

The Pray More Retreat Study Guide



The Lives of the Saints — Our Beloved Brothers and Sisters in Christ

by Tom Perna

“Young people of every continent, do not be afraid to be the saints of the new millennium! Be contemplative, love prayer; be coherent with your faith and generous in the service of your brothers and sisters, be active members of the Church and builders of peace. To succeed in this demanding project of life, continue to listen to His Word, draw strength from the Sacraments, especially the Eucharist and Penance. The Lord wants you to be intrepid apostles of his Gospel and builders of a new humanity.”

- St. John Paul II

Reflective Questions

- Is there a certain saint that I could learn more about, and ask for their intercession regularly?

All of the holy men and women in Heaven are good intercessors for any intentions, but here are the patronages of some of the more popular intentions and saints:

Impossible/Desperate Causes: St. Jude, St. Rita, St. Frances Xavier Cabrini

Looking for a job: St. Joseph, St. Cajetan

Looking for a home & selling a house: St. Joseph

Looking for a spouse & discerning marriage: St. Anne

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Financial trouble: St. Nicholas, The Infant Jesus of Prague, St. Jude
Discerning a vocation: St. Therese of Lisieux
The youth, children: St. John Bosco, St. Maria Goretti, St. Aloysius
Gonzaga
Depression & Anxiety: St. Dymphna, St. Therese of Lisieux
Cancer Patients: St. Peregrine
Married Women & Difficult Marriages: St. Monica, St. Rita, St. Anne
Divorced: Helena of Constantinople
Single Parents: St. Margaret of Cortona
Infertility & Parenthood: St. Anne, St. Rita
Pregnancy & Childbirth: St. Gerard Majella
Healing: St. Anne, St. Jude, St. Rita, St. Peregrine
Alcoholics: St. Monica, Ven. Matt Talbot
Addicts: St. Maximilian Kolbe
Animals & Nature: St. Francis of Assisi
Athletes: St. Sebastian
Death: St. Michael, St. Gabriel, St. Raphael, St. Joseph, Husband of Mary
Lost items: St. Anthony
Military members: St. Joan of Arc
Parish priests: St. John Vianney
Poor: St. Lawrence, St. Anthony of Padua
The Persecuted: St. Thomas More
Suffering Discrimination: Drogo of Sebourg
Blind: St. Lucy, Raphael
Catechists: St. Robert Bellarmine, St. Charles Borromeo
Prisoners: St. Joseph Cafasso, St. Dismas
Travelers: St. Nicholas, St. Joseph, Husband of Mary
Universal Church: St. Joseph, Husband of Mary

- Just as I ask the communion of saints to pray for me, do I also, in turn, pray for my brothers and sisters in Christ -- the ones who are still living, and the faithful departed?

The Prayer of Saint Gertrude for the Souls in Purgatory

“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.”