Compassion - Prayers and Affirmations

Prayer Options:


   Now will I recall God's works; what I have seen, I will describe. At God's word were his works brought into being; they do his will as he has ordained for them. As the rising sun is clear to all, so the glory of the Lord fills all his works... How beautiful are all his works! Even to the spark and the fleeting vision! The universe lives and abides forever; to meet each need, each creature is pre-served. All of them differ, one from another, yet none of them has he made in vain, For each in turn, as it comes, is good; can one ever see enough of their splendor?

   The word of the Lord.

   All: Thanks be to God

2. St. Teresa's Prayer

   Christ has no body now but yours
   No hands, no feet on earth but yours
   Yours are the eyes through which He looks
   Compassion on this world
   Yours are the feet with which He walks
   To do good
   Yours are the hands with which He blesses
   All the world Yours are the hands
   Yours are the feet
   Yours are the eyes
   You are his body
   Christ has no body but yours
   No hands, no feet on earth but yours
   Amen

3. Lord, open our eyes
   that we may see you in our brothers and sisters.
   Lord, open our ears
   that we may hear the cries of the hungry,
   the cold, the frightened, the oppressed.
   Lord, open our hearts
   that we may love each other as you love us.
   Renew in us your spirit.
   Lord, free us and make us one.

   Amen
4. Mary is special because she lived the very meaning of the Gospel that we are all invited to live. Mary’s example of staying with Jesus through his suffering and death encourages us to be filled with compassion and with hope. Mary did not wallow in grief but took courage from His resurrection. We have been promised in Baptism that the hope Mary saw fulfilled in her life will be realized within our own lives.

5. Dear God, How long has it been since we walked in someone else's shoes? Today, we can honor and respect those people we meet who come from different backgrounds, travel on different roads, choose different lifestyles, express themselves differently, or come from other parts of the world. We can look at them with eyes of love and know that our differences show the unique character of our individual gifts, but the life that animates us—the light at the center of our souls—comes from one source, the source we all share from our loving God the Father. Amen

6. Dear God, help us to remember that others don’t always see the way we do, hear what we hear, feel what we feel, or understand things the way we’ve come to understand them. You give each of us gifts that are uniquely ours but so often we fail to value the gift in another, judging other gifts as wrong as or somehow less important than our own. Give us the compassion you want us to have, O Father, and teach us to embrace each other with compassionate arms, no matter what our age, color, creed, history, or belief. Help us to remember that you are Life Itself, and that you are using every one of our unique gifts to bring us together with you once again. Amen

Affirmations:

I will seek to understand others by listening
I will forgive others
I will celebrate God’s love for creation.
When I plant a seed or a bulb this spring, I will be reminded to plant hope in my heart.
I use my gifts and talents given to me by God
I always do my best.
All it takes is all I’ve got.
I build on my strengths and weaknesses
I set goals
I accept change
I am proud of the good things I do
I am thankful for the gifts of others

Concluding Prayer

The Lord’s Prayer (or your choice)