



## PRAYERS TO GUIDE US THROUGH THE SUMMER OF 2020

Use the prayers below to make a PRAYER COMPANION booklet for the summer. Read the prayers below. Cut on the dotted lines to separate prayers for (1) Morning, (2) Afternoon and (3) Bedtime. Lay (3) on the desk. Place (2) on top of (3). Finally put (1) on top. Fold on the center. Staple at the left. On the back of (3) there will be a long blank strip for you to decorate "MY VERY OWN PRAYER BOOK THROUGH THE DAY" You could keep it under your pillow or on your night stand.

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### MORNING PRAYERS

Dear Lord, I dedicate my work today, for peace in the world, freedom from oppression, and illness. Help me to pray often for these causes and help others love you for the good of all. Amen.

Most Holy and Adorable Trinity, one God in three Persons. I firmly believe that you are here Present; I adore you and praise you. I give you thanks with all my heart. Amen.

Dear God, I thank you for giving me another day of life to share with my family and friends. Help me to do my best to use my talents and gifts to help others see your love through me. Amen.

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### LUNCHTIME PRAYERS

Dear God, Thank you for this busy morning filled with your love. Bless this food and those who prepared it. Its nourishment will help me do good things in the rest of the day. Amen.

Blessed oh Lord, and these thy gifts, which we are about to receive, from thy bounty though Christ, Our Lord. Amen.

Dear Lord, As we eat this food we are reminded of those who hunger and thirst both for food and justice in our world. We thank you for providing for us as we remember to be grateful for all we have. Amen.

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### EVENING PRAYERS

Dear Lord, Care for those who are homeless. Help them not to feel forgotten during the pandemic. Just as Jesus yearned for a drink along the way to Calvary, their cries for help show a yearning to be understood and helped. As I sleep my warm bed, may I never forget to help others when I wake. Amen.

Oh my God, I am heartily sorry for having offended you. I detest all my sins because of your just punishment. 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 sin no more and to avoid the near occasions of sin. Amen.

Dear God, As I find the peace of restful slumber, may I find that you help to cleanse my thoughts of worry or anxiety. I know that I can give you all of my concerns. May I wake tomorrow morning reenergized to face the new day and all of its challenges. Protect and keep those who are facing hardships in work and faith. Amen

