

Heart felt Prayers

A comforting Prayer Book
for the Catholic Divorced and Separated,
and friends

By Anne Sheila Livesey



Dear Reader

I wrote the prayers in this little collection, after undergoing a divorce and annulment. I have been privileged to know others in similar circumstances and write their prayers also. I wanted to share my prayers with others such as yourself, so that you can praise God in everything and in all circumstances, taking comfort in knowing that God will love you as the most loving father ever could. If you seek Him in faith and love you will find Him.

Take heart, dear reader, there is someone you have on your side - you have God.

You have a loving Father who is *always* there.

Please alter the prayers as you feel fit to suit your circumstances, instead of having children (of all ages), you may have dear elderly relatives and sisters and brothers to care for. You may be a man rather than a woman in some of the circumstances so you just need to change the viewpoint appropriately.

I hope the prayers help you in your spiritual journey.

God Bless,

Anne Sheila Livesey,
August 2009

I give You praise Abba, Father

Under *all* circumstances
You who are most powerful
Most wise
Most merciful
Most loving.
I love You Papa.
I am Your child.
I want to come home.

Amen.



Dear God, Abba my Father

I know deep in my heart that my marriage has ended and because my ex spouse has entered into a relationship with another woman and hopes to remarry, I need the strength to carry on.

I tried reconciliation, I tried counselling dear Father.

I prayed and I asked Your guidance and everything seems to point to being apart.

I know that it would damage my soul and those of my children if we stayed together. They do not want to see physical and mental cruelty.

I thank You God for helping me to come to terms with this.

I need Your strength and courage dear Abba, Father.

I always want to do Your Will.

I love You my God.

Amen.

Dear God

I have so much bitterness inside my soul.

Help me to get rid of all this bitterness.

I have hatred in my heart, constantly remembering all past hurts - what was said and what was done, physical and mental abuse.

Also I have felt bitter towards my spouse's new partner.

I have asked "Why?"

I have asked "What has she got that I haven't got?"

I have wished misfortune on my ex spouse, his partner, his relatives and friends. I know deep down that is not the right thing to do.

Please God, take this overflowing cup of bitterness from me and destroy it completely, so much so that I do not rise to the challenge when bitter thoughts creep into my mind.

Instead, with Your help I can fight the bitterness with love.

I will allow my children to see their father and relatives.

I will not publicly show any remaining hatred to their father in front of the children and pray that this hatred diminishes and leaves me entirely.

God, You can make good happen even from the vilest situations.

I know He has something in mind for me. I realise that God created Eve because he saw it was not good for man to be alone, please help me come to terms with living this single life - help me to get strong in all ways, to respect myself, to let go, to stand on my own feet and be a loving mother and also to take care of our needs until You God deign I should either stay single or meet a loving person one day.

I am grateful for the gift of my children.

Dear God, help me to have more understanding and patience, also the wisdom to know my spiritual path.

I also pray for my ex spouse, that he is instilled with gifts, whether he believes in You or not - that he is also more patient and understanding and loving towards his children and myself.

I accept Lord my God that my ex has remarried. I do not wish him or his partner harm. I understand it may be harmful for my soul and my children's souls if we had continued to live with each other - because we had rows and fights.

I praise You Almighty God,

Amen.



Dear Jesus

When You carried Your cross you had been abandoned by man - but *not* by God.

Help me to live each day, taking care of any problems and upsets as they come. Not to worry about the future too much - you clothe the flowers of the fields and feed the birds of the air.

I may have been abandoned by my ex husband, his relatives, friends and my own relatives, friends, some of the church community even - but I know that I have not been abandoned by the Holy Trinity.

My cross I will accept. I know deep down that everyone has a cross to bear - they just don't show it.

You send good Samaritans into my life occasionally, to remind me that I am not alone, people do care and most of all You care.

God the Father, You, who created everyone and everything - You care about me. I'm going to make you proud of me dear Abba, Father. I'm going to just put myself into Your dear strong hands and just pray that You take care of me and mine today and always - I will not deny the mercy and love You have sent in the form of your dear Son, Jesus Christ and I will pray that the Holy Spirit advises me always.

Amen.

Dear God my Father

Thank you for the life within me.

There is pressure to have an abortion, but I will not succumb to this pressure. I can always study later, I can always get a full time job later, I can always socialise later, but I can never ever reproduce this child again, I may have another child but not this one. Please hold the well meaning advice for me to have an abortion - away from me, protect me physically, mentally and spiritually. Protect my unborn child, vulnerable and helpless, relying on me.

I do not judge others who have had abortions, I pray that they reconcile with God.

I do not judge others for their decision but help me my Lord to protect this little life within me, this innocent one who should not carry the sentence for his or her parents' deeds.

If the child should have just one loving parent - I shall be the loving parent.

Amen.



Dear mother Mary

I am trying to bring up my children in the Catholic faith, in the best way I can.

Spread your mantle over my children and care for them as their heavenly mother. You will watch over them as they grow - overseeing their development - their education, their health, their friends, their futures, their happiness and their love of God.

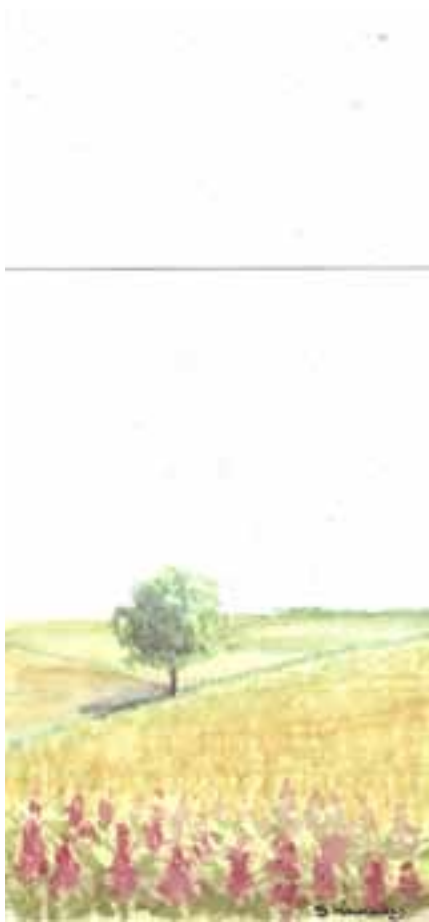
I am trying to be a good mother and protect them from all the snares of this world - from the evil and injustice that permeates everyday life. I had them baptised so that the Holy Spirit could prompt them throughout their lives. I pray for all the unbaptised children, that God keeps calling them to Him. I pray for all parents' who lead busy lives, that they reprioritise and put their children first - giving them instruction and discipline and most of all - real love.

We will pray together in our home, reading the Scripture and talking about the Gospel. I will ensure they have every opportunity to receive the Body and Blood of your dear beloved son, Jesus Christ in the Eucharist and receive the sacraments of reconciliation as they bring grace into their souls. I will ensure they receive Confirmation, knowing the importance of this great sacrament.

Together we will sing God's praises. We will bring our intentions to God.

Please whisper our prayer into the ears of Your dear son, Jesus.

Amen.



Dear Sweet Jesus

I am the sole carer of my children.
Please help me, especially at the times when I feel ill and tired,
to go on and care for my children.

Help me to feed the baby through the night.

Help me to have the strength to carry them to bed.

Help me to keep open the conversation and unconditional love
when I have to discipline my teenager - they need love but also
discipline in the right balance. Help me to ensure they use
discernment with Your help in their friendships with others.

Help me to stand up for their cause (seeking learning disability help etc) when I meet officials.

Be with me at all occasions and events -the times I long for a dedicated father to be at my side - First Holy Communion, school parents' evenings, hospital appointments, school awards evenings, graduation ceremonies etc.

My health is a great gift and I appreciate it so much, thank you Lord.

I understand that being a parent is the greatest work bestowed upon a person.

I want to see my children grow up and be happy in Your love, dear Jesus.

Amen.



Dear Holy Spirit

Please give me your help in caring for my children when they are ill; Wisdom to diagnose their illnesses and to take them to the doctor or specialist at the onset, Patience to watch over them, looking for signs as they take their medicine, treatment and rest, also to cope with extra washing and cooking for the invalid, Love to care for the sickly child who wants his/her parent to be close and Courage to accept any diagnosis.

I pray for the nurses and doctors who take care of all children, Faith in God the Father for ease of the illness, Hope in Almighty God for His Will to be done, Charity to understand other parents in the same position and to offer help

I offer up my heartbreak and frustration to God the Father and also pray to the Lord Jesus, the great healer.

Amen.



Dear God

Everything good comes from You. Any money in my purse, belongs to You dear Abba, Father.

I am trying to handle my bills wisely - to balance the books. I am in the unfortunate position of having the same household bills, but only one income now. I am not buying frivolous items anymore - I am trying to use my God given money wisely and with the help of associations such as the Citizens Advice Bureaux, I am ensuring I pay my bills on time.

Please help me, when I have to make payment arrangements for the mortgage etc. or when I have to contact government departments for benefit help. Please ensure I always have money for fresh food, milk and nappies. Help my children appreciate the need to buy practical clothes rather than designer gear and to appreciate family activities such as country walks and playing board games, rather than seek expensive entertainment or entertainment that takes them out of the family interaction such as computer games etc.

Please take care of me as I look after my children and ensure I get the right job at the right time, if it pleases You.

Please remove bitterness from me as I learn about my ex spouses spending with his new partner. Please instil responsibility into him.

I want to provide a loving home for my children - a roof over their heads, food on the table and lots of love.

Dear Father, help me - as Joseph cared for Mary and Jesus - help me to care for my little family.

I will continually praise You in front of my children for all the good things in our lives.

Thank You for your Mercy and Love
Amen.



Dear God

You created all mankind, and gave us all free will.

Please help me to discern genuine friendship.

Help me to keep in touch with old friends and make them feel appreciated - they have come through my separation and divorce with me.

Help me to meet new friends in Christ, people who really care and listen. Likewise, I hope to care and listen in their need.

Friendship is a great gift from God. If I only have one genuine friend, that is enough for I know that God is the best friend ever. He knew me before I was born.

Dear God, you know me personally; my personality, my talents, my hobbies - You know where I am and the stage I am at on the path of my spiritual journey.

I have to discern who to open my heart to -as some people may discredit or dismiss my hopes and dreams. Help me to talk to the people whom You send to me for my guidance and help.

I have to move on in some cases. Any friendships that could damage my relationship with You God need to be examined.

Dear God, I ask You to send me genuine friends and to help me to remember old friends.

Amen.

I am the Bride of Christ.

Prayer given during Eucharistic Adoration October 2006

I love You and believe in You.

I know Our Father has plans for me - to prosper me and not to harm me.

I willingly wish to be chaste for you, Jesus.

The temptation to have immoral relationships is eventually great when a marriage has broken down. The estranged person feels totally unwanted and unloved and will start to seek love, any kind of love, eventually.

Please Jesus, save me from false flattery and attention from persons who will make me dwell on past hurts so that I will run into their arms and become vulnerable. Keep me safe, help me to avoid occasions of being alone in certain persons company. I will avoid obscene books, TV, radio, internet sites, films and magazines.

Help me to remain chaste - until, if it be God the Father's Will, I meet a man who genuinely loves and respects me and my children and who wishes to marry me and live in God's love.

I know this is a tall order, but with prayer, reconciliation and the Eucharist I hope to banish this ugly obsession of wanting to be loved in any old way.

Amen.

Dear Papa God

I have been ill and the divorce didn't help me physically and mentally.

I place myself into Your hands - I want to do Your work.

Do You desire me to work part-time Father? Do You desire me to do some voluntary work first?

Help me to discover and use my talents that You have given me (some I may not even know I have yet) - so I do not hide them and leave them unused.

I know that a person can evangelise by simply making someone a cup of tea and by being a happy, caring person.

We can take Christ - your Love and Mercy - everywhere with us - into the workplace, the street, the bus, the school, the internet - anywhere.

We can 'bloom wherever we are planted' (Cursillo way).

If it be Your Will, Abba Father, help me find employment that is suitable for me and my children.

If I do not find employment, help me to use my time carefully and to remember that the greatest career is bringing up and caring for my children.

Thank You Lord, for Your judgement.

Amen.



Dear God of Mercy

The state of divorce has been interpreted in different ways from people reading Your Holy Book.

I place myself at Your mercy. Only You know the real circumstances of my marriage from both sides.

I have applied for an annulment. It may be that my spouse has been living with another or maybe has even remarried - this has hurt me and wounded my heart deeply.

I have stayed single and at one point may have felt totally unworthy to ever receive Your dear son Jesus, in the Eucharist. You sent Your son to save sinners, however unworthy they feel.

People scorn me and cast stones - even sadly, people within the community cast stones. I have felt disdain and prejudice amongst some families, relatives and friends who have never experienced divorce. Guide me to a sympathetic priest who is guided by Your mercy in his heart.

Please guide me, my loving Father - to the way I should go. My spirit is broken, please put me together so that I am whole again - a confident, joyful, peaceful, faithful spirit filled child of God.

I believe in Your Mercy and I know You see all, especially the fact that I genuinely entered into the marriage for life and love but my spouse did not.

I pray for everyone involved in my annulment, that you Almighty God give Your pronouncement either way.

I pray for the people in the community - that they never feel the pain that I and others like me experience - to feel separated from God because of feelings of unworthiness, that they also have their eyes and ears uncovered to realise that You dear loving God are the ultimate judge and You are Mercy itself.

Praise be to God

Amen.



Favourite Passages from the Bible:-

My favourite passages from the Bible are the Prodigal Son - Luke:11, because I know that God, my Father, is always waiting for me with His mercy and open arms.

Also Mathew 11:27 is a favourite because I know I am not alone - I can offer up any situation to the Lord and He will help me endure anything.

Favourite passages can change from day to day.

Write down your favourite passages here -

God Bless x