

My Saint Pio Prayer Book



"Pray, hope and don't worry."

*A Treasury of Prayers from the
Padre Pio Foundation of America*

My Saint Pio Prayer Book



**The Padre Pio Foundation
of America**

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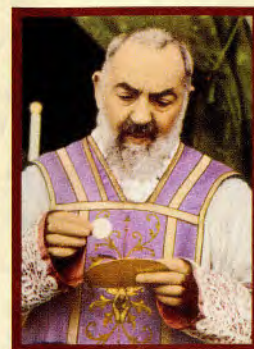
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Biographical Notes on St. Pio of Pietrelcina



- Born Francesco Forgione, May 25, 1887 in Pietrelcina, Italy.
- Baptized May 26, 1887 in Santa Ana's Chapel.
- Invested as a Capuchin Friar Jan. 22, 1903.
- Ordained a priest August 10, 1910.
- Celebrated First Mass August 14, 1910 in Pietrelcina; remained there to assist local pastor.
- Invisible Stigmata first experienced September 7, 1910.
- Temporarily assigned to San Giovanni Rotondo September 4, 1916. (assignment becomes permanent)
- Stigmata becomes visible September 20, 1918.
- Died September 23, 1968.
- Cause for Beatification opened in 1969; presented to the Holy Congregation of Saints in 1973.
- Declared Venerable December 18, 1997.
- Beatified May 2, 1999.
- Canonized a Saint by Saint John Paul II on June 16, 2002.

Padre Pio is the only priest in Catholic history to bear the Stigmata, the five wounds of Jesus Christ crucified. Padre Pio was also blessed by God with the gifts of discernment of spirits, prophecy, healing, bilocation and more. He is a powerful intercessor for us before Almighty God.

He was born Francesco Forgione in the Italian village of Pietrelcina on May 25, 1887. His parents, Giuseppa and Grazio Forgione, were peasant farmers.

At the age of 15 he entered the novitiate of the Capuchin Franciscan Friars and was ordained a priest in 1910. On September 7, 1910, while at prayer in Piana Romana, where his family's farmhouse was located, he received the invisible Stigmata. On September 20, 1918, while praying in the Friary Chapel in San Giovanni Rotondo, Padre Pio received the visible Stigmata, the five wounds of Christ: a wound on his left side, and bleeding wounds in his hands and feet, which he bore for fifty years.

Among Padre Pio's most important works is a hospital, *La Casa Sollievo della Sofferenza*, the Home for the Relief of Suffering, dedicated in 1956. This was Padre Pio's dream come true. It is situated on the mountain in San Giovanni Rotondo, next to Our Lady of Grace Church and Friary.

GENERAL PRAYERS

The Lord's Prayer

Our Father who art in Heaven,
hallowed be Thy name.
Thy kingdom come.
Thy will be done on earth,
as it is in Heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil. Amen.



Hail Mary

Hail Mary, full of grace; the Lord is with thee;
Blessed art thou among women, and blessed
is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now, and at the hour of our death. Amen.

Glory Be

Glory be to the Father, and to the Son, and to
the Holy Spirit, as it was in the beginning, is now,
and ever shall be, world without end, Amen.

The Apostles Creed

I believe in God, the Father Almighty, creator of Heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and buried. He descended into hell, the third day He rose again from the dead. He ascended into Heaven, and is seated at the right hand of God, the Father Almighty. From thence He shall come to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day, for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the needs of all my family and friends, and in particular, for the intentions of the Holy Father.

I wish to gain all the indulgences attached to the prayers I shall say and to the good works I shall do this day. Amen.



Evening Prayer

Lord Jesus Christ, my God, I adore You and thank You for all the graces You have given me this day. I offer You my sleep and the moments of this night. I beseech You to protect me and keep me safe. Therefore I place myself within Your sacred side and under the mantle of Our Blessed Lady, my mother. Let Your holy angels stand about me and keep me in Your peace. Let Your blessing be upon me throughout the hours of this night, so I may awake to serve You, strengthened and refreshed, for a new day. Amen.



St. Augustine's Night Prayer

Watch, O Lord, with those who wake, or watch or weep tonight, and give Your angels and saints charge over those who sleep. Tend Your sick ones, O Loving Lord; rest Your weary ones; bless Your dying ones; soothe Your suffering ones; pity Your afflicted ones; shield Your joyous ones. And all for Your love's sake. Amen.

"This heart of mine is Yours, my Jesus, so take this heart of mine, fill it with Your love and then order me to do whatever you wish." Padre Pio

Grace Before Meals

Bless us, O Lord, and these Your gifts,
which we are about to receive from Thy bounty,
through Christ our Lord. Amen.

Grace After Meals

We give You thanks, Almighty God,
for these and for all Your blessings;
You who live and reign, forever and ever. Amen.

An Act of Contrition

O my God, I am heartily sorry for having offended
You. And I detest all my sins because they have
offended You, my God, who are all good and
deserving of all my love.

I firmly resolve, with the help of Your grace, to sin
no more, and to avoid the near occasions of sin.
Amen.

Come, Holy Spirit

Come, Holy Spirit, fill the hearts of
Your faithful, and kindle in them the
fire of Your love.

Send forth Your Spirit, and they shall be created;
and You will renew the face of the earth.

O God, You taught the hearts of Your faithful by
the light of the Holy Spirit, grant that by the gift of
that same Spirit, we may be truly wise and always
rejoice in His consolation. We ask this through
Christ our Lord. Amen.



Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ,
wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Your wounds, shelter me.
Never permit me to be separated from You.
From the evil one, protect me.
In the hour of my death, call me,
and bid me come to You.
That with Your saints I may praise You,
forever and ever. Amen.

St. Ignatius of Loyola



Prayer of Spiritual Communion

My Jesus, I believe that You
are present in the Blessed
Sacrament. I love You above
all things and I desire You in
my soul.

Since I cannot now receive
You sacramentally, come at
least spiritually into my heart.

As though You were already
there, I embrace You and unite myself wholly to
You. Permit not that I should ever be separated
from You. Amen.



The Chaplet of the Divine Mercy

Using Rosary beads, begin with:

Our Father . . . , Hail Mary
. . . , the Apostles Creed.

*On the large bead before
each decade say:*

**Eternal Father, I offer You
the Body and Blood, Soul and
Divinity of Your dearly beloved Son,
Our Lord Jesus Christ, in atonement for
our sins and those of the whole world.**

On the ten small beads of each decade:

**For the sake of His sorrowful Passion, have
mercy on us and on the whole world.**

*After the last decade, recite the following prayer
three times:*

**Holy God, Holy Mighty One, Holy Immortal
One, have mercy on us and on the whole world.**

*(From Divine Mercy in My Soul, the Diary of Sister
Faustina, Note Book I, page 197.)*

*This Chaplet is offered by the staff of the Padre Pio
Foundation, for the needs of all benefactors,
and all who have requested prayers.*



Divine Mercy Prayer

Eternal Father, I offer You the Body and Blood,
Soul and Divinity of Your dearly beloved Son,
Our Lord Jesus Christ, in atonement for our sins
and those of the whole world.

For the sake of His sorrowful passion,
have mercy on us and on the whole world.

Trust in the Divine Mercy

**“Without Divine Grace, could you have been
victorious in all the crisis and all the spiritual
battles which you have had to face? Well,
then, open your soul more and more to Divine
Hope, have more trust in the Divine Mercy,
which is the only refuge of the soul exposed to
a stormy sea.” Padre Pio**

**“Walk cheerfully and with a sincere and open
heart as much as you can, and when you cannot
always maintain this holy joy, at least do not
lose heart or your trust in God.” Padre Pio**

Prayer Before Bed

Lord, grant me a safe and restful sleep, that I might
awaken refreshed and eager to serve You. Amen



PRAYERS TO OUR BLESSED MOTHER

The Memorare

Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to your protection, implored your help or sought your intercession, was left unaided.

Inspired by this confidence, I fly unto you, O Virgin of virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful.

O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me. Amen.

Prayer To Mary

Gentle Mother of God, full of grace, the Door of Heaven that is always open, through you may the eyes of God rest upon us.

In your goodness, help the needy. To those who hesitate, to the little ones, grant your assistance. Comfort the weak, protect the poor, walk with the abandoned.

May the persecuted find in you consolation, and the persecutors, conversion and forgiveness. Have mercy on all prisoners; spare them of all despondency of soul and sadness of heart.

Pray for all people; intercede for the bishops and priests, and for all consecrated souls. May all those who celebrate your memory rejoice in receiving your assistance. Lend an attentive ear to the prayers of all those who beseech you, and grant them the favor they seek.

Support by your constant intercession the holy people of God. Consecrate them in unity and in truth.

May we finally experience, Blessed Mother, the joy which flows from you, who was chosen to bear the prince of mankind, Jesus Christ, Our Lord and God forever. Amen. Alleluia.



Prayer to Our Lady of Grace



*This is the image of Our Lady of Grace,
above the Main Altar in the Friary Church
at San Giovanni Rotondo, Italy, where
Padre Pio prayed during most of his life.*

O heavenly treasurer of all graces, Mother of God and my mother Mary, since you are the first-born daughter of the Eternal Father and hold in your hand His omnipotence, be moved to pity my soul and grant me the graces which I fervently ask of you.

Hail Mary . . .

O merciful dispenser of divine graces, Mary most holy, mother of the Eternal Incarnate Word, who has crowned you with His immense wisdom, look upon the greatness of my sorrow and grant me the graces I need so much.

Hail Mary . . .

O most loving dispenser of divine graces, Immaculate Spouse of the Eternal Holy Spirit, most holy Mary, who have received from Him a heart which is moved to pity by human misfortunes and which is constrained to offer consolation to those who suffer, be moved to pity my soul and grant me those graces which I await from you with full confidence in your immense goodness.

Hail Mary . . .

O my mother, treasurer of all graces, refuge of poor sinners, consolation of the afflicted, hope of those who despair and most powerful help of Christians, I place all my confidence in you, being sure that you will obtain for me from Jesus the graces which I so much desire, if they are for the good of my soul.

Hail Holy Queen . . .

**“May the Mother of Jesus, and our Mother,
always smile on you and obtain for you, from
her Most Holy Son, every heavenly blessing.”**

Padre Pio

Prayer to Our Lady of Guadalupe

Most gracious Virgin of Guadalupe, who blessed Mexico and all the Americas by your appearance to St. Juan Diego, intercede for the holy Church, protect the Pope, and help everyone who invokes you in their necessities.

O Mystical Rose, hear our prayers and our petitions, especially for the particular intention we pray for at this time (*make your request*).

As the ever Virgin Mary and Mother of the true God, obtain for us from your most holy Son the grace of keeping our faith, sweet hope in the midst of the bitterness of life, as well as an ardent love and the precious gift of final perseverance. Amen.

Prayer to Mary, Help of the Helpless

Holy Mary, help the helpless, strengthen the fearful, comfort the sorrowful, pray for the people, plead for the clergy, intercede for all women and men consecrated to God; may all who honor you experience the powerful help of your assistance. Amen.



HOW TO PRAY THE ROSARY

1. Make the Sign of the Cross and while holding the Crucifix in your hand, recite the Apostles' Creed.
2. On the first bead, recite the Our Father.
3. On the three small beads, recite the Hail Mary for an increase of faith, hope and charity.
4. Recite the Glory Be to the Father: *Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and ever shall be, world without end. Amen.*
5. Call to mind the first Mystery and reflect upon it; then recite on the large bead, the Our Father.
6. On the ten small beads, recite the Hail Mary, keeping in mind the Mystery.
7. On the single bead between the decades, recite the Glory Be to the Father.



Each of the following decades continues as in the first; recall the Mystery, then say the Our Father, the ten Hail Marys and the Glory Be to the Father prayer.

The Mysteries of the Rosary

Joyful Mysteries

Monday and Saturday

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding of Jesus in the Temple



Luminous Mysteries

Thursday

1. Jesus' Baptism in the Jordan
2. Jesus' self-manifestation at the Wedding at Cana
3. Jesus' proclamation of the Kingdom of God with the call to conversion
4. The Transfiguration of Jesus
5. Institution of the Eucharist as the Sacramental expression of the Paschal Mystery

Sorrowful Mysteries

Tuesday and Friday

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion



Glorious Mysteries

Sunday and Wednesday

1. The Resurrection
2. The Ascension of Jesus
3. The Descent of the Holy Spirit
4. The Assumption of Mary
5. The Crowning of Mary



Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears.

Turn then, most gracious Advocate, your eyes of mercy towards us, and after this our exile, show unto us the blessed fruit of your womb, Jesus.

O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Sub Tuum

Ancient Prayer to Mary (250 A.D.)

We fly to your protection, O holy Mother of God;
Despise not our petitions in our necessities,
but deliver us always from all dangers,
O glorious and blessed Virgin. Amen.



Mother of the Holy Innocents Prayer

This prayer is offered at the Padre Pio Foundation Chapel when Votive Candles are lighted for your special intentions.

Blessed Mary, Mother of the Holy Innocents,
I light this candle in your honor.
May it burn brightly as a sign of hope for
those who despair, a voice for those who
cannot speak, a plea for mercy for the helpless.
Holy Mary, I beseech you,
hear my prayer and enfold all your children
under your mantle of protection and love. Amen.

PADRE PIO PRAYERS

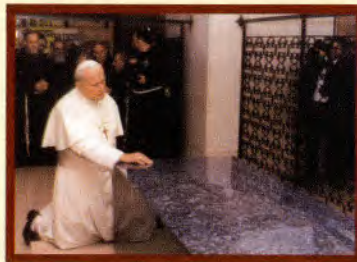
Prayer to St. Pio of Pietrelcina

Most blessed and beloved Saint Pio, you were chosen to glorify the crucified Jesus Christ through the visible wounds of the Cross that you bore for 50 years. And like our Lord Jesus, you demonstrate your great love by sharing the many gifts bestowed upon you – especially the gift of intercession.

Because of your great friendship with the Lord, He responds to your requests and blesses those who you bless. I now add my prayer to the many prayers offered to you every day by those who seek your help to obtain healings and consolations, earthly and spiritual blessings, and peace for body, mind and soul.

In your loving kindness, please bless my loved ones and me, and intercede for these special requests . . . (*Here mention your intentions.*)

In your great love, Saint Pio, please continue to pray with us and for us. Amen.



Pope John Paul II,
praying at Padre Pio's
tomb, May 1987,
the 100th anniversary
of Padre Pio's birth.



Efficacious Novena to the Sacred Heart of Jesus

(Padre Pio recited this Novena every day for all those who asked for his prayers.)

O my Jesus, you have said: “Truly I say to you, ask and it will be given you, seek and you will find, knock and it will be opened to you.” Behold I knock, I seek and ask for the grace of . . .

Our Father... Hail Mary... Glory be to the Father... Sacred Heart of Jesus, I place all my trust in You.

O my Jesus, You have said: “Truly I say to you, if you ask anything of the Father in my name, He will give it to you.” Behold, in Your name, I ask the Father for the grace of . . .

Our Father... Hail Mary... Glory be to the Father... Sacred Heart of Jesus, I place all my trust in You.

O my Jesus, you have said: “Truly I say to you, Heaven and earth will pass away, but my words will not pass away.” Encouraged by Your infallible words, I now ask for the grace of . . .

Our Father... Hail Mary... Glory be to the Father... Sacred Heart of Jesus, I place all my trust in you.

O Sacred Heart of Jesus, for whom it is impossible not to have compassion on the afflicted, have pity on us sinners, and grant us the grace which we ask of You, through the Sorrowful and Immaculate Heart of Mary, Your tender mother and ours.

Pray the “Hail, Holy Queen.”

Conclude with:
St. Joseph, foster father of Jesus, pray for us.

(You are invited to recite this prayer daily, so as to be spiritually united with the prayer of Saint Pio.)



Stay with me, Lord Prayer After Communion

Written by Saint Pio of Pietrelcina

Stay with me, Lord, for it is necessary to have You present so that I do not forget You. You know how easily I abandon You.

Stay with me, Lord, because I am weak and I need Your strength, that I may not fall so often.

Stay with me, Lord, for You are my life, and without You, I am without meaning and hope.

Stay with me, Lord, for You are my light, and without You I am in darkness.

Stay with me, Lord, to show me Your will.

Stay with me, Lord, so that I can hear Your voice and follow You.

Stay with me, Lord, for I desire to love You ever more, and to be in Your company always.

Stay with me, Lord, if You wish me to be always faithful to You.

Stay with me, Lord, for as poor as my soul is, I wish it to be a place of consolation for You, a dwelling of Your love.

Stay with me Jesus, for it is getting late; the days are coming to a close and life is passing. Death, judgment and eternity are drawing near. It is necessary to renew my strength, so that I will not stop along the way, and for that I need You.

It is getting late and death approaches. I fear the darkness, the temptations, the dryness, the cross, the sorrows.

O how I need you, my Jesus, in this night of exile!

Stay with me, Jesus, because in the darkness of this life, with all its dangers, I need You. Help me to recognize You as Your disciples did at the Breaking of the Bread, so that the Eucharistic Communion be the light which disperses the darkness, the power which sustains me, the unique joy of my heart.

Stay with me, Lord, because at the hour of my death I want to be one with You, and if not by Communion, at least by Your grace and love.

Stay with me, Jesus. I do not ask for divine consolations because I do not deserve them, but I only ask for the gift of Your presence. Oh yes! I ask this of You!

Stay with me, Lord, for I seek You alone, Your Love, Your Grace, Your Will, Your Heart, Your Spirit, because I love You and I ask for no other reward but to love You more and more, with a strong and active love.

Grant that I may love You with all my heart while on earth, so that I can continue to love You perfectly throughout all eternity, dear Jesus. Amen!

Feast Day: September 23

Prayer to Padre Pio to become a Spiritual Child

Dear Padre Pio, I recall your promise to the Lord,
“Lord, I will stand at the gates of Heaven until I see all my spiritual children have entered.”



Encouraged by your gracious promise, I ask you to accept me as a spiritual child and to intercede for my prayer requests . . . (*Here state your petitions.*)

Glory be to the Father, and to the Son, and to the Holy Spirit, now and forever. Amen.

The following quotes from Padre Pio tell how he looked after and loved his spiritual family:

“I love my Spiritual Children as much as my own soul, and even more.”

“Once I take a soul on, I also take on their entire family as my spiritual children.”

“To my Spiritual Children, my prayers for you will never be lacking.”

“If one of my spiritual children ever goes astray, I shall leave my flock and seek him out.”

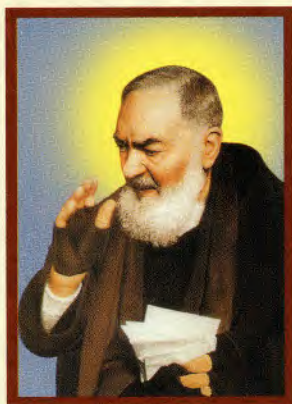
“I shall stand at the gates of Paradise until all my spiritual children have entered.”

Padre Pio's Prayer to Jesus

O my Jesus, give me Your strength
when my weak nature rebels against the
distress and suffering of this life of exile,
and enable me to accept everything
with serenity and peace.

With my whole strength I cling to Your merits,
Your sufferings, Your expiation, and Your tears,
so that I may be able to cooperate with You
in the work of salvation.

Give me strength to fly from sin,
the only cause of Your agony,
Your sweat of blood and
Your death. Destroy in me all
that displeases You and fill
my heart with the fire of
Your holy love and all Your
sufferings.



Clasp me tenderly, firmly,
close to You that I may never leave You alone
in Your cruel Passion.

I ask only for a place of rest in Your heart.
My desire is to share in Your agony and
be beside You in the Garden.

May my soul be inebriated by Your love
and nourished with the bread of
Your sorrow. Amen.



Saint Pio Prayer

**O God, You gave Saint Pio of Pietrelcina,
Capuchin priest, the great privilege of
participating in a unique way in the Passion
of Your Son.**

**Grant me through his intercession the
grace of . . . (Here mention your petition)
which I ardently desire; And above all, grant
me the grace of living in conformity with the
death of Jesus, to arrive at the glory of the
resurrection.**

Glory be to the Father . . . (three times)

Padre Pio's Prayer for Trust & Confidence

O Lord, we ask for a boundless confidence and trust in Your Divine Mercy, and the courage to accept the crosses and sufferings which bring immense goodness to our souls and that of Your Church.

Help us to love You with a pure and contrite heart, and to humble ourselves beneath Your Cross, as we climb the mountain of holiness, carrying our cross that leads to heavenly glory.

May we receive You with great faith and love in Holy Communion, and allow You to act in us, as You desire, for Your greater glory.

O Jesus, most adorable heart and eternal fountain of Divine Love, may our prayer find favor before the Divine Majesty of Your Heavenly Father. Amen.

Padre Pio Counsels on Prayer:

"Pray with perseverance, trust, and a serene and calm mind."

"Pray, hope and don't worry. Worry is useless. God is merciful and will hear your prayer."

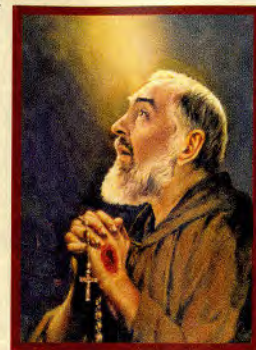
"Prayer is the best weapon we have; it is the key that opens God's heart."

Padre Pio's Prayer to Accept God's Will

Lord, God of my heart, You alone know and see all my troubles. You alone are aware that all my distress springs from my fear of losing You, of offending You, from my fear of not loving You as much as I should love and desire to love You.

If You, to whom everything is present and who alone can see the future, know that it is for Your greater glory and for my salvation that I should remain in this state, then let it be so. I don't want to escape from it.

Give me the strength to fight and to obtain the prize due to strong souls. Amen.



Feast Day Prayer

God our Father, by Your Spirit You raised up St. Pio of Pietrelcina to show Your people the way to perfection. You made him a pastor of the Church to feed Your sheep with his words, and to teach them by his example.

Help us by his prayers to keep the faith he taught, and to follow the way of life he showed us. Through Christ Our Lord. Amen.

Litany of Saint Pio

Lord, have mercy.
Christ, have mercy.

Lord, have mercy.
Christ, hear us.
Christ, graciously hear us.

God the Father of Heaven,
have mercy on us.
God the Son, Redeemer of the World,
have mercy on us.
God the Holy Spirit, have mercy on us.
Holy Trinity, One God, have mercy on us.

Holy Mary, pray for us.
St. Francis of Assisi, pray for us.
St. Anthony of Padua, pray for us.
St. Pio of Pietrelcina, pray for us.

St. Pio, holy man of God, pray for us.
St. Pio, faithful servant of the Father, pray for us.
St. Pio, mirror of the Son, pray for us.

St. Pio, vessel of the Holy Spirit, pray for us.
Victim of Divine Love, pray for us.
Blessed recipient of the mystical espousal, pray for us.
Beloved spiritual son of the Virgin Mary, pray for us.

St. Pio, fervent promoter of the most Holy Rosary,
pray for us.
Lover of the Holy Mysteries, pray for us.
Devoted Son of Mary, pray for us.
Holy priest of God, pray for us.



Minister of God's Sacraments, pray for us.
St. Pio, sanctified in God's grace, pray for us.
Consecrated to God, pray for us.
Fortified by His love, pray for us.

St. Pio, lover of the Holy Eucharist, pray for us.
Defender and lover of the truth, pray for us.
Champion of the Faith, pray for us.
Humble Friar of prayer, pray for us.

St. Pio, great intercessor of God, pray for us.
Dispenser of God's love and mercy, pray for us.
Chaste lover of purity, pray for us.
Lover of poverty, pray for us.

St. Pio, Seraphic son of St. Francis, pray for us.
Man of true Franciscan spirit, pray for us.
Friend of the Holy Angels, pray for us.
Hope of God's people, pray for us.

St. Pio, God's vessel of healing of body and spirit,
pray for us.
Testament of God's Holy Word, pray for us.
God's servant of grace, pray for us.
Wounded victim of Christ, pray for us.
Loving bearer of the Passion of Our Lord,
pray for us.

Almighty Father, in Your great love and mercy, You
gave us your faithful servant, Saint Pio of Pietrelcina.
May we experience Your help and grace in our
present need through his intercession. Amen.

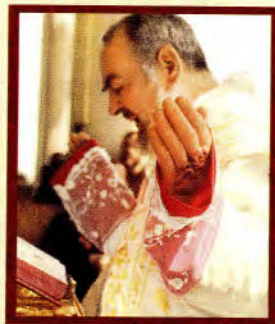
Take Up the Cross

God of mercy and love, You called St. Pio of Pietrelcina to extend the mystery of the Cross visibly into the lives of sinners and sufferers, that they might be converted to believe in the Gospel.

Through his intercession, strengthen all believers in the willingness to take up the Cross daily and follow Jesus Christ Your Son, Our Lord, who lives and reigns with You and the Holy Spirit, one God, forever and ever. Amen.

Saint Pio's Blessing

May Jesus comfort you
in all your afflictions.
May He sustain you in dangers,
watch over you always
with His grace,
and show you the safe path
that leads to eternal salvation.
And may He render you always
dearer to His Divine Heart and
always more worthy of Paradise. Amen.



Prayer for the Deceased

O Loving God, through the heavenly intercession of St. Pio, welcome my beloved deceased into the company of the Saints, where tears are no more, all suffering and pain are ended and there is great joy, abundant life and peaceful rest in Your loving presence. Amen.

PRAYERS TO THE SAINTS

A Daily Prayer to the Saints

Dear Beloved Saint(s) _____ ,
you are my friend(s) in Heaven. You
guide me, you help me, you are there for
me in my earthly journey.

As I live my life today, help me in my
daily activities and direct me spiritually,
so I can know and understand God's plan
for me.

Give me the grace and strength to assist
those in need. Help me to care for those
who need care.

Seek the Lord's blessings for me, so
that I may experience God's love and
goodness as you did, despite all the
challenges and obstacles in daily life.

Ask God to grant me the courage and
determination to always do what is right
... for me, my family and those closest to
me. Please hear my petitions and
intercede for my special intentions before
Our Loving Lord. (*State your request*).
Amen.

Prayers to St. Michael the Archangel

Morning Prayer

God be praised for the freshness of the morning and the dawning of this new day. Blessed Michael, we call upon your special custody over us. Please shield us from all bodily and spiritual peril. Help us to be truly Christian in today's activities and leisure moments.



Inspire us to do good, to shun evil, and to remember how precious we are to the Giver of this new day. Amen.

Feast Day: September 29

Protection Prayer

St. Michael, the Archangel, defend us in the battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

St. Michael's Cave is located about 20 kilometers from San Giovanni Rotondo. Padre Pio often sent pilgrims to the Shrine. Padre Pio visited there on July 1, 1917.

Prayer to our Guardian Angel

Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.



Invocations to our Guardian Angels

Come to our assistance, O holy Angel Guardians. For you are helpers in our needs, consolers in our distress, illuminators in our darkness, protectors during times of danger, inspirers of good thoughts, intercessors with God, defenders against the evil enemy, faithful companions, sure friends, prudent counselors, models of holy obedience, and mirrors of humility and purity.

Come to our assistance, O Angels who guard over us, Angels of our families, Angels of our children, Angels of our country, Angels of the Church, and Angels of the universe. Amen.

Feast Day: October 2

Prayer to St. Joseph

Gracious St. Joseph,
protect me and my family
from all evil, as you did the
Holy Family.

Kindly keep us ever united in
the love of Christ, ever fervent in
imitation of the virtues of our
Blessed Lady, your sinless spouse,
and always faithful in devotion to you. Amen.

Feast Day: March 19



Prayer to St. Anne

O good St. Anne,
loving mother of the
Blessed Virgin Mary,
you are so powerful
in Heaven.

Heal me of all my
physical ailments,
preserve me from
every danger in life,
and pray for my soul's salvation
in the moment of my death. Amen.

Feast Day: July 26



Prayer to St. Jude

O holy St. Jude, great in
grace, rich in miracles,
faithful intercessor of all who
invoke your patronage in time of
need, I come to you, seeking your
special aid before the throne of
Almighty God. Help me in my
present and urgent petition. *(Here state your requests.)*

In gratitude, I promise to make your name
known, so that others can invoke your heavenly
assistance, to the glory of God and for the good
of souls. Amen.

Feast Day: October 28



Prayer to St. Thérèse, "The Little Flower"

O Glorious St. Thérèse, whom
Almighty God has raised up to aid
and inspire the human family, I
implore your miraculous intercession.
I fervently beseech you to answer
my petition *(make your request)* and to carry out your
promises of spending Heaven doing good upon earth.

Little Flower of Jesus, give me your childlike faith,
to see the face of God in people and experiences of
my life, and to love God with full confidence.
Help me to always believe as you did in God's
great love for me, so that I might imitate your
"little way" each day. Amen. *Feast Day: October 1*



Unfailing Prayer to St. Anthony of Padua

O holy St. Anthony, gentlest of saints, your love for God and charity toward all God's creatures made you worthy, while on earth, to possess miraculous powers. Miracles followed your word, which you were ever ready to speak for those in trouble or need.

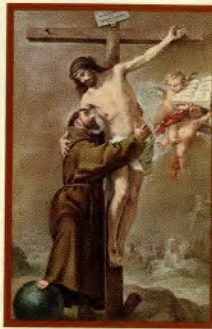
Encouraged by this thought, I implore you to grant also my request. *(Here mention your petition.)*

The answer to my prayer may require a miracle; even so, you are the Saint of Miracles!

O gentle and loving St. Anthony, whose heart was always full of human sympathy, whisper my petition into the ears of the Holy Infant Jesus, who loved to rest in your arms, and the gratitude of my heart will always be yours. Amen.

Blessing of St. Francis

May the Lord bless you and keep you. May He show His face to you and be merciful to you. May He turn His countenance to you and give you peace. May the Lord bless you.



Prayer to St. Anthony for Hope and Healing

O Loving St. Anthony, you responded to the needs of the sick and the troubled with countless miracles of healing and hope.

Hear my prayers for your heavenly intercession.

Comfort me when I am ill. Stay by my side when I am afflicted with worry and anxiety. Help me to experience God's healing power through your prayers, as well as my own.

If I am burdened with suffering, lead me to unite myself to the cross of Jesus Christ, so that my pain and sorrow can be of spiritual benefit to me and to others.

Pray for me, O good St. Anthony! Help me to realize that Jesus is with me every step of the way, every day of my life, and that in the strength of His gracious love, I will overcome life's fears and difficulties. Amen. *Feast Day: June 13*



Peace Prayer of St. Francis of Assisi

Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love;
where there is injury, pardon; where there is
doubt, faith; where there is despair, hope;
where there is darkness, light; and where there is
sadness, joy.

O Divine Master, grant that I may not so much
seek to be consoled as to console; to be
understood as to understand; to be loved
as to love. For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.
Amen.

Feast Day: October 4

Prayer to St. Philomena

O, virtuous St. Philomena,
Virgin and Martyr, Favored saint of
saints, popes and countless numbers
of the faithful, Patroness of youth and
the innocent, you who are known as
the “Wonder Worker” because of the
many miracles credited to your
powerful intercession, please intercede
for me and obtain the graces I now ask
for: *(mention your request)*.

Through our Lord, Jesus Christ,
our Merciful Savior who lives and
reigns with the Father and the
Holy Spirit, one God, forever and ever. Amen.



*Statue of
St. Philomena
at the Padre Pio
Foundation*

St. Patrick's Breastplate

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and
stranger. Amen.

Feast Day: March 17



Prayer to St. Peregrine Patron of those who suffer from cancer

O great St. Peregrine, you have been called “The
Mighty,” “The Wonder-Worker,” because of the
numerous miracles you have obtained from God
for those who have turned to you in their need. For
many years you bore in your own flesh this cancerous
disease that destroys the very fiber of our being.

You sought God's help when no earthly power was
able to assist you, and you were favored with the
vision of Jesus coming down from His Cross to
heal you of your illness. I now ask God to heal
these sick persons whom I entrust to you. *(Here
mention names.)* Aided by your powerful intercession,
I will forever offer prayers of gratitude to God for
His great goodness and mercy. Amen.

Feast Day: May 4

Prayer to St. Lucy Patron of good eyesight

O Merciful God, by the intercession of St. Lucy whose name means 'light', increase and preserve Your light in my soul so that I may avoid evil, be faithful in living out my faith and refrain from the blindness and darkness of sin.



St. Lucy, obtain for me, by God's blessing and your intercession, perfect vision for my eyes and the grace to use them for God's greater honor and glory and for the salvation of souls. St. Lucy, virgin and martyr, hear my prayers and obtain for me an answer to my petitions. Amen.

Feast Day: December 13

Prayer of St. Ignatius of Loyola

Take, O Lord, and receive my entire liberty, my memory, my understanding and my whole will. All that I am and all that I possess You have given me. I surrender it all to You to be disposed of accordingly to Your will.

Give me only Your love and Your grace; with these I will be rich enough and will desire nothing more.

Feast Day: July 31



St. Faustina's Prayer to Have a Merciful Heart Toward Others

O Jesus, I understand that Your mercy is beyond all imagining. I ask You, therefore, to make my heart so big that there will be room in it for the needs of all the souls living on this whole earthly globe.

O Jesus, my love reaches beyond the world to the Souls suffering in Purgatory, and I want to exercise mercy toward them by means of indulgenced prayers. God's mercy is unfathomable and inexhaustible, just as God Himself is unfathomable. Were I to use the strongest words for expressing this mercy of God, they are nothing in comparison with what it is in reality.

O Jesus, make my heart sensitive to all the sufferings of my neighbor whether they be of body or of soul. O my Jesus, I know that You act toward us as we act toward our neighbor. My Jesus, make my heart like Your merciful Heart. Jesus, help me to go through life doing good to everyone. Amen.

St. Faustina's Diary, II, 132

"Do not fear adversities because they place the soul at the foot of the Cross, and the Cross places it at the gates of Heaven, where it will find He who triumphed over death and will introduce it to eternal life."

Padre Pio

Prayer to St. Frances Xavier Cabrini

God our Father, You called St. Frances Cabrini from Italy to serve the immigrants of America. By her example teach us concern for the stranger, the sick, and the frustrated. By her prayers help us to see Christ in everyone we meet.



Lord Jesus, Savior of the world, mindful of Your bountiful goodness and love, we implore You, through the tender devotion of Mother Cabrini for Your Sacred Heart, to hear our prayers and grant our petitions. *(Here mention your request)*

O God, the Holy Spirit, Comforter of the afflicted, through the ardent zeal of Your humble handmaid, St. Frances Xavier Cabrini, grant us Your all-powerful aid in our necessities, sanctify our souls and fill our minds with Divine Light that we may see the Holy Will of God in all things.

Dear Mother Cabrini, beloved spouse of the Sacred Heart of Jesus, intercede for us that the favors we now ask may be granted. Amen.

Feast Day: November 13

Prayer to St. Joseph for a Happy Death

O Blessed St. Joseph, who gave up your last breath in the arms of Jesus and Mary, obtain for me, I beseech you, the grace of a happy death.

Defend me from all evil, especially in my final hour.

Assist me by your presence, protect me by your power, and obtain for me this grace.

O holy St. Joseph, that I may breathe forth my soul in praise, saying in spirit, if I am unable to do so in words: Jesus, Mary and Joseph, I give you my heart and my life. Amen.

Jesus, Mary and Joseph, I give you my heart and my soul. Jesus, Mary and Joseph, assist me in my last agony.

Jesus, Mary and Joseph, let me breathe forth my spirit in peace with you. Amen.

“Don’t tire yourself with things that cause anxieties, concerns and worries. Only one thing is necessary, to lift up your spirit and to love God.”

Padre Pio



PRAYERS FOR VARIOUS NEEDS

Prayer for My Family

Loving God, I offer thanks for the gift of my family. Help us to work together for peace and harmony in our relationships.

Grant us the grace to accept each other's faults and weaknesses. Protect us from harsh words and hurt feelings. Assist us to encourage one another's strengths and abilities.

Lead us to mutual understanding and support.

May we always forgive each other's failings and rejoice in one another's successes.

Watch over my family, Dear Lord. Bless us with good health and happiness. Fill our hearts with love, patience and kindness for one another, now and always. Amen.

Prayer for Our Children

Loving God, I prayerfully entrust our children and teenagers to Your special care.

Bless them with Your love and goodness. Grant them continued growth in wisdom, knowledge and



virtue. Protect them day and night, at home, in school, at play.

Inspire them each day to do their best.

Strengthen them during times of discouragement and disappointment.

Make them ever mindful of the needs of others, kind and caring toward the elderly and all those less fortunate.

May our children walk in the paths of holiness, as Your instruments of joy, love and peace in our family and in our world. Amen.

Prayer in Time of Personal Illness

O Loving Jesus, You responded to the needs of the sick with a generous and compassionate heart. Be with me when I am ill, and stay by my side when I am faced with infirmity.

Help me to experience Your great healing power in my mind, body and soul. If I am burdened with suffering, lead me to unite myself to Your Cross, so that my pain and sorrow can bring spiritual benefit to me as well as to others.

May bearing the cross of illness here on earth help me to be better prepared for the eternal joy of perfect happiness and fullness of life with God forever in Heaven. Amen.



Prayer for Peace of Mind

Kneeling at your feet, sweet Mother of God and Queen of Peace, I, your loving child, confidently turn to you in my need, seeking your intercession for peace of mind and comfort to my troubled heart. *(Here mention your petition.)*

O listen to me, dear Heavenly Mother. Come to my aid and refuse me not as I cry to you. For you are my mother, and you fail no one who has recourse to you, O Consoler of the afflicted, O Queen of Peace. Amen.

Thanksgiving for all God's Gifts

O God, whose mercies are without number, and whose goodness is an inexhaustible treasure, I give You thanks for the gifts You have given me, evermore beseeching Your goodness, that while You hear the prayers of all those who ask, You also prepare them for the blessings yet to come. Amen.

Prayer for the Holy Souls

Our Lord dictated the following prayer to St. Gertrude.

"Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the holy souls in Purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen."

Prayer for a Journey

Almighty and merciful God, You have commissioned Your angels to guide and protect us. Command them to be our careful companions, from our setting out until our return; to clothe us with their invisible protection; to keep us from all danger of collision, of fire, of explosion, of falls and bruises; and finally, having preserved us from all evil, and especially from sin, to guide us to our heavenly home. Through Jesus Christ our Lord. Amen.



"My Angels Will Watch Over You"

Donated to the
Padre Pio Foundation of
America and painted by
Gladys Roldan-de-Moras

"Near us is a celestial spirit, who, from the cradle to the tomb, does not leave us for an instant, guides us, protects us as a friend, a brother; will always be a consolation to us especially in our saddest moments."

Padre Pio

A Prayer for the Poor

Heavenly Father, we remember and place before You the intentions of our poorest brothers and sisters. We ask You to bring comfort to the destitute and healing to those who suffer in body or spirit.

Help us to be instruments of Your love so that, following Your Son's example, we may show compassion for the poor and neglected. May Your grace find expression in our efforts to feed the hungry, shelter the homeless, care for the sick, clothe the naked, and seek justice for the oppressed. Help us, through your Holy Spirit to turn sorrow and suffering into joy.

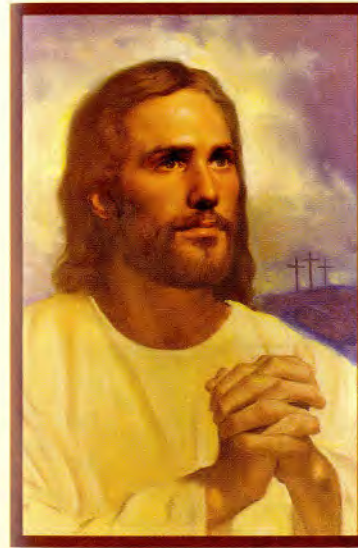
We ask this in the name of your Son, Who for our sakes became poor and lived among us, Jesus Christ. Amen.

Prayer for Our Beloved Deceased

Gracious God, look with mercy upon the souls of our deceased family, relatives and friends. Grant that those You have called from our homes and our hearts may enter the embrace of Your faithful and everlasting love in Heaven.

Eternal rest, grant to them, O Lord, and let perpetual light shine upon them. May their souls, and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Prayer for Jesus' Help in Every Need



In every need let me come to You with humble trust, saying: Jesus, help me.

In all my doubts, temptations and troubles of mind, Jesus, help me.

When I am lonely or tired, Jesus, help me.

When my plans and hopes have failed, in all my disappointments and sorrows, Jesus, help me.

When others let me down, and Your grace alone can assist me, Jesus, help me.

When my heart is heavy with failure and when I see no good come from my efforts, Jesus, help me.

When I feel impatient, and when my cross is hard to carry, Jesus, help me.

When I am ill, and my head and hands cannot work, Jesus, help me.

Always, always, in spite of weakness and falls of every kind, Jesus, help me, and never leave me. Amen.



The Padre Pio Foundation of America is located in Cromwell, Connecticut. It was established in 1977 to promote devotion to Padre Pio, to help preserve and maintain the places dearest to Padre Pio, and to foster adult vocations to the priesthood.

The beautiful statue shown above is located on our grounds, along with an outdoor gazebo that is home to hand-carved, life-size, wooden statues of Padre Pio and the Blessed Mother. At the PPF you will find a warm and inviting Chapel, along with The Padre Pio Gift Shop and Bookstore.

If you would like copies of this Prayer Book,
please contact us.



The Padre Pio Foundation of America

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Open First Saturday of each month from 9:00am to 2:00pm