



PRAYER SERVICE

Changing Ourselves — Reflecting God

LEADER

How often have we said that we would like to change ourselves? Change how we look, how we feel, what we do. When we look in the mirror who do we see? We should see the reflection of God. Until we do, we will find it hard to make any meaningful changes in our lives.

READER

A reading from the Gospel of Matthew:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil against you (falsely) because of me.

Rejoice and be glad, for your reward will be great in heaven. Thus they persecuted the prophets who were before you.”¹

LEADER

The Beatitudes portray the charity of Jesus. They shed light on the actions and attitudes characteristic of Christian life; they are promises that sustain hope in the midst of troubles; they proclaim the blessings and rewards already secured; and they are reflected in the lives of Mary and all the saints. Let us take a moment for silent reflection.

(Pause for silent reflection)

LEADER

For all the times that we gave up because it was too hard or would take too long ... We pray

ALL

Gracious God give us the courage to change.

LEADER

To give us clarity to know your will in our lives and to do what we know is your will ... We pray

ALL

Gracious God give us the courage to change.

LEADER

For those who fear drawing close to God, that the Spirit will free their spirits. ... We pray

ALL

Gracious God give us the courage to change.

LEADER

To recognize what it means to be the friend of Christ and to show this in our lives and relationships ... We pray

ALL

Gracious God give us the courage to change.

LEADER

O God, help us surrender so that we may let go of control, place ourselves into your plans and allow you to raise new life within us. Give us the grace to be women and men for others by sharing our gifts and give us the humility to allow you to empty us of selfish desires. We ask this in your name. Amen.

LEADER

Let us offer each other a sign of God’s peace.

NOTE

1. Mt. 5:3-12 (The New American Bible).



Lynda Palazzolo
Mission Resource Assistant
Catholic Health Association
lpalazzolo@chausa.org

Prayer Service, a regular department in Health Progress, may be copied without prior permission.

Health Progress®

Reprinted from *Health Progress*, July - August 2009.
Copyright © 2009 by The Catholic Health Association of the United States
