



# Spiritual Works of Mercy | Pray for the living and the dead

## SONG: Pray for each other – Tommy Walker

I am prayin' for you, brother  
I bow my knee on your behalf  
I speak your name to our God in heaven  
That He might grant you grace and favour  
And no matter whatever comes your way  
Any dark, dark night or gloomy day  
I promise to pray for you, brother  
Lift your name before the Father

### Chorus

'Cause when we pray for each other  
He takes away the hate  
When we pray for each other  
We can share each other's pain  
When we pray for each other  
There's a supernatural love  
When we pray for each other  
Our hearts become as one

I am prayin' for you, sister  
I bow my knee on your behalf  
I'll keep believin' that what He's started in you  
Will be completed 'till this life is finally through  
And as we share in His grace and watch His Mighty  
hand move those mountains in our lives  
And see His promises stand  
I promise to pray for you, sister  
Lift your name before the Father

## SCRIPTURE: Romans 8: 38-39

God's Love in Christ Jesus

## Prayer for the living and the dead

God our Father,  
Your power brings us to birth,  
Your providence guides our lives,  
and by Your command we return to dust.

Lord, those who die still live in Your presence,  
their lives change but do not end.  
We pray in hope for our families,  
relatives and friends,  
and for all the dead known to You alone.

In company with Christ,  
Who died and now lives,  
may they rejoice in Your kingdom,  
where all our tears are wiped away.  
Unite us together again in one family,  
to sing Your praise forever and ever.

Amen.



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<https://www.theodysseyonline.com/20-saints-friends>

## PRAYER:



Imaged retrieved from

<http://www.catholictradition.org/Tradition/tradition-gallery.htm>

Creative prayer – CD cases (on next page)



## PRAYER: A Litany of Saints

This is a sacred prayer which calls upon God and the intercession of our faith ancestors – the saints and holy people gone before us. It is often prayed on All Saints day but can be prayed any time in a group or alone. There are many variations and you might like to include saints who are particularly precious to you such as the name you might have taken at the Sacrament of Confirmation. This is an especially beautiful prayer to use during times when we as pilgrims are seeking guidance and grace from those who have walked the journey before us.

### **Cantor:**

Lord have mercy  
Christ have mercy  
Lord have mercy

God, the Father of Heaven

God the Son, Redeemer of the world

God the Holy Spirit

Holy Trinity, one God

Mother Mary

All you angels

Saint John the Baptist

Holy Joseph

All holy Disciples of the Lord

All holy Prophets

Saint Rose of Lima

Saint John of the Cross

Saint Ignatius of Loyola

Saint Francis Xavier

Saint John of Avila

Saint Teresa of Avila

Saint Rafael Arnaiz

### **People:**

*Lord have mercy*

*Christ have mercy*

*Lord have mercy*

*Have mercy on us*

*Have mercy on us*

*Have mercy on us*

*Have mercy on us*

*Pray for us*

*Pray for us*

*Pray for us*

*Pray for us*

*Pray for us*

*Pray for us*

*Pray for us*

*Pray for us*

*Pray for us*

*Pray for us*

*Pray for us*

*Pray for us*

*Pray for us*

### **Cantor:**

Saint Maria of the Head

Saint Isadore the Worker

All holy men and women,  
saints of God

Lord be merciful

From all evil

From all sin

From eternal death

By your coming

By your holy life

By your dying

By your rising

By your spirit

Lord be merciful

Guide your Holy Church

Protect your people

Keep us faithful

Bless your bishops

Our Holy Father

And all your ministers

### **People:**

*Pray for us*

*Pray for us*

*Pray for us*

*Save your people*

*Save your people*

*Save your people*

*Save your people*

*Save your people*

*Save your people*

*Save your people*

*Save your people*

*Save your people*

*Hear our prayer*

*Hear our prayer*

*Hear our prayer*

*Hear our prayer*

*Hear our prayer*

*Hear our prayer*

*Hear our prayer*

### **Cantor:**

Lord Jesus Christ

Lord Jesus Christ

Lord Jesus Christ

Lamb of God

who takes away

the sins of the world

Lamb of God

who takes away

the sins of the world

Lamb of God

who takes away

the sins of the world

*Glory Be to the Father and to the  
Son and to the Holy Spirit, as it  
was in the beginning, is now and  
ever shall be,  
world without end  
Amen*

### **People:**

*Hear our prayer*

*Hear our prayer*

*Hear our prayer*

*Spare us O Lord*

*Graciously hear us,*

*Lord have mercy  
on us.*

# GROUP ACTIVITY: Two-way Street

## Objective

- To explore the idea that we are all connected, the living and the dead, and are called to help each other by praying for each other.

## Materials

- 2 A2 images cut up (same image)
  - 1 image will be cut up into small pieces
  - 1 image will also be cut up but into larger pieces than the first and the pieces will be numbered

## Dynamics

1. The group will be split into two teams – the “Living” team and the “Dead” team.
2. Each member of the “Living” team will be given a few pieces of the larger image and will have to work together to recreate the image.
3. The “Dead” team will be given the image made up of larger and numbered pieces and they will work together to recreate the image.
4. The “Dead” team will (very likely) finish first and at this point will be told that they do not actually finish the activity until the “Living” team has finished their puzzle – this will encourage the “Dead” team to help the “Living” team with their image. Instruct the “Dead” team that they can only help the “Living” team if they are asked.
5. The activity ends when both teams have finished putting together their images.

## Reflection:

- Was it easy/hard to put the image together? Why?
- Why do you think the “Dead” team finished earlier?
- How does this relate to Catholic Teachings?
- Did you ask for help? Why? Why not?

## Debrief

The living were each given puzzle pieces that could've been put together to make a small image but when all of the pieces are put together it makes the complete image. In life we may get caught up with doing our own thing that we forget that we are all connected and we are called to help each other to create this “bigger picture” – we are all a piece of a bigger picture, we all make up the Body of Christ.

The dead have already been through life and so they have all the “pieces” and are able to put it together easier. With those in heaven, they can help those that are still living by praying for them.

The Body of Christ consists of both those that are alive and those that have died. We are not separated and are still working towards the same goal of heaven, and thus we are called to help each other by praying for each other.

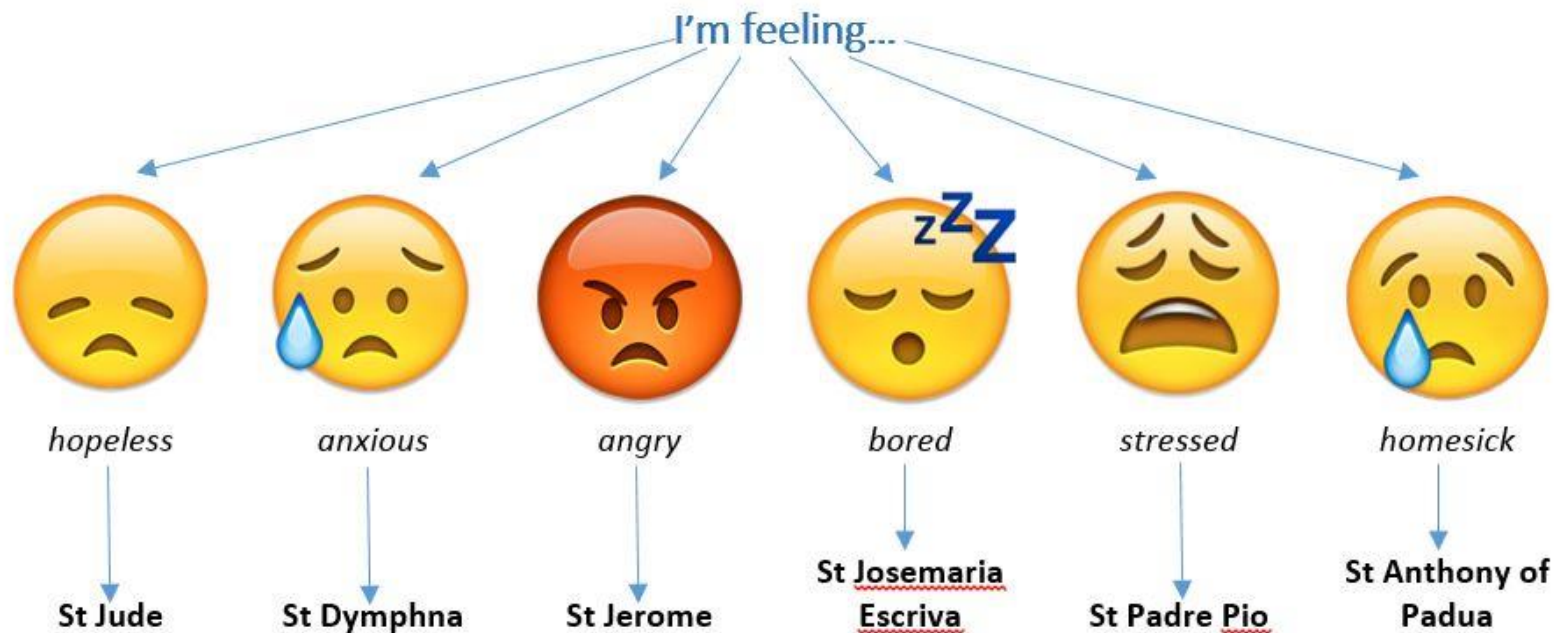


## TOOL: Catholic Patron Saints and Prayers

### Help for every day struggles

#### *What is a patron saint?*

A patron saint is a special protector, guardian or advocate of a certain area of life. This can include places, occupations, activities, struggles (i.e. sickness), people and so on. These saints have been chosen as patrons because they lived their life and grew in holiness with a special focus on the area of life of which they are patron. We believe that because these saints are in heaven and are in full communion with God they are able to intercede effectively for the causes of their special charges.



### St Jude

*We, as Catholics, invoke St Jude when in desperate or hopeless situations because his New Testament letter stresses that the faithful should persevere in the environment of harsh, difficult circumstances.*

O most holy apostle, Saint Jude, faithful servant and friend of Jesus, the Church honoureth and invoceth thee universally, as the patron of hopeless cases, and of things almost despaired of. Pray for me, who am so miserable. Make use, I implore thee, of that particular privilege accorded to thee, to bring visible and speedy help where help was almost despaired of. Come to mine assistance in this great need, that I may receive the consolation and succor of Heaven in all my necessities, tribulations, and sufferings, particularly (here make your request) and that I may praise God with thee and all the elect throughout eternity. I promise thee, O blessed Jude, to be ever mindful of this great favour, to always honour thee as my special and powerful patron, and to gratefully encourage devotion to thee. Amen.

### St Dymphna

*St Dymphna was martyred as a teenager for her purity when she resisted the advances of a powerful figure.*

Lord, our God, you graciously chose St. Dymphna as patroness of those afflicted with mental and nervous disorders. She is thus an inspiration and a symbol of charity to the thousands who ask her intercession.

Please grant, Lord, through the prayers of this pure youthful martyr, relief and consolation to all suffering such trials, and especially those for whom we pray. (Here mention those for whom you wish to pray).

We beg you, Lord, to hear the prayers of St. Dymphna on our behalf. Grant all those for whom we pray patience in their sufferings and resignation to your divine will. Please fill them with hope, and grant them the relief and cure they so much desire.

We ask this through Christ our Lord who suffered agony in the garden. Amen.

### St Jerome

*St Jerome was a strong, outspoken man. He was a fearless critic and no admirer of moderation whether in virtue or against evil. He was swift to anger, but also swift to feel remorse, even more severe on his shortcomings than on those of others.*

Through your anger and confrontations you remind us that we all have a duty to confront others from time to time. You also remind us that we have a duty to examine ourselves and confront our own weaknesses and harmful behaviours. Your life teaches that I must accept others for who they are. You taught of the danger of self-righteousness; of the importance of reflecting upon one of Jesus' most insightful teachings: "Let the man who has no sin on his conscience throw the first stone." In the light of your teachings, Saint Jerome, help me to see my own self clearly. Help me to confront my own biases and to act to change others only out of love. If I see that I have the duty to confront another, I ask you to be with me during those necessary but unpleasant moments of confrontation. Help me to remember that love alone can make changes for the good.

Amen.

### St Josemaria Escriva

*"You're bored? That's because you keep your sense awake and your soul asleep."  
– St Josemaria Escriva*

O God, through the mediation of Mary our Mother, you granted your priest St. Josemaría countless graces, choosing him as a most faithful instrument to found Opus Dei, a way of sanctification in daily work and in the fulfillment of the Christian's ordinary duties. Grant that I too may learn to turn all the circumstances and events of my life into occasions of loving You and serving the Church, the Pope and all souls with joy and simplicity, lighting up the pathways of this earth with faith and love. Deign to grant me, through the intercession of St. Josemaría, the favor of (make your request).

Amen.

### St Padre Pio

*Padre Pio's famous advice: "Pray, hope, and don't worry."*

Dear God, You generously blessed Your servant, St. Pio of Pietrelcina, with the gifts of the Spirit. You marked his body with the five wounds of Christ Crucified, as a powerful witness to the saving Passion and Death of Your Son. Endowed with the gift of discernment, St. Pio labored endlessly in the confessional for the salvation of souls. With reverence and intense devotion in the celebration of Mass, he invited countless men and women to a greater union with Jesus Christ in the Sacrament of the Holy Eucharist. Through the intercession of St. Pio of Pietrelcina, I confidently beseech You to grant me the grace of (here state your petition).  
Glory be to the Father... (three times). Amen.

### St Anthony of Padua

*St Anthony was born in Lisbon, but he left his home while he was only a teenager. For the rest of his life he was rarely in any one place for an extended period of time. This was especially true once he went on the road preaching the word of God. His only home in those days was Christ. Wherever he was, it was there that he was at home.*

Glorious Saint Anthony, my friend and special protector, I come to you with full confidence in my present necessity. In your overflowing generosity you hear all those who turn to you. Your influence before the throne of God is so effective that the Lord readily grants great favors at your request. Please listen to my humble petition in spite of my unworthiness and sinfulness. Consider only your great and constant love for Jesus and Mary, and my desire for their glory and mercy. I beg you to obtain for me the grace I so greatly need, if it be God's will and for the good of my soul. I place this earnest petition in the care of the little mission children so that they may present it to you along their innocent prayers. Bless me, powerful Saint Anthony, in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

## Saints/Holy People of New Zealand

Here are some more saints and important people that are relevant to us here as the Catholic Church of Aotearoa New Zealand.

### St Patrick of Ireland

*Patron saint of Ireland, Nigeria, workers, engineers, invoker against snakes. The Catholic Cathedral in Auckland is named after Sts Patrick and Joseph.*

Dear St. Patrick, in your humility you called yourself a sinner, but you became a most successful missionary and prompted countless pagans to follow the Saviour. Many of their descendents in turn spread the Good News in numerous foreign lands. Through your powerful intercession with God, obtain the missionaries we need to continue the work you began. Amen.

### St Joseph of Nazareth

*Patron saint of fathers, family, immigrants, the Catholic Church, carpenters, workers. The Catholic Cathedral in Auckland is named after Sts Patrick and Joseph.*

Blessed Joseph, husband of Mary, be with us this day. You protected and cherished the Virgin; loving the Child Jesus as your Son, you rescued Him from the danger of death. Defend the Church, the household of God, purchased by the Blood of Christ. Guardian of the Holy Family, be with us in our trials. May your prayers obtain for us the strength to flee from error and wrestle with the powers of corruption so that in life we may grow in holiness and in death rejoice in the crown of victory. Amen.

**St Peter Chanel of Oceania**

*Patron saint of Oceania.*

St Peter Chanel you left your homeland to proclaim Jesus, Saviour of the world, to the peoples of Oceania. Guided by the spirit of God, who is the strength of the gentle, you bore witness to love, even laying down your life. Grant that like you we may live our daily life in peace, joy, and in love. May your prayer and example call forth from our midst many workers for the Gospel so that God's kingdom may reach to the ends of the earth. Amen.

**St Mary of the Cross MacKillop**

*Patron saint of Australia, abuse victims, trauma, the poor.*

Ever generous God, You inspired Saint Mary MacKillop to live her life faithful to the Gospel of Jesus Christ and constant in bringing hope and encouragement to those who were disheartened, lonely or needy. With confidence in your generous providence and joining with Saint Mary MacKillop we ask that you grant our request (petition here). We ask that our faith and hope be fired afresh by the Holy Spirit so that we too, like Mary MacKillop, may live with courage, trust and openness. Ever generous God hear our prayer. We ask this through Jesus Christ. Amen.

**Suzanne Aubert**

*Catholic nun, teacher, nurse, social worker.*

God our creator,  
The life of Suzanne Aubert powerfully expressed the compassion of Jesus for the sick. Now we ask you to grant, through her intercession, the complete cure of (petition here).  
In gratitude we pray the prayer of Suzanne Aubert:  
THANKS BE TO GOD FOR ALL HE HAS DONE AND IS DOING FOR US.  
Suzanne Aubert pray for us

**Bishop Jean Baptiste Pompallier**

*First bishop of New Zealand, traveller, missionary*

Heavenly Father,  
May you open my mind and my heart for the sake of others. As Bishop Pompallier was so compassionate and sensitive to the Maori people when he came to New Zealand, may I also have this compassion and sensitivity in my heart for those that may be unfamiliar to me. I also ask (petition here). Help me to be faithful to you and to the mission of the Church, as Bishop Pompallier was. I ask this in the name of Jesus Christ, our Lord. Amen.



## Corporal Works of Mercy | Clothed the naked



- To deprive any person of basic human rights is to strip them of their dignity. What can you strip from the young people you minister with? If it is something that they would usually pay for can they donate the money saved to an organisation that is helping others?
- Volunteer sorting and tagging clothes at a second-hand shop that is raising money for a charity (eg St Vincent de Paul, Hospice, Red Cross shops).
- Within your parish or community organise a collection of clothing (or other items) that would benefit those in need eg those living in poverty, refugees and migrants.
- Review local/community newsletters for stories about individuals and groups in need in your own neighbourhood. What can your young people do to assist?



*Let anyone among you who is without sin be the first to throw a stone. – Pope Francis*

We don't need to look far to find families living below the relative poverty line in our community. What can your group/parish/community do to help?

### **Resources from Caritas Aotearoa New Zealand:**

- On a level playing field: fair play and the common good. Download [here](#).
- Poverty in an affluent society. Download [here](#).
- From low income to enough to survive. Download [here](#).
- Notes for organising in parishes. Download [here](#).

### **From the New Zealand Catholic Bishops:**

- Poverty in an affluent society. Download [here](#).