

Mission Statement

The IPST is a call to strengthen the Church and her priests by organizing a team of 7-10 people who commit for one year to pray for one specific priest. Together they ensure a Eucharistic Holy Hour is prayed each day of the week by one member of the team for the sole intention of the priest's own personal holiness and sanctification.



*One Holy Hour each
day by one team member*

The Holy Hour is an offering up of the time in adoration of the Most Blessed Sacrament for the priest - trusting that God will speak to the team member and help/heal them because of their time in adoration. Spend time with Jesus as a friend. Talk to Him, allow for silence and listening in front of the Eucharist. Thank Jesus, trust in Him, and believe your time with Jesus will bear fruit in the priest, and through him in the Church.

Intentions to Pray for

Remember that the specific purpose of the IPST is to pray for the priest's own holiness. Particular areas for prayer could include:

1. The physical needs of the priest

Examples: Proper nutrition and rest. Safety and regularity in exercising. If called to fast, fidelity to fasting. If summoned in the wee hours for pastoral care, alertness, safety in travel, ability to rest later in day. Prayers for health issue(s).

2. The emotional/social needs of the priest

Examples: Healthy, godly friendships and recreational activities. If otherwise, may God intervene to heal, bring order to them or disband. Fraternal support from his brother priests. Prudence in time management, boundaries, delegation of tasks to others. Courage in carrying the Cross of pastoral leadership. Support from staff/congregation in shepherding the parish. Professional help if/when needed.

3. The spiritual needs of the priest

Examples: Deepening devotion to Our Lady. Docility to God's will. Fidelity to daily Divine Office and prayer. To personally encounter Jesus in each Mass celebrated this week. Growth in virtue. To live the Beatitudes. Loyalty to the Magisterium. Proper celebration of the Sacraments. Docility to Sacred Scripture & Sacred Tradition. Counsel of the Holy Spirit during Confessions heard this week. Fidelity to preparation time for homilies; inspiration and guidance in his preaching. Deepening of the graces of the Sacrament of Holy Orders.



Praying for Priests

*Intercessory Prayer
Support Team - IPST*

*Spiritual Motherhood
and Fatherhood
for Priests*



"When people want to destroy religion they begin by attacking the priest; for when there is no priest, there is no sacrifice: and when there is no sacrifice, there is no religion."

-St. John Vianney

Holy Hour Structure



The Holy Hour for a Priest can be structured in any way you feel drawn in the presence of Jesus. If you need a guide we suggest 3 blocks of around 20 minutes each.

1. In one let your heart speaks to Jesus. Listen to him and allow him to speak to you. Silence is important!
2. In another pray the suggested prayers for priests. You can also pray for the example intentions provided in this brochure.
3. In the third pray your preferred prayers or allow for more silence.

End the holy hour with: "O sacrament most holy, O sacrament divine, all praise and all thanksgiving be every moment thine!" and a simple prayer of gratitude invoking Our Lady and St. Joseph.

How to form an Intercessory Prayer Support Team

- A Team begins when at least 7 people express interest to pray for one priest at the request of the priest himself or someone on his behalf. A team can be formed for any priest.
- Once the members are identified a meeting - with the priest if possible - will take place to explain the mission, structure, and requirements. A leader for the group will be identified to handle scheduling, communication, and coordination.
- Official commitment to pray for the specific priest takes place by a formal enrollment during the initial monthly meeting. Each team member should sign their name to a common pledge. The team leader should maintain this list. The renewable commitment is for one year.
- Each member commits to a Holy Hour on a distinct day of the week, covering a complete week. The commitment is to that day, at any time, in any church, in the presence of the Blessed Sacrament exposed or reserved. If the person is unable to offer the Holy Hour, the team leader should be notified and coverage should be arranged.
- The group may begin at any time of the year. A monthly meeting of prayers and sharing of graces is recommended for mutual support.



Suggested Prayers for Priests

Prayer for Generosity
- St Ignatius of Loyola

Prayer for Priests
- St Thérèse of Lisieux

Prayer of Thanksgiving and Praise
for a Priest

Chaplet of Reparation - *In Sinu Jesu*

Alma Redemptoris Mater /
Loving Mother of the Redeemer

Efficacious Novena to the
Sacred Heart of Jesus



Other Prayers for Priests

Chaplet of Divine Mercy for Priests
prayingformypriest.com

Scriptural Rosary for Priests -or-
Station of the Cross for Priests
Praying for Priests by Kathleen
Beckman