

Prayers to Abba Father





O most holy and omnipotent Father, we praise and adore you. We thank you for being a loving Father to us who is so generous and kind. You are so great without beginning or end yet we desire to see you and feel you in every fiber of our being. O God you are the supreme energy that created the world and human race. You are the Lord of the living and the dead. Sprinkle the clean water on us and make us clean from all our impurities. Give us a new heart and put your spirit in us and bind us in your love forever and ever. Amen

Sr. Dibya Mallika Dang SSpS

Loving father, I surrender to you today with my whole heart and Soul. Please come in to my heart in a deeper way. I open the gates of my home, family, friends and all the secret places of my heart and say, 'come in.' Abba Father I believe in you, love you with my whole heart and call out to you my dearest Lady. Father, I surrender to you my life, my heart and mind. I surrender to you, my health, my family, my resources, occupation, skills, relationships, success and failures. I realize it and let go. I surrender to you my understanding, each thoughts and actions, my choices and my will. Father take it, I give it to you in your hands. I surrender to you the promises I have kept and the promises failed to keep. I surrender to you my weaknesses and strength, emotions, fears, anxiety and insecurity. Father, I surrender my entire life to you, the past, the present and the future. In sickness and in health, in life and in death, I belong to you. "Take it Father, and receive, all my liberty, my memory, and my entire will, all that I have and I possess are yours. You have given all to me. My dearest Father I return it. All is yours. Dispose of it wholly according to your will. Give me your love and grace, for this is sufficient for me." Amen.

Sr. Premcila Minz SSpS

Dear God, I thank and praise you for your constant presence with me. Help me to be aware of your dwelling within me and others. Lord, make me holy like you. May you accompany me when I walk through dark valley and stumble up on stones. May you extend your hands to raise me up when I need you. May my life always reflect your compassion and mercy. Teach me the lessons I need to learn daily that I may become more like you in all my undertakings. Thank you Abba, thank you Jesus, thank you Holy Spirit. Amen

Sr. Shenila SSpS



Abba Father, Creator of heaven and earth, my heart over flows with gratitude for creating me in your image and likeness, how beautiful is to say that you are my Father and I am your child. Thank you Abba, for my whole body which is functioning well by your grace. Father, I believe in your love for me; yes, I believe that you are my father in every moment of my life and that I am your child; I believe that you love me so much, because you are a compassionate God who love and forgive all our mischief. Father I believe that you watch over me night and day, I believe that, in your infinite love, you know better than me what is best for me. I believe that in your infinite strength you can turn bad into good. Abba, I pray empower my faith, hope and love ; teach me to follow your love and help me to be more compassionate towards poor and needy always. Amen.

Sr. Deepti Soreng SSpS

Almighty God, my eternal Father from the depth my soul I adore you. I am deeply grateful that you have created me in your own image and likeness. Yes, Lord I believe that you are my father and I am your child. I thank you for your infinite love and goodness which is reflected on the perfection of all your wonderful works. In your infinite goodness, you make everything to the advantage of those who love you. Thank you for giving me your son Jesus as my friend and shepherd, who is with me always and everywhere. Father in heaven teach me to surrender myself to you like a child in its mother's arms. Help me to be a person living for others. Amen

Sr. Sunita Digal SSpS

Abba Father, I thank you for having created me and this beautiful creation. You are powerful, you know my problems and needs even before I say. God my Father you who love me, you are so kind and generous, you are so merciful, sitting in heaven with wide open hands to embrace me with your love when I am overwhelmed with weakness. Because of your love for me, you did not hesitate to deliver your only son. All the nature speaks and reflects your love. You speak to me every day through the fragrance of the flowers; you touch me with the blowing wind and water, you thrill me with the chirping of the birds. Give me the wisdom to notice your master touch in every created being and walk in your presence always.

Sr. Fransiska Kido SSpS

God of my longing,

**I long for You at the day break, I long for You at noon.
I long for You at the sun set, I long for You in the night.**

God of my longing,

**You are there, Oh! Lord You are there.
Yes, Lord! Your presence is felt by all living beings.
I experience You in the blooming flowers;
I am grateful to You at the new dawn with the alarm of chirping birds.
I am gifted with freshness of new life as the dew drops shines,
On leaves looks like diamond welcomes me with the sun rise.**

God of my longing,

**How great is Your love; Oh! Lord I wonder! wonder!
I feel Your presence at each new day!
Your love for me so marvellous, unique;
As if I am the only precious child whom You care dearly.**

God of my longing,

**Thank You, Thank You, Lord! A big Thanks;
I have no words yet my heart bubbles oh!
God of my longing.**

Sr. Antonette Sebastian SSpS.

Almighty God, my eternal Father, I am grateful to you with all my being for you have created me in your own image and likeness and you hold me in your loving embrace. Direct me to love you with all my heart and to all your children as I love myself. My soul longs to be yours forever. Merciful Father you are compassionate, forgiving and tender hearted. Father of all goodness help me to be kind and generous in all that I do.

Sr. Sushmita Soreng SSpS



Abba Father, Creator of Heaven & Earth.
I am the precious instrument of your hand.
In the image and likeness of yours!
You breathe upon me at the very conception in my mother's
womb.

You have moulded me; fashioned me;
Baptized me with a seal of Holy Spirit & named me.

Today You added another colour.
Another day and another Life in my life
You assure me saying, "I have given the greatest gift of
New Horizon, New Dawn, New Beginning

**NEW LIFE! LIFE IN FULLNESS
YOU ARE THE WORK OF MY HAND.**
Add beauty, double the colors, & make Human chain.

A garland of fragrant flowers,
be fruitful; spread positive vibration;
send positive energy of peace & harmony;"
Thanks Father, Yes it's appropriate to say a big Thanks
for the rising sun- the beautiful sky;
The vast world with colourful sentiments of people.
Thank you for wondrous might into my nights.
You have sent down the glory of the light.

Thanks for the wondrous ways through all my days, years
and in the life!

Your wisdom, might & ceaseless tenderness.
Accept this Lord from heartfelt gratitude.
All that creation can afford is mine, at least in part of
Joy or pain from your hand ... All is Good.

Sr. Antonett Sebastian SSpS

"Prayer is a spontaneous movement of the heart towards God for whom it was created."



O my Almighty Abba Father, I thank you for creating me in your image and likeness. I am grateful to You for making us the crown of all the creatures of the Universe. Abba Father in your unconditional Love you endowed us with intellect to know you, Love & worship you. You have given us the gift of free will to discern and choose good from evil in my life to follow your Plans faithfully. With your help I can become a faithful servant to fulfill your Plan of salvation for your people and the creation. Help me to be faithful to my Commitment. Be a strength to my dear ones and all the good people who extend their help & sacrifices for the expansion of the Kingdom of God. Help me to reflect your unity and love in my daily life and services.

Sr. Manjita Tigga SSpS

Abba Father! You sustain our life.
I thank You for the precious gift of my life.
Life is the essence of blessings, a gift from God to human being.
Life is the glory of God made movement and growth;
Life is all that is good, vibrant and joyful.
Oh God! I want that life for me in my thoughts and being,
In my encounters in my conversations,
In my friendships and in my endeavours.
God You are the fountain of my life;
The closer I am to You, the fuller I am with life.
The only life and its beauty comes from You;
And the only way to share it, is to be close to You.
Give me Your grace and Your faith;
Let my life be a gift of faith and grace.
I love to live in the fullness of Your creation;
With the fullness of my being.

Your words Oh Lord are ever promising
Your words make me firm to take the right steps with you,
Thank You Father, for the gift of life.

Sr. Antonette Sebastian SSpS