



# Courage - Prayers and Affirmations

## ***Prayer Options:***

### 1. Scripture Reading...Isaiah 43:14-19

Let us listen to words from the prophet Isaiah.

Thus says the LORD,  
your Redeemer, the Holy One of Israel:  
For your sake I will send to Babylon and break down all the bars,  
and the shouting of the Chaldeans will be turned to lamentation.  
I am the LORD, your Holy One, the Creator of Israel, your King.  
Thus says the LORD, who makes a way in the sea, a path in the mighty waters,  
who brings out chariot and horse, army and warrior;  
they lie down, they cannot rise,  
they are extinguished, quenched like a wick:  
Do not remember the former things, or consider the things of old.  
I am about to do a new thing; now it springs forth, do you not perceive it?  
I will make a way in the wilderness and rivers in the desert.

The Word of the Lord.

### **All: Thanks be to God.**

### 2. We invite the community at this time to share their own petitions for the New Year...

Faithful Companion,  
In this new year I pray:  
To live deeply, with purpose,  
To live freely, with detachment,  
To live wisely, with humility,  
To live justly, with compassion,  
To live lovingly, with fidelity,  
To live mindfully, with awareness,  
To live gratefully, with generosity,  
To live fully, with enthusiasm.  
Help us to hold this vision and to daily renew it in our hearts, becoming ever more one with You,  
our truest Selves.

**All: Amen.**

### 3. Out of the Ordinary

Mary, the mother of Jesus is role model of **courage**. She brought Jesus into the world even though she was very young. She trusted in God's plan for her. She had to leave her country until it was safe to return to her home in Nazareth. So this month, let us say a special prayer to Mary, who gave birth to Jesus, raised Him with a mother's care, and followed Him in faith.

Hail Mary  
Full of grace,  
The Lord is with you.  
Blessed are you among women  
the fruit of your womb,  
Jesus.  
Holy Mary, mother of God,  
Pray for us sinners now and at the  
hour of our death.

**Amen**

4. Since the days are short this month and darkness comes early, when I turn on a lamp or a light, I will make that a cue and reminder to practice faith in my daily life. Lord, help me to have courage to believe that You will help me see and reach the "light at the end of the tunnel". **Amen.**

### 5. Serenity Prayer

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.

Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace;  
Taking, as He did, this sinful world  
as it is, not as I would have it;  
Trusting that He will make all things right  
if I surrender to His Will;  
That I may be reasonably happy in this life  
and supremely happy with Him  
Forever in the next.

**Amen.**

--Reinhold Niebuhr

## 6. Prayer for Global Solidarity

By: Education for Justice

O Creator,

Our world is large, and yet the global community is so fragile. We glimpse the needs of our sisters and brothers, And those needs are great.

We want to turn away, but you call us back. We want simple solutions,

But you want us to help solve the complex problems.

Through your church, you call us to listen, to learn, to reflect and to act. Give us a deep sense of our place in this web of Creation.

Give us the wisdom of mind And generosity of heart To seek your will in the world today.

Inspire us to respond to the call of your servant, Pope John Paul II, As he calls us to solidarity with impoverished countries of the world, So that all children of God might live in dignity and peace.

Amen.

### Intentions

“Be not afraid, I go before you always.” As we face this New Year, as we make New Year’s resolutions that fit our own circumstances and needs, we rely on God’s help and grace to make those changes that will improve our lives.

- For the courage to face our fears, and not to be ruled or fuelled by fear. We pray to You, Lord.  
*Response: Lord, hear our prayer.*
- That the example of Jesus, Mary and the saints will inspire us to act as people of courage. We pray to You, Lord. **Response: Lord, hear our prayer.**

### **Affirmations:**

- I will stand up for what I know is right and just
- I will face challenges, fears and difficulties with fortitude.
- I will take responsibility for reaching my potential
- I have thoughts and opinions that matter
- I make good choices
- I have hope for the future
- I solve problems with knowledge, understanding and prayer
- I can begin to make changes in my life
- I can support others in need
- I can take the first step in helping myself

