

THURSDAY NIGHT PRAYER
The Heart of Francis DeSales

GATHER

LEADER 1: Often we can feel uneasy or anxious when thinking about the future. There are so many possibilities and our thoughts can easily turn to all the horrible things that could happen in our lives.

LEADER 2: This can leave us extremely anxious, worried about the future and what it could bring. Jesus constantly reminds us in the Gospels that we shouldn't give-in to these feelings and should always place our trust in God. Its not easy and that is why we should always pray to God whenever anxiety starts to overrun our lives.

LISTEN

LEADER 1: Let us now listen to the words of St. Francis de Sales.

READER 1: *God has placed you in this world to use his goodness for you, by giving you his grace and his glory. For this he has given you the understanding to know him, the memory to remember him, the will to love him, the imagination to represent to yourself his blessings, the eyes to see the wonders of his work, the tongue to praise him.*

If prayer is a conversation of the soul with God, then by prayer we speak to God and God in turn speaks to us. We aspire to God and breathe in God; God reciprocally inspires us and breathes upon us.

RESPOND

LEADER 2: At this time on the slips of paper that were given to you, write down how you need God's peace. When you have finished, we invite you to bring them up and tape them to the cross. Join us in singing "Prayer of Peace."

1. Peace before us, peace behind us, peace under our feet.
Peace within us, peace over us, let all around us be peace.
2. Love before us, love behind us, love under our feet.
Love within us, love over us, let all around us be love.
3. Light before us, light behind us, light under our feet.

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- Light within us, light over us, let all around us be light.
4. Christ before us, Christ behind us, Christ under our feet.
Christ within us, Christ over us, let all around us be Christ.
5. Alleluia.
6. Peace before us, peace behind us, peace under our feet.
Peace within us, peace over us, let all around us be peace.

SEND

LEADER 1: St. Francis de Sales wrote a beautiful prayer for those times in which we feel anxiety and in need of God's peace. It is a prayer that seeks to calm our weary hearts, beckoning us to "be at peace."

LEADER 2: Let us pray.

Lord you tell us:

Do not look forward in fear to the changes and chances of this life;
Rather, you call us to look to them with full confidence that, as they
arise, You Lord, to whom we belong, in Your love enable us to profit
by them. You have guided us thus far in life,
and You will lead us safely through all our trials;
and when we cannot stand it, You will take us into Your arms.
You remind us to not fear what may happen tomorrow;
That You who are our everlasting Father and cares for us today and
always will take care of us each and every day. Lord shield us from
suffering, and give us the unfailing strength needed to bear all that
comes our way. Let us rest in Your peace, then, and put aside all
anxious thoughts and imaginations. We ask this through Christ our
Lord.

Mary Help of Christians.

ALL: Pray for us.

LEADER 1: In the name of the Father, and of the Son, and of the Holy Spirit.

ALL: Amen.

LEADER 2: At this time, we invite _____

who is _____

to come up and share with us our Salesian Good Night.