



THE PARISH OF SAINT PAUL DEPTFORD



'anglo-catholic, inclusive, committed to prayer & justice.'

<http://www.achurchnearyou.com/deptford-st-paul>

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ACT OF SPIRITUAL COMMUNION

& A COLLECTION of

SOME OTHER PRAYERS

For use at home or elsewhere

Act of Spiritual Reception

In union, dear Father,
with Christian people throughout the world
and across the centuries gathered to make Eucharist,
hearing your holy Word
and receiving the Precious Body and Blood,
I offer you praise and thanksgiving. Even though I am exiled
from tasting the Bread of Heaven
and drinking the Cup of Life
I pray that you will unite me with all the baptised
and with your Son who gave his life for us.
Come Lord Jesus,
dwell in me and send your Holy Spirit
that I may be filled with your presence.

Prayer of S. Alphonsus Liguori

*As you imagine yourself receiving the Bread of Heaven,
be still and rest in the love of God.*

Thank Him for entering beneath the roof of your soul:

The Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesu, hear me.
Within your wounds hide me.
Suffer me not to be separated from you.
From the malicious Enemy defend me.
In the hour of my death call me and bid me come to you,
that with your Saints I may praise you, for ever and ever.
Amen.

The Morning Offering when putting on the Brown Scapula of our Lady of Mount Carmel

O my God, in union with the Immaculate Heart of Mary
(*here kiss your Scapular as a sign of your consecration*),
I offer you the Precious Blood of Jesus from all
the altars throughout the world, joining with it
the offering of my every thought, word and action of this day.
O my Jesus, I desire today to gain every indulgence and merit
I can and I offer them together with myself,
to Mary Immaculate, that she may best apply them
in the interest of your most Sacred Heart.
Precious Blood of Jesus, save us!
Immaculate Heart of Mary, pray for us!
Sacred Heart of Jesus, have mercy on us!

The Trisagion (Thrice Holy)

Ἄγιος ὁ Θεός,
Ἄγιος ἰσχυρός,
Ἄγιος ἀθάνατος,
ἐλέησον ἡμᾶς.

Transliteration:

Agios o Theos,
Agios ischyros,
Agios athanatos,
eleison imas.

Holy God,
Holy Mighty,
Holy Immortal,
have mercy on us. **(x3)**

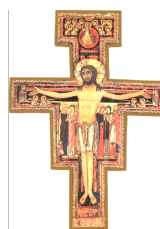
The Jesus Prayer

Lord Jesus Christ,
Son of the Living God,
have mercy on me,
a sinner. **(x10)**

Traditional Prayer before a Crucifix

Look down upon me, good and gentle Jesus,
while before your face I humbly kneel and,
with burning soul,
pray and beseech you
to fix deep in my heart lively sentiments
of faith, hope and love;
true contrition for my sins,
and a firm purpose of amendment.
While I contemplate,
with great love and tender pity,
Thy five most precious wounds,
pondering over them within me
and calling to mind the words which David,
your prophet, said of you, my Jesus:
"They have pierced My hands and My feet,
they have numbered all My bones."
Amen.

Prayer of S. Francis of Assisi before the Crucifix of San Damiano.



Most High, glorious God,
enlighten the darkness of my heart.
Give me true faith,
certain hope
and perfect charity,
sense and knowledge, Lord,
that I may carry out
Your holy and true command. **Amen.**

Prayer on entering a Church

We adore you,
Lord Jesus Christ,
in all Your churches
throughout all the world;
and we bless You because,
by Your holy cross,
You have redeemed the world.

Meditation Prayer of S. Francis

Deus Meus et Omnia
My God and my all

A Prayer before Bible Reading

O Lord, you have given us your word
for a light to shine upon our path.
Grant us so to meditate on that word,
and to follow its teaching,
that we may find in it the light
that shines more and more until the perfect day;
through Jesus Christ our Lord. Amen.

After S. Jerome

Prayer of Abandonment by S. Charles de Foucauld

Father,
I abandon myself into your hands;
do with me what you will.
Whatever you may do, I thank you:
I am ready for all, I accept all.
Let only your will be done in me,
and in all your creatures –
I wish no more than this, O Lord.
Into your hands I commend my soul:
I offer it to you with all the love of my heart,
for I love you, Lord, and so need to give myself,
to surrender myself into your hands without reserve,
and with boundless confidence,
for you are my Father.

The Immaculata prayer of consecration of Saint Maximillian Kolbe.

O Immaculata, Queen of Heaven and earth,
refuge of sinners and our most loving Mother,
God has willed to entrust the entire order of mercy to you.
I, (name), a repentant sinner, cast myself at your feet,
humbly imploring you to take me with all that I am
and have wholly to yourself as your possession and property.
Please make of me, of all my powers of soul and body,
of my whole life, death and eternity, whatever most pleases
you. If it pleases you, use all that I am and have without
reserve, wholly to accomplish what was said of you:
"She will crush your head," and "You alone have destroyed
all heresies in the whole world." Let me be a fit instrument
in your immaculate and merciful hands for introducing and
increasing your glory to the maximum in all the many strayed
and indifferent souls, and thus help extend as far as possible
the blessed kingdom of the most Sacred Heart of Jesus.
For wherever you enter you obtain the grace of conversion
and growth in holiness, since it is through your hands that all
graces come to us from the most Sacred Heart of Jesus.

V. Allow me to praise you, O Sacred Virgin

R. Give me strength against your enemies. Amen

A shorter version of the prayer for the daily renewal of the consecration:

Immaculata, Queen and Mother of the Church,
I renew my consecration to you for this day and for always,
so that you might use me for the coming of the Kingdom of
Jesus in the whole world. To this end I offer you all my
prayers, actions and sacrifices of this day. Amen.

Saint Maximillian Kolbe (8 Jan 1894 – 14 Aug 1941),
Franciscan Martyr. Murdered by the Nazis at Auschwitz, after
volunteering to take the place of Franciszek Gajowniczek,
who attended both the Beatification by Pope Paul VI,
the Canonisation in Rome in 1981, by Pope John Paul II.

The Universal Prayer for Peace, written by Satish Kumar

O God, lead us from death to life,
from falsehood to truth.
Lead us from despair to hope,
from fear to trust.
Lead us from hate to love,
from war to peace.
Let peace fill our hearts,
our world,
our universe.
peace, peace, peace...

Prayer of Abp Desmond Tutu

Goodness is stronger than evil;
love is stronger than hate;
light is stronger than darkness;
life is stronger than death.
Victory is ours,
through him who loves us.

A Prayer of Fr Conrad Noel

Grant O Lord,
that as I have shared in your spirit of fellowship,
with these, my sisters and brothers,
so may I continue to struggle for justice
in my daily work and rest;
until the injustice and inequalities of this world are overcome,
and the whole earth is your Kingdom. **Amen.**

Bookmark of S. Teresa of Avila

Let nothing disturb you,
Let nothing frighten you,
All things are passing;
God does not change.
Patience gains all things.
Who has God wants nothing.
God alone suffices.

For Seminarians & all called to the Sacred Ministry

O Jesus, living in Mary,
come and live in your servants,
in the spirit of holiness,
in the fullness of your power,
in the perfection of your ways,
in the truth of your virtues,
in the communion of your mysteries.
Rule over every adverse power,
in your Spirit,
for the glory of the Father. Amen.

Jean Jacques Olier, S.S. (1608-1657)

Prayers for Mission & Evangelism

Give to your Church, O God,
a bold vision and a daring charity,
a refreshed wisdom and a courteous understanding,
that the eternal message of your Son
may be acclaimed as the good news of the age;
through him who makes all things new,
even Jesus Christ our Lord. **Amen.**

Fr Percy Dearmer, (1867-1936)

O God,
take our minds and think through them,
take our lips and speak through them,
take our hearts and set them on fire with love for you;
may your kingdom come,
on earth as it is in heaven. **Amen.**

Thanks be to you,
O Lord Jesus Christ,
For all the cruel pains and insults
you have borne for me;
for all the many blessings
you have won for me.
O holy Jesus, Friend and Brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly. **Amen.**

S. Richard of Chichester

Prayers to the Most Sacred Heart of Jesus



O Sacred Heart of Jesus, living and life-giving fountain of eternal life, infinite treasure of the Divinity, and glowing furnace of love, Thou art my refuge and my sanctuary.
O adorable and glorious Saviour, consume my heart with that burning fire that ever inflames Thy Heart. Pour down on my soul those graces which flow from Thy love. Let my heart be so united with Thine that our wills may be one, and mine may in all things be conformed to Thine. May Thy Will be the rule of both my desires and my actions. — *S. Alphonsus Liguori*

O Most loving Lord Jesus, who dost invite me to give thee my heart, and hast commanded me to love thee with my whole soul; I most earnestly desire to do thy will. For whom have I in heaven but thee? There is none upon earth that I desire in comparison of thee. For thee my heart and flesh faileth, thou art the God of my strength and my portion for ever. Thou art the fount of all love; and thy banner over me is love. Thou hast thought of me from all eternity; thou hast created me, and redeemed me, and dost guard and keep me day by day. O most loving Lord, can it be that such wonderful love should not move me to such poor return as I can make thee? Yes, Lord, I will love thee, because thou didst first love me. I will try to love thee as thou hast commanded, with all my heart, all my mind, with all my soul, and with all my strength. I would that henceforth neither tribulation nor distress, nor persecution, nor life, nor death, nor any created thing should separate me from thee. Quench then by thy Holy Spirit all love of the world and myself, enable me to bear thy sweet yoke, that I may learn of thee to be meek and lowly of heart. Make me to realize my own nothingness, that I may learn to esteem others better than myself. O meek and humble heart of my Jesus! O Heart of love, teach me to love thee now and through all eternity. Amen.

- S. Augustine's Prayer Book. Revised Edition, 1967

Merciful Jesus,
I consecrate myself today and always to Thy Most Sacred Heart.
Most Sacred Heart of Jesus I implore,
that I may ever love Thee more and more.
Most Sacred Heart of Jesus, I trust in Thee.
Most Sacred Heart of Jesus, have mercy on us!
Sacred Heart of Jesus, I believe in Thy love for me.
Jesus, meek and humble of heart, make my heart like unto Thine.
Sacred Heart of Jesus, Thy Kingdom Come.
Most Sacred Heart of Jesus, convert sinners, save the dying,
deliver the Holy Souls in Purgatory.

A prayer for the Holy Land by The Most Revd Hosam Naoum, Anglican Archbishop in Jerusalem

O God of all justice and peace, we cry out to you
in the midst of the pain and trauma of violence and fear
which prevails in the Holy Land.
Be with those who need you in these days of suffering;
we pray for people of all faiths:
Jews, Muslims and Christians and for all people of the land.
While we pray to you, O Lord,
for an end to violence and the establishment of peace,
we also call for you to bring justice and equity to the peoples.
Guide us into your kingdom
where all people are treated with dignity and honour
as your children,
for to all of us you are our Heavenly Father.
In Jesus' name we pray, Amen.

A prayer for the night, attributed to S. Augustine of Hippo

Keep watch, dear Lord,
with those who work, or watch,
or weep this night,
and give your angels charge over those who sleep.
Tend the sick, Lord Christ;
give rest to the weary,
bless the dying,
soothe the suffering,
pity the afflicted,
shield the joyous; and all for your love's sake. **Amen.**

Core Passionist Prayers

The Way of the Cross



We adore you, O Christ,
and we praise you,
because we are inspired and energised
by the memory of Your Passion,
and so we take action
with the Crucified of today.
We share in the joys and sorrows of
our brothers and sisters
who are marginalised,
and so we announce the Gospel of
the Passion of Jesus the Christ.

May the Passion of Our Lord Jesus Christ
And the sorrows of Mary our Mother
Be always in our hearts. Amen.

Everything in Heaven and on Earth

and under the earth
Must bend the knee before the name of Jesus,
And every tongue confess that Jesus Christ is Lord
Dwelling in the presence of God the Father.

Serenity Prayer of Reinhold Niebuhr

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

NB: Santa Cruz Sentinel of March 15, 1933, quoted Winnifred Crane Wygal:
"Oh, God, give us courage to change what must be altered, serenity to accept what cannot be helped, and insight to know the one from the other."
Citing, 'The Woman's Press', a publication of the National Board of the YWCA.
Wygal's diary entry for Oct. 31, 1932. "R.N. says that 'moral will plus imagination are the two elements of which faith is compounded.' 'The victorious man in the day of crisis is the man who has the serenity to accept what he cannot help and the courage to change what must be altered.'"

https://uscatholic.org/news_item/commentary-how-i-discovered-i-was-wrong-about-the-origin-of-the-serenity-prayer/

**The Examen: A Daily Prayer
by S. Ignatius of Loyola SJ**
(c. 23 October 1491– 31 July 1556)

S. Ignatius Loyola's Examen is an opportunity for peaceful daily reflective prayer. It invites us to find the movement of God in all the people and events of our day. The Examen is simply a set of introspective prompts for you to follow or adapt to your own character and spirit.

Begin with a pause and a slow, deep breath or two;
Place yourself in God's presence.
Give thanks for God's great love for you.

Thanksgiving

What am I especially grateful for in the past day . . .
The gift of another day...
The love and support I have received...
The courage I have mustered...
An event that took place today...

Petition

I am about to review my day; I ask for the light to know God
and to know myself as God sees me.

Review

Where have I felt true joy today?
What has troubled me today?
What has challenged me today?
Where and when did I pause today?
Have I noticed God's presence in any of this?
Reflect on what you did, said, or thought in those instances.
Were you drawing closer to God, or further away?

Response

In light of my review, what is my response to the God of my life?

A Look Ahead

As I look ahead, what comes to mind?
With what spirit do I want to enter tomorrow?
Think of how you might collaborate more effectively with the
Reign of God. Be specific, and conclude with the "Our Father."

<https://www.xavier.edu/jesuitresource/jesuit-a-z/terms-e/daily-examen>

The Prayer of Saint Benedict

Gracious and holy Father,
grant us the intellect to understand you,
reason to discern you,
diligence to seek you,
wisdom to find you,
a spirit to know you,
a heart to meditate upon you.
May our ears hear you,
may our eyes behold you,
and may our tongues proclaim you.
Give us grace that our way of life may be pleasing to you,
that we may have the patience to wait for you
and the perseverance to look for you.
Grant us a perfect end,
your holy presence,
a blessed resurrection and life everlasting.
We ask this through Jesus Christ our Lord. Amen.

Prayers for the Sick & Health Workers

From one who is ill or isolated

O God,
help me to trust you,
help me to know that you are with me,
help me to believe that nothing can separate me from your
love revealed in Jesus Christ our Lord. **Amen.**

Under the shadow of your mercy

Keep us, good Lord, under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord. **Amen.**

For those who are ill

Merciful God,
we entrust to your unfailing and tender care, those who are ill
or in pain, knowing that whenever danger threatens
your everlasting arms are there to hold us safe.
Comfort and heal them, and restore them to health and
strength; through Jesus Christ our Lord. **Amen.**

For hospital staff and medical researchers

Gracious God,
give skill, sympathy and resilience
to all who are caring for the sick,
and your wisdom to those searching for a cure.
Strengthen them with your Spirit,
that through their work many will be restored to health;
through Jesus Christ our Lord. **Amen.**

Prayers when unable to attend church

Lord Jesus Christ,
you said to your disciples, 'I am with you always'.
Be with me today, as I offer myself to you.
Hear my prayers for others and for myself,
and keep me in your care. **Amen.**

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