

ST. ANTHONY OF PADUA

Men's Prayer Group

Brothers in Christ

We are blessed to enjoy an active Men's Prayer Group at our parish, one that offers a variety of meeting times and formats. This approach attracts diverse men, based on their own needs and busy schedules. Asked to share "what works for us", we've compiled this document and willingly share with any other parishes who might like to try our approach. The 7 pages that follow include the prayers and scripts we use – you are welcome to copy and use them as desired. *(For more details, you may contact kevin@hoctor.com or kwilliams@consolidated.net)*

Five Facet's of our Prayer Group Ministry

- **Annual Parish Retreat** – Held each May at the Holy Name Retreat Center
 - Retreat Core team (10 men) promotes the Retreat year-round
 - Result: We were blessed to have over 80 men at this year's Retreat

- **Saturday Morning Prayer Group Meetings** – (Year round)
 - First & Third Saturday at 7:30 am in the Chapel
 - First Saturday – We pray the Rosary, then study and discuss the Sunday Gospel reading. Optional coffee social follows.
 - Third Saturday – We pray a unique ritual prayer based upon traditional Catholic prayers (please see the 5 page copy attached); We study & discuss the Sunday Gospel. Optional coffee social follows.

- **Monthly Social Hour**
 - Held the last Thursday of each month
 - 6 to 8 pm at a local restaurant

- **That Man is You** *(a program of Paradisus Dei)*
 - Tuesday mornings during the Fall and Spring; 5:30 to 7:00am
 - Coffee & Donuts at 5:30 am
 - Video presentation at 6:00 am
 - Small Groups meet & discuss from 6:30 to 6:59am
 - Over 150 men signed up, with average weekly attendance of 100+

- **Archdiocesan Men's Day of Prayers**
 - Steady growth in participation at each event

May God Bless each of you and your Parish Men's Groups!

ST. ANTHONY OF PADUA Men's Prayer Group

I. We Begin in His Presence...

Opening Prayer

Reading: Matthew 18: 19-20

Formal Prayer: ***Bold text to be read by all participants.***

Most Holy Trinity, your goodness has brought me to the beginning of this day and now I offer it to you with its thoughts, words, and actions together with any crosses and contradictions that I may encounter. Give your blessing to this day, your gift to me, so that it may be animated with your love and so bring glory and honor to your divine majesty.

O God, our Father, we thank you for waking us to see the light of this new day. Grant that we may waste none of its hours; soil none of its moments; neglect none of its opportunities; fail in none of its duties. And bring us to the evening time undefeated by any temptation, at peace with ourselves, and with you. This we ask for your love's sake.

Come, Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

O God, who has taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit we may be always truly wise and ever rejoice in his consolation. Amen.

Intercessory Prayer: We welcome Jesus into our presence. We visualize Him with us, at this moment and we rest in his presence.

Optional Meditation or Song: We rest in the Holy Spirit.

II. We Thank Our Lord...

Reading: Philippians 4: 4-7

Formal Prayer:

O God, to whom all hearts are open, all hearts known, and from whom no secrets are hidden, cleanse the thoughts of our hearts by the inpouring of your Holy Spirit, that every thought and word of ours may begin from you, and in you be perfectly completed, through Christ our Lord.

Thank you Father for having created us and given us to each other in the human family.

Thank you for being with us in all our joys and sorrows, for your comfort in our sadness, your companionship in our loneliness.

Thank you for yesterday, today, tomorrow, and for the whole of our lives.

Thank you for friends, for health and for grace.

May we live this and every day conscious of all that has been given to us.

Psalm 144 (*left and right sides read alternately*)

Leader: I will give you glory, O God my King,
I will bless your name forever.

**I will bless you day after day,
And praise your name forever.
The Lord is great, highly to be praised,
His greatness cannot be measured.**

**Age to age shall proclaim your works,
Shall declare your mighty deeds,
Shall speak of your splendor and glory,
Tell the tale of your wonderful works.**

**They will speak of your terrible deeds,
Recount your greatness and might.
They will recall your abundant goodness;
Age to age shall ring out your justice.**

**The Lord is kind and full of compassion,
Slow to anger, abounding in love.
How good is the Lord to all,
Compassionate to all His creatures.**

All your creatures shall thank you, O Lord,
And your friends shall repeat their blessing.
They shall speak of the glory of your reign,
And declare your might, O God.

To make known to men your mighty deeds
And the glorious splendor of your reign.
Yours is an everlasting kingdom;
Your rule lasts from age to age.

The Lord is faithful in all His words,
And loving in all His deeds.
The Lord supports all who fall
And raises all who are bowed down.

The eyes of all creatures look to you
And you give them their food in due time.
You open wide your hand,
Grant the desires of all who live.

The Lord is just in all His ways
And loving in all His deeds.
He is close to all who call Him,
Who call on Him from their hearts.

He grants the desires of those who fear Him,
He hears their cry and He saves them.
The Lord protects all who love Him;
But the wicked He will utterly destroy.

All Read: Let me speak the praises of the Lord,
Let all mankind bless His holy name
For ever, for ages unending.

Intercessory Prayer: We offer our prayers of thanksgiving to God. We praise and worship our loving God for the graces and blessings He pours out upon us. Lord, hear our prayers of gratitude which we now place before You.

Optional Meditation/Song: We reflect on God's blessings in our lives.

III. We pray for God's forgiveness and for Ourselves...

Reading: James 5: 13-16

Formal Prayer:

**A clean heart create for me, O God, and a steadfast spirit renew within me.
Cast me not out from your presence, and your Holy Spirit take not from me.
Give me back the joy of your salvation and a willing spirit sustain in me.**

Psalm 51: 12-14

Lord, hear the prayers of those who call on you, forgive the sins of those who confess to you, and in your merciful love give us your pardon and your peace. **Amen**

L: Holy Spirit come into our lives.

L: Open our ears-
to hear what you are saying to us, in the things that happen to us, in the people we meet.

L: Open our eyes-
to see the needs of the people around us.

L: Open our hands-
to do our work well, to help when help is needed.

L: Open our lips-
to tell others the good news of Jesus and bring comfort, happiness, and laughter to other people.

L: Open our minds-
to discover new truth about you and the world.

L: Open our hearts-
to love you and our fellow men as you have loved us in Jesus.

To you, with our Father and the Son, one God; all honor and praise shall be given now and for ever. Amen

Intercessory Prayer: We offer prayers and petitions for ourselves. We pray for personal forgiveness, for our own needs.

Optional Meditation/Song: We reflect on God's mercy in our lives.

IV. We pray for our brothers and sisters...

Reading: Mark 11:22-25

Formal Prayer:

Almighty and eternal God, may your grace enkindle in all of us a love for the many unfortunate people whom poverty and misery reduce to a condition of life unworthy of human beings. Arouse in the hearts of those who call you Father a hunger and thirst for justice and peace, and for charity in deeds and in truth, Grant, O Lord, peace in our days, peace to souls, peace to families, peace to our country, and peace among nations.

Father, we pray for the family of all mankind that they may acknowledge you as their creator and provider; for the family of our nation that we may live in peace and encourage other nations to do likewise; for the families of this community with whom you have chosen us to share your presence. Finally, for our own family that your peace may descend upon us so that from our inner awareness of your presence we may witness your love for the whole human family. Amen

Intercessory Prayer: We offer our prayers and petitions for others. We pray for the needs of our families, our community, our parish, our workplaces and our world.

V. Dialog in the Spirit

In the presence of the Holy Spirit we affirm and encourage one another on our faith journeys.

VI. Concluding Prayers

Hail Mary, full of grace...

Our Father, Who art in Heaven...

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and will be forever. Amen.

PRAYING THE ROSARY



1. Make the Sign of the Cross and pray the Apostle's Creed.
2. Pray the Our Father.
3. Pray three Hail Marys.
4. Pray the Glory Be and O My Jesus.
5. Announce the mystery for reflection and pray the Our Father.
6. Pray 10 Hail Marys.
7. Finish the decade with the Glory Be and O My Jesus.
8. Repeat this process (5, 6, 7) for each decade.
9. Finish with Hail Holy Queen

The Apostle's Creed (The Nicene Creed)

I believe in God, the Father Almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into Hell; the third day He arose again from the dead. He ascended into Heaven, sitteth at the right hand of God, the Father Almighty; from thence He shall come to judge the living and the dead. **I believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.**

"Our Father" (The Lord's Prayer)

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.**

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.**

Glory Be

Glory Be to the Father, and to the Son, and the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

O My Jesus

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls into Heaven, especially those most in need of your mercy.

The Glorious Mysteries.

1. **The Resurrection of Our Lord**—After three days, Christ rises immortal (think of faith).
2. **The Ascension of Our Lord**—He ascends into Heaven, bodily (think of hope).
3. **The Descent of the Holy Spirit upon the Apostles**—Mary and the Apostles are touched by the Holy Spirit appearing in tongues of fire (think of zeal).
4. **The Assumption of the Blessed Virgin Mary into Heaven**—Mary rises body and soul into Heaven (think of happy death).
5. **The Coronation of Our Lady as Queen of Heaven and Earth**—Mary is gloriously crowned as our Queen (think of love for Mary).

Hail, Holy Queen.

HAIL, HOLY QUEEN, Mother of Mercy, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

V. Pray for us, O Holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray. O GOD, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

The Mysteries of the Rosary

With the proclamation of [the Year of the Rosary](#) for of the period October 2002 to October 2003, Pope John Paul added the five Luminous Mysteries, (the Mysteries of Light) to the traditional 15 Mysteries of the Rosary. Meditate on the Mysteries while praying the Rosary. As a rule the Joyful mysteries are said on Monday and Thursday, the Sorrowful on Tuesday and Friday, and the Glorious on Wednesday, Saturday, and Sunday (with this exception: Sundays of Christmas season--the Joyful; Sundays of Lent—Sorrowful).

The Joyful Mysteries

1. **The Annunciation to Mary**—the Angel Gabriel appears to Mary (think of humility).
2. **The Visitation of Mary**—Mary and St Elizabeth visit (think of fraternal charity).
3. **The Nativity of Our Lord**—the birth of the Christ Child (love of God).
4. **The Presentation of the Christ Child in the Temple**—Mary and Joseph go to the temple to present Jesus to God (think of the spirit of sacrifice).
5. **The Finding of Our Lord in the Temple**—Mary and Joseph find Jesus teaching in the temple (think of zeal).

The Sorrowful Mysteries

1. **The Agony in the Garden**—Jesus in Gethsemane contemplating the world's sins (think of true repentance).
2. **The Scourging at the Temple**—Christ is cruelly whipped (think of mortification).
3. **The Crowning with Thorns**—A crown of thorns is placed on His head (think of moral courage).
4. **The Carrying of the Cross** -Jesus carries His cross in His final moments (think of patience).
5. **The Crucifixion and Death of Our Lord on the Cross**—Jesus is nailed to the cross and dies in agony (think of final perseverance).

The Luminous Mysteries

1. **The Baptism in the Jordan**—The Father declares Jesus the beloved Son.
2. **The Wedding at Cana**—Christ changes water into wine, his first public miracle.
3. **The Proclamation of the Kingdom**—Jesus calls to conversion and forgives the sins of all who draw near to him in humble trust.
4. **The Transfiguration**—The glory of the Godhead shines forth from the face of Christ.
5. **The Institution of the Eucharist**—Christ offers his body and blood as food.