Saints Prayers

**A Prayer from St Therese of Lisieux**

May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing you are a child of God.

Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise, and love.

It is there for each and every one of us.

**Prayer of St Francis de Sales**

Be at Peace

Do not look forward in fear to the changes of life;

rather look to them with full hope as they arise.

God, whose very own you are,

will deliver you from out of them.

He has kept you hitherto,

and He will lead you safely through all things;

and when you cannot stand it,

God will bury you in his arms.

Do not fear what may happen tomorrow;

the same everlasting Father who cares for you today

will take care of you then and every day.

He will either shield you from suffering,

or will give you unfailing strength to bear it.

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

**Prayer of St Augustine of Hippo**

Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.

**Prayer of St Ignatius of Loyola**

O my God, teach me to be generous:

to serve you as you deserve to be served;

to give without counting the cost;

to fight without fear of being wounded;

to work without seeking rest;

and to spend myself without expecting any reward,

but the knowledge that I am doing your holy will.

**Prayer of St Francis of Assisi**

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

where there is injury,pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

and where there is sadness, joy.

O Divine Master, grant that I may not so much seek

to be consoled as to console;

to be understood as to understand;

to be loved as to love.

For it is in giving that we receive;

it is in pardoning that we are pardoned;

and it is in dying that we are born to eternal life. Amen

**St Teresa of Avila - Christ Has No Body**

Christ has no body but yours,

No hands, no feet on earth but yours,

Yours are the eyes with which he looks

Compassion on this world,

Yours are the feet with which he walks to do good,

Yours are the hands, with which he blesses all the world.

Yours are the hands, yours are the feet,

Yours are the eyes, you are his body.

Christ has no body now but yours,

No hands, no feet on earth but yours,

Yours are the eyes with which he looks

compassion on this world.

Christ has no body now on earth but yours.

**Do It Anyway – Mother Teresa of Culcutta**

People are often unreasonable, irrational, and self-centered. Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere people may deceive you. Be honest and sincere anyway.

What you spend years creating, others could destroy overnight. Create anyway.

If you find serenity and happiness, some may be jealous. Be happy anyway.

The good you do today, will often be forgotten. Do good anyway.

Give the best you have, and it will never be enough. Give your best anyway.

In the final analysis, it is between you and God. It was never between you and them anyway.

**Prayer of Cardinal John Henry Newman**

Dear Jesus,

help me to spread your fragrance wherever I go.

Flood my soul with your spirit and life.

Penetrate and possess my whole being so utterly

that my life may only be a radiance of yours.

Shine through me and be so in me that every soul I come in contact with

may feel your presence in my soul.

Let them look up and see no longer me, but only Jesus!

Stay with me and then I will begin to shine as you shine,

so to shine as to be a light to others.

The light, O Jesus, will be all from you; none of it will be mine.

It will be you, shining on others through me.

Let me thus praise you in the way which you love best,

by shining on those around me.

Let me preach you without preaching, not by words but by example,

by the catching force, the sympathetic influence of what I do,

the evident fullness of the love my heart bears for you. Amen.

**Breastplate of Saint Patrick**

I bind unto myself today

The strong name of the Trinity,

By invocation of the same,

The Three in One and One in Three.

I bind this day to me for ever,

By power of faith, Christ's Incarnation;

His baptism in the Jordan River;

His death on cross for my salvation;

His bursting from the spiced tomb;

His riding up the heavenly way;

His coming at the day of doom;

I bind unto myself today.

I bind unto myself the power

Of the great love of the Cherubim;

The sweet 'Well done' in judgment hour;

The service of the Seraphim,

Confessors' faith, Apostles' word,

The Patriarchs' prayers, the Prophets' scrolls,

All good deeds done unto the Lord,

And purity of virgin souls.

I bind unto myself today

The virtues of the starlit heaven,

The glorious sun's life-giving ray,

The whiteness of the moon at even,

The flashing of the lightning free,

The whirling wind's tempestuous shocks,

The stable earth, the deep salt sea,

Around the old eternal rocks.

I bind unto myself today

The power of God to hold and lead,

His eye to watch, His might to stay,

His ear to hearken to my need.

The wisdom of my God to teach,

His hand to guide, his shield to ward,

The word of God to give me speech,

His heavenly host to be my guard.

Against the demon snares of sin,

The vice that gives temptation force,

The natural lusts that war within,

The hostile men that mar my course;

Or few or many, far or nigh,

In every place and in all hours

Against their fierce hostility,

I bind to me these holy powers.

Against all Satan's spells and wiles,

Against false words of heresy,

Against the knowledge that defiles,

Against the heart's idolatry,

Against the wizard's evil craft,

Against the death-wound and the burning

The choking wave and the poisoned shaft,

Protect me, Christ, till thy returning.

Christ be with me, Christ within me,

Christ behind me, Christ before me,

Christ beside me, Christ to win me,

Christ to comfort and restore me,

Christ beneath me, Christ above me,

Christ in quiet, Christ in danger,

Christ in hearts of all that love me,

Christ in mouth of friend and stranger.

I bind unto myself the name,

The strong name of the Trinity;

By invocation of the same.

The Three in One, and One in Three,

Of whom all nature hath creation,

Eternal Father, Spirit, Word:

Praise to the Lord of my salvation,

salvation is of Christ the Lord.

*Translation: Cecil Frances Alexander*