

1: Prayers for Peace

Pope Francis' Prayer for Peace Lord God of peace, hear our prayer! We have tried so many times and over so many years to resolve our conflicts by our own powers and by the force of our arms.

JTA Rabbis everywhere are approaching the Days of Awe with more than the usual degree of trepidation. We always walk a tightrope, seeking that sweet spot balancing the timeless and the timely, the suffering soul and the body politic. To ignore the proverbial elephant in the room would amount to spiritual malpractice. No need to mention the upcoming elections or to cozy up to candidates; but common decency and the rule of law need our full-throated endorsement. I led a congregational trip to Israel this summer. During a guest presentation, one of the members of the group OK, it was me asked how it is that Israelis could be so loyal to President Trump. So, when someone comes along and acts so supportively, we can turn a blind eye to a few indiscretions. We are fighting for freedom of the press, for oppressed refugees, traumatized children and victimized women. We are fighting for our planet. We are fighting for the future of democracy itself. And, oh, by the way, we are fighting for you. Because I love Israel, I fear that she will pay a very steep price when the Trump nightmare ultimately ends. Hymns that for decades were mumbled somnolently now have become arrows of defiance. Homilies that I have been delivering for decades, emphasizing basic values like humility and generosity, all now sound like a call to arms. Even the most pedestrian moral messages can be interpreted as zingers at the White House: The resistance has even spread to the synagogue sandbox. So, rabbinic colleagues, there is no avoiding our task to deliver pointed messages this Rosh HaShanah. And if you are worried about being stung by those famous executive tweets, no need for concern. He could claim "without even lying! LBJ knew he was sunk when he lost Walter Cronkite. Trump might feel the same if he knows he has lost God. We are riding a holy wave that is neither blue nor red. It feels like a new Great Awakening. The entire religious landscape is being radically realigned before our eyes. Many Evangelicals are splitting from Trump over character issues. Catholics are incensed over the zero-tolerance immigration policies. Jews and Muslims, the strangest of bedfellows, have formed unprecedented partnerships that have grown deeper with each anti-Semitic incident, Islamophobic slur or act of white supremacist-inspired hate. People of faith are banding together. Shockingly, religion has become relevant again. Jews will be looking to their rabbis for inspiration next week. There is no place to hide. Rosh HaShanah is a moment, that, for rabbis, will define not just our careers, but "just maybe" our lives.

2: A Prayer Before Confession for Heavenly Aid: For Divine Help

Prayer of Pope Benedict XVI for the World Day of Peace (Jan. 1,) To the Queen of Peace, the Mother of Jesus Christ "our peace" (Eph), I entrust my urgent prayer for all humanity at the beginning of the year to which we look with hearts full of hope, notwithstanding the dangers and difficulties that surround us.

Lord God of peace, hear our prayer! We have tried so many times and over so many years to resolve our conflicts by our own powers and by the force of our arms. How many moments of hostility and darkness have we experienced; how much blood has been shed; how many lives have been shattered; how many hopes have been buried? But our efforts have been in vain. Now, Lord, come to our aid! Grant us peace, teach us peace; guide our steps in the way of peace. Open our eyes and our hearts, and give us the courage to say: Lord, God of Abraham, God of the Prophets, God of Love, you created us and you call us to live as brothers and sisters. Make us sensitive to the plea of our citizens who entreat us to turn our weapons of war into implements of peace, our trepidation into confident trust, and our quarreling into forgiveness. Keep alive within us the flame of hope, so that with patience and perseverance we may opt for dialogue and reconciliation. Lord, defuse the violence of our tongues and our hands.

Five Fingers Prayer Using the fingers on your hand, start with the thumb and pray these intentions in this order: The thumb is 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. 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. The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. 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. 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. Let me not be afraid. May I have great love for other people and be patient with them, and let charity guide me throughout my life. Give me, Lord, right faith, firm hope, perfect charity and profound humility, with wisdom and perception, so that I may carry out what is truly your holy will.

3: Trepidation â€“ Judith Nembhard Books

O My Father, I have moments of deep unrest -- moments when I know not what to ask by reason of the very excess of my wants. I have in these hours no words for Thee, no conscious prayers for Thee.

Trepidation applies to our daily experiences in other ways. Yesterday I saw the first yellow school bus that heralded the new school year, and my thoughts ran to the children who had got on the bus that morningâ€” those returning to school and those going for the first time. Going to school for the first time is an undertaking fraught with trepidation, especially if you are four or five years old. The little ones see big problems ahead of them; unsurmountable obstacles loom without mom and dad there to help them. Happily for most of them, the situation takes on a brighter outlook within a few days. Sometimes, for some of them the trepidation turns out to be justified. And what about the college students? When I first stand before my allotted 25, my job is to make them feel comfortable, welcome, accepted. But I can feel the anxiety, the tentativeness as their eyes focus on me wonderingly. The eyes have it. Time erases the trepidation. Trepidation is an equal opportunity emotion, so the teachers are not exempt from the initial uneasiness at the start of the school year. Will I be able to do the job effectively? Will I meet their needs and help them succeed? Which one of us has not felt this emotion? It seems part of our nature to be nervous at the start of any new or major endeavor. Preparing for surgery or waiting for lab results awakens our fears. Starting out on a cross-country move to a new city can do it to us also. I have a dear friend whose trepidation sets in long before a scheduled flight, especially if there is the likelihood of turbulence. Then as soon as I start, they fall away like slain Goliaths. I have heard actors say that some nervousness before a performance is good. It helps to bring out the best in them when they go out on stage. The opposite of anxiety is calmness. After we have bitten our nails and sweated and found that nothing harmful came of the dreaded event, we come to realize that we have expended a lot of emotional energy for no good reason. We simply feared fear. Our minds control our feelings. If we think fear, then the situation we are facing becomes something to be feared. A contrasting word to trepidation is intrepid, which means fearless, undaunted, bold. She told me about her involvements and activities and encouraged me to continue mine.

4: Why Progressive Christians Should Pray | J. Dana Trent

How many moments of hostility and darkness our trepidation into confident trust, Prayers for Peace Sample prayers for the general intercessions.

Prayer for Peace of Pope Francis September 30, Lord Jesus, which frees us from sin, the origin of every division and evil; we proclaim your resurrection, which ransoms man from the slavery of failure and death; we await your coming in glory, which will bring to fulfillment your kingdom of justice, joy and peace. Lord Jesus, conquer the hardness of our hearts, imprisoned by hatred and selfishness; by the power of your resurrection, save the victims of injustice and maltreatment from their suffering; by the fidelity of your coming, confound the culture of death and make the triumph of life shine forth. Lord Jesus, unite to your cross the sufferings of the many innocent victims: Lord Jesus, cast forth the shadow of your cross over peoples at war; may they learn the way of reconciliation, dialogue and forgiveness; let the peoples so wearied by bombing experience the joy of your resurrection: O Virgin Mary, Queen of peace, you who stood at the foot of the cross, obtain from your Son pardon for our sins; you who never doubted the victory of his resurrection, sustain our faith and our hope; you who are enthroned as Queen in glory, teach us the royal road of service and the glory of love. We have tried so many times and over so many years to resolve our conflicts by our own powers and by the force of our arms. How many moments of hostility and darkness have we experienced; how much blood has been shed; how many lives have been shattered; how many hopes have been buried! But our efforts have been in vain. Now, Lord, come to our aid! Grant us peace, teach us peace; guide our steps in the way of peace. Open our eyes and our hearts, and give us the courage to say: Instill in our hearts the courage to take concrete steps to achieve peace. Lord, God of Abraham, God of the Prophets, God of Love, you created us and you call us to live as brothers and sisters. Give us the strength daily to be instruments of peace; enable us to see everyone who crosses our path as our brother or sister. Make us sensitive to the plea of our citizens who entreat us to turn our weapons of war into implements of peace, our trepidation into confident trust, and our quarreling into forgiveness. Keep alive within us the flame of hope, so that with patience and perseverance we may opt for dialogue and reconciliation. In this way may peace triumph at last, and may the words "division", "hatred" and "war" be banished from the heart of every man and woman. Lord, defuse the violence of our tongues and our hands. Renew our hearts and minds, so that the word which always brings us together will be "brother", and our way of life will always be that of: Pope John Paul II O God, Creator of the universe, who extends your paternal concern over every creature and guides the events of history to the goal of salvation, we acknowledge your fatherly love when you break the resistance of mankind and, in a world torn by strife and discord, you make us ready for reconciliation. Renew for us the wonders of your mercy; send forth your Spirit that he may work in the intimacy of hearts, that enemies may begin to dialogue, that adversaries may shake hands and peoples may encounter one another in harmony. May all commit themselves to the sincere search for true peace which will extinguish all arguments, for charity which overcomes hatred, for pardon which disarms revenge. The child you embrace has a name that is dear to the peoples of biblical religion: In the face of the newborn Messiah, we recognize the face of all your children, who suffer from being despised and exploited. We recognize especially the faces of your children, to whatever race, nation or culture they may belong. For them, O Mary, for their future, we ask you to move hearts hardened by hatred so that they may open to love and so that revenge may finally give way to forgiveness. Obtain for us, O Mother, that the truth of this affirmation -- No peace without justice, no justice without forgiveness -- be engraved on every heart. Thus the human family will be able to find the true peace, that flows from the union of justice and mercy. Holy Mother, Mother of the Prince of Peace, help us! Mother of Humanity and Queen of Peace, pray for us! Make all men and women witnesses of truth, justice, and brotherly love. Banish from their hearts whatever might endanger peace. Enlighten our rulers that they may guarantee and defend the great gift of peace. May all peoples of the earth become as brothers and sisters. May longed-for peace blossom forth and reign always over us all. Pope Leo XIII O Lord, you see how everywhere the winds have burst forth, and the sea is convulsed with the great violence of the rising waves. Command, we beseech you who alone are able,

both the winds and the sea. Restore to mankind the true peace of your name, that peace which the world cannot give, and the calm of social harmony. Under your favor and inspiration may men return to due order, and having overthrown the rule of greed, bring back again as ought to be, the love of God, justice, charity toward neighbor, temperance in all desires. May your kingdom come. May all recognize that they are subject to you, and must serve you who are truth and salvation; that without you they labor in vain. In your law is reason and fatherly kindness. You are ever at hand with your strength and your copious power to help man to keep it. Life upon earth is a warfare, but you watch the contest and aim man to conquer. The weak you sustain; the victor you crown. Let your mighty calmness reign in me. Alcuin of York Christ, why do you allow wars and massacres on earth? By what mysterious judgment do you allow innocent people to be cruelly slaughtered? I can only find assurance in the promise that your people will find peace in heaven, where no one makes war. As gold is purified by fire, so you purify souls by these bodily tribulations, making them ready to be received above the stars in your heavenly home. Saint Francis of Assisi Lord, make me an instrument of Thy peace; Where there is hatred, let me sow charity; Where there is injury, pardon; Where there is error, the truth; Where there is doubt, the faith; Where there is despair, hope; Where there is darkness, light; and Where there is sadness, joy. O, 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; It is in pardoning that we are pardoned; And it is in dying to ourselves that we are born to eternal life.

5: Sweet and Powerful Moments of Prayer

In such excruciating moments of trepidation and bedlam, our thoughts, prayers, tears and soul will find a way to solace the departed souls and those left behind to cope with such a catastrophe. English (US).

While it is a good idea to appeal to any one of the three Persons of God or Mary for assistance in trying to be righteous, this prayer storms heaven for divine graces and help when it is needed most, in cleansing our souls of sins! Father in heaven, most merciful God, relying on Your goodness and mercy, I come to You with childlike confidence to confess my sins and to beg Your forgiveness. You will not reject a contrite and humble heart. Bless me and receive me again into Your favor. I realize that I have been most ungrateful to You, but I desire henceforth to keep your commandments and to do Your Will in all things. Jesus my Savior, my Good Shepherd, I did not follow in your footsteps but have strayed far from the path that You have marked out for me. Repentant and sorrowful, I beg to be admitted again into the fold of Your faithful followers. I want to confess my sins with the same sincerity as I should wish to confess at the moment of my death. My Jesus, I beg You for the grace to examine my conscience well. Holy Spirit, come into my soul. Enlighten my mind and strengthen my will that I may know my sins, humbly confess them, and sincerely amend my life. Mary, my Mother, Immaculate Spouse of the Holy Spirit, refuge of sinners, help me by your kind prayers. The line about not rejecting a humble and contrite heart echoes Psalm He even mentions there the fold. Sin can be very alluring, after all! The devil seeks to trap us in webs of deceit, lust, greed, envy, hatred, and all those other vices that can be so appealing to us and yet are spiritually toxic. After all, the wolf has a cool shiny coat! How many people get caught up in the snares of adulterous affairs; gambling, alcohol, and drug addictions; and fits of jealousy and rage against others, just to name a few major sins? Yet it is so easy to stray from the path our Lord has marked out for us. It might seem very appealing and satisfying at first. But when vices become habits, they can fester like cancerous tumors on our souls, and bring us needless misery. Without having the humility to appeal to God for help in breaking free from these traps and getting the graces to resist them further, we jeopardize our souls and run the grave risk of forfeiting our places in heaven, trading eternal splendor there for eternal misery in Hell! The good news, however, is that our Lord wishes to welcome us back to the fold, with open arms, in Confession! As the third person of the trinity He can give you the clarity to see your sins as they are, not to brood over them or suppress them with a guilty conscience, but rather to expose and expunge them as fully as you can. With an enlightened mind and a strengthened will, avoiding sins, especially those that have become nasty habits, becomes easier, as does amending your life. And keep in mind after confession that you can keep praying to God in three persons, or to any one of them, Father, Son, and Holy Spirit as often as needed! Finally, but by no means inconsequentially, this prayer concludes with an appeal to our Blessed Mother to help us with intercessory prayers to her Divine Son.

6: New Darwin Bishop feels hope, peace, excitement " and some trepidation - Catholic Outlook

Throughout the history of the Jewish people, the time when the soul departs from this world has been regarded with great awe and trepidation.

7: Rabbi's Moment Of "Truth Is Truth" | Jewish Week

Fartema, this is a stirring comment-very touching. The word trepidation surely resonates with you. Although there were some after-effects of his serving in the war, having your brother back home must have eased the trepidation for you and the entire family.

8: Prayer When Words Won't Come - O My Father, I have moments of deep unrest

My Mom's Final Moments I printed several copies of these prayers and handed them out to family members as I was

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not sure who might be around during my Mom's final moments it turns out the entire family was around, children, grand children and great grand children during sabbath day The adults said this prayer and my mom passed with the final words.

9: Prayers - Mary Help of Christians, South Woden Holy Land Pilgrimage

Heartfelt prayers can be a natural part of growing in the faith. For others, their life of prayer needs to have a definite beginning. That afternoon Linda and I sat at our cozy kitchen table as we.

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