

## Scriptures to pray with:

Psalm 5: To my words give ear O Lord, give heed to my groaning. It is you whom I invoke, O Lord, in the morning, you hear me. In the morning I offer you my prayer, watching and waiting.

Psalm 15:3 My God is the rock where I take refuge; my shield, my mighty help, my stronghold.

Psalm 25: To You, O Lord, I lift up my soul. I trust you, let me not be disappointed.

Psalm 55: 17-20,23 When I cried to the Lord, he heard my voice; he rescued me from those who attack me. Entrust your cares to the Lord, and he will support you.

Psalm 119: Lord let my cry come before you: teach me by your word. My lips proclaim your praise let my tongue sing your promise. Give life to my soul that I may praise you.

Sirach 17:20 He encourages those who are losing hope and has chosen for them the lot of truth.

Sirach 15:14-17 He made him subject to his own free choice. If you choose you can keep the commandments; it is loyalty to do his will.

Sirach 35:3 To refrain from evil pleases the Lord, and to avoid injustice is an atonement.

Tobit 4:19 At all times bless the Lord God, and ask him to make all your paths straight and to grant success to all your endeavors and plans.

Isaiah 58:9 ... and your wound shall be quickly healed; Your vindication shall go before you, and the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer, you shall cry for help and he will say: Here I am!