

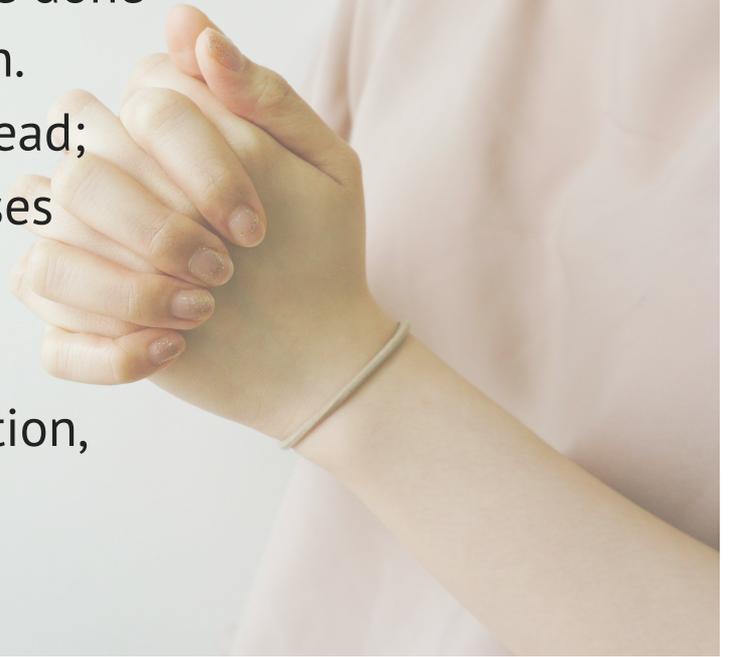
PRAYERS FOR *Adoration*



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Our Father, Who art in Heaven,
hallowed be Thy name;
Thy Kingdom come, Thy will be done
on earth as it is in Heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who
trespass against us;
and lead us not into temptation,
but deliver us from evil.

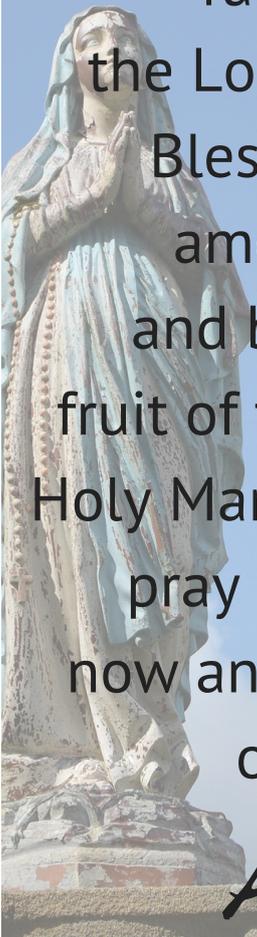
Amen



Hail Mary,

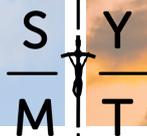
full of Grace,
the Lord is with thee.
Blessed are thou
among women
and blessed is the
fruit of thy womb Jesus.
Holy Mary Mother of God,
pray for us sinners
now and at the hour of
our death.

Amen



Glory be
to the Father,
to the Son,
and to the
Holy Spirit.
as it was
in the beginning,
is now,
and ever shall be,
world without end.

Amen

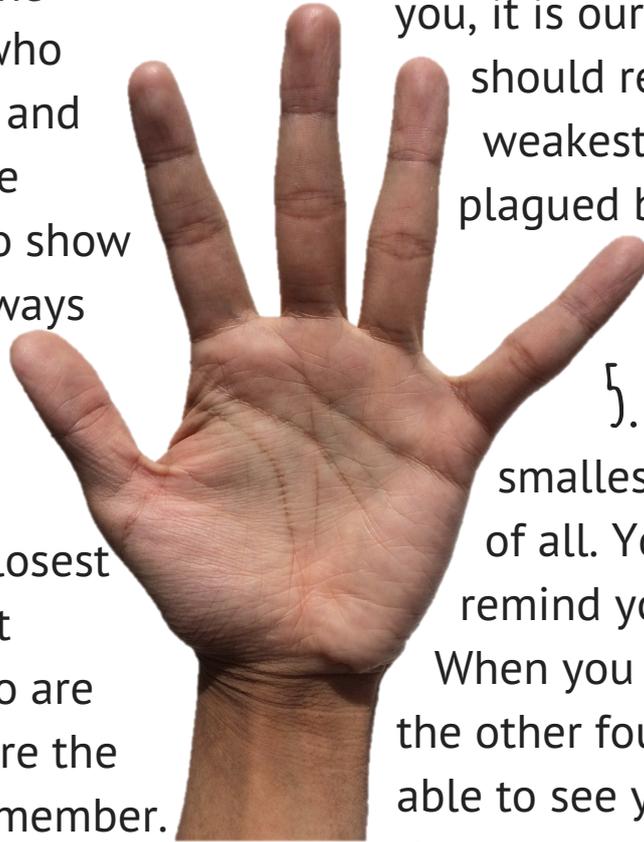


POPE FRANCIS' 5 FINGER PRAYER

3. The following finger is the tallest. It reminds us of our leaders, the government and those who have authority. They need God's guidance.

4. The fourth finger is the ring finger. Even though it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.

5. And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective, and also you will be able to pray for your own needs in a better way.



2. The next finger is the index. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.

1. The thumb is the closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a "sweet obligation."

"DEAR FRIENDS, ONE OF THE MOST EFFECTIVE WAYS WE HAVE TO HELP IS THAT OF PRAYER. PRAYER UNITES US; IT MAKES US BROTHERS AND SISTERS ... AND REMINDS US OF A BEAUTIFUL TRUTH WHICH WE SOMETIMES FORGET." (POPE FRANCIS)





St Faustina's Chaplet OF Divine Mercy



This prayer was revealed to St Faustina in the 1930's. You can use a set of rosary beads to help you pray it.

1. MAKE THE SIGN OF THE CROSS

2. OPENING PRAYER:

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You! (Say three times)

3. OUR FATHER 4. HAIL MARY 5. APOSTLES CREED

6. ON THE LARGER BEAD:

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

7. ON EACH OF THE 10 SMALLER BEADS:

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

8. REPEAT FOR THE REMAINING DECADES

9. CONCLUDING PRAYER:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. (Say three times)

"SPEAK HERE TO ME THEN, AS YOU WOULD SPEAK TO YOUR MOST INTIMATE FRIEND, TO YOUR MOTHER, TO YOUR BROTHER."

(JESUS TO ST FAUSTINA)





PRAY WITH Scripture

Reading the Bible is a great way to pray; in the scriptures we hear God's word to us. Here are some Bible verses to read and pray with.

Matthew 5:1-10

THE BEATITUDES

Psalms 23

THE LORD IS MY SHEPHERD

Mark 4:35-41

JESUS STILLS A STORM

Matthew 5:13-16

SALT AND LIGHT

Luke 5:17-26

JESUS HEALS A PARALYSED MAN

Hebrews 10:1-3

RUN THE RACE

Matthew 3:13-17

1 Corinthians 13:4-8

BAPTISM OF JESUS

LOVE IS...

Luke 5:1-11

JESUS CALLS HIS DISCIPLES

John 6:16-21

Luke 19:1-10

JESUS WALKS ON WATER

ZACCHAEUS THE TAX COLLECTOR

“THE BIBLE IS NOT MEANT TO BE PLACED ON A SHELF, BUT TO BE IN YOUR HANDS, TO READ OFTEN – EVERY DAY, BOTH ON YOUR OWN AND TOGETHER WITH OTHERS,” (POPE FRANCIS)

