

HERE I AM
LORD,
SEND ME!

*A 40-Day,
Ten minutes a day
prayer guide*

Fr. Allan MacDonald, CC



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DESCRIPTION

This booklet is a prayer guide that will help you discern God’s call for your life. Scripture promises that if we seek the Lord we will find Him.

This booklet is a 40-day challenge. The challenge is to pray 10 minutes a day for 40 days.

When you’re finished, send me a note – vocations@companionscross.org and let me know what word God placed on your heart.

I hope this prayer booklet helps you say, “Here I am Lord, Send Me.”

Fr. Allan MacDonald, CC

This prayer format comes from one originally composed by Fr. Mark Goring, CC.

Seven Prayers

There are seven prayers I hope you could pray daily. They are included in this booklet and are as follows:

1. **The Daily Offering** is a prayer entrusting all that we have and are to the Lord.
2. **The Our Father** is the prayer that Jesus taught His disciples when they asked Him how to pray.
3. **The Hail Mary** is the prayer Catholics most commonly use to honour Mary our Mother and to ask for her intercession.
4. **The Doxology** is a prayer of worship and adoration to God who is Father, Son and Holy Spirit.
5. **The Act of Contrition** is a prayer of repentance asking God for his mercy and forgiveness.
6. **The Freedom Prayer** asks the Lord for the grace to gain freedom and make changes in your life.
7. **The Apostle's Prayer** is a prayer of permission inviting the Lord to build an apostle's heart in you.

Forty Scriptures

This booklet includes references to 40 Scripture passages. You can find each of them in your Bible. Meditate on one each day. Meditating on Scripture is similar to pondering a piece of art; it is important that you take your time. Stay with the Scripture until it makes an impression on you. I usually meditate on the Scripture of the day for about three minutes.

Letting the Holy Spirit lead you in Prayer

Pray each prayer slowly with an awareness of God's presence.

Allow the Holy Spirit to speak to your heart during your time of meditating on Scripture.

Do not go through the time of thanksgiving and intercession routinely. Allow the Holy Spirit to lead and inspire you when you are thinking of what to pray for.

Within a short time you will notice the Holy Spirit teaching you how to pray.

The Freedom Prayer

Included in this booklet is a prayer for freedom. Take 40 days to ask God to set you free from an area of sinfulness or weakness in your life that prevents you from giving Him your complete “Yes” to His will for your life.

How the Freedom Prayer Works

- 1. Small Steps** – Most things grow slowly. Choose something attainable when deciding in what area of your life to ask the Lord for freedom.
- 2. Virtue Begets Virtue** – By gaining freedom in one small area of your life you will experience a positive “ripple effect” in many other areas of your life.
- 3. Ask the Holy Spirit** – The Holy Spirit can help us pinpoint the one small change in our life that has the potential of impacting our whole life for the better. Ask the Holy Spirit to show you what small change will best improve your life.

- 4. 40 Days** – 40 days is the perfect amount of time to break the power of a bad habit or to form a good habit in our lives.

Remember, God loves you very much. He has a call, a vocation for your life, and He is eager to reveal it to you.

PRAYERS

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In the Name of the Father, and of the Son,
And of the Holy Spirit. Amen.

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Holy Spirit, teach me how to pray.

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Daily Offering

O my Jesus,
through the Immaculate Heart of Mary,
I offer You all my prayers, works,
joys and sufferings of this day,
in union with the Holy Sacrifice of the Mass
throughout the world,
in thanksgiving for Your goodness to me,
in reparation for my sins,
for the intentions of my family and friends,
and those who have asked me to pray for them
and for our Holy Father, the Pope. Amen.

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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.

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Hail Mary

Hail Mary, Full of Grace,

The Lord is with thee.

Blessed art thou among women,

and blessed is the fruit

of thy womb, Jesus.

Holy Mary,

Mother of God,

pray for us sinners now,

and at the hour of our death. Amen.

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Doxology

Glory be to the Father,

and to the Son,

and to the Holy Spirit.

As it was in the beginning,

is now,

and ever shall be,

world without end. Amen.

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*Think of three things for which to
ask the Lord's forgiveness.*

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Act of Contrition

O my God,
I am heartily sorry for
having offended You,
and I detest all my sins,
because I dread the loss of heaven,
and the pains of hell;
but most of all because
they offend You, my God,
Who are all good and
deserving of all my love.
I firmly resolve,
with the help of Your grace,
to confess my sins,
to do penance,
and to amend my life. Amen.

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SCRIPTURES

CALL & RESPONSE

Gen 12:1-3
Call of Abram

Ex 3:10-12
Call of Moses

1 Sam 3:3-10
Call of Samuel

Isa 43:1
“I have called you by name”

Isa 45:4
“I have called you by your name”

Isa 49:1
“The Lord called me from birth”

Jer 1:4-5
Call of Jeremiah

Jer 29:11-13

“I know well the plans I have in mind for you.”

Mt 9:36-37

“The harvest is rich but the labourers are few.”

Mt 19:16-22

The Rich Young Man

Mk 1:16-20

The call of the first disciples.

Mk 3:13-19

The call of the Twelve

Mk 10:17-22

“Go and sell everything you own and follow me.”

Mk 10:28-31

“You will be repaid a hundred times over.”

Lk 1:38

“I am the handmaid of the Lord.”

Lk 14:25-27

“Anyone who does not carry their cross”

Jn 1:35-39

“Come and see.”

Jn 10:1-3

“The sheep hear his voice”

Jn 15:16-17

“You did not choose me; no, I chose you.”

Rm 1:1 & 6

“You are called to belong to Jesus Christ.”

Rm 8:28-30

“All things work for good for those who love God.”

Rm 11:29

“For the gifts and the call of God are irrevocable.”

1 Cor 1:27-29

“God chose the foolish”

Gal 1:15

“He had set me apart and called me through his grace.”

Eph 1:7-10

“In him we have redemption”

Phil 3:12-14

“I press on”

Heb 5:1-4

“Every high priest is taken from among men.”

1 Pt 2:9-10

“God has called you out of darkness”

SOME SCRIPTURES FOR PARTICULAR CIRCUMSTANCES

I'm not holy enough: *Lk 5:8, 10b-11*

I'm afraid I will fail: *Ex 14:13-14*

I've made mistakes and I'm a sinner: *Mt 9:9-13*

I'm too young: *Jer 1:6-7*

I'm not talented enough: *1 Sam 17:37*

I want to have a family: *Mt 12:46-50*

I want the good life: *1 Cor 2:9*

Can I make a permanent commitment?: *Ruth 1:15-16*

I'm afraid of public speaking: *Jer 1:8-9*

I'm an earthen vessel: *2 Cor 4:7-10*

I'm afraid of being alone: *Mt 28:20b*

I want to be happy: *Ps 37:4*

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Thanksgiving

Take a moment and thank the Lord for three things.

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Intercessions

Take a moment and ask the Lord for three things.

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Freedom Prayer

Lord Jesus Christ, Son of God, have mercy on me a sinner. You promised Lord that You would set the captives free. I confess Jesus that I am a slave and only You can break the chains that bind me. I repent of relying on my own strength. Without You Jesus I can do nothing. I ask You Lord Jesus to set me free from (*name area in your life where you need freedom*). Come now Holy Spirit and clothe me with power from on high. (*Take a moment and allow the Holy Spirit to empower you*). Give me the grace Lord Jesus to walk in faith today, confident in Your love and mercy. Amen.

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Apostle's Prayer

Lord, when You called Abraham,
he responded, "Ready."

When You called Isaiah, he answered,
"Here I am Lord."

When the angel Gabriel called out to Mary,
she responded, "I am the handmaid of the Lord.
Let it be done to me according to your word."

Lord, I hear You calling my name.
I hear You entrusting me with the task of building
Your kingdom. Like those holy men and women
who have gone before me,
I give You my 'yes'!
I will go anywhere You want me to go.
I will do anything You want me to do.
I will say anything You want me to say.

Holy Spirit I welcome You and ask You to guide me.
Form in me an apostle's heart
filled with love for Christ and zeal for souls.
I will commit myself with courage and generosity
to the New Evangelization. I will build, brick-by-brick,
the city of God inside the city of man.

Amen.

(Written by André and Angèle Regnier)

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

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KEEPING TRACK

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40

HERE I AM LORD, SEND ME! *prayer guide*

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“Do whatever He tells you.”

– *John 2:5*



“For where your treasure is, there
will your heart be also.”

– *Matthew 6:21*



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