



31 PRAYERS
for
MISSIONARY
DISCIPLES



Jesus is calling you!

Jesus is calling all to be His missionary disciples. Pope Francis shares: “In virtue of our baptism, all the members of the People of God have become missionary disciples”

Everyone is called to share the Good News of Jesus with the world. It might be through your daily actions, performing corporal or spiritual works of mercy, sharing your “faith story” with someone else, accompanying people in their lives, or inviting someone to come with you to Mass. There are so many ways that one can be a missionary disciple of Jesus Christ.

The foundation to our ministry as His disciples is prayer. Central to this is the Mass and daily prayer is also important. This booklet contains 31 prayers on missionary discipleship, one prayer for each day of the month. If you already pray daily, consider including this prayer in your practice. If you do not regularly pray, try to pray one of these short prayers every day. When you reach the end of the month, start the next month with the first prayer and continue to work your way through these prayers every month.

God Bless you as you seek to understand how God is calling you to be His missionary disciple in the world.

Diocese of Crookston, 2021



Day 1

Dear Jesus, help me to spread your fragrance everywhere I go. Flood my soul with your spirit and life. Penetrate and possess my whole being so utterly that all my life may only be a radiance of yours.

Shine through me and be so in me that every soul I come in contact with may feel your presence in my soul. Let them look up and see no longer me but only Jesus.

Stay with me and then I shall begin to shine as you shine, so to shine as to be a light to others.

Let me praise you in the way you love best by shining on those around me. Let me preach you without preaching, not by words but by my example.

St. John Henry Newman

A voice cries out in the wilderness, prepare the way of the Lord. Is 40:3



Day 2

Mary, Virgin and Mother, you who, moved by the Holy Spirit, welcomed the word of life in the depths of your humble faith: as you gave yourself completely to the Eternal One, help us to say our own “yes” to the urgent call, as pressing as ever, to proclaim the good news of Jesus. Obtain for us now a new ardor born of the resurrection, that we may bring to all the gospel of life which triumphs over death. Give us a holy courage to seek new paths, that the gift of unfading beauty may reach every man and woman.

*Adapted from Pope Francis,
The Joy of the Gospel*

Go therefore and make disciples of all nations...

Mt 28:19



Day 3

Jesus Christ, you send your disciples on mission to make God's love and mercy known. Pour out your Holy Spirit upon me so that I may go forth as your missionary disciple, reflecting God's love in the world and speaking the name of Jesus to others. May my life as a missionary disciple bear fruit in my community and parish as I seek to accompany others toward You and Your Church. Who live and reign with God the Father, in the unity of the Holy Spirit, God forever and ever. Amen.

*Adopted from the
Going Forth As Disciples
Ministry prayer,
Diocese of Crookston.*

...and on this rock I will build my church,...
Mt 16:18



Day 4

Take, O Lord, and receive my entire liberty,
my memory, my understanding and my whole
will.

All that I am and all that I possess, you have
given me:

I surrender it all to You to be disposed of
according to Your will.

Give me only Your love and Your grace;
with these I will be rich enough and will desire
nothing more.

-St. Ignatius of Loyola

...the Lord appointed seventy others and sent
them on ahead of him in pairs..." Lk 10:1



Day 5

Lord Jesus, use me to carry on your mission
as your servant and Disciple.

Help me to love with your heart, to carry out
my work with your hands, to be a voice for all
that I say and do.

Merciful Shepherd, help me to live in your
person, to share generously in the carrying of
your cross so that many others may be saved
by coming to know and love you through my
simple, faithful witness.

*Bishop David Ricken,
Diocese of Green Bay*

The harvest is plentiful, but the laborers are few...

Lk 10:2



Day 6

Star of the new evangelization, help us to bear radiant witness to communion, service, ardent and generous faith, justice and love of the poor, that the joy of the Gospel may reach to the ends of the earth, illuminating even the fringes of our world.

Mother of the living gospel, wellspring of happiness for God's little ones, pray for us.
Amen. Alleluia!

*Adapted from Pope Francis,
The Joy of the Gospel*

Then Mary said, "Here am I, the servant of the Lord; let it be with me according to your word.

Lk 1:38



Day 7

Come Holy Spirit fill the hearts of your faithful and kindle in them the fire of your love.

Send forth your spirit and they shall be created. And you will renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy his consolations.

Through Christ our Lord,
Amen

*The Prayer to the
Holy Spirit*

... and he sent them out to proclaim the kingdom
of God and to heal. Lk 9:2



Day 8

Father,
I abandon myself into your hands;
do with me what you will. Whatever you may
do, I thank you: I am ready for all, I accept all.

Let only your will be done in me, and in all
your creatures – I wish no more than this, O
Lord.

Into your hands I commend my soul:
I offer it to you with all the love of my heart,
for I love you, Lord, and so need to give
myself, to surrender myself into your hands
without reserve, and with boundless
confidence, for you are my Father.

*Brother Charles Foucauld,
Prayer of Abandonment*

They departed and went through the villages,
bringing the good news and curing diseases
everywhere. Lk 9:6



Day 9

Jesus, the Good Shepherd, we open our hearts to You who call us all to become missionary disciples, believers who are willing and able to proclaim the Gospel.

Give us the strength to learn new things about You and Your Church, to approach others with love, and to deepen our prayer so that we may learn Your will and receive Your guidance.

May we be Your disciples who bring a witness of Your love and mercy to those who have departed the faith.

Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever.

Shepherding Them Home
Diocese of Crookston

Go on your way. See, I am sending you out like
lambs in the midst of wolves. Lk 10:3



Day 10

Lord, you left your Mother in our midst that she might accompany us.

May she take care of us and protect us on our journey, in our hearts, in our faith.

May she make us disciples like herself, missionaries like herself.

May she teach us to go out onto the streets.

May she teach us to step outside ourselves.

May she, by her meekness, and by her peace, show us the way.

*Pope Francis
Prayer at conclusion of
meeting with young people*

Follow me and I will make you fish for people.

Mt 4:19



Day 11

May Mary, Mother of the Church, Star of Evangelization, accompany us on our journey, as she remained with the disciples on the day of Pentecost. To her we turn with confidence. Through her intercessions may the Lord grant us the gift of perseverance in our missionary duty, which is a matter for the entire Church community.

*Pope St. John Paul II,
Message for World
Mission Sunday, 2001*

Immediately they left their nets and followed him.

Mt 4:20



Day 12

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, drench me.
Water from Christ's side, wash me.
Passion of Christ, strengthen me.
Good Jesus, hear me.
Within your wounds, shelter me.
From turning away, keep me.
From the evil one, protect me.
At the hour of my death, call me.
Into your presence lead me
To praise you with all your saints.
Forever and ever. Amen.

*St Ignatius of Loyola,
Anima Christi*

Immediately they left the boat and their father,
and followed him. Mt 4:22



Day 13

O God, let me know you and love you so that I may find my joy in you; and if I cannot do so fully in this life, let me at least make some progress every day, until at last that knowledge, love and joy come to me in all their plenitude.

While I am here on earth let me learn to know you better, so that in heaven I may know you fully; let my love for you grow deeper here, so that there I may love you fully.

On earth then I shall have great joy in hope, and in heaven complete joy in the fulfillment of my hope.

*St. Anslem of Canterbury,
From the Proslogion*

Go into the world and proclaim the good news to
the whole creation. Mk 16:15



Day 14

Undoubtedly, the journey is arduous; it demands availability, courage, self-denial, in order to make one's life, as Christ did His, a "gift" of love to the Father and to others.

Only in this way are we made capable, by the power of the Spirit, of proclaiming the "Gospel of the Cross" and carrying out that "new evangelization" that has in Christ crucified and risen its center and hinge.

*Pope St. John Paul II,
Homily, February 24, 1991*

Feed my sheep. Jn 21:17



Day 15

Lord, I desire that in all things your will be done, because it is your will, and I desire that all things be done in the manner that you will them.

Grant that I may always esteem whatsoever is pleasing to you, despise what you abhor, avoid what you forbid, and do what you command.

My God, make me prudent in my undertakings, courageous in danger, patient in trials, and humble in success.

*From Pope Clement XI's
Universal Prayer*

Come and see. Jn 1:39



Day 16

May he support us all the day long, till the shades lengthen and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done.

Then in his mercy may he give us a safe lodging, and a holy rest and peace at the last.

St. John Henry Cardinal Newman

I am the good shepherd, the good shepherd lays down his life for the sheep. Jn 10:11



Day 17

O my God! I offer you all my actions of this day for the intentions and for the glory of the Sacred Heart of Jesus.

I desire to sanctify every beat of my heart, my every thought, my simplest works, by uniting them to its infinite merits; and I wish to make reparation for my sins by casting them into the furnace of its merciful love.

O my God! I ask of you for myself and for those whom I hold dear, the grace to fulfill perfectly your holy will, to accept for love of you the joys and sorrows of this passing life, so that we may one day be united together in heaven for all eternity.

St. Therese of Lisieux

So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet.

Jn 13:14



Day 18

Immaculate Conception, Mary my Mother,
live in me, act in me,
speak in me and through me,
think your thoughts in my mind,
love through my heart,
give me your dispositions and feelings,
teach, lead me and guide me to Jesus,
correct, enlighten and expand my thoughts
and behavior, possess my soul,
take over my entire personality and
life, replace it with Yourself,
incline me to constant adoration,
pray in me and through me
let me live in you and keep me in
this union always.

Pope St. John Paul II

I give you a new commandment, that you love
one another. Jn 13:34



Day 19

Remember, O most gracious Virgin Mary,
that never was it known that
anyone who fled to your protection,
implored your help, or sought your
intercession was left unaided.

Inspired by this confidence I fly unto
thee, O Virgin of virgins, my mother;
to thee do I come, before thee I stand,
sinful and sorrowful. Mother of
the Word Incarnate, despise not my
petitions, but in thy mercy hear and
answer me.

Memorare

By this everyone will know that you are my
disciples, if you have love for one another.

Jn 13:35



Day 20

I am created to do something or to be
something for which no one else is created;
I have a place in God's counsels, in God's
world, which no one else has;
whether I be rich or poor, despised or
esteemed by man, God knows me and calls
me by my name.

God has created me to do Him some definite
service;
He has committed some work to me which
He has not committed to another.

St. John Henry Newman

This is my commandment, that you love one
another as I have loved you. Jn 15:12



Day 21

O Lord and Master of my life,
grant not unto me a spirit of idleness,
of discouragement, of lust for power,
and of vain speaking. But bestow upon me,
Thy servant, the spirit of chastity, of
meekness, of patience, and of love.

Yes, O Lord and king, grant that I may
perceive my own transgressions,
and judge not my brother,
for blessed are You unto ages of ages.

St. Ephrem The Syrian

Peace be with you. As the Father has sent me, so
I send you. Jn 20:21



Day 22

Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit,
Christ when I stand,
Christ in the heart of everyone who thinks of
me,
Christ in the mouth of everyone who speaks
of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

St. Patrick

...and they were all filled with the Holy Spirit and
spoke the word of God with boldness. Acts 4:31



Day 23

O God, who sent your Son into the world as the true light, pour out, we pray, the Spirit he promised to sow seeds of truth constantly in people's hearts and to awaken in them obedience to the faith, so that, being born to new life through Baptism, all may become part of your one people. Through our Lord Jesus Christ, you Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Roman Missal
Collect A for the Mass
for the Evangelization
of Peoples

And every day in the temple and at home they did
not cease to teach and proclaim Jesus as the
Messiah. Acts 5:42



Day 24

Father, you invite each of us to share in the life and ministry of your Son, Jesus. Send your Holy Spirit to form me as a missionary disciple. Teach me how to hear Jesus, to love Jesus, and to share your gift of salvation with everyone I meet.

Through the witness and intercession of Mary, guide me to deepen my commitment as a disciple of Jesus. Help me to be intentional and committed to go and announce the Gospel of the Lord.

*Adapted from
Diocese of Lansing
Forming Missionary
Disciples Prayer*

...and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth. Acts 6:8



Day 25

O God, you have willed that your Church be the sacrament of salvation for all nations, so that Christ's saving work may continue to the end of the ages; stir up, we pray, the hearts of your faithful and grant that they may feel a more urgent call to work for the salvation of every creature, so that from all peoples on earth one family and one people of your own may arise and increase. Through our Lord Jesus Christ, your Son, who lives and reigns and you in the unity of the Holy Spirit, God, for ever and ever.

Roman Missal
Collect B for the Mass
for the Evangelization
of Peoples

Now those who were scattered went from place to place proclaiming the word. Acts 8:4



Day 26

Jesus, the beginning and fulfillment of the new man, convert our hearts so that, abandoning the ways of error, we may walk in your footsteps on the path which leads to life. Make us live our faith steadfastly, fulfilling our baptismal promises, testifying with conviction to your word, that the life-giving light of the gospel may shine in our families and in society.

Pope St John Paul II

The Lord said to him in a vision, "Ananias." He answered, "Here I am, Lord." Acts 9:10



Day 27

Heavenly Father, pour forth your Holy Spirit. Stir in my soul the desire to renew my faith and deepen my relationship with your Son, our Lord Jesus Christ, so that I might truly believe in and live the Good News. Open my heart to hear the Gospel and grant me the confidence to proclaim the Good News to others. Pour out your Spirit, so that I might be strengthened to go forth and witness to the Gospel in my everyday life through my words and actions.

*USCCB
Prayer for the
New Evangelization*

So, being sent out by the Holy Spirit, they went down to Seleucia and from there they sailed to Cyprus. Acts 13:4



Day 28

Oh Lord, guide me to live in unity between my “spiritual” life and “secular” life. Help me to follow your word in all of life so that I might grow closer to you as I live your word in the world. May my life in my family, at work, in social relationships, and in my public life help me grow closer to you as I praise you in all areas of my life. You are the vine, and I am a branch, may I bear your fruitfulness in every sphere of my existence and activity.

*Adapted from
Pope St. John Paul II
Christifideles Laici*

What therefore you worship as unknown, this I
proclaim to you. Acts 17:23



Day 29

O God, who cause the minds of faithful to unite in a single purpose, grant your people to love what you command and to desire what you promise, that, amid the uncertainties of this world, our hearts may be fixed on the place where true gladness is found.

May your grace, O Lord, we pray, at all times go before us and follow after and make us always determined to carry out good works.

Through our Lord Jesus Christ, Your Son, who lives and reigns with you in the unity of the Holy Spirit, God forever and ever.
Amen.

*Roman Missal,
Collects for the Twenty-First
and Twenty-Eighth Sundays
in Ordinary Time*

And be kind to one another, tenderhearted,
forgiving one another as God in Christ has
forgiven you. Eph 4:32



Day 30

Father, by the power of the Spirit,
strengthen the Church's commitment
to the new evangelization and guide our
steps along the pathways of the world,
to proclaim Christ by our lives, and to
direct our earthly pilgrimage toward the
City of heavenly light. May Christ's followers
show forth their love for the poor and the
oppressed; may they be one with those in
need and abound in works of mercy; may
they be compassionate toward all, that they
themselves may obtain indulgence and
forgiveness from you.

*Pope St John Paul, II, Prayer for the
Celebration of the great Jubilee
of the year 2000.*

Rejoice in the Lord always; again I say, rejoice.
Let your gentleness be known to everyone.

Phil 4:4



Day 31

I leave you now with this prayer: that the Lord Jesus will reveal himself to each one of you, that he will give you the strength to go out and profess that you are Christian, that he will show you that he alone can fill your hearts. Accept his freedom and embrace his truth, and be messengers of the certainty that you have been truly liberated through the death and resurrection of the Lord Jesus. This will be the new experience, the powerful experience, that will generate, through you, a more just society and a better world. God bless you and may the joy of Jesus be always with you.

Pope St John Paul, II

Then I saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the New Jerusalem,... Rev 21:1-2



This prayer booklet was compiled by Dcn. Mark Krejci, Ph.D., Office of Formation in Discipleship, Diocese of Crookston, MN, as part of the *Going Forth As Disciples* ministry. This parish-based ministry seeks to form Catholics as missionary disciples of Jesus Christ.

The Scripture quotations contained herein are from the New Revised Standard Version Bible: Catholic Edition copyright 1993 and 1989 by the Division of Christian Education of the National Council of the Churches of Christ in the U.S.A.

Used by permission. All rights reserved.

