



## Suggested **Preparation 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.

### **Prayer for Christlikeness by John Henry Cardinal Newman**

Dear Jesus, help me to spread your fragrance everywhere I go;  
Flood my soul with your spirit and life;  
Penetrate and possess my whole being so completely  
That all my life may be only a radiance of yours;  
Shine through me and be so in me  
That everyone with whom I come into contact  
May feel your presence within me.  
Let them look up and see no longer me—but only Jesus. Amen.

### **Peace Prayer of Saint Francis**

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;  
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.



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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.

### Prayer for Generosity by St. Ignatius of Loyola

Eternal Word, only begotten Son of God,  
Teach me true generosity.  
Teach me to serve you as you deserve.  
To give without counting the cost,  
To fight heedless of wounds,  
To labor without seeking rest,  
To sacrifice myself without thought of any reward  
Save the knowledge that I have done your will.  
Amen.

### The Prayer "others"

Lord, help me live from day to day In such a self-forgetful way,  
That even when I kneel to pray, My prayer shall be for "Others"  
Help me in all the work I do To ever be sincere and true,  
And know, that all I do for You Must needs be done for "Others"  
And when my work on earth is done,  
And my new work in Heaven's begun, May I forget the crown I've won,  
While thinking still of "Others"  
"Others" Lord, yes, "Others" Let this motto be,  
Help me live for others That I may live for Thee. Amen