



St Edward The Confessor, Milton Keynes Lenten Prayer Group Resource

This Lent and as we lead up to the Mission in April we would like to encourage small groups of Parishioners to meet up at home's in the Parish and pray for our Parish Mission and Our Parish for the Future. In addition as this is a Holy Year we want to encourage involvement in this new start. Ideally, if say 6-8 could get together in their area this would be great.

We do not to be prescriptive about what prayers are said, as everyone has their own preference that help them talk to the Lord. We have included some suggestions in this booklet which we hope will be of help.

We would encourage the opening of
the prayer group with our Mission
Prayer

God our Father,
We thank you for our twenty five years as a parish community,
Now as we prepare for our Mission
We ask you to draw us deeper into your love.
Send us to care and serve;
Make us heralds of good news,
Stir us, strengthen us,
Teach and inspire us
To live your love
With generosity and joy,
Imagination and courage;
For the sake of your world
And in the name of Jesus.
Amen

Below is a Children's version which they will be encouraged to
pray during Children's Liturgy and at Eucharist or
Confirmation Formation Classes

Children's Mission Prayer

Dear God,

We thank you for the past twenty five years
at our Church, Now as we get ready for our
mission

We ask you to help us love you more and
more each day.

Teach us to care and help each other;
Let us share the good news of Jesus in our
lives, Strengthen us, teach us and join us
together.

Help us to be kind and happy towards one
another, So we may look after people
everywhere as Jesus would.

Amen

As this is the Holy year of Mercy running from 8th December 2015 through to 20th November 2016 and the Pope is giving us the opportunity to experience the great mercy of God we felt that the below would be an idea way of acknowledging and getting involved in this invitation.

- [The Message \[+\]](#)
- [Forms of Devotion \[+\]](#)
- [Saint Faustina \[+\]](#)
- [Blessed Fr. Sopocko \[+\]](#)
- [History \[+\]](#)
- [The Marian's \[+\]](#)

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Chaplet of The Divine Mercy for Recitation on Ordinary Rosary Beads

A simple guide to reciting the Chaplet.

\$2.00 for 5

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What is Divine Mercy?

The Chaplet of The Divine Mercy How to Recite the Chaplet

The Chaplet of Mercy is recited using ordinary rosary beads of five decades. The Chaplet is preceded by two opening prayers from the Diar Saint Faustina and followed by a closing prayer.

1. Make the Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit.

2. Optional Opening Prayers

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(Repeat three times)

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!

3. Our Father

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in 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, Amen.

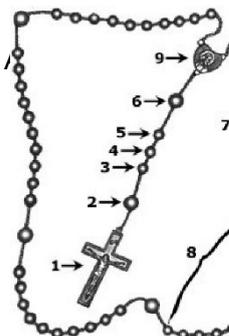
4. Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mo of God, pray for us sinners, now and at the hour of our death, Amen.

5. The Apostle's Creed

I believe in God, the Father almighty, Creator of heaven and earth, and 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 into hell; on the third day he rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there 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 life everlasting. Amen.

6. The Eternal Father



Eternal
Father, I
offer you
the Body
and Blood,
Soul and
Divinity of
Your Dearly
Beloved
Son, Our
Lord, Jesus
Christ, in
atonement
for our and
those of the
whole
world.

7. On the Ten Small Beads of Each Decade

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

8. Repeat for the remaining decades

Saying the "Eternal Father" (6) on the "Our Father" bead and then 10 "For the sake of His sorrowful Passion" (7) on the following "Hail Mary beads.

9. Conclude with Holy God (Repeat three times)

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

10. Optional Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

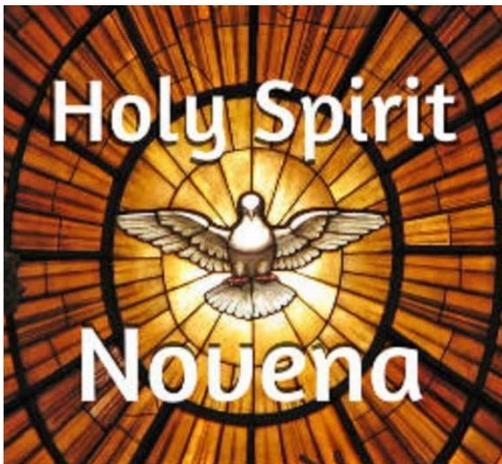
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Novena to the Holy Spirit

As the theme of our mission is “Re-ignite the Flame” and Pentecost will follow our Mission we ask the Holy Spirit.

As a group you can start day one and then continue individually or as a group it is up to you. As a Parish we are hoping to do this for the nine days leading up to the Start of the Mission.



Holy Spirit Novena Prayers

Novena to the Holy Spirit Day 1

Charity

Let us bow down in humility at the power of the Holy Spirit. Let us worship the Holy Trinity and give glory today to our Intercessor.

Holy Spirit, by your power, Christ was raised from the dead to save us all. By your grace, we see miracles on a daily basis. By your love, we are protected from evil. And so, we ask with humility and compassion for your gift of Charity within us.

Divine Spirit. Increase in me, the virtue of charity that I may love as God loves.

Amen.

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, through Christ Our Lord,

Amen.

Novena to the Holy Spirit Day 2

Joy

Let us bow down in humility at the power of the Holy Spirit. Let us worship the Holy Trinity and give glory today to our Intercessor.

Holy Spirit, by your power, Christ was raised from the dead to save us all. By your grace, we see miracles on a daily basis. By your love, we are protected from evil. And so, we ask with humility and compassion for your gift of Joy within us.

All the Saints have been marked with an unwavering Joy in times of trial, difficulty and pain. We pray that we too may obtain the gift of Joy
Amen.

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, through Christ Our Lord,

Amen.

Novena to the Holy Spirit Day 3

Peace

Let us bow down in humility at the power of the Holy Spirit. Let us worship the Holy Trinity and give glory today to our Intercessor.

Holy Spirit, by your power, Christ was raised from the dead to save us all. By your grace, we see miracles on a daily basis. By your love, we are protected from evil. And so, we ask with humility and compassion for your gift of Peace within us. Amen.

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, through Christ Our Lord,

Amen.

Novena to the Holy Spirit Day 4

Patience

Let us bow down in humility at the power of the Holy Spirit. Let us worship the Holy Trinity and give glory today to our Intercessor.

Holy Spirit, by your power, Christ was raised from the dead to save us all. By your grace, we see miracles on a daily basis. By your love, we are protected from evil. And so, we ask with humility and compassion for your gift of Patience within us.

Holy Spirit, you give lavishly to those who ask. Please give us the patience and help us to endure everything that comes our way with that is only possible with your help. Amen.

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, through Christ Our Lord,

Amen.

Novena to the Holy Spirit Day 5

Kindness

Let us bow down in humility at the power of the Holy Spirit. Let us worship the Holy Trinity and give glory today to our Intercessor.

Holy Spirit, by your power, Christ was raised from the dead to save us all. By your grace, we see miracles on a daily basis. By your love, we are protected from evil. And so, we ask with humility and compassion for your gift of Kindness within us.

Jesus approached sinners with immense kindness. Holy Spirit, please treat us humble sinners with the same kindness and give us the ability to treat all others with that kindness as well.

Amen.

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, through Christ Our Lord,

Amen.

Novena to the Holy Spirit Day 6

Faithfulness

Let us bow down in humility at the power of the Holy Spirit. Let us worship the Holy Trinity and give glory today to our Intercessor.

Holy Spirit, by your power, Christ was raised from the dead to save us all. By your grace, we see miracles on a daily basis. By your love, we are protected from evil. And so, we ask with humility and compassion for your gift of Faithfulness within us.

You, Lord, are ever faithful. You are faithful until the end. Though we are weak and distracted, please give us the grace to be faithful to You as you are to us!

Amen.

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and

ever enjoy His consolations, through Christ Our Lord,

Amen.

Novena to the Holy Spirit Day 7

Gentleness

Let us bow down in humility at the power of the Holy Spirit. Let us worship the Holy Trinity and give glory today to our Intercessor.

Holy Spirit, by your power, Christ was raised from the dead to save us all. By your grace, we see miracles on a daily basis. By your love, we are protected from evil. And so, we ask with humility and compassion for your gift of Gentleness within us.

Despite our sins, Lord you treat us with Gentleness. Holy Spirit, give us your power to treat all in our lives with the Gentleness of the Saints.

Amen.

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, through Christ Our Lord,

Amen.

Novena to the Holy Spirit Day 8

Self-Control

Let us bow down in humility at the power of the Holy Spirit. Let us worship the Holy Trinity and give glory today to our Intercessor.

Holy Spirit, by your power, Christ was raised from the dead to save us all. By your grace, we see miracles on a daily basis. By your love, we are protected from evil. And so, we ask with humility and compassion for your gift of Self-Control within us.

Fill me with your Holy Spirit Lord. Allow me to display self-control

when temptations draw near. Give me peace in my mind, body and soul so that I can remain focused on you and your word.

Amen.

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, through Christ Our Lord,

Amen.

Novena to the Holy Spirit Day 9

Goodness

Let us bow down in humility at the power of the Holy Spirit. Let us worship the Holy Trinity and give glory today to our Intercessor.

Holy Spirit, by your power, Christ was raised from the dead to save us all. By your grace, we see miracles on a daily basis. By your love, we are protected from evil. And so, we ask with humility and compassion for Goodness within us.

We want to be like your Saints in heaven. Holy Spirit, renew us by your power with your Goodness that we may bring the Good News to the world.

Amen.

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, through Christ Our Lord, Amen

In this the season of Lent we pray the sorrowful mysteries as we remember what Christ did for us. You can either say a decade a week and recite the sentences below before each Hail Mary



The Sorrowful Mysteries

The First Sorrowful Mystery

THE AGONY IN THE GARDEN

1. Jesus comes with his disciples to Gethsemane: "Stay here, while I go yonder and pray."
2. Entering the garden with Peter, James, and John, Jesus prays, "My soul is sorrowful unto death."
3. Jesus sees the sins of all mankind, whose guilt He has taken upon Himself.
4. He sees the wrath of the Father which His sufferings must appease.
5. So great is his anguish that His sweat becomes as drops of blood falling to the ground.
6. An angel appears to Him from heaven to strengthen Him.
7. "Father, if it be possible, let this cup pass from me; yet, not My will but Yours be done."
8. Finding the disciples asleep: "Could you not watch one hour with me?"
9. Jesus is betrayed by Judas, cruelly bound and led away.
10. Father, by the merits of the agony of Jesus in the Garden, have mercy on us and on the whole world.

Spiritual Fruit: **God's Will be done**

The Second Sorrowful Mystery

THE SCOURGING AT THE PILLAR

1. Jesus is taken before the High Priest where He is falsely accused, buffeted and insulted.
2. The Jewish leaders take Jesus before Pilate, for only he can impose the death penalty.
3. The robber, Barabbas, is preferred to Jesus.
4. Pilate can "find no cause in Him", yet to appease the Jews, he orders Jesus to be scourged.
5. The scourge is made of leather thongs to which are attached small sharp bones.



6. Jesus is bound to a pillar and cruelly scourged until His whole body is covered with deep wounds.
7. The Lamb of God offers His suffering for the sins of mankind.
8. Jesus suffers so much in His sacred flesh to satisfy, especially, for sins of the flesh.
9. The prophecy of Isaiah is fulfilled: "He was

wounded for our iniquities, He was bruised for our sins."

10. Father, by the merits of Jesus in this painful scourging, have mercy on us and on the whole world.

Spiritual Fruit: **Mortification of the senses**

The Third Sorrowful Mystery

THE CROWNING WITH THORNS

1. Pilate asks, "Are You a king?" Jesus answers: "I am a King, but My kingdom is not of this world."
2. In the praetorium, the soldiers place an old purple robe on Jesus in mockery of His claim to be a king.
3. They fashion a crown out of thorns, and forcefully press it down upon His head.
4. In His bound hands they place a reed, as a sceptre, in mockery of His kingship.
5. Kneeling before Him in derision, they spit on Him, and cry out: "Hail, King of the Jews!"
6. Taking the reed from His hand they strike Him on the head, driving the thorns more deeply into His scalp.

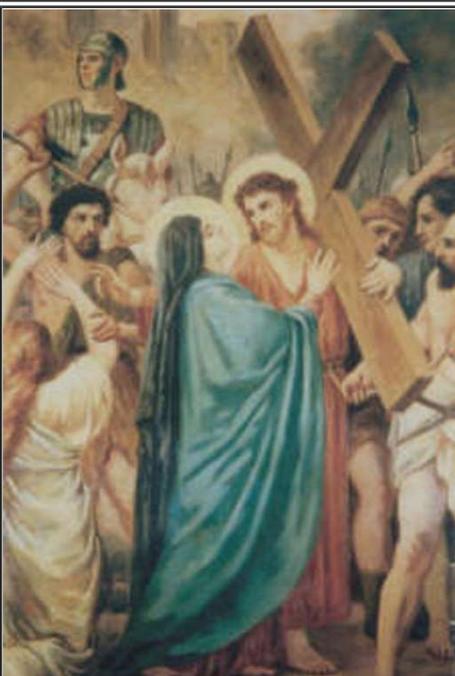
7. Pilate brings Jesus before the people, hoping His pitiful sight will soften them: "Behold the man!"
8. Their response: "Crucify Him! Crucify Him!"
9. Our Blessed Lord submitted to this terrible humiliation to make reparation for our pride.
10. Father, by the merits of this painful humiliation, have mercy on us and on the whole world.

Spiritual Fruit: **Reign of Christ in our heart**

The Fourth Sorrowful Mystery

THE CARRYING OF THE CROSS

1. One condemned to death by crucifixion is forced to carry the cross to the place of execution.
2. The suffering of Jesus is intense as the cross is laid



- on His bruised and wounded back and shoulders.
3. Weak and exhausted from loss of blood, lack of food and rest, Jesus falls three times under the cross.
 4. Jesus meets His afflicted Mother causing untold anguish in the Hearts of Son and Mother.
 5. The countenance of Jesus is disfigured with blood and sweat, with dust and spittle.
 6. Veronica wipes His face, leaving on her towel the image of His countenance.
 7. Fearing that Jesus might die on the way, the soldiers force Simon of Cyrene to carry the cross behind Jesus.
 8. Jesus speaks to weeping women; "Weep not for Me, but for yourselves and your children."
 9. "If anyone is to be My disciple, let him take up his cross and follow Me."
 10. Father, by the merits of this painful journey to Calvary, have mercy on us and on the whole world.

Spiritual Fruit: **Patient bearing of trials**



The Fifth Sorrowful Mystery

THE CRUCIFIXION

1. The hands and feet of Jesus are nailed to the cross in the presence of His afflicted Mother.
2. "Father, forgive them for they know not what they do."
3. "This day you will be with Me in paradise."
4. "Woman, behold your Son. Son, behold your Mother."
5. "My God, My God, why have You forsaken Me?"
6. "I thirst."
7. "It is finished."
8. "Father, into Your hands I commend My spirit."
9. The side of Jesus is pierced with a lance. His body is taken down and placed in the arms of His Mother.
10. Father, by the merits of the crucifixion and death of Jesus, have mercy on us and on the whole world.

Spiritual Fruit: **Pardoning of Injuries**