



*Jesus Youth
Prayers*



JESUS YOUTH PRAYERS

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SEVEN STEPS OF JESUS YOUTH PRAYER

The present prayer format inspired by the traditional patterns of community prayers in the Church has the following steps:

1. Introductory : The prayer begins with the sign of the cross and the community renews its participation in the life of the Trinity. This is followed by a short time of singing and spontaneous praising.

2. Psalm : The psalm is prayed alternating between two sections. This could be followed by a longer time of songs, free praise and lively spontaneous prayers. Its duration could depend on the time available and the occasion.

3. Word of God : A suitable passage from the Bible is read. A time of silent recollection for a few minutes could follow.

4. Reflection on the Word of God : Many could share their insights during this time. But in a more formal setting one person could be asked to share the reflection.

5. Response : A prayer of response using the meditations or prayers of a saint will surely lead us towards greater depth in spiritual life.

6. Intercession : The group, at this stage, spontaneously articulates various needs and all join in interceding for these intentions.

7. Conclusion : With the Lord's Prayer and blessing the prayer comes to a close.

The prayer could be made use of in a variety of ways, usually expanding the portion of 'Reflection' into different forms of study of the Word or some community exercise. Delving into the Word of God could also take a variety of modes, such as a prepared reflection by one person, a spontaneous group reflection, small group sharing, a portion of the Bible passage illuminated by portions from Catholic Catechism or other documents, a longer break for meditative silence and the like. It is also possible to use a combination of many of these to animate Jesus Youth training sessions.

May the Jesus Youth Prayer challenge each one of you to live your life higher and wider.

For the Jesus Youth International Council

Dr. Edward Edezhath



About Jesus Youth

Jesus Youth is an International Association within the Catholic Church with a focus on evangelising young people and nurturing their missionary initiatives. Jesus Youth is approved by the Pontifical Council for the Laity (now Dicastery for Laity, Family and Life) as an international private association of the faithful of all states of life, with juridical personality.

The strength of the movement is its special focus on a life centred on the Lord Jesus Christ: beginning with an experience of God nourished by prayer, the Word of God, the sacraments and fellowship, and sharing the Good News of Jesus Christ with others. Though not an actual community, Jesus Youth is a network of small but vibrant groups of young people. In their own life situations, they strive to give time to the Lord, responding to the challenges of today's world in the power of the Holy Spirit.

Jesus Youth carries out the work of evangelization by fostering individual apostolates, facilitating group apostolates and engaging in formal missions and projects in various parts of the world. Jesus Youth is missionary in nature and has a special focus on evangelising today's youth, promoting an active Christian way of life and commitment to mission.

Jesus Youth International has its office based in Cochin, Kerala, India. The movement is growing and has its presence now in 30 countries.

JESUS YOUTH PRAYER - 1

Psalm 27 / St. Catherine of Siena

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be to the Father, and to the Son, and to the Holy Spirit.

All : As it was in the beginning, is now, and ever shall be, world without end Amen.

L : Let us call upon the Father as Jesus taught us:

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 27

[1] The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?

[2] When evildoers assail me, to devour my flesh, my adversaries and foes, they shall stumble and fall.

[1] Though a host encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.

[2] One thing have I asked of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in his temple.

[1] For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent, he will set me high upon a rock.

[2] And now my head shall be lifted up above my enemies round about me; and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the LORD.

[1] Hear, O LORD, when I cry aloud, be gracious to me and answer me!

[2] You have said, "Seek my face." My heart says to You, "Your face, LORD, do I seek."

[1] Hide not Your face from me. Turn not Your servant away in anger, You who have been my help. Cast me not off, forsake me not, O God of my salvation!

[2] For my father and my mother have forsaken me, but the LORD will take me up.

[1] Teach me Your way, O LORD; and lead me on a level path because of my enemies.

[2] Give me not up to the will of my adversaries; for false witnesses have risen against me, and they breathe out violence.

[1] I believe that I shall see the goodness of the LORD in the land of the living!

[2] Wait for the LORD; be strong, and let your heart take courage; yes, wait for the LORD!

[1] Glory be ...

[2] As it was ...

[1&2] The LORD is my light and my salvation; whom shall I fear?
The LORD is the stronghold of my life; of whom shall I be afraid?

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray together with St. Catherine of Siena

L : O eternal Trinity, You are my maker and I am Your creation.

All : O eternal Trinity, You are my maker and I am Your creation.

L : Illuminated by You, I have learned that You have made me a new creation through the Blood of Your Only-begotten Son.

All : O eternal Trinity, You are my maker and I am Your creation.

L : O eternal Trinity, O Divinity, O unfathomable abyss, O deepest sea, what greater gift could You give me than your very Self?

All : O eternal Trinity, You are my maker and I am Your creation.

L : You are a fire that burns eternally yet never consumed, a fire that consumes with Your heat my self-love.

All : O eternal Trinity, You are my maker and I am your creation.

L : Again and again You are the fire that takes away all cold heartedness and illuminates the mind by Your light, the light with which You have made me to know Your truth.

All : O eternal Trinity, You are my maker and I am Your creation.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : O eternal Trinity, You are my maker and I am Your creation.

6. INTERCESSION

L : Let us pray for the Church and for all our intentions.

All : Lord, may the fire of Your love enkindle us!

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord God, You sent Your Son into this world to reveal Your love for us and for the whole world. Help us to turn to You time and again drinking from Your presence and being transformed into Your divine image. May Your Holy Spirit fill us with Your joy and send us forth to be the living witnesses of Your Son Jesus. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 2

Psalms 99, 100 / St. John Maria Vianney

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us:

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2 Psalms 99, 100

[1] Make a joyful noise to the LORD, all the lands!

[2] The LORD reigns; let the peoples tremble! He sits enthroned upon the cherubim; let the earth quake!

[1] The LORD is great in Zion; he is exalted over all the peoples.

[2] Let them praise Your great and terrible name! Holy is he!

[1] Mighty King, lover of justice, You have established equity; You have executed justice and righteousness in Jacob.

[2] Extol the LORD our God; worship at his footstool! Holy is he!

[1] Moses and Aaron were among his priests; Samuel also was among those who called on his name. They cried to the LORD, and he answered them.

[2] He spoke to them in the pillar of cloud; they kept his testimonies, and the statutes that he gave them.

[1] O LORD our God, You answered them; You were a forgiving God to them, but an avenger of their wrongdoings.

[2] Extol the LORD our God, and worship at his holy mountain; for the LORD our God is holy!

[1] Make a joyful noise to the LORD, all the lands!

[2] Serve the LORD with gladness! Come into his presence with singing!

[1] Know that the LORD is God! It is he that made us, and we are his; we are his people, and the sheep of his pasture.

[2] Enter his gates with thanksgiving, and his courts with praise! Give thanks to him, bless his name!

[1] For the LORD is good; his mercy endures forever, and his faithfulness to all generations.

[2] Glory be ...

[1] As it was ...

[1&2] Make a joyful noise to the LORD, all the lands!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray, together with St. John Maria Vianney.
I love You, O my infinitely lovable God.

All : I love You, O my infinitely lovable God.

L : and my only desire is to love You until the last breath of my life.

All : I love You, O my infinitely lovable God.

L : and I would rather die loving You, than live without loving You.

All : I love You, O my infinitely lovable God.

L : and the only grace I ask is to love You eternally...

All : I love You, O my infinitely lovable God.

L : My God, if my tongue cannot say in every moment that I love You, I want my heart to repeat it to You as often as I draw breath.

All : I love You, O my infinitely lovable God.

L : Glory be to the Father, and to the Son, and to the Holy Spirit.

All : I love You, O my infinitely lovable God.

6. INTERCESSION

L : Let us pray for the Church and for all our intentions.

All : Lord, let Your kingdom come!

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ

7. CONCLUSION

L : Let us pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Father, you called us from the ends of the earth to be with You and share the joy of Your Kingdom. May Your Holy Spirit fill us with Your joy and send us forth to be the living witnesses of Your Son Jesus. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 3

Psalm 42 / St. Augustine

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2 Psalm 42

[1] As a deer longs for flowing streams, so longs my soul for You, O God.

[2] My soul thirsts for God, for the living God. When shall I come and behold the face of God?

[1] My tears have been my food day and night, while men say to me continually, "Where is your God?"

[2] These things I remember, as I pour out my soul: how I went with the throng, and led them in procession to the house of God, with glad shouts and songs of thanksgiving, a multitude keeping festival.

[1] Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my savior and my God.

[2] My soul is cast down within me, therefore I remember You from the land of Jordan and of Hermon, from Mount Mizar.

[1] Deep calls to deep at the thunder of Your cataracts; all thy waves and thy billows have gone over me.

[2] By day the LORD commands his steadfast love; and at night his song is with me, a prayer to the God of my life.

[1] I say to God, my rock: "Why have You forgotten me? Why go I mourning because of the oppression of the enemy?"

[2] As with a deadly wound in my body, my adversaries taunt me, while they say to me continually, "Where is your God?"

[1] Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God.

[2] Glory be ...

[1] As it was ...

[1&2] As a deer longs for flowing streams, so longs my soul for You, O God.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray together with St. Augustine.

L : Late have I loved You, O Beauty ever ancient, ever new, late have I loved You!

All : Late have I loved You, O Beauty ever ancient, ever new, late have I loved You!

L : You were within me, but I was outside, and it was there that I searched for You. In my unloveliness I plunged into the lovely things which You created.

All : Late have I loved You, O Beauty ever ancient, ever new, late have I loved You!

L : You were with me, but I was not with You. Created things kept me from You; yet if they had not been in You they would have not been at all.

All : Late have I loved You, O Beauty ever ancient, ever new, late have I loved You!

L : You called, You shouted, and You broke through my deafness. You flashed, You shone, and You dispelled my blindness. You breathed Your fragrance on me; I drew in breath and now I pant for You.

All : Late have I loved You, O Beauty ever ancient, ever new, late have I loved You!

L : I have tasted You, now I hunger and thirst for more. You touched me, and I burned for Your peace.

All : Late have I loved You, O Beauty ever ancient, ever new, late have I loved You!

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Late have I loved You, O Beauty ever ancient, ever new, late have I loved You!

6. INTERCESSION

L : Let us pray for the Church and for all our intentions.

All : I call upon You, answer me O Lord!

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray

Father God, eternal life is to know You, the only true God and Jesus Christ whom You have sent. Let our daily search be for You and for a fuller life in You. May Your Holy Spirit fill us with Your joy and send us forth to be the living witnesses of Your Son Jesus. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 4

Psalm 8 / St. Francis of Assisi

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 8

[1] O LORD, our Lord, how majestic is Your name in all the earth!

[2] You whose glory above the heavens is chanted by the mouth of babies and infants, You have founded a bulwark because of Your foes, to still the enemy and the avenger.

[1] When I look at Your heavens, the work of Your fingers, the moon and the stars which You have established;

[2] what is man that You are mindful of him, and the son of man that You care for him?

[1] Yet You have made him little less than the angels, and You have crowned him with glory and honor.

[2] You have given him dominion over the works of Your hands; You have put all things under his feet,

- [1]** retain it as it is sheep and oxen, and also the beasts of the field,
[2] the birds of the air, and the fish of the sea, whatever passes along the paths of the sea.

[1] Glory be ...

[2] As it was ...

[1&2] O LORD, our Lord, how majestic is Your name in all the earth!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Francis of Assisi.

L : Lord, make me an instrument of Your peace.

All : Lord, make me an instrument of Your peace.

L : Where there is hatred let me sow love; where there is injury, pardon;

All : Lord, make me an instrument of Your peace.

L : Where there is doubt, let me sow faith; where there is despair, hope;

All : Lord, make me an instrument of Your peace.

L : Where there is darkness, let me sow light; and where there is sadness, joy.

All : Lord, make me an instrument of Your peace.

L : Lord that I may seek to console rather to be consoled; to understand rather to be understood; and to love rather to be loved.

All : Lord, make me an instrument of Your peace.

L : For it is in giving that we receive, in self-forgetfulness that we find our true selves.

All : Lord, make me an instrument of Your peace.

L : It is in forgiving that we are forgiven, in dying that we are raised up to life everlasting.

All : Lord, make me an instrument of Your peace.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Lord, make me an instrument of Your peace.

6. INTERCESSION

L : Let us pray for the Church and for all our intentions.

All : Lord, may the fire of your love enkindle us!

(Spontaneous intercessions)

L : Pray for us, O Holy Mother of God.

All : That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray for the coming of the Kingdom of the Lord.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord God, you sent Your Son into this world to reveal Your love for us and for the whole world. Help us to turn to You time and again drinking from Your presence and being transformed into Your divine image. May Your Holy Spirit fill us with Your joy and send us forth to be the living witnesses of Your Son Jesus. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 5

Psalm 37 / St. Jane Frances de Chantal

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be to the Father ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 37

[1] Be still before the LORD, and wait patiently for him.

[2] Do not fret because of the wicked, be not envious of wrongdoers!

[1] For they will soon fade like the grass, and wither like the green herb.

[2] Trust in the LORD, and do good; so you will dwell in the land, and be nourished in safety.

[1] Take delight in the LORD, and he will give you the desires of your heart.

[2] Commit your way to the LORD; trust in him, and he will act.

- [1]** He will bring forth your vindication as the light, and your right as the noonday.
- [2]** Be still before the LORD, and wait patiently for him; do not fret over him who prospers in his way, over the man who carries out evil devices!
- [1]** Refrain from anger, and forsake wrath! Do not fret; it tends only to evil.
- [2]** For the wicked shall be cut off; but those who wait for the LORD shall possess the land.
- [1]** Yet a little while, and the wicked will be no more; though you look well at his place, he will not be there.
- [2]** But the meek shall possess the land, and delight themselves in abundant prosperity.
- [1]** The wicked borrows, and cannot pay back, but the righteous is generous and gives;
- [2]** for those blessed by the LORD shall possess the land, but those cursed by him shall be cut off.
- [1]** The steps of a man are from the LORD, and he establishes him in whose way he delights;
- [2]** though he fall, he shall not be cast headlong, for the LORD is the stay of his hand.
- [1]** I have been young, and now am old; yet I have not seen the righteous forsaken or his children begging bread.
- [2]** He is ever giving liberally and lending, and his children become a blessing.
- [1]** Depart from evil, and do good; so shall you abide forever.
- [2]** For the LORD loves justice; he will not forsake his saints. The righteous shall be preserved forever, but the children of the wicked shall be cut off.
- [1]** The righteous shall possess the land, and dwell upon it forever.
- [2]** The mouth of the righteous utters wisdom, and his tongue speaks justice.
- [1]** The law of his God is in his heart; his steps do not slip.
- [2]** The wicked watches the righteous, and seeks to slay him.

[1] The LORD will not abandon him to his power, or let him be condemned when he is brought to trial.

[2] Wait for the LORD, and keep to his way, and he will exalt you to possess the land; you will look on the destruction of the wicked.

[1] Glory be ...

[2] As it was ...

[1&2] Be still before the LORD, and wait patiently for him

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray together with St. Jane Frances De Chantal.

L : O sovereign goodness of the sovereign Providence of my God! I abandon myself forever into Your arms.

All : O sovereign goodness ...

L: Whether gentle or severe, lead me from here where You will; I will not regard the way through which You will have me pass, but keep my eyes fixed upon You, my God, who guide me.

All : O sovereign goodness ...

L : My soul finds no rest without the arms and the bosom of this heavenly Providence, my true Mother, my strength and my rampart.

All : O sovereign goodness ...

L : Therefore I resolve with Your divine assistance, O my Savior, to follow Your desires and Your ordinances, without regarding or examining why You do this rather than that; but I will blindly follow You according to Your divine will, without seeking my own inclinations.

All : O sovereign goodness ...

L : Glory be ...
All : O sovereign goodness ...

6. INTERCESSION

L : Let us pray for the Church and for all our intentions.
All : Lord, Your will be done on earth as it is in heaven!

(Spontaneous intercessions)

L: Pray for us, O Holy Mother of God.
All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray in the words our Saviour gave us.
All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.
Eternal Father, Your plan for us is much greater than all we can hope and pray for. Through Your Son Jesus You have opened our eyes to the glories of Your promise. May Your Holy Spirit fill us with your joy and send us forth to be the living witnesses of Your Son Jesus. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 6

Psalm 9 / St. Padre Pio

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 9

[1] I will give thanks to the LORD with my whole heart; I will tell of all your wonderful deeds.

[2] I will be glad and exult in You, I will sing praise to Your name, O Most High.

[1] When my enemies turned back, they stumbled and perished before You.

[2] For You have maintained my just cause; You have sat on the throne giving righteous judgment.

[1] You have rebuked the nations, You have destroyed the wicked; You have blotted out their name forever and ever.

[2] The enemies have vanished in everlasting ruins; their cities You have rooted out; the very memory of them has perished.

- [1]** But the LORD sits enthroned forever, he has established his throne for judgment;
- [2]** and he judges the world with righteousness, he judges the peoples with equity.
- [1]** The LORD is a stronghold for the oppressed, a stronghold in times of trouble.
- [2]** And those who know Your name put their trust in You, for You, O LORD, have not forsaken those who seek You.
- [1]** Sing praises to the LORD, who dwells in Zion! Tell among the peoples his deeds!
- [2]** For he who avenges blood is mindful of them; he does not forget the cry of the poor.
- [1]** Be gracious to me, O LORD! Behold what I suffer from those who hate me, O You who lift me up from the gates of death,
- [2]** that I may recount all Your praises, that in the gates of the daughter of Zion I may rejoice in Your deliverance.
- [1]** The nations have sunk in the pit which they made; in the net which they hid has their own foot been caught.
- [2]** The LORD has made himself known, he has executed judgment; the wicked are snared in the work of their own hands.
- [1]** The wicked shall depart to Sheol, all the nations that forget God.
- [2]** For the needy shall not always be forgotten, and the hope of the poor shall not perish forever.
- [1]** Arise, O LORD! Let not man prevail; let the nations be judged before You!
- [2]** Put them in fear, O LORD! Let the nations know that they are but men!
- [2]** Glory be ...
- [1]** As it was ...
- [1&2]** I will give thanks to the LORD with my whole heart; I will tell of all Your wonderful deeds.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray together with St. Padre Pio.

L : Stay with me Lord, for without Your presence I forget You.

All : Stay with me Lord, for without Your presence I forget You.

L : Stay with me Lord, for without Your presence I forget You;
You know how easily I abandon You.

All : Stay with me Lord for without Your presence I forget You.

L : Stay with me Lord, for without Your strength I fail; You
know how weak I am.

All : Stay with me Lord for without Your presence I forget You.

L : Stay with me Lord, for without You my fervour fails; You are
my life.

All : Stay with me Lord for without Your presence I forget You.

L : Stay with me Lord, for without You I am in darkness; You
are my light.

All : Stay with me Lord for without Your presence I forget You.

L : Stay with me Lord, and show me Your will. Stay with me
Lord, and let me hear Your voice.

All : Stay with me Lord for without Your presence I forget You.

L : Stay with me Lord, that I may follow You. Stay with me
Lord, that I may love You more.

All : Stay with me Lord for without Your presence I forget You.

L : Stay with me Lord, that I may stay with You. If You want
me to be faithful, stay with me Lord.

All : Stay with me Lord for without Your presence I forget You.

L : Glory be to the Father, and to the Son, and to the
Holy Spirit.

All : Stay with me Lord for without Your presence I forget You.

6. INTERCESSION

L : Let us pray for the Church and for all our intentions.

All : I call upon You, answer me O Lord!

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray in the words our Lord taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray

Ever loving Father, we stand before You asking for your mercy and forgiveness. Through Your Son Jesus allow us to behold Your glorious face. May we be transformed by the light of Your countenance, as we look forward to the unending bliss that You share with Your Son and the Spirit. We make this prayer through Christ our Lord.

All: Amen.

All: The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 7

Psalm 46 / St. Benedict

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 46

[1] The LORD of hosts is with us; the God of Jacob is our refuge.

[2] Come, behold the works of the LORD, how he has wrought desolations in the earth.

[1] God is our refuge and strength, a very present help in trouble.

[2] Therefore we will not fear though the earth should change, though the mountains shake in the heart of the sea;

[1] though its waters roar and foam, though the mountains tremble with its tumult.

[2] There is a river whose streams make glad the city of God, the holy habitation of the Most High.

[1] God is in the midst of her, she shall not be moved; God will help her when morning dawns.

[2] The nations rage, the kingdoms totter; he utters his voice, the earth melts.

[1] He makes wars cease to the end of the earth; he breaks the bow, and shatters the spear, he burns the chariots with fire!

[2] "Be still, and know that I am God. I am exalted among the nations, I am exalted in the earth!"

[1] Glory be ...

[2] As it was ...

[1&2] The LORD of hosts is with us; the God of Jacob is our refuge.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray together with St. Benedict for the Gift to Seek God and Live in Him.

L : My soul is thirsting for You O my God!

All : My soul is thirsting for You O my God!

L : Father, in Your goodness grant me the intellect to comprehend You, the perception to discern You, and the reason to appreciate You.

All : My soul is thirsting for You O my God!

L : In Your kindness endow me with the diligence to look for You, the wisdom to discover You, and the spirit to apprehend You.

All : My soul is thirsting for You O my God!

L : In Your graciousness bestow on me a heart to contemplate You, ears to hear You, eyes to see You, and a tongue to speak of You.

All : My soul is thirsting for You O my God!

L : In Your mercy confer on me a conversation pleasing to You, the patience to wait for You, and the perseverance to long for You.

All : My soul is thirsting for You O my God!

L : Grant me a perfect end, Your holy presence.

All : My soul is thirsting for You O my God!

L : Glory be ...

All : My soul is thirsting for You O my God!

6. INTERCESSION

L : Let us pray for the Church and for all our intentions.

All : Lord, Your will be done on earth as it is in heaven!

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ

7. CONCLUSION

L : Let us pray as Jesus wished us to pray.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray

God our Saviour, through the grace of baptism You made us children of light. Hear our prayer that we may always walk in Your light and work for truth, as Your witnesses to all around us. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 8

Psalm 26 / St. Ephrem of Syria

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was in the ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 26

[1] Vindicate me, O LORD, for I have walked in my integrity, and I have trusted in the LORD without wavering.

[2] Prove me, O LORD, and try me; test my heart and my mind.

[1] For Your mercy is before my eyes, and I walk in faithfulness to You.

[2] I do not sit with false men, nor do I consort with dissemblers;

[1] I hate the company of evildoers, and I will not sit with the wicked.

[2] I wash my hands in innocence, and go about Your altar, O LORD,

[1] singing aloud a song of thanksgiving, and telling all Your wondrous deeds.

[2] O LORD, I love the habitation of Your house, and the place where Your glory dwells.

[1] Sweep me not away with sinners, nor my life with bloodthirsty men,

[2] men in whose hands are evil devices, and whose right hands are full of bribes.

[1] But as for me, I walk in my integrity; redeem me, and have mercy on me.

[2] My foot stands on level ground; in the great congregation I will bless the LORD.

[1] Glory be ...

[2] As it was ...

[1&2] Prove me, O LORD, and try me; test my heart and my mind.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

Let us pray with St. Ephrem of Syria for strength in our weakness.

L : Lord, have mercy on me a sinner.

All : Lord, have mercy on me a sinner.

L : Lord Jesus Christ, King of kings, You have power over life and death.

All : Lord, have mercy on me a sinner.

L : Lord, You know even things that are uncertain and obscure, and our very thoughts and feelings are not hidden from You.

All : Lord, have mercy on me a sinner.

L : Cleanse me from my secret faults, and I have done wrong and You saw it.

All : Lord, have mercy on me a sinner.

L : You know how weak I am, both in soul and in body.

All : Lord, have mercy on me a sinner.

L : Give me strength, O Lord, in my frailty and sustain me in my sufferings.

All : Lord, have mercy on me a sinner.

L : Grant me a prudent judgement, dear Lord, and let me always be mindful of Your blessings.

All : Lord, have mercy on me a sinner.

L : Glory be to the Father and to the Son and to Holy Spirit.

All : Lord, have mercy on me a sinner.

6. INTERCESSION

L : Let us bring before the Lord the Church, our friends and everyone one in need.

All : Lord, fill us with Your love.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray for peace on earth as Jesus taught us to pray.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray

Lord God, You hold out the light of Your Word to those who do not know You. Strengthen in our hearts the faith You have given us, so that no trials may quench the fire Your Spirit has kindled within us. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 9

Psalm 51 / St. Francis de Sales

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 51

[1] Create in me a clean heart, O God, and put a new and right spirit within me.

[2] Cast me not away from Your presence, and take not Your Holy Spirit from me.

[1] Have mercy on me, O God, according to Your merciful love; according to Your abundant mercy blot out my transgressions.

[2] Wash me thoroughly from my iniquity, and cleanse me from my sin!

[1] For I know my transgressions, and my sin is ever before me.

[2] Against You, You only, have I sinned, and done that which is evil in Your sight, so that You are justified in Your sentence and blameless in Your judgment.

- [1]** Behold, I was brought forth in iniquity, and in sin did my mother conceive me.
- [2]** Behold, You desire truth in the inward being; therefore teach me wisdom in my secret heart.
- [1]** Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.
- [2]** Make me hear joy and gladness; let the bones which You have broken rejoice.
- [1]** Hide Your face from my sins, and blot out all my iniquities.
- [2]** Create in me a clean heart, O God, and put a new and right spirit within me.
- [1]** Cast me not away from Your presence, and take not Your Holy Spirit from me.
- [2]** Restore to me the joy of Your salvation, and uphold me with a willing spirit.
- [1]** Then I will teach transgressors your ways, and sinners will return to You.
- [2]** Deliver me from bloodguilt, O God, O God of my salvation, and my tongue will sing aloud of Your deliverance.
- [1]** O Lord, open You my lips, and my mouth shall show forth Your praise.
- [2]** For You have no delight in sacrifice; were I to give a burnt offering, You would not be pleased.
- [1]** The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, You will not despise.
- [2]** Do good to Zion in Your good pleasure; rebuild the walls of Jerusalem,
- [1]** then will You delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on Your altar.
- [2]** Glory be ...
- [1]** As it was ...
- [1&2]** Create in me a clean heart, O God, and put a new and right spirit within me.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Francis de Sales.

L : My soul is Yours, and must live only by You.

All : My soul is Yours, and must live only by You.

L : Lord, I am Yours, and I must belong to no one but You.

All : My soul is Yours, and must live only by You.

L : My will is Yours, and must love only for You.

All : My soul is Yours, and must live only by You.

L : I must love You as my first cause, since I am from You.

All : My soul is Yours, and must live only by You.

L : I must love You as my end and rest, since I am for You.

All : My soul is Yours, and must live only by You.

L : I must love You more than my own being, since my being subsists by You.

All : My soul is Yours, and must live only by You.

L : I must love You more than myself, since I am all Yours and all in You.

All : My soul is Yours, and must live only by You.

L : Glory be to the Father and to the Son and to the Holy Spirit

All : My soul is Yours, and must live only by You.

6. INTERCESSION

L : With love in our hearts let us lift up the Church and the whole world to the heavenly Father.

All : Father, in Your will is our peace.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ

7. CONCLUSION

L : As children of the loving Father let us pray to Him as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Almighty God, as in this prayer we offer You our praise, grant that, in Your kingdom, together with Your saints, we may praise You with even greater joy. We make our prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 10

Psalm 118 / St. Francis of Assisi

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 118: 1-14

[1] O give thanks to the LORD, for he is good; his mercy endures forever!

[2] Let Israel say, "His mercy endures forever."

[1] Let the house of Aaron say, "His mercy endures forever."

[2] Let those who fear the LORD say, "His mercy endures forever."

[1] Out of my distress I called on the LORD; the LORD answered me and set me free.

[2] With the LORD on my side I do not fear. What can man do to me?

- [1]** The LORD is on my side to help me; I shall look in triumph on those who hate me.
- [2]** It is better to take refuge in the LORD than to put confidence in man.
- [1]** It is better to take refuge in the LORD than to put confidence in princes.
- [2]** All nations surrounded me; in the name of the LORD I cut them off!
- [1]** They surrounded me, surrounded me on every side; in the name of the LORD I cut them off!
- [2]** They surrounded me like bees, they blazed like a fire of thorns; in the name of the LORD I cut them off!
- [1]** I was pushed hard, so that I was falling, but the LORD helped me.
- [2]** The LORD is my strength and my song; he has become my salvation.
- [1]** Glory be ...
- [2]** As it was ...
- [1&2]** O give thanks to the LORD, for he is good; his mercy endures forever!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

- L** : Let us invite the whole creation to praise the Lord in the words of St. Francis of Assisi.
- L** : Be praised, my Lord, with all Your creatures.
- All** : Be praised, my Lord, with all Your creatures.
- L** : Be praised, my Lord, with all Your creatures, especially Brother Sun, by whom You bring us the day and who brings us the light; Fair is he and shines with a very great splendour.
- All** : Be praised, my Lord, with all Your creatures.

L : Be praised, my Lord, for Sister Moon and the stars, which
You have set clear and lovely in heaven.

All : Be praised, my Lord, with all Your creatures.

L : Be praised, my Lord, for Brother Wind, and for air and
cloud, calms and all weather.

All : Be praised, my Lord, with all Your creatures.

L : Be praised, my Lord, for Sister Water, who is very useful
and humble and precious and clean.

All : Be praised, my Lord, with all Your creatures.

L : Be praised my Lord for Brother Fire, through whom You
give us light in darkness, and he is bright and pleasant
and very mighty and strong.

All : Be praised, my Lord, with all Your creatures.

L : Be praised, my Lord, for our Sister Mother Earth, who
sustains us and keeps us, and brings forth fruits and
flowers of many colours and leaves.

All : Be praised, my Lord, with all Your creatures.

L : Praise and bless my Lord, and thank Him, and serve Him
with great humility.

All : Be praised, my Lord, with all Your creatures.

L : Glory be to the Father and to the Son and to Holy Spirit.

All : Be praised, my Lord, with all Your creatures.

6. INTERCESSION

L : Let us lift all our intensions to our loving Father and pray.

All : Lord, fill us with Your love.

(Spontaneous intercession)

L : Pray for us, O Holy Mother of God.

All : That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us lift our hearts to the Father of all creation and pray
as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name;
Thy Kingdom come, Thy will be done on earth as it is in Heaven.*

Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

L : Let us pray.

Lord God, You hold out the light of Your Word to those who do not know You. Strengthen in our hearts the faith You have given us, so that no trials may quench the fire Your Spirit has kindled within us. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 11

Psalm 19 / St. John Maria Vianney

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 19

[1] The heavens are telling the glory of God; and the firmament proclaims his handiwork.

[2] Day to day pours forth speech, and night to night declares knowledge.

[1] There is no speech, nor are there words; their voice is not heard;

[2] yet their voice goes out through all the earth, and their words to the end of the world. In them he has set a tent for the sun,

[1] which comes forth like a bridegroom leaving his chamber, and like a strong man runs its course with joy.

[2] Its rising is from the end of the heavens, and its circuit to the end of them; and there is nothing hid from its heat.

[1] The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple;
[2] the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes;

[1] the fear of the LORD is clean, enduring forever; the ordinances of the LORD are true, and righteous altogether.

[2] More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb.

[1] Glory be ...

[2] As it was ...

[1&2] The heavens are telling the glory of God; and the firmament proclaims his handiwork.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. John Maria Vianney to love God eternally.

L : I love You, Lord and the only grace I ask is to love You eternally.

All : I love You, Lord and the only grace I ask is to love You eternally.

L : I love You, O my God, and my only desire is to love You until the last breath of my life.

All : I love You, Lord and the only grace I ask is to love You eternally.

L : I love You, O my infinitely lovable God, and I would rather die loving You, than live without loving You.

All : I love You, Lord and the only grace I ask is to love You eternally.

L : My God, if my tongue cannot say in every moment that I love You, I want my heart to repeat it to You as often as I draw breath.

All : I love You, Lord and the only grace I ask is to love You eternally.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : I love You, Lord and the only grace I ask is to love You eternally.

6. INTERCESSION

L : Let us place before the Almighty Father the intentions the Church and that of all our dear ones.

All : Lord, accept our love and service.

(Spontaneous intercession)

L : Pray for us, O Holy Mother of God.

All : That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray for the coming of God's kingdom as the Lord Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Almighty God, our Father, protect us by Your power throughout the course of this day, even as you have enabled us to begin it: do not let us turn aside to any sin, but let our every thought, word and deed aim at doing what is pleasing in Your sight. We make our prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 12

Psalm 144 / St. Charles Borromeo

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 144

[1] I will sing a new song to you, O God; upon a ten-stringed harp I will play to you,

[2] who gives victory to kings, who rescues David your servant.

[1] Blessed be the LORD, my rock, who trains my hands for war, and my fingers for battle;

[2] my mercy and my fortress, my stronghold and my deliverer, my shield and he in whom I take refuge, who subdues my people under me.

[1] O LORD, what is man that you regard him, or the son of man that you think of him?

[2] Man is like a breath, his days are like a passing shadow.

[1] Bow your heavens, O LORD, and come down! Touch the mountains that they smoke!

[2] Flash forth the lightning and scatter them, send out your arrows and rout them!

[1] Stretch forth your hand from on high, rescue me and deliver me from the many waters, from the hand of aliens,

[2] whose mouths speak lies, and whose right hand is a right hand of falsehood.

[1] Rescue me from the cruel sword, and deliver me from the hand of aliens, whose mouths speak lies, and whose right hand is a right hand of falsehood.

[2] May our sons in their youth be like plants full grown, our daughters like corner pillars cut for the structure of a palace;

[1] May our garners be full, providing all manner of store; may our sheep bring forth thousands and ten thousands in our fields;

[2] may our cattle be heavy with young, suffering no mischance or failure in bearing; may there be no cry of distress in our streets!

[1] Happy the people to whom such blessings fall! Happy the people whose God is the LORD!

[2] Glory be ...

[1] As it was ...

[1&2] I will sing a new song to you, O God; upon a ten-stringed harp I will play to you.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Charles Borromeo.

L : Move my heart to love the mysteries of Your life and my will to live in accord with them.

All : Move my heart to love the mysteries of Your life and my will to live in accord with them.

L : Almighty God, You have generously made known to human beings the mysteries of Your life through Jesus Christ Your Son in the Holy Spirit.

All : Move my heart to love the mysteries of Your life and my will to live in accord with them.

L : Enlighten my mind to know these mysteries which Your Church treasures and teaches.

All : Move my heart to love the mysteries of Your life and my will to live in accord with them.

L : Give me the ability to teach this Faith to others without pride, without ostentation, and without personal gain.

All : Move my heart to love the mysteries of Your life and my will to live in accord with them.

L : Let me realize that I am simply Your instrument for bringing others to the knowledge of the wonderful things You have done for all Your creatures.

All : Move my heart to love the mysteries of Your life and my will to live in accord with them.

L : Help me to be faithful to this task that You have entrusted to me.

All : Move my heart to love the mysteries of Your life and my will to live in accord with them.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Move my heart to love the mysteries of Your life and my will to live in accord with them.

6. INTERCESSION

L : Let us pray for the Church and life to the Lord our near and dear ones.

All : Lord, lead us to the truth.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

True Light of the world, Lord Jesus Christ, as You enlighten all men and women for their salvation, give us grace, we pray, to herald Your coming by preparing the way of justice and of peace. You live and reign with the Father and the Holy Spirit, now and forever.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 13

Psalm 97 / St. Ignatius of Loyola

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 97

[1] The LORD reigns; let the earth rejoice; let the many islands be glad!

[2] Clouds and thick darkness are round about him; righteousness and justice are the foundation of his throne.

[1] Fire goes before him, and burns up his adversaries round about.

[2] His lightnings lighten the world; the earth sees and trembles.

[1] The mountains melt like wax before the LORD, before the Lord of all the earth.

[2] The heavens proclaim his righteousness; and all the peoples behold his glory.

[1] All worshipers of images are put to shame, who make their boast in worthless idols; let all his angels bow down before him.
[2] Zion hears and is glad, and the daughters of Judah rejoice, because of Your judgments, O God.

[1] For You, O LORD, are most high over all the earth; You are exalted far above all gods.

[2] The LORD loves those who hate evil; he preserves the lives of his saints; he delivers them from the hand of the wicked.

[1] Light dawns for the righteous, and joy for the upright in heart.

[2] Rejoice in the LORD, O You righteous, and give thanks to his holy name!

[2] Glory be ...

[1] As it was ...

[1&2] The LORD reigns; let the earth rejoice; let the many coastlands be glad!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray together with St. Ignatius of Loyola.

L : Lord Jesus, teach me to be generous.

All : Lord Jesus, teach me to be generous.

L : To serve You as You deserve:

All : Lord Jesus, teach me to be generous.

L : To give without counting the cost,

All : Lord Jesus, teach me to be generous.

L : To fight needlessly of the wounds,

All : Lord Jesus, teach me to be generous.

L : To work and not seek for rest,

All : Lord Jesus, teach me to be generous.

L : To toil and not seek for reward, save the reward of knowing that I am doing Your will.

All : Lord Jesus, teach me to be generous.

L : Glory be to the Father and to the Son and to the Holy Spirit

All : Lord Jesus, teach me to be generous.

6. INTERCESSION

L : With joyful hearts let us lift the Church and all our intentions.

All : Stay with us Lord Jesus.

(Spontaneous intercessions)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Shed Your clear light on our hearts Lord, so that walking continually in the way of Your commandments, we may never be deceived or misled by the ways of the world. We make our prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 14

Psalm 81 / St. Theresa of Lisieux

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2 Psalm 81

[1] Sing aloud to God our strength; shout for joy to the God of Jacob!

[2] Raise a song, sound the timbrel, the sweet lyre with the harp.

[1] Blow the trumpet at the new moon, at the full moon, on our feast day.

[2] For it is a statute for Israel, an ordinance of the God of Jacob.

[1] He made it a decree in Joseph, when he went out over the land of Egypt. I hear a voice I had not known:

[2] "I relieved your shoulder of the burden; your hands were freed from the basket."

[1] In distress you called, and I delivered you; I answered you in the secret place of thunder; I tested you at the waters of Mer'ibah.

[2] Hear, O my people, while I admonish you! O Israel, if you would but listen to me!

[1] Glory be ...

[2] As it was ...

[1&2] Sing aloud to God our strength; shout for joy to the God of Jacob!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray together with St. Theresa of Lisieux.

L : Let me live to You, O God.

All : Let me live to You, O God.

L : Govern me by all Your Wisdom, O Lord,

All : Let me live to You, O God.

L : That my soul may always be serving You as You Will, and not as I may choose.

All : Let me live to You, O God.

L : Do not punish me, I beseech You, by granting that which I wish or ask, if it offended Your Love, which would always live in me.

All : Let me live to You, O God.

L : Let me die to myself, so that I may love You.

All : Let me live to You, O God.

L : Let me live to You, Who art in Yourself, the True Life.

All : Let me live to You, O God.

L : Glory be to the Father and to the Son and to the Holy Spirit

All : Let me live to You, O God.

6. INTERCESSION

L : Let us place our trust in His eternal love and pray for His Church and for all our intentions.

All : Stay with us Lord Jesus.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ

7. CONCLUSION

L : Let us pray for the Lord's forgiveness and ask for His grace to build the Kingdom of love.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord God, true Light and Creator of light, grant that faithfully pondering on all that is holy, we may ever live in the splendour of your presence. We make our prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 15

Psalm 33 / St. Augustine

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 33

[1] Rejoice in the LORD, O you righteous! Praise befits the upright.

[2] Praise the LORD with the lyre, make melody to him with the harp of ten strings!

[1] Sing to him a new song, play skillfully on the strings, with loud shouts.

[2] For the word of the LORD is upright; and all his work is done in faithfulness.

[1] He loves righteousness and justice; the earth is full of the mercy of the LORD.

[2] By the word of the LORD the heavens were made, and all their host by the breath of his mouth.

- [1]** He gathered the waters of the sea as in a bottle; he put the deeps in storehouses.
- [2]** Let all the earth fear the LORD, let all the inhabitants of the world stand in awe of him!
- [1]** For he spoke, and it came to be; he commanded, and it stood forth.
- [2]** The LORD brings the counsel of the nations to nought; he frustrates the plans of the peoples.
- [1]** The counsel of the LORD stands forever, the thoughts of his heart to all generations.
- [2]** Blessed is the nation whose God is the LORD, the people whom he has chosen as his heritage!
- [1]** The LORD looks down from heaven, he sees all the sons of men;
- [2]** from where he sits enthroned he looks forth on all the inhabitants of the earth,
- [1]** He who fashions the hearts of them all, and observes all their deeds.
- [2]** A king is not saved by his great army; a warrior is not delivered by his great strength.
- [1]** The war horse is a vain hope for victory, and by its great might it cannot save.
- [2]** Behold, the eye of the LORD is on those who fear him, on those who hope in his merciful love,
- [1]** That he may deliver their soul from death, and keep them alive in famine.
- [2]** Our soul waits for the LORD; he is our help and shield.
- [1]** Yes, our heart is glad in him, because we trust in his holy name.
- [2]** Let your mercy, O LORD, be upon us, even as we hope in you.
- [1]** Glory be ...
- [2]** As it was ...
- [1&2]** Rejoice in the LORD, O you righteous! Praise befits the upright.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray together with St. Augustine.

L : Speak that I may hear, O Lord. My heart is listening.

All : Speak that I may hear, O Lord. My heart is listening.

L : For Your mercies' sake, O Lord my God, tell me what You are to me.

All : Speak that I may hear, O Lord. My heart is listening.

L : Say to my soul: "I am Your salvation." So speak that I may hear, O Lord; my heart is listening;

All : Speak that I may hear, O Lord. My heart is listening.

L : Open it that it may hear You, and say to my soul: "I am Your salvation." After hearing this word, may I come in haste to take hold of You.

All : Speak that I may hear, O Lord. My heart is listening.

L : Hide not Your face from me. Let me see Your face even if I die, lest I die with longing to see it.

All : Speak that I may hear, O Lord. My heart is listening.

L : The house of my soul is too small to receive You; let it be enlarged by You. It is all in ruins; repair it.

All : Speak that I may hear, O Lord. My heart is listening.

L : From my secret sins cleanse me, O Lord, and from those of others spare Your servant.

All : Speak that I may hear, O Lord. My heart is listening.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Speak that I may hear, O Lord. My heart is listening.

6. INTERCESSION

L : Let us pray with the heart of Jesus so that the world may enjoy peace and the Church may grow in the fellowship of the Spirit.

All : Lord, guide us in Your way.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ

7. CONCLUSION

L : Let us pray for our daily bread in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

God our Father, You bid us listen to Your Son, the well-beloved. Nourish our hearts on Your Word, purify the eyes of our mind, and fill us with joy at the vision of Your glory. We make our prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 16

Psalm 34 / St. Ambrose

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 34

[1] O taste and see that the LORD is good! Blessed is the man who takes refuge in him!

[2] I will bless the LORD at all times; his praise shall continually be in my mouth.

[1] My soul makes its boast in the LORD; let the humble hear and be glad.

[2] O magnify the LORD with me, and let us exalt his name together!

[1] I sought the LORD, and he answered me, and delivered me from all my fears.

[2] Look to him, and be radiant; so your faces shall never be ashamed.

- [1]** This poor man cried, and the LORD heard him, and saved him out of all his troubles.
- [2]** The angel of the LORD encamps around those who fear him, and delivers them.
- [1]** O taste and see that the LORD is good! Blessed is the man who takes refuge in him!
- [2]** O fear the LORD, you his saints, for those who fear him have no want!
- [1]** The young lions suffer want and hunger; but those who seek the LORD lack no good thing.
- [2]** Come, O sons, listen to me, I will teach you the fear of the LORD.
- [1]** What man is there who desires life, and covets many days, that he may enjoy good?
- [2]** Keep your tongue from evil, and your lips from speaking deceit.
- [1]** Depart from evil, and do good; seek peace, and pursue it.
- [2]** The eyes of the LORD are toward the righteous, and his ears toward their cry.
- [1]** The face of the LORD is against evildoers, to cut off the remembrance of them from the earth.
- [2]** When the righteous cry for help, the LORD hears, and delivers them out of all their troubles.
- [1]** The LORD is near to the brokenhearted, and saves the crushed in spirit.
- [2]** Many are the afflictions of the righteous; but the LORD delivers him out of them all.
- [1]** The LORD redeems the life of his servants; none of those who take refuge in him will be condemned.
- [2]** Glory be ...
- [1]** As it was ...
- [1&2]** O taste and see that the LORD is good! Happy is the man who takes refuge in him!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us glorify the Lord with St. Ambrose.

L : O Jesus! You enkindle the fires of the shining stars!

All : O Jesus! You enkindle the fires of the shining stars!

L : You that are peace and life and light and truth, hear and grant our prayers.

All : O Jesus! You enkindle the fires of the shining stars!

L : This present day has been made holy by Your mystic baptism, whereby You sanctify those waters of the Jordan, which of old were thrice turned back.

All : O Jesus! You enkindle the fires of the shining stars!

L : It is holy by the star shining in the heavens, whereby You announce Your Virginal Mother's delivery and on the same day, lead the Magi to adore You in Your crib.

All : O Jesus! You enkindle the fires of the shining stars!

L : It is holy too, by Your changing the water of the pitchers into wine; which the steward of the feast, knowing that he had not so filled them, drew forth for the guests.

All : O Jesus! You enkindle the fires of the shining stars!

L : Glory be to You, O Lord Jesus, who appear on this Day! And to the Father and to the Holy Spirit, for everlasting ages.

All : O Jesus! You enkindle the fires of the shining stars!

6. INTERCESSION

L : The prayers go up and the graces come down. Let us pray for the Church and for all our intentions.

All : Lord, guide us in Your way.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray for the revelation of presence of the Kingdom amidst us as we call upon the Father.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord God, in our darkness Your presence comes to kindle an inner flame. You come to transfigure our hearts. Dwell in us and guide us Lord to be Your witness wherever we are. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 17

Psalms 66, 67 / St. Bernard of Clairvaux

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalms 66, 67

[1] Make a joyful noise to God, all the earth;

[2] sing the glory of his name; give to him glorious praise!

[1] May God be gracious to us and bless us and make his face to shine upon us,

[2] that Your way may be known upon earth, Your saving power among all nations.

[1] Let the peoples praise You, O God; let all the peoples praise You!

[2] Let the nations be glad and sing for joy, for You judge the peoples with equity and guide the nations upon earth.

[1] Let the peoples praise You, O God; let all the peoples praise You!

[2] The earth has yielded its increase; God, our God, has blessed us.

[1] God has blessed us; let all the ends of the earth fear him!

[2] Say to God, "How awesome are Your deeds! So great is Your power that Your enemies cringe before You.

[1] All the earth worships You; they sing praises to You, sing praises to Your name."

[2] Glory be ...

[1] As it was ...

[1&2] Make a joyful noise to God, all the earth.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Bernard of Clairvaux (Nativity Prayer).

L : Lord, appear to us in Your goodness.

All : Lord, appear to us in Your goodness.

L : Let Your goodness Lord appear to us, that we, made in your image, conform ourselves to it.

All : Lord, appear to us in Your goodness.

L : In our own strength we cannot imitate Your majesty, power, and wonder nor is it fitting for us to try.

All : Lord, appear to us in Your goodness.

L : But Your mercy reaches from the heavens through the clouds to the earth below.

All : Lord, appear to us in Your goodness.

L : You have come to us as a small child, but You have brought us the greatest of all gifts, the gift of eternal love.

All : Lord, appear to us in Your goodness.

L : Caress us with Your tiny hands, embrace us with Your tiny arms and pierce our hearts with Your soft, sweet cries.

All : Lord, appear to us in Your goodness.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Lord, appear to us in Your goodness.

6. INTERCESSION

L : Let us place before the merciful Lord the needs of the Church and all our intentions.

All : Lord, show us Your loving kindness.

(Spontaneous intercessions)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray that the will of the Father may be fulfilled in and around us, as we pray.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord God, increase in us Your gift of faith. Let us live in communion with You day by day, in silence and in love. In our living situations may we manifest the fruits of our life with You. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 18

Psalms 141, 142 / St. Alphonsus De Liguori

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalms 141, 142

[1] I cry to You, O LORD; I say, You are my refuge, my portion in the land of the living.

[2] Give heed to my cry; for I am brought very low! Deliver me from my persecutors; for they are too strong for me!

[1] I call upon You, O LORD; make haste to me! Give ear to my voice, when I call to You!

[2] Let my prayer be counted as incense before You, and the lifting up of my hands as an evening sacrifice!

[1] Set a guard over my mouth, O LORD, keep watch over the door of my lips!

[2] Incline not my heart to any evil, to busy myself with wicked deeds in company with men who work iniquity; and let me not eat of their dainties!

[1] Let a good man strike or rebuke me in kindness, but let the oil of the wicked never anoint my head; for my prayer is continually against their wicked deeds.

[2] When they are given over to those who shall condemn them, then they shall learn that the word of the LORD is true.

[1] As a rock which one cleaves and shatters on the land, so shall their bones be strewn at the mouth of Sheol.

[2] But my eyes are toward You, O LORD God; in You I seek refuge; leave me not defenseless!

[1] I cry with my voice to the LORD, with my voice I make supplication to the LORD,

[2] I pour out my complaint before him, I tell my trouble before him.

[1] When my spirit is faint, You know my way! In the path where I walk they have hidden a trap for me.

[2] I look to the right and watch, but there is none who takes notice of me; no refuge remains to me, no man cares for me.

[1] Bring me out of prison, that I may give thanks to your name! The righteous will surround me; for You will deal bountifully with me.

[2] Glory be ...

[1] As it was ...

[1&2] I cry to you, O LORD; I say, You are my refuge, my portion in the land of the living.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Alphonsus De Liguori.

L : My crucified Love, my dear Jesus! I believe in You. I adore You from the abyss of my own nothingness.

All : My crucified Love, my dear Jesus! I believe in You.

L : I thank You for the death You didst suffer for me, that I might obtain the life of divine grace.

All : My crucified Love, my dear Jesus! I believe in You.

L : My beloved Redeemer, to You I owe all my salvation.
Through You have I received the pardon of my sins.

All : My crucified Love, my dear Jesus! I believe in You.

L : If I have not loved You in times past, I love You now; and
I desire nothing but to love You with all my heart.

All : My crucified Love, my dear Jesus! I believe in You.

L : O Infinite Goodness! I ask for holy perseverance in
Thy grace till my death. But, above all, I ask for the gift
of Thy holy love.

All : My crucified Love, my dear Jesus! I believe in You.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : My crucified Love, my dear Jesus! I believe in You.

6. INTERCESSION

L : Jesus had compassion on the needy and asked us to
pray for the needs around us. Let us pray for the Church and
for our brothers and sisters.

All : Lord, may Your word light up our way.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ

7. CONCLUSION

L : Let us pray in the words Lord Jesus gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name;
Thy Kingdom come, Thy will be done on earth as it is in Heaven.
Give us this day our daily bread; and forgive us our trespasses as
we forgive those who trespass against us; and lead us not into
temptation, but deliver us from evil. Amen.*

L : Let us pray.

God our Father, make our hearts radiant with the splendor of Your
light and give Your people the joy of everlasting peace. We make
this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us
to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 19

Psalms 62, 63 / St. Francis of Assisi

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalms 62, 63

[1] O God, You are my God, I seek You, my soul thirsts for You;

[2] my flesh faints for You, as in a dry and weary land where no water is.

[1] So I have looked upon You in the sanctuary, beholding Your power and glory.

[2] Because Your merciful love is better than life, my lips will praise You.

[1] So I will bless You as long as I live; I will lift up my hands and call on Your name.

[2] My soul is feasted as with marrow and fat, and my mouth praises You with joyful lips,

[1] when I think of You upon my bed, and meditate on You in the watches of the night;

[2] for You hast been my help, and in the shadow of Your wings I sing for joy.

[1] My soul clings to You; Your right hand upholds me.

[2] For God alone my soul waits in silence, for my hope is from him.

[1] He only is my rock and my salvation, my fortress; I shall not be greatly moved.

[2] On God rests my deliverance and my honor; my mighty rock, my refuge is God.

[1] Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.

[2] Glory be ...

[1] As it was ...

[1&2] O God, You are my God, I seek You, my soul thirsts for You;

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Francis of Assisi.

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

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

L : You are strong. You are great. You are the Most High. You are Almighty.

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

L : You, Holy Father are King of heaven and earth. You are Three and One, Lord God, all Good.

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

L : You are Good, all Good, supreme Good, Lord God, living and true.

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

L : You are love. You are wisdom. You are humility. You are endurance.

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

L : You are rest. You are peace. You are joy and gladness. You are justice and moderation.

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

L : You are all our riches, and You suffice for us. You are beauty. You are gentleness.

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

L : You are our protector. You are our guardian and defender. You are our courage.

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

L : You are our haven and our hope. You are our faith, our great consolation.

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

L : You are our eternal life, Great and Wonderful Lord, God Almighty, Merciful Saviour.

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

L : Glory be ...

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

6. INTERCESSION

L : Let us pray the Church may be a true witness of peace and that our families may grow in love.

All : Lord, send Your Spirit upon us.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ

7. CONCLUSION

L : Let us pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Almighty, ever-living God, through Christ Your Son you made us a new creation. Shape us in His likeness and make our lives a manifestation of Your truth. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 20

Psalm 29 / St. Gregory

1. INTRODUCTORY

Lead: In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 29

[1] May the LORD bless his people with peace!

[2] May the LORD give strength to his people!

[1] Ascribe to the LORD, O sons of God ascribe to the LORD glory and strength.

[2] Ascribe to the LORD the glory of his name; worship the LORD in holy array.

[1] The voice of the LORD is upon the waters;

[2] The God of glory thunders, the LORD, upon many waters.

[1] The voice of the LORD is powerful, the voice of the LORD is full of majesty.

[2] The voice of the LORD breaks the cedars, the LORD breaks the cedars of Lebanon.

[1] He makes Lebanon to skip like a calf, and Si'rion like a young wild ox.

[2] The voice of the LORD flashes forth flames of fire.

[1] The voice of the LORD shakes the wilderness, the LORD shakes the wilderness of Kadesh.

[2] The voice of the LORD makes the oaks to whirl, and strips the forests bare; and in his temple all cry, "Glory!"

[1] The LORD sits enthroned over the flood; the LORD sits enthroned as king forever.

[2] May the LORD give strength to his people! May the LORD bless his people with peace!

[1] Glory be ...

[2] As it was ...

[1&2] May the LORD bless his people with peace!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Gregory.

L : How inestimable is the tenderness of Your Love! O Lord.

All : How inestimable is the tenderness of Your Love! O Lord.

L : Jesus, You cleared away the darkness of sin by Your magnificent and radiant Resurrection.

All : How inestimable is the tenderness of Your Love! O Lord.

L : You broke the bonds of death and rose from the grave as a conqueror.

All : How inestimable is the tenderness of Your Love! O Lord.

L : You reconciled Heaven and earth. Our life had no hope of Eternal Happiness before You redeemed us.

All : How inestimable is the tenderness of Your Love! O Lord.

L : Your Resurrection has washed away our sins, restored our innocence and brought us joy.

All : How inestimable is the tenderness of Your Love! O Lord.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : How inestimable is the tenderness of Your Love! O Lord.

6. INTERCESSION

L : Let us pray for the Church and for all our friends and neighbours.

All : Lord, bless Your people.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray in the words of our Lord Jesus.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

All-powerful, ever-living God, look with compassion on our frailty, and for our protection stretch out to us Your strong right hand. May your Spirit strengthen us to live in the fullness of Your love. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 21

Psalm 20 / St. Symeon

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 20

[1] The LORD answer you in the day of trouble! The name of the God of Jacob protect you!

[2] May he send you help from the sanctuary, and give you support from Zion!

[1] May he remember all your offerings, and regard with favor your burnt sacrifices!

[2] May he grant you your heart's desire, and fulfill all your plans!

[1] May we shout for joy over your victory, and in the name of our God set up our banners!

[2] May the LORD fulfill all your petitions!

[1] Now I know that the LORD will help his anointed; he will answer him from his holy heaven with mighty victories by his right hand.

[2] Some boast of chariots, and some of horses; but we boast of the name of the LORD our God.

[1] They will collapse and fall; but we shall rise and stand upright.

[2] Give victory to the king, O LORD; answer us when we call.

[1] Glory be ...

[2] As it was ...

[1&2] The LORD answer you in the day of trouble! The name of the God of Jacob protect you!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Symeon.

L : Grant me also to meet You on the clouds, my Maker and Creator.

All : Grant me also to meet You on the clouds, my Maker and Creator.

L : O only pure and sinless Lord, Who through the ineffable compassion of Your love for men assume our whole nature by the will of the Eternal Father;

All : Grant me also to meet You on the clouds, my Maker and Creator.

L : O Christ Jesus, Wisdom and Peace and Power of God, Who in Your assumption of our nature did suffer Your life-giving and saving Passion, mortify all the deadly passions of my body.

All : Grant me also to meet You on the clouds, my Maker and Creator.

L : You Who in Your burial didst spoil the dominions of hell, bury with good thoughts my evil schemes and scatter the spirits of wickedness.

All : Grant me also to meet You on the clouds, my Maker and Creator.

L : You Who by Your life-giving Resurrection on the third day did raise up our fallen first Parent, raise me up who am sunk in sin and suggest to me ways of repentance.

All : Grant me also to meet You on the clouds, my Maker and Creator.

L : You Who by Your glorious Ascension did deify our nature which You hadst assumed and did honour it by Your session at the right hand of the Father, make me worthy by partaking of Your holy Mysteries of a place at Your right hand among those who are saved.

All : Grant me also to meet You on the clouds, my Maker and Creator.

L : You Who by the descent of the Spirit, the Paraclete, didst make Your holy disciples worthy vessels, make me also a recipient of Your coming.

All : Grant me also to meet You on the clouds, my Maker and Creator.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Grant me also to meet You on the clouds, my Maker and Creator.

6. INTERCESSION

L : Let us pray for the needs of the Church and for all our intentions.

All : Lord, show Your love to all.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ

7. CONCLUSION

L : Let us pray to the Father in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord God, You give the world new life by the mysteries which are beyond our grasp. Let us work with You to restore all things in Christ. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 22

Psalm 48 / St. Thomas More

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 48

[1] Great is the LORD and greatly to be praised in the city of our God!

[2] His holy mountain, beautiful in elevation, is the joy of all the earth, Mount Zion, in the far north, the city of the great King.

[1] Within her citadels God has shown himself a sure defense.

[2] For behold, the kings assembled, they came on together.

[1] As soon as they saw it, they were astounded, they were in panic, they took to flight;

[2] trembling took hold of them there, anguish as of a woman in travail.

- [1] By the east wind you shattered the ships of Tarshish.
 [2] As we have heard, so have we seen in the city of the LORD of hosts, in the city of our God, which God establishes forever.
- [1] We have thought on Your steadfast love, O God, in the midst of your temple.
 [2] As your name, O God, so Your praise reaches to the ends of the earth. Your right hand is filled with victory;
- [1] let Mount Zion be glad! Let the daughters of Judah rejoice because of your judgments!
 [2] Walk about Zion, go round about her, number her towers,
 [1] consider well her ramparts, go through her citadels; that you may tell the next generation
 [2] That this is God, our God forever and ever. He will be our guide forever.
- [1] Glory be ...
 [2] As it was ...
- [1&2] Great is the LORD and greatly to be praised in the city of our God!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

- L : Let us pray with St. Thomas More.
- L : Give me the grace, Good Lord to set the mind firmly on You and not to hang upon the words of men's mouths.
- All : Give me the grace, Good Lord to set the mind firmly on You and not to hang upon the words of men's mouths.
- L : To be content to be solitary. Not to long for worldly pleasures. Little by little utterly to cast off the world and rid my mind of all its business.
- All : Give me the grace, Good Lord to set the mind firmly on You and not to hang upon the words of men's mouths.

L : Gladly to be thinking of God, piteously to call for His help.
To lean into the comfort of God. Busily to labor to love Him.
All : Give me the grace, Good Lord to set the mind firmly on
You and not to hang upon the words of men's mouths.

L : Gladly to bear my purgatory here. To be joyful in
tribulations. To walk the narrow way that leads to life.

All : Give me the grace, Good Lord to set the mind firmly on
You and not to hang upon the words of men's mouths.

L : To have continually in mind the passion that Christ
suffered for me. For His benefits unceasingly to give
Him thanks.

All : Give me the grace, Good Lord to set the mind firmly on
You and not to hang upon the words of men's mouths.

L : To think my worst enemies my best friends, for the
brethren of Joseph could never have done him so much
good with their love and favor as they did him with their
malice and hatred.

All : Give me the grace, Good Lord to set the mind firmly on
You and not to hang upon the words of men's mouths.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Give me the grace, Good Lord to set the mind firmly on
You and not to hang upon the words of men's mouths.

6. INTERCESSION

L : Let us pray for the Church and for all our intentions.

All : Lord, our trust is in You.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ

7. CONCLUSION

L : Let us pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name;
Thy Kingdom come, Thy will be done on earth as it is in Heaven.
Give us this day our daily bread; and forgive us our trespasses as
we forgive those who trespass against us; and lead us not into
temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord God, you love innocence of heart. Turn our hearts to You and kindle in them the fire of Your Spirit so that we may be steadfast in faith and live in loving obedience to Your will. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 23

Psalm 30 / St. John Paul II

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 30

[1] O LORD my God, I cried to You for help, and You have healed me.

[2] I will extol You, O LORD, for You have drawn me up, and have not let my foes rejoice over me.

[1] O LORD, You have brought up my soul from Sheol, restored me to life from among those gone down to the Pit.

[2] Sing praises to the LORD, O You his saints, and give thanks to his holy name.

[1] For his anger is but for a moment, and his favor is for a lifetime.

[2] Weeping may last for the night, but joy comes with the morning.

- [1]** As for me, I said in my prosperity, "I shall never be moved."
[2] By Your favor, O LORD, You have established me as a strong mountain;
- [1]** You hid Your face, I was dismayed.
[2] To You, O LORD, I cried; and to the LORD I made supplication:
- [1]** "What profit is there in my death, if I go down to the Pit? Will the dust praise You? Will it tell of Your faithfulness?
[2] Hear, O LORD, and be gracious to me! O LORD, be You my helper!"
- [1]** You have turned for me my mourning into dancing; You have loosed my sackcloth and clothed me with gladness,
[2] that my soul may praise You and not be silent. O LORD my God, I will give thanks to You forever.
- [1]** Glory be ...
[2] As it was ...
- [1&2]** O LORD my God, I cried to You for help, and You have healed me.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

- L** : Let us pray with St. John Paul II:
- L** : Lord may Your people grow in love.
All : Lord may Your people grow in love.
- L** : O Holy Family of Nazareth, community of love of Jesus, Mary and Joseph, model and ideal of every Christian family, to You we entrust our families.
All : Lord may Your people grow in love.
- L** : Open the heart of every family to the faith, to welcoming the Word of God, to Christian witness, so that it becomes a source of new and holy vocations.
All : Lord may Your people grow in love.

L : Touch the hearts of parents, so that with prompt charity, wise care, and loving devotion they be for their sons and daughters sure guides towards spiritual and eternal values.

All : Lord may Your people grow in love.

L : Stir up the hearts of young people a right conscience and a free will, so that growing in "wisdom, age and grace," they might welcome generously the gift of a Divine vocation.

All : Lord may Your people grow in love.

L : Holy Family of Nazareth, grant that all of us, might set about fulfilling the will of God and accompanying with far-sighted sensitivity those among us who are called to follow more closely the Lord Jesus, who "has given Himself for us".

All : Lord may Your people grow in love.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Lord may Your people grow in love.

6. INTERCESSION

L : Let us pray for the Church and for all our intentions.

All : Our hope is in You, Lord God.

(Spontaneous intercession)

L : Pray for us, O Holy Mother of God.

All : That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Purify us, almighty God, through Your loving grace. Through our whole-hearted endeavor help us to renew our lives, and keep us faithful to Your commandments. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 24

Psalm 119 / Pope Clement XI

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 119: 103 – 114

[1] Your word is a lamp to my feet and a light to my path.

[2] I have sworn an oath and confirmed it, to observe Your righteous ordinances.

[1] How sweet are Your words to my taste, sweeter than honey to my mouth!

[2] Through your precepts I get understanding; therefore I hate every false way.

[1] I am sorely afflicted; give me life, O LORD, according to Your word!

[2] Accept my offerings of praise, O LORD, and teach me Your ordinances.

[1] I hold my life in my hand continually, but I do not forget Your law.

[2] The wicked have laid a snare for me, but I do not stray from Your precepts.

[1] Your testimonies are my heritage forever; yes, they are the joy of my heart.

[2] I incline my heart to perform Your statutes forever, to the end.

[1] I hate double-minded men, but I love your law.

[2] You are my hiding place and my shield; I hope in Your word.

[1] Glory be ...

[2] As it was ...

[1&2] Your word is a lamp to my feet and a light to my path.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray the prayer of Pope Clement XI.

L : I love You with my whole heart; teach me to love You daily more and more.

All : I love You with my whole heart; teach me to love You daily more and more.

L : O my God, I believe in You; do strengthen my faith. All my hopes are in You; do Thou secure them.

All : I love You with my whole heart; teach me to love You daily more and more.

L : I give You thanks as my constant Benefactor; I call upon You as my sovereign Protector.

All : I love You with my whole heart; teach me to love You daily more and more.

L : To You I desire to consecrate all my thoughts, words, actions, and sufferings; that henceforward I may think

of You, speak of You, constantly refer all my actions to Your greater glory, and suffer willingly whatever You shalt appoint.

All : I love You with my whole heart; teach me to love You daily more and more.

L : I beg of You to enlighten my understanding, to inflame my will, to purify my body, and to sanctify my soul. Grant that I be not puffed up with pride, moved by flattery, deceived by the world, or duped by the devil.

All : I love You with my whole heart; teach me to love You daily more and more.

L : Give me grace to purify my memory, to bridle my tongue, to restrain my eyes, and to mortify my senses.

All : I love You with my whole heart; teach me to love You daily more and more.

L : Give me strength, O my God, to expiate my offences, to overcome my temptations, to subdue my passions, and to acquire the virtues proper for my state.

All : I love You with my whole heart; teach me to love You daily more and more.

L : Grant, O Jesus, that I may remember Your precept and example, by loving my enemies, bearing with injuries, doing good to them that persecute me, and praying for them that slander me.

All : I love You with my whole heart; teach me to love You daily more and more.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : I love You with my whole heart; teach me to love You daily more and more.

6. INTERCESSION

L : With love in our hearts let us offer to the Lord the intentions of the Church and our own intentions.

All : Lord, be with Your people.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ

7. CONCLUSION

L : Let us pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord God, your abounding grace has enriched us with every blessing. Transform us into the likeness of Jesus and prepare us for the glory of Your kingdom. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 25

Psalm 57 / St. Francis Xavier

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 57

[1] Be exalted, O God, above the heavens! Let Your glory be over all the earth!

[2] Be merciful to me, O God, be merciful to me, for in You my soul takes refuge; in the shadow of thy wings I will take refuge, till the storms of destruction pass by.

[1] I cry to God Most High, to God who fulfils his purpose for me.

[2] He will send from heaven and save me, he will put to shame those who trample upon me. God will send forth his mercy and his faithfulness!

[1] I lie in the midst of lions that greedily devour the sons of men; their teeth are spears and arrows, their tongues sharp swords.

[2] My heart is steadfast, O God, my heart is steadfast! I will sing and make melody!

[1] Awake, my soul! Awake, O harp and lyre! I will awake the dawn!

[2] I will give thanks to You, O Lord, among the peoples; I will sing praises to You among the nations.

[1] For your steadfast love is great to the heavens, Your faithfulness to the clouds.

[2] Glory be ...

[1] As it was ...

[1&2] Be exalted, O God, above the heavens! Let Your glory be over all the earth!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St Francis Xavier his prayer of love to the Lord, "O Deus, ego amo te".

L : O GOD, I love You and I will always love You.

All : O GOD, I love You and I will always love You.

L : O GOD, I love You, I love You not out of hope of heaven for me, nor fearing not to love and be in the everlasting burning.

All : O GOD, I love You and I will always love You.

L : You, You, my Jesus, for me You stretched Your arms out dying, for my sake suffered nails, and lance, mocked and marred countenance.

All : O GOD, I love You and I will always love You.

L : Sorrows passing number, sweat and care and cumber, yea and death, and this for me, and You could see me sinning:

All : O GOD, I love You and I will always love You.

L : Then I, why should not I love You, Jesus, so much in love with me? Not for heaven's sake; not to be out of hell by loving You; Not for any gains I see.

All : O GOD, I love You and I will always love You.

L : But just the way that You love me I do love and I will love You. For being my king and God, I love You.

All : O GOD, I love You and I will always love You.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : O GOD, I love You and I will always love You.

6. INTERCESSION

L : Let us pray for the Church and for all our intentions.

All : Lord, open to us the treasures of Your love!

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord, your love renews all things and is the source of our hope. Help us to remember that it is in Your world we live and work. Let us give Your joy and Your peace to the world. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 26

Psalm 119 / St. Augustine

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 119: 145 - 156

[1] My eyes are awake before the watches of the night, that I may meditate upon Your promise.

[2] I rise before dawn and cry for help; I hope in Your words.

[1] With my whole heart I cry; answer me, O LORD! I will keep your statutes.

[2] I cry to You; save me, that I may observe Your testimonies.

[1] Hear my voice in Your steadfast love; O LORD, in Your justice preserve my life.

[2] They draw near who persecute me with evil purpose; they are far from Your law.

[1] But You are near, O LORD, and all Your commandments are true.

[2] Long have I known from Your testimonies that You have founded them forever.

[1] Look on my affliction and deliver me, for I do not forget Your law.

[2] Plead my cause and redeem me; give me life according to Your promise!

[1] Great is Your mercy, O LORD; give me life according to Your justice.

[2] Glory be ...

[1] As it was ...

[1&2] My eyes are awake before the watches of the night, that I may meditate upon your promise.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Augustine to the Holy Spirit.

L : Protect me, Holy Spirit, that I may always be holy.

All : Protect me, Holy Spirit, that I may always be holy.

L : Breathe into me, Holy Spirit, that my thoughts may all be holy.

All : Protect me, Holy Spirit, that I may always be holy.

L : Move in me, Holy Spirit, that my work, too, may be holy.

All : Protect me, Holy Spirit, that I may always be holy.

L : Attract my heart, Holy Spirit, that I may love only what is holy.

All : Protect me, Holy Spirit, that I may always be holy.

L : Strengthen me, Holy Spirit, that I may defend all that is holy.

All : Protect me, Holy Spirit, that I may always be holy.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Protect me, Holy Spirit, that I may always be holy.

6. INTERCESSION

L : Let us turn to the Lord with our intensions and that of the whole Church.

All : Lord, You are our help and our salvation.

(Spontaneous intercessions)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ

7. CONCLUSION

L : Let us pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

All powerful and eternal God, in You we see the splendor of true light. Chase away the night of sin from us and fill our minds with the glory of Your coming. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 27

Psalm 16 / St. Bernard of Clairvaux

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 16

[1] O Lord, in Your presence there is fullness of joy.

[2] In Your right hand are pleasures for evermore.

[1] Preserve me, O God, for in You I take refuge.

[2] I say to the LORD, "You are my Lord; I have no good apart from You."

[1] As for the saints in the land, they are the noble, in whom is all my delight.

[2] Those who choose another god multiply their sorrows; their libations of blood I will not pour out or take their names upon my lips.

[1] The LORD is my chosen portion and my cup; You hold my lot.

[2] The lines have fallen for me in pleasant places; yes, I have a goodly heritage.

[1] I bless the LORD who gives me counsel; in the night also my heart instructs me.

[2] I keep the LORD always before me; because he is at my right hand, I shall not be moved.

[1] Therefore my heart is glad, and my soul rejoices; my body also dwells secure.

[2] For You do not give me up to Sheol, or let Your godly one see the Pit.

[1] You show me the path of life; in Your presence there is fullness of joy, in Your right hand are pleasures for evermore.

[2] Glory be ...

[1] As it was ...

[1&2] O Lord, in Your presence there is fullness of joy!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Bernard of Clairvaux.

L : Jesus be You our glory now, and through eternity.

All : Jesus be You our glory now, and through eternity.

L : Jesus, the very thought of You, with sweetness fills the heart; But sweeter far Your face to see, and in Your presence rest.

All : Jesus be You our glory now, and through eternity.

L : Nor voice can sing, nor heart can frame, nor can the memory find, a sweeter sound than Your blessed Name, O Saviour of mankind!

All : Jesus be You our glory now, and through eternity.

L : O Jesus, light of all below, You fount of living fire, surpassing all the joys we know, And all we can desire.

All : Jesus be You our glory now, and through eternity.

L : You, Jesus, may our voices bless, You may we love alone, and ever in our lives express the image of Your own.

All : Jesus be You our glory now, and through eternity.

L : O Jesus, You the beauty are of angel worlds above; Your Name is music to the heart, inflaming it with love.

All : Jesus be You our glory now, and through eternity.

L : Abide with us, and let Your light shine, Lord, on every heart; dispel the darkness of our night; and joy to all impare.

All : Jesus be You our glory now, and through eternity.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Jesus be You our glory now, and through eternity.

6. INTERCESSION

L : Let us pray for the Church, for all the leaders of the world and for all our intentions.

All : Lord, transform our lives by Your divine love.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ

7. CONCLUSION

L : Let us pray to the Father of all creation, in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

God of mercy, in Your abundant love You give yourself to us unconditionally. Grant us the grace to strive to offer ourselves daily to You as a living sacrifice and bless us to be filled with the fullness of Your love. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 28

Psalm 118 / St. Alphonsus De Liguori

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 118: 15 -29

[1] Blessed be he who enters in the name of the LORD!

[2] We bless You from the house of the LORD.

[1] Listen, glad songs of victory in the tents of the righteous:
"The right hand of the LORD does valiantly,

[2] the right hand of the LORD is exalted, the right hand of the LORD does valiantly!"

[1] I shall not die, but I shall live, and recount the deeds of the LORD.

[2] The LORD has chastened me sorely, but he has not given me over to death.

[1] Open to me the gates of righteousness, that I may enter through them and give thanks to the LORD.

[2] This is the gate of the LORD; the righteous shall enter through it.

[1] I thank You that You have answered me and have become my salvation.

[2] The stone which the builders rejected has become the cornerstone.

[1] This is the LORD's doing; it is marvelous in our eyes.

[2] This is the day which the LORD has made; let us rejoice and be glad in it.

[1] Save us, we beg You, O LORD! O LORD, we beg You, give us success!

[2] Blessed be he who enters in the name of the LORD! We bless You from the house of the LORD.

[1] The LORD is God, and he has given us light. Bind the festal procession with branches, up to the horns of the altar!

[2] You are my God, and I will give thanks to You; You are my God, I will extol You.

[1] O give thanks to the LORD, for he is good; for his steadfast love endures forever!

[2] Glory be ...

[1] As it was ...

[1&2] Blessed be he who enters in the name of the LORD!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Alphonsus De Liguori.

L : O God of loveliness, o Lord of heaven above, how worthy to possess my heart's devoted love.

All : O God of loveliness, o Lord of heaven above, how worthy to possess my heart's devoted love.

L : So sweet is Your countenance, so gracious to behold that one, one only glance to me were bliss untold.

All : O God of loveliness, o Lord of heaven above, how worthy to possess my heart's devoted love.

L : You are blessed Three in One, yet undivided still; You are the One alone, whose love my heart can fill.

All : O God of loveliness, o Lord of heaven above, how worthy to possess my heart's devoted love.

L : To think You are my God, thought forever is blessed! My heart has overflowed with joy within my breast.

All : O God of loveliness, o Lord of heaven above, how worthy to possess my heart's devoted love.

L : O loveliness supreme and Beauty infinite, o ever flowing stream and ocean of delight,

All : O God of loveliness, o Lord of heaven above, how worthy to possess my heart's devoted love.

L : O Life by which I live, my truest Life above, to You alone I give my undivided love.

All : O God of loveliness, o Lord of heaven above, how worthy to possess my heart's devoted love.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : O God of loveliness, o Lord of heaven above, how worthy to possess my heart's devoted love.

6. INTERCESSION

L : The Lord is merciful and generous, let us lift up our prayers the Church and for all our intentions.

All : Lord Jesus, You loved us and gave yourself for us.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ

7. CONCLUSION

L : Let us call upon the Lord and creator of everything in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord, we thank You for bringing Your light to our lives. Bless us that we may use Your gifts to serve the whole human family and so give glory to You. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 29

Psalm 80 / St. Thomas Aquinas

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 80

[1] Restore us, O God of hosts; let Your face shine, that we may be saved!

[2] O LORD God of hosts, how long will You be angry with Your people's prayers?

[1] You have fed them with the bread of tears, and given them tears to drink in full measure.

[2] You make us the scorn of our neighbors; and our enemies laugh among themselves.

[1] Restore us, O God of hosts; let Your face shine, that we may be saved!

[2] You did bring a vine out of Egypt; You did drive out the nations and plant it.

[1] You cleared the ground for it; it took deep root and filled the land.

[2] The mountains were covered with its shade, the mighty cedars with its branches;

[1] it sent out its branches to the sea, and its shoots to the River.

[2] Why then have You broken down its walls, so that all who pass along the way pluck its fruit?

[1] The boar from the forest ravages it, and all that move in the field feed on it.

[2] Turn again, O God of hosts! Look down from heaven, and see; have regard for this vine, the stock which Your right hand planted.

[1] They have burned it with fire, they have cut it down; may they perish at the rebuke of Your countenance!

[2] But let Your hand be upon the man of Your right hand, the son of man whom You have made strong for yourself!

[1] Then we will never turn back from You; give us life, and we will call on Your name!

[2] Restore us, O LORD God of hosts! Let Your face shine, that we may be saved!

[1] Glory be ...

[2] As it was ...

[1&2] Restore us, O LORD God of hosts! Let Your face shine, that we may be saved!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Thomas Aquinas.

L : O Lord! I'm lost, all lost in wonder at the God You are.

All : O Lord! I'm lost, all lost in wonder at the God You are.

L : Godhead here in hiding, whom I do adore, Masked by these bare shadows, shape and nothing more,

All : O Lord! I'm lost, all lost in wonder at the God You are.

L : I am not like Thomas, wounds I cannot see, but can plainly call You Lord and God as he;

All : O Lord! I'm lost, all lost in wonder at the God You are.

L : O You our reminder of Christ crucified, Living Bread, the life of us for whom he died, lend this life to me then: feed and feast my mind,

All : O Lord! I'm lost, all lost in wonder at the God You are.

L : Bring the tender tale true of the Pelican; Blood whereof a single drop has power to win all the world forgiveness of its world of sin.

All : O Lord! I'm lost, all lost in wonder at the God You are.

L : I beseech You send me what I thirst for so, some day to gaze on You face to face in light and be blessed forever with thy glory's sight.

All : O Lord! I'm lost, all lost in wonder at the God You are.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : O Lord! I'm lost, all lost in wonder at the God You are.

6. INTERCESSION

L : Let turn to the merciful Lord and offer our prayers for the Church and for all our intentions.

All : Be near us, Lord, because we need You.

(Spontaneous intercessions)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ

7. CONCLUSION

L : Let us turn to the Father and pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord God, grant us a true knowledge of salvation, so that freed from fear we may serve You faithfully all the days of our lives. And may our words and deeds be channels of grace for our neighbours. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 30

Psalm 147 / St. John Eudes

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 147

[1] Sing to the LORD with thanksgiving; make melody to our God upon the lyre!

[2] Praise the LORD! For it is good to sing praises to our God; for he is gracious, and a song of praise is seemly.

[1] The LORD builds up Jerusalem; he gathers the outcasts of Israel.

[2] He heals the brokenhearted, and binds up their wounds.

[1] He determines the number of the stars, he gives to all of them their names.

[2] Great is our LORD, and abundant in power; his understanding is beyond measure.

[1] The LORD lifts up the downtrodden, he casts the wicked to the ground.

[2] He covers the heavens with clouds, he prepares rain for the earth, he makes grass grow upon the hills.

[1] He gives to the beasts their food, and to the young ravens which cry.

[2] The LORD takes pleasure in those who fear him, in those who hope in his steadfast love.

[1] Praise the LORD, O Jerusalem! Praise your God, O Zion!

[2] For he strengthens the bars of your gates; he blesses your sons within you.

[1] He makes peace in your borders; he fills you with the finest of the wheat.

[2] He sends forth his command to the earth; his word runs swiftly.

[1] He gives snow like wool; he scatters hoarfrost like ashes.

[2] He casts forth his ice like morsels; who can stand before his cold?

[1] He sends forth his word, and melts them; he makes his wind blow, and the waters flow.

[2] He declares his word to Jacob, his statutes and ordinances to Israel.

[1] He has not dealt thus with any other nation; they do not know his ordinances. Praise the LORD!

[2] Glory be ...

[1] As it was ...

[1&2] Sing to the LORD with thanksgiving; make melody to our God upon the lyre!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. John Eudes reflecting upon the boundless love of the Lord:

L : Oh, how good and delightful it is to dwell in the Heart of Jesus!

All : Oh, how good and delightful it is to dwell in the Heart of Jesus!

L : Thy Heart, O good Jesus, is a precious treasure, a precious pearl.

All : Oh, how good and delightful it is to dwell in the Heart of Jesus!

L : I will cast all my care on the Heart of the Lord Jesus.

All : Oh, how good and delightful it is to dwell in the Heart of Jesus!

L : I will adore in this temple, this Holy of Holies, this Ark of the Testament.

All : Oh, how good and delightful it is to dwell in the Heart of Jesus!

L : For His Heart is mine. I will say it boldly, for Christ is my Head. Is not what belongs to my Head mine?

All : Oh, how good and delightful it is to dwell in the Heart of Jesus!

L : Therefore, it is well with me: truly I have but one Heart with Jesus.

All : Oh, how good and delightful it is to dwell in the Heart of Jesus!

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Oh, how good and delightful it is to dwell in the Heart of Jesus!

6. INTERCESSION

L : Let us pray for the Church and for all our intentions.

All : Lord, grant us your eternal love.

(Spontaneous intercession)

L : Pray for us, O Holy Mother of God.

All : That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Stay with us Lord Jesus, be our companion on our way. When trials and tribulations assail us help us to turn to Your consoling presence. In flame our hearts and open our eyes with Your divine love. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 31

Psalm 121 / Msgr. Robert Hugh Benson

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 121

[1] I lift up my eyes to the hills. From where does my help come?

[2] My help comes from the LORD, who made heaven and earth.

[1] He will not let your foot be moved, he who keeps you will not slumber.

[2] Behold, he who keeps Israel will neither slumber nor sleep.

[1] The LORD is your keeper; the LORD is your shade on your right hand.

[2] The sun shall not strike you by day, nor the moon by night.

[1] The LORD will keep you from all evil; he will keep your life.

[2] The LORD will keep your going out and your coming in from this time forth and for evermore.

[1] Glory be ...

[2] As it was ...

[1&2] My help comes from the LORD, who made heaven and earth.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray the prayer of Msgr. Robert Hugh Benson.
"If only You knew the gift of God!".

L : Lord, You loved me from all eternity!

All : Lord, You loved me from all eternity!

L : Lord, You loved me from all eternity; therefore You created me.

All : Lord, You loved me from all eternity!

L : You loved me after You created me; therefore You became man for me.

All : Lord, You loved me from all eternity!

L : You loved me after You became man for me; therefore You lived and died for me.

All : Lord, You loved me from all eternity!

L : You loved me after You died for me; therefore You rose for me

All : Lord, you loved me from all eternity!

L : You loved me after You rose for me; therefore You went to prepare a place for me.

All : Lord, You loved me from all eternity!

L : You loved me after You had gone to prepare a place for me; therefore You came back to me.

All : Lord, You loved me from all eternity!

L : O Jesus, You love me and You want to live in me and be one with me-to become my very food and drink.

All : Lord, You loved me from all eternity!

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Lord, You loved me from all eternity!

6. INTERCESSION

L : Let us pray for the Church and for the whole world and for all our intentions.

All : My soul glorifies the Lord.

(Spontaneous intercession)

L : Pray for us, O Holy Mother of God.

All : That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us call upon our loving Father, the creator of heaven and earth.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord, You have called us to be heralds of the good news. You gave us the word of life to enjoy the fullness of life. Help us to enter the depth of its message and make it our own. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 32

Psalm 31 / St. Anselm

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 31

[1] In You, O LORD, I seek refuge; let me never be put to shame; in Your righteousness deliver me!

[2] Incline Your ear to me, rescue me speedily! Be a rock of refuge for me, a strong fortress to save me!

[1] Yes, You are my rock and my fortress; for Your name's sake lead me and guide me,

[2] Take me out of the net which is hidden for me, for You are my refuge.

[1] Into your hands I commit my spirit; You have redeemed me, O LORD, faithful God.

[2] You hate those who pay regard to vain idols; but I trust in the LORD.

[1] I will rejoice and be glad for Your merciful love, because You have seen my lowliness, You have taken heed of my adversities,

[2] and have not delivered me into the hand of the enemy;
You have set my feet in a broad place.

[1] O how abundant is Your goodness, which You have laid
up for those who fear You and wrought for those who
take refuge in You, in the sight of the sons of men!

[2] Love the LORD, all You his saints! Be strong, and let
your heart take courage, all you who wait for the LORD!

[1] Glory be ...

[2] As it was ...

[1&2] In You, O LORD, I seek refuge; let me never be put to
shame; in Your righteousness deliver me!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Anselm.

L : O Lord, You are my Lord and my God, yet I have never
seen You.

All : O Lord, You are my Lord and my God, yet I have never
seen You.

L : I confess, O Lord, and give You thanks, that You have
created me in Your image, so that I might be mindful of You
and contemplate You and love You.

All : O Lord, You are my Lord and my God, yet I have never
seen You.

L : I seek not to understand in order that I may believe; rather,
I believe in order that I may understand. I am desperate for
Your love, Lord.

All : O Lord, You are my Lord and my God, yet I have never
seen You.

L : My heart is aflame with fervent passion. When I remember
the good things You have done, my heart burns with
desire to embrace You.

All : O Lord, You are my Lord and my God, yet I have never
seen You.

L : I thirst for You; I hunger for You; I long for You; I sigh for You.
I am jealous of Your love.

All : O Lord, You are my Lord and my God, yet I have never seen You.

L : Show me Your face, and I shall be saved. Enter my room, and I shall be satisfied. Reveal Your beauty, and my joy will be complete.

All : O Lord, You are my Lord and my God, yet I have never seen You.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : O Lord, You are my Lord and my God, yet I have never seen You.

6. INTERCESSION

L : Let us pray for the various needs of our community placing our trust wholly in Him.

All : Lord, we believe. Help our unbelief.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us turn to the Father and pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

O gracious Light, give us the eyes and sensitivity to see the good things You have brought into our lives much more than lament over the little things we are yet to receive. Teach us patience so that we may wait in humility. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 33

Psalm 65 / St. Antiochus

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 65

[1] Blessed is he whom you choose and bring near, to dwell in your courts!

[2] O You who hear prayer! To You shall all flesh come on account of sins.

[1] When our transgressions prevail over us, You forgive them.

[2] By dread deeds You answer us with deliverance, O God of our salvation, who are the hope of all the ends of the earth, and of the farthest seas;

[1] who by Your strength have established the mountains, being girded with might;

[2] who still the roaring of the seas, the roaring of their waves, the tumult of the peoples;

[1] so that those who dwell at earth's farthest bounds are afraid at Your signs; You make the outgoings of the morning and the evening to shout for joy.

[2] You visit the earth and water it, You greatly enrich it; the river of God is full of water; You provide their grain, for so You have prepared it.

[1] You water its furrows abundantly, settling its ridges, softening it with showers, and blessing its growth.

[2] You crown the year with Your bounty; the tracks of Your chariot overflow with richness.

[1] The pastures of the wilderness drip, the hills gird themselves with joy,

[2] the meadows clothe themselves with flocks, the valleys deck themselves with grain, they shout and sing together for joy.

[1] Glory be ...

[2] As it was ...

[1&2] Blessed is he whom You choose and bring near, to dwell in Your courts!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Antiochus.

L : O Holy Spirit, most merciful Comforter:

All : O Holy Spirit, most merciful Comforter:

L : You proceed from the Father in a manner beyond our understanding. Come, I beseech You, and take up Your abode in my heart.

All : O Holy Spirit, most merciful Comforter:

L : Purify and cleanse me from all sin, and sanctify my soul. Cleanse it from every impurity, water its dryness, melt its coldness, and save it from its sinful ways.

All : O Holy Spirit, most merciful Comforter:

L : Make me truly humble and resigned, that I may be pleasing to You, and that You might abide with me forever.

All : O Holy Spirit, most merciful Comforter:

L : My God, give yourself to me and kindle in my innermost soul the fire of Your love.

All : O Holy Spirit, most merciful Comforter:

L : Bestow upon me a true faith, a firm hope, and a sincere and a perfect love. Grant that I may always do Thy Most Gracious Will. Amen.

All : O Holy Spirit, most merciful Comforter:

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : O Holy Spirit, most merciful Comforter:

6. INTERCESSION

L : Let us pray to God our Father who gives us His Spirit through Jesus His Son.

All : Holy Spirit, guide our steps.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us turn to the Father and pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Give us the courage O Merciful One to stand steady amidst adversity and changing morals. Make us more faithful to Your Gospel and commandments so that our footsteps may be ever guided in the path that You have set before us. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 34

Psalm 24 / St. Augustine of Hippo

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 24

[1] The earth is the LORD's and the fulness thereof, the world and those who dwell therein;

[2] for he has founded it upon the seas, and established it upon the rivers.

[1] Who shall ascend the hill of the LORD? And who shall stand in his holy place?

[2] He who has clean hands and a pure heart, who does not lift up his soul to what is false, and does not swear deceitfully.

[1] He will receive blessing from the LORD, and vindication from the God of his salvation.

[2] Such is the generation of those who seek him, who seek the face of the God of Jacob.

[1] Lift up your heads, O gates! and be lifted up, O ancient doors! that the King of glory may come in.

[2] Who is the King of glory? The LORD, strong and mighty, the LORD, mighty in battle!

[1] Lift up your heads, O gates! and be lifted up, O ancient doors! that the King of glory may come in.

[2] Who is this King of glory? The LORD of hosts, he is the King of glory!

[1] Glory be ...

[2] As it was ...

[1&2] The earth is the LORD's and the fulness thereof, the world and those who dwell therein

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Augustine of Hippo.

L : Lord Jesus, let me know myself and know You, And desire nothing save only You.

All : Lord Jesus, let me know myself and know You, And desire nothing save only You.

L : Let me humble myself and exalt You. Let me think of nothing except You.

All : Lord Jesus, let me know myself and know You, And desire nothing save only You.

L : Let me die to myself and live in You. Let me accept whatever happens as from You.

All : Lord Jesus, let me know myself and know You, And desire nothing save only You.

L : Let me fear for myself, let me fear You, And let me be among those who are chosen by You.

All : Lord Jesus, let me know myself and know You, And desire nothing save only You.

L : Let me cling to nothing save only to You, And let me be poor because of You.

All : Lord Jesus, let me know myself and know You, And desire nothing save only You.

L : Look upon me, that I may love You. Call me that I may see You, And forever enjoy You. Amen.

All : Lord Jesus, let me know myself and know You, And desire nothing save only You.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Lord Jesus, let me know myself and know You, And desire nothing save only You.

6. INTERCESSION

L : Let us pray and seek God's wisdom to live according to His perfect will.

All : O Lord, teach us Thy ways.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us turn to the Father and pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

God our Father, may we love You in all things and above all things. Place in our hearts a desire to please You and fill our minds with thoughts of Your Love, so that we may grow in Your Wisdom and enjoy Your Peace. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 35

Psalm 4 / St. Catherine of Siena

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 4

[1] Answer me when I call, O God of my right! Be gracious to me, and hear my prayer.

[2] O sons of men, how long will you be dull of heart? How long will you love vain words, and seek after lies?

[1] But know that the LORD has set apart the godly for himself; the LORD hears when I call to him.

[2] Be angry, but sin not; commune with your own hearts on your beds, and be silent.

[1] Offer right sacrifices, and put your trust in the LORD.

[2] There are many who say, "O that we might see some good! Lift up the light of your countenance upon us, O LORD!"

[1] You have put more joy in my heart than they have when their grain and wine abound.

[2] In peace I will both lie down and sleep; for You alone, O LORD, make me dwell in safety.

[1] Glory be ...

[2] As it was ...

[1&2] Answer me when I call, O God of my right! Be gracious to me, and hear my prayer.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Catherine of Siena.

L : In Your nature, eternal Godhead, I shall come to know my nature.

All : In Your nature, eternal Godhead, I shall come to know my nature.

L : And what is my nature, boundless love? It is fire, because You are nothing but a fire of love.

All : In Your nature, eternal Godhead, I shall come to know my nature.

L : And You have given humankind a share in this nature, for by the fire of love You created us.

All : In Your nature, eternal Godhead, I shall come to know my nature.

L : And so with all other people and every created thing; You made them out of love.

All : In Your nature, eternal Godhead, I shall come to know my nature.

L : O ungrateful people! What nature has your God given you? His very own nature!

All : In Your nature, eternal Godhead, I shall come to know my nature.

L : O eternal Trinity, my sweet love! You, light, give us light. You, wisdom, give us wisdom. You, supreme strength, strengthen us.

All : In Your nature, eternal Godhead, I shall come to know my nature.

L : Today, eternal God, let our cloud be dissipated so that we may perfectly know and follow Your Truth in truth, with a free and simple heart.

All : In your nature, eternal Godhead, I shall come to know my nature.

L : God, come to our assistance! Lord, make haste to help us! Amen.

All : In Your nature, eternal Godhead, I shall come to know my nature.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : In Your nature, eternal Godhead, I shall come to know my nature.

6. INTERCESSION

L : Let us pray that we may be imitators of God and live in love. Our response will be.

All : Lord, fill us with Thy fullness.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us turn to the Father and pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

You have generously bestowed us, O Creator, with an individuality that is wonderful to behold. We stand in awe when we look around and see Your Hand in every area of creation. Help us to be ever humble and grateful to You. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 36

Psalm 145 / St. Christopher

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 145

[1] I will extol You, my God and King, and bless Your name forever and ever.

[2] Every day I will bless You, and praise Your name forever and ever.

[1] Great is the LORD, and greatly to be praised, and his greatness is unsearchable.

[2] One generation shall laud Your works to another, and shall declare Your mighty acts.

[1] On the glorious splendour of Your majesty, and on Your wondrous works, I will meditate.

[2] Men shall proclaim the might of Your awesome acts, and I will declare Your greatness.

[1] They shall pour forth the fame of Your abundant goodness, and shall sing aloud of Your righteousness.

[2] The LORD is gracious and merciful, slow to anger and abounding in mercy.

[1] The LORD is good to all, and his compassion is over all that he has made.

[2] All your works shall give thanks to you, O LORD, and all Your saints shall bless You!

[1] They shall speak of the glory of Your kingdom, and tell of Your power,

[2] to make known to the sons of men Your mighty deeds, and the glorious splendor of Your kingdom.

[1] The eyes of all look to You, and You give them their food in due season.

[2] You open Your hand, You satisfy the desire of every living thing.

[1] The LORD is just in all his ways, and kind in all his doings.

[2] The LORD is near to all who call upon him, to all who call upon him in truth.

[1] Glory be ...

[2] As it was ...

[1&2] I will extol You, my God and King, and bless Your name forever and ever.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Christopher.

L : Father, grant that I may be a bearer of Christ Jesus, Your Son.

All : Father, grant that I may be a bearer of Christ Jesus, Your Son.

L : Strengthen me by Your Holy Spirit to carry out my mission of changing the world or some definite part of it for the better.

All : Father, grant that I may be a bearer of Christ Jesus, Your Son.

L : Despite my lamentable failures, bring home to me that my advantages are Your blessings to be shared with others.

All : Father, grant that I may be a bearer of Christ Jesus, Your Son.

L : Make me more energetic in setting right what I find wrong with the world instead of complaining about it.

All : Father, grant that I may be a bearer of Christ Jesus, Your Son.

L : Never let me forget that it is far better to light one candle than to curse the darkness, and to join my light, one day, with Yours. Amen.

All : Father, grant that I may be a bearer of Christ Jesus, Your Son.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Father, grant that I may be a bearer of Christ Jesus, Your Son.

6. INTERCESSION

L : Let us pray that we may be faithful to the new commandment by which we shall be known as Christ's followers. Our response will be:

All : Lord, make us instruments of Your peace.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us turn to the Father and pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven.*

Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

L : Let us pray.

Lord, help us to walk with You on the pathway of the beatitudes and to live out Your mission in today's world. May we radiate the Living Christ and transform our lives in the hope of the Resurrection. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 37

Psalm 18 / St. Vincent Pallotti

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 18

[1] For who is God, but the LORD? And who is a rock, except our God?

[2] The LORD is my rock, and my fortress, and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold.

[1] I call upon the LORD, who is worthy to be praised, and I am saved from my enemies.

[2] They came upon me in the day of my calamity; but the LORD was my stay.

[1] He brought me forth into a broad place; he delivered me, because he delighted in me.

[2] The LORD rewarded me according to my righteousness; according to the cleanness of my hands he recompensed me.

- [1] For I have kept the ways of the LORD, and have not wickedly departed from my God.
- [2] For all his ordinances were before me, and his statutes I did not put away from me.
- [1] With the loyal You show yourself loyal; with the blameless man you show yourself blameless;
- [2] with the pure You show yourself pure; and with the crooked You show yourself perverse.
- [1] For You deliver a humble people; but the haughty eyes You bring down.
- [2] Yes, You light my lamp; the LORD my God lightens my darkness.
- [1] Yes, by You I can crush a troop; and by my God I can leap over a wall.
- [2] This God his way is perfect; the promise of the LORD proves true; he is a shield for all those who take refuge in him.
- [1] Glory be ...
- [2] As it was ...
- [1&2] For who is God, but the LORD? And who is a rock, except our God?

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Vincent Pallotti.

L : Eternal Father, it is Your will that all should be saved.

All : Eternal Father, it is Your will that all should be saved.

L : Great is Your mercy. Your Son, Jesus Christ died for all.
Teach all people to recognize You and love You.

Al : Eternal Father, it is Your will that all should be saved.

L : With deep faith in Christ's death and resurrection we pray:
"Send Forth, O Lord, labourers into Your vineyard and spare Your people."

All : Eternal Father, it is Your will that all should be saved.

L : Eternal Word, Redeemer of all creation, convert all souls to You. You have been obedient for all, even to death on the cross.

All : Eternal Father, it is Your will that all should be saved.

L : O Holy Spirit, through the infinite merits of our Lord, Jesus Christ, enkindle in all hearts Your ardent love that can do all things, that all may be one fold and one Shepherd, and that all may arrive in heaven to sing Your Divine mercy.

All : Eternal Father, it is Your will that all should be saved.

L : Send forth, O Lord, labourers into Your vineyard and spare Your people, that united with You, and the Father and the Holy Spirit, we may all rejoice forever. Amen.

All : Eternal Father, it is Your will that all should be saved.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Eternal Father, it is Your will that all should be saved.

6. INTERCESSION

L : Let us pray to the Lord who has knit us together in one communion and fellowship. Our response will be:

All : O Lord, enfold us in Your light.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us turn to the Father and pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord God, light within us the lamp of charity which never fails, that it may burn in us and shed its light on those around us. Grant that through our offerings we may find a place within Your Divine Heart forever. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 38

Psalm 103 / St. John Chrysostom

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 103

[1] Bless the LORD, O my soul; and all that is within me, bless his holy name!

[2] The LORD is merciful and gracious, slow to anger and abounding in mercy.

[1] He will not always chide, nor will he keep his anger forever.

[2] He does not deal with us according to our sins, nor repay us according to our iniquities.

[1] For as the heavens are high above the earth, so great is his mercy toward those who fear him;

[2] as far as the east is from the west, so far does he remove our transgressions from us.

[1] As a father pities his children, so the LORD pities those who fear him.

[2] For he knows our frame; he remembers that we are dust.

[1] As for man, his days are like grass; he flourishes like a flower of the field;

[2] for the wind passes over it, and it is gone, and its place knows it no more.

[1] But the mercy of the LORD is from everlasting to everlasting upon those who fear him, and his righteousness to children's children,

[2] to those who keep his covenant and remember to do his commandments.

[1] Glory be ...

[2] As it was ...

[1&2] Bless the LORD, O my soul; and all that is within me, bless his holy name!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. John Chrysostom.

L : O Lord, my God, I am not worthy that You should come into my soul.

All : O Lord, my God, I am not worthy that You should come into my soul.

L : But I am glad that You have come to me because in Your loving kindness You desire to dwell in me.

All : O Lord, my God, I am not worthy that You should come into my soul.

L : You ask me to open the door of my soul, which You alone have created, so that You may enter into it with Your loving kindness and dispel the darkness of my mind.

All : O Lord, my God, I am not worthy that You should come into my soul.

L : I believe that You will do this, for You did not turn away Mary Magdalene when she approached You in tears.

All : O Lord, my God, I am not worthy that You should come into my soul.

L : Neither did you withhold forgiveness from the tax collector who repented of his sins or from the good thief who asked to be received into Your kingdom.

All : O Lord, my God, I am not worthy that You should come into my soul.

L : Indeed, You numbered as Your friends all who came to You with repentant hearts.

All : O Lord, my God, I am not worthy that You should come into my soul.

L : O God, You alone are blessed always, now, and forever.

All : O Lord, my God, I am not worthy that You should come into my soul.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : O Lord, my God, I am not worthy that You should come into my soul.

6. INTERCESSION

L : Let us pray that the Lord may never find our hearts closed to His ways. Our response will be:

All : Lord, we are weak. Make us strong.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us turn to the Father and pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as*

we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

L : Let us pray.

Have mercy on us O Lord in our battle with pride, and help us put to death all that is arrogant and self-exalting in our lives. Help us to walk in meekness and lowliness of spirit, and to make known the greatness of Christ. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 39

Psalm 138 / St. Therese of Lisieux

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 138

[1] I give you thanks, O LORD, with my whole heart; before the angels I sing Your praise;

[2] I bow down toward Your holy temple and give thanks to Your name for Your mercy and Your faithfulness; for You have exalted above everything Your name and Your word.

[1] On the day I called, You answered me; my strength of soul You increased.

[2] All the kings of the earth shall praise You, O LORD, for they have heard the words of Your mouth;

[1] and they shall sing of the ways of the LORD, for great is the glory of the LORD.

[2] For though the LORD is high, he regards the lowly; but the haughty he knows from afar.

[1] Though I walk in the midst of trouble, you preserve my life;
You stretch out Your hand against the wrath of my enemies,
and Your right hand delivers me.

[2] The LORD will fulfil his purpose for me; Your mercy, O LORD,
endures forever. Do not forsake the work of Your hands.

[1] Glory be ...

[2] As it was ...

[1&2] I give You thanks, O LORD, with my whole heart; before the
angels I sing Your praise.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Therese of Lisieux.

L : Divine Jesus, listen to my prayer.

All : Divine Jesus, listen to my prayer.

L : By my love I want to make You rejoice. You know well,
I want to please You alone.

All : Divine Jesus, listen to my prayer.

L : Deign to grant my most ardent desire. But change all
my works to love, O my Spouse, my Beloved Saviour.

All : Divine Jesus, listen to my prayer.

L : Put in my heart Your consuming flame, And I'll be able
to bless You and love You as they do in Heaven.

All : Divine Jesus, listen to my prayer.

L : I'll love You with that very love. With which You have loved
me, Jesus Eternal Word.

All : Divine Jesus, listen to my prayer.

L : Divine Saviour, at the end of my life come get me without
the shadow of a delay.

All : Divine Jesus, listen to my prayer.

L : Ah! show me Your infinite tenderness and the sweetness of Your Divine gaze.

All : Divine Jesus, listen to my prayer.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Divine Jesus, listen to my prayer.

6. INTERCESSION

L : Let us pray that the Lord strengthens us in our labour so that the harvest may be bountiful. Our response will be:

All : Shelter us Lord underneath Your wings.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us turn to the Father and pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord God, we often take for granted what You give us freely. Teach us to rely more on Your gifts rather than our merits. Keep us always open to You and cause us to produce fruit which shall bring glory and honour to Your Name. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 40

Psalm 96 / St. Gregory of Nyssa

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 96

[1] O sing to the LORD a new song; sing to the LORD, all the earth!

[2] Sing to the LORD, bless his name; tell of his salvation from day to day.

[1] Declare his glory among the nations, his marvelous works among all the peoples!

[2] For great is the LORD, and greatly to be praised; he is to be feared above all gods.

[1] For all the gods of the peoples are idols; but the LORD made the heavens.

[2] Honour and majesty are before him; strength and beauty are in his sanctuary.

- [1]** Ascribe to the LORD, O families of the peoples, ascribe to the LORD glory and strength!
- [2]** Ascribe to the LORD the glory due his name; bring an offering, and come into his courts!
- [1]** Worship the LORD in holy attire; tremble before him, all the earth!
- [2]** Say among the nations, "The LORD reigns! Yes, the world is established, it shall never be moved; he will judge the peoples with equity."
- [1]** Let the heavens be glad, and let the earth rejoice; let the sea roar, and all that fills it;
- [2]** let the field exult, and everything in it! Then shall all the trees of the wood sing for joy
- [1]** before the LORD, for he comes, for he comes to judge the earth. He will judge the world with righteousness, and the peoples with his truth.
- [2]** Glory be ...
- [1]** As it was ...
- [1&2]** O sing to the LORD a new song; sing to the LORD, all the earth!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Gregory of Nyssa.

L : Lord, from You flows true and continual kindness.

All : Lord, from You flows true and continual kindness.

L : You had cast us off and justly so, but in Your mercy You forgave us.

All : Lord, from You flows true and continual kindness.

L : You were at odds with us, and You reconciled us.

All : Lord, from You flows true and continual kindness.

- L** : You had set a curse on us, and You blessed us.
All : Lord, from You flows true and continual kindness.
- L** : You had banished us from the garden, and You called us back again.
All : Lord, from You flows true and continual kindness.
- L** : You took away the fig leaves that had been an unsuitable garment, and You clothed us in a cloak of great value.
All : Lord, from You flows true and continual kindness.
- L** : You flung wide the prison gates, and You gave the condemned a pardon.
All : Lord, from You flows true and continual kindness.
- L** : You sprinkled clean water on us, and You washed away the dirt.
All : Lord, from You flows true and continual kindness.
- L** : Glory be to the Father and to the Son and to the Holy Spirit.
All : Lord, from You flows true and continual kindness.

6. INTERCESSION

- L** : Let us commend ourselves, and all for whom we pray, to the mercy and protection of God. Our response will be:
All : O Lord, draw us nearer.

(Spontaneous intercession)

- L:** Pray for us, O Holy Mother of God.
All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

- L** : Let us turn to the Father and pray in the words our Saviour gave us.
All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

- L** : Let us pray.
 O King of Kings, by Your promise of eternal life, You have already

made us citizens of heaven. Teach us to live on this earth with our eyes fixed on You and our faith firm in You. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 41

Psalm 84 / St. Faustina

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 84

[1] How lovely is Your dwelling place, O LORD of hosts!

[2] My soul longs, yes, faints for the courts of the LORD; my heart and flesh sing for joy to the living God.

[1] Even the sparrow finds a home, and the swallow a nest for herself, where she may lay her young, at Your altars, O LORD of hosts, my King and my God.

[2] Blessed are those who dwell in Your house, ever singing Your praise!

[1] Blessed are the men whose strength is in You, in whose heart are the highways to Zion.

[2] As they go through the valley of Baca they make it a place of springs; the early rain also covers it with pools.

[1] They go from strength to strength; the God of gods will be seen in Zion.

[2] O LORD God of hosts, hear my prayer; give ear, O God of Jacob!

[1] Behold our shield, O God; look upon the face of Your anointed!

[2] For a day in Your courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness.

[1] For the LORD God is a sun and shield; he bestows favour and honour. No good thing does the LORD withhold from those who walk uprightly.

[2] O LORD of hosts, blessed is the man who trusts in You!

[1] Glory be ...

[2] As it was ...

[1&2] How lovely is Your dwelling place, O LORD of hosts!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray with St. Faustina.

L : I adore You, Lord and Creator, hidden in the Most Blessed Sacrament.

All : I adore You, Lord and Creator, hidden in the Most Blessed Sacrament.

L : I adore You for all the works of Your hands, that reveal to me so much wisdom, goodness and mercy, O Lord.

All : I adore You, Lord and Creator, hidden in the Most Blessed Sacrament.

L : To converse with You, O Lord, is the delight of my heart. In You I find everything that my heart could desire.

All : I adore You, Lord and Creator, hidden in the Most Blessed Sacrament.

L : Here Your light illumines my mind, enabling it to know You more and more deeply. Here streams of graces flow down upon my heart. Here my soul draws eternal life.

All : I adore You, Lord and Creator, hidden in the Most Blessed Sacrament.

L : O my Lord and Creator, You alone, beyond all these gifts, give Your own self to me and unite Yourself intimately with Your miserable creature.

All : I adore You, Lord and Creator, hidden in the Most Blessed Sacrament.

L : O Christ, let me glorify Your goodness and mercy to the last moment of my life, with every drop of my blood and every beat of my heart. Would that I be transformed into a hymn of adoration of You.

All : I adore You, Lord and Creator, hidden in the Most Blessed Sacrament.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : I adore You, Lord and Creator, hidden in the Most Blessed Sacrament.

6. INTERCESSION

L : Let us pray without ceasing, knowing that God hears and grants our petitions. Our response will be:

All : Create in us a pure heart, O God.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us turn to the Father and pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord of the harvest, Your Word finds a home in our hearts, calls us into community and invites us to generous service of the human family. Bless us your people with courage and spirit that we may be ever willing to serve the least and the lost. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 42

Psalm 73 / St. Charbel

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 73 1-4, 13-28

[1] Truly God is good to the upright, to those who are pure in heart.

[2] But as for me, my feet had almost stumbled my steps had nearly slipped.

[1] For I was envious of the arrogant; I saw the prosperity of the wicked.

[2] For they have no pain; their bodies are sound and sleek.

[1] All in vain I have kept my heart clean and washed my hands in innocence.

[2] For all day long I have been plagued, and am chastened every morning.

[1] When my soul was embittered, when I was pricked in heart,

[2] I was stupid and ignorant; I was like a beast toward You.

- [1]** Nevertheless I am continually with You; You hold my right hand.
[2] You guide me with Your counsel, and afterward You will receive me to glory.
- [1]** Whom have I in heaven but You? And there is nothing on earth that I desire besides You.
[2] My flesh and my heart may fail, but God is the strength of my heart and my portion forever.
- [1]** For behold, those who are far from You will perish; You put an end to those who are false to You.
[2] But for me it is good to be near God; I have made the Lord GOD my refuge, to tell of all Your works.
- [1]** Glory be ...
[2] As it was ...
- [1&2]** Truly God is good to the upright, to those who are pure in heart.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSEE

- L** : Let us pray together with St. Charbel.
- L** : Father of Truth, behold Your Son, a sacrifice pleasing to You. Accept this offering of Him who died for me; behold His blood shed on Golgotha for my salvation.
- All** : Father of Truth, behold Your Son, a sacrifice pleasing to You. Accept this offering of Him who died for me; behold His blood shed on Golgotha for my salvation.
- L** : My Lord and my God, I'm giving You my heart and my soul with my work.
- All** : Father of Truth, behold Your Son, a sacrifice pleasing to You. Accept this offering of Him who died for me; behold His blood shed on Golgotha for my salvation.
- L** : God You know my whole being; those who ask for Your grace with confidence, will not be disappointed.

All : Father of Truth, behold Your Son, a sacrifice pleasing to You. Accept this offering of Him who died for me; behold His blood shed on Golgotha for my salvation.

L : Father, my heart is far from You; I am fully flawed and an unworthy servant.

All : Father of Truth, behold Your Son, a sacrifice pleasing to You. Accept this offering of Him who died for me; behold His blood shed on Golgotha for my salvation.

L : I do not deserve to be among my brothers, or to achieve their dignity, because I am inferior to everyone.

All : Father of Truth, behold Your Son, a sacrifice pleasing to You. Accept this offering of Him who died for me; behold His blood shed on Golgotha for my salvation

L : God give me the strength to obey.

All : Father of Truth, behold Your Son, a sacrifice pleasing to You. Accept this offering of Him who died for me; behold His blood shed on Golgotha for my salvation

L : My God give me strength to do everything according to Thy Will and to glorify Thy Name.

All : Father of Truth, behold Your Son, a sacrifice pleasing to You. Accept this offering of Him who died for me; behold His blood shed on Golgotha for my salvation

6. INTERCESSION

L : Let us pray for the Church and for all our intentions.
Our response will be:

All : Lord, have mercy on me a sinner.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as*

we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

L : Let us pray.

Lord God, you sent Your Son as the source of salvation for the whole world. Give us poor sinners the grace to turn our steps in obedience towards You. May we imitate Your son Jesus in humility and poverty of spirit. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 43

Psalm 72 / St. Chavara

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 72

[1] Give the king Your justice, O God, and Your righteousness to the royal son! May he judge Your people with righteousness, and Your poor with justice!

[2] Let the mountains bear prosperity for the people, and the hills, in righteousness!

[1] May he defend the cause of the poor of the people, give deliverance to the needy and crush the oppressor!

[2] May he live while the sun endures, and as long as the moon, throughout all generations!

[1] May he be like rain that fills on the mown grass, like showers that water the earth!

[2] In his days may righteousness flourish, and peace abound, till the moon be no more!

- [1] May he have dominion from sea to sea, and from the River to the ends of the earth!
- [2] May his foes bow down before him, and his enemies lick the dust!
- [1] May the kings of Tarshish and of the isles render him tribute, may the kings of Sheba and Seba bring gifts!
- [2] May all kings fall down before him, all nations serve him!
- [1] For he delivers the needy when he calls, the poor and him who has no helper.
- [2] He has pity on the weak and the needy, and saves the lives of the needy.
- [1] From oppression and violence he redeems their souls; and precious is their blood in his sight.
- [2] Long may he live, may gold of Sheba be given to him! may prayer be made for him continually, and blessings invoked for him all day!
- [1] May there be abundance of grain in the land, on the tops of the mountain may it wave; may its fruit be like Lebanon, and may men blossom forth from the cities like the grass of the field!
- [2] May his name endure forever; his fame continue as long as the sun! May men bless themselves by him; all the nations call them blessed!
- [1] Blessed be the LORD God, the God of Israel, who alone does wondrous things.
- [2] Blessed be his glorious name forever; may his glory fill the whole earth! Amen and Amen!
- [1] Glory be ...
- [2] As it was ...
- [1&2] Give the king Your justice, O God, and Your righteousness to the royal son! May he judge Your people with righteousness, and Your poor with justice! Let the mountains bear prosperity for the people, and the hills, in righteousness!

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray together with St. Chavara.

L : God's will be done; it will be accomplished.

All : God's will be done; it will be accomplished.

L : Jesus Christ the Divine Master, has called you to follow His footsteps, by purchasing your soul and the souls of your brethren with His Precious blood, to save you from sin and make you an instrument of salvation for others; and to make you virtuous and by you to make others virtuous, thus to unite you all with Him.

All : God's will be done; it will be accomplished.

L : Make a review now and then to see whether your life is leading to eternity or not, as a traveller is on his guard on his way making sure that he is on the right road.

All : God's will be done; it will be accomplished.

L : Our task is to do the work and God will pay for it. For what is entrusted to us is the patrimony of Jesus Christ. So we are to work for Him.

All : God's will be done; it will be accomplished.

L : The day in which you have not done good to your fellowmen will not be recorded in your book of life.

All : God's will be done; it will be accomplished.

L : The humble man is the greatest among men. There is no such man who never mistakes; and there is no such mistake which God doesn't forgive.

All : God's will be done; it will be accomplished.

L : To live in the love of Jesus Christ, to remain in His presence, to walk beside Him, and to talk to Him always.

All : God's will be done; it will be accomplished.

L : God abides with those who will to be united to God just as the vine is united to the branches. There should be the experience of God always abiding in us. The vessel that carries the loving God should be most holy. The call to be Ciborium is the call for one's own sanctification too.

All : God's will be done; it will be accomplished.

L : Glory be to the Father and to the Son and to the Holy Spirit.
All : God's will be done; it will be accomplished.

6. INTERCESSION

L : Entrusting ourselves to the merciful heart of God our Father, let us offer our prayers for the Church, our loved ones, and those in need.

All : O Jesus, do not leave us until we become united to You.

(Spontaneous intercession)

L: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray for the grace to uplift women, children, and all those who suffer from injustice, trusting in the intercession of our Lord, who is a dear, loving Father to each one of us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord God, inspire us with the wisdom of the Holy Spirit to use all of the forms of social media to spread the word of God. Inspired by the education we have received, may we constantly strive to create a better world, founded upon the principles of social justice. Grant us the grace to place ourselves in deep prayer before the blessed Sacrament, to receive and share the graces of our incarnate Lord. Uniting contemplation and action, let us never cease to promote vocations to the priesthood and religious life, envisioning a future Church alive with the spirit and wisdom of St. Chavara. We make our prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 44

Psalm 146 / St. Euphrasia

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 146

[1] Praise the LORD! Praise the LORD, O my soul;

[2] I will praise the LORD as long as I live; I will sing praises to my God while I have being.

[1] Put not your trust in princes, in a son of man, in whom there is no help.

[2] When his breath departs he returns to his earth; on that very day his plans perish.

[1] Happy is he whose help is the God of Jacob, whose hope is in the LORD, his God,

[2] who made heaven and earth, the sea, and all that is in them,

[1] who keeps faith forever, who executes justice for the oppressed, who gives food to the hungry. The LORD sets prisoners free;

[2] the LORD opens the eyes of the blind. The LORD lifts up those who are bowed down; the LORD loves the righteous.

[1] The LORD watches over the sojourners, he upholds the widow and the fatherless; but the way of the wicked he brings to ruin.

[2] The LORD will reign forever, your God, O Zion, to all generations! Praise the Lord!

[1] Glory be ...

[2] As it was ...

[1&2] Praise the Lord! Praise the LORD, my soul.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray together with St. Euphrasia.

L : My Divine Saviour, may Your holy will be always fulfilled in me!

All : My Divine Saviour, may Your holy will be always fulfilled in me!

L : O! My loving Lord, when can I see that Holy Face more shining than the sun and those most beautiful eyes setting the heart ablaze with love by a single glance!

All : My Divine Saviour, may Your holy will be always fulfilled in me!

L : My Divine Jesus, accept my little sufferings also along with Your Passion for the salvation of souls.

All : My Divine Saviour, may Your holy will be always fulfilled in me!

L : O! My God, whom my eyes long to see, most beloved one, deliver me from the bondages of the body in order to see you soon.

All : My Divine Saviour, may Your holy will be always fulfilled in me!

L : Through the virtue of humility, we can ascend to heaven, wherefrom through pride the devils descended.

All : My Divine Saviour, may Your holy will be always fulfilled in me!

L : O! Lily Flower, Spouse of Virgins, the joy of my heart, come and rest in me.

All : My Divine Saviour, may Your holy will be always fulfilled in me!

L : Blessed be the hour and moment in which the Son of God was born of the most pure Virgin Mary at midnight in Bethlehem in piercing cold.

All : My Divine Saviour, may Your holy will be always fulfilled in me!

L : O! Holy Trinity, my soul is always thirsting with desire to see and enjoy you in heaven with all the saints in heaven.

All : My Divine Saviour, may Your holy will be always fulfilled in me!

L : Glory be to the Father and to the Son and to the Holy Spirit

All : My Divine Saviour, may Your holy will be always fulfilled in me!

6. INTERCESSION

L : With humble hearts, trusting in the never-ending mercy of God, let us offer our prayers for the Church, our loved ones, and those in need.

All : We pray for holiness and perseverance.

(Spontaneous intercession)

L : Pray for us, O Holy Mother of God.

All : That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray for the grace to be transformed into mobile tabernacles, carrying the love and mercy of God to all the ends of the earth.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

L : Let us pray.

Lord God, fill our hearts with a deep love of the Blessed Virgin Mary as we pray with all the choirs of angels that we may imitate the virtues of Saint Euphrasia and attain the peace she possessed. Accept our prayers and the small sacrifices of each day as an offering to atone for the sins of those souls suffering in purgatory. When our time on earth comes to an end, welcome us into the loving embrace of the Holy Family and all of our deceased loved ones. We make our prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 45

Psalm 133 / St. Teresa of Avila

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L : Lord, teach us to pray.

All : Lord, fill us with Your Holy Spirit.

L : Glory be ...

All : As it was ...

L : Let us call upon the Father as Jesus taught us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 133

[1] Behold, how good and pleasant it is when brothers dwell in unity.

[2] It is like the precious oil upon the head, running down upon the beard, upon the beard of Aaron, running down on the collar of his robes.

[1] It is like the dew of Hermon, which falls on the mountains of Zion.

[2] For there the LORD has commanded the blessing, life for evermore.

[1] Glory be ...

[2] As it was ...

[1&2] Behold, how good and pleasant it is when brothers dwell in unity.

(Free praise ...)

3. WORD OF GOD

4. REFLECTION

5. RESPONSE

L : Let us pray together with St. Teresa of Avila.

L : Let nothing trouble you, Let nothing frighten you.

All : Let nothing ...

L : Everything passes God never changes.

All : Let nothing ...

L : Patience obtains all whoever has God wants for nothing
God alone is enough.

All : Let nothing ...

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Let nothing ...

6. INTERCESSION

L : Let us pray for the Church and for all our intentions.

All : I call upon You, answer me O Lord!

(Spontaneous intercession)

L : Pray for us, O Holy Mother of God.

All : That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name;
Thy Kingdom come, Thy will be done on earth as it is in Heaven.
Give us this day our daily bread; and forgive us our trespasses as
we forgive those who trespass against us; and lead us not into
temptation, but deliver us from evil. Amen.*

L : Let us pray.

Father God, eternal life is to know you, the only true God and
Jesus Christ whom You have sent. Let our daily search be for You
and for a fuller life in You. May Your Holy Spirit fill us with Your joy
and send us forth to be the living witnesses of Your Son Jesus.
We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring
us to everlasting life. Amen.

Concluding song

JESUS YOUTH PRAYER - 46

Psalm 68 / St. Theresa of Calcutta (Mother Theresa)

1. INTRODUCTORY

Lead : In the name of the Father, and of the Son, and of the Holy Spirit.

All : Amen.

L: Lord, teach us to pray.

All: Lord, fill us with Your Holy Spirit.

L: Glory be ...

All: As it was ...

L: Let us call upon the Father as Jesus taught us.

All: *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

SONG

(Followed by singing in the spirit and spontaneous praise)

2. Psalm 68

[1] Our God is a God of salvation; and to God, the Lord belongs escape from death.

[2] Let God arise, let his enemies be scattered; let those who hate him flee before him!

[1] As smoke is driven away, so drive them away; as wax melts before fire, let the wicked perish before God!

[2] But let the righteous be joyful; let them exult before God; let them be jubilant with joy!

[1] Sing to God, sing praises to his name; his name is the Lord, be exult before him!

[2] Father of the fatherless and protector of widows is God in his Holy habitation.

[1] God gives the desolate a home to dwell in; he leads out the prisoners to prosperity; but the rebellious dwell in a parched land.

[2] O God, when you went forth before Your people, when You marched through the wilderness,

[1] the earth quaked, the heavens poured down rain at the presence of God, yon Sinai quaked at the presence of God, the God of Israel.

[2] Rain in abundance, O God, You showered abroad; You restored Your heritage as it languished;

[1] Your flock found a dwelling in it; in Your goodness, O God, You provided for the needy.

[2] Blessed be the Lord, who daily bears us up; God is our salvation.

[1] "Bless God in the great congregation, the Lord, O You who are of Israel's fountain!"

[2] Summon Your might, O God; show Your strength, O God, You who have wrought for us.

[1] Awesome is God in his sanctuary, the God of Israel; he gives power and strength to his people. Blessed be God!

[2] Glory be ...

[1] As it was ...

All : Our God is a God of salvation, and to God, the Lord belongs escape from death.

(Free praise ...)

3. WORD OF GOD

(Silent recollection)

4. REFLECTION

5. RESPONSE

L : Let us pray together with St. Teresa of Calcutta.

L : Help us, O Loving Father, to make our family another Nazareth.

All : Help us, O Loving Father, to make our family another Nazareth.

L : Heavenly Father, You have given us the model of life in the Holy Family of Nazareth.

All : Help us, O Loving Father, to make our family another Nazareth.

L : Help us to stay together in joy and sorrow in family prayer.

All : Help us, O Loving Father, to make our family another Nazareth.

L : Teach us to see Jesus in the members of our families, especially in their distressing disguise.

All : Help us, O Loving Father, to make our family another Nazareth.

L : May we love one another as God loves each one of us and forgive each other's faults as you forgive our sins.

All : Help us, O Loving Father, to make our family another Nazareth.

L : Help us, O Loving Father to take whatever You give and give whatever You take with a big smile.

All : Help us, O Loving Father, to make our family another Nazareth.

L : Glory be to the Father and to the Son and to the Holy Spirit.

All : Help us, O Loving Father, to make our family another Nazareth.

6. INTERCESSION

L : Let us pray for the Church and for all our intentions.

All : Merciful Heart of Jesus, make our hearts like Yours.

(Spontaneous intercession)

L : Pray for us, O Holy Mother of God.

All : That we may be made worthy of the promises of Christ.

7. CONCLUSION

L : Let us pray in the words our Saviour gave us.

All : *Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as*

we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

L : Let us pray.

Heavenly Father, You called each one of us to be transformed into Your Son's image and be the light of the world. Let Your love penetrate and possess our whole being so completely that like Your holy ones we too will radiate Your light and love to the world. We make this prayer through Christ our Lord.

All : Amen.

All : The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Concluding song



JESUS YOUTH