

Padre Pio Prayer Anthology

Our first parish prayer anthology will include many types of prayers. We will begin our collection with prayers that you can use to develop a relationship with God that is more personal and intimate.

Prayer #31

Focus idea: All of us have probably used the expression, 'heaven help us' when we are shocked or amazed at something that has recently happened, either in the world or in our personal lives. Most likely we are feeling sad, scared or discouraged. And then what? Do we do anything about it, or do we just let the feeling fade away? Most likely we really don't know what to do. So maybe we should pray. When we pray, we shouldn't expect that God will solve our problems for us, but rather that God will **inspire** us with an idea for what we can **do** to solve our own problems or at least to lessen the pain of our concerns or circumstances. And then we need to **listen!** And then we need to **trust** in the response that the Holy Spirit brings into our hearts! And then most importantly, we need to **act** upon God's response to our prayers! As Fr. Joe has said, "So many times we are confused by what is happening to us in life. But God will take the worst circumstances and make them a vehicle of strengthening us and inspiring us, **IF** we are people of prayer." So 'heaven' will always help us, **IF** we ask, and **IF** we listen!

Prayer for Trust in the Inspiration of the Holy Spirit:

Dear Jesus, please help me to feel that I am never alone. My life's journey here on earth will have some serious 'bumps in the road'. You know when I am in need. Call out to me. Remind me to pray, to spend intimate time with You, and to truly feel that I can always turn to You when I feel alone or distraught. Please send the Holy Spirit into my heart with Your message. And help me to **listen**, and to **trust** in that message. Bless me with Your grace, so that I may have the strength and courage to **act** upon Your message. I love You with all my heart. Thank You for loving me back, and for the glorious feeling that Your love brings to me! Amen.

Closing thoughts: Tell Jesus what is in your heart. Thank Him for your gifts and most of all, thank Him for loving you with His most sacred heart!

