



Prayers from the Heart

A collection of Prayers by Patricia L. Hoffman

“If we believe that the body is in the soul and the soul is divine ground, then the presence of the divine is completely here, close with us.”

John O’Donohue

From Anam Cara, A Book of Celtic Wisdom

In these prayers I use the term “You” for God or Sacred Spirit, with the understanding that God is not separate from the universe but everywhere in it, and in us. I hope visitors to this site will find these prayers helpful. The audio version can be listened to and also downloaded.

May you know God’s peace within you.

Pat Hoffman

COME HOLY SPIRIT FROM DEEP WITHIN ME

Come Holy Spirit from deep within me.
Struggle through my daily cares
and reach my heart with your calm.
Let me know myself, my true heart
Anew in You.

Come Holy Spirit from around me.
Let me see your goodness in
What my eye falls upon,
What my ear hears,
My hand touches.
Let me know You in those around me,
And know myself in every
person I encounter.

Come Holy Spirit from above and below me.
Let me know my small place
in the history that is long beyond my imagining.
Let me rest in your Sacred Presence
and participate in that which
Does not end.

**In the Morning
Bowing Before the Mystery**

I bow before the Mystery,
which I do not know
and yet is part of me.

I recognize it in acts of selfless love.
I know it when I recall times of deep engagement,
times which were healing to both of us.
It comes upon me suddenly when I encounter
heart-stopping beauty.

I start this day bowing to the Mystery,
inviting it into my conscious presence,
praying that it will have its way with me this day:
subduing anything tight, mean, or small,
and replacing those with expansive, inclusive love.

May the Mystery be known in me this day.

A Prayer In a Time of Sorrow

How to live with the sorrow?

Come Holy Spirit with your healing balm.
And may I receive it,
this balm of kindness and attention to my suffering:
A friend's touch.
Reception of my tears.
A good joke reminding me that belly laughs heal.

May I stay in the moment enough to absorb the warmth of sunshine, the natural beauty
meeting my senses.

May I be present to the comfort of routine,
the fragrance of breakfast,
the smell of hot soup,
the taste of bread.

May I recognize Your Spirit reaching out to support mine in
music which moves into my soul and lets it know itself and be transformed.

Let me light these candles
and know that it is my hand lighting them.
I am alive.
Lead me to know my purpose now.

Move me from weeping to clarity of intent.
With this prayer I turn my face toward You.

A Prayer In a Time of Worry

Worry.
It separates me from You, God.
I guard my worries,
telling myself and others how they are justified.
While worrying,
I do not notice
Your tender gifts:
A day of health.
The face of my friend.
The comfort of touch.
Give me one thing more;
Infuse me with Your Spirit
that I may attend to Your many gifts.
Forgive my fears.
Restore me to gratitude.

**A Prayer
In Time of Despair**

Where does new hope come from?
This time of despair stretches out before me and behind me.
I cannot yet see my way through.
Will hopefulness ever return?

Hope after despair is your gift
Offered in small packages over time.
My faithfulness is in opening them.
Your faithfulness is in tucking them outside the door,
Ringing the bell.

A Prayer for Morning

I give thanks for this new morning.

It is a gift from You.

May I know my reliance on You, how fragile life can be.

May I know today if I am anxious and accept those feelings.

Take any anxiety into Your heart, compassionate God, and use it for Your loving purposes.

May I know if I am worried and accept those feelings.

Take my worries into Your hands and help me carry them.

May I know if I need support and guide me to seek it.

May I know my limits and know You will be there at the limits to take the load off my shoulders.

Thanks be to You, O God.

Be with me ... sustain me.

A Prayer for Evening

The day of work is ended.

The night has come.

Hold me safe through this night.

By Your grace may I be confident of Your presence
in me and around me, in this place, and with those dear to me.

Bring me the gift of slumber
that I might be prepared to serve You another day.

A Prayer After a Frenetic Day

A frenetic day is done.

How do I find my way back to You?

How do I find my way back to my True Self?

In my own broken way I am asking for Your help.

As evening falls and my own tired self finds the darkness coming
I'm reaching for Your light.

It never disappoints.

GUIDE THIS PILGRIM

Bless and guide this pilgrim.
Every day I lose my way to You.
Offer me signs that I may not travel
too far off the road,
So it may not take too long to return to You.
Call to me and let me hear your call
above the inner voices of fear and uncertainty.

Let me find myself in You.

