

## **PRAYER FOR HELP**

### **A reading from the Gospel of Matthew 7:7-9**

“Ask and it will be given to you; search and you will find; knock and the door will be opened to you. For the one who asks always receives: the one who searches always finds; the one who knocks will always have the door opened to him.”

*Pause for private reflection*

### **Prayer**

Lord our God, to raise our minds and hearts to you is itself your gift. We thank you for this gift of prayer and praise. Give it to us in abundance that we may spend our days in joyful praise of your goodness and in seeking your help for all in need. We ask this through Christ our Lord. Amen.

*Archbishop Vincent Nichols*