

St Philip Neri

“Never commit sin, and always be cheerful. A cheerful soul becomes holy more quickly. Anyone who wants anything but Jesus, does not know what he wants. All else is vanity.”

Pray and work for the conversion of the town or city where you live

St Bonaventure

‘He who desires to go on advancing from virtue to virtue, from grace to grace, should meditate continually on the Passion of Jesus. There is no practice more profitable for the entire sanctification of the soul than the frequent meditation on the sufferings of Jesus Christ.’

Pray each day before the crucifix and help others to do so

St Bernard of Clairvaux

“O humility! O sublimity! Both tabernacle of cedar and sanctuary of God; earthly dwelling and celestial palace; house of clay and royal hall; body of death and temple of light; and at last both object of scorn to the proud and bride of Christ!”

Pray that the Church may grow in beauty, holiness and numbers

St Peter Julian Eymard

“To abide in His love is to make the Eucharist the centre of our desires. To abide in His love is to delight in surprising Him with some gift, or some little sacrifice. To abide in His love is to live by the Eucharist; to guide ourselves in our actions by His thought, and to make it a point always to prefer the good service of the Eucharist to everything else.”

Pray that souls make Jesus in the Eucharist their first joy in life

St Clare of Assisi

‘Look daily into that spotless mirror, dear queen and spouse of Christ, and see your face in it. See how you are to adorn yourself, within and without, in all the blossoms of virtue, as befits a chaste daughter and spouse of that greatest of kings. In that mirror poverty, humility, and love beyond all telling shine radiantly.’

Pray for consecrated virgins to grow ardently in love for Jesus

St Benedict Joseph Labre

‘These things offend God—and they are not good for you, either. Try to work if you can. If you can’t work, be good to the people who care for you.’

Pray for the homeless

Saint Dismas the good thief

‘We are paying for what we did, but this man has done nothing wrong. Jesus, remember me when you come into your kingdom’. Jesus replied ‘Indeed, I promise you, today you will be with me in paradise.’ Luke 23:41-43

Pray for those who have delayed their conversion to Jesus

St Ignatius of Loyola

“Strive to keep yourselves holy and discreet that you may progress in the study of letters and of virtue. For in both the one and the other an intense act is worth a thousand that are remiss; and what a slack person does not reach in many years, a man who is diligent will often attain in a short time.”

Pray for all those who are making a spiritual retreat

Saint Maria Goretti

‘Children and young people can learn not to yield to the fleeting and empty joys which pleasure brings, or to the bewitching delights of vice, but rather to hasten along the difficult path of Christian perfection.’ Pope Pius XII

Pray for young people that they may prize chastity and purity

Saint Ambrose

‘Let your sermons, therefore, stream forth, pure and lucid; gently fill the minds of your people with good doctrine and with pleasing words soften their hearts so that you may lead them on the right way. Let your discourse be filled with wisdom. Then it will need no confirmation from others; of itself it will be effective. Let no word you speak be frivolous or merely for effect.’

Pray for preachers of the Gospel

Saint Peter Claver S.J.

“Consider how many people think you a saint, and praise your sanctity throughout the town, and seem to delight to see you; ponder on how they would run from you if they really knew you.”

Pray for prisoners and those in slavery of all kinds

St Jerome

‘Read the divine scriptures constantly; never, indeed, let the sacred volume be out of your hand. Learn what you have to teach. Hold fast the faithful word you have been taught so that you may be able by sound doctrine to give instruction and confute those who contradict it.’

Pray for a deep love of God’s Word and pray for bible scholars

St Ignatius of Loyola

“Why should I not do what blessed Francis or blessed Dominic did?”

Read from the Lives of the Saints and let their example influence the way you live your vocation

The Holy Spirit

‘Come Holy Spirit, fill the hearts of your faithful; enkindle in them the fire of Your love. Send forth Your Spirit, O Lord, and they shall be created, and You will renew the face of the earth.’

Pray that the Holy Spirit raises up new Saints in our nation

God the Father

“Your Father knows what you need before you ask Him. So you should pray like this:
Our Father in heaven, may Your name be held holy, Your kingdom come, Your will be done, on earth as in heaven.” Matt 6:8-10

Pray the Our Father slowly and meaningfully each day, trusting in His love

Holy Souls in Purgatory

“For if he had not expected the fallen to rise again it would have been superfluous and foolish to pray for the dead, whereas if he had in view the splendid recompense reserved for those who make a pious end, the thought was holy and devout. This was why he had this atonement sacrifice offered for the dead, so that they might be released from their sin.” 2 Maccabees 12:44-45
Pray for the Souls in Purgatory

The Most Holy Trinity

‘The grace of the Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all.’
2 Corinthians 13:13

Pray for all those who have yet to receive the grace of baptism

St Timothy (Disciple of St Paul)

‘We decided to send our brother Timothy, who is God’s helper in spreading the Good News of Christ, to keep you firm and strong in the faith, and prevent any of you from being unsettled by the present troubles.’
1 Thess 3:2-3

Pray for the persecuted

Saint Aloysius Gonzaga

‘I must admit that when I plunge into contemplation of the divine goodness, I cannot grasp why God should summon me to eternal rest in recompense for such brief and insignificant toil, or why He should call me to a happiness I have so lukewarmly sought, and promise a reward for tears of which I have shed so few.’

Pray for those who will die young

St Peter Chanel S.M.

‘On so difficult a mission we must be saints’
‘It makes no difference if I die, for the religion of Christ has taken root here, and my death will not destroy it’

Pray for the conversion of the island nations of the Pacific

Saint Agatha

‘My Lord Jesus Christ, You see my heart and You know my desires. You alone must have me, because I am all Yours. Save me from this evil man. Lord, my Creator, You have protected me from the cradle. You have taken me from the love of the world and given me patience to suffer.
Now receive my soul.’

Pray for women who will be called to suffer tortures for Jesus

Saint Athanasius

‘He formed a body for Himself in the Virgin’s womb and made it the instrument by which He would dwell among us and make Himself known. He therefore took a body like ours, and since men were subject to death, He gave that body to death, offering it to the Father out of love for us.’

Pray for those called to defend the Faith from error

Saint Christopher

“You should carry each other’s troubles and fulfill the law of Christ. While we have the chance, we must do good to all, and especially to our brothers in the faith.”
Galatians 6:2,10

Pray for all those who do works of mercy

St Luke

‘After carefully going over the whole story from the beginning, I have decided to write an ordered account for you, so that you may learn how well founded the teaching is that you have received.’
Luke 1:3-4

Pray for those who write spiritual books so as to lead souls to Jesus

St David of Wales

'He opened many fountains in dry places, and across the centuries his words spoken in the hour of death still reach us:

Brothers and sisters, be joyful and keep your faith.'

Pray for purity and zeal in serving Jesus

St David I of Scotland

'Let me think about the things of God, so that my soul may be strengthened on its trip from exile to home. When I stand before God's judgment seat, you will not be able to answer for me or defend me.'

Pray for kings and for those in authority over nations

Blessed Victoria Strata

"Be brave and courageous. I shall take both you and your children under my wing. Live in peace, without anxiety. Trust yourself to my care and above all devote yourself to the love of God."

Our Lady's words in a vision to Bl Victoria

Pray for all mothers who do not have a husband to help them care for their families

Saint Sylvia (mother of St Gregory the Great)

'Instruct a child in the way he should go, and when he is old he will not leave it.' Prov 22:6
'Listen, my son, take my words to heart, and the years of your life shall be multiplied.' Prov 4:10

Pray for all mothers to whom God has entrusted the raising of gifted children

Blessed Pope John XXIII

'May this sacrifice of praise, which I offer to Your divine majesty for the success of the 2nd Ecumenical Vatican Council, be acceptable to You, Lord God, and grant that what we, together with our Pope John, implore of You we may effectively obtain. Amen.'

Each time you pray the Psalms, pray that Vatican II continues to bear the fruit that God wants

Blessed Pope Pius IX

'Before God and before Christ Jesus who is to be judge of the living and the dead, I put this duty to you, proclaim the message and, welcome or unwelcome, insist on it.

Refute falsehood, correct error, call to obedience—but do all with patience and with the intention of teaching. 2 Tim 4:1-2

Pray for all those who defend the dogmas and doctrines of the Church

Saint Martha

'Martha received Him as a pilgrim, but also as a servant receiving her Lord; a sick woman, her Healer; a creature, her Creator. She needed to be fed with the Spirit, yet she received Jesus to nourish His body. For the Lord willed to become a servant and to be fed by fellow servants. Martha, therefore, received Jesus as a guest.'

St Augustine

Pray for the gift of true hospitality

St Monica

'I thought of her devoted love for You, and the tenderness and patience she had shown to me, like the holy woman that she was.' St Augustine

Pray confidently with St Monica for the conversion of husbands and sons

Saint Thomas More

'I never stop trusting in His mercy. His grace has thus far strengthened me to renounce everything—possessions, income, life itself—rather than take an oath against my conscience. God will either sway the king to do no more to me, or He will give me strength to bear courageously and willingly whatever further evils are in store for me.'

Pray for politicians, for the courage to do what is right in God's sight

Saint John Eudes

'Jesus is there, bearing with you through His love all the anguish of mind and body that is yours to bear. Not only does He wish to imbue you with His love, but also to transform you entirely into love for Him through crosses and sufferings, as His cross and sufferings transformed Him into love for us.'

Spread everywhere devotion to the Sacred Heart of Jesus and to the Immaculate Heart of Mary

Saint Martin de Porres

"He excused the faults of others and pardoned even the most bitter injuries done to him. He sought to bring sinners back to a good life, was most kind to the sick, provided the poor with food, clothing, and medicine, and did all he could for those who were regarded in his day almost as slaves" Bl John XXIII

Pray for greater humility, charity and generosity in God's service

St Gemma Galgani

'My daughter, I give myself all to you, and you must belong entirely to Me. I am your Father, and My mother will be your mother. My fatherly help can never fail those who abandon themselves in my hands. You will be all right even though I have taken away those who loved and helped you the most.'

Jesus to St Gemma

Pray for orphans

Mary, Help of Christians

'All my work began with a simple Hail Mary for Our Lady's help. If you have devotion to Mary, Help of Christians, you will see what miracles are.'

St John Bosco

Pray for all those who need Mary's help to follow Jesus

Our Lady of Lourdes

'Pray for sinners, Penance, Penance, Penance. Kiss the ground as an act of penance for sinners. I do not promise to make you happy in this world, but in the next.'

Pray many Hail Marys for the sick, and for sinners

Our Lady of Perpetual Help

'Mary, rescues anyone who calls for help. How unfortunate we would be, if we did not have Mary! Yet how many are drowned in hell, my Queen! And why? Because they do not call to you for help. Good Mother, make us always turn to you for help and encouragement.'

St Alphonsus
Pray for all souls who need Mary's special help

St Dymphna

Support your father in his old age, do not grieve him during his life. Even if his mind should fail, show him sympathy, do not despise him in your health and strength; for kindness to a father shall not be forgotten but will serve as reparation for your sins.

Ecll 3:12-14

Pray for the mentally ill and their families

Saint Gerard Majella

"To love God, to love Him much. Always to be united to God. To do all things for the sake of God. To be always conformed to His Holy Will. To suffer much for God. These are my resolutions. Would that I could convert to God as many souls as there are creatures in this world!"

Pray for growth in inner holiness

St Bede the Venerable

'If history records good things of good men, the thoughtful hearer is encouraged to imitate what is good: or if it records evil of wicked men, the devout listener or reader is encouraged to avoid all that is sinful and perverse and to follow what he knows to be good and pleasing to God.'

Pray for recorders of history

St Gertrude the Great

"Out of the abyss of my lowliness, I gratefully praise and adore Your mercy and loving kindness. You even gave me the priceless gift of intimate friendship with You, making Your divine Heart the source of all my delight."

Pray for the desire to truly please Jesus in all things

St George

'St George was transported from one kind of military service into another, since he laid aside the earthly office of tribune to join the ranks of the army of Christ. Like a truly keen soldier he first threw away the burden of his earthly possessions by giving all he had to the poor, and thus free and wearing the breastplate of faith, he advanced into the fray, a valiant soldier of Christ'

St Peter Damian
Pray for all spiritual warriors

Saint Andre Bessette

'I am nothing... only a tool in the hands of Providence, a lowly instrument at the service of St Joseph.'

Pray for greater devotion to St Joseph, and for greater imitation of his virtues

St Pascal Baylon

"The consolation which the Holy Spirit frequently infuses into pious souls, is greater than all the pleasures of the world together, could they be enjoyed by one man. It makes the heart to dissolve and melt through excess of joy, under which it is unable to contain itself."

Pray for those who promote love for Jesus in the Eucharist

St Gianna Beretta Molla

"I have entrusted myself to the Lord in faith and hope, against the terrible advice of medical science. I trust in God, yes, but now I must fulfill my duty as a mother. I renew the offer of my life to the Lord, I am ready for everything, provided the life of my child is saved."

Pray for all souls making life and death decisions

Saint Joseph Moscatti

'One must attend first to the salvation of the soul and only then to that of the body. What have we that has not been given us by God? Woe to us if we do not make use of God's gifts.'

Remember that living is a mission, a duty. Everyone of us must have his own battle station.'

Pray for strong lay vocations