









MOBILE PHONE CHALLENGE PRAYER SERVICE: LENT 2022

IMAGE & NUMBER	NAME AND DESCRIPTION	PROJECT IN LEBANON	PERSONAL PRAYER
<p>1</p> 	<p>For our bodies we need healthy food, water, vitamins, air, physical exercise, clothing and sleep.</p>	<p>We pray for all those who have had to rely on emergency food parcels, for those who have collected, organised and delivered them and for those who feel ashamed that they need them. We pray for Sr Rita and all those working with refugees in Lebanon.</p>	<p>Many families have needed food banks in this country. We pray for any family suffering because of Covid. Lord, I pray to you now for anyone I know who has financial difficulties. Pause...</p>
<p>2</p> 	<p>For our emotional growth we need to know that we are loved, supported and accepted by others. (Picture shows that this comes from love and acceptance of family and friends)</p>	<p>We pray for all those who attend the St John the Merciful Table food kitchen in Lebanon. We ask you, Lord: send the Holy Spirit to empower all who work to make the centre a place of physical, emotional and spiritual healing for the refugees and for those suffering because of the economic crisis.</p>	<p>I pray to you, Jesus, to help me grow closer to you. I ask you to heal any areas of my life where I haven't felt loved, supported or accepted by others. Pause... I pray for my family and take a moment to ask you to bless each person in my family. Pause...</p>
<p>3</p> 	<p>We also have needs based on our environment: such as security, safety, stability. (Picture: the clock is balancing the opportunities for health and prosperity when there is a safe and secure environment)</p>	<p>We ask you to bless those who feel insecure because of mental ill-health. Please bless and heal the patients at the psychiatric Hospital of the Cross and bless the staff and the Franciscan sisters who give their all to help the sick.</p>	<p>Help me to know that you, Lord, are my security, that you accept me. I will now offer to you in the silence any people I know who are suffering from mental illness, as well as any emotional upset I may be feeling today. Pause...</p>
<p>4</p> 	<p>We need to know that we are not going to be attacked violently. (Picture is a bullet crossed out)</p>	<p>We pray for the work of ACN and all people who actively promote reconciliation and peace between communities.</p>	<p>We pray for peace in our own hearts. Pause... Peace in our homes. Pause... Peace in our cities and an end to knife crime. We pray that we too may become peacemakers.</p>

<p>5</p> 	<p>We need to have experiences and interactions with others that lead to good self-esteem.</p>	<p>We pray for all those working to support to young Catholics who lost family members and friends in the Port of Beirut explosion. Thank you Lord for the work of ACN in rebuilding demolished Churches, for the money raised to build the new parish centre where people can go to meet others and grow in fellowship.</p>	<p>Jesus, the Healer, please touch the places in my heart where my experiences and interactions with others have left me in sorrow, hurt, angry or frightened. I ask that you allow me to see myself as a person who has dignity, is worthwhile and has a purpose. Pause...</p>
<p>6</p> 	<p>We also need medical assistance, medication when necessary, toiletries and sanitary items.</p>	<p>Lord we ask you to help the sick, to protect hospitals and to enable ACN to continue to support projects which involve the preparation and distribution of medicines to the sick. We pray for the Holy Rosary Hospital in Beirut and the sisters there who offer shelter for all patients without any discrimination.</p>	<p>We offer to you, Lord, anyone we know who is sick at this time. Pause...</p>
<p>7.</p> 	<p>Love provides us with confidence. With this assurance we can apply ourselves and respond to education opportunities. When we are older, one way our human dignity is lived out is through opportunities to earn an honest living and to use our potential for the common good.</p>	<p>We pray for the poor families living in Lebanon – may they feel your love even in the midst of their suffering. We ask you to bless the children who attend the school run by the Missionary Sisters of the Very Holy Sacrament and those children who live in the convent because they are orphans or have family problems. Help them to be able to find the validation they need through the love and care of the sisters.</p>	<p>We pray for those among us who struggle with the school system and those who fail to take the opportunities offered to them. Help us not to waste our gifts. May we be selfless so that we may seek out those who are those on the 'outside' to make life better for them. We pray that our friends and families will be able to find good jobs, careers and vocations. Pause...</p>
<p>8</p> 	<p>Furthermore, we need a community, to know that there is meaning in our lives and that we have a purpose. 8. We need hope that we will see our departed loved ones again and faith that we are loved by God and called by him to be his children.</p>	<p>We pray for those who find meaning and purpose in serving others and most of all in serving you. We pray for all the priests, nuns, catechists and lay-people in Lebanon who, in your name, give their lives to helping others as one body in Christ.</p>	<p>We ask you Lord to help us to see the people around us as friends, not enemies. Help us to know that all meaning in life comes from a relationship with you. Pause... I give to you now the areas where I feel hopeless or unfocused. I pray for faith in your promises.</p>