

Prayers without citations are offered by the Department of Pastoral Care and Education Staff and students. (Insert appropriate name(s) wherever “N” appears)

## General Prayers

### Non-faith specific

**For sleep:** Blessed are you, O lord my God, who makes sleep fall on my eyes.

**For peaceful rest:** May it be your will, O Lord my God, to let me lie down in peace and to let me rise up again in peace.

Holy One, help me. My life is altered beyond measure. I have lost the ‘me’ I have always been. Forever. All seems dark and hopeless. I am overcome with fear and discouragement. Help me to find the joy I once knew in my life. Help me to recover the love I always took for granted, the joys I once knew in friends and family. Help me accept these changes, to let go of former things, and find the courage to begin again. Help me know joy in my life. Sustain me. Comfort me. Guide me. Give me strength. Amen

Sustainer of Life, God of us all, hear the doubts in my heart. Hear my concerns, for to give them voice, frightens me. Your compassion is greater than I can imagine, as is Your love. Touch my soul with calm. Come deep into my heart and widen my understanding. Teach me acceptance, where there is need. Bring me joy, where there is yearning. Sustain me when I falter. Amen

Gracious God—Mother and Father to us all, continue to bless N. In their time of need may they feel your constant embrace. Send your healing spirit to strengthen and renew their mind, body, and spirit. If N has any worries or anxiety please lift them right now and grant N a sense of peace that can only come from you. All this we pray in your name, Amen

Creator of Heaven and Earth, you who created light and darkness, make your presence known to N at this challenging time. Today there have been hard conversations, devastating test results. Fear is everywhere. Be with us dear God in this chaos. We do not know what to prayer for, what to say. We are overwhelmed. Where are you God? Make your presence known. Now. Amen

O God, look with compassion upon the struggle of your child.

Remember him/her/me with love;

nourish his/her/my soul with patience and honesty;

comfort him/her/me with a sense of your goodness and of his/her/my courage;

lift up your face to him/her/me, and grant him/her/me peace. Amen

Oh Dios, mira con compasión la lucha de tu hijo/hija.

Acuérdate de él/ella/mí con amor;

colma su/mi alma de paciencia y sinceridad;

consuélale/-me con el sentimiento de tu bondad y de su/mi valor;

alza tu rostro sobre él/ella/mi y concédeme/-le la paz. Amen

Adaptation from the bilingual edition of *The Book of Common Prayer/El Libro de Oración Común* (2003), 366–7



## **Buddhist**

### The Three Refuges:

I take Refuge in the Buddha

I take Refuge in the Dharma (the Truth of Buddha)

I take Refuge in the Sangha (the community of practitioners)

### Confession:

All the evil karma ever committed by me since of old

On account of my beginningless greed, anger, and delusion

Born of my body, mouth, and thought

I now confess and purify them all.

### Tibetan Prayer to the Bodhisattva of Compassion:

Om Mani Padme hum

## A Prayer to the Buddha of Light

Namo Omi To Fo, or Namu Amida Butsu

### A Dedication Prayer

May all beings everywhere,  
Plagued by sufferings of body and mind,  
Obtain an ocean of happiness and joy  
By virtue of these merits.  
May no living creature suffer,  
Commit evil or ever fall ill.  
May no one be afraid or belittled,  
With a mind weighed down by depression.  
May the blind see forms,  
And the deaf hear sounds.  
May those whose bodies are worn with toil  
Be restored on finding repose.  
May the naked find clothing,  
The hungry find food.  
May the thirsty find water  
And delicious drinks.  
May the poor find wealth,  
Those weak with sorrow find joy.  
May the forlorn find hope,  
Constant happiness and prosperity.  
May there be timely rains

And bountiful harvests.  
May all medicines be effective  
And wholesome prayers bear fruit.  
May all who are sick and ill  
Quickly be freed from their ailments.  
Whatever diseases there are in the world,  
May they never occur again.  
May the frightened cease to be afraid  
And those bound be freed.  
May the powerless find power  
And may people think of benefiting each other.  
Shantideva

#### Loving Kindness Meditation:

To begin with, I sit upright, and relax. I close my eyes and allow myself to settle, becoming more calm, relaxed and harmonious.

I let go of thoughts, feelings, and sensations.

I observe how the breath is flowing in smoothly, and flowing out easily; free and harmonious.

Now I see a wonderful sun over my head, shining with warm, golden light. This bright light of loving-kindness is streaming throughout my entire being.

I can feel it; I feel well, and I am happy.

I. First person: Now I imagine one person who I love the most.

I see the warm, golden light of loving-kindness streaming to that person.

This wonderful bright light is flowing through this person.

This beloved person is surrounded by this light of higher love and kindness.

I can see the smile on their face.

This beloved person feels well, and is very happy.

II. Second person: Next, I imagine one person who I like and respect.

... (as above)

III. Third person: Next I can see one person toward whom I have a neutral relationship.

... (as above)

IV. Fourth person: The last person I think of is one whom I have had

difficulties, or someone who I dislike. ... (as above)

Now I see all four persons together, with the sun above them, and I see them all receiving the same amount of this warm golden light of loving-kindness.

They all feel well; they are all smiling, and they are all shining, and happy.

Then I let them go in peace and happiness.

Now, once more I see the warm sun above my head, and once again I am filled with feelings of happiness and well-being.

### Gatha:

Gathas are short phrases or words used as a means to direct and to quiet the mind. When the mind is calm, stable, and clear, you can choose to continue working with the gatha, reciting a line one or more times, and then letting go of words and just being with the inhalation and the exhalation for a few breaths. Or you can let go of the words completely, and just be with the experience of breathing in and out quietly, calmly and lucidly. See for yourself what works best for you. As a general rule, keep the practice as simple as possible, and use only the minimum amount of method necessary to bring your mind to a settled, calm and clear state.

In, out

Flower, fresh

Mountain, solid

Water, reflecting

Space, free

I arrive

I am home

In the here

In the now

I feel solid

I feel free

In the Ultimate,

I dwell



## **Christian**

*A Prayer of Susanna Wesley*

You, O Lord, have called us to watch and pray.

Therefore, whatever may be the sin against which we pray,

make us careful to watch against it,

and so have reason to expect that our prayers will be answered.

In order to perform this duty aright,

grant us grace to preserve a sober, equal temper,

and sincerity to pray for your assistance.

(Susanna Wesley, England, 18<sup>th</sup> Cent., alt.) United Methodist Book of Worship, 528



## **Roman Catholic**

### The Hail Mary

Hail Mary, full of grace, the Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God, pray for us sinners now,  
and at the hour of death. Amen

### The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen

### The Angelus

The Angel of the Lord declared unto Mary:  
And she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Behold the handmaid of the Lord: Be it done unto me according to Thy word.

Hail Mary . . .

And the Word was made Flesh: And dwelt among us.

Hail Mary . . .

Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord. Amen



### **Jewish**

May it be Your will, Lord, My God and God of my ancestors, to lead me, to direct my steps, and to support me in peace.

Lead me in life, tranquil and serene, until I arrive at where I am going.

Deliver me from every enemy, ambush and hurt that I might encounter on the way and from all afflictions that visit and trouble the world.

Bless the work of my hands. Let me receive divine grace and those loving acts of kindness and mercy in Your eyes and in the eyes of all those I encounter.

Listen to the voice of my appeal, for you are a God who responds to prayerful supplication.

Praised are you, Lord, who responds to prayer.

*Anonymous*



### **Muslim**

For hopelessness/despair/grief

*Ya Allah, Ya Hayyu, Ya Qayyum.*

My soul feels as though it is without hope, without faith.

In dawn and dusk, I long for You *Ya Dhal Jalali wal Ikram.*



The Prophet, our *Habib*, said our hearts grieve and our eyes shed tears but we will not say anything that displeases You.

Without hope, I am lost: I beg of you, to illuminate for me a path.

In despair, I suffer indescribable pain: I yearn for you to envelope me within Your Light

In grief, I am like the father of Yusuf, who was blinded by the constant flow of his tears;  
In humility I ask You *Ya Rabb*, to Be me eyes so that I might see once again.

I complain of my grief and sorrow to You alone, Ya Allah,

make me amongst the believers who in You alone, put their trust. Ameen

### For hope

Inspirer of my mind,  
Consoler of my heart,  
Healer of my spirit,  
Thy presence lifteth me from Earth to Heaven,  
Thy words flow as the sacred river,  
Thy thoughts riseth as a Divine spring,  
Thy tender feelings waken sympathy in my heart.  
Beloved Teacher, thy very being is forgiveness.  
The clouds of doubt and fear  
are scattered by thy piercing glance;  
All ignorance vanishes  
in thy illuminating presence;  
A new hope is born in my heart  
by breathing Thy peaceful atmosphere.  
O inspiring Guide through life's puzzling ways,  
In thee I feel abundance of blessing. Amen

*Hazrat Inayat Khan*

### Sufi Blessing

May the Blessings of God rest upon you.  
May God's peace abide with you.  
May God's presence illuminate your hearts,  
now and forever more. Amen

### Blessing in praise of the Prophet

Warner of coming dangers,  
Wakener of the world from sleep,  
Deliverer of the Message of God,  
Thou art our Savior.  
The sun at the dawn of creation,  
The light of the whole universe,  
The fulfillment of God's purpose,  
Thou the life eternal,  
we seek refuge in thy loving enfoldment.  
Spirit of Guidance,  
Source of all beauty, and  
Creator of harmony;  
Love, Lover, and Beloved Lord,  
Thou art our Divine Ideal. Amen

*Hazrat Inayat Khan*

### Prayers for peace

O Thou,  
Who art the Perfection of  
Love, Harmony, and Beauty,  
The Lord of heaven and earth,  
Open our hearts,  
That we may hear Thy Voice,  
Which constantly cometh from within.  
Disclose to us Thy Divine Light,  
which is hidden in our souls,  
  
that we may know and understand life better.  
Most Merciful and Compassionate God,  
Give us Thy great Goodness;  
Teach us Thy loving Forgiveness;  
Raise us above the distinctions and  
differences which divide men;  
Send us the Peace of Thy Divine Spirit,  
And unite us all in Thy Perfect Being. Amen

*Hazrat Inayat Khan*

In the Name of Allah, the beneficent, the merciful: Praise be to the Lord of the Universe who has created us and made us into tribes and nations that we may know each other, not that we may despise each other. If the enemy incline towards peace, do thou also incline towards peace, and trust in God, for the Lord is one that hears and knows all things. And the servants of God Most Gracious are those who walk on the Earth in humility, and when we address them, we say, "Peace."

*U.N. Day of Prayer for World Peace*

Send Thy peace, O Lord, which is perfect and everlasting,  
that our souls may radiate peace.

Send Thy peace, O Lord, that we may think, act, and speak harmoniously.

Send Thy peace, O Lord, that we may be contented  
and thankful for Thy bountiful gifts.

Send Thy peace, O Lord, that amidst our worldly strife  
we may enjoy thy bliss.

Send Thy peace, O Lord, that we may endure all,  
tolerate all in the thought of thy grace and mercy.

Send Thy peace, O Lord, that our lives may become a  
divine vision, and in Thy light all darkness may vanish.

Send Thy peace, O Lord, our Father and Mother, that we  
Thy children on earth may all unite in one family.

*Hazrat Inayat Khan*

Oh God, You Are Peace

Oh God, You are peace.

From you comes peace,

To you returns peace.

Revive us with a salutation of peace,

And lead us to your abode of peace.

*Prophet Muhammad*

O You, the almighty Sun, whose light clears away all clouds,

We take refuge in You, king of all men, God of all deities, Lord of all angels.

We pray You, dispel the mist of illusion from the hearts of the nations and lift their lives  
by Your all-sufficient power.

Pour upon them Your limitless love, Your ever-shining light, Your everlasting life, Your

heavenly joy and Your perfect peace.

*Hazrat Inayat Khan*

### Meditation for stillness

Through the silence of nature,

I attain Thy divine peace.

O sublime nature,

in thy stillness let my heart rest.

Thou art patiently awaiting the moment

to manifest through the silence of sublime nature.

O nature sublime, speak to me through silence,

for I am awaiting in silence like you the call of God.

O nature sublime,

through thy silence I hear Thy cry.

My heart is tuned to the quietness,

that the stillness of nature inspires.

*Hazrat Inayat Khan*

### For light

O God, Make Us a Light. O Allah, place light in my heart, light in my tongue, light in my hearing, light in my sight, light behind me, light in front of me, light on my right, light on my left, light above me and light below me; place light in my sinew, in my flesh, in my blood, in my hair and in my skin; place light in my soul and make light abundant for me; make me light and grant me light.

*Prophet Muhammad*

From the Quran

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ۝ الرَّحْمَنِ الرَّحِيمِ ۝  
مَلِكِ يَوْمِ الدِّينِ ۝ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ۝  
اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ۝ صِرَاطَ الَّذِينَ أَنْعَمْتَ  
عَلَيْهِمْ ۝ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ۝

In the name of Allah, the Entirely Merciful, the Especially Merciful.

[All] praise is [due] to Allah, Lord of the worlds –

The Entirely Merciful, the Especially Merciful,

Sovereign of the Day of Judgment.

It is You we worship and You we ask for help.

Guide us to the straight path –

The path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who have erred.

*Surat Al Fatiha, Surat Al Shifa, The Opening, The Healing*

ءَا مَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ ۚ وَالْمُؤْمِنُونَ كُلٌّ ءَا مَنَ بِاللَّهِ  
وَمَلَائِكَتِهِ ۚ وَكُتُبِهِ ۚ وَرُسُلِهِ ۚ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ ۚ وَقَالُوا  
سَمِعْنَا وَأَطَعْنَا ۚ غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ



The Messenger has believed in what was revealed to him from his Lord, and [so have] the believers. All of them have believed in Allah and His angels and His books and His messengers, [saying], "We make no distinction between any of His messengers." And they say, "We hear and we obey. [We seek] Your forgiveness, our Lord, and to You is the [final] destination." Allah does not charge a soul except [with that within] its capacity. It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of] what [evil] it has earned. "Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so help us against those who stand against faith"

*Surat Al Baqarah 2:285-286*

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي  
السَّمَوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ  
مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا  
شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ  
الْعَلِيُّ الْعَظِيمُ

Allah - there is no deity except Him, the Ever-Living, the Sustainer of [all] existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is [presently] before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.

*Ayat Al Kursi Surat Al Baqarah 2:255*

﴿اللَّهُ نُورُ السَّمَوَاتِ وَالْأَرْضِ مِثْلُ نُورِهِ كَمِشْكَاةٍ فِيهَا مِصْبَاحٌ  
 الْمِصْبَاحُ فِي زُجَاجَةٍ الزُّجَاجَةُ كَأَنَّهَا كَوْكَبٌ دُرِّيٌّ يُوقَدُ مِنْ شَجَرَةٍ  
 مُبَارَكَةٍ زَيْتُونَةٍ لَا شَرْقِيَّةٍ وَلَا غَرْبِيَّةٍ يَكَادُ زَيْتُهَا يُضِيءُ وَلَوْ لَمْ  
 تَمْسَسْهُ نَارٌ نُورٌ عَلَى نُورٍ يَهْدِي اللَّهُ لِنُورِهِ مَنْ يَشَاءُ وَيَضْرِبُ  
 اللَّهُ الْأَمْثَلَ لِلنَّاسِ وَاللَّهُ بِكُلِّ شَيْءٍ عَلِيمٌ﴾

Allah is the Light of the heavens and the earth. The example of His light is like a niche within which is a lamp, the lamp is within glass, the glass as if it were a pearly [white] star lit from [the oil of] a blessed olive tree, neither of the east nor of the west, whose oil would almost glow even if untouched by fire. Light upon light. Allah guides to His light whom He wills. And Allah presents examples for the people, and Allah is Knowing of all things.

*Surat An Nur 24:35*

In the name of God, the most gracious, the most merciful. Praise be to God, the Lord of all being, the merciful Lord of mercy, the Master of the Day of Judgment. You alone we serve; to You alone we come for aid. Guide us in the straight path, the path of those whom You have blessed, not of those against whom there is displeasure, nor of those who go astray.

Al Quran 1:1-4



### **Native American**

Grandfather, Great Spirit,

You have always been, and before you nothing has been.

There is no one to pray to but you.

The star nations all over the heaven are yours,

And yours are the grasses of the earth.  
You are older than all need, older than all pain and prayer.  
Grandfather, Great Spirit, fill us with light.  
Give us strength to understand and eyes to see.  
Teach us to walk the soft earth as relatives to all that live.  
Help us, for without you we are nothing. Amen.  
Traditional Dakota Tribe Prayer, United Methodist Book of Worship, p. 468

O Great Spirit (*Gitchi Manitou, Most Awesome of the Awesome*),  
whose voice we hear in the winds,  
and whose breath gives life to all the world, hear us.  
We come before you as your children.  
We are small and weak; we need your strength and wisdom.  
Let us walk in beauty  
and make our eyes ever behold the red and purple sunset.  
May our hands respect the things you have made,  
our ears be sharp to hear your voice.  
Make us wise,  
so that we may know the things you have taught your people,  
the lessons you have hidden in every leaf and rock.  
We seek strength not to be superior to our brothers and sisters,  
but to live in harmony with ourselves and all of your creation.  
Help us to be ever ready to come to you,  
so when life fades as a fading sunset,  
our spirits may come to you without shame. Amen.



Traditional Native American Prayer, United Methodist Book of Worship, p. 487

### A Vision of Hope

We pray that someday an arrow will be broken,  
not in something or someone, but by each of humankind,  
to indicate peace, not violence.

Someday, oneness with creation,  
rather than domination over creation,  
will be the goal to be respected.

Someday fearlessness to love and make a difference  
will be experienced by all people.

Then the eagle\* will carry our prayer for peace and love,  
and the people of the red, white, yellow, brown, and black communities  
can sit in the same circle together to communicate in love  
and experience the presence of the Great Mystery in their midst.

Someday can be today for you and me. Amen.

Wanda Lawrence Chippewa, 20<sup>th</sup> Cent., United Methodist Book of Worship, p. 521

\*An eagle in the Native American tradition is often a carrier of prayer.



### **Roman Catholic**

Our heavenly and eternal Father, you are ever present to your children, especially to those who are sick and suffering. You invite all who are weak and overburdened to come to you. You also told us in the Holy Scripture that your yoke is easy to carry. Left to us alone we can do nothing. You are the tree and we are your branches. At this moment of sickness and suffering, we are asking for your mercy, compassion and love

on your servant, *N.* Please touch our body and spirit. We want to be healed. Holy Mary, mother of the sick, pray for us. Whenever we are afraid, give us courage and wisdom to know you are with us. Whenever we are feeling lonely and distressed, give us support through your spirit and the presence of our brothers and sisters. Lord with you on our side everything has been given. We are asking this through Jesus Christ Our Lord who lives and reigns with you, in unity of the holy spirit one God forever and ever. Amen.

*Prayer of Saint Francis of Assisi*

Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, 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 that we are born to eternal life. Amen

