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# 101 Prayers for Meetings

# Let's Begin With a *Prayer*

*Sally Macke*



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# Acknowledgments

I am grateful to Mercy Health for allowing me to use their “Practical Tips for Leading Prayer” from the *Mercy Book of Prayers*. Mercy uses these “Practical Tips” to orient new leaders on how to lead prayer. A special thank you for the support of Mercy’s East Regional Director of Pastoral Services Kenneth Potzman; Julie Jones, executive director of Mission and Ministry; and Brian O’Toole, senior vice president of Mission and Ethics.

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Imprimi Potest:  
Harry Grile, CSsR, Provincial  
Denver Province, The Redemptorists

Published by Liguori Publications  
Liguori, Missouri 63057

To order, visit [Liguori.org](http://Liguori.org) or call 800-325-9521.

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## Library of Congress Cataloging-in-Publication Data

Macke, Sally.

Let’s begin with a prayer : 101 prayers for meetings / Sally Macke.—First Edition.  
pages cm

ISBN 978-0-7648-2212-4

1. Prayers. 2. Meetings—Miscellanea. I. Title.

BV245.M17 2014

264’.13—dc23

2014018799

p ISBN 978-0-7648-2212-4

e ISBN 978-0-7648-6888-7

Scripture quotations are from *New Revised Standard Version Bible*, copyright  
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To learn more about the Redemptorists, visit [Redemptorists.com](http://Redemptorists.com).

Printed in the United States of America

18 17 16 15 14 / 5 4 3 2 1

First Edition

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# For Collaboration

*Now there are varieties of gifts, but the same Spirit;  
and there are varieties of services, but the same Lord;  
and there are varieties of activities, but it is the same God  
who activates all of them in everyone.*

1 Corinthians 12:4–6

**Meditation:** Are we willing to use our gifts for the good of our community (department, organization, church, hospital, etc.)? Likewise, are we open to others using their gifts for the good of all? We can accomplish much more together than we can on our own. The story of stone soup, in which a group of villagers each contribute whatever food they have to make a delicious soup for all, illustrates this point.

**Prayer:** Loving God, we thank you for bringing us together in this place at this time. We thank you for your love that inspires us to give of ourselves in the ways you have called each of us to give.

We know that, together, we are invited to be your hands and your feet in a world that sorely needs your help. We ask for the grace to use our gifts wisely in the service of your kingdom.

Each of us is gifted differently, yet we are all created in your image, and we marvel at your foresight in making each person distinct, yet part of a wonderful whole. We ask you to bless our work together and to make us ever mindful that, without you, we are nothing.

Store in us a vision of the good we can create collectively. May we never lose sight of our true purpose, which is to be your instruments of love here on earth.

Be a safety net for us on the days we stumble and fall. Give us the wisdom to look to you for courage and strength, and energy for the times when we are tired.

We are honored you have chosen us to do your work, and we ask that we may always cherish the responsibility you have given us. We pray all these things in the name of Jesus. Amen.

# Finding Joy in the Small Moments

*Therefore my heart is glad, and my soul rejoices; my body also rests secure. You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures forevermore.*

Psalm 16:9, 11

**Meditation:** In the midst of our busy days of work, it is important to cultivate an “attitude of gratitude” that enables us to find joy in the small moments. The smile of a coworker, a steaming cup of coffee, the pretty view outside a window—these can all serve to foster a sense of contentment that seeks and finds the positive in the mundane events of every day. Finding joy in the small moments is part of what it means to live lives of faithfulness and hope.

**Prayer:** Dear God, it is easy to get so wrapped up in everything we need to get done that we can forget to smile. We need to remember that you desire fullness of life for us, and one of the ways we experience that is through the gift of joy.

Help us to find your joy in the midst of our work: to see the beauty around us that reminds us of your presence in all things.

May we be signs of your joy to others with whom we work so that in us they may see your reflected Spirit. May we always point to the positive in our work environments, that others may be lifted up and refreshed by our presence.

It is easy, Lord, to get caught up in the negative aspects of our lives. We need your grace to refocus our vision. We also need your strength to bear our responsibilities cheerfully and with patience.

Give us the ability to stay tuned in to the present, that we may not lose sight of all the good things that come our way. We thank you so much for all the blessings you have given us, and we offer our prayer in the name of our friend and brother, Jesus. Amen.



# Decision-Making (For Discernment)

*The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.*

Galatians 5:22–23

**Meditation:** God's Spirit is always ready to help us: guiding us, teaching us, inviting us to grow. All we have to do is ask for God's wisdom to light our paths, to show us how best to serve God and one another. Praying for God's grace to show us which way to proceed helps to ensure that we are working together to build up God's kingdom and not our own egos. God delights in the opportunity to take our hands and lead us in Spirit and in truth.

**Prayer:** Loving God, we come before you today with humble and sincere hearts as together we ask for your grace to guide our decision-making. We know that all true wisdom comes from you, and we are grateful for your willingness to lead us.

Show us the direction you would have us take. Give us clarity of minds and of hearts so we can see your Spirit at work in our midst. Bring a sense of peace and quiet to each of us so we can listen to the still, small voice within ourselves that is you.

We thank you for the task with which you have entrusted us, and we ask that you bless our efforts to follow your call. Help us to stay true to the vision of those who have begun your good work, as together we move into a future that is unknown and uncertain.

Many are the voices and the options that compete for our attention, and limited is our time. Keep us focused as together we respond to your invitation to faithful love.

We ask this in Jesus' name. Amen.

# Meal Prayer

*God said, "See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food."*

Genesis 1:29

**Meditation:** Sharing a meal together is an enjoyable experience that connects us to those with whom we eat. When we eat together, we can review what has happened that day: the funny, significant, or interesting events that make up our lives. When we set aside time to eat with our family or our friends, we are saying to them that they are important to us and we value spending time with them.

**Prayer:** God of creation, as we share in the bounty of your gifts today, we ask that you bless the food we are about to eat together and that you bless the time we spend with one another.

May our gathering be a true communion and an opportunity to nourish our spirits as well as our bodies, as we look to find you in our companions and in ourselves.

We give thanks for all those who had a hand in bringing this meal to our table today: for the farmers who grew the food and for the cooks who prepared it.

We pray that we may be ever mindful of those who do not have enough to eat, and that just as you have blessed us with your generosity, we will seek to bless those less fortunate with ours.

May we leave this table encouraged and enriched as we go forth to do your work. May the energy we derive from this food sustain us in our ministries.

Grow in us the awareness that you are the giver of all that is good and foster in us a sense of gratitude for the many ways you have gifted us. We thank you and we bless you. Amen.

# When Problems Arise

*God is our refuge and strength,  
a very present help in trouble.*

Psalm 46:1

**Meditation:** How do we as a department, group, or organization handle problems? Do we face them head on, asking for God's help along the way, or do we ignore them, hoping they will go away? It is when we grapple together with our difficulties that we are able to grow and learn. Relying on God's grace and guidance to communicate honestly and openly with one another can go a long way toward solving many of the problems that we encounter.

**Prayer:** We come together in your name, Lord God, to ask for your help during this difficult time. You are a God of clarity and truth, and we pray that you will light our way today.

Even when things seem muddled, you are ever present, Lord; even when the future is cloudy and uncertain, you are always available to offer guidance.

Embrace and enfold each one of us in a blanket of your peace and understanding, that we may come together as a community to face our challenges. Send your Spirit of love and strength to us this day as we look to you for help.

May our concern and care for one another be the motivating force that leads to solutions that are for the good of all. Help us to look past our differences because we know that it is you whom we serve, you whom we seek.

We pray that your grace may enable us to see the bigger picture and enable us to do the work you have called us to do, which is carrying on the mission of Jesus at this time and in this place.

We thank you, as always, for the opportunity to do your work. Inspire us with your vision so we may always see the bigger picture.

We ask this in Jesus' name. Amen.

# About the Author

**Sally Macke** has more than twenty years of experience as a hospital chaplain in the St. Louis area. She holds a master's degree in pastoral studies and a certificate in spiritual direction from Aquinas Institute of Theology in St. Louis. Sally is a board-certified chaplain through the Association of Professional Chaplains, and she currently ministers in the intensive-care units of Mercy Hospital St. Louis. Sally also trains new leaders for Mercy's East Region in how to lead prayer. She is the author of *Prayers for Healing Body and Soul*, published by Liguori Publications.