

# 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 #53:**

Focus Point: Anxiety is a part of life. Some of us handle it better than others, but all of us most likely wish that it would just go away. We would love for our lives to be worry free, but Adam and Eve messed that up for ALL of us. Let's hope that they enjoyed that fruit! As children, we learn to cope with little problems through the help of our parents. As adults, we can sometimes get help from others, but many times we feel that we have no one to turn to. Lets not forget that GOD is always there for us, most especially when an unavoidable situation seems overwhelming! Fr Joy expresses it so nicely as he states, "Each time we need guidance, we must turn to Jesus, for He is the way, the truth and the light!"

## **Prayer for Comfort in Times of Personal Need:**

Dear Lord, Help me to accept my problems as a natural part of life on earth. Help me to feel that the responsibility to solve them belongs to me. Bless me with loving and caring family members and friends to provide comfort and support in times of need. Inspire me with creative determination, and energize my spirit so that I will never give up on creating a plan of action. Strengthen my faith in You so that I will wholeheartedly believe that You are my GREATEST source of strength, comfort and support. Help me to feel Your peace through knowing that You would never abandon me. If I tend to pray to You when I have a problem and need to have You in the forefront of my life, help me to realize that I need You in the forefront of my life ALL the time! Lastly, help me to enjoy the feeling of being in Your loving embrace and to be sincerely grateful to have You in my life! Amen.