



INSTITUTE OF LAY FORMATION

Diocese of Winona-Rochester

Forming lay women and men for discipleship and Gospel witness



Session Prayer

September 18, 2021 - Sacred Heart Parish, Owatonna

OPENING PRAYER (“The Exaltation of the Holy Cross”)

Opening

Leader: We adore you, O Christ, and we praise you.

All: *Because, by your holy cross, you have redeemed the world.*

Leader: We fall silent before the mystery of your great love.

All: *Help us to lovingly accept the cross in our own lives.*



Reflection (on Matthew 16:24)

“Whoever wishes to come after me must deny himself, take up his cross, and follow me.”

“When Jesus says ... He knows the way.” (*Impact* / September 2021)

Intercessions

Leader: Jesus, you bore our sins to the cross and, by your fidelity to the Father and to your earthly mission, brought healing and new life to the world. Your cross stands as a symbol of sacrificial love and of hope beyond suffering. Hear us, we pray:

Reader: For parents who practice sacrificial love to meet the needs of their children:

All: *Hear us and bless them with hope, we pray.*

Reader: For believers who suffer ridicule for their faith or who struggle with doubts:

All: *Hear us and bless them with hope, we pray.*

Reader: For those afflicted with depression, cynicism, or despair:

All: *Hear us and bless them with hope, we pray.*

Reader: For all who labor daily to extend a kind word or encouraging smile to others:

All: *Hear us and bless them with hope, we pray.*

Reader: For victims of injustice or violence, who know the crushing pain of the cross:

All: *Hear us and bless them with hope, we pray.*

Reader: For the grateful among us who have experienced new life after a time of suffering:

All: *Hear us and bless them with hope, we pray.*

Prayer

Leader: Saving God, the cross of Jesus has become the sign of our salvation. We ask for the grace to accept our portion of human suffering in any form or shape by which it comes to us. By uniting our sorrows with his, may we flourish even in the very midst of crisis. With Jesus, may we persevere into new life with you. We ask this in the name of Jesus, whose fidelity led to the cross and, beyond it to resurrection.

All: *Amen.*

Closing

Leader: Jesus, we give thanks that by your wounds,

All: *We are healed. Amen.*

Leader: Jesus, we give thanks that by your cross,

All: *We are freed from sin. Amen.*

Leader: Jesus, we give thanks that by your sacrificial love,

All: *We are born to eternal life. Amen.*

CLOSING PRAYER (“Our Lady of Sorrows”)

Reading

*Standing by the cross of Jesus were his mother
and his mother's sister, Mary the wife of Clopas,
and Mary Magdalene.*

*When Jesus saw his mother and the disciple there whom he loved
he said to his mother, "Woman, behold, your son."*

*Then he said to the disciple,
"Behold, your mother."*

And from that hour the disciple took her into his home.

(John 19:25-27)



Reflection

“The evangelist recounts... obedience, sacrifice, and love.”

(Pope Benedict / September 17, 2006)

Prayer to Our Lady of Sorrows

Leader: Our mother of sorrows, ... at the hour of our death.

All: *Amen.*

Closing

Leader: We adore you, O Christ, and we praise you.

All: *Because, by your holy cross, you have redeemed the world.*