**Prayers for Meetings**

Prayer before, during, and at the end of a meeting are important. Prayer invites the Holy Spirit into the mix and tends to keep everyone focused on the purpose of the meeting.

* You can check the internet to find prayers for new ventures, prayers for discernment, prayers for decision-making, prayers for unity, and prayers to help people surrender to God’s will.
* You can base prayers on readings from the upcoming weekend, which gives people a chance to prepare for the weekend liturgies.
* You can begin with a song, a short meditation, spontaneous prayer, or a responsorial prayer.

If you choose a prayer form that is unfamiliar to the participants, it’s a good idea to give everyone a copy of the words. It’s also a good idea to build “prayer breaks” into strategic places by asking people close their eyes and allowing the Holy Spirit to help them reflect on what is happening in the meeting. You can also build moments of silent reflection into your agenda to help keep people focused and allow for the Holy Spirit to inspire or enlighten people.

Prayer breaks are also a good technique to use spontaneously if the meeting gets heated and you need to calm people down. You can call for a spontaneous prayer break and ask people to close their eyes and ask the Holy Spirit to help you all understand what God is asking of the group.

Here are some additional ideas for prayers during meetings:

**The Breathing Prayer**

Take a deep breath and imagine that you are breathing in God’s Love.  
Breathe in God’s love, and breathe out any tension or anxiety.  
Breathe in God’s love, and breathe out fear.  
Breathe in God’s love, and breathe out negativity.  
Breathe in God’s love, and breathe out anger or resentment.  
Breathe in God’s love, and breathe out worry.  
Breathe in God’s love, and breathe out questions or doubts.  
Breathe in God’s love, and breathe out judgmental attitudes.

Breathe in God's love, and breathe out anything in you that is not of God.  
Now breathe quietly for a few minutes and imagine God’s love flowing through you.   Amen.

**Reflection of St. Teresa of Avila**

Christ has no body now on earth but yours,

no hands but yours, no feet but yours,

yours are the eyes through which Christ's compassion is to look out to the earth,

yours are the feet by which He is to go about doing good

and yours are the hands by which He is to bless us now. Amen.

**Prayer for a New Project**

Good and Gracious God, Bless us as we move in a new direction,   
guide us on the path and help us to face each decision with faith, hope and love.

Bless the decisions that we make. Help us to follow your will.

Give us the grace to understand that we can mold different ideas into something that will be new and exciting for our committee, our parish, and our world.

We ask this through Jesus Christ, Our Lord, Amen.

**Searching for God**

O Lord, my God, teach my heart this day where and how to see you, where and how to find you.

You have made me and remade me, and you have bestowed on me all the good things I possess,

and still I do not know you. I have not yet done that for which I was made. Teach me to seek you, for I cannot seek you unless you teach me, or find you unless you show yourself to me. Let me seek you in desire. Let me desire you in my seeking. Let me find you by loving you. Let me love you when I find you. St. Anselm

**Advice from St. Francis de Sales**

Do not look forward in fear to the changes of life;

Rather look to them with full hope that as they arise,

God, whose very own you are, will lead you safely through all things.

And when you cannot stand it, God will carry you in His arms.

Do not fear what may happen tomorrow;

The same everlasting Father who cares for you today

will take care of you today and every day.

He will either shield you from suffering or will give you

unfailing strength to bear it.

Be at peace and put aside all anxious thoughts and imaginings. St. Francis de Sales

**Prayer to the Holy Spirit**

Holy Spirit give us understanding to guide us in our meeting.

Holy Spirit give us wisdom to see clearly the truth about the needs of our parish.

Holy Spirit give us courage to look honestly at problem situations and painful realities.

Holy Spirit give us strength to rise above anger or resentment.

Holy Spirit give us the desire to forgive and to seek forgiveness.

Holy Spirit give us the consolation we need to seek and to follow God’s will. Amen.