

Prayers
for Life

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A Seafarer's Prayer


Steer the ship of my life, good Lord,
to the quiet harbour,
where I can be safe from
the storms of sin and conflict.
Show me the course I should take.
Renew in me the gift of discernment,
so that I can always see
the right direction in which I should go;
and give me the strength and courage
to choose the right course,
even when the sea is rough
and the waves are high,
knowing that through enduring
hardship and danger we shall find
comfort and peace. Amen.

(St Basil)

Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come, thy will be done
on earth as it is heaven.
Give us this day our daily bread.
And forgive us our trespasses
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
(For thine is the kingdom,
the power, and the glory
for ever and ever.) Amen.



Hail Mary, full of grace. The Lord is with you.
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.



Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning
is now and shall be for ever. Amen.

Canticle for the Morning

The Venite

- 1 O come, let us sing to the Lord;
let us heartily rejoice in the rock of our salvation.
- 2 Let us come into his presence with thanksgiving
and be glad in him with psalms.
- 3 For the Lord is a great God
and a great king above all gods.
- 4 In his hand are the depths of the earth
and the heights of the mountains are his also.
- 5 The sea is his, for he made it,
and his hands have moulded the dry land.
- 6 Come, let us worship and bow down
and kneel before the Lord our Maker.
- 7 For he is our God; we are the people
of his pasture and the sheep of his hand.

Glory to the Father and to the Son
and to the Holy Spirit; as it was in the beginning
is now and shall be for ever. Amen.

Canticle for the Evening

The Magnificat

- 1 My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour; •
he has looked with favour on his lowly servant.
- 2 From this day all generations will call me
blessed; the Almighty has done great
things for me and holy is his name.
- 3 He has mercy on those who fear him, •
from generation to generation.
- 4 He has shown strength with his arm •
and has scattered the proud in their conceit,
- 5 Casting down the mighty from their
thrones • and lifting up the lowly.
- 6 He has filled the hungry with good things
and sent the rich away empty.
- 7 He has come to the aid of his servant Israel,
to remember his promise of mercy,
- 8 The promise made to our ancestors, •
to Abraham and his children for ever.

Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.

Canticle before sleeping

The Nunc Dimittis

- 1 Now, Lord, you let your servant go in peace: •
your word has been fulfilled.
- 2 My own eyes have seen the salvation •
which you have prepared in the sight of every people;
- 3 A light to reveal you to the nations •
and the glory of your people Israel.
Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.

The Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Prayers for seafarers

Almighty God, hold in your arms those who go down to the sea in ships. Give them patience to endure the hardships of their work and to keep hope alive. May they know that they are neither forgotten by you, nor by us – whose lives are enriched through their labours.

Through Jesus Christ our Lord. Amen.

Lord God, Creator of land and sea, bless those who work at sea. Be with them in fair weather and foul, in danger or distress. Strengthen them when weary, lift them up when down and comfort them when far from their loved ones. In this life, bring them safely to shore and, in the life to come, welcome them to your kingdom. For Jesus Christ's sake.

God grant us the strength to voyage on. Give us the courage to believe in your kingdom, in your light in our darkness, and your love in our lives. For Jesus Christ's sake. Amen

Prayer for seafarers' families

Merciful Father, we remember those whom seafarers leave behind when they join their ships; grant strength, wisdom and peace to those whose lives continue at home whilst seafarers are at sea. And for all those who feel the pain of separation – who are sometimes afraid and uncertain – grant comfort and hope as they wait to be reunited with their loved ones. Through Jesus Christ our Lord. Amen.

Prayer for migrants and refugees

Heavenly Father, you are the source of all goodness, generosity and love. We thank you for opening the hearts of many to those who are fleeing for their lives. Help us now to open our arms in welcome, and reach out our hands in support. That the desperate may find new hope, and lives torn apart be restored. We ask this in the name of Jesus Christ Your Son, Our Lord, who fled persecution at His birth and at His last triumphed over death. Amen

Prayer for children

Loving God, your Son told his disciples to become like little children. Lead us to work for the welfare and protection of all young people. May we respect their dignity that they may flourish in life, following the example of the same Jesus Christ our Lord. Amen

Prayer for family life

God of compassion, whose Son Jesus Christ, the child of Mary, shared the life of a home in Nazareth, and on the cross drew the whole human family to himself: strengthen us in our daily living that in joy and in sorrow we may know the power of your presence to bind together and to heal; through Jesus Christ our Lord. Amen.

Prayer for those affected by violence

Compassionate God and Father of all, we are horrified at violence in so many parts of the world. It seems that none are safe, and some are terrified. Hold back the hands that kill and maim; turn around the hearts that hate. Grant instead your strong Spirit of Peace - peace that passes our understanding but changes lives, through Jesus Christ our Lord. Amen

Prayer for peace in our communities

Gracious God, we pray for peace in our communities this day. We commit to you all who work for peace and an end to tensions, and those who work to uphold law and justice. We pray for an end to fear, for comfort and support to those who suffer. For calm in our streets and cities, that people may go about their lives in safety and peace. In your mercy, hear our prayers, now and always. Amen

Prayer for people worried about debt

God of power, you are strong to save and you never fail those who trust in you. Keep under your protection all who suffer as a result of debt: help them through their time of darkness, give wisdom to all who seek to help, and bring them to know true freedom in your Son, Jesus Christ our Lord. Amen.

Prayer for those in pain

Risen Lord, when many of our fellow citizens succumb to illness at the same time, you are there, standing in the midst. We easily panic or else unreasonably feel it will never happen to us. Be the rock in our turbulence, the calm in our storm, and strengthen those who give their skill and care to return us to health and well being. Through him who is always the resurrection and the life, Jesus Christ our Lord. Amen.

Prayer for those who mourn

Gracious God, surround us and all who mourn this day with your continuing compassion. Do not let grief overwhelm your children, or turn them against you. When grief seems never-ending, take them one step at a time along your road of death and resurrection in Jesus Christ our Lord. Amen.

Prayer for those who have died

Almighty and eternal God, from whose love in Christ we cannot be parted, either by death or life: hear our prayers and thanksgivings for all whom we remember this day; fulfil in them the purpose of your love; and bring us all, with them, to your eternal joy; through Jesus Christ our Lord.

Rest eternal, grant unto them, O Lord:

And let light perpetual shine upon them.

✠ May they rest in peace.

Prayer for the morning

Almighty and everlasting God, we thank you that you have brought us safely to the beginning of this day. Keep us from falling into sin or running into danger, order us in all our doings and guide us to do always what is righteous in your sight; through Jesus Christ our Lord. Amen.

Prayer for the evening

Lighten our darkness, Lord, we pray, and in your great mercy defend us from all perils and dangers of this night, for the love of your only Son, our Saviour Jesus Christ. Amen

Prayer for the saints

God of holiness, your glory is proclaimed in every age: as we rejoice in the faith of your saints, inspire us to follow their example with boldness and joy; through Christ our Lord.

Prayer for our Guardian Angels

God our Father, in your loving providence you send your holy angels to watch over us. Hear our prayers, defend us always by their protection and let us share your life with them for ever. We ask this through Christ our Lord. Amen.

Hail Holy Queen Prayer

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus, O merciful, O loving, O sweet Virgin Mary!

Passages from the Bible

Trust in the Lord, and do good; so you will live in the land, and enjoy security. Take delight in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him, and he will act. He will make your vindication shine like the light, and the justice of your cause like the noonday. Be still before the Lord, and wait patiently for him;

Psalms 37:3-7

Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths.

Proverbs 3: 5-6

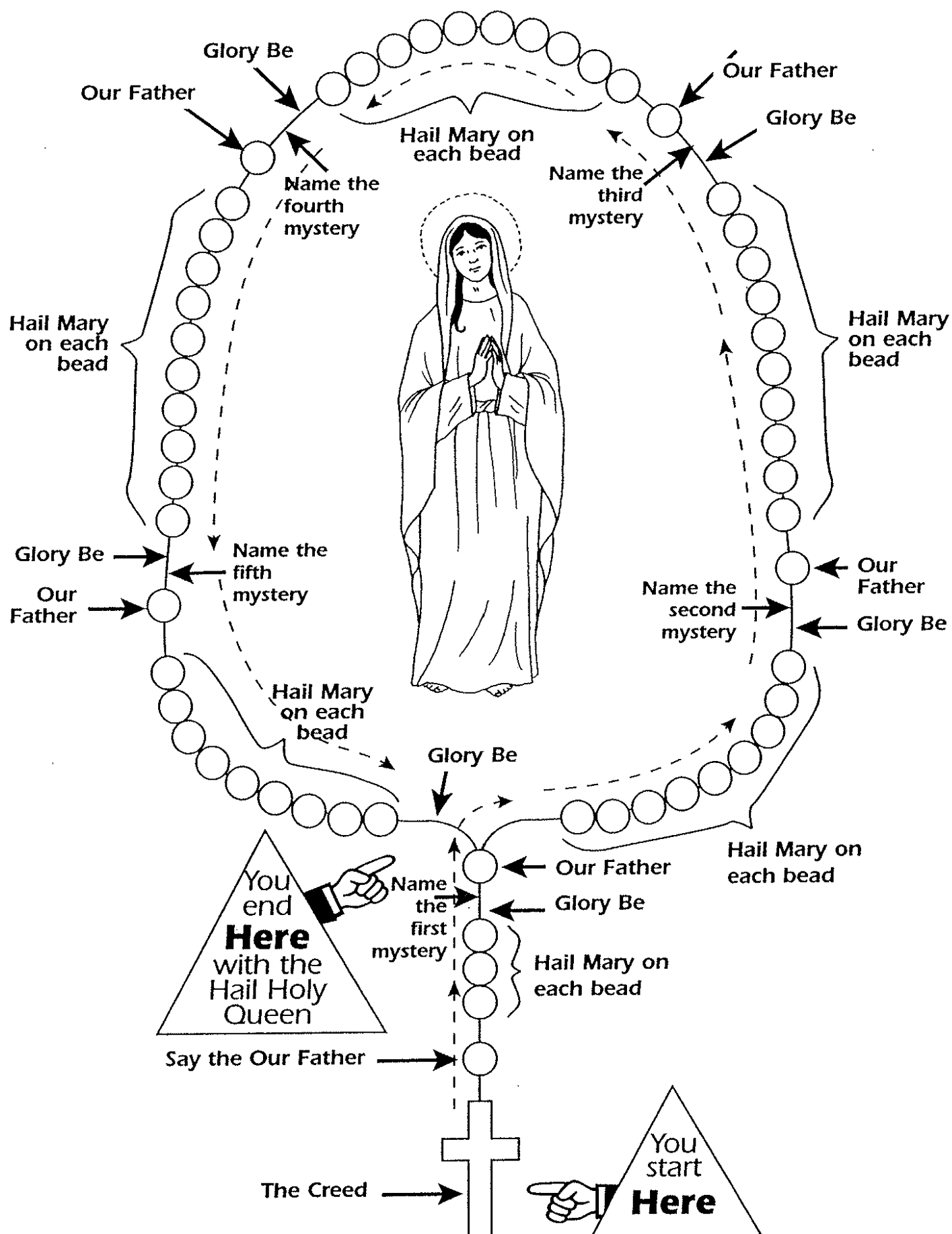
I love you, O Lord, my strength. The Lord is my rock, my fortress, and my deliverer, my God, my rock in whom I take refuge, my shield, and the horn of my salvation, my stronghold. I call upon the Lord, who is worthy to be praised; so I shall be saved from my enemies.

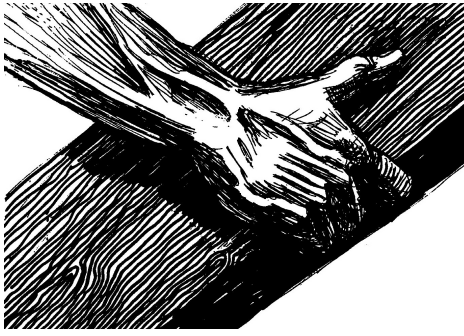
Psalms 18: 1-3

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4: 6-7

How to Say the Rosary





STATIONS OF THE CROSS

TAKE THE JOURNEY...



1. *Jesus is condemned to death*
Matthew 27. 20-26



2. *Jesus takes up his cross*
Matthew 27. 27-31



3. *Jesus falls the first time*
Hebrews 2. 17-18



4. *Jesus meets his mother*
Luke 1. 30-33



5. *Simon carries the cross of Jesus*
Matthew 27. 32



6. *Veronica wipes the face of Jesus*
Matthew 25. 35-40



7. *Jesus falls the second time*
Isaiah 53. 5-6



8. *Jesus meets the women*
Luke 23. 27-28



9. *Jesus falls the third time*
1 Peter 2. 22-24



10. *Jesus is stripped*
John 19. 23-24



11. *Jesus is nailed to the cross*
Luke 23. 33-34



12. *Jesus dies on the cross*
Luke 23. 44-46



13. *Jesus is taken down
from the cross* John 19. 38



14. *Jesus is laid in the tomb*
John 19. 40-42

Prayer said before each station:

We adore you, O Christ, and we bless you,
because by your holy Cross you have redeemed the world.
then Our Father or Hail Mary or Glory be or Lamb of God
After the final station:

Heavenly Father, you delivered your son to the death of
the cross to save us from evil. Grant us the grace of the
resurrection. In Jesus Christ our Lord. Amen.



Caring for seafarers around the world

Piracy, shipwreck, abandonment and separation from loved ones are just a few of the problems merchant seafarers face. Around the world, The Mission to Seafarers provides help and support to the 1.5 million men and women who face danger every day to keep our global economy afloat.

We work in over 200 ports in 50 countries caring for seafarers of all ranks, nationalities and beliefs. Through our global network of chaplains, staff and volunteers we offer practical, emotional and spiritual support to seafarers through ship visits, drop-in centres and a range of welfare and emergency support services.

In over 100 ports our Flying Angel centres provide a 'home away from home' for seafarers who may have been at sea for up to two years. Here they can enjoy time away from their ship and use internet and phone facilities to get in touch with loved ones after months away.

In an emergency, the MtS is often the only help on offer. No matter what problem a seafarer is facing, be it injury, abandonment, non-payment of wages or personal difficulties, they know they can turn to the local Mission for help, advice and support. Our chaplains and volunteers offer practical and financial support, advocacy services, family liaison or simply a space to talk in a time of crisis.

The Mission to Seafarers was founded in 1856 and is entirely funded by voluntary donations.