

# PRAY *Always!*



PRAYING THROUGH LENT  
WITH THE SAINTS

## INTRODUCTION

Jesus encouraged his disciples “to pray always without becoming weary” (Lk 18:1). He also warned them not to flaunt their piety and babble away thinking God would be pleased with many words (Mt 5:5-7). Lent is a good time to remember that prayer does not have to be a long-drawn out affair, with copious words and elaborate rituals. Rather it can be a brief, direct and heart-felt sharing of our feelings and thoughts with the God who loves us. These brief exchanges are the nourishment that keeps our relationship with God growing and flourishing. The brief prayers in this handy booklet by various saints help us to get started wherever and whenever we want to draw closer to God. They remind us of what we want from God and what God wants to share with us—God’s self and God’s transforming presence. Our hope is that they inspire you to formulate your own prayers of praise, thanks and petition. And if you are just caught up in the wondrous mystery of God, recall the words of St. John Vianney, who when asked what he did as he remained before the tabernacle, said simply: “I look at him, and he looks at me.” Sometimes even the best words do not suffice when lovers are together.

—*Steve Mueller, Editor*

## GIVE ME A NEW HEART

ASH WEDNESDAY (EZEKIEL 36:26)

O Lord, you have mercy on all, take away from me my sins, and mercifully set me ablaze with the fire of your Holy Spirit. Take away from me the heart of stone, and give me a human heart, a heart to love and adore you, a heart to delight in you, to follow and enjoy you, for Christ's sake.

—*St. Ambrose*

## BE WITH ME TODAY

THURSDAY AFTER ASH WEDNESDAY (PSALM 27:7-9)

How is it, my God, that you have given me this hectic busy life when I have so little time to enjoy your presence. I know that you are constantly beside me, yet I am usually so busy that I ignore you. If you want me to remain so busy, please force me to think about and love you even in the midst of such hectic activity.

—*St. Teresa of Avila*

## MAKE US MORE LIKE JESUS

FRIDAY AFTER ASH WEDNESDAY (JOHN 13:14-16)

God, make us more like Jesus. Help us to bear difficulty, pain, disappointment and sorrow knowing that in your perfect working and design you can use such bitter experiences to shape our characters and make us more like Christ. We look with hope for that day when we shall be wholly like Christ, because we shall see him as he is.

—*St. Ignatius of Antioch*

## LORD, I NEED YOUR HELP

SATURDAY AFTER ASH WEDNESDAY (PSALM 71:12)

O Lord, how rigid and inflexible I am! I can overcome my own stubbornness only with the greatest difficulty. And yet, when I beg you for help, you seem to do nothing.

Are you ignoring me on purpose? Are you waiting for me to take the thorns of sin from my flesh before you will assist me? Yes, I know I must dig out these thorns before they poison and destroy me completely. But I cannot do this without you. —*St. Hildegard of Bingen*

## INCREASE OUR TRUST

1 SUNDAY OF LENT (ISAIAH 43:2)



O Christ Jesus, when all is darkness and we feel our weakness and helplessness, give us the sense of your presence, your love and your strength. Help us to have perfect trust in your protecting love and strengthening power, so that nothing may frighten or worry us, for, living close to you, we shall see your hand, your purpose, your will through all things.

—*St. Ignatius of Loyola*

## CHANGE MY HEART

MONDAY, WEEK 1 (PSALM 109:22)

Jesus! Pierce my heart so that my tears of penitence and love will be my bread day and night. May I be converted entirely to you and my heart be your perpetual habitation.

—*St. Bridget of Sweden*

## ENLIGHTEN OUR DARKNESS

TUESDAY, WEEK 1 (PSALM 69:6)

Most high, glorious God, enlighten the darkness of our minds. Give us a right faith a firm hope and perfect love so that we may always and in all things act according to your perfect will.

—*St. Francis of Assisi*

## MAY WE ALWAYS PLEASE YOU

WEDNESDAY, WEEK 1 (MARK 12:30)

O most gentle Jesus, by your precious blood, deliver us from all evils. By your most bitter death give us a lively faith, firm hope and perfect charity, so that with our whole hearts we may love you with all our soul and strength. Make us persevere in your service, firm and steadfast in good works, so that we may be always able to please you.

—*St. Clare of Assisi*

## GIVE US YOUR GIFTS

THURSDAY, WEEK 1 (1 CORINTHIANS 2:12)

Gracious and holy God, give us wisdom to perceive you, intelligence to understand you, diligence to seek you, patience to wait for you, eyes to behold you, a heart to meditate on you, and a life to proclaim you. —*St. Benedict*

## LET ME REST IN YOU

FRIDAY, WEEK 1 (MATTHEW 11:28)

Jesus, only Friend whom I love. To ravish my heart, you became human. You shed your blood, what a supreme mystery! And you still live for me on the altar. If I cannot see the brilliance of your face or hear your sweet voice, I can live by your grace, I can rest on your sacred heart!

—*St. Thérèse of Lisieux*

## SEND YOUR SPIRIT

SATURDAY, WEEK 1 (WISDOM 9:17)

Open our hearts, O Lord, and enlighten our minds by the grace of your Holy Spirit, that we may seek what is well-pleasing to your will; and so order our doings after your commandments, that we may be found fit to enter into your

everlasting joy, through Jesus Christ our Lord.

—*St. Bede the Venerable*

## YOU ARE MY DELIGHT

2 SUNDAY OF LENT (REVELATION 4:11)

O Christ, let my greatest delight be to see you loved and your praise and glory proclaimed, especially the honor of your mercy. O Christ, let me glorify your goodness and mercy to the last moment of my life, with every drop of my blood and every beat of my heart. I want to be transformed into a hymn of adoration of you. —*St. Faustina Kowalska*

## YOU ALONE CAN SATISFY ME

MONDAY, WEEK 2 (1 JOHN 4:10-11)

Jesus, from all eternity you were pleased to give yourself to us in love. You planted within us a deep spiritual desire that can only be satisfied by yourself. We are made to love you. If my tongue cannot say in every moment that I love you, I want my heart to repeat it to you as often as I draw breath.

—*St. John Vianney, the Curé of Ars*

## RETURNING YOUR GREAT LOVE

TUESDAY, WEEK 2 (1 JOHN 4:19)



O God, worthy of infinite love, I have nothing which can adequately measure your dignity, but such is my desire towards you, that if I had all that you have, I would gladly and thankfully give it all to you. O Love, O God, you loved me first, grant that with my whole heart, and with my whole soul, and with my whole strength, I may love you. —*St. Gertrude the Great*

## I BELONG TO YOU ALONE

WEDNESDAY, WEEK 2 (PSALM 119:94)

Lord, I am yours, and I must belong to no one but you. My soul is yours, and must live only by you. My will is yours, and must love only for you. I must love you more than myself, since I am all yours and all in you. —*St. Francis de Sales*

## UNITE ME TO YOU

THURSDAY, WEEK 2 (ROMANS 8:35)

Grant that my mind may not seek to know anything but you, that my heart may have no longings or desires but to love you. When I am obliged to take some comfort, I shall take care to see that it be pleasing to your heart. All this I intend to do, O eucharistic Jesus, to unite myself to you in every action of the day. —*St. Margaret Mary Alacoque*

## MORE, MORE, MORE

FRIDAY, WEEK 2 (MARK 9:24)

I believe, Lord, but let me believe more firmly. I hope, Lord, but let me hope more surely. I love, Lord, but let me love more warmly. I repent, Lord, but let me repent more deeply. —*St. Anthony Claret*

## I AM ENTIRELY IN YOUR HANDS

SATURDAY, WEEK 2 (PSALM 116:12)

Lord, I make you a present of myself. I will place myself entirely in your hands, if you will cover my ugliness with your beauty, and tame my unruliness with your love. Put out the flames of false passion in my heart, since these flames destroy all that is true within me. Make me always busy in your service. —*St. Catherine of Genoa*

## ENTER MY SOUL

3 SUNDAY OF LENT (REVELATION 3:20)

O Lord, my God, I am not worthy that you should come into my soul, but I am glad that you have come to me because in your loving kindness you desire to dwell in me. Open the door of my soul so that you may enter into it with your loving kindness and dispel the darkness of my mind.

—*St. John Chrysostom*

## NOTHING BUT GOD

MONDAY, WEEK 3 (PSALM 73:26)



I want nothing but God; to rest in God, completely, being strengthened more and more to serve God by my total dependence on God's divine Providence, always more firmly anchored in the faith of God's true word and completely abandoned to God's mercy and care. O eternal and fatherly goodness! My heart opens itself to you.

—*St. Jane Frances de Chantal*

## YOUR WORD IS MY GUIDE

TUESDAY, WEEK 3 (PSALM 119:105)

Lord, you have given us your word, as a light to shine on our path. Inspire us to meditate on that word, and follow its teaching, so that we may find in it the light that shines more and more until it is perfect day.

—*St. Jerome*

## WE COME TO YOU

WEDNESDAY, WEEK 3 (JOHN 14:6)

O eternal Father, we come to you through the heart of our Jesus, who is the way, the truth, and the life. Through his divine heart, we adore you for those who do not adore you,



we love you for those who do not love you and we gratefully acknowledge you to be our God.

—*St. Rose Philippine Duchesne*

## TEACH ME TO PRAY

THURSDAY, WEEK 3 (LUKE 11:1)

Lord, teach me how to pray. O Lord, in my meditation, let a fire flame out. Open my lips, O Lord, and my mouth will declare your praise.

—*St. John Berchmans*

## LEAD ME TO GOD THE FATHER

FRIDAY, WEEK 3 (JOHN 14:6)

O sweet Christ, Christ-love, you are the way and the door through which we must enter in order to reach the Father. What more could you give me than to give me yourself?

—*St. Catherine of Siena*

## HERE IS MY HEART

SATURDAY, WEEK 3 (EPHESIANS 3:16-17)

Here is my heart, O God, here it is with all its secrets. Look into my thoughts and take away all my wrong feelings. Let my eyes be ever on you and release my feet from the snare. Live with me, reign in me, make my heart a holy temple, a fit dwelling for your divine majesty. —*St. Augustine of Hippo*

## HERE I AM, LORD

4 SUNDAY OF LENT (ISAIAH 6:8)

God, here I am, at your disposal. Use me to continue your loving the world, by giving Jesus to me and through me, to each other and to the world. Let us pray for each other that we allow Jesus to love in us and through us with the love with which his Father loves us. —*St. Mother Teresa*

## SPEAK, LORD

MONDAY, WEEK 4 (PSALM 143:10)

Speak to me, O my God, let me know your will, for behold I am ready to fulfill your every command. The difficult, the irksome, I will patiently endure for love of you.

—*St. John Neumann*

## YOU DWELL WITHIN ME

TUESDAY, WEEK 4 (COLOSSIANS 2:2-3)

Jesus, you are the model for all interior souls, in whose depths God has also chosen to dwell. Following your example, may we bring the same kind of peace, the same kind of recollection to everything we do. Help us to act in such a way that through God's presence in us the most trivial things in our day may be divinized. —*St. Elizabeth of the Trinity*

## LET ME FIND YOU

WEDNESDAY, WEEK 4 (PSALM 40:16)

Lord, as I read the psalms let me hear you singing. As I read your words, let me hear you speaking. As I reflect on each page, let me see your image. As I seek to put your precepts into practice, let my heart be filled with joy.

—*St. Gregory Nazianzen*

## GIVE ME YOUR PEACE

THURSDAY, WEEK 4 (JOHN 14:27)

O God, fortify me with the grace of your Holy Spirit and give your peace to my soul that I may be free from all needless anxiety, solicitude and worry. Help me to desire always that which is pleasing and acceptable to you so that your will may be my will.

—*St. Frances Xavier Cabrini*

## MAY I NEVER BE SEPARATED FROM YOU

FRIDAY, WEEK 4 (JAMES 1:25)

Eternal Father, give me a burning faith, a joyful hope, a holy love for Jesus Christ. Give me the grace of perseverance in doing your will in all things. Do with me what you will. I repent of having offended you. Grant, O Lord, that I may love you always and never let me be separated from you.

—*St. Alphonsus Liguori*

## YOUR GRACE FILLS ME

SATURDAY, WEEK 4 (LUKE 9:23)

O Jesus, if only we would learn how great it is to possess divine grace, how beautiful, how noble, how precious. How many riches it hides within itself, how many joys and delights! We would not complain about our cross or about troubles that may happen to us, if we would come to know the scales on which they are weighed when they are distributed to people.



—*St. Rose of Lima*

## IN YOUR IMAGE

5 SUNDAY OF LENT (GENESIS 1:26)

My God, in your infinite love you created me according to your image and likeness. You gave me a free will. Help me to use your gifts and improve myself so as to become totally your living image—Father, Son, and Holy Spirit—an image of your infinite qualities and perfections.

—*St. Vincent Pallotti*

## GIVE ME A HEART LIKE YOURS

MONDAY, WEEK 5 (COLOSSIANS 2:2)



O Sacred Heart of Jesus, give me a heart that is one with your own; a loving heart that has compassion for the suffering of others; a pure heart that recoils even at the appearance of evil; a heart detached from self-love and embraced by the love of God, its attention focused on God, its goodness is its only treasure in time and in eternity. —*St. Madeleine Sophie Barat*

## LET ME KNOW AND FOLLOW YOU

TUESDAY, WEEK 5 (JOHN 14:27)

O Lord, give to us your people the spirit of truth and of peace, that we may know you with our whole mind, and that, following with our whole heart after those things that are pleasing to you, we may ever possess the gifts of your bountiful goodness. —*Pope St. Leo the Great*

## VIGILANCE OF HEART

WEDNESDAY, WEEK 5 (PSALM 141:3)

I give my will entirely to you, so that it no longer belongs to me. Henceforth, I must be careful to let nothing proceed from my heart that would be unworthy of you. I must exert constant vigilance over my will to avoid taking away from you what is not truly yours.

—*St. Louise de Marillac*

## YOU ARE MY EMMANUEL

THURSDAY, WEEK 5 (MATTHEW 1:23)

O most sacred, most loving heart of Jesus, you are the heart of the most high made human. Your sacred heart is

the instrument and organ of your love. It did beat for us. It yearned for us. It ached for our salvation. It was on fire through zeal, that the glory of God might be manifested in and by us. In worshipping you I worship my incarnate God, my Emmanuel. —*St. John Henry Cardinal Newman*

## GIVE YOURSELF TO ME

FRIDAY, WEEK 5 (LUKE 11:13)

God, of your goodness, give me yourself, for you are sufficient for me. I may not correctly ask for anything less, to be worthy of you. If I were to ask anything less I should always be in need, for in you alone do I have all.

—*St. Julian of Norwich*

## I AM SEARCHING FOR YOU

SATURDAY, WEEK 5 (MATTHEW 7:7)

Grant me, O Lord my God, a mind to know you, a heart to seek you, wisdom to find you, conduct pleasing to you, faithful perseverance in waiting for you, and a hope of finally embracing you.

—*St. Thomas Aquinas*

## MAY YOUR DEATH BE MY LIFE

PASSION/PALM SUNDAY (PSALM 28:7)

Jesus Christ, may your death be my life and in your dying may I learn how to live. May your struggles be my rest, your human weakness my courage, your embarrassment my honor, your passion my delight, your sadness my joy, your humiliation my exaltation. In a word, may I find all my blessings in your trials.



—*St. Peter Faber, SJ*

## GIVE ME THE GRACE TO FOLLOW YOU

MONDAY HOLY WEEK (ROMANS 5:8)

Give me your grace, good Lord God, to walk the narrow way that leads to life; to bear the cross with Christ; to have continually in mind the passion that Christ suffered for me; to give him thanks unceasingly for his benefits, and to buy back the time that I before have lost. —*St. Thomas More*

## FORGIVE ME FOR MY BETRAYALS

TUESDAY HOLY WEEK (ROMANS 5:6-8)



O my crucified God, behold me at your feet. Do not cast me out, now that I appear before you as a sinner. I have offended you exceedingly in the past but it shall be so no longer. Since you have been pleased to die for my sins, grant me forgiveness for them all for I desire to become good whatsoever it may cost. Take away, destroy, utterly root out all that you find in me contrary to your holy will.

—*St. Gemma Galgani*

## STAY WITH ME, LORD

WEDNESDAY HOLY WEEK (LUKE 24:29)

Stay with me, Lord, because I am weak and I need your strength. You are my life and without you I am without fervor. You are my light and without you I am in darkness. Stay with me, Lord, for I desire to love you and always be in your company. Stay with me, Jesus, in life with all its dangers, I need you. —*St. Padre Pio*

## I REJOICE IN YOUR PRESENCE

HOLY THURSDAY (LUKE 22:19)

My sweetest joy is to be in the presence of Jesus in the holy sacrament. I beg that when obliged to withdraw in body, I may leave my heart before the holy sacrament. How I would miss our Lord if he were to be away from me by his presence in the blessed sacrament! The eucharist is a never-ending sacrifice. It is the sacrament of love, the supreme love, the act of love.

—*St. Katherine Drexel*

## YOU ARE OUR SALVATION

GOOD FRIDAY (1 PETER 2:24)

Jesus, by your dying we are born to new life. By your anguish and labor we come forth in joy. Through your goodness despair turns to hope. Through your gentleness we find comfort in fear. Your warmth gives life to the dead. Your touch makes sinners righteous. In your mercy heal us, in your love and tenderness remake us, in your compassion bring grace and forgiveness. May your love prepare us for the beauty of heaven.

—*St. Anselm of Canterbury*

## I CAST MY CARES ON YOU

HOLY SATURDAY (COLOSSIANS 3:3)

My God, I believe most firmly that you watch over all who hope in you, and that we can want for nothing when we rely upon you in all things. Therefore I am resolved for the future to cast all my cares upon you. Let others seek happiness in their wealth and in their talents but as for me, my confidence in you fills me with hope. For you, my divine protector, alone have settled me in hope.

—*St. Claude de la Colombière*

## YOUR NEW LIFE CHANGES EVERYTHING

EASTER SUNDAY (LUKE 24:34)

O Risen Christ, our life had no hope of eternal happiness before you redeemed us. Your resurrection has washed away our sins, restored our innocence and brought us joy. How inestimable is the tenderness of your love! We pray you, Lord, to preserve your servants in the peaceful enjoyment of this Easter happiness. —*Pope St. Gregory the Great*

