

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 #41:

Focus Point: Life's events challenge us time and time again. Difficult moments are not punishments from God. God is the source of goodness, not the source of evil. Natural disasters, terminal illnesses, and many other major problems can occur randomly through no fault of our own. We also can create our own dilemmas through a lack of good judgment. These are our crosses. They come to us through the imperfection of our world, and our own imperfections. They are not always easy to shake off, because they can overwhelm our thoughts! In Msgr.Phil's words, "The only effective way to deal with your cross is to carry it, to consent to it. At times the cross is a heavy burden, but Christ will be with us! When you take up your cross and start to carry it, Jesus will be immediately at your side to support you with His message: have courage, let's take this one step at a time. Follow Me into glory!"

Prayer for accepting our "crosses" and accepting God's help:

Dear Lord, help me to accept the burdens of life. Help me to realize that I am not alone, because You are always at my side with Your love, comfort and encouragement. Help me to pray honestly and sincerely so that I may feel uplifted by Your loving comfort and inspired by Your guidance. May the strength that I receive create the energy, confidence and courage that I need to take charge of my circumstances. May I carry my cross without complaint, and be inspired by how well You carried Yours. May I truly believe that through prayer, my heart will be at peace, and may I be sincerely thankful to You for all the wonderful people that You have sent into my life to lift my spirits in times of sorrow or anxiety. Thank you for loving me! Jesus, I trust in You!

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!