

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 #43:

Focus Point: The holiday season is always an exhilarating time of year! It can also exhaust us in mind, body and spirit. It can leave us with the “winter blues”. Many times when we are in some way depleted, we become vulnerable - vulnerable to illnesses, lethargy and even just the “winter doldrums”. This is also a time when we might become the most open to either finding God, or to realizing the need to make God more prominent in your thoughts, and also in the choices you make in your daily lives! Fr Joe expressed this nicely, as he said, “When we become lazy in our attitude and lax in our faith, we open ourselves up to the possibility of losing our spiritual life.”

Prayer for Our Personal Renewal of Mind, Body and Spirit

Dear Lord, help me to recognize when my time spent with You in prayer lessens, and I start to become less enthused about practicing my faith. Perhaps this occurs during the times when I am sad, tired, bored or simply preoccupied. Bring the fire of Your infinite love into my heart at these uncertain moments. Renew my spirit, and my strength to deal with life. Most importantly, renew my awareness of Your **constant** presence in my life, of Your **steadfast** love for me, and of Your **great** desire to form a caring and unbreakable bond with me! Help me to pray openly, honestly and frequently, so that our relationship will grow, and create a deep and satisfying love between us. May this love sustain me and empower me to live my faith all the days of my life. 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!