

# Prayers for Young People (Young Adults)

## **Sons and Daughters Prayer**

Gracious and Loving God, Help these young men and women to be a light for all the world to see, in all the places they live and work. Let their light shine for all peoples: for their families, for their church communities, for their cultures and societies, for the economic and political systems, for the whole world.

Coming into the room where the disciples were gathered after the resurrection, "Jesus, your son, said: Peace be with you!" (Jn 20:21). Make these men and women bearers of Christ's peace.

Teach them the meaning of what was said on the mountain: "Blessed are the peacemakers, for they shall be called sons and daughters of God" (cf. Mt 5:9). Send them, Father, as you sent your son: to free their brothers and sisters from fear and sin. We ask this of you, in Christ's name. Amen.

("Final Prayer," from Sons and Daughters of the Light, USCCB © 1996, adapted from the papal homily by St. John Paul II for World Youth Day 1995 in Manila)

## **Pope Francis' Prayer for Young People**

Lord Jesus... your Church turns her attention to all the young people in the world. We pray that they might boldly take charge of their lives, aim for the most beautiful and profound things of life and always keep their hearts unencumbered.

Accompanied by wise and generous guides, help them respond to the call you make to each of them, to realize a proper plan of life and achieve happiness. Keep their hearts open to dreaming great dreams and make them concerned for the good of others.

Like the Beloved Disciple, may they stand at the foot of the Cross, to receive your Mother as a gift from You.

May they be witnesses to your Resurrection and be aware that you are at their side as they joyously proclaim you as Lord. Amen.

(Adapted from "Prayer for Young People, in view of the forthcoming Synod of Bishops 2018: Young People, the Faith, and Vocational Discernment" by Pope Francis, Libreria Editrice Vaticana © 2017)

## **Christ the King Prayer**

Jesus Christ, King of the Universe,  
to you we turn in humble prayer.  
Look with favor upon all young adults,  
bearers of hope for the Church and the world.

Jesus Christ, companion of young adults,  
bless the paths of discovery and discernment,  
through times of joy and experiences of hardship,  
with the constant love and support of your Church.

Jesus Christ, alive in the hearts of all your people,  
grant that we may "journey together, young and  
old... to nourish our enthusiasm, cause dreams to  
emerge, awaken prophesies and enable hope to  
blossom."

Jesus Christ, Redeemer of all humankind,  
open our hearts to encounter all young adults,  
to accompany and be in community together,  
and as one Church, embark upon our holy mission.

Jesus Christ, in the company  
of the Father and the Holy Spirit,  
graciously hear our prayer  
and be with us forevermore. Amen.

(Adapted from "A Prayer for Youth and Young Adults," from A National Pastoral Resource  
Guidebook for the Global Celebration of Young People: for the Annual Celebration of Youth  
and Young Adults in the United States of America on the Solemnity of Christ the King, USCCB  
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