luke 11:5–13*

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**What does Jesus say about loving our neighbor?**

**Read the following passages, reflect on them, and respond in the way that the Spirit calls you.**

*John 15:12*

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*Matthew 18:21–35*

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*Mark 1:23–28*

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*Luke 5:12–16*

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*Luke 6:27–42*

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*Luke 7:36–50*

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