

PRAYERS FOR EVERY DAY

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God wants to be with you all the time. Turn to him throughout your day—from start to finish!

Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us. (Psalm 62:8)

STARTING THE DAY

Every day when you wake up, you are faced with a choice: Are you willing to be the man God wants you to be? The moment the alarm sounds is the heroic moment. It is the moment that sets the tone for your entire day. You can shake off slumber, dedicate yourself to God and get about the work of sanctifying yourself

through your daily endeavors. Or you can succumb to laziness, hit the snooze button and wait till later to drag yourself out of bed.

Get up, man! Say a prayer dedicating yourself and your day to your Lord and Creator. Embrace the day, with its joys and heartaches, successes and failures.

*O my God,
I offer up my day to you.
I offer you my joys, my sorrows,
my sufferings, my accomplishments;
anything that I am or have.
I ask your help in everything I must do.
I especially ask your help in avoiding sin.
Mary my mother, Joseph my father,
my guardian angel: Intercede for me.*

CONFRONTING FEAR OF THE DAY

There are many causes for morning anxiety: work stress, family issues, financial difficulties, fear of the unknown—the list goes on. It is not

unmanly to admit fear. A man acknowledges it and seeks to work through it.

Many fears do not dissipate immediately but must be borne for a period of time. This is a great opportunity for grace. It is an opportunity to offer up the pain of anxiety as a prayer for your family. It is also an opportunity to place your trust in God, even when that is not easy.

*Lord Jesus, as true man you are
intimately acquainted with fear.*

*In the Garden of Gethsemane, you
agonized over your impending
passion and death*

*to the point that your sweat became
like drops of blood.*

Yet even then you said to your Father:

“Thy will, not mine, be done.”

*I wish to imitate your loving example—
to obediently accept this cross
before me.*

I offer up this fear to you.

*I unite my pain to that which you
experienced,*

*for the good of my family and the
salvation of their souls.
I trust that you will give me the
strength I need.*

Or:

*Lord, if it be your will, take this fear
from me.
Otherwise, help me to endure it as a
prayer for my family and loved
ones.*

LUNCH TIME

Your day is half over. How has it gone? Have you worked hard? Have you been honest? Have you been charitable to those with whom you have come in contact?

Take a moment to refocus your day. God wants to be the Lord of your work as well as your prayer. Maybe you have lost sight of him during the past several hours. Turn back to him now.

*Lord Jesus, you labored in obscurity for
much of your life.*

*If you who are Lord and God saw fit to
sanctify yourself through ordinary
work,*

*I must also recognize the supernatural
value of even my most mundane
task.*

*Accept my work, performed honestly
and humbly,*

*as my ongoing prayer to you for the
needs of my family and those
I love.*

*Strengthen me to see this workday to
its worthy conclusion.*

Saint Joseph the Worker, intercede for me.

Please note: The traditional prayer of the Catholic Church for noon is the *Angelus*; between Easter and the Feast of Pentecost, the *Regina Coeli* is substituted. These prayers are in the Miscellaneous Prayers section of this guide (pp. 85–87).

HOME FROM WORK: HUSBANDS AND FATHERS

You have completed your workday. Perhaps this was a day of joy and success, perhaps one of great trial and suffering. Either way, you are about to enter into the domain of your primary vocation—that of husband and/or father.

Your wife and children have had their own joys and sorrows today. As difficult as it may be, endeavor to set aside any anger or sorrow you carry from the day. Do not make your home the outlet of your frustration.

If your day was wonderful, you may need to temper your enthusiasm in order to console your wife or children. Pause for a moment to pray before you walk into the house, focusing on the love you have for your family.

*Loving Father, help me let go of the
concerns of my work.*

*Tomorrow you will give me the
necessary grace to confront the
lingering challenges.*

*I release my anger and anxiety as a prayer
for the consolation of my family.
Give me an attentive ear for my wife and
children as they share their day.
Give me a loving heart to share in their
joys and ease their sorrows.
Give me patience and wisdom to address
their needs.
As I walk into my house, may I be a
calming force and a source of
strength.*

SPOUSAL PRAYER

It is difficult to pray with your spouse every day. Some days you may not even feel like speaking to her. But you and your wife have vowed before God to love each other in good times and in bad. It is imperative that you work together to get to heaven.

You are responsible for your wife's soul and she yours. Do you wish to please God? Then pray with your wife. He greatly desires this of you. And like all graces God gives, your little effort will be rewarded a thousandfold.