

40 Day Catholic Prayer Routine

A HABIT-FORMING PLAN TO JUMPSTART
& RECLAIM A LIFE OF PRAYER

From “Let Me Be...” Ministries



www.FaithandRealLife.com

Introduction

This forty-day prayer routine is meant to be an “exercise” program for your soul. A path to jumpstart you into a prayer life you may have never committed to before, or one which takes you back to your roots to concentrate on specific prayers in a new way.

Just like a workout routine, the first day of each “new set” is easy, then it builds on itself so we don’t stay where we are, but we make progress by adding more each day. Each week is meant to call us into a deeper relationship and nurture various aspects of our life. These prayers are meant to help us grow by providing faith-centered fulfillment. This plan focuses on each Person of the Trinity, along with holy men and women who have given us a model of faith to live by.

As the mind, heart, and soul “workout” progresses, you might feel inspired to add your own prayers to any day; do it! If not, just keep following the plan as written and look for inner growth. The most important thing is to make the time each day to spend a few minutes re-centering yourself completely, committed to the reflection and conversation of prayer without outside distractions.

This new routine/habit shouldn’t end after forty days. Allow this opportunity for spiritual health to remain with you for the rest of your life. May you be inspired to do your own research and find your own favorite prayers that resonate most deeply with your heart.

40 Day Catholic Prayer Routine

A Habit-Forming Plan to Jumpstart and Reclaim a Life of Prayer

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Using this Plan

When praying, think about each word. After you say the prayer reflect on how it is speaking to your life in this moment. What do the words really mean? For instance, when you make the sign of the cross, remember that is not only a recollection of Who you belong to, but also a reminder that we bless ourselves with holy water the same way we were washed during our Baptism.

Use the **scripture verse** as part of your daily meditation. If you want to look the verse up for context, use your own bible to reflect on it further. If not, then just pray on how that passage is present in your life at this moment. Since not everyone will start on the same day of the week, the **numbers on the left** correspond to the day of the week to check off after you've offered the corresponding **prayers on the right**. The **bonus prayer** is prayed any time during the week it's needed, but at the very least, offer it on the last day of that section.

Create a prayer space if you can. Block out the world around you and let nothing else matter except your time in renewal. Stretch your body, light a candle, play a song that speaks to you, write a letter, journal, or be in the moment however the Spirit moves you. Once ready, simply take a moment to bless yourself with Holy Water and begin.

When we commit to any spiritual routine, whether it is study, prayer, or meditation, journaling can be a key aspect for all of us. It not only allows us to write and purge our thoughts on any given day, it provides placeholders to show us where we have been on our journey and how we continue to move forward in faith. We will also have an account of important people in our lives and the role they play in being our image of Christ. Never forget, even the stranger on the street can lead us to Heaven.



Why the Bee?



At the bottom of each page, you will see the logo for "Let Me Be..." Ministries. Our "Bee" logo represents the simplest reminder to "be nothing more than God created you to be." In the busyness of our days, know you are never alone and God will not let you fail. We will soar if we allow Him to work through us in every way.

It's my hope the bee will give you a little peace of mind, knowing that as we go through our days, together despite life's pressures, it's okay simply to slow down and "just be." Remember to pause and pray, each day "Let Me Be..." letting God fill in the blank for you.



Week One – Being His Child

First and foremost, we must remember that we are a "Child of God." This set of prayers begins with simply making the sign of the cross as a reminder of Who we belong to. Imagine how deeply you are loved; that God would breathe life into you for a special purpose that only He knows about. Let this be the beginning of listening to His voice in prayer. Nothing can hold you back from becoming the person your heart is calling you to be in His image.

"I can do all things through Him who strengthens me." (Phil 4:13)

1	<input type="checkbox"/>	Sign of the Cross (remain silent for three minutes)
2	<input type="checkbox"/>	Make the Sign of the Cross and simply talk with God about whatever is on your heart.
3	<input type="checkbox"/>	Make the Sign of the Cross and offer a Prayer of Thanksgiving
4	<input type="checkbox"/>	Make the Sign of the Cross and offer a Prayer of Petition
5	<input type="checkbox"/>	Make the Sign of the Cross and offer a Prayer of Praise
6	<input type="checkbox"/>	Make the Sign of the Cross and offer a Prayer of Contrition
7	<input type="checkbox"/>	Make the Sign of the Cross and offer a Prayer for Someone Else you know who needs healing.

Bonus Prayer :

LITANY OF HUMILITY



Sign of the Cross

In the name of the Father, the Son & the Holy Spirit.

4 Types of Prayer

THANKSGIVING

Gratitude for answered prayers and life blessings.

PETITION

Asking God for specific things and lifting up intentions.

PRAISE (ADORATION)

Praising God who is all good, as our "All in All" who loves us so much.

CONTRITION

Acknowledging your mistakes, saying you're sorry for your wrongs and seeking forgiveness.

Litany of Humility

O Jesus! meek and humble of heart, Hear me.
From the desire of being esteemed,
Deliver me, Jesus.

From the desire of being loved,
From the desire of being extolled,
From the desire of being honored,
From the desire of being praised,
From the desire of being preferred to others,
From the desire of being consulted,
From the desire of being approved,
From the fear of being humiliated,
From the fear of being despised,
From the fear of suffering rebukes,
From the fear of being calumniated,
From the fear of being forgotten,
From the fear of being ridiculed,
From the fear of being wronged,
From the fear of being suspected,

That others may be loved more than I, **Jesus, grant me the grace to desire it.**

That others may be esteemed more than I,
That, in the opinion of the world, others may increase and I may decrease,

That others may be chosen and I set aside,
That others may be praised and I unnoticed,
That others may be preferred to me in everything,
That others may become holier than I, provided that I may become as holy as I should.



Week Two – The Father

God, the Father, is our creator and the head of the Trinity. Let us spend time nurturing our relationship with Him. Made in His image, we are only fulfilled when living a life that leads us back to Him in all things. So let us continue to not only pray for where God is leading us, but also for faith, hope, and love to allow the Father to be at the center of our being. Remember, to concentrate on each word of the prayers set forth. Think about what they mean and where you can improve.

"Be still and know that I am God." (Psalm 46:10)

1	<input type="checkbox"/>	One Our Father
2	<input type="checkbox"/>	Two Our Fathers
3	<input type="checkbox"/>	Three Our Fathers & Glory Be
4	<input type="checkbox"/>	Three Our Fathers, Glory Be & pray on what God is asking from you or where He is leading you.
5	<input type="checkbox"/>	Three Our Fathers, Glory Be & Act of Charity
6	<input type="checkbox"/>	Three Our Fathers, Glory Be & Act of Faith
7	<input type="checkbox"/>	Three Our Fathers, Glory Be & Act of Hope

Bonus Prayer :

PRAYER TO ST. MICHAEL

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. 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.

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.

Act of Charity

Oh my God, I love You above all things, with my whole heart and soul, because You are all good and worthy of all 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.

Act of Faith

Oh my God, I firmly believe that You are one God in Three Divine Persons, Father, Son and Holy Ghost. 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 can neither deceive nor be deceived.

Act of Hope

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

Prayer to St. Michael

St. Michael the Archangel, defend us in our hour of conflict; Be our safeguard against the wickedness and snares of the Devil. May God restrain Him, we humbly pray, and do Thou, O Prince of the Heavenly Host, by the power of God, cast Satan into Hell, and with him all the other evil spirits, who wander through the world, for the ruin of souls.



Week Three – Jesus & Mercy

Jesus gave us the ultimate sacrifice of love. Not just a sacrifice to prove a point by laying down His life, but for the forgiveness of our sins. As our Brother, there is nothing in this life we experience that He didn't already go through. He shared in our humanity so we can be made whole in Him. Let's use this time to seek forgiveness and mercy in Christ, who offers us the grace we need as we journey to make Heaven our home.

"For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'" (Jer 29:11)

1	<input type="checkbox"/>	Jesus Prayer
2	<input type="checkbox"/>	Jesus Prayer & The Divine Praises
3	<input type="checkbox"/>	Jesus Prayer, Oh My Jesus & pray on how you are being a reflection of Christ in your life.
4	<input type="checkbox"/>	Jesus Prayer & Act of Contrition
5	<input type="checkbox"/>	Jesus Prayer & Prayer for Mercy
6	<input type="checkbox"/>	Jesus Prayer & Psalm 51
7	<input type="checkbox"/>	Jesus Prayer, Anima Christi & Chaplet of Divine Mercy

Bonus Prayer :

STATIONS OF THE CROSS



Jesus Prayer (3x)

Lord Jesus Christ, Son of God,
have mercy on me, a sinner.

The 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 Holy Spirit, the Paraclete.
 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.

Jesus Prayer (3x)

O my Jesus, forgive us our sins,
save us from the fires of hell, lead all souls to Heaven, especially those who have the most need of your mercy.

Act of Contrition

O my God,
I am heartily sorry for having offended You,
and I detest all my sins,
because I dread the loss of heaven,
and the pains of hell;
but most of all because they offend You, my God,
Who are all good and deserving of all my love.
I firmly resolve,
with the help of Your grace,
to confess my sins,
to do penance,
and to amend my life.

Prayer of Mercy

Lord Jesus, your love conquers every fear and breaks the power of hatred and prejudice. Flood my heart with your mercy and compassion, that I may treat my neighbor with the same favor and kindness which you have shown to me. Lord Jesus, may I see as You see, may Your words be my words, and may my Love for You be never ending.



Psalm 51

Have mercy on me, God, in accord with your merciful love; in your abundant compassion blot out my transgressions. Thoroughly wash away my guilt; and from my sin cleanse me. For I know my transgressions; my sin is always before me. Against you, you alone have I sinned; I have done what is evil in your eyes So that you are just in your word, and without reproach in your judgment. Behold, I was born in guilt, in sin my mother conceived me. Behold, you desire true sincerity; and secretly you teach me wisdom. Cleanse me with hyssop, that I may be pure; wash me, and I will be whiter than snow You will let me hear gladness and joy; the bones you have crushed will rejoice. Turn away your face from my sins; blot out all my iniquities. A clean heart create for me, God; renew within me a steadfast spirit Do not drive me from before your face, nor take from me your holy spirit Restore to me the gladness of your salvation; uphold me with a willing spirit. I will teach the wicked your ways, that sinners may return to you. Rescue me from violent bloodshed, God, my saving God,

and my tongue will sing joyfully of your justice. Lord, you will open my lips; and my mouth will proclaim your praise. For you do not desire sacrifice or I would give it; a burnt offering you would not accept My sacrifice, O God, is a contrite spirit; a contrite, humbled heart, O God, you will not scorn.

Anima Christi

Soul of Christ, sanctify me
Body of Christ, save me
Blood of Christ, inebriate me
Water from Christ's side, wash me
Passion of Christ, strengthen me
O good Jesus, hear me
Within Your wounds hide me
Separated from you let me never be.
From the evil one protect me
In the hour of my death call me
And bid me come unto You
That I may praise You with Your saints and with Your angels forever and ever.

Chaplet of Divine Mercy

1. Begin with the Sign of the Cross, one Our Father, one Hail Mary and The Apostles Creed.
2. Then on the "Our Father Beads" of a rosary say the following:
Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.
3. On the 10 "Hail Mary Beads" say the following:
For the sake of His sorrowful Passion, have mercy on us and on the whole world.
(Repeat step 2 and 3 for all five decades).
4. Conclude with (three times):
Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

Stations of the Cross

1. **Jesus Is Condemned to Death.**
Pontius Pilate condemns Jesus to death.
2. **Jesus Takes Up His Cross.**
Jesus willingly accepts and patiently bears his cross.
3. **Jesus Falls the First Time.**
Weakened by torments and by loss of blood, Jesus falls beneath his cross.
4. **Jesus Meets His Sorrowful Mother.**
Jesus meets his mother, Mary, who is filled with grief.

5. Simon of Cyrene Helps Jesus Carry the Cross.

Soldiers force Simon of Cyrene to carry the cross.

6. Veronica Wipes the Face of Jesus.

Veronica steps through the crowd to wipe the face of Jesus.

7. Jesus Falls a Second Time.

Jesus falls beneath the weight of the cross a second time.

8. Jesus Meets the Women of Jerusalem.

Jesus tells the women not to weep for him, but for themselves and for their children.

9. Jesus Falls the Third Time.

Weakened almost to the point of death, Jesus falls a third time.

10. Jesus Is Stripped of His Garments.

The soldiers strip Jesus of his garments, treating him as a common criminal.

11. Jesus Is Nailed to the Cross.

Jesus' hands and feet are nailed to the cross.

12. Jesus Dies on the Cross.

After suffering greatly on the cross, Jesus bows his head and dies.

13. Jesus Is Taken Down From the Cross.

The lifeless body of Jesus is tenderly placed in the arms of Mary, his mother.

14. Jesus Is Laid in the Tomb.

Jesus' disciples place his body in the tomb.

Also, Pray and reflect on the resurrection of Jesus and the hope it brings.



Week Four – Holy Spirit

Trusting in the unseen can be very difficult for just about everyone; this is what makes faith seem distant for many. However, through the Holy Spirit, we are given gifts at Baptism to make us strong in every way we need to live a fruitful, holy life. This week we call upon the Holy Spirit to guide us and be with us. Let us open our hearts to make decisions rooted in what we believe.

**"When I am afraid, I put my trust in you."
(Psalm 56:3)**

1	<input type="checkbox"/>	Come Holy Spirit
2	<input type="checkbox"/>	Come Holy Spirit, Prayer to the Holy Spirit & Pray for the Spirit to guide you in all ways
3	<input type="checkbox"/>	Come Holy Spirit, Prayer to the Holy Spirit & Pray for the gifts of Wisdom & Understanding
4	<input type="checkbox"/>	Come Holy Spirit, Prayer to the Holy Spirit & Pray for the gifts of Right Judgement & Knowledge
5	<input type="checkbox"/>	Come Holy Spirit, Prayer to the Holy Spirit & Pray for the gifts of Courage & Reverence
6	<input type="checkbox"/>	Come Holy Spirit, Prayer to the Holy Spirit & Pray for the gift of Wonder & Awe
7	<input type="checkbox"/>	Come Holy Spirit, Prayer to the Holy Spirit & Prayer for the Indwelling of the Holy Spirit

Bonus Prayer :

LITANY OF THE HOLY SPIRIT

Come Holy Spirit (3x)

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

Prayer to the Holy Spirit (St. Augustine)

Breathe in me, O Holy Spirit, that my thoughts may all be holy.
Act in me, O Holy Spirit, that my work, too, may be holy.
Draw my heart, O Holy Spirit, that I love but what is holy.
Strengthen me, O Holy Spirit, to defend all that is holy.
Guard me, then, O Holy Spirit, that I always may be holy.

Gifts of the Spirit

WISDOM

An enlightenment of all things relative to our faith. Guidance to gain a deeper level of faith.

UNDERSTANDING

Being filled with a level of faith that lets you see true meaning in the things that happen.

RIGHT JUDGMENT

Choosing good over evil. Making decisions based on what God desires from you.

KNOWLEDGE

Discerning where you went wrong and also finding what is the right path for you.

COURAGE

To stand up for what you believe at all costs and not be ashamed of your faith.

REVERENCE

To have a level of respect for all things holy while paying them homage in a respectful manner. Also known as "Piety."

WONDER & AWE –

Also known as "Fear of the Lord," (a fear of living a life without God) this gift gives us the ability to recognize all things come from God while seeing their true beauty.



Indwelling of the Spirit

Holy Spirit, powerful Consoler, sacred Bond of the Father and the Son, Hope of the afflicted, descend into my heart and establish in it your loving dominion. Enkindle in my tepid soul the fire of your love so that I may be wholly subject to you. We believe that when you dwell in us, you also prepare a dwelling for the Father and the Son. Deign, therefore, to come to me, Consoler of abandoned souls, and Protector of the needy. Help the afflicted, strengthen the weak, and support the wavering. Come and purify me. Let no evil desire take possession of me. You love the humble and resist the proud. Come to me, glory of the living, and hope of the dying. Lead me by your grace that I may always be pleasing to you. Amen.

Litany of the Holy Spirit

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Father all powerful, have mercy on us. Jesus, Eternal Son of the Father, Redeemer of the world, save us. Spirit of the Father and the Son, boundless life of both, sanctify us. Holy Trinity, hear us.
Holy Spirit, Who proceeds from the Father and the Son, enter our hearts. Holy Spirit, Who art equal to the Father and the Son, enter our hearts.
Promise of God the Father, have mercy on us.
Ray of heavenly light, have mercy on us.
Author of all good,
Source of heavenly water
Consuming fire
Ardent charity
Spiritual unction
Spirit of love and truth
Spirit of wisdom and understanding
Spirit of counsel and fortitude
Spirit of knowledge and piety
Spirit of the fear of the Lord
Spirit of grace and prayer
Spirit of peace and meekness
Spirit of modesty and innocence
Holy Spirit, the Comforter
Holy Spirit, the Sanctifier
Holy Spirit, Who governs the Church
Gift of God, the Most High
Spirit Who fills the universe
Spirit of the adoption of the children of God

Holy Spirit, inspire us with horror of sin.

Holy Spirit, come and renew the face of the earth.

Holy Spirit, shed Thy light in our souls.

Holy Spirit, engrave Thy law in our hearts.

Holy Spirit, inflame us with the flame of Thy love.

Holy Spirit, open to us the treasures of Thy graces.

Holy Spirit, teach us to pray well.

Holy Spirit, enlighten us with Thy heavenly inspirations.

Holy Spirit, lead us in the way of salvation.

Holy Spirit, grant us the only necessary knowledge.

Holy Spirit, inspire in us the practice of good.

Holy Spirit, grant us the merits of all virtues.

Holy Spirit, make us persevere in justice.

Holy Spirit, be Thou our everlasting reward.

Lamb of God, Who takes away the sins of the world,
Send us Thy Holy Spirit.

Lamb of God, Who takes away the sins of the world,
pour down into our souls the gifts of the Holy Spirit.

Lamb of God, Who takes away the sins of the world, grant us the Spirit of wisdom and piety.

Grant, O merciful Father, that Thy Divine Spirit may enlighten, inflame and purify us, that He may penetrate us with His heavenly dew and make us fruitful in good works, through Our Lord Jesus Christ, Thy Son, Who with You, in the unity of the same Spirit, lives and reigns, one God, forever and ever.



Week Five – Blessed Mother

Surrendering ourselves to the Lord can be scary. We are giving up control of our lives, placing our trust in whatever God has planned. Mary offers us so much when we pray in Her image for courage and strength to remain faithful as she did. What a gift we are given to slip into the peaceful solace that only a mother can provide while being inspired by her obedience. Never forget, she is the Mother of our Lord and when in need, we can give Her the special intentions to take to Her son on our behalf.

"Behold, I am the handmaid of the Lord. Let it be done to me according to your word." (Lk 1:38)

1	<input type="checkbox"/>	One Hail Mary
2	<input type="checkbox"/>	Two Hail Marys & Pray for Mary's courage to help you with something you haven't been able to surrender
3	<input type="checkbox"/>	Three Hail Marys & Memorare
4	<input type="checkbox"/>	Three Hail Marys, Fatima Prayer & Novena to St. Jude
5	<input type="checkbox"/>	Three Hail Marys, Immaculate Heart of Mary Prayer & Novena to St. Jude
6	<input type="checkbox"/>	Three Hail Marys, Prayer for Mothers & Novena to St. Jude
7	<input type="checkbox"/>	One Rosary & Novena to St. Jude

Bonus Prayer :

SEVEN SORROWS OF 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.

Memorare

Remember, O most gracious
Virgin Mary, that never was it
known that anyone who fled to thy
protection, implored thy help, or
sought your intercession, was left
unaided.

Inspired by this confidence, I fly
unto You, O Virgin of virgins, my
mother; to You do I come, before
You I stand, sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions, but in
your mercy hear and answer me.

Our Lady of Fatima

Most Holy Virgin
who hast deigned to come to
Fatima, to reveal the treasures of
graces hidden in the recitation of
the Rosary, inspire our hearts with
a sincere love of this devotion
that meditating on the
Mysteries of our Redemption
recalled therein, we may obtain
the conversion of sinners
and the favors we ask you now,
for the greater glory of God,
for your own honor, and for the
good of souls.

Our Lady of the Rosary of Fatima,
pray for us!



Immaculate Heart of Mary Prayer

O Immaculate Heart of Mary, Heavenly beauty and splendor of the Father, You are the most valued Heavenly treasure.

New Eve, immaculate in soul, spirit and body, Created of the godly seed by the Spirit of God, You are the spiritual Mother of mankind.

Pure Virgin, full of grace then and now, Your whole being was raised Heavenly in full glory, To be elevated above all the hosts within the Kingdom of God.

O Heavenly Mother, Queen of Heaven and earth, I recognize the glory of your highest title, The Immaculate Heart of Mary! Loving Mother, dispenser of endless blessings, You who continuously intercedes on our behalf, please present my need before your loving Son Jesus.

(In your own words, make your special request here. Do not just mention a word. Speak to the Immaculate Heart of Mary as you would speak to another person, begging your Heavenly Mother to plea to Jesus on your behalf, that you be granted this special request.)

O Immaculate Heart of Mary, I know that you are now presenting my need before Jesus, For you have never turned away those in dire need.

Mother dearest, I await your favorable answer, Submitting myself to the Divine will of the Lord, for all glories are His forever and ever.

Prayer For Mothers

O almighty and eternal God, Lord of both the living and the dead, Your tender mercy embraces all men foreknown to be Yours by faith and a good life. Through the intercession of the Most Blessed Virgin Mary our Mother, and of all the saints, grant Your merciful pardon to all mothers for whom we pray, whether they still are living in this world or have departed from this flesh into the world to come. Especially, dear Lord, grant the requests I now make of You for my own beloved mother.

Rosary

How to pray:

Make the Sign of the Cross.

Holding the Crucifix, say "The Apostles' Creed."

On the first bead, say an "Our Father."

Say one "Hail Mary" on each of the next three beads.

Say the "Glory Be."

For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the "Our Father."

While fingering each of the ten beads of the decade, next say ten "Hail Marys" while meditating on the Mystery. Then say a "Glory Be."

(After finishing each decade, say the following prayer requested by the Blessed Virgin Mary at Fatima:

O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.)

THE FIVE JOYFUL MYSTERIES

Traditionally prayed on the Mondays, Saturdays, and Sundays of Advent:

- The Annunciation
- The Visitation
- The Nativity
- The Presentation in the Temple
- The Finding in the Temple

THE FIVE SORROWFUL MYSTERIES

Traditionally prayed on the Tuesdays, Fridays, and Sundays of Lent:

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion and Death

THE FIVE GLORIOUS MYSTERIES

Traditionally prayed on the Wednesday and Sundays outside of Lent and Advent:

- The Resurrection
- The Ascension
- The Descent of the Holy Spirit
- The Assumption
- The Coronation of Mary

THE FIVE LUMINOUS MYSTERIES

Traditionally prayed on Thursdays:

- The Baptism of Christ in the Jordan
- The Wedding Feast at Cana
- Jesus' Proclamation of the Coming of the Kingdom of God
- The Transfiguration
- Institution of the Eucharist



St. Jude Novena

In the Name of the Father and of the Son and of the Holy Spirit, Amen.

O my God, I believe that You are my Father, that You created me and love me with a divine love, and that when I pray, You hear my prayer. Therefore, my Father, I hope in You, because You are Almighty, and can do all things I look to you for all my needs and because of this deep hope I love You with every beat of my heart, and I am sorry that I ever sinned against You, and I want to love my brother as I love myself.

Therefore, with unbounded faith in the Power and in the Mighty Intercession of Your servant St. Jude, I do make this solemn novena.

Novena Prayer

Glorious Apostle, and Martyr, St. Jude, I begin this day of prayer to beg your help and ask your intercession so that Almighty God, because of you, will grant me my present need.

(PAUSE Here, make intention)

Help all of us, Oh Dear St. Jude, in our needs and inspire us to believe that there is nothing, that will be for my good but that God, through you, will grant me for Jesus, my Savior, has said "If you ask the Father anything in My name, He will give it to you." Therefore, in the Name of Jesus

and in the name of St. Jude, I ask Almighty God to grant me my petition.

Hymn to St. Jude

We come to your altar, our faith brings us here. We come to implore you, may God hear our prayer oh good St. Jude we call on your name. All your praises your servants proclaim.

Concluding Prayer

O loving and dear St. Jude look aside from my unworthiness, and look only to the mercy and the love of Jesus and please take to God's heart this intention for which I pray. I do promise that I will encourage others to seek your aid and I will do all that I can to tell others how great and good you are. With, this Faith and with this Hope, I place myself in your hands through Jesus Christ Our Lord.

St. Jude pray for us.

Seven Sorrows of Mary

The Blessed Virgin Mary grants seven graces to the souls who honor her daily by saying seven Hail Mary's and meditating on her tears and sorrows.

The devotion was passed on by St. Bridget.

HOW TO PRAY WITH ROSARY:

Each group of seven is begun with an "Our Father," as in the regular Rosary. Some people start with an "Act of Contrition," since the devotion has a penitential aspect. Also like the regular Rosary, the groups of seven "Hail Marys" are an occasion for meditation on "Mysteries" — in this case, the *Seven Sorrows of Mary*, listed below:

THE FIRST SORROW

The Prophecy of Simeon

Reading: Luke 2:25-35.

When Mary and Joseph present the infant Jesus in the temple, Simeon predicts that a "sword" (of sorrow) will pierce Mary's soul.

THE SECOND SORROW

The flight into Egypt

Reading: Matthew 2:13-15.

When King Herod orders the death of all male children age two or younger, Mary and Joseph flee to Egypt with the infant Jesus.

THE THIRD SORROW

The Child Jesus Lost in the Temple

Reading: Luke 2: 41-50.

Mary and Joseph search for the child Jesus for three days, finding Him at last — after agonizing sorrow — in the temple.

THE FOURTH SORROW

Mary meets Jesus carrying the cross

Reading: Luke 23: 27-29.

As Jesus makes His way to Calvary, condemned to crucifixion, He meets His mother, Mary. He is bruised, derided, cursed and defiled and her sorrow is absolute as Jesus drags His own cross up the hill of His crucifixion.

THE FIFTH SORROW

Mary at the foot of the cross

Reading: John 19: 25-30.

Mary stands near her dying Son unable to minister to him as He cries "I thirst." She hears Him promise heaven to a thief and forgive His enemies. His last words, "Behold your mother," charge us to look on Mary as our mother.

THE SIXTH SORROW

Mary receives the body of Jesus

Reading: Psalm 130.

Jesus is taken down from the cross and His body is placed in Mary's arms. The passion and death are over, but for His mother, grief continues. She holds His body in her arms.

THE SEVENTH SORROW

Mary witnesses the burial of Jesus

Reading: Luke 23: 50-56.

The body of Jesus is laid in the tomb. The most tragic day in history ends, Mary alone in sorrow, awaiting the Resurrection.



Week Six – Peace & Mercy

We crave peace. Peace in our homes, workplace, extended family, community, and the world at large. One thing is certain, peace begins with each of us and it starts by finding the inner peace we desire to carry ourselves proudly as people of faith. Use the extra days of this week to choose prayers you connected with most during this spiritual "exercise." This final week is the most comprehensive, but aren't all workout programs the same way? Offer an effort of 110% to God.

"Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you." (Eph 4:32)

1	<input type="checkbox"/>	St. Francis Prayer, Beatitudes & Novena to St. Jude
2	<input type="checkbox"/>	St. Francis Prayer, Morning Prayer, Novena to St. Jude & pray on how you are being a unifier for peace
3	<input type="checkbox"/>	St. Francis Prayer, Morning Prayer, Night Time Prayer & Novena to St. Jude
4	<input type="checkbox"/>	St. Francis Prayer, Morning Prayer, Serenity Prayer, Night Time Prayer & Novena to St. Jude
5	<input type="checkbox"/>	St. Francis Prayer, Morning Prayer, Pilgrim Prayer, Night Time Prayer & Novena to St. Jude
6	<input type="checkbox"/>	
7	<input type="checkbox"/>	

Bonus Prayer :
PRAYER FOR PEACE



Prayer of St. Francis

Lord, make me an instrument of Your 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; 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; it is in dying that we are born again to eternal life.

The Beatitudes (Mt. 5:1-12)

Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst after righteousness, for they will be filled.

Blessed are the merciful, for they shall be shown mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called the sons of God.

Blessed are those who are persecuted because of righteousness, for theirs is the

kingdom of heaven. Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Morning 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. I give you my spirit that you may pray 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 live and work and pray in me.

Night Prayer

Jesus Christ my God, I adore you and thank you for all the graces you have given me this day. I offer you my sleep and all the moments of this night, and I ask you to keep me from sin. I put myself within your sacred side and under the mantle of our Lady. Let your holy angels stand about me and keep me in peace. And let your blessing be upon me.



Serenity Prayer

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.

Pilgrim Prayer by Thomas Merton

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 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 will I 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.

Prayer For Peace

Lord Jesus Christ, who are called
the Prince of Peace, who are
yourself our peace and
reconciliation, who so often said,
'Peace to you', grant us peace.
Make all men and women
witnesses of truth, justice, and
brotherly love. Banish from their
hearts whatever might endanger
peace. Enlighten our rulers that
they may guarantee and defend
the great gift of peace.
May all peoples of the earth
become one as brothers and
sisters.
May longed-for peace blossom
forth and reign always over us all.

About "Let Me Be" Ministries & The Author

"Let Me Be..." Ministries works to offer affordable, quality, inspirational faith messaging within the Catholic Church. The efforts of the team, as well as founder, Greg Wasinski, are to deliver quality, passionate presentations within church communities to encourage others to recommit themselves to their faith. In addition to public speaking, this work is done by spreading Christ's message through various mediums including: multiple publishing aspects, video, audio, the internet and one-on-one peer ministry consulting.
www.FaithandRealLife.com

Greg Wasinski is an internationally recognized, Catholic Christian Inspirational Speaker and Author from Cleveland, OH. He also offers his radio talents as a daily contributor to SiriusXM Radio's, *The Catholic Channel* with his "Faith & Real Life Moments." As one of the freshest and most compelling voices in the church, Greg helps others see faith in the real world by renewing and understanding the beauty of why they believe what they believe.

"Let Me Be..." Ministries and Greg Wasinski offer the following events: Multi-Night Parish Missions • Family Faith Formation Programs • Men's Conferences & Retreats • Staff & Volunteer Team Building • Couples Gathering • Confirmation Retreats

To inquire about hosting an event or questions, contact:

Libby Peterson, LMBM Inc., Event Coordinator
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Also Available:



"Where Faith & Real Life Come Together..." (Paperback) is a faith-filled inspirational book about the discovery to recognize all the ways faith plays out in the world around us. This compilation of stories, coupled with reflection questions, will help you notice how God is at work every day. No matter where you are on your faith journey, you will be sure to find a relation to your own life on the pages within.

"Got a Minute?" (Paperback)
A 52 Week Devotional based on one minute faith based reflections. We know daily devotionals can be overwhelming, or abandoned when you miss a day. Each thought within gives readers a chance to grow in faith by focusing on one thought for an entire week. If we give God a portion of our time each day, with our whole heart, we allow God to be at the center of everything we do. Each new week offers a scripture verse to reflect on along with a challenge question to concentrate on the entire week. There is also space for daily journaling.



These products can be ordered in bulk for a discounted price. Inquire for details at www.FaithandRealLife.com

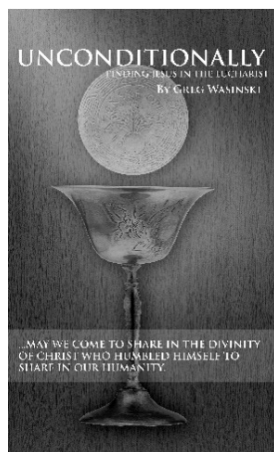


Also Available:



"All I Ever Have to Be..." (Audio CD) is a combination of songs featuring the vocals of Aimee Wasinski, and the authentically genuine reflections of Inspirational Speaker and Author, Greg Wasinski. You'll be sure to find yourself lost in the message to simply be who God created you to be. Perfect to share with family, friends and members of your faith community. At 28 minutes in length it can be shared in a single car ride with the whole family.

"Unconditionally: Finding Jesus in the Eucharist" (Paperback) is filled with relevant insights, personal reflection, scripture passages and catechism references. This book illustrates the ways we are accepted, connected, forgiven, led, loved and redeemed through the Eucharist. Greg Wasinski helps readers encounter the person of Jesus Christ in new ways while surrendering to the grace poured out through His body, blood, soul and divinity each time you receive Him at Holy Communion.



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