

Prayers for Troubled Times

by Lee Thomas

Even when I walk through the valley of the shadow
of death, I fear no harm for You are at my side;
Your rod and staff give me courage ... Psalm 23

Prayers

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Preface to Prayers For Troubled Times

Prayer is how we present our petitions, pleas and needs to the Saints and to Jesus and through them, to God Our Father. For our Prayers to work, we must have Faith and Believe that God will hear us, answer our Prayers and grant us what we ask. There is no such thing as a Perfect Prayer. Unless you are reciting one of the Classic Prayers like the Hail Mary or Our Father, feel free to vary the words and add to the text. The important thing is that you pray from the Heart with Faith. Then be patient, give The Lord time to work His miracles!

Matthew 21:22 Whatever you ask for in prayer with faith, you will receive.

Do You Keep A Prayer Journal?

A Prayer Journal can be a powerful resource to help you put your prayers, thoughts, and supplications on paper. Often writing down our thoughts helps us focus and clarify them. You can use anything from a dedicated bound book to a simple spare notebook for your Journal. The important thing is to start writing to create a new chapter in your Prayer Life.

Can you spare a dollar?

Today there are more than 70 million Catholics in the United States. Sadly, many do not go to Mass on Sunday. Tragically, even more do not give to help the Poor, the Homeless and the Forgotten. While Mass attendance is down, Mass collections are down even more. True, we are all experiencing tough times, but couldn't you spare just ONE extra dollar this week? That's just one cup of coffee or can of soda or several cigarettes. If every Catholic put just one extra dollar in the collection this Sunday, there would be an extra \$77,000,000 to feed clothe and shelter the Poor and Homeless. We could feed a Million People for the whole coming week with that money! Every little but helps. Do your small part to Help. And be sure to use due diligence before giving any money to anyone, especially via the Internet!

PLEASE VISIT MY WEBSITE

WWW.JESUSCANHELP.US

WHERE YOU WILL FIND PRAYERS, BIBLE STUDY RESOURCES, LINKS TO DEVOTIONAL & INSPIRATIONAL TV SHOWS & VIDEOS, LISTS OF CHARITIES AND LINKS TO ORGANIZATIONS THAT HELP THOSE IN NEED, MY BLOG ON THE CRISIS IN CHRISTIANITY, AND FREE PDF DOWNLOADS INCLUDING PRAYERS FOR TROUBLED TIMES.

I - Prayer When In Despair

INSPIRATION

MANY OF US DON'T KNOW WHERE TO TURN WHEN WE ARE CONFRONTED WITH THE OFTEN OVERWHELMING PROBLEMS OF DAILY LIFE ... SICKNESS, ADDICTIONS, FINANCIAL WORRIES, FAMILY AND WORK PROBLEMS ... A SEEMINGLY ENDLESS LIST. BUT GOD'S LOVE, PATIENCE AND MERCY ARE ALSO ENDLESS. REMEMBER THAT WITH GOD ALL THINGS ARE POSSIBLE ...

Dear Lord, I have reached new depths of despair. The adversities which afflict me have darkened my world, sapped my strength and hardened my heart. I struggle to keep my Faith and fear that You have deserted me. But I know that You would never do that. Therefore, Dear Lord, I ask You to bless me with the strength to sustain my Faith and persevere in the presence of these adversities. In Your Mercy forgive me for the part I played in bringing about my problems and hurry to my aid. Grant me the Wisdom to see the ways to overcome these problems and restore the prospect of a promising and fulfilling future. Work Your Miracles on my behalf to lift the yoke of my burdens so that I may once again take care of my family and loved ones and contribute to my community. And Lord, as You help me, let me never forget to help those less fortunate than I. Amen

II - Prayer for Money

INSPIRATION

MONEY MAY BE ROOT OF ALL EVILS, BUT SADLY MONEY IS A NECESSARY EVIL IN TODAY'S SOCIETY. UNLIKE THE AGRARIAN SOCIETIES OF BIBLICAL TIMES PEOPLE DON'T GROW THEIR OWN FOOD OR RAISE THEIR OWN LIVESTOCK. TODAY WE NEED MONEY TO PROVIDE THE FOOD, SHELTER, HEALTHCARE OUR FAMILIES NEED TO SURVIVE. WE PRAY FOR MONEY NOT TO LIVE A RICH AND LUXURIOUS LIFESTYLE, BUT SIMPLY TO AFFORD THE THINGS WE NEED. AND REGARDLESS OF OUR PERSONAL SITUATION WE MUST NEVER FORGET TO SHARE WITH THOSE LESS FORTUNATE THAN WE.

Dear Lord, we desperately need money to provide the sustenance and shelter necessary for our family to live. We do not seek wealth, nor ask for riches to support an extravagant lifestyle, but simply for the bare necessities to survive. The rent is long overdue, debts are unpaid, our clothes in tatters, and the meager meals we share do not feed our hunger. We have Faith and Trust in You to bless us with the relief, the money and the means to once again pay our debts, fill our stomachs and clothe our bodies so that we may go about doing Your Will, spreading The Word and helping others in need. We give You thanks for hearing our prayer and relieving our plight, and we ask that You show Mercy on all who suffer. Amen.

III - Prayer for Victims of Disasters

INSPIRATION

I GREW UP BY THE JERSEY SHORE AND LOVED THE OCEAN, BEACH, PEOPLE AND SEASIDE CULTURE. I WROTE THIS PRAYER AFTER TOURING THE VAST DESTRUCTION CAUSED BY SUPER STORM SANDY. SOME OF MY FAVORITE PLACES LOOKED LIKE WWII PHOTOS OF BOMBED OUT CITIES. OTHER PLACES WERE SIMPLY GONE! THE ENDLESS DESTRUCTION AND TENS OF THOUSANDS OF PEOPLE LEFT WITH RUINED HOMES, BUSINESSES AND LIVES, DEEPLY SADDENED ME, SO I OFFER THIS PRAYER FOR ALL THOSE IMPACTED, NOT ONLY BY SANDY, BUT BY DISASTERS AROUND THE WORLD.

The wrath of nature has laid waste to us. Our homes are destroyed, our possessions scattered, our livelihoods disrupted, and our loved ones who have not perished have been injured both physically and spiritually, We pray to You Dear Lord to welcome those who have perished into Your Kingdom of Heaven and to show Mercy to Your Faithful Followers remaining here among the ravished ruins of our community. Dear Shepherd, please gather Your Flock and provide us with the food, clothing shelter and spiritual sustenance we need to survive. Help us maintain our Faith in these darkest of hours so that we may inspire others who suffer and triumph over despair, depression and anguish. Inspire others to give us great help in our time of great need and bless us with the strength, stamina, and means to rebuild our community and our lives so that we may serve as a shining example of Faith, Love, Hope and Charity to all those who suffer disasters around the world. Amen.

IV – The Wisdom to Help Others

INSPIRATION

MANY PEOPLE WANT TO HELP BUT OTHER THAN GIVING TO THEIR CHURCH COLLECTION AND PERHAPS DONATING TO THE FOOD PANTRY DURING THE HOLIDAYS, THEY DON'T KNOW HOW. MANY HAVE TROUBLE PROVIDING FOR THEIR FAMILIES. ASK GOD FOR INSPIRATION ON HOW YOU CAN HELP.

So many have so little. How can I help? My funds are few and my time is taken with providing for my family and loved ones. The magnitude of the suffering is so far beyond the capability of my meager resources that I do not see how I can make a difference. I am willing to sacrifice, but the greatest of my sacrifices seems so small as to be trivial in the face of the needs of so many. Lord, how shall I help them? Send the Holy Spirit to inspire me with the ways in which I can make a difference. Show me how to live more frugally that I may have more to give, Bless me with success in my work that I may have a larger bounty to share. Let my Faith shine forth that I may be a model for others to follow. Inspire me with the

courage to not be discouraged and to understand that it matters not how much I can give as long as I give as much as I can. Lord God, please help me to help them. Amen.

V - Thanksgiving Before Meals

INSPIRATION

EVERY TIME WE SIT DOWN TO EAT, WHETHER IT BE A GREAT FEAST OR A PLAIN AND SIMPLE MEAL, DON'T FORGET TO THANK GOD FOR BLESSING YOU WITH WHAT YOU ARE ABOUT TO EAT. AROUND THE WORLD MANY HAVE LESS AND MILLIONS HAVE NOTHING. SO ALWAYS GIVE GOD THANKS.

Dear Lord, we give You our thanks for this bounty of good food which we have before us. We are truly blessed because many have less, and some have nothing with which to feed their hunger. We pray that You assuage their distress and suffering by blessing them with food for their bodies and their souls. We humbly ask that this bounty with which You have blessed us will provide the wisdom and strength to discern and do Your will and to help us help those less fortunate than we. Amen.

VI - Prayer for Good Health.

INSPIRATION

OUR MOST PRECIOUS ASSET IS OUR HEALTH. GOOD HEALTH ALLOWS US TO DO GOD'S WORK, TO CARE FOR OUR FAMILIES AND LOVED ONES, AND TO HELP OTHERS. WE HONOR GOD BY TAKING CARE OF OUR HEALTH AND WELL BEING AND WE SHOULD ALWAYS ASK HIS HELP TO KEEP US HEALTHY.

Dear Lord, please bless me with the strength, stamina and good health that will enable me to work long and hard to do Your Will, to spread The Word, to help others in need, and to do good works. Although surrounded by sickness, protect me from this contagion until the danger passes. Help me to make good choices in my food, drink and exercise so that my body remains strong and my mind sound for use in Your Service. And as you protect me, please protect my children and my loved ones that they may also stay well and able to serve You. Lord, protect not just our physical health and mental well-being, but also our souls and spiritual health as well. The well-being of my family is in Your Hands. Amen.

VII - Prayer for Work

INSPIRATION

TODAY IS NOT LIKE BIBLICAL TIMES WHEN MOST PEOPLE WORKED THE LAND, FISHED, TENDED VINEYARDS OR RAISED SHEEP FOR A LIVING. WE DEPEND ON OUR JOBS TO BRING US THE MONEY WE NEED TO BUY THE NECESSITIES OF LIFE FROM OTHERS. WHEN WE ARE WITHOUT WORK WE CAN'T SIMPLY GO OUT INTO THE BACKYARD AND HARVEST OUR DINNER. BEING UNEMPLOYED OR UNDEREMPLOYED PUTS SEVERE STRESS ON US, OUR FAMILIES AND OUR LOVED ONES. GOD WILL HELP YOU FIND WORK.

Dear Lord, I need to find work to provide for my family, to tithe to my Church and to help those in need. My body is willing, my mind is able, and my heart is sincere. Surely my skills must be needed and can be used for good purpose even in these tough times. Please bless me as I search for work, inspire me to knock on the right doors, and to seek the right position, that I may find the work that I and my family so desperately need. Amen.

VIII - Prayer for Recovery from a Serious Illness, Accident or an Operation

INSPIRATION

ILLNESS AND INJURY EXACT A HEAVY MENTAL AND SPIRITUAL TOLL ALONG WITH THEIR PHYSICAL ANGUISH AND PAIN. IT CAN BECOME EASY TO FEEL ABANDONED BY GOD AND TO QUESTION WHY HE LETS YOU SUFFER SO SEVERELY. IT'S IMPORTANT TO NEVER LOSE YOUR FAITH. GOD WILL HELP YOU UNDERSTAND HIS PURPOSE, HELP ALLEVIATE YOUR SUFFERING AND RESTORE YOUR GOOD HEALTH ... WHEN YOU PRAY TO HIM WITH FAITH.

Dear Lord, I beg for Your mercy and blessing as I lay here in pain, sick and suffering and longing for the day when I may again pursue my life, my work, and be with my loved ones. I know the care I have received was the best available, that the Holy Spirit guided my treatment decisions, and I have Faith that, in time, I will heal as hoped and fully recover. I ask You to bless and watch over me, hasten my recovery, renew my strength and restore me to good health that I might serve You, care for myself and my loved ones, and be an example to all who know me of the Miracles that are possible for those who have true Faith in You. For with God all things are possible. Amen.

James 5:15 and the prayer of faith will save the sick person, and the Lord will raise him up. If he has committed any sins, he will be forgiven.

IX - Prayer for Loved Ones in Nursing Homes & Hospices

INSPIRATION

DEDICATED TO MY BELOVED MOM MARGARET MARY WHO DIED OF CANCER.

My most cherished loved one lies suffering, barely alive. Their pain wracked body entraps their mind and saps their spirit, numbing their brain so that they can only vaguely remember what once was, and dream of what might have been. Their interminable suffering is only interrupted when nurses and doctors stop by at infrequent intervals to poke and prod and stick them with all sorts of intrusive implements. How they must long for the days when they could walk unaided, eat without assistance, and dream of the good times to come, rather than dread tomorrow. Dear Lord, please have Mercy on my beloved, ease their pain and assuage their anxiety. Bless the nurses and doctors with the wisdom to use all of their skills to save my dearest. If it be Your Will that they live longer to serve You, please bless them with the strength and stamina to enjoy a speedy and pain free recovery. But if Your Will is to call them to Heaven to sit by Your side, please ease their passing and bring them peace and freedom from pain for the too short a time they have remaining with their loved ones before going to join You. My Lord Bless them. Your Will be done. Amen.

X – Bedtime Prayer

INSPIRATION

MOST OF US FALL INTO BED AFTER A LONG AND HECTIC DAY THINKING OF NOTHING BUT GETTING A FEW PRECIOUS HOURS OF SLEEP BEFORE DAWN. BUT WE SHOULD NEVER FORGET TO EXAMINE OUR CONSCIENCE, AND ASK FORGIVENESS FOR OUR FAILINGS THIS DAY, WHILE THANKING THE LORD FOR HIS GIFTS AND PRAYING THAT HE PROTECTS US THROUGH THE NIGHT. ASK HIS BLESSING AND ANOTHER CHANCE TO SERVE HIM TOMORROW.

Dear Lord, as I reflect on this day, on what I have done, and that which I failed to do, I ask You to forgive me for any lapses of Faith, waste of time and talent, or failure to help others in need. I thank You for the blessings You bestowed upon me and my family, even if I do not recognize them as Your Work at this time. Lord please bless us and protect us from all evil and harm as we rest our bodies and refresh our souls safely in Your sight through this long night. Banish bad dreams and demons and deliver us safely to the light of a blessed new day that we may fulfill all Your expectations. Amen.

XI – Morning Prayer

INSPIRATION

PERHAPS THE MOST IMPORTANT PRAYER OF YOUR DAY, THIS IS THE CHANCE TO THANK GOD FOR SEEING YOU SAFELY THROUGH THE NIGHT AND BLESSING YOU WITH ANOTHER CHANCE TO SERVE HIM THIS DAY. ASK HIM TO GUIDE YOU, PROTECT YOU AND HELP YOU FOLLOW HIS PATH.

Dear Lord, thank You for blessing me with the Miraculous Gift of a new day. Please help me face this day with all of its potential pitfalls, trials and troubles with deep Faith in Your Words; whoever asks shall receive, whoever seeks shall find and to whoever knocks it shall be opened. Bless me today and inspire my words and actions to be those of a Follower of Jesus. Help me to help those in need. Allow me to see and seize every opportunity You send my way today. Aid me in spreading Your Teachings, Your Peace and Your Love to make this a better world. And protect me and deliver me safely into the arms of my loved ones as this day comes to a close. Amen.

XII - Prayer for Family

INSPIRATION

OUR FAMILIES AND LOVED ONES ALL NEED OUR PRAYERS AND GOD'S PROTECTION. PRAY FOR THEM AND ASK GOD'S BLESSING.

My love for my family is second only to my love for Thee my Lord. Just as I would gladly give all for You, I would gladly give all for my family. I ask that You protect my family and bless me with the money and the means to provide for all of their needs. But I realize that their needs go beyond mere physical things. In Your Goodness, please strengthen my Faith and send the Holy Spirit to bless me with the Gifts of Knowledge and Wisdom so that I may faithfully teach them Your Word, inspire them to be Good Christians, and encourage them to have the courage to help those in need. Lord please watch over and provide for my family this day so that we may all gather together as the sun sets and praise You for our blessings and gifts. Amen.

John 8:12 Jesus spoke to them again saying, “I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.”

XIII - Prayer for the Homeless

INSPIRATION

MOST OF US TAKE HAVING A PLACE TO LIVE FOR GRANTED BUT SADLY THERE ARE OVER 500,000 PEOPLE IN AMERICA THAT ARE HOMELESS. WORLDWIDE THAT NUMBER IS A STAGGERING 150 MILLION PEOPLE. PRAY TODAY FOR GOD AND OUR LEADERS TO HELP ALL THE HOMELESS.

When the Apostles traveled the world spreading The Word, they were often offered food and shelter by the Faithful. Dear Lord, the homeless are in desperate need of food and shelter. Please send the Holy Spirit to bless Your Faithful with the Gift of Understanding that they might see the seriousness of the situation and be generous in their prayers and their giving. We ask Dear Lord that You help the homeless in their hour of need, regardless of the circumstances that led them there. Please have Mercy on them, and provide them with the sustenance, shelter and spiritual strength they need to survive and to once again be blessed with good health and a good home that they may spread The Word, help others in need, and share their Faith. Amen.

XIV – Prayer for those in Slavery, Bondage or Held Prisoner

INSPIRATION

MANY IN AMERICA BELIEVE THAT SLAVERY WAS ELIMINATED DURING THE AMERICAN CIVIL WAR. SURPRISINGLY, AND VERY SADLY, TODAY HUMAN SLAVERY, TRAFFICKING AND BONDAGE STILL EXIST. EVEN IN AMERICA. ESTIMATES INDICATE THAT THERE MAY BE THOUSANDS OF WOMEN AND GIRLS INVOLVED IN SEX TRAFFICKING IN THE US, WHILE WORLDWIDE THAT NUMBER IS A STUNNING 4 MILLION. AND THAT DOESN'T INCLUDE THOSE HELD AS POLITICAL PRISONERS OR FORCED TO WORK FOR LITTLE OR NO WAGES. THIS PRAYER IS FOR ALL THOSE WHO ARE UNJUSTLY IMPRISONED.

Man only dreams that slavery and bondage have been done away with. Whether bound in servitude and submission, or as a slave to outdated customs, or incarcerated by the just or unjust laws of the land, my freedom is forfeit, my hopes are dashed, and my days spent in despair. The ravages visited upon my body are nothing compared to the tortures inflicted on my soul. Lord, in Your Mercy forgive me for whatever part I may have played in finding myself in bondage and bless me with the will to survive until the day of freedom arrives. Help me to keep the Faith and renew my Spirit and my Soul so that I may know Your Salvation of the soul even while my body is enslaved. Forgive those that have imprisoned me, show them Your Love, and The Light of the True Path until that day when they set me free. Amen.

XV - Prayer to Avoid Foreclosure

INSPIRATION

IN THE BIBLE JESUS THREW THE 'MONEYCHANGERS' OUT OF THE TEMPLE. TODAY WE CALL THEM BANKERS AND THEY STILL RULE OUR SOCIETY WITH A HEAVY HAND. DURING THE GREAT RECESSION OVER 9 MILLION PEOPLE IN THE US LOST THEIR HOMES. WHILE TIMES HAVE GOTTEN BETTER, FORECLOSURE, OR FEAR OF FORECLOSURE, STILL IMPACTS MORE THAN 500,000 FAMILIES A YEAR. GOD WILL HELP WHERE BANKERS WILL NOT.

The moneychangers have come to foreclose on our home and drive my family into the streets. Oh Lord, please bless me with the wisdom, the money and the means to forestall them until I can repair my finances and meet their demands so that we are not made homeless. Lord, look not on the reasons, whether through my fault or the fault of others, that I have arrived in this condition, but rather look upon me and my family with Mercy and bless us with a reprieve and relief from those who would make us homeless. Amen.

XVI- Prayer for Vocations

INSPIRATION

IN MANY AREAS OF THE WORLD THERE IS A DIRE SHORTAGE OF PRIESTS. SOME AREAS OF THE USA HAVE SEEN PARISH AFTER PARISH SHUTTERED AND CLOSED. SEX SCANDALS HAVE TAKEN THEIR TOLL. WE NEED MORE YOUNG MEN ANSWERING GOD'S CALL TO BECOME PRIESTS AND PASTORS IT WILL TAKE ALL OF OUR PRAYERS FOR MORE VOCATIONS TO SUCCEED.

My Lord, many are called to serve You both as Ordained and Lay Ministers. But alas Lord, so many more are needed. Our Church has fewer Masses, while those in hospitals and health facilities have fewer pastoral visits, and the homebound seldom see a priest. In these troubled times, Your Flock needs more Shepherds, so we pray for an increase in Priestly Vocations and for those called to the Lay Ministries of Your Church. Inspire the Faithful to discern Your Will, heed our needs, and answer Your Calling by making a vow to serve in the manner in which the Holy Spirits directs them. Amen.

There is no higher Vocation than the Calling to Serve Christ.

Matthew 4:19 He said to them, "Come after me and I will make you fishers of men."

XVII - Prayer to Jesus for a Special Purpose

INSPIRATION

INSTEAD OF PRAYING AS A LAST RESORT PUT JESUS FIRST AND ASK FOR HIS HELP AND GUIDANCE FOR YOUR SPECIAL PROBLEMS AND NEEDS. PRAY FOR ANSWERS TO A PROBLEMS BEFORE IT BECOMES A MAJOR CRISIS IN YOUR LIFE. PRAY IT FORWARD. WITH GOD ALL THINGS ARE POSSIBLE.

*Dear Jesus, I want so much to follow Your Footsteps, to spread Your Word, and to live a Christian Life. Please send the Holy Spirit to bless me with the Gifts of Understanding, Knowledge and Wisdom that I may discern and do God's Will. Lord Jesus, You promised us; ask and you shall receive, seek and you shall find, knock and it shall be opened to you. From the depths of my Heart and with all of my Faith, I now ask You Lord for , while I seek , and knock on Please bless me with Your Love, Your Peace and Your Mercy so I may receive that which You have promised us.**

**Fill in the blanks with your special petitions. I follow this prayer with ...*

My Lord Jesus, I pledge to you my unyielding Faith and unending Love and therefore have the courage to pray to Our Father in Heaven with the words You taught us: "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, lead us not into temptation, but deliver us from evil." Amen.

Matthew 7:7 [*Prayer and the Golden Rule*] "Ask and it will be given to you; seek and you will find; knock and the door will be opened."

XVIII – Bless Me With The Wisdom to follow the Path of Salvation.

INSPIRATION

WE ALL SEEK SALVATION ... ASK THE LORD SHOW YOU THE WAY ...

Lord, the road before me splits into several paths and each path has many twists and turns and is strewn with potholes and pitfalls. At every step there are temptations to test the Faith of even the strongest of Your Followers. Please send the Holy Spirit to bless me with the Wisdom to choose the Path of Righteousness, to avoid the many pitfalls, and resist all the temptations. I know that when I put my Faith in You Dear Lord that You will not fail me. Please let my Faith and the Wisdom of the Holy Spirit guide my feet on my Life's Journey so that I may follow in Your Footsteps and lead those that I dearly love along the true Path of Salvation. Amen.

XIX - Stop the Killing of the Innocents

INSPIRATION

HISTORIANS SAY AS MANY AS 50 MILLION CIVILIANS DIED DURING WWII. INDEED, SOME ESTIMATES FOR TOTAL CIVILIAN AND MILITARY DEAD REACH 100 MILLION DURING THE SIX YEARS OF WORLDWIDE WAR. IT WAS SO TERRIBLE WE NAMED IT THE HOLOCAUST AND STILL STUDY IT 75 YEARS LATER SO IT CAN NEVER HAPPEN AGAIN. TODAY, ESTIMATES FROM WORLD ORGANIZATIONS PUT THE NUMBER OF ABORTIONS AT 50 MILLION BABIES EVERY YEAR. THAT'S 125,000 MURDERED BABIES EACH AND EVERY DAY. AND WE CALL THAT LEGAL. WHAT'S WRONG WITH THIS PICTURE? PRAY TODAY THAT PEOPLE WORLDWIDE STOP KILLING THE INNOCENTS.

Thousands of children, both born and unborn, are being killed every day. Dear Lord, we know that in Your eyes a baby is a child whether in its mother's womb or in her arms. Too many sons and daughters, future fathers, holy men, leaders and scholars have been murdered before they could make the contributions to mankind that You had planned for them. While these babies now rest forever with You in Heaven, alas too many other souls have been lost in committing and condoning these murders. We ask You to forgive those who have committed these murders. We plead with You to help the Faithful stop the Killing of the Innocents that plagues the world today. Send the Holy Spirit with all Your might to help us in our fight, that we may show those who would murder Your Children the Light and Sacredness of Life. Help us to finally end the Innocents' screams of terror and their Mothers' tears of sadness. And we also pray to the Blessed Virgin Mary, please help us to help them! Amen.

Matthew 19:14 ... but Jesus said, "Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these."

XX - Prayer for World Peace

INSPIRATION

WARS, INSURGENCIES AND TERRORISM STILL RAGE AROUND THE WORLD KILLING THOUSANDS EVERY YEARS AND MAKING TENS OF THOUSANDS MORE HOMELESS AND HUNGRY. IT'S TIME TO STOP THE KILLING. PRAY TO GOD FOR PEACE. ONLY GOD IS POWERFUL ENOUGH TO STOP THE WARS.

Oh Lord, the world rocks from the resounding blows of those who wage war. They war on men, women, children and even the unborn. The sounds of war are as unending as the sounds of silence from the slain. A silence which is only drowned out by the screams of those with torn bodies and the silent stares of those with torn souls. Please bring an end to the violence, killing and bloodshed. Send the Holy Spirit to remind all men that they are brothers, that You suffered and died on The Cross so that man would no longer need to suffer and might live in Peace. Please bring the Peace to the World that You promised, restore the bodies of the wounded and repair the souls of those who did the slaying. May the Peace of the Lord be with us all. Amen.

XXI- Prayer before Confession (Sacrament of Reconciliation)

INSPIRATION

WHEN I WAS ATTENDING CATHOLIC SCHOOL IN MY YOUTH, WE USED TO CALL IT "CONFESSION" AND THE NUNS WOULD LINE UP ONCE A WEEK TO TAKE OUR TURN TELLING THE PRIEST OUR SINS. MANY PEOPLE TODAY GO TO 'CONFESSION' SELDOM IF AT ALL. WE NEED TO BE RECONCILED WITH GOD. SAY THIS PRAYER AND GO TO RECONCILIATION THIS WEEK.

My Lord, as I approach Your Sacred Sacrament of Reconciliation, please bless me with the courage to make a complete and true confession, to lay before my confessor and You my deepest sins and shortcomings, my most embarrassing lapses of faith and deepest dark secrets. Bless me with the strength to speak openly of what I have done and what I have failed to do in keeping with Your Commandments. Help me to perform the penance that is my just due so that my soul may be refreshed and my communion with the one body of Your Church is renewed. I thank You for blessing me with this Reconciliation to allow me, a simple and humble sinner, to have a fresh start following Your Path of Salvation Amen.

James 5:16 Therefore, confess your sins to one another, and pray for one another that you may be healed. The fervent prayer of a righteous person is very powerful.

XXII - Prayer before Sunday Mass

INSPIRATION

SUNDAY MASS IS NOT JUST AN OBLIGATION OF THE CHURCH RATHER IT IS A GIFT FROM GOD. A TIME TO BE IN HIS PRESENCE WITH YOUR FELLOW FAITHFUL PARISHIONERS AND AN OPPORTUNITY TO PARTAKE OF THE HOLY EUCHARIST. SPEND A FEW MINUTES BEFORE MASS IN SILENT REFLECTION.

Dear Lord, as I enter Your House to worship You today, please clear my mind of day-to-day worries and bless me with the peace to focus on Your Word. Help me to understand Your Word as it relates to me, my loved ones, and my daily life. Guide me to give of my treasure to those in need and hear my prayers for those less fortunate than I. Allow me to Commune fully with You when I receive the Holy Eucharist. Please hear my prayers for priestly and parish vocations so that our Catholic Community may continue to be blessed with both ordained and lay ministers for our services. Let me leave this Holy Hour refreshed in my Faith and renewed in Your Love. Amen.

Philippians 4:6 Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God.

XXIII - Prayer for all Nations in Need

INSPIRATION

DAILY WE HEAR STORIES ON SOME COUNTRY THAT HAS BEEN SAVAGED BY EARTHQUAKES, FLOODS, FIRES, TSUNAMIS OR OTHER DISASTERS. HERE IS A PRAYER FOR THOSE TRYING TO REBUILD THEIR SHATTERED LIVES. AND THOSE OF US MORE FORTUNATE MUST ALSO REMEMBER TO OFFER OUR PRAYERS AND DONATIONS OF MONEY AND FOOD FOR THEM AS WELL.

Once a beautiful Land filled with peaceful people, our home has been laid waste by disasters, storms and strife leaving us displaced, destitute and in despair. Many are deprived of even the basic necessities of life, while more are in desperate need of proper food, clothing and shelter. Yet amid all the hunger, sickness, disease and despair, there remains among our people Faith and Hope. Faith in the tender Mercy of You, Our Lord, and the Hope that the Faithful of the world will find the Charity to rise and revive us and our land. Dear Lord, please bless our people with Your Mercy and send forth the Holy Spirit to sustain them until Your Faithful from all nations rally to help us fully recover. Call on Your Faithful to send us the food, funds, and other necessities of life that we so urgently and desperately need to restore our beautiful homeland. Amen.

1 Timothy 2:1 [A Call to Prayer] First of all, then, I ask that supplications, prayers, petitions, and thanksgivings be offered for everyone

XXIV - Prayer for Missing Loved Ones

INSPIRATION

WORLDWIDE AN ESTIMATED 8 MILLION CHILDREN ARE REPORTED MISSING EACH YEAR OF WHICH AN ASTOUNDING 800,000 ARE IN THE USA. WHILE IT IS TRUE THAT MANY ARE LATER "FOUND", OR TURN UP WITH SEPARATED PARENTS OR RELATIVES, ALL TOO MANY TIMES WHAT TURNS UP IS A BODY. SOME ARE NEVER FOUND. MANY BECOME VICTIMS OF HUMAN TRAFFICKING. THIS WORLDWIDE PLAGUE IS NOT LIMITED TO CHILDREN, MANY ADULTS ALSO DISAPPEAR EACH YEAR. HERE IS A PRAYER FOR MISSING LOVED ONES TO ASK GOD TO RETURN THEM SAFELY HOME.

My Loved One is missing, and I am frantic with worry and don't know what to do or where to turn. Dear Lord, please let them be safe, unharmed, and return them to me. I am so overcome with worry that my mind is not clear and I can't focus on what must be done. Please guide my Actions and hear my Prayers so that I may do the right things to see my Loved One come home happy and unharmed. I have never known such pain nor anguish and ask that you help alleviate my suffering so that I may make the correct decisions and do all that is in my power to see my Loved Ones again. Until they are Home, wherever they may be, please keep them alive, safe and unharmed. Protect them from evil doers and evil deeds and guide them in their responses to their situation so that they may avoid pain and peril. Dear God, please unite us again so we may Serve and Praise You as a Family again. Amen.

XXV – Prayer For Those Suffering From Hunger

INSPIRATION

MANY ARE SURPRISED TO LEARN THAT IN THE USA OVER 40 MILLION PEOPLE STRUGGLE WITH HUNGER. AROUND THE WORLD THOUSANDS OF CHILDREN DIE EACH DAY FROM HUNGER. THIS IS TRULY SINFUL BECAUSE THE WORLD RAISES ENOUGH FOOD TO FEED EVERYONE BUT THE CORRUPT POLITICIANS, UNBALANCED ECONOMIES AND WIDESPREAD WARFARE IN MUCH OF THE WORLD ENSURE HUNGER AND STARVATION FOR MILLIONS. THE USA IS RICH ENOUGH THAT EVERYONE SHOULD HAVE FOOD. WHY DON'T THEY? PRAY THAT THE POLITICIANS, THE GREEDY AND THE WAR MONGERS PUT ASIDE THEIR EVIL WAYS SO THAT ALL HAVE ENOUGH FOOD.

After a fulfilling dinner as I rest happily in my home with my family at my side, it is easy to forget the Millions around the World that will go to bed hungry tonight. We who have so much often ignore those that have less and forget the ones that have nothing. Forgive me Lord for my selfishness and hear my Prayer for them. Please Bless the Hungry and Homeless in this World with a crust of bread to eat and a place to lay their head in safety for sleep. And the next time I reach into my pocket help me to remember that the money I find there is Your Blessing and that I must share more with those who hunger. Amen.

XXVI - Prayer of Praise

INSPIRATION

YOU, YOUR FAMILY, LOVED ONES AND HOME, AND EVEN THIS WORLD, ONLY EXIST BY VIRTUE OF THE GREATNESS AND GOODNESS OF GOD. TOO MANY TIMES WE FEEL WE HAVE CREATED OUR LIVES AND THAT WE ARE SOLELY RESPONSIBLE FOR OUR SUCCESS. WE MUST REMEMBER THAT GOD IS THE CREATOR AND SAY A DAILY PRAYER TO PRAISE HIS GREATNESS.

Lord, all I owe all that I have to You. My life. My Loved Ones. My Family and Friends. My Home. My Job. And my Faith, Health and Happiness. I give you Praise not only for the many Gifts You have bestowed upon me, but for the Gifts you have Blessed my Family and Friends with. And indeed, for the Gifts given my Community and Country. In Your Greatness You have given so many so much including Your Infinite Mercy and Love. Yet all too often I have failed to take the time to offer Your proper Praise for all of my Blessings and Gifts. I Praise You now for all that You have Given me and give You my deepest heartfelt Thanks for being My Shepard. Amen.

Praise The Lord!

XXVII - Prayer of Thanksgiving

INSPIRATION

IT IS OFTEN EASIER TO FOCUS ON OUR PROBLEMS AND WHAT WE DON'T HAVE THAN TO REALIZE ALL OF THE BLESSINGS THE LORD HAS BESTOWED UPON US. EVEN IN OUR DARKEST HOUR WE ARE BLESSED WITH GOD'S GIFTS. SEARCH YOUR SOUL AND YOU WILL FIND GIFTS AND BLESSINGS YOU HAD NOT REALIZED YOU HAD. NEVER FORGET TO THANK THE LORD FOR THEM. PRAYER IS NOT ALWAYS ABOUT ASKING FOR MORE. SOMETIMES YOU MUST TAKE TIME TO THANK GOD FOR WHAT YOU HAVE.

I may not have everything that I want but I thank You Dear Lord for everything that I have. Without You I am nothing. Without You I would have nothing. Without Your Love I would be lost. Without Your Guidance I would go astray. Without Your Mercy I would be consumed by Guilt for the Sins I have committed. Without Your Protection I would be overcome by the Trials of everyday life. I have often failed to Thank You often enough for the Blessings You have bestowed on me, my family and my loved ones. I do Thank You Lord for all of Your Blessings. For not giving up on me. For constantly welcoming me back to Your Flock in spite of my many transgressions and missteps. For always being there for me even when I have failed to acknowledge or appreciate Your Divine Presence. For all that you have Given, and will Give, I give Thanks to You. Thank You, my Lord, my Shepard, my Savior. Amen.

XXVIII – Asking for The Lord's Blessing.

INSPIRATION

WE ARE NOTHING WITHOUT THE LORD. ALL THAT WE ARE, ALL THAT WE DO, ALL THAT WE ACCOMPLISH IS BY VIRTUE OF THE LORD'S BLESSINGS. TAKE A MOMENT EACH MORNING TO ASK FOR HIS BLESSING THAT DAY.

Lord, I beg for Your Blessing this day and ask You to Help me follow Your Footsteps. Illuminate the path You would have me follow, lighten my Burden that I may focus on doing Your Will, show me the Doors I must pass through and open them as I knock, so that I may Serve You better. Amen

My Lord Jesus, I pledge to you my unyielding Faith and unending Love and therefore have the courage to pray to Our Father in Heaven with the words You taught us: "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, lead us not into temptation, but deliver us from evil." Amen.

I hope that my 'Prayers For Troubled Times' has inspired you to spend more time each day in prayer and thanksgiving to Our Lord. You will find even greater inspiration in The Holy Bible. Spend some time each day reading The Word.

Amen.

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