



## Suggested **Opening Prayers** for the Seeking Refuge Virtual Workshop

### **The Prayer of Jesus (The Unity Prayer)**

May our feet journey together.  
May our hands gather in unity.  
May our hearts beat in unison.  
May our souls be in harmony.  
May our thoughts be as one.  
May our ears listen to the silence together.  
May our glances profoundly penetrate each other.  
May our lips pray together to gain mercy from the Eternal Father. Amen

### **Healing Prayer of Surrender**

Dear Lord Jesus, it is my will to surrender to you everything that I am and everything that I'm striving to be. I open the deepest recesses of my heart and invite your Holy Spirit to dwell inside of me.

I offer you my life, heart, mind, body, soul, spirit, all my hopes, plans and dreams. I surrender to you my past, present and future problems, habits, character defects, attitudes, livelihood, resources, finances, medical coverage, occupation and all my relationships.

I give you my health, physical appearance, disabilities, family, marriage, children and friendships. I ask you to take Lordship over every aspect of my life. I surrender to you all my hurt, pain, worry, doubt, fear and anxiety, and I ask you to wash me clean.

I release everything into your compassionate care. Please speak to me clearly, Lord. Open my ears to hear your voice. Open my heart to commune with you more deeply. I want to feel your loving embrace. Open the doors that need to be opened and close the doors that need to be closed. Please set my feet upon the straight and narrow road that leads to everlasting life. Amen.

### **Prayer to the Holy Spirit**

Come, Holy Spirit, fill the hearts of your faithful.  
And kindle in them the fire of your love.  
Send forth your Spirit and they shall be created.  
And you will renew the face of the earth.



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Lord,  
by the light of the Holy Spirit  
you have taught the hearts of your faithful.  
In the same Spirit  
help us to relish what is right  
and always rejoice in your consolation.  
We ask this through Christ our Lord.  
Amen.

### **The Command Prayer** (view full prayer [here](#))

Abba Father  
in the Name of Jesus,  
in the Unity and Power of the Holy Spirit,  
under the Mantle of Mary,  
with all the Angels and Saints,  
through the intercession of the Servant of God Luisa Piccarreta,

O Most Holy Spirit,  
Now is the Beginning of the Era of Sanctification.,  
This was decided by a Divine Decree!  
By the Commanding Word,  
corruption shall disappear,  
the stench of sins shall cease,  
and mankind shall Come Back Again  
Healthy and Holy as if he had never sinned.  
We desire with Luisa to Know, Love  
and Possess the Divine Will  
to Let it Reign on earth as it is in Heaven.  
Lord, say but the Word and we shall be healed!  
“Speak Lord your servant is listening...” Amen