



YOUTH & AGED *for life*

Youth&Aged Prayer

ALL: Father, we thank you for loving us and giving us life. Help us to cherish our own lives, whether we are young or old, weak or strong, for life is your greatest gift.

YOUTH: Like the Holy Family in the Temple we are young. We thank you that we are fearfully, wonderfully made. We wish to do your will and to offer you our lives as a living sacrifice of praise.

ELDERS: Like Simeon and Anna, we are old. As we look back at our lives we read in them the story of your faithful love. In hope we also look forward to the joy of seeing you face to face.

YOUTH: As the young generation we cherish the wisdom and experience of our elders. Help us, Lord, never to forget all that we owe those who have gone before us, and never to neglect them in their time of need.

ELDERS: As elders we love the joy and energy of the young. Help us to look upon them with a merciful gaze. Never let us close our minds and hearts to all that they have to offer, and to their need for guidance and unconditional love.

ALL: Father, help us to see each person as you see them and as you created them to be. Through our example may we sow the seeds of faith in our families, and may we be instruments of solidarity in the world. Through the power of your Spirit alive in the world scatter the forces of death and transform the hearts of those who deny the sacred dignity of human life at every stage.

We offer this prayer through our Lord Jesus Christ, your beloved Son, who lives and reigns with you in the unity of the Holy Spirit, the Lord and Giver of Life.

Jesus, Mary and Joseph, pray for us!