

# The Catholic Youth Prayer Book

by  
Mary Shrader, Lauré L. Krupp,  
Robert Feduccia Jr.,  
and Matthew J. Miller

Edited by Robert Feduccia Jr.

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# Contents

Introduction: A Catholic Prayer Book for Teens .....	5
Part I: Prayers for Today's Teenagers .....	11
Chapter 1: Prayers for Living .....	13
Chapter 2: Prayers Through the Day .....	19
Part II: Prayers from the Catholic Tradition .....	25
Chapter 3: Marian Prayers .....	27
Chapter 4: Communion of Saints .....	33
Chapter 5: Devotional Prayers .....	39
Chapter 6: The Acts and Prayers .....	47
Chapter 7: Prayers from the Universal Experience .....	53
Part III: Methods for Personal Prayer .....	61
Chapter 8: The Lord's Prayer .....	63
Chapter 9: <i>Lectio Divina</i> .....	69
Chapter 10: Guided Meditation .....	75
Chapter 11: Journaling .....	81
Part IV: Liturgical Prayer .....	87
Chapter 12: Liturgical Prayer .....	89
Chapter 13: The Four-Week Psalter .....	97
Week 1 .....	102
Week 2 .....	123
Week 3 .....	145
Week 4 .....	167
Acknowledgments .....	190

# Introduction

## A Catholic Prayer Book for Teens

### Answered Prayer

I asked God for strength, that I might achieve;  
I was made weak, that I might learn humbly to obey.  
I asked for health, that I might do great things;  
I was given sickness, that I might do better things.  
I asked for riches, that I might be happy;  
I was given poverty, that I might be wise.  
I asked for power, that I might have the praise of men;  
I was given weakness, that I might feel the need for God.  
I asked for all things, that I might enjoy life;  
I was given life, that I might enjoy all things.  
I received nothing I asked for—but everything I hoped for.  
Almost despite myself, my unspoken prayer was answered;  
I am, among all men, most richly blessed.

(Unknown Confederate Soldier)

When we talk with God and ask for help, we are in conversation with the one being who has the power to do or change anything. God even has the power to change us.

Sometimes, we ask for God's guidance in a certain way and then find out we have grown differently. Placing our needs and concerns before God allows us to share the struggle with someone loving, accepting—and powerful.

In the process, not only do we find that a situation or problem is better than we thought, but also we are able to see the situation from a new perspective. This is the power and grace of God at work.

When we are able to focus ourselves in prayer, we gain new insights and new perspective and are humbled to embrace God's will in our lives.

Sometimes, in the thick of struggling times, we might feel sorry for ourselves. We might ask God for things that may not really be good for us. For example, "God, please make \_\_\_\_\_ love me" might be the prayer of a heartbroken person.

Psalm 139:13 tells us that God knew us before we were born. He knows everything about us. Because we do not know all that God knows, it is possible that we don't always ask for what is best—especially if we ask out of pity or selfishness.

Even though our plans might not turn out as we prayed, God surprises us with a wonderful alternative. For example, many young people have prayed to get into a college they had their hearts set on. When they received their rejection letters, they might have thought there was no hope for a good college experience. However, God may have opened a door for them to get into a different school, one that was perfect for them. Their years there were great, and they discovered a major that suited them perfectly.

All of this is part of the wonder of prayer. The most important part of prayer, the goal of prayer, is for us to be shaped in the image of Jesus. In religious talk, *salvation*, or being saved, is a common, yet rarely understood, word. What does *salvation* mean? A good definition is “being changed into the image of Jesus to love what he loved as deeply as he loved.” This change happens in prayer.

As the Son of God, Jesus experienced God as Father. That experience is offered to us in prayer. Jesus was love and gave everything he had for others. The process of being changed into love is ours in prayer. God loves us profoundly and wants to give us things. He wants us to ask. He also offers something more for us in prayer. He offers a relationship that fulfills the deepest longing of the human heart.

Imagine it, believe it, and then—*pray!*

### **You might pray when you are:**

- reflecting
- contemplating
- asking or petitioning
- sorrowing
- thankful or grateful
- joyful and praising
- searching or seeking

## How to Use This Book

Although prayer is personal in many ways, it is also a community experience. When you pray, God hears you. In addition, all the angels and saints are praying for you and your prayer. Family, friends, and other people you know are united with you in prayer, too. Therefore, prayer is ever changing, ever growing, ever evolving.

Because of the community aspect of prayer, some prayers have been handed down for many generations. These traditional prayers may have their origins in the Scriptures, the life of a saint, or a Catholic teaching or other specific person or event.

This book contains a collection of prayers. It includes some traditional prayers for you to pray. It also includes some contemporary and traditional ways to pray, such as the Liturgy of the Hours and journal writing. These options will offer you variety in the way you choose to pray. The way you choose to pray might depend on your mood, needs, and energy level.

This book's table of contents gives an overview of the prayers and prayer forms in this book. In addition to the prayers in each chapter, you will also find sidebar notes called Study It!, Pray It!, and Live It!

### Study It!

Prayer has a deep history in our Catholic faith and is a rich part of our Tradition. The Study It! sidebar notes help you learn about prayer in general or describe the origins of certain prayers.

### Pray It!

Look for ways to be inspired in your own prayer life. Maybe you will discover new ways to pray either individually or with your family, friends, and community.

### Live It!

Read about the prayer lives of the saints. People's stories can help us learn more about the value of prayer and can inspire us to live a prayerful life focused on God's will for us. Listen to the lives of others. Think about how you incorporate prayer into your own life.

### Pray All Ways

If you have so much as uttered the words "But I don't know how to pray," then you are already on the way to learning how to pray. At the very least, prayer is talking to God, and there is no right or wrong way to do that!

Throughout our lives, we encounter a variety of ways to pray. Certain prayer forms may appeal to us at different times for different reasons.

Examples of types or forms of prayer follow. Ask people you know how they pray, or ask if you can join someone to learn about a form of prayer that is new to you. Browse through *The Catholic Faith Handbook for Youth* (Brian Singer-Towns, Saint Mary's Press, 2004) or another Catholic reference book to learn about these different types of prayer:

- reciting traditional prayers (like the Lord's Prayer)
- meditating
- praying in silence
- singing
- participating in a pilgrimage or prayer walk
- using repetition or mantra (saying one word or phrase over and over)
- talking with God spontaneously
- listening to the sounds of nature
- journal writing
- reading of the Scriptures

All ways of prayer are good. Just ask God to guide you, and he will plant the seeds of deeper prayer in your heart.

## Tools and Tips

Think about how you like to pray. Look at the list below to see if someplace or something inspires you to live a prayerful life. Consider creating a prayer space, a prayer box, or a prayer journal that contains the information and tools you need to allow yourself the opportunity to pray often.

Consider having more than one of some of these items so you can easily invite a friend, parent, or sibling to pray with you.

- *The Catholic Youth Bible*® or another edition of the Bible
- a pen and paper for writing prayers and thoughts
- a cross or crucifix
- a rosary
- a candle
- matches or a lighter (Remember to practice fire safety!)
- prayer cards
- pictures of saints or family members who inspire you



- a prayer shawl or blanket
- a rug or mat
- a small table with a tablecloth
- holy water
- statues or icons of saints
- a small fountain (for the sound of water)
- a chair or other special place to sit or kneel
- flowers or other items from nature
- this book, other books, and resources that include prayers and writings that inspire you personally
- music (CD and a CD player or musical instrument)
- art supplies, such as markers, paints, clay, chalk, and paper
- a special item, such as your own baptismal candle or a grandparent's rosary
- a missalette or other publication that lists the weekly readings

## Your Comments or Suggestions

Saint Mary's Press wants to know your reactions to the materials in this book. We are open to all kinds of suggestions from young people and want to continue to provide resources that enliven your hearts and minds with the Good News of Jesus Christ. Please let us know how we can help you pray all ways.

If you have a comment or suggestion, please write to us at 702 Terrace Heights, Winona, MN 55987-1318, or e-mail us at [smp@smp.org](mailto:smp@smp.org).

# Part I

## Prayers for Today's Teenagers

# Chapter 1

## Prayers for Living

Prayers to Seek God's Presence  
in the Events of Life

### **It's Hard to See You Some Days, Jesus**

To Jesus, the Good Shepherd:  
Open my eyes,  
that I might see your glorious  
light.  
Open my mind,  
that I may know your truth.  
Open my heart,  
that I might receive your healing  
touch.  
And open my ears,  
that I might hear you say,  
“I love you.”  
Amen.

### **Living True**

Jesus:  
Sometimes I know exactly what  
you want me to do,  
but I don't have the courage to  
do it.  
I am tired of being this way.  
Help me stand up straight

and be who you made me to be—  
Strong, confident, and unafraid.  
Amen.

### **There Is So Much**

To Jesus, who calmed the stormy  
sea:  
There is so much pressure,  
there is so much hurt,  
there is so much confusion,  
there is so much noise.  
Jesus, please calm this storm,  
so that I may  
sit peacefully in this boat with you.  
Amen.

### **A Simple Prayer**

O God:  
Open my ears to hear you  
and my heart to receive you,  
and strengthen my will  
that I may follow you.  
Amen.

## Growing Closer to God

When we think of growing, we usually think of moving up. Plants become taller when they grow. A promotion at work means a step up on the ladder.

Growing closer to God is all about going deeper, not about moving up.

“I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people” (Jer. 31:33).

To grow closer to God, we must go to the depth of our heart, where his law is written, where he dwells. We don't have to put something into our hearts; rather, we must learn to listen to that place in our hearts where God's law is written. The more we listen, the easier hearing God becomes.

“Baptism seals the Christian with the indelible spiritual mark (*character*) of his belonging to Christ. No sin can erase this mark . . .” (*Catechism of the Catholic Church*, no. 1272).

You were forever changed when you were baptized. When the mark of Jesus Christ was engraved onto your soul, you received a homing device of sorts that leads you back to God—if you listen.

Think of sunflowers. They are unusual by almost any measure. They are taller, stronger, and bigger than most flowers. Of course, the most fascinating aspect of sunflowers is that they follow the sun making its way across the sky. The flowers do this even on cloudy days. Somehow, they just do it.

As the sunflowers follow the sun, so does your heart follow God. The key is to learn to listen to your heart—to go to the depths where God's word is written, where the mark of your Baptism has not been, and never will be, erased—ever! Here you will learn to grow in virtue.

### I Don't Have Much, Lord

To Jesus, who knew a treasure  
when he saw one:

Some thought money was the  
treasure,

but you found a treasure  
in the two copper coins  
a poor widow offered.

I don't have much, Lord,

but what I have is yours.

I know that when I give you myself,  
my offering

becomes your treasure.

Amen.

### I Need You, God

To the God who loves me:

As I reach up to you today,

will you reach down to meet me?  
I'm counting on it.  
Amen.

### **Being Left Out by Friends**

To Jesus, on the cross:  
You know what hurt is  
and how it feels  
to be left behind by your friends.  
You know how I feel,  
and I know how you felt.  
I will stay with you today,  
and I know that you will stay  
with me.  
Amen.

### **Stress**

To God, who made everything:  
You made the earth and everything  
on it.  
You made the heavens and every-  
thing in it.  
I know you can handle the stress I  
am facing.  
I will keep my heart open today,  
so I can feel your power at work  
in me.  
Amen.

### **I Can't Do Anything Right**

God:  
It feels like I can't do anything  
right,  
like I got up in a parallel universe  
or something.

Help me remember today that  
wherever I am,  
you are there,  
and that your love for me doesn't  
depend on what I do.  
You love me just because I am.  
Amen.

### **Boyfriend or Girlfriend Trouble**

To Jesus, who promised to carry  
my burdens:  
I have a broken heart,  
and I have to live with it  
while I deal with homework,  
friends,  
and everything else.  
Lord Jesus,  
will you carry my heavy heart?  
Will your love fill the empty space  
that was left when that love was  
taken from me?  
Amen.

### **It's a Great Day**

To the God of glory:  
Thank you, God,  
for all you have given me,  
for everything that makes today  
great—  
the tangible things  
and this good feeling I have  
but can't explain.  
Amen.

**Joyful Hearts, Give Praise!**

What does praising God mean? We know how to thank God. We know how to ask God for things. We know how to ask him to forgive us. We know how to pray. But what does praising God mean?

Giving thanks is about acknowledging what God *does*; giving praise is about acknowledging who he *is*. The root of the word *praise* also gives us the word *prize*. What do you prize about God?

Who is God? How have you experienced him? Some like to think of God's loving nature. Others like to think of God as a friend who never leaves their side. You may prize his constancy. No matter how many things change in your life, God remains the same. What do you love about God?

Make a list of things you prize about God. This list is your own litany of praise. Read your list and make it your prayer. Before each thing you prize, say, "I praise you, God, for . . ." This will become your prize, your gift to God.

**Confused**

To Jesus, who is the light of the  
world  
and the light of my world, too:  
No matter how dark the darkness  
is,  
your light is shining.  
Help me keep my eyes on your  
light  
and not on the darkness that  
swarms around me.  
I don't know what your plan for  
me is, Lord,  
but I know you have one.  
Help me hang on  
until the time is right  
for you to show it to me.  
Amen.

**Why Did You Let It Happen,  
God?**

I don't get it,  
and I don't get you.  
Why did you let it happen?  
I don't understand. . . .  
But even while I am mad at you,  
I still feel hope inside me.  
I trust you,  
even though I don't know why.  
I guess that deep down, I know  
you will help me through.  
I choose to believe in you  
in the middle of it all.  
Amen.

## **My Dream Is Shattered**

To the loving God  
who cares about my dreams:  
Bless and restore me.  
In my disappointment and  
sadness,  
help me remember  
that you have a future full of hope  
for me.  
Give me a new dream.  
Amen.

## **I Want to Be Close to You, God**

Lord Jesus:  
I want to see you.  
I want to know you.  
I want to follow you.  
I want to know your will for me,  
so I may do it.  
I love you.  
Amen.

## **I Want to Do Good Work in the World**

To the Lord  
who calls me to great things:  
You have created me good.  
In my Baptism, you placed  
within me  
the same power  
that raised Christ Jesus from the  
dead.  
Help me, Lord,  
to open my heart

and let the good that you have  
placed in me  
flow out into the world.  
Amen.

## **I Have Faith**

To Jesus Christ, my Lord:  
I can't explain it, Lord,  
but today I know you are with me.  
I know you hold me  
in the palm of your hand.  
I know you love me  
and will guide me.  
I know there is nothing  
you can't do.  
I know there is nothing  
you won't do  
for me.  
Amen.

## **God Has a Plan for Me**

Loving God:  
Fill me with confidence and trust  
that in knowing your will, I may  
follow it,  
and that in following your will,  
I will find joy.  
Amen.

## **God Is Light**

Loving God:  
Take away the darkness  
and fill me with the radiant light  
of your Son, Jesus Christ.  
Amen.

## Saint Cecilia

Imagine walking through an underground tunnel, a seemingly endless maze of small rooms and nooks. It is damp and cold, and though there are lamps, you cannot help but feel the darkness of the place.

Your thoughts turn to the people who first dug these tunnels, called catacombs. The diggers were the Christians during the time that Christianity was illegal in Rome, a time when being a Christian could get a person killed. The Christians of those days hid in these tunnels for meetings, for celebrating the Eucharist, and for fellowship.

You come to a room a bit larger than the others. There, you see a sculpture of Saint Cecilia that was created ages ago. The room is filled with vibrantly colored murals of her. Everything about this room says Cecilia was unique.

Cecilia was a noblewoman of her time who gave up everything for her faith. After the Roman authorities martyred her husband and his brother for their Christian faith, Cecilia brought their bodies to her estate and buried them there. For this, the authorities sentenced Cecilia to die. She lived for three days after an executioner attempted to behead her. During that time, Cecilia used her worldly goods to take care of people who were poor, made provisions to leave her home to the Christian Church, and continued to sing praises to God. That is part of the reason she is the patron saint of singers. Even through the painful wounds of an executioner, Cecilia gave praise.

In the pains and sufferings of life, Cecilia can inspire us always to have hearts that are joyful and focused on the Lord.

### I'm Sorry, God

To Jesus, who forgave Peter  
for denying him three times:  
Please give me the guts  
to be honest with myself.  
Give me the humility  
to admit my sins.  
And give me wisdom  
so I will know how to repair the  
harm I have caused.

Forgive me, Lord,  
for what I have done,  
and give me grace  
not to do it again.  
Amen.



# Chapter 13

## The Four-Week Psalter

### An Introduction to the Liturgy of the Hours

#### The Prayer of the Church

This is your prayer! The Liturgy of the Hours is the prayer the Church has given to all Christians. This is what the Church says to us about prayer:

Jesus has commanded us to do as he did. On many occasions, he said: “pray” (Matthew 6:6), “ask” (Matthew 7:7), “in my name” (John 14:13).

We are the Body of Christ. We are his hands, his feet, and his voice. In the Liturgy of the Hours, we, as one member of the Body of Christ, join ourselves in spirit and voice to the entire Body of Christ throughout the world as we pray, ask, and seek with Jesus, our leader. Because it is the prayer of the Church, the Liturgy of the Hours is best prayed with others. We can also pray it alone, because it offers a good way to structure our daily prayer. We can join with friends to pray, when possible. Know, however, that when we pray alone, the

saints and Christians throughout the world join us.

#### Structure of the Prayer

##### Call to Prayer

We make the sign of the cross and pray for God to be near us and help us as we continue our prayer.

*God, come to my assistance.*

*Lord, make haste to help me.*

*Glory to the Father, and to the Son,  
and to the Holy Spirit:*

*as it was in the beginning, is now,  
and will be forever. Amen.*

##### Antiphon

Notice a phrase that is said before the Psalm and then repeated after it. This phrase is called the antiphon (AN-ti-fohn). It is said and then repeated to show the character of the Psalm or to highlight an important line in it that otherwise might be overlooked. By saying the antiphon in the beginning, we can know what is important in the Psalm. By saying it at

the end, it reminds us of what we just prayed.

### Psalm

The Psalms are God's word. Humans wrote them under the inspiration of the Holy Spirit. They are a gift from God to us. As people who have received God's blessings, we feel the need to praise and seek God or to ask for his forgiveness. The Psalms are God's gift to us to help us voice our feelings to him.

The Psalms were Jesus's prayer book. They have been the Christian prayer book for two thousand years, and they remain the prayer book of Christians today. Imagine, every time we pray one of the Psalms, someone is praying them with us. We are joining our voice with countless Christians in making a gift to God.

### Scripture Reading and Response to the Reading

Liturgical prayer is a conversation or a dialogue between God and his people. God speaks. We listen. We respond. God listens. He responds. This is the pattern of the Liturgy of the Hours. We speak our feelings to God in the Psalm, and then God responds by speaking to us in the Scripture reading. The Scriptures are God's response to us as individuals and as a Church.

After we have heard God's voice, we again voice our feelings to God in the response to the reading.

### Gospel Canticle and Antiphon

Three great hymns of praise appear in Luke's Gospel: the Canticle of Zechariah (1:68–79), the Canticle of Mary (1:46–55), and the Canticle of Simeon (2:29–32). All the Scriptures are inspired by the Holy Spirit, but Catholics hold the Gospels to be particularly important, because they are the stories of Jesus. Because these hymns of praise are from the Gospels, Catholics pray them daily—the Canticle of Zechariah in the morning and the Canticle of Mary in the evening. The Canticle of Simeon is prayed at Night Prayers. You can find it and the Night Prayer Antiphon in chapter 2 of this book.

### Petitions and the Lord's Prayer

As the dialogue with the Lord continues, we voice prayers in union with the whole Church, and we also have the chance to tell the Lord our needs and concerns. Then we draw all of the prayers, those from around the world and from our hearts, into the perfect prayer: the Lord's Prayer.

**Closing Prayer and Dismissal**  
 We conclude with a prayer that draws our conversation with the Lord to a close. But just as with any conversation with a friend, we leave God's presence having been changed.

### **Psalter Calendar**

Praying the four-week Psalter is meant to simplify prayer, create an easy pattern for prayer, and create a rhythm for praying throughout your life. Knowing when to pray which prayers, however, can be confusing. Below is a guide for the years 2006 through 2016.

The four-week cycle of prayer simply repeats itself. The rule of thumb to follow is remembering that week one begins each new liturgical season. At times it may seem awkward. For example, in 2006, week one is used for the week of January 1 and also January 8.

Here is a word of caution. Do not get overly concerned with praying the right week at the right time. Just pray! The Liturgy of the Hours is an ancient prayer that has helped people meet the Lord throughout the centuries. Allow it to be a rhythm that can help establish a habit of daily prayer.

### **2006**

First Sunday of Christmas,  
 January 1: Week 1  
 First Sunday in Ordinary Time,  
 January 8: Week 1  
 First Sunday of Lent, March 5:  
 Week 1  
 Easter Sunday, April 16: Week 1  
 First Sunday of Advent,  
 December 3: Week 1  
 Pentecost Sunday, June 4:  
 Week 1  
 First Sunday of Christmas,  
 December 31: Week 1

### **2007**

First Sunday in Ordinary Time,  
 January 7: Week 1  
 First Sunday of Lent,  
 February 25: Week 1  
 Easter Sunday, April 8: Week 1  
 First Sunday of Advent,  
 December 2: Week 1  
 Pentecost Sunday, May 27:  
 Week 4  
 First Sunday of Christmas,  
 December 30: Week 1

### **2008**

First Sunday in Ordinary Time,  
 January 13: Week 1  
 First Sunday of Lent,  
 February 10: Week 1  
 Easter Sunday, March 23: Week 1  
 Pentecost Sunday, May 11:  
 Week 3

First Sunday of Advent,  
November 30: Week 1  
First Sunday of Christmas,  
December 28: Week 1

## 2009

First Sunday in Ordinary Time,  
January 11: Week 1  
First Sunday of Lent, March 1:  
Week 1  
Easter Sunday, April 12: Week 1  
Pentecost Sunday, May 31:  
Week 1  
First Sunday of Advent,  
November 29: Week 1  
First Sunday of Christmas,  
December 27: Week 1

## 2010

First Sunday in Ordinary Time,  
January 10: Week 1  
First Sunday of Lent,  
February 21: Week 1  
Easter Sunday, April 4: Week 1  
Pentecost Sunday, May 23:  
Week 4  
First Sunday of Advent,  
November 28: Week 1  
First Sunday of Christmas,  
December 26: Week 1

## 2011

First Sunday in Ordinary Time,  
January 9: Week 1  
First Sunday of Lent, March 13:  
Week 1

Easter Sunday, April 24: Week 1  
Pentecost Sunday, June 12:  
Week 3  
First Sunday of Advent,  
November 27: Week 1  
Christmas Day, December 25:  
Week 1

## 2012

First Sunday in Ordinary Time,  
January 8: Week 1  
First Sunday of Lent,  
February 26: Week 1  
Easter Sunday, April 8: Week 1  
Pentecost Sunday, May 27:  
Week 4  
First Sunday of Advent,  
December 2: Week 1  
First Sunday of Christmas,  
December 30: Week 1

## 2013

First Sunday in Ordinary Time,  
January 13: Week 1  
First Sunday of Lent,  
February 17: Week 1  
Easter Sunday, March 31:  
Week 1  
Pentecost Sunday, May 19:  
Week 3  
First Sunday of Advent,  
December 1: Week 1  
First Sunday of Christmas,  
December 29: Week 1

## 2014

First Sunday in Ordinary Time,  
January 12: Week 1

First Sunday of Lent, March 9:  
Week 1

Easter Sunday, April 20: Week 1

Pentecost Sunday, June 8: Week 2

First Sunday of Advent,  
November 30: Week 1

First Sunday of Christmas,  
December 28: Week 1

## 2015

First Sunday in Ordinary  
Time, January 11: Week 1

First Sunday of Lent, February 22:  
Week 1

Easter Sunday, April 5: Week 1

Pentecost Sunday, May 24:  
Week 4

First Sunday of Advent,  
November 29: Week 1

First Sunday of Christmas,  
December 27: Week 1

## 2016

First Sunday in Ordinary Time,  
January 10: Week 1

First Sunday of Lent,  
February 14: Week 1

Easter Sunday, March 27: Week 1

Pentecost Sunday, May 15: Week 3

First Sunday of Advent,  
November 27: Week 1

Christmas Day, December 25:  
Week 1

# Sunday, Week 1

## Call to Prayer

God, come to my assistance.  
Lord, make haste to help me.  
Glory to the Father, and to the  
Son, and to the Holy Spirit:  
as it was in the beginning, is now,  
and will be forever. Amen.

## Psalm

### Antiphon

I am always safe with you, my  
Lord; you are all I need in life.

### Psalm 149

Praise the LORD! Sing to the LORD  
a new song,  
his praise in the assembly of the  
faithful.

Let Israel be glad in its Maker;  
let the children of Zion rejoice in  
their King.

Let them praise his name with  
dancing,  
making melody to him with tam-  
bourine and lyre.

For the LORD takes pleasure in his  
people;  
he adorns the humble with victory.

Let the faithful exult in glory;  
let them sing for joy on their  
couches.

Let the high praises of God be in  
their throats

and two-edged swords in their  
hands,  
to execute vengeance on the  
nations  
and punishment on the peoples,  
to bind their kings with fetters  
and their nobles with chains of  
iron,  
to execute on them the judgment  
decreed.

This is glory for all his faithful  
ones. Praise the LORD!

Glory to the Father, and to the  
Son, and to the Holy Spirit:  
as it was in the beginning, is now,  
and will be forever. Amen.

### Psalm Prayer

On this great day, we are filled  
with joy as we celebrate your  
Resurrection from the dead. May  
the joy we feel carry us through  
the week.

### Antiphon

I am always safe with you, my  
Lord; you are all I need in life.

## Scripture Reading

### Romans 11:25,30–36

So that you may not claim to be  
wiser than you are, brothers and  
sisters, I want you to understand

this mystery: . . . Just as you were once disobedient to God but have now received mercy because of their disobedience, so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy. For God has imprisoned all in disobedience so that he may be merciful to all.

O the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways!

“For who has known the mind of the Lord?

Or who has been his counselor?”

“Or who has given a gift to him, to receive a gift in return?”

For from him and through him and to him are all things. To him be the glory forever. Amen.

### Prayer Response to the Reading

- My heart is filled with joy as I contemplate your works, O Lord.
- I celebrate the wisdom that brought all things into being, as I contemplate your works, O Lord.
- Glory to the Father, and to the Son, and to the Holy Spirit.
- My heart is filled with joy as I contemplate your works, O Lord.

### Gospel Canticle

#### Antiphon

It is the Lamb of God, who takes away the sins of the world.

#### Canticle

- If you are praying in the morning, pray the morning canticle found at the end of chapter 13.
- If you are praying in the evening, pray the evening canticle found at the end of chapter 13.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

#### Antiphon

It is the Lamb of God, who takes away the sins of the world.

### Intercession

#### Petitions

Giving all glory and honor to the God who loves us, we ask for help as we pray: *Be with me, Lord.*

- God of mercy, shower the world with your love so that all may dwell in your peace, we pray. *Be with me, Lord.*
- God of compassion, look with kindness on those who are hurting, alone, and scared. Show them the compassion they need, we pray. *Be with me, Lord.*
- God of wisdom, guide the actions of those who lead us to

words of peace and prosperity for all, we pray. *Be with me, Lord.*

- God of glory, reward with eternal life all those you have called to be with you, we pray. *Be with me, Lord.*
- God of strength, throughout the coming week, give us the strength to do what we know is right, we pray. *Be with me, Lord.*
- God of love, help us answer your call to us and serve you with all of our hearts, we pray. *Be with me, Lord.*

*Please take time to add your own needs and concerns.*

### Lord's Prayer

Let us pray in the perfect words taught to us by Jesus:

Our Father . . .

### Closing Prayer

Always-present God, your watch reaches to all the ends of the earth. Even the pull of sin cannot stop your loving plans. Help us receive your embrace and give us the strength to follow you and to reflect peace to those we meet. We ask this in the name of Jesus, the Lord, and with the power of the Holy Spirit. Amen.

### Dismissal

May the Lord bless us and protect us from evil and bring us to the joy of heaven. Amen.



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The “Prayer of Saint Francis of Assisi,” by Saint Francis of Assisi, on page 38 is found at [www.catholicforum.com/saints/pray0027.htm](http://www.catholicforum.com/saints/pray0027.htm), accessed October 1, 2005.

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The prayers on pages 54–55, 55, 57, 57, 58, and 59 are from *Prayer Without Borders: Celebrating Global Wisdom*, edited by Barbara Ballenger (Baltimore, MD: Catholic Relief Services, 2004), pages 29, 47, 93, 101, 49, and 31, respectively. Copyright © 2004 by Catholic Relief Services. Used with permission.

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### **Endnote Cited in a Quotation from the *Catechism of the Catholic Church***

1. Cf. *Romans* 8:29; Council of Trent (1547): Denzinger-Schönmetzer, *Enchiridion Symbolorum, definitionum et declarationum de rebus fidei et morum* (1965) 1609-1619.

### **Endnote Cited in Constitution on the Sacred Liturgy (*Sacrosanctum Concilium*)**

1. Cf. 2 Cor. 6:1.
2. Cf. St. Cyril of Alexandria, Commentary on the Gospel of John, book XI, chap XI–XII: Migne, *Patrologica*, 74, 557–564.

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