

# *Finding help and comfort in our Saints*

As well as finding help and inspiration in the Bible we can also turn to figures of faith, such as the Saints who have gone before us, for words of comfort in times of need. Below we have collated some of our favorite prayers. Some were written by Saints, for others the origin, if known, is stated. These words are beautiful all year round, but they may resonate more than ever during times of need. If you can't find what you need, this is by no means an extensive list, more can be found with a quick search of the internet!

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## *1. Prayer of St Teresa*

Let nothing disturb you,  
Let nothing frighten you,  
All things will pass away.  
God never changes;  
Patience obtains all things,  
Whoever has God lacks nothing.  
God alone suffices. Amen.

## *2. St Patrick's 'Breastplate' prayer*

Christ with me,  
Christ before me,  
Christ behind me,  
Christ in me,  
Christ beneath me,

Christ above me,  
Christ on my right,  
Christ on my left,  
Christ when I lie down,  
Christ when I sit down,  
Christ when I arise,  
Christ in the heart of everyone who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.

### 3. *Prayer of St Francis*

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  
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  
And it's in pardoning that we are pardoned  
And it's in dying that we are born to Eternal Life  
Amen

### 4. *Footprints*

One night I dreamed a dream.  
I dreamed I was walking along the beach with my Lord.  
Across the dark sky flashed scenes from my life.  
For each scene, I noticed two sets of footprints in the sand,  
One belonging to me and one to my Lord.

After the last scene of my life flashed before me,  
I looked back at the footprints in the sand.  
I noticed that at many times along the path of my life,  
especially at the very lowest and saddest times,  
there was only one set of footprints.

This really troubled me, so I asked the Lord about it.  
"Lord, you said once I decided to follow you,  
You'd walk with me all the way.

But I noticed that during the saddest and most troublesome times of my life,  
there was only one set of footprints.  
I don't understand why, when I needed You the most, You would leave me."

He whispered, "My precious child, I love you and will never leave you  
Never, ever, during your trials and testings.  
When you saw only one set of footprints,  
It was then that I carried you."

## 5. *Prayer o St Columba*

Alone with none but you, my God  
I journey on my way;  
what need I fear when you are near,  
O Lord of night and day?  
More secure am I within your hand  
than if a multitude did round me stand.  
Amen.

## 6. *Serenity Prayer*

God grant me the serenity  
To accept the things I cannot change;  
Courage to change the things I can;  
And wisdom to know the difference.

Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace;  
Taking, as He did, this sinful world  
As it is, not as I would have it;  
Trusting that He will make all things right  
If I surrender to His Will;  
So that I may be reasonably happy in this life  
And supremely happy with Him  
Forever and ever in the next. Amen.

(prayer attributed to Reinhold Neibuhr, 1892-1971)

## 7. *An Irish Blessing*

May the road rise up to meet you.  
May the wind always be at your back.  
May the sun shine warm upon your face,

and rains fall soft upon your fields.  
And until we meet again,  
May God hold you in the palm of His hand.

## 8. *Prayer of St Julian of Norwich*

All shall we well, and all shall be well, and all manner of things shall be well.

## 9. *Edwina Gateley 'Let God Love you'*

Be silent.  
Be still.  
Alone.  
Empty  
Before your God.  
Say nothing.  
Ask nothing.  
Be silent.  
Be still.  
Let your God look upon you.  
That is all.  
God knows.  
God understands.  
God loves you  
With an enormous love,  
And only wants  
To look upon you  
With that love.  
Quiet.  
Still.  
Be.

Let your God—  
Love you.

## 10. *'A Future not our own'* *Saint Oscar Romero*

It helps, now and then, to step back and take a long view.

The kingdom is not only beyond our efforts,  
it is even beyond our vision.  
We accomplish in our lifetime

only a tiny fraction  
of the magnificent enterprise  
that is God's work.  
Nothing we do is complete,  
which is another way of saying  
that the Kingdom always lies beyond us.

No statement says all that could be said.  
No prayer fully expresses our faith.  
No confession brings perfection.  
No pastoral visit brings wholeness.  
No programme  
accomplishes the Church's mission.  
No set of goals and objectives  
includes everything.

That is what we are about.  
We plant a seed that will one day grow.  
We water seeds already planted,  
knowing that they hold future promise.  
We lay foundations  
that will need further development.  
We provide yeast that produces effects  
far beyond our capabilities.

We cannot do everything,  
and there is a sense of liberation  
in realising that.  
This enables us to do something,  
and to do it very well.

It may be incomplete,  
but it is a beginning,  
a step along the way,  
an opportunity for the Lord's grace  
to enter and do the rest.

We may never see the end results,  
but that is the difference  
between the master builder and the worker.  
We are workers, not master builders,  
ministers, not messiahs.

We are prophets of a future not our own.

## 11. *Prayer of St Paul*

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion  
and the God of all comfort, who comforts us in all our troubles, so that we can*

*comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows. If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer. And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort. (2 Corinthians 1:3-7)*

## 12. *Prayer of St Mother Teresa of Calcutta*

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.

## 13. *Prayer for Family by St Pope John Paul II*

Loving God

You who, in becoming man,  
chose to belong to a human family,  
teach families the virtues which filled with light  
the family home of Nazareth.

May families always be united,  
as You and the Father are one,  
and may they be living witnesses  
to love, justice and solidarity;  
make them schools of respect,

forgiveness and mutual help,  
so that the world may believe. Amen