Simple Ways To Pray
Prayers During the Day

On Waking Up

INVOCATION:
V. To you I pray, O Lord,
R. At dawn you hear my voice. (Ps 5:3)

REFLECTION:
Each day is a new beginning, an opportunity to draw closer to Christ. Whatever the misery or glory of the past may have been, today offers another chance which will never come again to do God’s work and will. Try to use it prudently.

PRAYER:
Good Morning, Lord, and thank you for another day of life. Please help me to face whatever pains and problems it may bring and to enjoy whatever pleasures may come my way. In your kindness keep me close to you today and preserve me and all your other people from every evil. In the name of Christ, your Son, receive my morning prayer. Amen.

SCRIPTURE READING:
Matthew 20:1-16

As You Wash and Dress

INVOCATION:
V. Cleanse me of my sin that I may be purified,
R. Wash me, and I shall be whiter than snow. (Ps 51:9)

REFLECTION:
We make each day a special effort to make ourselves presentable in public by careful attention to our appearance, our persons and clothing. A similar effort is called for that we may make ourselves worthy in the eyes of God who sees all and knows everything.

PRAYER:
Father in heaven, cleanse me of all my faults and sins of the past. By your favor wash away every blemish of mind, and stain of spirit. Merciful Lord, clothe me in righteousness so I may be without spot or wrinkle in your sight. Assist me now and all your other people to prepare for the day’s happenings, and send your Holy Spirit to be with us today. We ask this in Christ’s name. Amen.

SCRIPTURE READING:
Ephesians 6:10-17
At Breakfast

INVOCATION:
V. The lowly shall eat their fill,
R. They who seek the Lord shall praise Him. (Ps 22:27)

REFLECTION:
Think how many men and women labored to bring your food to the table, and to make the dishes and utensils used. They are the hidden guests at every meal reminding us how we all depend on each other. How grateful we should be for abundant food and for the appetite to enjoy it! So many in the world go hungry or cannot relish what they eat.

PRAYER:
All-powerful Father, we thank you for your goodness in providing for our bodily needs. Bless all those whose work made this meal possible. May we always so eat and drink that we may be deemed worthy to sit down and share with you the food and fellowship of the heavenly banquet you are preparing for us. Through Christ, our Lord. Amen.

SCRIPTURE READING:
Luke 14:12-15

As You Go to Work

INVOCATION:
V. May the gracious care of the Lord, our God, be ours,
R. Prosper the work of our hands for us. (Ps 90:17)

REFLECTION:
Each of us has a job to do in life even when ill or retired. Blessed we are when we find our daily work something we look forward to each morning. There are many who lack any means of making a living. Even the humblest task is ennobled when done in God’s sight and for His honor.

PRAYER:
Lord and Creator of the universe, and all it contains, help me today in my daily tasks. May they be a worthy part of your eternal plan for the salvation of mankind. By my work I support myself and those dear to me with something left over to help the poor. My work benefits the community and my neighbors far and near. So in your goodness, Lord, assist me to do it better for your sake. May Christ, our Lord, in whose name I ask, be with us while we work. Amen.

SCRIPTURE READING:
Luke 16:1-8
As the Day Progresses

INVOCATION:
V. May the Lord bless and keep us,
R. May the Lord let His face shine upon us and be gracious to us. (Nm 6:24-25)

REFLECTION:
The Lord, our God, watches over us with loving concern at every moment of the day. Even when our thoughts may be far from Him, He remains close to us. It is well at times during the day, when we pause in our work, to turn to our Creator and Redeemer, to acknowledge His presence, seek His help, and put ourselves under His protection.

PRAYER:
Almighty Father, in our busyness let us not forget your abiding presence, your infinite majesty, and your unchanging love for us. Please teach us how to pray, when we are tired, and words will not come, to raise our hearts and minds to you. Christ, our Lord, knew weariness and loneliness during His life on earth. By His merits help us to love you despite our human weakness and frailty. Amen.

SCRIPTURE READING:
John 4:4-42

Other Prayers

For Purity of Heart
O God, you know the secret thoughts of every heart, and nothing is hidden from your sight. Please purify our inmost desires so that we may love you perfectly, and praise you fittingly. We ask this in the name of Christ, your Son. Amen.

For Guidance of the Holy Spirit
O God, may the Holy Spirit who proceeds from you enlighten our minds, and lead us to perfect truth as Christ your Son promised. We ask in His name. Amen.

For Peace
O God, you are the origin of all holy desires, good counsel, and just works. Grant us, please, that peace which the world cannot give. Then, with hearts devoted to your commandments and all fear of enemies removed, may we serve you in tranquil times. This we ask in Christ’s name. Amen.

For the Sick
Almighty and Everlasting Father, you are the salvation of all believers. We entreat you to hear our prayer for those who are sick. May they in restored health return you thanks once again in the company of the faithful. We ask this in Christ’s name. Amen.
For Patience
Heavenly Father, you humbled the pride of our old enemy, the devil, by the patience of your only Son. We beg you to grant us a lively remembrance of all He suffered for us. By His example may we be enabled to bear patiently the trials we suffer. In His name we implore you. Amen.

For Special Friends
Father in Heaven, you fill the hearts of your faithful with love by the grace of the Holy Spirit. Grant in your goodness strength of mind and body to all for whom we beseech your mercy. May they love you with all their strength and with perfect charity always do what is pleasing to you. We ask this through our Lord, Jesus Christ, who lives and reigns with you and the same Spirit for all ages to come. Amen.

For Deceased Parents
Heavenly Father, you have commanded us to honor father and mother. In your goodness have mercy on the souls of our parents, and forgive them the sins they have committed. Grant that we may see them again in the brightness of eternal glory. In Christ’s name we entreat your kindness. Amen.

For all the Faithful Departed
O God, you are the Creator and Redeemer of all the faithful. In your mercy grant the faithful departed remission of all sins. May our supplication secure for them the pardon they always desired. We implore this in Christ’s name. Amen.

At Night Prayer
Be pleased, Lord God, to bless our home and family this night. Let your holy angels stay here with us to keep us from evil and harm. In your mercy grant us a quiet night that we may sleep in the peace of Christ. May we by your mercy awake refreshed and invigorated in body, mind and spirit. We ask this in Christ’s name. Amen.
Prayer for Our Family

Our Father, we thank You for Your love and for the many things You have given to our family. Help us to show our gratitude by loving one another as You love us.

Give us patience and understanding to bear with one another—generosity to share our joys and sorrows—honesty to admit our faults and correct them.

We entrust our family to Your Fatherly care and protection. We ask that we may grow daily in wisdom and grace, that some of us be granted the privilege of following Your Divine Son in the priesthood or religious life, and that all of us may one day share with You the joys of heaven. Amen.

Prayers for the Missions

Lord Jesus Christ, you came to share God’s love with us and make us his chosen people.

Send your Spirit into the hearts of those who do not know you and lead them into faith and love. May our prayers, example, and good works lead them to follow you on the way to our heavenly Father.

Lord Jesus, hear our prayer. Amen.

Prayer for our Children

Heavenly Father, please take our children, especially those who have turned from the ways of God and his Church, under your protection. Let them always remain faithful to their baptismal vows. Give them the strength to walk always in the ways of the Lord despite the temptations and false values they find in the world today.

Grant that they may share with you the joys of eternal life. Amen.
St. Teresa of Avila

Lord, grant that I may always allow myself to be guided by You, always follow Your plans and perfectly accomplish Your holy will.

Grant that in all things, great and small, today and all the days of my life, I may do whatever You require of me. Help me to respond to the slightest prompting of Your grace so that I may be Your trustworthy instrument for Your honor.

May Your will be done in time and in eternity—by me, in me and through me. Amen.