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St. Joseph Church  
Prayer Book

JOURNEY TO HOLINESS AND FAITH

ST. JOSEPH CATHOLIC CHURCH  
COLD SPRING, KENTUCKY



# Beginning the Day

Dear God,

I thank you for this day. I thank you for my ability to hear, see and touch this morning. I'm blessed because you are a forgiving God and an understanding God. You have done so much for me, and You keep on blessing me. I am aware of your Glory.

Forgive me this day for anything and everything that I will do, say, or think that is not pleasing to you. I ask now for your forgiveness. Please keep me and those I love safe from all harm. Help me to start this day with a new attitude and plenty of gratitude. Let me make the most of each and every day to clear my mind so I can hear You. Please broaden my mind that I may accept and pray for all things and all people. Let me not whine or whimper over things that I have no control. Let me put all things into Your loving hands.

And prayer is the best response when I am pushed beyond my limits. I know that when it is difficult to pray, You listen to my heart. Continue to use me so I may do your will. Continue to bless me so I can be a blessing to others. Keep me strong that I may help the weak. Keep me uplifted that I may have words of encouragement for others. I pray for those who are lost and can't find their way. I pray for those who are misjudged or misunderstood. I pray for those who don't know you intimately. I pray for those who do not believe and can't or won't share You with others.

But I thank You that I believe. I believe that You, God, can change people and situations. I pray for all my family and friends. May they know that love is the greatest of all commandments. Those who heal and those who teach are a blessing and deserve your strength. For those who defend the defenseless, please watch over them. I pray for peace, love, and joy in all their homes. May they have all their needs met and have financial security.

I pray that everyone who is saying this prayer knows there is no problem, circumstance, or situation greater than You, our God. Every challenge is in Your hands and can be met with faith and endurance. Please keep us under Your care and give us comfort. Your grace is a gift. Help us to pass it on to others.

Know that I love You and need You. This day come into my heart. In your name, God, our Father, the Son and the Holy Spirit, I pray.

Amen



# Prayer to Infant Jesus

Infant Jesus bless me. Keep me close to You.  
I want to please You, Jesus, in everything I do.  
Be near me little Jesus in my work and in my play.  
Help me love You, Jesus, more and more each day.



## Awakening Prayer

Dear God, as I wake this day,  
may Your Spirit direct me,  
may I show gratitude for every blessing,  
be aware of Your great love for me  
and reflect that love to all I meet today.

## Finger Prayer

### Pope Francis' Five Finger Prayer

#### Thumb (1):

Prayers for those who are closest to you

#### Pointer (2):

For those who point you in the right direction  
(teachers, doctors and priests) - pray for wisdom

#### Tallest (3):

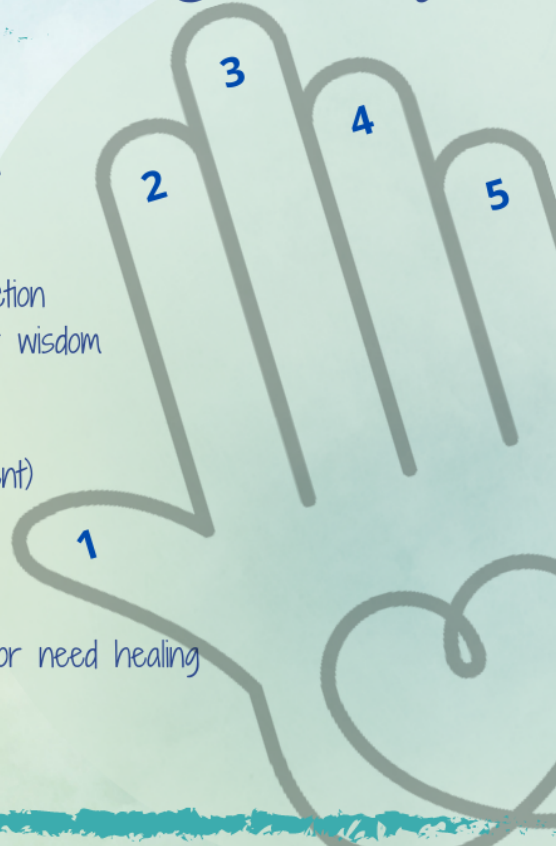
For those who lead us (like the government)  
- pray for guidance

#### Ring (4):

For those who are weak, sick, in trouble or need healing

#### Pinky (5):

For ourselves



# Bless Our Home

Bless all our homes, and help us grow  
In wisdom, Lord each day.  
Make peace and love and harmony  
Abide with us, we pray.

May each of us at home, or school,  
In office, shop or store,  
Bear witness to our trust in Thee  
And strive to serve Thee more.

Teach me to live my faith each day,  
That others seeing me  
May know from whom my help has come  
And turn their thoughts to Thee.

For peace on earth I dare not pray  
Until my heart is free  
From selfishness and greed, dear Lord.  
Let peace begin with me.

# Before Meals

Heavenly Father,  
thank You for this good food and  
for all the good things You give  
us. Help us to be mindful  
of Your presence in all things  
especially in one another and  
help us to manifest Your  
presence in ourselves.  
In Jesus' holy name we pray.

Amen

# Angel of God



ANGEL OF GOD,  
MY GUARDIAN DEAR,  
TO WHOM GOD'S  
LOVE COMMITS ME HERE,  
EVER THIS DAY  
BE AT MY SIDE,  
TO LIGHT AND GUARD,  
TO RULE AND GUIDE.

AMEN.







# Prayers to Mary

## Lovely Lady

This is a good prayer for children:

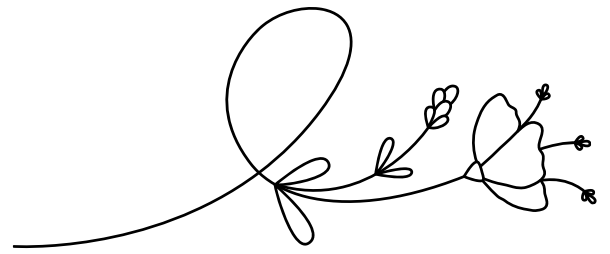
Lovely Lady dressed in blue,  
Teach me how to pray.  
God was just your little boy.  
Tell me what to say.

Did you lift him up sometimes  
Gently on your knee?  
Did you sing to Him the way  
Mother does to me?

Did you hold His hand at night?  
Did you ever try telling stories of the  
world? Oh, and did He cry?

Do you think He cares  
If I tell Him things, little things that  
happen? And do the angels wings  
make a noise? And can He hear me if  
I speak low? Does He understand me  
now? Tell me, for you know

Lovely lady dressed in blue,  
Teach me how to pray.  
God was just your little boy,  
And you know the way.



## Prayer to Mary from Pope Francis

Mary, woman of listening, open our ears; grant us to know how to listen to the word of your Son Jesus among the thousands of words of this world; grant that we may listen to the reality in which we live, to every person we encounter, especially those who are poor, in need, in hardship.

Mary, woman of decision, illuminate our mind and our heart, so that we may obey, unhesitating, the word of your Son Jesus; give us the courage to decide, not to let ourselves be dragged along, bletting other direct our life.

Mary, woman of action, obtain that our hands and feet move “with haste” toward others, to bring them the charity and love of your Son Jesus, to bring the light of the Gospel to the world, as you did.

Amen



# At the Elevation of Our Lord, present in the Host and Chalice

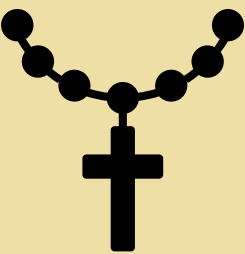
My Lord and God, I adore you, I love You, and I believe You are truly present on this altar.

## Prayer after receiving Jesus at Communion

My Lord and my God, I adore You, I love You, and I believe You are truly in my heart at this time.







NOVENAS

# Novena to the Infant Jesus of Prague

(To be said for nine days or nine consecutive hours)

O Jesus, Who said, “Ask and you shall receive, seek and you shall find, knock and it shall be opened to you.” through the intercession of Mary, Your most holy Mother, I knock, I seek, I ask that my prayer be answered.

(Mention your request)

O Jesus, Who said, “All that you ask of the Father in My Name He will grant you,” through the intercession of Mary, Your most holy Mother, I humbly and urgently ask Your Father in Your Name that my prayer be granted.

(Mention your request)

O Jesus, Who said, “Heaven and earth will pass away, but My word shall not pass,” through the intercession of Mary, Your most holy Mother, I feel confident that my prayer will be granted.

(Mention your request)

Amen





## I Am Strong

The spirit of God surrounds me, is in me and through me

The strength of God protects and strengthens me

The blood of Jesus heals me  
I am strong, I am healthy, I am at peace.

## Act of Abandonment to Divine Providence

By Blessed Jean Martin Moye (Founder of the Sisters of Divine Providence)  
This prayer is said by the Sisters and Associated of Divine Providence. It is a prayer that brings great peace to the person praying it.

Providence of my God I adore you in all your designs. I place my destiny in your hands, confiding to you all that I have, all that I am, and all that I am to become—my body, my soul, my health and reputation, my life, my death, and my eternal salvation. As I rely entirely upon you and expect all from your goodness, I will not give myself up to any useless anxiety. I confide to you the success of all my undertakings, and in all my difficulties I will have recourse to you as a never-failing source of help. I know that you will either preserve me from the evils I dread or govern my life without worry or over-eagerness. Holy, wise, generous, and loving Providence! I thank you for the tender care you have taken of me up to this moment. I humbly and earnestly entreat you to continue the same for me: direct all that I do, guide me in your ways, govern me at every moment of my life, and bring me into the fullness of being that you have destined for me from all eternity. May I please you and give you glory forever.

Amen.





# Jesus Help Me!

In every need let me come to You with humble trust,  
saying: Jesus, help me!

In all my doubts, worries and temptations:  
Jesus, help me!

In my hours of loneliness, weariness, and trials:  
Jesus, help me!

When my plans fail and my hopes are dashed;  
in disappointment, trouble and sorrow:  
Jesus, help me!

When others fail me and Your grace alone can assist me:  
Jesus, help me!

When I abandon myself to Your ever-present love, dear Savior:  
Jesus, help me!

When my heart is cast down by failure  
because I see no good come from my efforts:  
Jesus, help me!

When I am impatient and struggling under  
the weight of the Cross that You've asked me to bear:  
Jesus, help me!

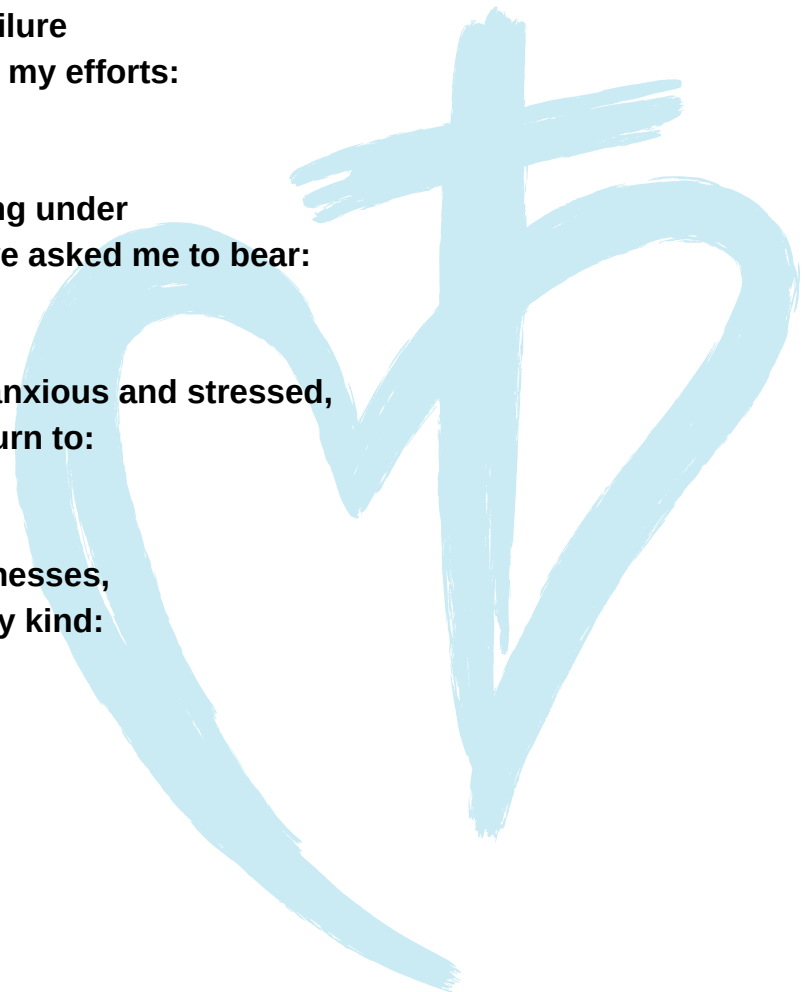
When I am ill, when I'm nervous, anxious and stressed,  
when I feel I have no one else to turn to:  
Jesus, help me!

Always, always, despite my weaknesses,  
failures and shortcomings of every kind:  
Most Sacred Heart of Jesus,

help me and never forsake me.

Amen.

For Comfort and Peace





# Prayer for Comfort and Consolation

Heavenly Father, hear me in my hour of loneliness.

For though, I know my loved ones are in a better place with You, I still feel the sting of loss.

A piece of my heart seems missing and I fear it will never be replaced. Lord, heal my broken heart and teach me to trust in Your wisdom.

Send me a sign that my beloved (mention name or names) are with me in spirit, and that You have not forgotten my plight. I thank You for the gift of each new day and the promise of eternal life. Through Your grace, I pray that my sadness and fear will give way to the healing peace of Christ.

Amen

## Prayer for Before and After a Big decision

Lord, Almighty God, source of light, truth, and eternal goodness; transform his present moment into an hour of vision and inspiration.

Help me to find wisdom; shed light on my thoughts.

May my aspirations come true through righteous and good deeds.

Give me the strength to concentrate, to think objectively, and to see clearly.

Shed your light on me so that I may see which decision to make.

Help me, O my Eternal God, to avoid vanity and pride, and thus be able to make worthy decisions as a true child of yours.

Amen.

For Comfort and Peace





For Comfort and Peace

# Prayer for Those Living Alone

I live alone, dear Lord, stay by my side.  
In all my daily needs, be Thou my guide.  
Grant me good health, for that I pray,  
To carry on my work from day to day.

Keep pure my thoughts, my every deed.  
Let me be kind and unselfish, in my neighbor's needs.  
Spare me from fire, from floods, malicious tongues,  
From thieves, from fear, and evil ones.

If sickness or an accident befall me,  
Then humbly, Lord, I pray hear Thou my call.  
And when I am feeling low or in despair,  
Lift up my hear and help me in my prayer.

I live alone, dear Lord, yet have no fear,  
Because I feel your presence ever near.

## Prayer for Time of Sickness

Dear Jesus,



You suffered and died for us.  
Teach me to understand my suffering as You do.  
Help me to bear my suffering in union with You.  
Lead me to offer my suffering with Yours in  
atonement for my sins,  
so as to bring Your grace to souls in need.

Calm my fears and strengthen my trust in You,  
Loving Lord, May I come to accept Your holy will  
and become more like You through the trials in my  
life.

If it be Your will, restore me to health so that I may  
offer  
my efforts and energies for Your honor and glory,  
and for the good of all mankind.

Amen



## **The Fatima Prayer / Decade Prayer**

Mary told the children that people should add this prayer to the end of each decade of the Rosary.

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those most in need of Thy mercy. Amen.

## **The Pardon Prayer**

This prayer was given to the children by the angel that visited them in 1916, the year before Mary appeared to them.

My God, I believe, I adore, I hope and I love Thee! I beg pardon for all those that do not believe, do not adore, do not hope and do not love Thee.

## **The Eucharistic Prayer**

When Mary appeared to the children for the first time on May 13, 1917, she said, "You will have much to suffer, but the grace of God will be your comfort."

According to Lucia, one of the children, a bright light shone all around them, and without thinking about it, they all started reciting this prayer.

Most Holy Trinity, I adore Thee! My God, my God, I love Thee in the Most Blessed Sacrament.

## **The Angel's Prayer**

This is another prayer given to them by the angel. There was a Eucharistic host and chalice suspended in the air, and the angel led them in kneeling before it and praying this prayer.

O Most Holy Trinity, Father, Son and Holy Spirit, I adore Thee profoundly. I offer Thee the most precious Body, Blood, Soul and Divinity of Jesus Christ present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifferences by which He is offended. By the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary I beg the conversion of poor sinners.

## **The Sacrifice Prayer**

Mary gave the children this prayer as well as the Fatima Prayer/Decade Prayer, on June 13th, 1917. The prayer is meant to be recited when you are offering up suffering to God.

O Jesus, it is for the love of Thee, in reparation for the offenses committed against the Immaculate Heart of Mary, and for the conversion of poor sinners [that I do this].



For Thanksgiving

# Thanks Be To God

Thanks be to God for His goodness to me.  
Thanks be to God now and in eternity.  
Thanks be to God for the wonders He has done.  
Thanks be to God for His dear and only son.  
Thanks be to God for our sweet Virgin Mother.  
Thanks be to God for becoming our Brother.  
Thanks be to God for His Body and Blood.  
Thanks be to God for this legacy of love.  
Thanks be to God for His Sacred Heart benign.  
Thanks be to God for this treasure divine.  
Thanks be to God for my Angel Guardian bright.  
Thanks be to God, morning, noon and night.  
Thanks be to God in all ages and all climes.  
Thanks be to God one hundred thousand times.  
Thanks be to God in my joy and in my sorrow.  
Thanks be to God for today and for tomorrow.  
Thanks be to God in my illness and my health.  
Thanks be to God in both poverty and wealth.  
Thanks be to God in my life and at death.  
Thanks be to God when drawing my last breath.  
Thanks be to God for loving this sinner.  
When I think of God, I see love.

Thank you

## The “Yes” Prayer

With praise for all You are, Lord  
And thanks for all You bless;  
Lord, grant these ten petitions  
With Your eternal Yes:

Please show me that You’re there  
When I can’t see Your face;  
Send troubled souls my way  
Their wounds I will erase.

Let me see with Your eyes  
My mind with Your thoughts fill;  
But more than wisdom give me  
The strength to do Your will.

Bless me with abundance  
Then put me to the test;  
Gladly will I give You  
Much more than I possess.

Send me Your tranquility  
In troubled times and calm;  
With loving arms sustain me  
Through suffering and harm.

Forgive me for my sins  
Though legion they may be;  
When death and evil triumph,  
Bring good from tragedy.

But most of all reveal  
The meaning of my life  
The purpose of my glories  
The reason for my strife  
My destiny in heaven  
No tears to flow again  
My God please give me all;  
In Christ Our Lord,

Amen

## Prayer from the Sioux Indians

O Great Spirit, whose voice I hear in  
the winds. And whose breath give  
life to all the world, Hear me! I am  
small and weak, I need your  
strength and wisdom.

● Let me walk in beauty and make my  
eyes ever behold the red and purple  
sunset. Make my hands respect the  
things you have made and my ears  
sharp to hear your voice.

● Make me wise so that I may  
understand the things you have  
taught my people. Let me learn the  
lessons you have hidden in every  
leaf and rock.

● I seek strength, not to be greater  
than my sister and brother,  
but to fight my greatest enemy –  
myself.

● Make me always ready to come to  
you with clean hands and straight  
eyes. So when life fades, as the  
fading sunset, my spirit may come  
to you without shame.





# Look Upon The Cross

O Jesus, as I look upon the cross,  
may I learn to accept humility as You did.

May I strive to overcome a fear of being: wronged, forgotten, ridiculed,  
humiliated.

May I overcome a need to be:  
honored, praised, approved of, and always right.

May I look to You for example and not be swayed by the desire to put myself  
first.

May I always strive to put You first.



## Obsecro Te

I beseech Thee, most sweet Lord Jesus  
Christ, grant that Thy Passion may be to me  
a power by which I maybe strengthened,  
protected and defended.

May Thy wounds be to me food and drink, by  
which I may be nourished, inebriated and  
overjoyed.

May the sprinkling of Thy Blood  
be to me an ablution for all my sins.

May Thy death prove to me Life Everlasting,  
and Thy Cross be to me  
Everlasting glory.

In these by my refreshment, my joy, my  
preservation and sweetness of heart. Who  
livest and reignest world without end.

Amen

## Prayer of Two Hearts

O Heart of Jesus, pierced by our sins and giving us your Mother on Calvary!  
O Heart of Mary, pierce by sorrow and sharing in the sufferings of your divine Son for our redemption!  
O sacred union of these Two Hearts!  
Praised be the God of Love  
Who united them together!

May we unite our hearts  
and every heart so that all hearts may live  
in unity in imitation of that sacred unity  
which exists in these Two Hearts.  
Triumph.

O Sorrowful & Immaculate Heart of Mary!  
Reign, O Most Sacred & Eucharistic Heart of Jesus! in our heart, in our homes and families, in the hearts of those who as yet do not know you,  
and in all the nations of the world.  
Establish in the hearts of all mankind the sovereign triumph and reign of Your Two Hearts so that the earth may resound from pole to pole with one cry:  
Blessed forever be the Most Sacred & Eucharistic Heart of Jesus  
and the Sorrowful & Immaculate Heart of Mary! Obtain for me a greater purity of heart and a fervent love of the spiritual life.

May all my actions be done for the greater glory of God in union with the Divine Heart of Jesus and the Immaculate Heart of Mary. Hear and answer our prayers and our intentions according to your most merciful will.

Amen



## Prayer to the Holy Spirit

Holy Spirit, Breath of God we are a vessel for your use. Fill us with a desire for knowledge of You.  
Spirit of Wind and Fire make us burn with love for you. Give us your gifts that we may use them to further your kingdom on earth. Shelter us as we look to You for help in time of trouble. Precious Paraclete, one with the Father and the Son, we depend on Your divine wisdom to lead us. Surrounded by fear and danger, we lean on You as your children. Teach us to love one another as You love us.  
We are confident that You will uphold us and lead us to glory with You in heaven, Come Spirit of love and peace!

Amen

## Prayer For Our Church

Lord, bless our church and keep it free

From bitterness and strife.  
Teach us to lift our eyes to Thee,  
The Way, the Truth and the Life.

The way is not an easy path.  
Its challenge is the cross.  
But we must follow all the way  
And count it gain, not loss.

Our church is not a building, Lord,  
That's made of brick and stone.  
Its fellowship goes round the  
world, We do not work alone.

The gifts we give to heal the sick,  
To help the blind to see,  
To feed the hungry, clothe the  
poor. We give them all to Thee.

## Prayer For Priests

O Jesus, I implore Your divine assistance for Your faithful and fervent priests;  
for Your unfaithful and tepid priests;  
for Your priests laboring at home or abroad in distant mission fields;  
for Your lonely and desolate priests;  
for Your young priests;  
for Your dying priests;  
for the souls of Your priests in purgatory.

O Jesus, keep them all close to Your Sacred Heart  
and bless them abundantly in time and in eternity.  
And may the gift of Mary, Your mother, to the disciple You loved, be Your gift  
to every priest.

Grant that she who formed You in her human image, may form them in Your  
divine image, by the power of the Holy Spirit, to the glory of God the Father.  
Amen

## Prayer of St. Francis

Lord make me an instrument of your  
peace  
where there is hatred let me sow love  
Where there is injury, pardon  
Where there is doubt, faith  
Where there is despair, hope  
Where there is darkness, light  
And where there is sadness, joy  
O divine master grant that I may  
not so much seek to be consoled as to  
console  
to be understood as to understand  
To be loved as to love  
For it is in giving that we receive  
it is in pardoning that we are pardoned  
And it's in dying that we are born to  
eternal life.  
Amen



# Prayers to the Precious Blood

O Precious Blood of Jesus, through the Immaculate Heart of Mary, I ardently desire to consecrate myself and all the days of my life to Your love and worship.

I place myself and my loved ones in a special manner under Your powerful protection, Begging that Your benediction may ever rest upon us.

O Most Precious Blood, be our Light in darkness, our strength in temptation, our consolation in sorrow, or passport to heaven, and the eternal object of our praise and love.

Amen.

## St. Gertrude Prayer of Souls in Purgatory

St. Gertrude the Great was a 13th century German nun, writer, and mystic who was graced with many heavenly visions, including being one of the earliest mystics to whom Jesus encouraged a devotion to his Sacred Heart. It is recounted that Jesus showed her a vast number of souls entering heaven from purgatory as a result of her faithful and frequent recitation of this prayer.

Eternal Father, I offer You the most precious blood of thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal Church, for those in my own home, and in my family.

Amen.

## Precious Blood Prayer in Response to Our Lord

Dear Jesus, moved by an impulse of love and with purity of intention, I wish to cover my humble labors with Your merits and bathe them in the supernatural gold of Your Precious Blood. I desire to consecrate my life to the saving of souls and the extension of Your Glory, and I beg the Heavenly Father for as many souls as You shed drops of Blood during Your Passion.

AMEN



# Footprints

One night I had a dream...

I dreamed I was walking along the beach with the Lord, and across the sky flashed scenes from my life. For each scene I noticed two sets of footprints in the sand; One belonged to me, and the other to the Lord. When the last scene of my life flashed before us, I looked back at the footprints in the sand. I noticed that many times along the path of my life, there was only one set of footprints.

I also noticed that it happened at the very lowest and saddest times in my life. This really bothered me, and I questioned the Lord about it. "Lord, you said that once I decided to follow you, you would walk with me all the way; but I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why in times when I needed you the most, you should leave me."

The Lord replied, "My precious, precious child. I love you, and I would never, never leave you during your times of trial and suffering. When you saw only one set of footprints, it was then that I carried you."

# Maybe It's Ok

Lyrics by Darren Mulligan, Jonathan Smith, and Bryan Fowler

If I didn't know what it hurt like to be broken  
 Then how would I know what it feels like to be whole  
 If I didn't know what it cuts like to be rejected  
 Then I wouldn't know the joy of coming home  
 Maybe it's ok if I'm not ok  
 Cause the one who holds the world is holding onto me  
 Maybe it's alright if I'm not alright  
 Cause the one who holds the stars is holding my whole life  
 If I didn't know what it looked like to be dirty  
 Then I wouldn't know what it feels like to be clean  
 If all of my shame hadn't drove me to hide in the shadows  
 Then I wouldn't know the beauty of being free  
 Maybe it's ok if I'm not ok  
 Cause the one who holds the world is holding onto me  
 Maybe it's alright if I'm not alright  
 Cause the one who holds the stars is holding my whole life  
 Father let Your kingdom come  
 Let Your will be done  
 Here, in my heart as in heaven (2x)  
 Maybe it's ok if I'm not ok  
 Cause the one who holds the world is holding onto me  
 Maybe it's alright if I'm not alright  
 Cause the one who holds the stars is holding my whole life  
 Maybe it's OK, if I'm not OK