



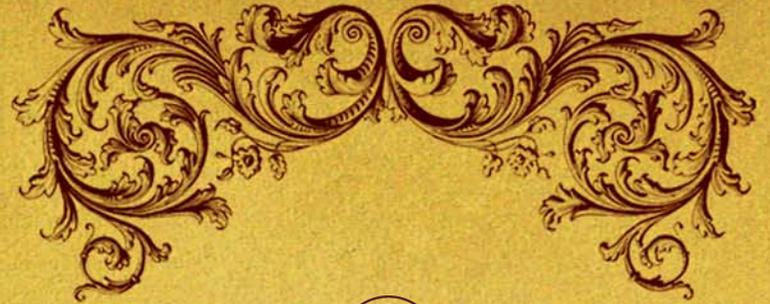
## Jesus Youth

Jesus Youth is an international Catholic youth movement that had its beginnings in Kerala, India, and currently has an active presence in over twenty- five countries around the world. 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, especially the poor.

To know more about the movement, log on to  
[www.jesusyouth.org](http://www.jesusyouth.org)

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# Jesus Youth Prayers





*Jesus Youth  
Prayers*



# *Introduction to Jesus Youth Prayer*



## **Imprimatur**

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Prayer is a stepping out into the presence of the Divine, going beyond the here and now, but, at the same time, opening up the here and now to the grace and action of the Lord. The Divine Master spoke of the fine mixing of the two dimensions of the life of anyone committed to the Call. “Every scribe who has been trained for the kingdom of heaven is like a householder who brings out of his treasure what is new and what is old” (Mt. 13:52). The Jesus Youth Prayer combines the rich heritage of Christian prayer with the contemporary modes of spontaneity and Spirit-led dynamism.

Our manner of prayer will surely determine the quality and style of our life. This is true of the individual, but more so of a movement. In the Jesus Youth Prayer there are very traditional as well as creative and dynamic elements. Entering into the serenity and depth of the time-tested traditional patterns of prayer will gradually form a person rooted in the spiritual heritage of the ages and ensure faithfulness to the little things of life (Mt. 25:21). At the same time the joyful spontaneity and a Spirit evoked lively participation will stir up a new zeal for the Lord and lead one to a creative commitment to the Kingdom. A wholesome prayer results in wholesome Christian life, balancing our commitment to the love of God and commitment to be present in the world today.

In the Jesus Youth movement there are prayer meetings which follow the Charismatic style of fully spontaneous leadership and participation, but in a small group gathering, in the meeting of a Jesus Youth Team or other fellowship gatherings, the Jesus Youth Prayer will be quite appropriate. For a person new to fellowship prayer, the present mode will be helpful for easy participation. On the other hand, for those experienced in participative prayer, the Jesus Youth Prayer will open up new depths of inner life and spiritual discipline.

## Seven Steps

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. Psalter:** 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.

## Participation and Leadership

It is quite easy to participate in as well as to lead the Jesus Youth Prayer.

The leader of this prayer does not require any special skill, but only a clear awareness of the pattern of this prayer. Hence, almost any mature member of the group could be entrusted with this role. If the group is new, a brief introduction is useful. Otherwise, there is no need for the leader to give any kind of instructions during the prayer.

The prayer pattern is a fine mix of praying with the prepared text and spontaneous participation. Having the prepared text in hand ensures clarity, confidence and lively participation of each person in the group.

At the beginning of the prayer the group could stand; they could sit during the time of the Word and reflection and then again stand up for the response, intercession and conclusion.

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.

## Put out into the deep

Presenting his great vision for this millennium Pope John Paul II spoke of prayer that would challenge us to new depths of life in Christ:

Training in Holiness calls for a Christian life distinguished above all in the art of prayer... We have to learn to pray: as if it were learning this art ever anew from the lips of the Divine Master himself, like the first disciples: "Lord, teach us to pray!" [Lk.11:1].

Yes, dear brothers and sisters, our Christian communities must become "schools" of prayer, where the meeting with Christ is expressed not just in imploring help but also in thanksgiving, praise, adoration, contemplation, listening and ardent devotion, until the heart truly "falls in love". Intense prayer, yes, but it does not distract us from our commitment to history: by opening our heart to the love of God it also opens it to the love of our brothers and sisters, and make us capable of shaping history according to God's plan. [John Paul II, *Novo Millennio Inuente*. 32, 33]

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

For the Jesus Youth International Team

**Dr. Edward Edezhath**



*Jesus Youth Prayer*

1

Psalm 27

St. Catherine of Siena

1. INTRODUCTORY

Leader: 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 in the . . .

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

All: Our Father who art in heaven . . .

SONG

2. PSALTER - Ps. 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, uttering slanders against me, 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] Thou hast said, "Seek ye my face." My heart says to thee, "Thy face, Lord, do I seek."

[1] Hide not thy face from me. Turn not thy servant away in anger, thou who hast 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 thy 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; yea, 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?

SONG [followed by a time of Praise and Worship]

### 3. WORD OF GOD

### 4. REFLECTION ON THE WORD OF GOD

#### 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. Our response will be:

**All: Lord, enkindle in us the fire of your love!**  
(Spontaneous intercessions)

#### 7. CONCLUSION

L: Let us pray in the words our Saviour gave us  
**All: Our Father . . .**

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



Psalm 99, 100 St. John Maria Vianney

#### 1. INTRODUCTORY

Leader: 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 in the . . .**

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

**All: Our Father who art in heaven . . .**

#### SONG

#### 2. PSALTER - Ps. 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 thy great and terrible name! Holy is he!

[1] Mighty King, lover of justice, thou hast established equity; thou hast 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, thou didst answer them; thou wast 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 steadfast love endures for ever, 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!

SONG [followed by a time of Praise and Worship]

### 3. WORD OF GOD

### 4. REFLECTION ON THE WORD OF GOD

### 5. RESPONSE

L: Let us pray together with St. John Maria Vianney.

L: 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. Our response will be:

**All: Lord, let your kingdom come!**  
[Spontaneous intercessions]

### 7. CONCLUSION

L: Let us pray in the words our Saviour gave us.  
**All: Our Father . . .**

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

Leader: 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 in the . . .

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

All: Our Father who art in heaven . . .

#### SONG

#### 2. PSALTER - Ps. 42

[1] As a hart longs for flowing streams, so longs my soul for thee, 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 help and my God.

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

[1] Deep calls to deep at the thunder of thy 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 hast thou 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 hart longs for flowing streams, so longs my soul for thee, O God.

SONG (followed by a time of Praise and Worship)

#### 3. WORD OF GOD

#### 4. REFLECTION ON THE WORD OF GOD

#### 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. Our response will be:

**All: I call upon you, answer me O Lord!**

[Spontaneous intercessions]

## 7. CONCLUSION

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

**All: Our Father . . .**

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



Psalm 8      St. Francis of Assisi

## 1. INTRODUCTORY

Leader: 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 in the . . .

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

All: Our Father who art in heaven . . .

## SONG

### 2. PSALTER - Ps. 8

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

[2] Thou whose glory above the heavens is chanted by the mouth of babes and infants, thou hast founded a bulwark because of thy foes, to still the enemy and the avenger.

[1] When I look at thy heavens, the work of thy fingers, the moon and the stars which thou hast established;

[2] What is man that thou art mindful of him, and the son of man that thou dost care for him?

[1] Yet thou hast made him little less than God, and dost crown him with glory and honor.

[2] Thou hast given him dominion over the works of thy hands; thou hast put all things under his feet,

[1] All 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 thy name in all the earth!

SONG [followed by a time of Praise and Worship]

## 3. WORD OF GOD

## 4. REFLECTION ON THE WORD OF GOD

## 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 than to be consoled; to understand rather than to be understood; and to love rather than 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. Our response will be:

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

[Spontaneous intercessions]

#### 7. CONCLUSION

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

**All: Our Father . . .**

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



Psalm 37 St. Jane Frances de Chantal

#### 1. INTRODUCTORY

Leader: 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 in the . . .**

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

**All: Our Father who art in heaven . . .**

#### SONG

#### 2. PSALTER - Ps. 37

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

[2] Fret not yourself 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 enjoy security.

[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; fret not yourself over him who prospers in his way, over the man who carries out evil devices!

[1] Refrain from anger, and forsake wrath! Fret not yourself; 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 for ever.

[2] For the Lord loves justice; he will not forsake his saints. The righteous shall be preserved for ever, but the children of the wicked shall be cut off.

[1] The righteous shall possess the land, and dwell upon it for ever.

[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

SONG {followed by a time of Praise and Worship}

3. WORD OF GOD

4. REFLECTION ON THE WORD OF GOD

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 to the Father and to the Son and to the Holy Spirit.

All: O sovereign goodness . . .

#### 6. INTERCESSION

L: Let us pray for the Church and for all our intentions. Our response will be:

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

[Spontaneous intercessions]

#### 7. CONCLUSION

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

**All: Our Father . . .**

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



Psalm 9 St. Padre Pio

#### 1. INTRODUCTORY

Leader: 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 in the . . .**

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

**All: Our Father who art in heaven . . .**

#### SONG

#### 2. PSALTER – Ps. 9

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

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

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

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

[1] Thou hast rebuked the nations, thou hast destroyed the wicked; thou hast blotted out their name for ever and ever.

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

[1] But the Lord sits enthroned for ever, 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 thy name put their trust in thee, for thou, O Lord, hast not forsaken those who seek thee.

[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 afflicted.

[1] Be gracious to me, O Lord! Behold what I suffer from those who hate me, O thou who liftest me up from the gates of death,

[2] That I may recount all thy praises, that in the gates of the daughter of Zion I may rejoice in thy 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 for ever.

[1] Arise, O Lord! Let not man prevail; let the nations be judged before thee!

[2] Put them in fear, O Lord! Let the nations know that they are but men!

[1] Glory be .....

[2] As it was . . . .

[1 & 2] I will give thanks to the Lord with my whole heart; I will tell of all thy wonderful deeds.

SONG (followed by a time of Praise and Worship)

3. WORD OF GOD

4. REFLECTION ON THE WORD OF GOD

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. Our response will be:

All: **I call upon you, answer me O Lord!**

[Spontaneous intercessions]

#### 7. CONCLUSION

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

All: **Our Father . . .**

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 though 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



Psalm 46 St. Benedict

#### 1. INTRODUCTORY

Leader: 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 in the . . .**

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

All: **Our Father who art in heaven . . .**

#### SONG

#### 2. PSALTER – Ps. 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 right early.

[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.

SONG (followed by a time of Praise and Worship)

### 3. WORD OF GOD

### 4. REFLECTION ON THE WORD OF GOD

### 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 to the Father and to the Son and to the Holy Spirit.

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

### 6. INTERCESSION

L: Let us pray for the Church and for all our intentions. Our response will be:

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

(Spontaneous intercessions)

### 7. CONCLUSION

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

**All: Our Father . . .**

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



Psalm 26 St. Ephrem of Syria

## 1. INTRODUCTORY

Leader: 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 in the . . .

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

All: Our Father who art in heaven . . .

## SONG

### 2. PSALTER - Ps. 26

[1] Prove me, O Lord, and try me; test my heart and my mind.

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

[1] For thy steadfast love is before my eyes, and I walk in faithfulness to thee.

[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 thy altar, O Lord,

[1] Singing aloud a song of thanksgiving, and telling all thy wondrous deeds.

[2] O Lord, I love the habitation of thy house, and the place where thy 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 be gracious to 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.

SONG {followed by a time of Praise and Worship}

## 3. WORD OF GOD

## 4. REFLECTION ON THE WORD OF GOD

## 5. RESPONSE

L: 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, for 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 judgment, 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 the 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. Our response will be:

All: **Lord, fill us with your love.**

[Spontaneous intercessions]

#### 7. CONCLUSION

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

All: **Our Father . . .**

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

Psalm 51

St. Francis de Sales

#### 1. INTRODUCTORY

Leader: 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 in the . . .**

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

All: **Our Father who art in heaven . . .**

#### SONG

#### 2. PSALTER - Ps. 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 thy presence, and take not thy Holy Spirit from me.

[1] Have mercy on me, O God, according to thy steadfast love; according to thy 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 thee, thee only, have I sinned, and done that which is evil in thy sight, so that thou art justified in thy sentence and blameless in thy judgment.

[1] Behold, I was brought forth in iniquity, and in sin did my mother conceive me.

[2] Behold, thou desirest 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] Fill me with joy and gladness; let the bones which thou hast broken rejoice.

[1] Hide thy 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 thy presence, and take not thy Holy Spirit from me.

[2] Restore to me the joy of thy salvation, and uphold me with a willing spirit.

[1] Then I will teach transgressors thy ways, and sinners will return to thee.

[2] Deliver me from blood guiltiness, O God, thou God of my salvation, and my tongue will sing aloud of thy deliverance.

[1] O Lord, open thou my lips, and my mouth shall show forth thy praise.

[2] For thou hast no delight in sacrifice; were I to give a burnt offering, thou wouldst not be pleased.

[1] The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, thou wilt not despise.

[2] Do good to Zion in thy good pleasure; rebuild the walls of Jerusalem,

[1] Then wilt thou delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on thy 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.

SONG (followed by a time of Praise and Worship)

3. WORD OF GOD

4. REFLECTION ON THE WORD OF GOD

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. Our response will be:

**All: Father, in your will is our peace.**

[Spontaneous intercessions]

#### 7. CONCLUSION

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

**All: Our Father . . .**

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



Psalm 118

St. Francis of Assisi

#### 1. INTRODUCTORY

Leader: 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 in the . . .**

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

**All: Our Father who art in heaven . . .**

#### SONG

#### 2. PSALTER - Ps. 118

[1] O give thanks to the Lord, for he is good; his steadfast love endures for ever!

[2] Let Israel say, "His steadfast love endures for ever."

[1] Let the house of Aaron say, "His steadfast love endures for ever."

[2] Let those who fear the Lord say, "His steadfast love endures for ever."

[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 steadfast love endures for ever!

SONG (followed by a time of Praise and Worship)

3. WORD OF GOD

4. REFLECTION ON THE WORD OF GOD

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 intentions to our loving Father and pray:

**All: Lord, fill us with your love.**

[Spontaneous intercessions]

## 7. CONCLUSION

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

**All: Our Father . . .**

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*



Psalm 19

St. John Maria Vianney

## 1. INTRODUCTORY

Leader: 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 in the . . .**

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

**All: Our Father who art in heaven . . .**

## SONG

### 2. PSALTER - Ps. 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 for ever; 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.

SONG [followed by a time of Praise and Worship]

### 3. WORD OF GOD

### 4. REFLECTION ON THE WORD OF GOD

### 5. RESPONSE

L: Let us pray with St. John Vianney that we may 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. Our response will be:

**All: Lord, accept our love and service**  
[Spontaneous intercessions]

### 7. CONCLUSION

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

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

Leader: 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 in the . . .**

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

**All: Our Father who art in heaven . . .**

## SONG

### 2. PSALTER - Ps. 144

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

[2] Who givest victory to kings, who rescuest David thy servant.

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

[2] My rock and my fortress, my stronghold and my deliverer, my shield and he in whom I take refuge, who subdues the peoples under him.

[1] O Lord, what is man that thou dost regard him, or the son of man that thou dost think of him?

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

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

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

[1] Stretch forth thy 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 garner 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 thee, O God; upon a ten-stringed harp I will play to thee.

SONG (followed by a time of Praise and Worship)

### 3. WORD OF GOD

### 4. REFLECTION ON THE WORD OF GOD

### 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 lift to the Lord our near and dear ones. Our response will be:

**All: Lord, lead us to the truth.**

[Spontaneous intercessions]

### 7. CONCLUSION

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

**All: Our Father . . .**

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 for ever.

**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

Leader: 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 in the . . .

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

All: Our Father who art in heaven . . .

## SONG

### 2. PSALTER - Ps. 97

[1] The Lord reigns; let the earth rejoice; let the many coastlands 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; all gods bow down before him.

[2] Zion hears and is glad, and the daughters of Judah rejoice, because of thy judgments, O God.

[1] For thou, O Lord, art most high over all the earth; thou art 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!

[1] Glory be . . .

[2] As it was . . .

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

SONG [followed by a time of Praise and Worship]

## 3. WORD OF GOD

## 4. REFLECTION ON THE WORD OF GOD

## 5. RESPONSE

L: Let us pray together with St. Ignatius of Loyola for the spirit of generosity.

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 needless 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. Our  
response will be:

**All: Stay with us Lord Jesus.**  
[Spontaneous intercessions]

#### 7. CONCLUSION

L: Let us pray in the words our Saviour gave us.  
**All: Our Father . . .**

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]



Psalm 81 St. Therese of Lisieux

#### 1. INTRODUCTORY

Leader: 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 in the . . .**

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

**All: Our Father who art in heaven . . .**

#### SONG

#### 2. PSALTER – Ps. 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 Meribah.

[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!

SONG [followed by a time of Praise and Worship]

### 3. WORD OF GOD

### 4. REFLECTION ON THE WORD OF GOD

### 5. RESPONSE

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

L: Let me live in Thee, O God.

All: Let me live in Thee, O God.

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

All: Let me live in Thee, O God.

L: That my soul may always be serving Thee as Thou dost will, and not as I may choose.

All: Let me live in Thee, O God.

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

All: Let me live in Thee, O God.

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

All: Let me live in Thee, O God.

L: Let me live to Thee, Who art in Thyself, the True Life.

All: Let me live in Thee, O God.

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

All: Let me live in Thee, O God.

### 6. INTERCESSION

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

**All: Stay with us Lord Jesus.**

[Spontaneous intercessions]

### 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 . . .**

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

Leader: 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 in the . . .

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

All: Our Father who art in heaven . . .

## SONG

### 2. PSALTER - Ps. 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 steadfast love 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 for ever, 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 steadfast 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] Yea, our heart is glad in him, because we trust in his holy name.

[2] Let thy steadfast love, O Lord, be upon us, even as we hope in thee.

[1] Glory be . . .

[2] As it was . . .

[1 & 2] Rejoice in the Lord, O you righteous! Praise befits the upright.

SONG (followed by a time of Praise and Worship)

### 3. WORD OF GOD

#### 4. REFLECTION ON THE WORD OF GOD

#### 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. Our response will be:

**All: Lord, guide us in your way.**

[Spontaneous intercessions]

### 7. CONCLUSION

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

**All: Our Father . . .**

L: Let us pray. God our Father, you bid us listen to your Son, the well-beloved. Nourish our hearts with 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

Psalm 34

# 16

St. Ambrose



## 1. INTRODUCTORY

Leader: 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 in the . . .**

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

**All: Our Father who art in heaven . . .**

## SONG

### 2. PSALTER - Ps. 34

[1] O taste and see that the Lord is good! Happy 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 afflicted 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! Happy 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!

SONG (followed by a time of Praise and Worship)

### 3. WORD OF GOD

#### 4. REFLECTION ON THE WORD OF GOD

#### 5. RESPONSE

L: Let us glorify the Lord with Saint Ambrose.

L: O Jesus! Thou enkindlest the fires of the shining stars!

All: O Jesus! Thou enkindlest the fires of the shining stars!

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

All: O Jesus! Thou enkindlest the fires of the shining stars!

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

All: O Jesus! Thou enkindlest the fires of the shining stars!

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

All: O Jesus! Thou enkindlest the fires of the shining stars!

L: It is holy too, by thy 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! Thou enkindlest the fires of the shining stars!

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

All: O Jesus! Thou enkindlest 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. Our response will be:

**All: Lord, guide us in your way**

[Spontaneous intercessions]

#### 7. CONCLUSION

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

**All: Our Father . . .**

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



Psalm 66, 67

St. Bernard of Clairvaux

## 1. INTRODUCTORY

Leader: 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 in the . . .**

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

All: **Our Father who art in heaven . . .**

SONG

## 2. PSALTER - Ps. 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 thy way may be known upon earth, thy saving power among all nations.

[1] Let the peoples praise thee, O God; let all the peoples praise thee!  
[2] Let the nations be glad and sing for joy, for thou dost judge the peoples with equity and guide the nations upon earth.

[1] Let the peoples praise thee, O God; let all the peoples praise thee!  
[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 terrible are thy deeds! So great is thy power that thy enemies cringe before thee.

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

[2] Glory be . . .

[1] As it was . . .

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

SONG (followed by a time of Praise and Worship)

## 3. WORD OF GOD

## 4. REFLECTION ON THE WORD OF GOD

## 5. RESPONSE

L: Let us pray with St. Bernard of Clairvaux.

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. Our response will be:

All: **Lord, show us your loving kindness.**

[Spontaneous intercessions]

#### 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 . . .**

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



Psalm 141, 142

St. Alphonsus de Liguori

#### 1. INTRODUCTORY

Leader: 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 in the . . .**

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

All: **Our Father who art in heaven . . .**

#### SONG

#### 2. PSALTER - Ps. 141, 142

[1] I cry to thee, O Lord; I say, Thou art 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 thee, O Lord; make haste to me! Give ear to my voice, when I call to thee!

[2] Let my prayer be counted as incense before thee, 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 thee, O Lord God; in thee 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, thou knowest 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 thy name! The righteous will surround me; for thou wilt deal bountifully with me.

[2] Glory be . . .

[1] As it was . . .

[1 & 2] I cry to thee, O Lord; I say, Thou art my refuge, my portion in the land of the living.

SONG (followed by a time of Praise and Worship)

3. WORD OF GOD

4. REFLECTION ON THE WORD OF GOD

5. RESPONSE

L: Let us pray with St. Alphonsus de Liguori

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

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

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

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

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

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

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

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

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 Thee.

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 Thee.

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. Our response will be:

**All: Lord, may your word light up our way.**

[Spontaneous intercessions]

## 7. CONCLUSION

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

**All: Our Father . . .**

L: Let us pray. God our Father, make our hearts radiant with the splendour 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



Psalm 62, 63

St. Francis of Assisi

## 1. INTRODUCTORY

Leader: 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 in the . . .**

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

**All: Our Father who art in heaven . . .**

## SONG

### 2. PSALTER - Ps. 62, 63

[1] O God, thou art my God, I seek thee, my soul thirsts for thee;  
[2] My flesh faints for thee, as in a dry and weary land where no water is.

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

[2] Because thy steadfast love is better than life, my lips will praise thee.

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

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

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

[2] For thou hast been my help, and in the shadow of thy wings I sing for joy.

[1] My soul clings to thee; thy 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 shaken.

[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, thou art my God, I seek thee, my soul thirsts for thee;

SONG [followed by a time of Praise and Worship]

3. WORD OF GOD

4. REFLECTION ON THE WORD OF GOD

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 to the Father and to the Son and to the Holy Spirit.  
All: You are holy, Lord, the only God, and Your deeds are wonderful.

#### 6. INTERCESSION

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

**All: Lord, send your Spirit upon us.**

[Spontaneous intercessions]

#### 7. CONCLUSION

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

**All: Our Father ... ..**

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



Psalm 29 St. Gregory

#### 1. INTRODUCTORY

Leader: 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 in the . . .**

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

**All: Our Father who art in heaven . . .**

#### SONG

#### 2. PSALTER - Ps. 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 heavenly beings, 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 Sirion 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 for ever.  
[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!

SONG (followed by a time of Praise and Worship)

### 3. WORD OF GOD

### 4. REFLECTION ON THE WORD OF GOD

### 5. RESPONSE

L: Let us pray with Saint 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. Our response will be:  
**All: Lord, bless your people.**  
(Spontaneous intercessions)

### 7. CONCLUSION

L: Let us pray in the words of our Lord Jesus:  
**All: Our Father . . .**

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

Psalm 20

# 21

St. Symeon



### 1. INTRODUCTORY

Leader: 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 in the . . .

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

All: Our Father who art in heaven . . .

SONG

### 2. PSALTER - Ps. 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!

SONG {followed by a time of Praise and Worship}

### 3. WORD OF GOD

### 4. REFLECTION ON THE WORD OF GOD

### 5. RESPONSE

L: Let us pray with Saint Symeon.

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

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

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

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

L: O Christ Jesus, Wisdom and Peace and Power of God, Who in Thy assumption of our nature didst suffer Thy life-giving and saving Passion, mortify all the deadly passions of my body,  
All: Grant me also to meet Thee on the clouds, my Maker and Creator.

L: Thou Who in Thy 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 Thee on the clouds, my Maker and Creator.

L: Thou Who by Thy life-giving Resurrection on the third day didst 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 Thee on the clouds, my Maker and Creator.

L: Thou Who by Thy glorious Ascension didst deify our nature which Thou hadst assumed and didst honour it by Thy session at the right hand of the Father, make me worthy by partaking of Thy holy Mysteries of a place at Thy right hand among those who are saved,  
All: Grant me also to meet Thee on the clouds, my Maker and Creator.

L: Thou Who by the descent of the Spirit, the Paraclete, didst make Thy holy disciples worthy vessels, make me also a recipient of Your coming,  
All: Grant me also to meet Thee 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 Thee on the clouds, my Maker and Creator.

#### 6. INTERCESSION

L: Let us pray for the needs of the Church and for all our intentions. Our response will be:  
All: **Lord, show your love to all.**  
{Spontaneous intercessions}

#### 7. CONCLUSION

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

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

Leader: 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 in the . . .

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

All: Our Father who art in heaven . . .

SONG

2. PSALTER - Ps. 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 lo, 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 thou didst shatter 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 for ever.

[1] We have thought on thy steadfast love, O God, in the midst of thy temple.  
[2] As thy name, O God, so thy praise reaches to the ends of the earth. Thy right hand is filled with victory;

[1] Let Mount Zion be glad! Let the daughters of Judah rejoice because of thy 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 for ever and ever. He will be our guide for ever.

[1] Glory be . . .  
[2] As it was . . .

[1 & 2] Great is the Lord and greatly to be praised in the city of our God!

SONG (followed by a time of Praise and Worship)

3. WORD OF GOD

4. REFLECTION ON THE WORD OF GOD

## 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. Our response will be:

**All: Lord, our trust is in you.**

(Spontaneous intercessions)

## 7. CONCLUSION

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

**All: Our Father ... ..**

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 Pope John Paul II

## 1. INTRODUCTORY

Leader: 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 in the . . .

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

All: Our Father who art in heaven . . .

## SONG

### 2. PSALTER - Ps. 30

[1] O Lord my God, I cried to thee for help, and thou hast healed me.

[2] I will extol thee, O Lord, for thou hast drawn me up, and hast not let my foes rejoice over me.

[1] O Lord, thou hast 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 tarry 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 thy favor, O Lord, thou hadst established me as a strong mountain;

[1] Thou didst hide thy face, I was dismayed.

[2] To thee, 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 thee? Will it tell of thy faithfulness?

[2] Hear, O Lord, and be gracious to me! O Lord, be thou my helper!"

[1] Thou hast turned for me my mourning into dancing; thou hast loosed my sackcloth and girded me with gladness,

[2] That my soul may praise thee and not be silent. O Lord my God, I will give thanks to thee for ever.

[1] Glory be . . .

[2] As it was . . .

[1 & 2] O Lord my God, I cried to thee for help, and thou hast healed me.

SONG (followed by a time of Praise and Worship)

## 3. WORD OF GOD

## 4. REFLECTION ON THE WORD OF GOD

## 5. RESPONSE

L: Let us pray with Pope 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. Our response will be:

**All: Our hope is in you, Lord God.**

[Spontaneous intercessions]

## 7. CONCLUSION

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

**All: Our Father . . .**

L: Let us pray. Purify us, Almighty God, through your loving grace. Through our whole-hearted endeavour 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



Psalm 119 Pope Clement XI

## 1. INTRODUCTORY

Leader: 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 in the . . .

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

All: Our Father who art in heaven . . .

## SONG

### 2. PSALTER - Ps. 119

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

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

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

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

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

[2] Accept my offerings of praise, O Lord, and teach me thy ordinances.

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

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

[1] Thy testimonies are my heritage for ever; yea, they are the joy of my heart.

[2] I incline my heart to perform thy statutes for ever, to the end.

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

[2] Thou art my hiding place and my shield; I hope in thy word.

[1] Glory be . . .

[2] As it was . . .

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

SONG [followed by a time of Praise and Worship]

## 3. WORD OF GOD

## 4. REFLECTION ON THE WORD OF GOD

## 5. RESPONSE

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

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

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

L: O my God, I believe in Thee; do Thou strengthen my faith. All my hopes are in Thee; do Thou secure them.

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

L: I give Thee thanks as my constant Benefactor; I call upon Thee as my sovereign Protector.

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

L: To Thee I desire to consecrate all my thoughts, words, actions, and sufferings; that henceforward I may think of Thee, speak of Thee, constantly refer all my actions to Thy greater glory, and suffer willingly whatever Thou shalt appoint.

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

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

L: Grant, O Jesus, that I may remember Thy 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 Thee with my whole heart; teach me to love Thee daily more and more.

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

All: I love Thee with my whole heart; teach me to love Thee 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. Our response will be:

**All: Lord, be with your people.**

[Spontaneous intercessions]

## 7. CONCLUSION

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

**All: Our Father . . .**

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

Leader: 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 in the . . .

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

All: Our Father who art in heaven . . .

SONG

2. PSALTER - Ps. 57

[1] Be exalted, O God, above the heavens! Let thy glory be over all the earth!

[2] Be merciful to me, O God, be merciful to me, for in thee 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 steadfast love 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 thee, O Lord, among the peoples; I will sing praises to thee among the nations.

[1] For thy steadfast love is great to the heavens, thy faithfulness to the clouds.

[2] Glory be . . .

[1] As it was . . .

[1 & 2] Be exalted, O God, above the heavens! Let thy glory be over all the earth!

SONG [followed by a time of Praise and Worship]

3. WORD OF GOD

4. REFLECTION ON THE WORD OF GOD

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 thee and I will always love thee.

All: O God, I love thee and I will always love thee.

L: O God, I love thee, I love thee not out of hope of heaven for me,  
nor fearing not to love and be in the everlasting burning.

All: O God, I love thee and I will always love thee.

L: Thou, thou, my Jesus, after me didst reach thine arms out dying,  
for my sake suffered nails, and lance, mocked and marred  
countenance.

All: O God, I love thee and I will always love thee.

L: Sorrows passing number, sweat and care and cumber, yea and  
death, and this for me, and thou couldst see me sinning:

All: O God, I love thee and I will always love thee.

L: Then I, why should not I love thee, Jesus, so much in love with  
me? Not for heaven's sake; not to be out of hell by loving thee;  
Not for any gains I see.

All: O God, I love thee and I will always love thee.

L: But just the way that thou didst me I do love and I will love thee:  
For being my king and God, I love thee.

All: O God, I love thee and I will always love thee.

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

All: O God, I love thee and I will always love thee.

## 6. INTERCESSION

L: Let us pray for the Church and for all our intentions. Our response  
will be:

**All: Lord, open to us the treasures of your love!**

[Spontaneous intercessions]

## 7. CONCLUSION

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

**All: Our Father . . .**

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

Leader: 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 in the . . .

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

All: Our Father who art in heaven . . .

## SONG

## 2. PSALTER - Ps. 119

[1] My eyes are awake before the watches of the night, that I may meditate upon thy promise.

[2] I rise before dawn and cry for help; I hope in thy words.

[1] With my whole heart I cry; answer me, O Lord! I will keep thy statutes.

[2] I cry to thee; save me, that I may observe thy testimonies.

[1] Hear my voice in thy steadfast love; O Lord, in thy justice preserve my life.

[2] They draw near who persecute me with evil purpose; they are far from thy law.

[1] But thou art near, O Lord, and all thy commandments are true.

[2] Long have I known from thy testimonies that thou hast founded them for ever.

[1] Look on my affliction and deliver me, for I do not forget thy law.

[2] Plead my cause and redeem me; give me life according to thy promise!

[1] Great is thy mercy, O Lord; give me life according to thy 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 thy promise

SONG (followed by a time of Praise and Worship)

## 3. WORD OF GOD

## 4. REFLECTION ON THE WORD OF GOD

## 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 intentions and that of the whole Church and our response will be:

**All: Lord, you are our help and our salvation.**

[Spontaneous intercessions]

#### 7. CONCLUSION

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

**All: Our Father . . .**

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



Psalm 16 St. Bernard of Clairvaux

#### 1. INTRODUCTORY

Leader: 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 in the . . .**

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

**All: Our Father who art in heaven . . .**

#### SONG

#### 2. PSALTER - Ps. 16

[1] O Lord, in thy presence there is fullness of joy.

[2] In thy right hand are pleasures for evermore.

[1] Preserve me, O God, for in thee I take refuge.

[2] I say to the Lord, "Thou art my Lord; I have no good apart from thee."

[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; thou holdest my lot.

[2] The lines have fallen for me in pleasant places; yea, 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 thou dost not give me up to Sheol, or let thy godly one see the Pit.

[1] Thou dost show me the path of life; in thy presence there is fullness of joy, in thy right hand are pleasures for evermore.

[2] Glory be . . .

[1] As it was . . .

[1 & 2] O Lord, in thy presence there is fullness of joy!

SONG (followed by a time of Praise and Worship)

### 3. WORD OF GOD

### 4. REFLECTION ON THE WORD OF GOD

### 5. RESPONSE

L: Let us pray with Saint Bernard of Clairvaux.

L: Jesus be Thou our glory now, and through eternity.

All: Jesus be Thou our glory now, and through eternity.

L: Jesus, the very thought of Thee, with sweetness fills the heart; But sweeter far Thy face to see, and in Thy presence rest.

All: Jesus be Thou our glory now, and through eternity.

L: Nor voice can sing, nor heart can frame, nor can the memory find, a sweeter sound than Thy blessed Name, O Saviour of mankind!

All: Jesus be Thou our glory now, and through eternity.

L: O Jesus, light of all below, Thou fount of living fire, surpassing all the joys we know, and all we can desire.

All: Jesus be Thou our glory now, and through eternity.

L: Thee, Jesus, may our voices bless, Thee may we love alone, and ever in our lives express the image of Thine own.

All: Jesus be Thou our glory now, and through eternity.

L: O Jesus, Thou the beauty art of angel worlds above; Thy Name is music to the heart, inflaming it with love.

All: Jesus be Thou our glory now, and through eternity.

L: Abide with us, and let Thy light shine, Lord, on every heart; dispel the darkness of our night; and joy to all impart.

All: Jesus be Thou our glory now, and through eternity.

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

All: Jesus be Thou 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. Our response will be:

**All: Lord, transform our lives by your divine love.**

[Spontaneous intercessions]

### 7. CONCLUSION

L: Let us pray to the Father of all creation, in the words our Saviour gave us.

**All: Our Father . . .**

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



Psalm 118

St. Alphonsus de Liguori

#### 1. INTRODUCTORY

Leader: 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 in the . . .**

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

**All: Our Father who art in heaven . . .**

#### SONG

#### 2. PSALTER – Ps. 118

[1] Blessed be he who enters in the name of the Lord!

[2] We bless you from the house of the Lord.

[1] Hark, 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 thee that thou hast answered me and hast become my salvation.  
[2] The stone which the builders rejected has become the head of the corner.

[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 beseech thee, O Lord! O Lord, we beseech thee, 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] Thou art my God, and I will give thanks to thee; thou art my God, I will extol thee.

[1] O give thanks to the Lord, for he is good; for his steadfast love endures for ever!

[2] Glory be . . .  
[1] As it was . . .

[1 & 2] Blessed be he who enters in the name of the Lord!

SONG [followed by a time of Praise and Worship]

### 3. WORD OF GOD

### 4. REFLECTION ON THE WORD OF GOD

### 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 thy 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: Thou art blest Three in One, yet undivided still; Thou art 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 Thou art my God, thought forever blest! 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 Thee 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 for the Church and for all our intentions. Our response will be:

**All: Lord Jesus, you loved us and gave yourself for us.**

[Spontaneous intercessions]

#### 7. CONCLUSION

L: Let us call upon the Lord and the Creator of everything in the words our Saviour gave us.

**All: Our Father . . .**

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



Psalm 80

St. Thomas Aquinas

#### 1. INTRODUCTORY

Leader: 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 in the . . .**

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

**All: Our Father who art in heaven . . .**

#### SONG

#### 2. PSALTER - Ps. 80

[1] Restore us, O God of hosts; let thy face shine, that we may be saved!

[2] O Lord God of hosts, how long wilt thou be angry with thy people's prayers?

[1] Thou hast fed them with the bread of tears, and given them tears to drink in full measure.

[2] Thou dost make us the scorn of our neighbors; and our enemies laugh among themselves.

[1] Restore us, O God of hosts; let thy face shine, that we may be saved!

[2] Thou didst bring a vine out of Egypt; thou didst drive out the nations and plant it.

[1] Thou didst clear 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 hast thou 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 thy right hand planted.

[1] They have burned it with fire, they have cut it down; may they perish at the rebuke of thy countenance!

[2] But let thy hand be upon the man of thy right hand, the son of man whom thou hast made strong for thyself!

[1] Then we will never turn back from thee; give us life, and we will call on thy name!

[2] Restore us, O Lord God of hosts! Let thy face shine, that we may be saved!

[1] Glory be . . .

[2] As it was . . .

[1 & 2] Restore us, O Lord God of hosts! Let thy face shine, that we may be saved!

SONG (followed by a time of Praise and Worship)

3. WORD OF GOD

4. REFLECTION ON THE WORD OF GOD

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 thee Lord and God as he;

All: O Lord! I'm lost, all lost in wonder at the God you are.

L: O thou 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 thee send me what I thirst for so, some day to gaze on thee face to face in light and be blest for ever 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 us turn to the merciful Lord and offer our prayers for the Church and for all our intentions. Our response will be:

**All: Be near us, Lord, because we need you.**

[Spontaneous intercessions]

## 7. CONCLUSION

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

**All: Our Father ... ..**

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



Psalm 147

St. John Eudes

## 1. INTRODUCTORY

Leader: 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 in the . . .**

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

**All: Our Father who art in heaven . . .**

## SONG

### 2. PSALTER - Ps. 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!

SONG [followed by a time of Praise and Worship]

3. WORD OF GOD

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. Our response will be:

**All: Lord, grant us your eternal love.**  
[Spontaneous intercessions]

#### 7. CONCLUSION

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

**All: Our Father . . .**

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



#### 1. INTRODUCTORY

Leader: 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 in the . . .**

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

**All: Our Father who art in heaven . . .**

#### SONG

#### 2. PSALTER - Ps. 121

[1] My help comes from the Lord, who made heaven and earth.

[2] I lift up my eyes to the hills. From whence does my help come?

[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 smite 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.

SONG (followed by a time of Praise and Worship)

### 3. WORD OF GOD

#### 4. REFLECTION ON THE WORD OF GOD

#### 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. Our response will be:  
**All: My soul glorifies the Lord.**  
{Spontaneous intercessions}

#### 7. CONCLUSION

L: Let us call upon our loving Father, the creator of heaven and earth:  
**All: Our Father . . .**

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

## The Magnificat

My soul glorifies the Lord,  
my spirit rejoices in the God, my Savior.  
He looks on his servant in her lowliness;  
henceforth all ages will call me blessed.

The Almighty works marvels for me.  
Holy his name!  
His mercy is from age to age,  
on those who fear him.

He puts forth his arms in strength  
and scatters the proud-hearted.  
He casts the mighty from their thrones  
and raises the lowly.

He fills the starving with good things,  
sends the rich away empty.

He protects Israel, his servant,  
remembering His mercy,  
the mercy promised to our fathers,  
to Abraham and his sons for ever.

## Prayer for Priests

Lord Jesus, present in the Most Blessed Sacrament,  
and living perpetually among us through Your Priests,  
grant that the words of Your Priests may be only Your words,  
that their gestures be only Your gestures,  
and that their lives be a true reflection of Your life.

Grant that they may be men who speak to God on behalf of His people,  
and speak to His people of God.  
Grant that they be courageous in service,  
serving the Church as she asks to be served.

Grant that they may be men who witness to eternity in our time,  
travelling on the paths of history in Your steps,  
and doing good for all.

Grant that they may be faithful to their commitments,  
zealous in their vocation and mission,  
clear mirrors of their own identity,  
and living the joy of the gift they have received.

We pray that Your Holy Mother, Mary,  
present throughout Your life,  
may be ever present in the life of Your Priests. Amen

[Please pray one **Hail Mary**

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