Monday, May 4, 2020

God of hope, bring Your light and encouragement to those who are in despair from illness, poverty, hunger, lack of opportunities, injustice and loneliness. Let me serve You to bring Your light wherever I can.

Tuesday, May 5, 2020

God of abundance, I pray that the wealth You have gifted to me in the forms of knowledge, relationships and resources be utilized with thoughtfulness and compassion for those in need.

Wednesday, May 6, 2020

God of wisdom, help me be inquisitive to understand someone’s story, patient to hear all sides, and slow to judge others.

Thursday, May 7, 2020

God, I pray for restoration of my spirit that has been weighed down by constant news of division and injustice. May the good news that You are with us continue to lift us up in hope.
Friday, May 8, 2020

Compassionate God, please accompany those in despair or struggling with mental health. Use me to let people know they are not alone.

Saturday, May 9, 2020

Creator God, I pause to give thanks for the gift of this Earth. You have given us a beautiful and diverse home. Guide me to care for it and sustain it for people today as well as for my descendants.

Sunday, May 10, 2020

Today I pray for peace in our world. Loving God, I ask for courage to let peace begin with me. I pray for awareness and wisdom to keep from “othering” people. Awaken me to be open and welcoming to my sisters and brothers.

Submit your prayer ideas:
info@rochesterfranciscan.org

Request a prayer:
https://rochesterfranciscan.org/prayer-request/

Prayer content compliments Sisters of St. Joseph of Orange: www.100daysofprayer.net