

**Alpha Prayers**  
**Week 3**  
**Why Did Jesus Die?**

**O Sacrament Most Holy,  
O Sacrament Divine  
All praise and all thanksgiving  
Be every moment Thine! (3 times)**

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**Prayer for the Success of the Alpha Program**

Lord, when You called Abraham, He responded: "Ready"  
When You called Isaiah, he answered: "Here I am Lord"  
When the angel Gabriel called out to Mary, she responded:  
"I am the handmaid of the Lord. Let it be done unto me according to your word."  
Lord, I hear You calling my name.  
I hear You entrusting me with the task of building Your Kingdom like those  
holy men and women who have gone before me.  
I give You my `yes`!  
I will go anywhere You want me to go.  
I will do anything You want me to do.  
I will say anything You want me to say.  
Holy Spirit, I welcome You and ask You to guide me.  
Form in me an apostle's heart filled with love for Christ  
and zeal for souls.  
I will support with courage and generosity the new Alpha program, bringing people to Christ.  
I will build brick-by-brick, the city of God inside the city of man. Amen

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**Memorare**

Remember, O most gracious Virgin Mary, never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen

We come to you this evening, O Most Blessed Virgin Mary, as our guests contemplate and discuss the why your precious Son had to die. Intercede to the Holy Spirit that they may be enlightened, feel the true Love of God, and know that He died for our sins and our salvation. Let your remembrance of watching your Son in His agony awaken in them the extent of God's Love.

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**Prayers to the Holy Spirit**

Come Holy Spirit. Come by means of the powerful intercession of the Immaculate Heart of Mary, Your well-beloved spouse. Come Holy Spirit, fill the hearts of Your faithful. Enkindle in them the fire of your Love. Send forth your Spirit, O Lord, and they shall be created. And You shall renew the face of the earth.

Come Holy Spirit, our Creator come; and in Your servants live. To hearts that You Yourself have made, Your Grace from Heaven give. You are the one Who pleads for us. The gift of God, our goal. Love's Self, and Fire and Source of life and healing strength of soul. God's finger writing in our hearts and seven times a Gift. You are the Father's promise true. Our speech enrich, uplift. A flame to guide our senses light. With Love our hearts secure. Provide for failings of our flesh with power to endure. Still further yet drive back our foe and soon give us Your Peace. With you before us leading on, from all wrong shall we cease. Through You may we the Father know, and learn from You the Son, believing now and evermore, that Both with You are One. All Glory to the Father be, and to His Risen Son. All Glory, Spirit, be to You while endless ages run.

Powerful Holy Spirit, suffering and death are the hardest things for most people to comprehend and especially as they relate to love. We long to love and be loved. We desire to be happy and joyful without pain, without suffering, without sorrow. Open our hearts and mind to understand that You want this for us too and that we shall have it. We will obtain all the promises of Christ if we accept His Sacrificial Love, surrender to His Will, and give ourselves in love to Him. Unite us to the meek and humble Heart of Jesus.

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**Our Feeble Thank You**

No greater love than this, than to lay down one's life for a friend.

Father, when You created man, You knew it would come to this. You knew we would fail, and that Jesus would have to take on our flesh and atone for our sins. But, Your desire to share Your Love could no longer be contained. Your Love is such a pure and unselfish Love that You sent Your Only Begotten Son to die for us that we might receive Your Mercy and spend eternity with You.

Jesus, all things were made through You. Our Father could not, would not have created us without Your consent, without Your willingness to die for us, without your desire to suffer for us, to satisfy Justice, and to save us once for all that we might live in peace, beauty, and joy for eternity..sharing the Love of the Father with You.

And Most Holy Spirit, the totality of the Love of Father and Son and the power of that Love. Through You, Jesus became man. He Who was born to this world to die.

Oh Blessed Trinity, You – Father, Son, Holy Spirit, are the reason for our life now and in eternity. Let us recognize our sinfulness and need of Your Mercy, but, even greater, let us recognize the Love that is and was required for us to have that chance at life. We can never offer You sufficient thanksgiving, but, lead us to offer You our entire self in humble, unworthy imitation of Christ.

**Rosary Meditations – Sorrowful Mysteries**

***Jesus's Agony in the Garden***

My Soul is sorrowful, even unto death. Dearest Jesus, You spoke these words as you entered the garden. You held nothing back, experiencing everything that we do, not just the physical pain. In Your humanity you suffered fear, sorrow, unbelievable dread. You knew everything that would happen to You that next day. You knew everything that would happen to You for the rest of the world's existence – the rejection and betrayal then and now, the hatred, the unbelief. You witnessed every sin we would perpetrate against You and against each other. You knew, yet, You surrendered to the Will of the Father for His Justice and for Love of Him and us.

***Jesus's Scourging***

You revealed to St. Faustina, dear Jesus, that You suffered in the scourging to atone for our immorality, our sins of the flesh, our weakness in succumbing to earthly desires. As we reflect on why you died, let also reflect on the additional suffering You took on for our sake. Let the thoughts of that suffering lead us to purity, discipline, and holiness.

***The Crowning of Jesus with Thorns***

How You suffered, Jesus, as those Thorns stabbed Your tender head; the dirty robe weighing heavy on your open wounds from the scourging, and, the false worship offered You as they bowed at Your feet. Father, grant that, as we contemplate why Your Son had to die, You will remove the reed from our hands that we will no longer drive the thorns deeper. Holy Spirit, grant that we recognize the true Kingship of Jesus.

***Jesus Carries His Cross***

We ask You, Jesus, this simple prayer - Let us walk with You to Calvary.

***Jesus's Crucifixion***

This, oh Lord, is what it is all about. You died to save us. Let all who are participating in Alpha come to unite our voices with Yours in beseeching the Father: Father, forgive them for they know not what they do. Then, grant us the Grace to know

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**Litany of the Passion of our Lord Jesus Christ:**

Lord, have Mercy/Lord, have Mercy  
Christ, have Mercy/Christ, have Mercy  
Lord, have Mercy/Lord, Have Mercy  
Christ, hear us/Christ, graciously hear us.

**(Response “have Mercy on us):**

God the Father in Heaven,  
God the Son, Redeemer of the world,  
God the Holy Spirit,  
Holy Trinity, One God,  
Jesus, the Eternal Wisdom,  
Jesus, sold for thirty pieces of silver,  
Jesus, prostrate on the ground in prayer,  
Jesus, strengthened by an angel,  
Jesus, in Thine agony bathed in a bloody sweat,  
Jesus, betrayed by Judas with a kiss,  
Jesus, bound by the soldiers,  
Jesus, forsaken by Thy disciples,  
Jesus, brought before Annas and Caiphias,  
Jesus, struck in the face by a servant,  
Jesus, accused by false witnesses,  
Jesus, declared guilty of death,  
Jesus, spat upon,  
Jesus, blindfolded,  
Jesus, smitten on the cheek,  
Jesus, thrice denied by Peter,  
Jesus, despised and mocked by Herod,  
Jesus, clothed in a white garment,  
Jesus, rejected for Barabbas,  
Jesus, torn with scourges,  
Jesus, bruised for our sins,  
Jesus, esteemed a leper,  
Jesus, covered with a purple robe,  
Jesus, crowned with thorns,  
Jesus, struck with a reed upon the Head,  
Jesus, demanded for crucifixion by the Jews,  
Jesus, condemned to an ignominious death,  
Jesus, given up to the will of Thine enemies,  
Jesus, loaded with the heavy weight of the Cross,  
Jesus, led like a sheep to the slaughter,  
Jesus, stripped of Thy garments,  
Jesus, reviled by the malefactors,  
Jesus, promising Paradise to the penitent thief,  
Jesus, commending St. John to Thy Mother as her son,  
Jesus, declaring Thyself forsaken by Thy Father,  
Jesus, in Thy thirst given gall and vinegar to drink,

Jesus, testifying that all things written concerning  
Thee were accomplished,  
Jesus, commending Thy spirit into the hands of Thy  
Father,  
Jesus, obedient even to the death of the cross,  
Jesus, pierced with a lance,  
Jesus, made a propitiation for us,  
Jesus, taken down from the cross,  
Jesus, laid in the sepulcher,  
Jesus, rising gloriously from the dead,  
Jesus, ascending into Heaven,  
Jesus, our Advocate with the Father,  
Jesus, sending down on Thy disciples the Holy  
Spirit, the Paraclete,  
Jesus, exalting Thy Mother above the choirs of  
angels,  
Jesus, Who shall come to judge the living and the  
dead,  
Be merciful, spare us, O Lord.  
Be merciful, graciously hear us, O Lord.

**(Response “Lord Jesus, deliver us):**

From all evil,  
From all sin,  
From anger, hatred, and every evil will,  
From war, famine, and pestilence,  
From all dangers of mind and body,  
From everlasting death,  
Through Thy most pure Conception,  
Through Thy miraculous Nativity,  
Through Thy humble Circumcision,  
Through Thy baptism and holy fasting,  
Through Thy labors and watchings,  
Through Thy cruel scourging and crowning,  
Through Thy thirst, and tears, and nakedness,  
Through Thy precious death and Cross,  
Through Thy glorious Resurrection and Ascension,  
Through Thy sending forth the Holy Spirit, the  
Paraclete,  
In the Day of Judgement,

We sinners, beseech Thee, hear us

**(Response “We beseech Thee, hear us):**

That Thou wilt spare us,  
That Thou wilt pardon us,  
That Thou wilt bring us to true penance,  
That Thou wilt mercifully pour into our hearts the  
grace of the Holy Spirit,

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That Thou wilt defend and propagate Thy Holy Church,  
That Thou wilt preserve and increase all societies assembled in Thy Holy Name,  
That Thou wilt bestow upon us true peace,  
That Thou wilt give us perseverance in grace and in Thy holy service,  
That Thou wilt deliver us from unclean thoughts, from the temptations of the devil, and from everlasting damnation,  
That Thou wilt unite us to the company of Thy saints,  
That Thou wilt graciously hear us,

Lamb of God, Who takes away the sins of the world, spare us, O Lord.  
Lamb of God, Who takes away the sins of the world, graciously hear us, O Lord.

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Lamb of God, Who takes away the sins of the world, have mercy on us.

V. Christ, hear us. R. Christ, graciously hear us.  
V. We adore Thee, O Christ, and we bless Thee,  
R. Because by Thy Holy Cross Thou hast redeemed the world.

Let us Pray: Almighty and eternal God, Who didst appoint Thine only-begotten Son the Savior of the world and willed to be appeased by His blood, grant that we may so venerate this Price of our Salvation, and by its might be so defended upon earth from the evils of this present life, that in Heaven we may rejoice in its everlasting fruit. Through Christ Our Lord Who lives and reigns with Thee in unity of the Holy Spirit, world without end. Amen.

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**Prayer to Jesus Crucified**

Here I am, good and gentle Jesus, kneeling before you. With great fervor I pray and ask you to instill in me genuine convictions of faith, hope and love, with true sorrow for my sins and a firm resolve to amend them. While I contemplate your five wounds with great love and compassion, I remember the words which the prophet David long ago put on your lips: "They have pierced my hands and my feet, I can count all my bones." Amen.

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**Divine Mercy Chaplet**

Father, we offer these prayers for the intentions of our Alpha Team and our Guests. Through your Mercy may we always seek more - more of You, more of Your Holy Spirit, more of Your Only Begotten Son, The Christ, Jesus!

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**Divine Praises**

Blessed be God.  
Blessed be His Holy Name.  
Blessed be Jesus Christ, true God and true Man.  
Blessed be the Name of Jesus.  
Blessed be His Most Sacred Heart.  
Blessed be His Most Precious Blood.  
Blessed be Jesus in the Most Holy Sacrament of the Altar.  
Blessed be the Holy Spirit, the Paraclete.  
Blessed be the great Mother of God, Mary most Holy.  
Blessed be her Holy and Immaculate Conception.  
Blessed be her Glorious Assumption.  
Blessed be the Name of Mary, Virgin and Mother.  
Blessed be St. Joseph, her most chaste spouse.  
Blessed be God in His Angels and in His Saints.

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**Direct Our Actions**

Direct, we beg You, O Lord, our actions by Your holy inspirations, and carry them on by Your gracious assistance, that every prayer and work of ours may begin always with You, and through You be happily ended. Amen.