



*Preach the gospel always  
when necessary use words*

## Wisdom

*"The fear of the Lord is the beginning of wisdom"  
(Proverbs 1:7).*

*"...You delight in sincerity of heart and in secret you teach me wisdom."  
(Psalm 51:6)*

Lord save me from my pride and arrogance and place in my heart  
the humility of Je-sus. Teach me good from evil, right from wrong.

Flood my heart and mind with decisions based on Your will,  
goodness and counsel and lead me to seek peace, justice and truth.

Amen

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PRAYERS FOR RESPECT FOR LIFE WEEK (October 2014)

## TRANSFORMING SOCIETY TO REFLECT GOSPEL VALUES

Introduction by Leela Ramdeen, Chair, CCSJ

Dear friends,

We must never be too busy to pray. In fact, our Scriptures tell us that we must:

*"pray constantly; and for all things give thanks to God because  
this is what God expects you to do in Christ Je-sus"*

(1 Thessalonians 5:17-18). Romans 12:12 tells us to "keep on praying."

During Respect For Life Week, Sr Juliet Rajah's Prayer Supplement  
will be made available in the Catholic News to support the Faithful as  
we all pray that our society/world will be transformed to reflect Gospel values.

This offering of prayers in this booklet is intended to complement  
the Prayer Supplement. They have been written by CCSJ's Parish Link  
Coordinators and by one of the Youths on the Commission.

During his daily Mass on, Oct 8, 2013, Pope Francis focused on the importance  
of prayer and forgiveness in the life of a Chris-tian: "The Lord tells us: 'the first task  
in life is this: prayer. But not the prayer of words, like a parrot; but the prayer, the  
heart: gazing on the Lord, hearing the Lord, asking the Lord'..."

When coming from the heart, „we know that prayer works miracles,  
' he emphasized... The Pope concluded his remarks by warning those present  
against prayer that is redundant, pessimistic and unforgiv-ing, saying that Christians  
must always be careful to guard against the temptation to fall into these attitudes...

## The Five Fingers Of Prayer

"He challenged those in attendance, stating that, we ourselves, when we don't pray, what we're doing is closing the door to the Lord. And not praying is this: closing the door to the Lord, so that He can do nothing. On the other hand, prayer, in the face of a problem, a difficult situation, a calamity, is opening the door to the Lord so that He will come. This is what praying is," he stressed, "opening the door to the Lord, so that he can do something. If we close the door, God can do nothing!..."

You may have come across a simple way of praying: Pope Francis' Five finger Prayer, initiated by the Holy Father when he was Archbishop in Argentina: "Using the fingers on your hand, start with the thumb and pray these intentions in this order:

1. The thumb is closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a "Sweet Obligation."
2. The next finger is the index. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.
3. The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. They need God's guidance.
4. The fourth finger is the ring finger. Even though it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.
5. And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective, and also you will be able to pray for your own needs in a better way."

## Trust

"It is better to put trust in the Lord than to put confidence in man" (Psalm 118:8).  
O Lord Jesus, when all is dark, full of despair and hopelessness; when we feel insecure and helpless, may Your love, Your strength and Your presence fill us. Help us to trust in Your perfect love.

When we feel weak and helpless, help us to trust in you. Help us to trust in the Holy Spirit to give us strength to do Your will so that nothing may deter us - not anxiety, not fear, not hate or pride. May, we always trust in Your love and guidance. Amen



## Wealth

"...God shall supply all your need according to his riches in glory by Christ Jesus" (Philippians 4:19).

Almighty God, you shower us with so many blessings: wealth in material goods; wealth in health, our families, our friends and in the wider community. As you have supplied for our needs, show us the way, Lord, to supply the needs of others. Help us to be generous and bless others as you have blessed us.

## Wisdom

Almighty God, we pray for wisdom in times of trouble and uncertainty, looking deep into our hearts and souls to find your truth. Lord, we pray for your word to enrich our lives and bring us to a closer relationship with you, through your Son, Jesus Christ. Amen.

## Sexuality

All to Jesus, I surrender  
My body, soul and sexuality.

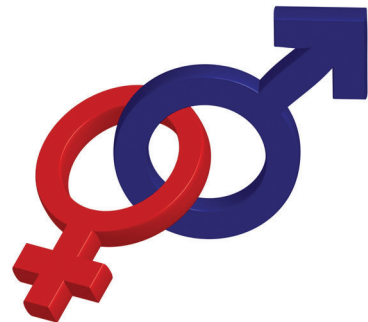
All praise and honour to you, Lord  
For creating us man and woman  
For creating us all, Oh Father in your image.

Help us, Oh Father, to see ourselves in your eyes  
As vessels of honour, as a temple where your spirit dwells.

Teach us, Lord, not to be afraid of our sexuality  
Teach us, Lord, not to abuse that sexuality  
Teach us, lord, to embrace our sexuality  
Teach us, Lord, not to allow our sexuality  
to separate us from your love  
For we have been washed by your blood, Oh Jesus  
Set aside and made whole by your redemptive power.

Help us to see our identity in you, Jesus, as a new creation  
Free from premature sexual desires, alive in your love  
Treating our bodies, Father, as a treasure from above.

In Jesus's name we pray.  
Amen.



## A Morning Prayer For An Increase In Faith

*"If you had faith like a mustard seed you could say to this mulberry tree, 'Be uprooted and planted in the sea,' and it would obey you" (Luke 17:6).*

Loving God, as I begin this new day, I ask you to increase my faith. Today, I ask for the gift of mustard seed faith, so that I may speak to the mulberry trees in my life, family, and community. May they be up-rooted through my prayer and good works as I exercise my faith today. Father, Help me to celebrate the faith that I do possess and use it for your glory today. Amen.

## Abundance

*"God saw all he had made, and indeed it was very good" (Genesis 1:31).*

Lord God, we thank you for all the abundance you have given to us: the light and darkness, the sun and moon, the rivers and the seas, water, fruit and food, birds of the air, creatures of the earth, and human be-ings. You have gifted us with blessings pressed down, shaken together and overflowing.

Give us the grace, Lord, to appreciate, nurture and steward this abundance and the wisdom to use it appropriately in ways that will bless all of your Creation. Amen.

## Accountability

Heavenly Father  
As we go forth this day,  
Help us to acknowledge your precepts  
In every area of our lives.  
Help us to bring the witness of your Word  
Into our work places, Oh Lord.  
Help us never to place profit over people;  
Profit over Ethics;  
Profit over dignity;  
Help us to always place the community of God  
As our first priority in every area of our lives  
As we act according to your social justice tenets  
And bring love and respect to persons and situations.  
In Jesus's name we pray. Amen!

## Adoration

We adore you, oh Lord, and we praise you  
Who created all things, seen and unseen.  
Thank you for your compassionate love  
Which fills our hearts and leads us to do good.  
We gaze upon your Holy Eucharist,  
That wonderful symbol of hope and grace  
Which binds us all as we seek your face  
And bow before you, oh Lamb of God.



Basking in your majestic beauty,  
We are humbled by this unrivalled opportunity  
And pray, Oh Lord, for your gift of grace;  
For your awesome body and blood which nourish us.  
Help us, oh Lord to seek your face  
And approach your Holy and wondrous throne.

For you alone are Holy, Lord;  
You alone are worthy, Lord.  
Keep us on our knees, oh Lord  
And infuse us with your abiding love.  
Lord we adore your Holy name and seek to be transformed  
Through our daily adoration of you.  
Let our adoration of you never cease.  
In Jesus's name we pray with thanksgiving.  
Amen.

## Balance

*"And he said to them, 'Come away by yourselves to a lonely place and rest a while.'  
For many were coming and going, and they had no time even to eat" (Mark 6:31).*

Father God, in the hurried pace of our lives, in the frenetic rush from one place to another, in our eagerness and enthusiasm to serve others, we can forget ourselves and our families. Help us to slow down, to find that place – within ourselves and in our surroundings where we can be re-freshed and find peace before continuing on our way. Help us to see the valleys and the mountaintops in our lives; to find ways of being re-juvenated and having our equilibrium restored when necessary. Amen

## Servant Leadership

*"When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you" (John 13:12-15).*

Lord God, serving others is a difficult thing. Serving others in love and humility is even more difficult. Give us the grace, Lord, to follow in Jesus' footsteps, to sacrifice our pride, our will, ourselves in the service of others. Give us generous and compassionate hearts and minds, Lord, to reach out to others in love and humility.

## Solitude

*And Jesus dismissed the crowds. After doing so, he went up on the mountain by himself to pray.*

Loving Jesus, help us to look to your example as a model for our lives.  
Just as you, Lamb of God, found strength in solitude  
Help us, Oh Lord, to find peace away from the maddening crowd.  
Renew our minds to find the secret place where we can be alone with you.  
Lead us, Father to that space of sanctuary,  
Where, alone with you, we are renewed and can see your face.  
Lord, teach us to appreciate the mountaintop experience  
So like Moses, we can be transfigured, transformed and transposed.  
Lord, in this world so full of noisy clutter, your voice can be distorted;  
And so we find ourselves in need of the special secret closet  
To surrender ourselves completely to you, heavenly Father.  
Lord even as we find ourselves in Gethsemane moments,  
Grant us your peace and solitude to fall on our face  
And listen to your voice, in the stillness of our heart.  
We thank you, Father, for the clarity of solitude.  
With praise and thanksgiving in our hearts. Amen

## Selflessness

More of you and less of me, Lord I pray;  
That when I look in the mirror  
It is your face I seek, Oh Father.  
As we go about our day, Lord;  
Help us never to allow pride and conceit to step in.  
Keep us always in awe of you.  
We know that we must decrease and you must increase in us.  
Continue to work within us, Oh Father,  
So that our labour in the vineyard  
Is done from a place of love for your Kingdom.  
Keep us selfless in all we do, Oh Lord;  
Always giving you the praise, honour and glory,  
For indeed it is a privilege to work for your Kingdom  
Lord, guide every step we take on this social justice pathway  
To be servant-leaders, Oh Father.  
Place the needs of our community before us always  
And grant us a selfless spirit to achieve your will.  
Lord, remove from us every spirit that is not of you  
And replace it with a spirit of selflessness,  
As you empower us, Oh Lord, to walk in your footsteps.  
In the name of the Father, Son and Holy Spirit.

## Self-respect

Lord, we pray each day for self-respect to honour you in all our ways;  
To continue walking in your presence; walking in your grace  
As worthy ambassadors; seeking your face;  
'Twas by your blood we were saved; a price that was high.  
Let your Word not depart from our lips, Oh Lord  
So that we will speak with respect to one and all.  
Let no corrupt communication come from our mouth, Oh Father,  
So that we live lives of respect, representing the Lord.  
Your precepts are true, we follow them, Oh Lord,  
And in your teaching, we find self-respect.  
As we follow your pattern of justice for all  
Let our tribute to you be 'Respect one and all.'  
In Jesus's name we pray. Amen

## Civility

*"Have respect for everyone and love for your fellow believers; fear God..."*  
(1Peter 2:17)

Gracious God, we ask for your forgiveness and healing. We have turned against each other by creating divisions of class, ethnicity, social and economic status. We have used our words as swords and weapons to destroy rather than to encourage and build. Forgive us Lord. Help us to return to a place where we can be civil to and with each other, respect each other and care for each other. Help us to return to the path that leads to you so that we can become one people, one nation in Christ.

## Commitment

Merciful Father, help us to become better disciples and impart in us the knowledge and compassion we need to carry out your work. We ask you to help us increase our commitment to your son, Jesus, as we strive to do Your will, actively committing ourselves to fulfilling our Christian mission of love, faith, peace and hope. In your Son's name, we pray. Amen.

## Community

Heavenly Father, as we gather as a community of the Faithful may we remember on the journey to grow ever deeper in our faith... In our Love... In our desire to long for you always... In our desire to reach out and help others in your name. Amen

## Compassion

*"And Jesus wept" (John 11:35).*

Father God, help us to be compassionate as Jesus was; to weep with others in their sorrows; to stand in solidarity with those in need and those who face injustices. Help us to pray and act when we see the suffering, grief and pain of others and to offer them solace and comfort as Jesus did with Martha and Mary.



## Cooperation

*"How good, how delightful it is to live as brothers and sisters all together" (Ps 133:1).*

O, Blessed Trinity, Father, Son and Holy Spirit, help us in this land called after you to be able to honour and respect the differences that exist among our people; may we see them as blessings and not curses, so that we may come together to aspire and achieve, and to use all our skills, talents, and resources to work for the common good here in Trinidad and Tobago.

Help us to live out the pledge we declared as children; Give us grace to strive in everything we do to work together with our neighbours of every creed and race for the greater happiness of all and the honour and glory of our country. Amen.

## Courage

God, grant me the courage, to stand for what is just; The Courage to work towards the greater good; And to remember you are with me always. Amen



## Dignity

*"There Is Neither Jew Nor Greek, There Is Neither Slave Nor Free, There Is No Male And Female, For You Are All One In Christ Jesus" (Galatians 3:28).*

*"So God Created Man In His Own Image, In The Image Of God He Creat-ed Him; Male And Female He Created Them." (Genesis 1:27)*

Almighty God, you created man and woman in your own image and like-ness making every human being equal but different. Show us how to be creator, redeemer and sanctifier to each other by respecting the inherent dignity of the Godhead in each and every person and to treat each one with respect and love.



## Respect

Oh Creator, help us always to show respect to all those we encounter on a daily basis. By respecting others we are able to glorify Your name and teachings. Amen

## Respect For Our Bodies

*"Do you not realize that your body is the temple of the Holy Spirit, who is in you and whom you received from God? You are not your own property, then; you have been bought at a price. So use your body for the glory of God" (1 Cor 6:19-20).*

God of love, I thank you for the gift and beauty of my body. I thank you for choosing my body as a temple for Your Spirit. May I recognize the true value of every part of my body, so that I may care for it as one of the greatest gifts you have given to me. Grant me the grace to eat healthily; to exercise, rest, enjoy recreation, and do all that is needed to care for this temple.

May I never take my body for granted, and may I always respect the beauty and dignity of every person, so that I will not judge or discrimi-nate others based on their weight, colour, height or physical features.

Help every member of our society to celebrate the gift of the body in art, music, and in every aspect of our culture, and bring an end to all forms of violence and abuse through a renewed respect for the gift of our bodies. I make this prayer through Christ, our Lord. Amen.

## Respect For The Earth

*God created man in the image of himself, in the image of God he creat-ed him, male and female he created them. God blessed them, saying to them, 'Be fruitful, multiply, fill the earth and subdue it" (Gen 1:27-28).*

Lord, from the beginning of time You entrusted the earth and all of cre-ation to the care of humanity. Give us here in Trinidad and Tobago the grace to preserve and conserve all of the gifts you have given us in our beloved twin-island state. May each citizen be filled with a passion for creation, so that we can see an end to pollution and the misuse of our natural resources in our homes, schools, workplaces, and institutions.

Help us also to be good stewards of the earth, and to appreciate and cel-ebtrate its beauty through practices and initiatives that protect and preserve all that we have for all the generations that will come after us. We ask this through Christ, our Lord. Amen

## Prudence

*"Do not give dogs what is holy; and do not throw your pearls in front of pigs, or they may trample them and then turn on you and tear you to pieces" (Matthew 7:6).*

God, fountain of all wisdom, today I ask you to help me to foster the virtue of prudence in my life. May I possess the wisdom that comes from being near to Your heart, and the wisdom that directs my steps. When I am faced with difficult decisions may I know what choice will bring You the most joy and the greatest good.

May I value what is good and holy and not throw it away or waste it. May I value all my gifts, talents, relationships, and resources and treat them as gifts from You. Help me to use these gifts as part of Your plan for me. Amen.

## Resourcefulness

Oh Lord, our provider,  
We pray that in this world so full of distractions,  
Where the digital age has flooded our psyche with  
an abundance of information,  
That we are resourceful and use your gifts as  
good stewards.

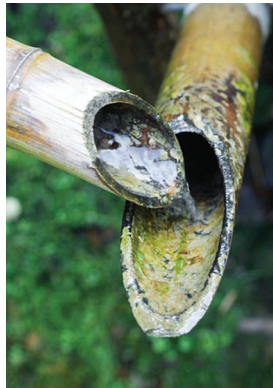
Help us to meet people where they are and bring  
those who are lost back to you.  
Guide us to develop and utilize the right tools to  
spread your Word.

Help us to be innovative, so that our message remains true to your Word.

Lord, we know that your Word never changes  
However our methods must change to reach those who are part of the digital age.

We pray, Oh Father, as you grant us a renewal of heart and mind,  
That we may be open to the many opportunities to be resourceful  
To lead others to you.

With thanksgiving we pray oh Jesus. Amen



## Dignity

O God, we love to worship you,  
And as we worship you, Heavenly Father  
We thank you for your Spirit which leads us  
To feed the hungry, to give drink to the thirsty,  
To clothe the naked, to shelter the homeless,  
To visit the sick, to visit those in prison, and  
To bury the dead.

Even as we do so, oh Lord,  
Help us to deepen our love for each human person whom you have created  
In your image and likeness – each with an innate, inviolable, inalienable dignity.

We pray for all those in our world who are suffering from injustice, discrimination  
and abuse; For those who do not live in your light, oh Lord;  
For those who live a life of overwhelming hardship,  
That we may treat all your children with dignity and grace;  
To wash their feet like Jesus did,  
And hold up your banner on high, oh Lord.

Teach us to practice love in action;  
To love as Jesus did – unconditionally,  
And to give the gift of light to all.  
In Jesus name we pray with thanksgiving.



## Diversity

Heavenly Father,  
You are God of all nations and all lands;  
God of all of humankind; of all colours and cultures.

Lord, we thank you for the differences that bind us across continents;  
That bind us across faiths,  
And unite us in your message, oh Lord, which is for all.

Infuse us, Father, with the ability to respect and celebrate our diversity,  
Using building blocks of love and truth  
Cemented by your Resurrection and Salvation.  
In Jesus s name we pray.  
Amen.

## Discipleship

Heavenly Father, we ask that you give us the desire to be your disciples here on earth. We pray too, that you grant us the grace to be obedient to the call to discipleship. Lord, it is quite a challenge to obey this call but with you all things are possible. Therefore, we ask for a heart that will trust you, even when nothing seems to make sense. Deepen our faith so that although we do not know what the future holds, we believe that you are the one who holds the future. Heavenly father, you call us to be faith-ful disciples of your Son, Jesus Christ, we ask for your anointing to fill us with courage and wisdom to do so.

## Empathy

God, help us to show empathy when dealing with others, To place ourselves in their shoes; to open our eyes to their pain and suffering; To help ease the burden and lighten the load that others may carry. May, we always show compassion. Amen

## Expectancy

Oh Lord and Saviour, we wait in joyful expectation  
For the plans you have for us. Our hope is in you.  
We thank you for mounting us on wings of eagles;  
For filling us with your Word and ordering our steps.  
We praise your name, Heavenly Father.

Help us to keep our eyes focused on the prize;  
The prize at the end of the race - that is, Christ Jesus.  
Teach us, Oh Lord, to understand that even when the storms of life rock our boats,  
That you will be our anchor and lead us home in safety.  
Grant us, Oh Father, the expectant faith of a child,  
So that we may understand that the morning brings word of your unfailing love.

Let us be comforted by your Word, Oh Lord, which never comes back to you void.  
And always achieves what you set out for us, Oh Father.  
Guide us, Oh Lord, to a life of full expectancy on you.  
Help us to stay awake; to keep our lamps burning;  
As we do not know the hour or day when you will come. Amen

## Politicians

*"I urge then, first of all that petitions, prayers, intercessions and thanksgiving should be offered for everyone, for kings and others in authority, so that we may be able to live peaceful and quiet lives with all devotion and propriety" (1 Tim 2:1-3)*

Lord, our God, we bring before You all those who govern in our land - in our Parliament, Senate, and in Local Government.

We pray that they may be open to Your guidance, inspiration, and love for all persons in all their decisions and actions.

Help our people to nurture from among us politicians who will put our country first- as true servant-leaders;

Politicians who will seek the common good;

Politicians who will prefer accountability and transparency over secre-cy and falsehood; And most of all we pray for politicians who will re-spect the dignity and rights of every individual from conception to nat-ural death. We make this prayer through Christ, our Lord. Amen.

## Power

Heavenly Father, we praise you and we thank you  
For your amazing power bestowed upon us;  
A power, Oh Lord, that causes us to walk on water  
As we keep our eyes focused on you, Lord.

Help us, heavenly Father, to understand that power which comes from you  
And is transferred to us through your Holy Spirit;  
The power won through your resurrection victory;  
A power available to us all;  
A power, Oh Lord, which makes us victors.

Grant unto us, Oh Lord, the confidence to accept this gift  
So that we may become all that we can be -  
A kingdom people, living holistically, only through your power.  
And as we receive this gift, Oh Lord, we go out confidently  
To bend the flaming arrows which come in our path  
And use the power of these healing hands  
To heal the sick and comfort those who mourn.  
We thank you, Oh Father, for the power to make a difference  
As salt of the earth.



## Peace

Almighty God, the Father of us all, we pray for the hearts of your children to turn towards peace, though the power of the Holy Spirit may we establish peace among all nations so that they seek integrity, love, justice and truth. Amen



## Patience

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

Heavenly Father, I come to you today with all my cares, concerns, fears, worries and sufferings. Help me, Lord to be still, to wait on you, to be patient as you work in and through me. Help me to know that You are God, a lamp to my feet and a light in my path. Help me to wait patiently for you to bring the answers to my prayers. As I wait, I rely on your Word for courage, strength and power and believe that your purposes will be accomplished in my life.

## Perseverance

*"No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord" (Romans 8:37-39).*



Lord Jesus, you taught us the power of prayer in the Lord's Prayer, about persevering in prayer; to ask and it will be given to us. We ask, Lord, that we be more than conquerors – that we be warriors in the Lord's army fighting the forces that threaten to overrun our nation; forces that bring strife and dissension; forces that seek to destroy. Help us to persist and persevere in all the trails and setbacks that come our way as we seek to restore dignity, freedom and justice in our land.

## Fairness

Dear God, may we learn to be fair like your Son, Jesus. Despite the many injustices that exist in our country and in our world, may we find courage to remain fair in everything that we do in order to become better Christians. Amen

## Family

Almighty God, our families are the building blocks of society. We pray a special anointing over families and ask that you safeguard them from all attacks. We ask that the family unit be restored, that persons find solace within their families, and that there be a renewed desire to create families that express and nurture your love. Lord, prepare parents for their vocation, as they mould the hearts and minds of those you have placed in their care. We ask for a special anointing over the lives of children as the challenges they face seem to be ever increasing. Help them be obedient and honour their parents as they grow into adults; help them to glorify you by their lives. For the elderly, we ask Lord that you will grant them a special grace to share their wisdom with others and that they receive the respect and care they rightly deserve. Bless all families dear God; may peace, love, joy and harmony abide in all families.



## Family Values

Heavenly Father, you brought together man and woman in holy matrimony that they might share in your work of creation. Help parents to understand their role as the first teachers of their children. Take away the roots of bitterness, pride, and selfishness that bring discord within family life. Inspire them, rather with peace, loyalty, faith, sacrifice and other family values, so that in all the changes and challenges of life they may stand strongly together in mutual service and love. We ask this through Jesus Christ, our Lord. Amen.



## For A Just Day's Work

*"Whatever your work is, put your heart into it as done for the Lord and not for human beings" (Col 3:23)*

Almighty God, as I begin my day today I pray for the grace to give an honest day's work for an honest day's pay.

Give me the grace to be punctual, diligent, and attentive in all that I will undertake today.

Help me to build right relationships with others in my place of work,  
And may I be filled with the gifts and fruits of the Holy Spirit as I carry out my duties and interact with others.

I pray not only for myself, but for all workers and employers, that our places of work will reflect all the principles of Catholic social teaching, and may we live by the virtues needed to help us to be of good service to our neighbours always. I make this prayer through Christ, Your Son, who Himself worked while on earth. Amen.

## Freedom

Heavenly Father, there are oppressed people all over the world that cry to be freed. Help us, your faithful servants to work together to bring freedom to these men, women and children around the world who are oppressed; help those who have been trafficked and all those who are imprisoned for fighting against hate, injustice and for freedom.

Give them the courage and strength to keep hope alive. In Jesus name Amen



## Open Mindedness

Most wonderful God, Create in us a clean heart, oh Lord.  
And even as you renew the right Spirit within us Father,  
I thank you for a clear and open mind to see and know more of You;  
A clear and open mind to see the treasure of the Lord in those we meet;  
A clear and open mind, oh Lord, to treat all persons with respect and dignity;  
A clear and open mind, oh Lord to stand secure in your love.

In this world of strife and selfishness, help us, oh Father  
To see life through the forgiving eyes of Jesus,  
And in so doing that we may draw all men and women to you.

We live, oh Father in a world in which morals and values are being eroded.  
Help us to always to look to your precepts and be open-minded  
So that our lives may reflect your grace, justice and truth -  
Even as we are called to be salt of the earth.

As we seek to bring social justice solutions to our neighbours  
Cause our hearts and minds to be like You, Jesus,  
To be open-minded to the healing power of our Father which is available to all.  
Let your will be done in us today and always, oh Lord, we pray.  
Amen.

## Passion

Our Father who art in heaven your kingdom  
come and your will be done in our lives.  
And even as we pray for your purpose to  
unfold in our lives,  
We ask, Oh Lord, that you enkindle in us  
the fire of your passion  
To live and pursue the precepts of social justice.  
To bring, Oh Lord, freedom to those who are prison bound.  
To relate, Oh Lord, to those who are held captive by poverty.  
To provide, Oh Lord, empowerment to the jobless.  
Father as we travail in your name,  
Help us always to be passionate about our social justice journey  
So that we may press forward towards the prize that is Christ Jesus;  
Modelling your zeal and fervour to bring positive change in our communities. Amen

## Loyalty

Jesus, enable us, through your example and by the power of your Spirit, to be forgiving, loyal, and dependable in the midst of difficult circumstances. Help us to do unto others as we would have them do to us. Amen



## Moderation

*"For me everything is permissible"; maybe, but not everything does good. True, for me everything is permissible, but I am de-termined not to be dominated by anything" (1 Cor 6:12).*

Father, through Your Son Jesus, You give the world everything that is good. I thank you for everything that you have made and allowed humans to create. Help me when using created things to exercise moderation and to avoid all inappropriate excesses.

Teach me how to live a balanced life, so that I may know that there is time for everything under the sun. Give me the grace to be able to discern the various seasons and times in my life, so that I may always live in moderation.

Lord, I pray also for all citizens in our country, that we will be able to exercise moderation in all things and use our time and energy wisely, now and always. Amen.



## Freedom

Jesus heals me, Jesus saves me,  
Jesus frees me!  
More of you and less of me,  
Oh Lord we pray.  
More of you, Oh Lord,  
so that in your love there is freedom.



In your love, Oh Lord, we thank you that with you guiding our steps there is freedom. We thank you, Oh God, that as you infuse us with the Spirit of the overcomer We find true freedom.

Help us, Father, to continually die to self, so that we find true free-dom. As we love you more and more, there is freedom. Let the cry of our heart be to want you more and more. Let your freedom reign, Oh Lord.

Even as we shout to you, Oh Lord, there is freedom in that cry. Even as we look to the heavens, there is freedom in our gaze. Even as we breathe, there is freedom in every breath.

Oh heavenly Father, we stand on your promise That nothing separates us from your love. And in that promise there is freedom.

Help us Lord, never to walk away from the joy of that freedom, For your freedom gives us hope, makes us strong, and gives us wings. Seeking your face, loving your grace is where we find freedom, Oh God.

Let your kingdom come and your will be done, we pray,  
As Jesus heals me, Jesus saves me, Jesus frees me  
In the name of the father, Son and Holy Spirit, we pray.  
Amen.

## Friendship

*"A loyal friend is a powerful defence: whoever finds one has indeed found a treasure" (Sir 6:14).*

Lord, fill the hearts of our people with a lasting value for true friendship. Help families and all institutions to foster in our people the gift of friendship; a friendship that supports, loves, and lifts up persons when they are down.

May all citizens enjoy friendships that are filled with honesty, respect, trustworthiness, forgiveness, listening ears, and sound advice.

Lord, I thank You for all the friends that you have sent into my life, and I ask that I may learn from your Son, who said, that the greatest love is to lay down one's life for one's friends. Help me to be a true and dependable friend, and call others to genuine friendship. Amen.

## Fun

Almighty God, You who created all things and rested on the seventh day, humbly we pray that you may fill our workplaces, schools, communities, institutions and families with a true value for having fun;

May we never be so consumed by our work and responsibilities that we do not make time for recreation, celebration and rest.

May fun be a part of our regular routine; May we always make time to be with those that we love and care for, and may we always balance hard

## Generosity

*"The soul who blesses will prosper, whoever satisfies others will also be satisfied" (Prv 11:24).*

Jesus, our Lord and Brother, You taught us that it is in giving that we receive; in reaching out to others that we conquer loneliness, and by abandoning ourselves that we truly find ourselves; inspire in our country a true spirit of generosity; may we be willing to give of our time, talent, treasure and of ourselves freely and willingly; may we give until it hurts, and trust that as we give, You will take care of our own needs. Fill us with the love that filled You so that we may love as You loved, and make Your face present in our land. Amen.

## Love

*"For God so loved the world that He gave His only begotten Son that whosoever believe in Him shall not perish, but have eternal life" (John 3:16).*

*"And now these three remain: faith, hope and love. But the greatest of these is love" (1Corinthians 1:13).*

Abba Father, in the giving of your Son Jesus to us and in work of the Holy Spirit, the three persons of the Triune God express their deep, abiding, eternal and infinite love for each other, and through this unity we are called to live out that love to our brothers and sisters, ourselves and in-deed the whole of creation.

We are asked to:

Love one another as you have loved us

Offer ourselves as a living sacrifice

Venture out in faith and hope

Exalt your holy name

Help us to be faithful to this mission you have entrusted to us so that at the end of our time on earth, we may share in your glory and eternal life.



## Love, Respect, Protect Children

*"Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belong" (Mk 10:14).*

Loving God, every child is a gift from You. Help us to create policies, institutions, and families that welcome, love, respect, and protect children.

Enkindle in our society a desire to have and nurture children by affording them all the rights that coincide with their dignity as human persons from the moment of their conception and throughout their childhood. Lord, we pray especially for the children who have been hurt, abused, and neglected in our society; May they experience Your love and mercy through the support of men and women who will help to right the wrongs that they have experienced in our land.

Lord, help us also to transform our structures and systems in order to ensure that every child can live a fulfilled and happy life here in Trinidad and Tobago. We make this prayer through Christ, our Lord. Amen.



## Joy

Heavenly Father, truly your joy is our strength and we thank you. In this changing world full of values that do not reflect Gospel values, We pray, Father, that we seek your values which bring us lasting joy. We pray, Father, that as we celebrate the risen Son, we are full of joy. Let us always be mindful that we serve a God who brings us joy. Make us one in mind and heart with you Fa-ther, That our lives may desire your promise of Joy. We pray with thanksgiving. Amen.

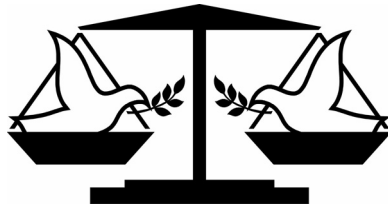


## Justice

*"Let justice flow like a river" (Amos 5:24).*

Father you made us and created us in your own image and likeness so that we should be one people, one human race.

Fill us with the river of your eternal love and the fire of your Spirit and with the desire to ensure justice for all people. Help us to share the bountiful goodness you bestow on us and so provide equally for all our brothers and sisters. May there be an end to crime, violence, abuse and disre-spect. Help us to build a true civilization of love and peace.



## Lay Communities

Lord, we bring all lay communities in the land before you. We thank you for the many ways they have continued to nurture and guide your people and to provide spiritual renewal and strength to them. We thank you for the refuge they have provided for countless persons that have sought assistance, comfort, and guidance. We thank you for all the opportunities that they have provided and which have led many who have strayed from the path of righteousness back to you. We pray a special blessing on all lay communities

## Grace

Oh heavenly father, where will we be without your amazing grace?  
You make all things holy, Oh Lord, with your grace.  
We are so humbled by your love and your grace.

Oh Holy Lord, we pray that you never take your hand away from our lives,  
For it is by your grace we were saved and it is by your grace we live.  
Oh Father, there is no life without your kindness and your grace.  
Keep us, Oh Lord, always walking in your footsteps.  
Keep us, Oh Lord, always faithful; obeying your precepts.  
Keep us, Oh Lord, alive in your grace  
At heaven's gates we pray; at your feet we pray  
To always be infused with your grace.  
For we are nothing but sounding brass and tinkling cymbals without your Grace.  
Father, as we pray and bow our heads in adoration before you,  
Know, Oh Lord, that you have our hearts completely  
So that you and only you can fill our cups to overflowing  
With your amazing grace.  
Oh Lord, we pray a cry of desperation, Father, never leave us;  
Never let us go, Oh lord, never forsake us, Oh Lord.  
Even as we fall on our faces before you, Father, thanking you for



## Your Amazing Grace

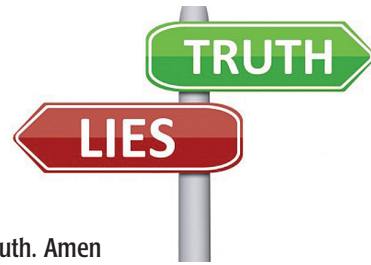
And even as the deer pants for living water, Oh Lord  
Help us we pray and pant for the overflowing power of your grace.  
Fill our lives to the fullest, Oh heavenly Father.  
Help us to be instruments of your grace.  
Thank you Jesus, Thank you Jesus.

## Gratitude

God, Creator of all that is good, please help me, your humble servant, to show gratitude in all things; to re-member daily to be thankful for life, family, friends, neighbours and good health in body and mind. To show gratitude in good and bad times, daily giving you praise

## Honesty

Heavenly Father, help us to be honest in our undertakings. May we be forever mindful of what we do when making choices in our lives. Help us, Oh merciful Father to be honest in our thoughts, words and deeds.  
May, we not be afraid to bear witness to the truth. Amen



## Hope

*"Let us exult, too, in our hardships, under-standing that hardship develops perseverance, and perseverance develops a tested character, something that gives us hope, and a hope which will not let us down, because the love of God has been poured into our hearts by the Holy Spirit which has been given to us" (Romans 5:3-5).*

Holy God, the source, reason and end of all of our hope, today I pray for all the men, women and children in our country who are facing hardships and who live without hope.

May we find in you a never-ending source of hope; a hope that leads us to have a better vision for our present and future and one that helps us to make better choices for our tomorrows.

Send us lights of hope that help us to keep our eyes on you no matter how difficult the storm, and help us always to trust in you, the greatest and surest hope in our lives. Amen.



## Humility

Heavenly Father, even as we are still and know that you are God,  
Help us, Oh Lord, to understand that we cannot be true leaders,  
If we are not prepared to be servants,  
You have shown us the way, Lord Jesus,  
You washed the feet of your disciples and hum-bled yourself  
When you died for us on the Cross.



We pray that we may be ever humble and walk in your footsteps.  
Help us to die to self as we seek to emulate you, Oh Jesus.  
In every way, in every day, let us not forget that we are sinners.  
In every way and every day, let us not forget that it is you who are God.  
Help us, Oh Lord, to realize that you must increase and we must decrease.  
Let us keep foremost in our minds, that in your birth  
You chose the manger for your coming to this earth.

Mold us, Oh God, and remove the barriers of pride and arrogance within us.  
Oh Jesus, meek and mild, humble of mind,  
Help us we pray, not to be caught up in the negative aspects of modern day living,  
Rather, keep us close to you, Lord, so that we will walk in your ways.  
Help us, we pray, to see humility as a gift and to hunger after it continu-ously. In Jesus s name we pray. Amen

## Integrity

*"The man of integrity walks securely, but he who takes crooked paths will be found out" (Proverbs 10:9).*

Almighty God, our nation is torn apart by whispers, rumours, tales and scandals of wrongdoing in public office, in our corporate world, and in our personal and individual lives. Help us to stamp out corruption, selfishness, cronyism, lust and greed. May we plant instead seeds of freedom, hope and love and reap a harvest of integrity, fairness, equality and justice for all people. Amen