



Prayer Card

Our fast-paced 21st century can make it difficult to find time for prayer. For centuries, Catholics have been using simple prayers which mark different times of the day. We encourage you to make these prayers part of your day.

"... whether you pray alone or as part of a community, you should always expect your prayer to take you out of yourself and lead you to where the love of Jesus is most experienced. Prayer opens your heart to the Holy Spirit who will surprise you not only with the direction suggested for your travelling, but - and especially - the gifts you need to make the journey."

**- "Prayer in the Busyness of Life",
New Zealand Catholic Bishops Conference**



Morning Prayer

"There used to be a form of devotion that included the idea of "offering up" the minor daily hardships that continually strike at us like irritating "jabs", thereby giving them a meaning. What does it mean to offer something up? Those who did so were convinced that they could insert these little annoyances into Christ's great "com-passion" so that they somehow became part of the treasury of compassion so greatly needed by the human race. In this way, even the small inconveniences of daily life could acquire meaning and contribute to the economy of good and human love." - Pope Benedict XVI, Spe Salvi 40

Greeting the day that lies ahead

- Take a moment of thanksgiving for the gift of this day
 - Look forward to the key moments of this day: family relationships, work, recreation
 - Be aware of anything that may cause stress
 - Place the day in God's hands
 - Set out confident that all the people I meet, all I do and say, are God's gift to me this day
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Lord I give you today my prayers,
E te Ariki, ka tuku atu, ki a koe, nga inoi,

thoughts, works and actions,
nga whakaaro, nga mahi katoa o tenei ra

that they may be for your glory
hei whakakororia I a koe

and for the good of the world
a, hei painga mo tea o turoa nei

**From "Prayers in Common Use",
Catholic Publications Centre**



Midday Prayer

The Angelus

"The Angelus Domini is the traditional form used by the faithful to commemorate the holy annunciation of the angel Gabriel to Mary. It is used three times daily: at dawn, midday, and dusk. It is a recollection of the salvific event in which the Word became Flesh in the womb of the Virgin Mary, through the power of the Holy Spirit in accordance with the salvific plan of the Father".

- Directory of Popular Piety and the Liturgy, Principles and Guidelines 195

*The Angel of the Lord declared to Mary:
And she conceived of the Holy Spirit.*

*Hail Mary, full of grace, the Lord is with you;
blessed are you among women and blessed is the fruit of your womb, Jesus.*

*Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.*

*Behold the handmaid of the Lord:
be it done to me according to your word.*

Hail Mary . . . And the Word was made Flesh: and dwelt among us.

*Hail Mary . . . Pray for us, O Holy Mother of God, that we may be made
worthy of the promises of Christ.*

*Let us pray: Pour forth, we beseech you, O Lord, your grace into our
hearts; that we, to whom the incarnation of Christ, Thy Son, was made known
by the message of an angel, may by His Passion and Cross be brought to the
glory of His Resurrection, through the same Christ Our Lord.*

Amen.



Night Prayer

Giving thanks for the day:

- Begin with being thankful to God for the gift of life this day
- Ask God for the gift to see myself as God sees me and loves me
- Go over the events of the day: when have I noticed God with me, God loving me?
- Thank God for the good times. Ask pardon for the times I did not recognise God, and for help to change
- Look forward to tomorrow with hope. It will be another day to grow in love.

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided.

Inspired by this confidence, I fly to you, O Virgin of virgins, my mother; to you do I come, before you I stand, sinful and sorrowful.

O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me.

Amen.

- New Zealand Catholic Bishops Conference - 2010