

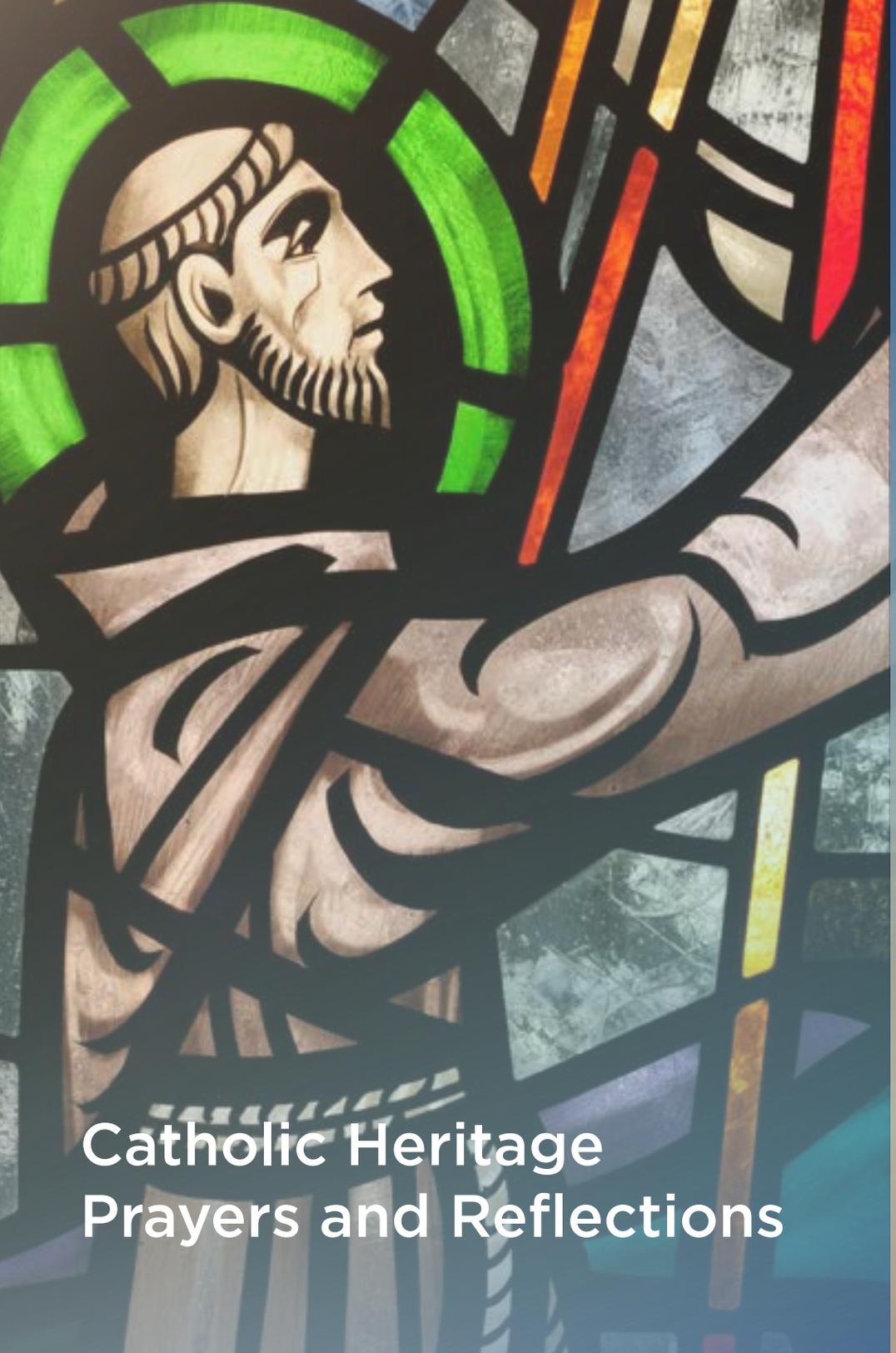


Inviting God's Presence

Leading our healing ministry
through prayer and reflection



SSMHealth.



Catholic Heritage Prayers and Reflections

St. Clare of Assisi's Second Letter to Blessed Agnes of Prague

(adapted)

Let us be mindful of our founding purpose, always seeing our beginning.

What we hold, may we continue to hold, what we do, may we keep doing and not stop, but with swift pace, nimble step and feet that do not stumble so that even our walking does not raise any dust.

May we go forward tranquilly, joyfully, briskly and cautiously along the path of happiness, trusting in no one and agreeing with no one insofar as they might want to dissuade us from pursuing our founding purpose or might place a stumbling block in our way, preventing us, in that perfection with which the Spirit of the Lord has called us, from fulfilling our obligations to the Most High.

St. Francis of Assisi's Blessing of Brother Leo

May God bless and keep you.

May God smile upon you and be merciful to you.

May God turn His regard toward you and give you peace.

May God bless you.

Amen.

Franciscan Intercessions

O God, through Francis and Clare, You taught us the values of community and joy. Hear our prayers this day.

Response: Grant us simplicity of heart.

Loving Creator, Your son, Francis, and Your daughter, Clare, praised You in all Your creatures. Strengthen all who work to preserve our environment. Let them see the rewards of their labors, we ask You...

Christ Jesus, You came to preach the gospel to the poor. May the poor of our world hear the gospel in the way we serve them, we ask You...

Through Francis and Clare You taught us love and care for the sick and the dying. Grant that we may follow their example of service, we ask You...

From the hills of Umbria, You raised up an Order that encircles the globe. Bless all the followers of Francis and Clare and keep them true to the spirit of their founts, we ask You...

O loving God, You renewed the marks of the suffering of Jesus in the body of Francis and the heart of Clare. In flame our hearts with the first of Your love. Through their intercession and all the saints of the Franciscan Order, may we learn the joy of humility and simplicity and live in love as sisters and brothers. We ask this through Jesus, our brother.

Amen.

St. Francis of Assisi's Letter to the Rulers of the People

Keep a clear eye toward life's end. Do not forget your purpose and destiny as God's creature. What you are in His sight is what you are and nothing more. Do not let worldly cares and anxieties or the pressures of office blot out the divine life within you or the voice of God's Spirit guiding you in your great task of leading humanity to wholeness. If you open yourself to God and His plan printed deeply in your heart, God will open Himself to you.

Remember that when you leave this earth you can take with you nothing that you have received — fading symbols of honor, trappings of power — but only what you have given: a full heart enriched by honest service, love, sacrifice and courage.

Embrace the God of us all and His word wherever it surfaces. Imitate His preference for the poor and powerless. Enter into His plan of liberating all peoples from everything that oppresses them and obstructs their development as human beings. Do not grow tired of working for peace among all people.

Help remove unjust social structures and patterns of exploitation. Uphold the rights and dignity of the human person. Foster the creation of a society where human life is cherished and where all peoples of the planet can enjoy its gifts, which God created for all, in a spirit of love and justice and equality.

St. Francis of Assisi's Praises of God

You are holy, Lord, the only God, and Your deeds are wonderful.

You are strong. You are great.

You are the most high; You are almighty.

You, Holy Father, are King of heaven and earth.

You are three and one, Lord, God, all good!

You are good, all good, supreme good, Lord God, living and true.

You are love.

You are wisdom.

You are humility.

You are endurance.

You are rest.

You are peace.

You are joy and gladness.

You are justice and moderation.

You are all our riches, and You suffice for us.

You are beauty.

You are gentleness.

You are our protector.

You are our guardian and defender.

You are courage.

You are our haven and hope.

You are our faith, our great consolation.

You are our eternal life, great and wonderful Lord, God Almighty,
Merciful Savior.

Amen.

St. Francis of Assisi's Prayer Before the Crucifix

Most high glorious God, enlighten the darkness of my heart,
and give me true faith, certain hope, perfect charity, sense and
knowledge, Lord, that I may carry out Your holy and true will.

Amen.

Prayer of St. Francis of Assisi

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love.

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

And where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled
as to console, to be understood as to understand, to be loved as
to love.

For it is in giving that we receive, it is in pardoning that we are
pardoned, and it is in dying that we are born to eternal life.

Amen.

The Prayer of St. Francis de Sales

Be at peace.

Do not look forward in fear to the changes of life, rather look to them with full hope as they arise.

God, whose very own you are, will deliver you from out of them.

God has kept you hitherto, and God will lead you safely through all things, and when you cannot stand it, God will bury you in his arms.

Do not fear what may happen tomorrow.

The same everlasting Father who cares for you today will take care of you then and every day.

God will either shield you from suffering or will give you unfailing strength to bear it.

Be at peace, and put aside all anxious thoughts and imagination.

Prayer to Blessed Mary Angela

God our Father,

We praise and thank You for the gift of Blessed Mary Angela, who lived Your will in faith and trust and lived Your love in service to others.

I pray, in confidence, that through her intercession You will grant me the favor which I request:

(Pause to mention your intention.)

I ask this through Christ our Lord.

Amen.

In the Words of Blessed Mary Angela

“May the Lord be our everything everywhere in place of everyone.

May God fill our souls with all kinds of consolations.

May God give us:

A humble love which expends itself,

A generous love which forgets itself,

A strong love which is not afraid of pain,

A stable love which does not change,

A patient love which never weakens,

A constant love which never falters.”

We offer this prayer to You, O God, through the Immaculate Heart of Mary, our Mother.

Amen.

Prayer of Blessed Mary Angela

(adapted)

May God give you a humble heart which expends itself.

Response: Blessed Angela, help me to be open to new ideas and new ways of doing things.

May God give you a generous love which forgets itself.

Response: Blessed Angela, help me to respond to those most in need.

May God give you a strong love which is not afraid of pain.

Response: Blessed Angela, help me to have the courage to make choices that are life-giving.

May God give you a stable love which does not change.

Response: Blessed Angela, help me to work together with others to carry out our Mission and live our Values.

May God give you a patient love which can bear anything.

Response: Blessed Angela, help me to have the patience I need to truly listen to others.

May God give you a fervent love which never weakens.

Response: Blessed Angela, help me to have a passionate heart that is on fire to serve others.

May God give you a constant love which never falters.

Response: Blessed Angela, help me to be respectful of the dignity of each person I meet.

Amen.

Prayer of Gratitude and Love

God of all goodness,

Blessed Mary Angela, St. Francis, St. Clare and St. Agnes were filled with a desire of sharing Your love with all those who came into their lives.

We have been called to reflect Your love through our Mission and Values.

We thank You for love that reminds us of the dignity of each person,

Love that draws us to a greater sensitivity to the diversity that is among us,

Love that extends compassion to those who are hurting,

Love that fosters a spirit of working together,

Love that urges us to work for the common good of all people,

Love that longs for peace throughout the world,

Love that seeks to respond to those in need,

Love that urges us to share our resources with others,

Love that calls us to new growth and vision,

Love that encourages an open mind and heart,

Love that lures us to the sacred.

Loving God, we are grateful for Your abiding presence in all these forms of love. May our lives witness Your love for us each day.

Amen.

Standing on the Shoulders of Giants

God of all times and places, grant us the wisdom of the ages:

the Heart of Your son, Jesus Christ;

the faithfulness of His Mother, Mary, and the disciples;

the holiness of Your angels and saints;

the steadfastness of Saint Francis of Assisi;

the servant leadership of Saint Clare of Assisi;

the unbounded love of Blessed Mary Angela;

the grit of five pioneering Felicians in America.

Do you think someone might stand on my shoulders?

Sister Mary Jacqueline Benbenek, CSSF

Contemporary Litany of St. Agnes

Blessed spouse of Christ, protect victims of domestic violence.

Victim of Divine love, bring an end to hatred in all its forms.

Glorious martyr of Jesus Christ, strengthen those who face martyrdom.

Wonderful example of fortitude, stand with those tempted to return to their addictions.

Despiser of torment and death, give the grace of a happy death to the terminally ill.

Conqueror of the whole world, bring peace to the war-torn parts of the world.

Flower of innocence, protect children from sexual abuse.

Model of humility, gift the rich with generosity of heart.

Example of religious virtue, give us insight into our prejudices.

Protectress of the weak, help the voiceless claim their voice.

Advocate of the tempted, soften the hearts of those tempted toward violence.

Special patroness of youth, help our children resist the lure of drugs.

Great favorite of heaven, answer the prayers we offer with all devotedness.

Sister Patricia Hayes, CSA