

A Month of Prayer and Petition Honoring

Our Lady of Mount Carmel



Feast Day ~ July 16th

Our Lady of Mount Carmel, today I place the following petitions in your loving care:

1. Today I pray for good health for my loved ones and myself.
2. Help me to put aside past disappointments and cherish the future.
3. Offer strength to those suffering around the world.
4. Unburden my worries, the things that I cannot change and help me focus on the things I can do to help others.
5. Accept my words of thanksgiving for all the blessings I have received.
6. Pray for my beloved deceased.
7. Help me to imitate God's compassion and understanding of all people.
8. Show me how to forgive those I feel have wronged me.
9. Pray for children everywhere, keep them safe from harm and help them to grow strong and healthy.
10. Help me to strengthen my faith in God.
11. Bless the aged and infirm.
12. Pray for the homeless, the poor and those who are financially burdened.
13. Accept my prayers of thanks for the special people in my life.

14. Comfort the emotionally and physically ill, that they may return to good health under your tender care.
15. Give me the courage to step forward and reach out to someone in God's name.
16. Help me to be at peace with myself.
17. Pray that violence will lessen throughout the world.
18. I ask for God's wisdom to guide me in my daily decisions.
19. Help me to be truthful to myself and those around me.
20. Pray for those people with great charity in their hearts and help me to join in their charitable works.
21. Show me how to resist temptation.
22. I pray God will forgive my sins and accept my heartfelt repentance.
23. Pray that more people will join the clergy to continue God's good work.
24. Help me to remove fear from my thoughts and replace it with the eternal hope of God's love.
25. Give me the ability to accept that my needs are important and that I should take care of myself.
26. Bless the members of my community that we may all live together in peace and harmony.
27. Grant me the grace to profess openly the faith given to me in Baptism.
28. Help me to express my love for the Church through my deeds.

29. Provide spiritual guidance for my loved ones and myself.
30. Bless my journeys, no matter the distance, that they will be safe and pleasant.
31. Today and always, I give thanks for your love and protection.

After each Daily Petition add your personal petitions and say:

Blessed Mary, hear my needs and bring them to your holy Son, Jesus Christ. Amen.

Recite Our Father, Hail Mary, and Glory Be.