



PARISH OF  
**SS. PETER & PAUL**  
Athlone, Drum & Clonown



*Prayers to pray at home*

### **Prayer after Holy Communion**

Jesus, I love and adore you.  
You are a special friend to me.  
Welcome, Dear Jesus, O welcome.  
Thank you for coming to me.  
Thank you, Dear Jesus, O thank you  
For giving yourself to me.  
Make me strong to show your love  
Wherever I may be.  
I'm ready now, Dear Jesus,  
To show how much I care.  
I'm ready now to show your love  
At home and everywhere.  
Be near me, Lord Jesus, I ask you to stay  
Close by me forever and love me, I pray.  
Bless all of us gathered in your loving care  
And bring us to heaven to live with you there.

### **Act of Spiritual Communion**

My Jesus,  
I believe that You are present in the Most Holy Sacrament.  
I love You above all things, and I desire to receive You into my  
soul.  
Since I cannot at this moment receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there  
and unite me wholly to You.  
Never permit me to be separated from You.  
Amen.



### **Prayer for Family**

O God, you made us in your own image and redeemed us through Jesus your Son. Look with compassion on the whole human family. Take away the arrogance and hatred which infect our hearts. Break down the walls that separate us; unite us in bonds of love. Work through our struggle and confusion to accomplish your purposes on earth, that in your good time, all nations and races may serve you in harmony around your heavenly throne. Through Jesus Christ, our Lord. Amen.

### **Prayer for the Elderly**

O God, you made us in your own image and redeemed us. Look with mercy, O God our Father, on all whose increasing years bring them weakness, distress, or isolation. Provide for them homes of dignity and peace. Give them understanding helpers and the willingness to accept help. As their strength diminishes, increase their faith and their assurance of your love. This we ask in the name of Jesus Christ, our Lord. Amen.

### **Prayer For Healing**

Heavenly Father, Your word says that we are healed by Your stripes, so I pray right now for divine healing. Please see the needs of Your children so that they may be restored to health and be healed. I pray against all illnesses right now, both mentally and physically. Father, we look to You as the source of our healing in Jesus' Name. I thank you in advance for the divine healing that which You have graced Your children. Continue to have Your way within our lives. Amen.

### **Prayer For Relief from Anxiety**

God of peace, My thoughts fail me, Lord. I feel overcome by my anxiety over things in my reach, but especially over things, I have no control over. Help me to lean on You by bringing my anxieties to You. I pray that You will quiet the storms that rage in my mind. Please give me peace in what feels like chaos and increase my ability to remember that all things are temporary so that I may dwell in Your peace, no matter my circumstances. In Jesus' name, I pray. Amen

### **Prayer For the Morning**

Father, Your kindness is evident this morning. Though many will not see the light of day today, You have graciously given me more time. It is so easy to use this time selfishly, to spend it all on things that are here today and gone tomorrow. This morning I pray that You would help me renew and refocus my mind on You, Lord. Where I usually have placed You as something to check off of my list of things to do, Lord, I repent and pray that You would help me to centre all that I do around You. Help me to give the first of my time to You this morning, that I might enter this new day with a heart that is sensitive to Your leading. In Jesus' name, I pray, amen.

### **Prayer for Night-time**

Lord God, As the day comes to a close there is so much to thank You for. Though we ready ourselves to sleep at the end of the day, You never slumber nor sleep. Your watchful eye is on me through the day, and You keep me through the night. As I lay my head down tonight, unaware of what is going on, would You grant me peaceful rest. Please provide a hedge of protection around our home and our neighbourhood. Let the schemes of those who have evil intentions fall through. Even in the darkest nights might it be light because You are with me. Thank you for graciously keeping me through another day. Please be with me as I close my eyes and rest tonight. Please keep my mind in perfect peace. In Jesus' name, I pray, amen.

Father, Thank You for sustaining me through another day. As I prepare myself for the evening's end, I pray that You would clear my mind from any anxious thoughts that hindered me during the day. Would You keep me in Your sweet embrace and enfold me in Your peace as I sleep tonight, Lord. In Jesus' name, I pray, amen.

***O Sacrament most Holy, O Sacrament Divine, all praise and all thanksgiving be every moment thine!***