

Between

YOU & me

God

Prayers by Catholic Kids

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& ME
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Prayers by Catholic Kids

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Why Do We Pray? And How?

“I don’t know how to pray.”

Lots of people say that—both kids and adults.

There are many ways to pray, but, basically, all prayer is spending time talking with God. Just as our family and friends like it when we hang out with them, God really likes us to spend time with him, too.

One kind of praying is the kind we do together in church, as in the celebration of the Eucharist. This is called the Liturgy. It’s the prayer of the whole Church, and we all pray together in the same way and at the same time.

Another kind of prayer is when we take time to be alone with God. We can say anything we like. We don’t have to use prayers written by someone else, but sometimes they can help us get started.

We can tell God everything. He knows us inside and out, so nothing will surprise him or shock him. He knows what we’re thinking and feeling, but he really likes us to talk to him about it. Why? Because God loves us more than all our family and friends put together.

He's our heavenly Father. And Jesus is the Son of God, who became a man and gave his life for us out of love.

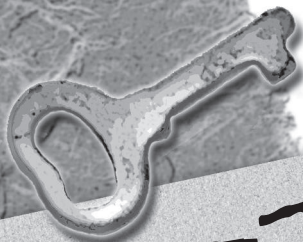
Prayer is something that's so important, we should do it every day.

One way to pray every day is to take a little time before you go to bed. First tell God about all the good things that happened that day. Say thank you! Then think of the things that weren't so good. Ask him to help you deal with any difficult issues. Tell him you're sorry for whatever you did that was wrong. It only takes a few minutes.

This book is full of prayers written and prayed by kids your age. There's a section of traditional Catholic prayers, too. You can use any of the prayers to help you get started talking to God. Tell him what you're worrying about, wondering about, feeling happy about, or whatever. Just pray. The best time to do it is...right now!

Maria Grace Dateno, FSP

PRAYERS ABOUT
EVERYDAY LIFE



PAROT ONE



Introduction

These prayers have been written by kids between the ages of ten and thirteen. They come from all over the United States and Canada. They live in cities, in suburbs, and in rural communities. Some of them attend Catholic schools, some go to public schools, and some are home schooled. What do they all have in common?

All of them want to talk with God about their lives—and to listen to him, too. There are lots of different ways to pray, with or without words. There's no wrong way to pray.

You may find prayers in this section you can relate to. The more you think about them, the easier it will be for you to speak to God from your own heart. Remember, he's always listening!

ANIMALS

Prayer for Pets

My Lord,

Please look after all lost pets. Help pets who have wandered away from home to find their way back to their loved ones. Help abandoned pets find new, loving families. Help me take care of my own pets. Please let them be happy, healthy, and friendly. Please take care of all the stray animals. Amen.

— *Tucker, age 11*

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ASKING BLESSINGS FOR OTHERS**For Everyone Who Is Disabled and
for Their Families**

Dear Almighty Father,

I would like to pray for all the disabled people in the world, especially for my brother who was diagnosed with autism when he was four years old. It is a big responsibility to be related to someone who is disabled. Give strength to all the autistic people of the world and help them to get a good education. I pray for everyone who is disabled and for their families.

— *Alan, age 12*

Your Loving Hands

Dear Lord,

Now that we are approaching cold weather and nights will soon be freezing, please watch over those who don't have shelter or a warm place to stay. Keep them in your loving hands. Amen.

— Carol, age 13



Please Help Our Community

Dear Jesus,

I just heard about a teacher at my brother's high school who got shot. It seems like there is so much violence in our community. Sometimes it's gang members, and sometimes it's just random. Either way, I'm afraid that something bad could happen to me or to someone I care about. God, I know you love us always. Please help everyone in our community to remember that no one needs to hurt people to feel safe or powerful. Amen.

— *Rasheed, age 11*

SCHOOL

The First Day of School

Dear Lord,
Tomorrow is the first day of school.
I am really, really scared.
Lord, please give me the courage and guidance
I need. Amen.

— *Ailish, age 11*



PAROT TWO



PRAYERS TO
FAVORITE SAINTS

Introduction

In intercessory prayer, we can ask for God's blessing for others, living or dead. We can also ask Mary and the saints, God's friends in heaven, to intercede—to pray with us—either for ourselves or on behalf of others.

In this section, you'll find prayers from kids who are asking favorite saints to pray with them and for them for many different reasons. Do you have a favorite saint? How would you ask that saint to intercede for you or for someone who's special to you?

Saint Adelaide (931–999)

Saint Adelaide was a princess from Burgundy. She married a king, but three years later he was poisoned by his enemies. Her second husband was King Otto of Germany. After twenty-two happy years of marriage, King Otto died. Adelaide's oldest son's wife turned against Adelaide, forcing her to leave the palace. Eventually her son begged her forgiveness, and Adelaide returned. She worked to help the poor and built many monasteries and convents. Saint Adelaide is the patron saint of widows, second marriages, and stepfamilies.

Dear Saint Adelaide,

I put myself in your hands, and I ask that you help me to be a good stepdaughter and daughter. I ask that you help me find understanding, patience, and love to deal with my stepparents and parents. Please help me to forgive my parents and stepparents when they get mad at me, and help them to forgive me when I get mad at them. I also ask that you help my parents and stepparents to understand and love me, because I am a child of God. Amen.

— Logan, age 10

Saint Angela Merici (1470–1540)

Born in Italy, Angela joined the Secular Franciscan Order when she was thirteen, beginning a life of prayer. Later Angela and several friends started a school to teach girls from poor families. During a pilgrimage to the Holy Land, Angela suddenly lost her sight, but praying before a crucifix, she miraculously regained it. She began what would become the Institute of Saint Ursula (the Ursuline Sisters), the Church's first congregation of teaching sisters. She is the patron saint of disabled and physically challenged people.

Dear Saint Angela,

For all those who are suffering from illness and disease, pray for us.

For all those who are handicapped or disabled, pray for us.

For all those who have lost a loved one, pray for us.

For all those who have troubles and worries, pray for us.

For all those who need our help and support, pray for us.

Thank you, Saint Angela, for helping us every day. Amen.

— Gabriela, age 12

Saint Anthony of Padua (1195–1231)

Anthony was an Augustinian friar in Portugal. At the age of twenty-five, he transferred to the Friars Minor, a new order begun by Francis of Assisi. He went to Africa as a missionary, but on the return trip, a storm forced his ship to land in Italy. There Anthony quietly performed humble tasks in a friary. One day he was asked to preach to a crowd of important people, who were very impressed. For the rest of his life, Anthony traveled and preached God's Word. Saint Anthony is the patron saint of finding lost articles and of the poor.

Dear Saint Anthony,

People say, "When you need to find anything, pray to Saint Anthony."

Well, I'm praying to you. I need to find myself. I'm going through those years when I'll need to find the person I am going to be for the rest of my life. Help and guide me through the times coming up when I will need you the most. Thank you for being here.

Love,

— Megan, age 13

Saint Cecilia (second century)

Cecilia was a Roman noblewoman who is said to have been "singing in her heart a hymn of love for Jesus." Married at a young age, she convinced her husband and his brother to convert to Christianity. Both were arrested and martyred for their beliefs. After their deaths, Cecilia was arrested, too. Her captors demanded that she make a sacrifice to false gods. She refused and was killed as well. Saint Cecilia is the patron saint of musicians, singers, and poets.

O Saint Cecilia,
please help me with my music.
Let it be soothing
to all who hear it. Amen.

— Mai Linh, age 11

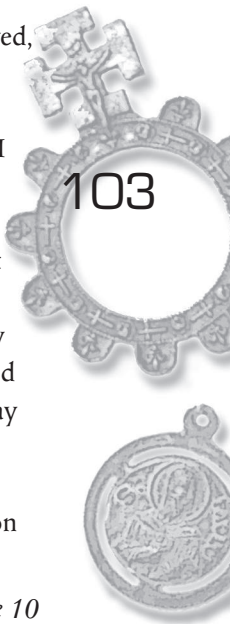
Saint Bakhita (1868–1947)


Bakhita was born in Africa in Darfur, Sudan. Kidnapped by slave traders at the age of nine, she was repeatedly sold to harsh owners. When she was a teenager, a family took her to Italy. There she attended the school of the Canossian Sisters. When the family returned to Africa, Bakhita refused to leave Italy, where slavery was illegal. She joined the Canossian congregation and became a religious sister. She forgave all who had treated her unkindly, always caring lovingly for others. Saint Bakhita is the patron saint of workers.

Saint Bakhita, even when you were enslaved, you never gave up and never complained. Please help me not to complain, and please pray for people who are less fortunate than I am. Please pray for those who are ill, those who are serving in the military, and people caught in war, natural disasters, and terrorist attacks.

I would ask you to pray for my family, my stepfamily in the Philippines, my friends, and all my teachers. Please help me always to stay faithful to God and to be honest. Help me to be kinder to others and not to whine for things I don't really need. I pray for peace on earth. Amen.

— Erin, age 10





I LOVE
JESUS



PART THREE

TRADITIONAL
CATHOLIC
PRAYERS

Introduction

When it's hard to find the words to pray, we can turn to many beloved traditional prayers. These prayers have been handed down through generations of believers. Praying them helps us stay connected to our Catholic faith, to each other, and to God.

The Sign of the Cross

In the name of the Father,
and of the Son,
and of the Holy Spirit. Amen.

Our Father

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.

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Hail Mary

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.

Glory

Glory
to the Father,
and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen.

Apostles' Creed

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy
Spirit and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the
Father.

He will come again to judge the living and
the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

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Act of Contrition

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.

Our Savior Jesus Christ
suffered and died for us.
In his name, my God, have mercy.

Prayer for the Dead

Eternal rest grant to them, O Lord,
and let perpetual light shine upon them.

Angel of God

Angel of God,
my guardian dear,
to whom God's love
entrusts me here.

Ever this day
be at my side,
to light and guard,
to rule and guide.

Amen.

The Jesus Prayer

Lord Jesus, Son of God,
have mercy on me.

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