

Religious Education Treasures

ASPIRATIONS AND OTHER PRAYERS OF MEMORY
(A “bank” for times of gratitude and for times of great emergency)



Compiled by Sister Eunice Marie Timoney, (1935 – 2017)

“Unless God enlightens us from within, our Christian existence will be superficial.” (Pope Francis, General Audience 5/15/13).

Spontaneous prayer is one of the formative ways to keep the pathway of God’s relationship open. Years ago in a homily encouraging Catholic educators, Monsignor Hugh Nolan told of his visits to aged and sick patients and of how, as soon as he began the Sign of the Cross, the patient would frequently continue into prayers he/she had learned as a child. Once I had someone tell me of a visit to an Alzheimer patient who responded the same way upon hearing the Sign of the Cross. The gift of the memory of God ... what consolation it is to all of us when most in need!

Suggested use: Choose by season or by feast and use at change of subjects/classes for a period long enough that it will be committed to students’ memory. Perhaps in conjunction with teaching partners, several different ones could be chosen. Add your own favorites.

Prayers to “center,” perhaps for the beginning of a session:

- **In the name of the Father who created me, in the name of the Son who redeemed me, and in the name of the Holy Spirit Who sanctifies me, I offer this action which I am about to begin.**
- **Let us remember the holy presence of God; let us adore His divine majesty!**
- **Come Holy Spirit fill the hearts of your faithful; kindle in our hearts the fire of your love.**
- **My God I offer You all that I shall think and do and say
Uniting it with what was done on earth by Jesus, your Son.**
- **My God accept my heart this day and make it always yours!**

Prayers to our Blessed Mother:

- **My Queen, my mother, remember that I am yours; keep me and guard me as your property and possession.**
- **Mary can help, Mary must help, Mary will help, Mary wants to help!**

- **O heart most pure of the Virgin Mary, obtain for me from Jesus a pure and humble heart!**
- **Heart of Mary be my salvation!**
- **Our Lady of the highway, be with us on our journey; for all your ways are beautiful and all your paths are peace. *(end of school day or at times of travel)***

Prayers to Jesus:

- **Heart of Jesus, I adore you; heart of Mary, I implore you; heart of Joseph pure and just, in these hearts I place my trust.**
- **Heart of Jesus I implore that I may love you ever more and more.**
- **Jesus, meek and humble of heart, make my heart like to thine.**
- **Jesus in the Blessed Sacrament, I love you!**
- **O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment Thine.**
- **My Lord and My God!**
- **Dear Jesus, since I cannot now receive You, come spiritually into my heart and make it always yours. *(Spiritual Communion)***

Make me a channel of your peace; where there is _____ let me sow _____.

Come Holy Spirit, come down from above, of our hearts for King Jesus make cradles of love.

