

Prayers for the Scrupulous

I behold the Christ in you.
I place you lovingly in the care of the Father.
I release you from all anxiety and concern.
I see you as God sees you, a spiritual person,
created in the image of God,
endowed with qualities and abilities that make you needed,
and important—not only to me but to God and His plan.
I believe that you have the understanding you need to choose life.
I bless you.
I have faith in you.
I behold Jesus in you.

Dear Lord, be with us and guide us each day. Let us hear your voice as we use our talents to share your word with others. Give us the love and wisdom necessary to strengthen our relationships as we strive to serve you in our daily lives. Amen.

Words of Wisdom

Acquire the habit of speaking to God as if you were alone with God. Speak with familiarity and confidence as to your dearest and most loving friend. Speak of your life, your plans, your troubles, your joys, your fears. In return, God will speak to you—not that you will hear audible words in your ears, but words that you will clearly understand in your heart. These may be feelings of peace, hope, interior joy, or sorrow for sin...gentle knockings at the door of your heart.

—St. Alphonsus Liguori