

# Prayers for Teens

## Prayer for a friend

Lord, I give you (name) and thank you for them.  
I thank you for everything that they are  
And for all their gifts and talents.  
I thank you for the many things that they have given  
to others  
And for all the kindness that they have shown me.  
Lord, at the beginning of time You breathed Your life  
into creation  
May you breathe Your life into them now  
So that each step they take is filled with Your faith  
Each thought they think is filled with Your hope  
and each moment they live is filled with Your love.  
May they fully know Your life  
And fully live in Your love  
This day and every day  
Amen



## A Prayer for A Job Interview

*(a short prayer to say before the interview)*

Dear Lord,

Help me to give of my best today in this interview.  
Wrap me in your loving arms when I feel insecure.  
Hold me in your steady embrace when I feel nervous.  
Help me to understand the questions I am asked,  
And answer in a honest and inspired way.

In the interview, I pray you would show me if this is  
the right job for me.

I am your servant and I seek to do your will on this  
earth.

Lead me in your paths and guide me into all truth.

I ask all this in the beautiful name of Jesus  
My Saviour and friend.

Amen.

## Morning Prayer

Jesus  
Wake me!  
Warm my heart with your love.  
Shake me!  
Inspire my mind with your  
words.  
Fill me!  
Nourish my soul with your hope.  
Hold me!  
Protect my life with your  
strength.  
Be with me  
As I work, rest and relax today.  
Amen.

**Mary, our Mother,  
sustain us in moments  
of darkness, difficulty  
and apparent defeat.  
Pope Francis**

## Prayer to St. Anthony to Recover Lost Things

O blessed St. Anthony,  
the grace of God has made you a powerful  
advocate  
in all our needs and the patron  
for the restoring of things lost or stolen.  
I turn to you today with childlike love and  
deep confidence.  
You have helped countless children of God  
to find the things they have lost,  
material things, and, more importantly,  
the things of the spirit: faith, hope, and love.  
I come to you with confidence;  
help me in my present need.  
I recommend what I have lost to your care,  
in the hope that God will restore it to me,  
if it is His holy Will.

Amen.

**Don't forget this;  
the Lord never gets tired of  
forgiving, it is we that get tired of  
asking for forgiveness.  
Pope Francis**

***The sacrament of Reconciliation is  
the best way to experience God's  
forgiveness. Find out when your  
parish offers this sacrament and  
take advantage of it.***



## Bedtime Prayer

Dear God,

Tonight I lay down to sleep and ask that you would  
hold the fears, worries and disappointments that I  
feel.

Take my life and help me to sort through these  
many thoughts.

Help me to sift through all these feelings,  
And to keep only the ones which are good and true.  
Now as I sleep Lord, I ask that you would walk with  
me in my dreams, comfort my soul and renew my  
spirit.

Tonight I lay down to sleep,  
Not alone, but with your love to watch over me  
throughout the night.

Amen.

## Prayer Before a Test

*My God, enable me to trust in the good outcome  
of the test I am about to take;  
help me to contribute my own share  
of optimism and confidence.*

*With your grace, my God,  
I hope to crown my efforts with success.  
Keep far from me at this moment  
any presumption that it all depends  
exclusively on me.*

*You are next to me, my God,  
the necessary and welcome presence  
in all the moments of my life.*

*I will take this test, my God,  
because it is important  
for my personal development.*

*My God, be the source of my inspiration  
in my doubts and uncertainties,  
supporting me with your blessing.*

Amen.

**The church is a love story, not  
an institution!  
Pope Francis**

***Mass is the best place to fully  
encounter the love of Christ!***