

Stay with me, Lord,
for it is necessary to have You
present so that I do not
forget You. You know how
easily I abandon You.

Stay with me, Lord,
because I am weak and I need
Your strength, so that I may not
fall so often.

Stay with me, Lord,
because You are my life, and
without You, I am without fervor.

Stay with me, Lord,
because You are my light, and
without You, I am in darkness.

Stay with me, Lord,
to show me Your will.

Stay with me, Lord,
so That I hear Your voice and
follow You.

Stay with me, Lord,
for I desire to love You very much
and always be in Your company.

Stay with me, Lord,
if You wish for me to be
faithful to You.

Stay with me, Lord,
because, poor as my soul is,
I want it to be a place of
consolation for You,
a nest of love.

St. Padre Pio

“Don’t be afraid, for I am with you. Don’t be discouraged,
for I am your God. I will strengthen you and help you. I
will hold you up with my victorious right hand.”

Isaiah 41:10

A Prayer to Open Your Heart to Jesus

Jesus, I open my heart to your grace.

Jesus, I open my heart to your peace.

Jesus, I open my heart to your salvation.

Jesus, I open my heart to you.

May your precious blood wash over my mind.

May your precious blood wash over my heart.

May your precious blood wash over my entire being.

Jesus, I thank you.

Jesus, I praise you.

Jesus, I love you.



The Unity Prayer

My adorable Jesus,

May our feet journey together.

May our hands gather in unity.

May our hearts beat in unison.

May our souls be in harmony.

May our thoughts be as one.

**May our ears listen to the
silence together.**

**May our glances profoundly
penetrate each other.**

**May our lips pray together to gain
mercy from the Eternal Father.**

Jesus: “This prayer is an instrument in your
hands. By collaborating with Me, Satan will be
blinded by it; and because of his blindness,
souls will not be led into sin.”



The Flame of Love



**Most Precious Blood
of Jesus Christ,
Save Us
and the Whole World**

“A prayer to break sinful habits, to heal wounds of the
soul and body and as a deliverance and reparation
prayer.” *Fr. Jim Blount, S.O.L.T.*

Assistance During Grief

O God, come to my assistance.
O Lord, make haste to help me.

Dear God, I humbly come before
You with a heavy heart.

I pray that as I go through this
time of sorrow, You would show
me Your love and grace.

There are so many unanswered
questions. Please calm my heart
and help me to trust that you will
take care of everything.

Please guard my heart and mind
with the kind of peace that can
only come from You.

Amen

A Prayer for the Mentally Ill

Loving God, You are always
near to us, especially when we
are weak, suffering and
vulnerable.

Reach out to those who
experience mental illness. Lift
their burdens, calm their
anxiety, and quiet their fears.
Surround them with your healing
presence that they may know
that they are not alone. We ask
this through the intercession of
Our Lady of Lourdes and in the
name of your Son, Jesus and the
Holy Spirit, now and forever.

AMEN.

St. Jude Prayer for Depression

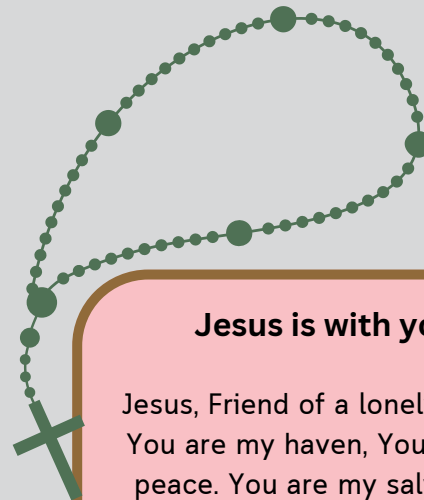
St. Jude, friend to those in need,
I am weary from grief, without joy,
without hope, struggling to find
the light I know is in my soul.

I turn to you, my most trusted
intercessor. Take away this emptiness
and the pain of my broken heart. In
your compassion, help my tears to
lead me to a place of peace in my
heart. Too long have I forgotten the
goodness of God's world. Heal me. I
yearn to feel light, to feel joy.

Envelop me in brightness, and do not
hold back. And I promise, if I receive
these gifts, I will share them always in
your name. Amen.

Jesus is with you

Jesus, Friend of a lonely heart,
You are my haven, You are my
peace. You are my salvation,
You are my serenity in moments
of struggle and amidst an ocean
of doubts. You are the bright
ray that lights up the path of
my life. You are everything to a
lonely soul. You understand the
soul even though it remains silent.
You know our weaknesses, and
like a good physician, You comfort
and heal, sparing us sufferings –
expert that You are.



To Calm Your Heart

Heavenly Father, please be with me today. My heart hurts. I feel overwhelmed, and it's difficult for me to see the joy that only You provide. Still, I trust in You and place my problems in your hands. I pray that you can open my eyes to the ways in which Your love is embracing me. Amen.

Prayer to St. Dymphna

Let not your heart be troubled nor let it be afraid."

Pray for me, dear St. Dymphna, that my nervous and emotional turmoil may cease, and that I may again know serenity and personal peace. In Jesus' name I pray, Amen.

Death by Suicide

Dearest Lord, We entrust (*name*) to your undying mercy and love. While in this life, they felt much pain and found life difficult.

May you enfold them now with your love where no pain can find them, but rather your love can heal them.

Make them Guardian Angels for those who struggle with life, for those who struggle to see you and the love that is around them.

Give them Lord, kind admittance to your Kingdom and bring comfort to their families.

We ask this, as we ask all things, through Christ our Lord. Amen.

Prayer for One Who Has Died by Suicide

God, lover of souls, you hold dear what you have made and spare all things, for they are yours.

Look gently on your servant (*name*), and by the blood of the cross forgive his/her sin and failings.

Remember the faith of those who mourn and satisfy their longing for that day when all will be made new again in Christ, our risen Lord, who lives and reigns with you forever and ever."

Amen

**"O Jesus,
I surrender
myself to You,
take care of
everything!"**

Fr. Dolindo

"We are not the sum of our weaknesses and failures, we are the sum of the Father's love for us and our real capacity to become the image of His Son Jesus." -

St Pope John Paul II



*O Christ Jesus,
when all is darkness
and we feel our weakness
and helplessness,
give us the sense of Your
presence, Your love, and
Your strength.*

*Help us to have perfect
trust in Your protecting
love and strengthening
power, so that nothing may
frighten or worry us, for,
living close to You,
we shall see Your hand,
Your purpose, Your will
through all things.*

By Saint Ignatius of Loyola

Our Lady of Mental Peace

Mother of tranquility and Mother of
Hope, look upon me in this time of my
weakness and unrest.

Teach my searching heart to know that
God's Love for me is unchanging and
unchangeable; and, that true human love
can only begin and grow by
touching His Love.

Let your gentle peace which this world
cannot give be always with me. And help
Me bring this same peace into
the lives of others.

Our Lady of Mental Peace,
Pray for me.

A Prayer for Healing

God of love, ever caring, ever
strong, stand by me in my time
of need. Grant me the strength
to hope against hope and the
courage to greet each new
day with peace.

Renew my faith in your healing
forever, and help me to put
my trust entirely in you
in the days that lie ahead.

Watch over me in my pain and
my fear. Grant me your healing
and your comfort.

And for those who minister to
my ill body and soothe my
suffering spirit, grant hearts of
compassion, gentle hands and
kindly words.

Amen

*By Sister Alice Mary Quintana, Saint
Alphonsus Regional Medical Center*

***"Jesus does not demand great actions from us, but
simply surrender and gratitude."***

St Terese of Lisieux



For an Understanding of Suffering

Lord, our God, the mystery of suffering and pain bursts into the lives of all people. This sharing in the sorrow of Your son, Jesus, encourages us to work toward helping heal the sickness of our world. We thank You for this ministry which gives us the opportunity to explore the puzzle of pain.

May we only see the fullness of life, not reflecting the element of pain inherent in all growth and essential in each person's search for wholeness. We, as disciples of Christ, following in the footsteps of the Suffering Servant, ask that those who suffer find special meaning in their lives and compassion from those who accompany them.

Blessed are You, Lord, our God, who shares pain and suffering and compassion with us as part of the mystery of life. Amen.

- Barbara McMillian, CDP

Prayer to St. Rita of Cascia, for an Impossible Cause

Under the weight of my burden, I turn to you, dear Rita, holy woman and saint. I am confident that you will hear my prayers and intercede on my behalf. You, who were chosen by God to be an advocate for those whose cases are most desperate, have the graces necessary to understand my need.

[Mention your intention.]

If my sins are an obstacle, impeding the fulfillment of my urgent plea, I beg you to obtain for me, from God, the necessary grace to see and understand my sinfulness, that I may, in sincere contrition, make a heartfelt reconciliation through the sacrament of penance.

From the glory of heaven, have compassion upon me, you who suffered by the grace of the thorn and the rose, that my suffering and anxieties may be lessened, that I may bear my crosses with courage, contentment & trust.

I will everywhere proclaim my debt and friendship to you.

Oh, Bride of Jesus crucified, help me to live well and to die well.

Amen.



Hold on. Pain ends

St. Brigid of Ireland

Saint Brigid,
You were a woman of peace.
You brought harmony where
there was conflict.
You brought light to the darkness.
You brought hope to the downcast.

May the mantle of your peace
cover those who are troubled and
anxious, and may peace be firmly
rooted in our hearts and in
our world.

Inspire us to act justly and to
reverence all God has made.
Brigid you were a voice for the
wounded and the weary.
Strengthen what is weak within us.
Calm us into a quietness that heals
and listens.

May we grow each day into greater
wholeness in mind, body and spirit.

Amen

For Families & Caregivers

Healer of Souls and Comforter of
the weary, help lighten the burden
of families and caregivers who
caring for their loved ones.
Accompany them on their journey
and ease their anxiety and fears.
Surround them with the love and
strength of others, so they may
experience the healing presence of
the communion of saints. We ask
this through the intercession of
Our Lady of Lourdes and in the
name of your Son, Jesus and the
Holy Spirit, now and forever.

Amen

Prayer for Wounded Families

St Eugene de Mazenod

Almighty and loving God,
you led St Eugene de Mazenod
through the sufferings and challenges
of a broken family to a life of holiness.
Through his constant intercession bless
those whose relationships are damaged
and broken. Grant them the gifts of
understanding, patience, love and courage
to overcome the problems of life.

We ask this through Jesus Christ our
Savior and Lord.

Amen.



***Come to me, all you who labor and are
burdened, and I will give you rest. Take my yoke
upon you and learn from me, for I am meek and
humble of heart; and you will find rest. For my
yoke is easy, and my burden light. MATTHEW***

11:28-30

Prayer for Mental Healing

St Therese of Lisieux

Jesus, our brother, we need Your healing touch. There are areas of our mind that are paralyzed or underdeveloped; that are plagued with fear, ignorance and blindness; that are crippled in the darkness of poor self-images; that expect disaster and defeat. We have a narrow-mindedness that does not expand our vision or wisdom; attitudes of self-reliance that do not let others touch or minister to us; a need to have the mental control of understanding, which flees before mystery; a brain which does not balance information with the instincts of the heart. We are so serious we no longer laugh at ourselves. There are areas within us that are not whole and do not balance our experience of all the events You send us.

Heal us with peace amid the storms which rock our mental stability. Calm us to carry the crosses You send us to refine and draw us closer. Heal us of our arrogant self-reliance so that we can be more dependent on Your love and presence, deep within and around us. We ask You this, through the intercession of St.

Therese, who teaches us confidence and trust in Your love.

St. Jude Prayer for Addiction

God of life, You made me in Your perfect image, to live in Your love and to give You glory, honor and praise. Open my heart to Your healing power. Come, Lord Jesus, calm my soul just as you whispered "Peace" to the stormy sea. St. Jude, most holy Apostle, in my need I reach out to you. I beg you to intercede for me that I may find strength to overcome my illness. Bless all those who struggle with addiction. Touch them, heal them, reassure them of the Father's constant love. Remain at my side, St.

Jude, to chase away all evil temptations, fears, and doubts. May the quiet assurance of your loving presence illuminate the darkness in my heart and bring lasting peace.

Amen.

God help me.
Keep me from
going back to
my old ways



Prayer Against Temptation

Behold me, O my God, at Your feet! I do not deserve mercy, but O my Redeemer, the blood with You have shed for me encourages me and obliges me to hope for it. How often I have offended You, repented, and yet have I again fallen into the same sin. O my God, I wish to amend, and in order to be faithful to You, I will place all my confidence in You. I will, whenever I am tempted, instantly have recourse to You. Until now, I have trusted in my own promises and resolutions and have neglected to recommend myself to You in my temptations. This has been the cause of my repeated failures. From this day forward, be You, O Lord, my strength, and this shall I be able to do all things, for "I can do all things in Him who strengthens me." Amen.

Prayer for those Addicted

God of mercy, we bless You in the name of Your Son, Jesus Christ, who ministered to all who come to Him. Give Your strength to *(name of the one I am praying for)*, who is bound by the chains of addiction. Enfold him/her in your love and restore him/her to freedom through Your grace.

Lord, look with compassion on all those who have lost their health and have broken relationships because of their attachment to the object of their addiction. Restore to them the assurance of your unfailing mercy, and strengthen them in the work of recovery.

To those who care for them, grant patient understanding and a love that perseveres.

Lord, in your servant, Venerable Matt Talbot you have given us a wonderful example of triumph over addiction, of devotion to duty, and of lifelong reverence of the Holy Sacrament. May his life of prayer and penance give *(name of the one I am praying for)* courage to take up his/her cross and follow in the footsteps of Our Lord and Savior, Jesus Christ.

Father, we ask this through Christ our Lord. Amen.



Venerable Matt Talbot

Asking Matt's Help with addiction in the Presence of the Lord

Gentle Matt, I turn to you in my present needs and ask for the help of your prayers. Trusting in you, I am confident your charitable and understanding heart will make my petitions your own. I believe that you are truly powerful in the presence of Divine Mercy. If it be for the glory of the Sacred Heart of Jesus, the honor of Mary, our Mother and Queen and the deepening of my relationship with them, show that your goodness towards me, in my daily struggles, equals your influence with the Holy Spirit, who is hidden and at home in my Heart.

Friend of pity, friend of power, hear, oh hear me in this hour,
gentle Matt, please pray for me.



**"Mental Illness
is represented
by Jesus'
Crown of Thorns."**

- St. Teresa of Calcutta

Prayer for Freedom from Destructive Habits

Heavenly Father, I surrender myself
into Your loving hands,
knowing that Your grace is more than
sufficient for me.

Strengthen me, O Lord,
in my moments of weakness,
and empower me to overcome the
struggles that hold me captive.

Transform me from within,
renewing my mind and spirit.

In Jesus' name, Amen.



**"Pain and suffering have come into your life, but remember pain,
sorrow and suffering are but the kiss of Jesus – a sign that you have
come so close to Him that He can Kiss you."**

St. Teresa of Calcutta