

Ideas for Intercessions

1st Sunday of Advent (A)

- *For the Church:* that, in her preaching of the Gospel, she may rouse the nations and gather them into peace and unity.
- *For all who live in fear of violence or war:* that peace may reign within their homes and justice in their lands.
- *For those for whom this season is merely one of self-indulgence:* that God may work in their hearts and open their minds to the dawning light of Christ.
- *For Jerusalem and for the people of the Middle East:* that God, who has visited humanity in the person of Christ, may enfold them all in deep and lasting peace.
- *For all who have died:* that the Son of Man may gather them into the bright glory of God.

2nd Sunday of Advent (A)

- *For a deep love of the scriptures:* that our listening, our study and our prayer may inspire us with a living hope in the goodness of God who calls us to unity of mind and voice.
- *For true repentance of heart:* that the promise of the Kingdom and the graciousness of God may overcome the powers of sin in our lives.
- *For our troubled and anxious world:* that the power of God and the courage of those who work for peace may bring about a new creation, void of hurt and harm.
- *For leaders in politics and business:* that they may be blessed with a profound love of justice and a true desire for the common good.
- *For leaders in the Church, and especially for our Pope and Bishops:* that they may act with integrity and so yield the fruits of holiness.

Immaculate Conception

- *For all who have been chosen in Christ:* that, born in sin yet reborn in grace, they may answer the call to holiness.
- *For nations scarred by injustice:* that they may be guided into the path of peace by the God of salvation, truth and love.
- *For all expectant parents:* that they may place their trust in God and be blessed in and through their children.
- *For the Church:* that, like Mary, she may be ever receptive to God's word, ever faithful in her ministry and ever eager to go out bearing the good news of salvation.
- *For all who have died:* that they may be claimed as God's own and rejoice forever in the garden of Paradise.

3rd Sunday of Advent (A)

- *For those Christians whose hearts have grown faint and whose hands have grown weary:* that they may see the promise of the Lord and be restored to joy and gladness.
- *For all who communicate the deep truths of God to an uncomprehending world:* that they may point always to Christ, preaching the Good News with patience and courage.
- *For all migrants, refugees and asylum-seekers:* that God, who protects the stranger and upholds the widow and orphan, may bless them with justice.
- *For the sick within our community and for all who have asked for our prayers:* that the healing grace of God may grant them life in abundance and joy without end.
- *For all who have died and for those who grieve:* that the dead may be raised to life in the kingdom of heaven and those who lament be comforted.

4th Sunday of Advent (A)

- *For all who seek the face of God:* that, at the end of their searching, they may welcome Christ the Lord into their hearts and lives.
- *For all whose marriages are under strain:* that suspicion and mistrust may give way to gentleness, patience and forgiveness.
- *For all who await the birth of a child:* that God may keep them safe, grant them joy and fulfil their every hope.
- *For the Church:* that she may preach the Good News with courage and imagination and so reveal Christ as Saviour, Lord and Son of God.
- *For all for whom this season is one of dread or renewed pain:* that they may know in the depths of their hearts the graciousness of God who comes to dwell amongst us.

The Nativity of the Lord: At the Vigil Mass

- *For all who gather in prayerful vigil to recall the coming of the Saviour:* that our watchfulness and our waking may keep us alert to the signs of God's saving presence in the world.
 - *For all who are far from their families in this holy season:* that God may reconcile the estranged, comfort the lonely and unite the hearts of all in fellowship and joy.
 - *For those whom society has forsaken or abandoned:* that, God, who delights in all created things, may bless them with peace and keep them in mercy.
 - *For the sick and especially for those in our hospitals and hospices:* that, with a renewed sense of the nearness of God, their hearts may sing of the love of the Lord.
 - *For the generations who have died and for those in whom grief may still be raw:* that Christ, born for us in time, may grant the dead to see the light of God's face and bless the living with comfort and joy.
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The Nativity of the Lord: Mass during the Night

- *For all who gather for prayer in the darkness of this holy night:* that we may be enlightened in Christ so as to join the angel chorus in giving true glory to God in the highest heaven.
- *For those who still dwell in the deep shadows of injustice, violence or war:* that the bright revelation of God may remove all fear and guide all humanity into ways of justice, integrity and peace.
- *For those on the margins of society:* that God's love, revealed this night in Christ, may remove all wickedness and shatter the burden of oppression.
- *For all who exercise worldly authority:* that they may do so with humility as stewards of Christ, whose dominion is without borders and whose peace has no end.
- *For young families everywhere:* that God may protect them, nurture them and keep them safe.

The Nativity of the Lord: Mass at Dawn

- *For those who yearn to experience the kindness and love of God:* that they may ponder the gift of Christ and receive the blessings of light and joy and peace.
- *For a renewal of faith:* that Christ the morning star may bring to his people the promise of the light of life and so open the way to everlasting day.
- *For all the nations of the earth:* that the many coastlands may be blessed with peace and justice, harmony and joy in this season and always.
- *For the Church:* that she may always be filled with wonder at the saving compassion of God and treasure the bright revelation of Christ.
- *For all who have died:* that they may inherit eternal life and give everlasting glory to the holy name of God, our Saviour, our Redeemer and our Lord.

The Nativity of the Lord: Mass during the Day

- *For peace among the nations:* that the Good News of joy and salvation this Christmas day may reach to the ends of the earth and enlighten the hearts of all humanity.
 - *For those children for whom this day will be one of fear or drudgery:* that the Father who sent his Son for sinful humanity may grant them a special blessing of peace and compassion.
 - *For all whose pain is renewed at Christmas - for the lonely, the bereaved and the forsaken:* that they may be blessed with the gifts of companionship, comfort and joy.
 - *For the Church in her ministry to the world:* that, on this hallowed day and always, she may witness to the light of Christ and re-echo the Word of salvation, grace and truth.
 - *For all who will be at work today and especially for those who work in the emergency services:* that God may rest in their hearts and grant them peace and joy.
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Mary, Mother of God

- *For the Church:* that, treasuring the revelation of Christ and gracious in God's mercy, she may ever be a source of blessing for the world.
- *For the leaders of nations:* that wisdom may be their guide, fairness their measure and justice their true desire.
- *For all mothers:* that, in joy and in heartbreak, they may place their trust in God and be blessed with courage, confidence and strength.
- *For all who will experience new beginnings in the year ahead, whether at work, school or in their families:* that they may ponder in their hearts the reality of God's love in their lives.
- *For all who are in pain:* that the Spirit of God may move in their hearts and re-assure them of the love of the Father.

The Epiphany of the Lord

- *For all who seek true wisdom:* that they may do homage to Christ who is the source of wisdom and the light of the world.
- *For the Church in her ministry to all the nations:* that she may offer her gifts of prayer, truth and service and so lead all peoples to sing the praise of the Lord.
- *For our troubled and fearful world where night still covers the earth and darkness the peoples:* that God's light may dawn afresh upon the earth, uncovering wickedness and enlightening all humanity.
- *For the poor and needy:* that God may hear the cry of the poor, save them in mercy and unite them with all God's people.
- *For all who have died:* that the glory of the Lord may ever shine around them and lead them into their heavenly inheritance.

Second Sunday in Ordinary Time (A)

- *For those who do not recognise Christ in their midst:* that their eyes and hearts may be opened by the grace of God, the truth of the Gospel and the ministry of the Church.
 - *For a world that yearns for peace:* that men and women of courage and integrity may bring God's peace and God's grace to the ends of the earth.
 - *For the sick, the lonely and the dying:* that God may stoop down to them in their pain, hear their cry and put a new song in their mouths.
 - *For the unborn and for their mothers:* that God, the author of life who forms us in the womb, may preserve and protect them.
 - *For all who are called to ministry:* that they may offer their hearts and lives and very selves in service of God and of all those who are called to be saints.
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Third Sunday in Ordinary Time (A)

- *For the unity of Christians:* that we may grow into unity of belief and practice and so be credible witnesses to the Good News of Christ.
- *For those who are oppressed by the deathly shadows of disaster, hunger or war:* that the darkness of fear and injustice may be burned away by the searing light of God's grace.
- *For all whose journeys of faith are leading them along unfamiliar paths:* that they may place their trust in Jesus who is their light, their way and their journey's end.
- *For all who yearn for the healing touch of Christ:* that God may be their help and their stronghold, restoring them to health.
- *For all who have died:* that they may see the goodness of the Lord in the sanctuary of heaven.

Fourth Sunday in Ordinary Time (A)

- *For all who face persecution on account of Christ:* that they may be strong in faith, resilient in hope and courageous in love.
- *For all who hunger and thirst for what is right:* that they may receive their heart's desire and that the earth may be renewed in peace and truth.
- *For all who seek to expand the horizons of human knowledge:* that they may act with integrity, seek true wisdom and work for the good of all humanity.
- *For all who are bowed down with pain or oppression:* that God, who keeps faith for ever, may raise them up with healing and compassion.
- *For those in positions of influence and power:* that God may work in their hearts and direct their minds to work for the common good.

Fifth Sunday of Ordinary Time (A)

- *For the Church and for those who consider the Church to be irrelevant:* that she may truly be salt for the earth and light for the world, drawing all humanity to know and praise our Father in heaven.
- *For a fair distribution of the earth's resources:* that the hungry, the homeless and the oppressed may receive justice in their time of need.
- *For all who seek meaning in their lives:* that God may answer their call and turn their eyes to the crucified Christ in whom the power of God is revealed.
- *For those who, in the past week, have received bad news:* that they may place their trust in the Lord, who is ever close to those who call.
- *For those who live under the threat of the clenched fist or wicked word:* that God may surround them with compassion and renew them in patience.

Sixth Sunday of Ordinary Time (A)

- *For all who choose the deathly ways of violence, persecution or war:* that God may turn their hearts from sin and open their eyes to the law of life and love.
- *For all who suffer the injustice of racism:* that all humanity may unite as one in working for harmony, justice and peace.
- *For all who have died:* that they may see what no eye has seen, hear what no ear has heard and rejoice forever in the presence of God.
- *For conversion of heart:* that the demands of the Gospel and the strength of the Spirit may plant the values of the Kingdom deep within our lives.
- *For our gathering around the altar of the Eucharist:* that we may do so as a reconciled people, united in heart and purpose.

Seventh Sunday of Ordinary Time (A)

- *For a true yearning for holiness:* that in our worship, our service and our mission we may be transformed by the Spirit into a people fit for the indwelling of God.
- *For all who persecute our brothers and sisters in faith:* that God's Spirit of peace may turn their hearts from ways of violence to ways of reconciliation.
- *For a world full of anger and vengeance:* that the love of God and the courage of God's people may transform our minds, our hearts and our lives.
- *For all who are sick or in pain:* that God may crown them with love and compassion and offer them hope and healing.
- *For all whose minds are closed to the ways of God:* that the gentle promptings of the Spirit may lead them into communion with the God of truth and life.

Eighth Sunday of Ordinary Time (A)

- *For all who feel abandoned by family, society or the Church:* that they may pour out their hearts to God, deeply aware of the compassion of the Father.
 - *For the Church in the world:* that she may be a faithful steward, entrusted with the mysteries of God and strong in witness to her Lord.
 - *For all who have died:* that they may receive their heart's desire and be granted peace, light and life in the heavenly kingdom of God.
 - *For the unemployed and for those who are exploited in the workplace:* that government, employers and unions may all strive together for the common good.
 - *For all who are enslaved by the pursuit of wealth:* that the values of the Kingdom may take root in their lives and convert them to ways of compassion and justice.
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Ash Wednesday

- *For hearts that are broken in repentance for sin:* that the tender and compassionate God may embrace all who seek the path of grace and mercy.
- *For all who work for peace, whether in the halls of government or the homes of the poor:* that they may be blessed with integrity and that their message may bear fruit in peacefulness.
- *For all who are preparing to be washed in the waters of baptism:* that, in their prayer, their fasting and their almsgiving, they may be ever more conformed to the image of Christ.
- *For all who have died:* that they may rise from the dust of death into life eternal.
- *For those who work tirelessly yet quietly for the betterment of our neighbourhoods:* that they may be graced with patience, courage and contentment.

First Sunday of Lent (A)

- *For our stewardship of the earth:* that our care for the first creation may be hallmarked with wisdom and justice as we await the dawning of the new and even more glorious creation.
- *For those whose only desires are for wealth, celebrity or power:* that they may perceive the emptiness of their desires and be transformed in heart and mind.
- *For all who believe themselves to be unforgivable:* that the burden of their sin may be removed by the gracious and limitless compassion of God.
- *For all who will be initiated into the Church this Easter:* that they may find a place to be alone with God and to listen to the voice of truth and tenderness.
- *For all who need the healing touch of Christ:* that, in the very core of their being, they may know the joy of God's help and so be sustained in grace.

Second Sunday of Lent (A)

- *For all who bear hardships for the sake of the Good News:* that they may place their trust in the power and love of God and so mature into holiness.
 - *For the people of the Middle East:* that the one God who called and guided Abram may grant them blessings and lead them in ways of peace and reconciliation.
 - *For all whose journey of faith is difficult or demanding:* that their lives may be transformed by Christ who endured the cross before entering into lasting glory.
 - *For all whose only hope is in the Lord:* that those who have been abandoned and forsaken by society may be lifted from their misery and renewed in patience and strength.
 - *For all who have died:* that they may see the unveiled splendour of God in the kingdom of light.
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Third Sunday of Lent (A)

- *For all who thirst for the presence of God in their lives:* that they may drink deeply of God's gracious mercy and so be renewed in faith and enlivened in hope.
- *For the many people across the earth who have no access to clean water or sanitation:* that governments and agencies may combine to ensure that all people have free and safe access to the necessities of life.
- *For all whose marriages have broken down:* that the mercy of God may work in their lives, bringing healing, hope and reconciliation.
- *For the ministry of women in our communities:* that their testimonies of encounter may enrich the Church and give witness to Christ.
- *For communities under tension:* that legacies of suspicion or hate may be washed away by the action of the Holy Spirit who brings unity, peace and hope.

Saint Joseph, spouse of the Blessed Virgin Mary

- *For all who seek to foster or to adopt:* that they may be blessed with patience, joy and love.
- *For families under pressure:* that the Holy Spirit may move in their midst, removing suspicion and creating new relationships of trust and respect.
- *For those who recognise Abraham as a father in faith:* that all who worship the God of Abraham may grow in tolerance, understanding and peace.
- *For families where fathers are absent:* that God may draw near to them in mercy and bind them together in compassion.
- *For the many nations of the earth:* that they may work together to preserve peace and to promote the common good.

The Annunciation of the Lord

- *For the assembly of the Church:* that, like Mary, she may always be obedient to the Lord and so declare God's love and truth to a needy world.
 - *For the elderly within our community:* that, like Elizabeth, they may remain open and receptive to the will of God.
 - *For young mothers, and especially for those who are fearful or alone:* that they may be granted courage, companionship and joy.
 - *For the unborn:* that God, the author of life, who prepares us in the womb may keep them in safety and bring them to a safe birth.
 - *For all who are puzzled by the ways of God:* that the Spirit may move in their lives and grant them understanding, trust and faithfulness.
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Fourth Sunday of Lent (A)

- *For all who journey towards the sacraments of initiation this Easter:* that they may be bathed in the light of the Gospel and so be granted a clear vision of the love of God made visible in Christ.
- *For governments and authorities:* that their eyes may be opened to the needs of the poor.
- *For all who are in need of healing:* that God may draw near to them in gentleness and love as they walk through the valleys of darkness.
- *For a blessing upon all mothers:* that they may be graced with joy in the depths of their hearts.
- *For all who have died:* that they may dwell in the Lord's own house for ever and ever.

Fifth Sunday of Lent (A)

- *For all whose faith is weary and lifeless:* that they may find new liberty and true joy through the ministry of the Holy Spirit who overcomes the powers of death.
- *For those parts of the earth gripped by the evils of violence and hate:* that all humanity may emerge from the tomb of fear and desolation so as to walk in the ways of justice and freedom.
- *For all who experience the deep sorrows of grief:* that they may place their trust in God who brings hope where there is despair and life where there is death.
- *For all who are approaching the sacraments of initiation:* that the Spirit of God may dwell within them and raise them to newness of life.
- *For all who work in pursuit of life in our hospitals and hospices:* that they may act with integrity and compassion and that their work may be blessed by the God of life.

Palm Sunday of the Passion of the Lord

- *For all who suffer for being disciples of Christ:* that the Lord may be their strength in the face of insult, spittle or violence.
- *For the Christians of the Holy Land:* that they may be kept in safety and freed from all distress and fear.
- *For all who enter Holy Week seeking the grace of baptism:* that they may acclaim Christ as Lord and embrace the Gospel with humility, generosity and faith.
- *For all who have died:* that they may rest secure with the Son of Man in the sanctuary of heaven.
- *For the leaders of nations:* that they may serve the cause of truth and act with integrity, judge with mercy and rule with fairness.