

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 #52:

Focus Point: We use the word “hate” so frequently and so nonchalantly. We use it to describe our feelings about brussel sprouts, traffic on the parkway, and in many other “harmless” ways. Feelings of hate can be very intense, especially when they are directed towards people, some of whom we know personally, and others whom we have never met. We can feel a hatred inside of us for those who have wronged us in some way, for convicts guilty of the most heinous and violent crimes, for women who have had an abortion, for national leaders. The list goes on and on. It has become common for hatred to fill our hearts, but what does this hatred accomplish? For one, it can cause us to behave badly, especially if it causes us to treat others with disrespect and sarcasm. It can alienate us from those we love. It can affect us psychologically, and in some, hate can cause violent behavior. Hate is an emotional reaction to something that “goes against our grain”. We can’t necessarily stop the feeling but we can certainly be aware of it, and control how we react to it. As Fr Joy explains, “Love and forgiveness should be the rule not the exception. No one is left out of Jesus’ command to love and forgive one another. Hate should have no place in our hearts.”

Prayer for Stopping Hate in our World:

Dear Lord, I am human like everyone else. Hate can be my unsolicited human reaction to a life event. While I can’t always control my feelings, I can control how I react to them. Please bless me with Your grace so that I may have better self control over my emotions and my actions. Help me to respect, pray for and love those who do not follow Your commandments, and those I may consider to be my “enemy”, as they are all Your children. Remind me to pray daily for them and for the conversion of their hearts, minds and souls. Help me to choose to create a positive, productive and God pleasing response when life’s events cause me to feel anger or frustration. May I choose kindness over revenge, sympathy over sarcasm, and prayer over slander. Create in me an energy to be a contributor in some way to helping those who live in a Godless world to see the light of Your love and Your ways. Amen.

