



## **Prayer for Personal Transformation and Inner Healing**



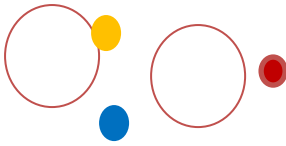
Dear God, you know me through and through. There is nothing which I can hide from you. You know my thoughts, my feelings, my attitude, my emotions, my activities and every movement of my being. Day by day I discover more about who I am and I know my thoughts influence my life. Help me Lord to focus on the Godly values and make me complete and perfect. Cleanse me, mold me transform me to a new being. Help me Lord to become more receptive and fill me with the strength, courage and confidence to meet the challenges of life. I dedicate my thoughts, words and deeds to you to be guided by your Holy Spirit. Lord let me be away from negativity and embrace peace, joy and optimism. Transform my thought patterns and help me to recognize, reject and replace thoughts that are not pleasing to you.

Lord, in you I am transformed  
And transformed still again.

When the discouraged cry for hope, make me hope.  
When the hungry cry for bread, make me bread.  
When the thirsty cry for water, make me water.  
When the suffering cry for help, make me help.  
When the sick cry for healing, make me healing.  
When the bound cry for freedom, make me freedom.  
When the outcasts cry for love, make me love.

Lord who is hope,  
who is bread and water,  
who is help and healing,  
who is freedom,  
and who is love,  
Transform me anew,  
and so keep me close to you,  
as you transform the world. Amen

**Sr. Mareena Chacko SSpS**



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Lord I thank you for the very life that you have given me. Thank you for good health, strong body, sound mind, heart and soul. Your sacred body and blood that we receive each day brings new life and gives more strength and courage walk extra miles each day as it mingles in our blood. Lord as we thank you, we also need your healing and forgiving touch at every moment. The human weaknesses never leave us free. In the words of St. Peter (1Peter 2:24b) we believe that by your wounds we have been healed.  
I pray for the healing grace of Jesus.

The healing grace of Jesus heal my soul from all iniquities. Give me a healthy soul, body and mind, heal the innerstrength lessness, unwanted feelings, dislike, nonacceptance and lingering anger, and many other negating characters. Search and find me O Lord. Restore my health and free me from all the ailments and make me whole again.

Holy Spirit healer of body and soul forgive me and help me to forgive others. Spirit of life take complete control of my life, take possession of me and lead me to Jesus. Jesus you told to the woman "your faith has made you well. Go in peace" I too want to experience the healing in me. Allow me to touch the fringe of your Garment in faith that I may be healed from all pain and sicknesses. Amen

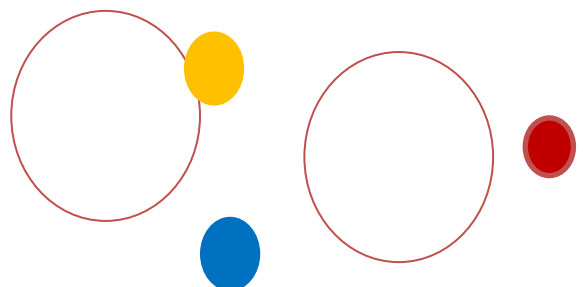
**Sr. Mary Grace SSpS**

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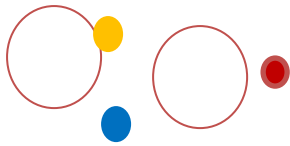
Abba Father, thank you for creating me in your own image and likeness and loving me from all eternity. You have blessed me with the gift of faith to know you, love you and belong to you. Your son Jesus gave His life on the cross to reveal the depth of your love. He nourishes me with His Word, and Eucharist to help me remain in His love for I am His beloved. May I live in the awareness of the Divine presence in the core of my being and become His love and peace to others. Jesus you have called me to be with you and proclaim the good news. You are my everything. My deepest desire is to be at peace and harmony with myself, others and creation; to be kind and compassionate like you. Dear Jesus send your Holy Spirit to touch, heal and transform inner being that I may reflect your love, peace, patience and goodness to all. Make me humble to respect, love and accept others without expecting anything in return. Purify my heart and mind that I may always think good of others. Oh, Holy Spirit, the breath of my life, may I live in communion with you and radiate your love, peace and compassion in my thoughts, words and actions. Make me a channel of your peace. Amen.

**Sr. Pulcharia Minz SSpS**





O Lord my God! I pray you to walk beside me, guide me and help me to hold on to You strongly, through the temptations and trails. I pray for the spiritual sight of transformation and conversion that will help me look at reality from the perspective of God. Give me a new sight that will allow me to become doer of the word, spreading the good news in and through all my actions. Help me hold on to my faith, even in the darkest hour. Lord increase my faith. Open my inner eyes of faith that may I see you and behold you in the temple of my heart. Let the faith which I have received be a leaven in the society, that your love be manifested in my life.



**Sr. Pratibha Pradhan SSps**

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O Lord, we praise you, we adore you, we glorify your holy name.

For you created us in your image and likeness.

You cleansed and redeemed us through your precious blood.

You strengthen us through your body and blood.

You empower us with your wound.

You reveal to us through the nature and everything in it declare your presence.

You called us to be heralds of good news that God is love and loves everyone.

Transform us Lord radically in all that we are, in all that we do or say.

May we proclaim your greatness and love to all through our lives. Amen.

**Sr. Vimla Jacob SSps**



*Prayer is a great mystery. It emerges from the secret depths of our hearts and convinces us that God is present, that we are able to reach God in the silence of our souls even without a word, that God receives the prayer and answers it.*