

## 72 HOURS FOR JESUS PRAYER GUIDE

Dear brothers and sisters,

This is a prayer guide for our daily meeting with Jesus in this marathon.

Let-s open our hearts to God, let-s have an intimate dialogue with Him , using our own words and knowing that He is hearing us .

### **Prayer to the Holy Ghost**

by Saint Catherine of Siena

### **Prayer to the Holy Ghost**

Holy Spirit, come into my heart;

draw it to Thee by Thy power,

O my God, and grant me charity with filial fear.

Preserve me, O ineffable Love, from every evil thought

; warm me, inflame me with Thy dear love,

and every pain will seem light to me.

My Father, my sweet Lord, help me in all my actions.

Jesus, love,

Jesus, love.

Amen.

Te Deum

I. Praise to the Trinity

We praise thee, O God: we acknowledge Thee to be the Lord. All the earth doth worship Thee, the Father everlasting. To Thee all Angels cry aloud: the Heavens and all the powers therein. To Thee Cherubim and Seraphim continually do cry, Holy, Holy, Holy: Lord God of Sabaoth; Heaven and earth are full of the Majesty of Thy Glory. The glorious company of the Apostles praise Thee. The godly fellowship of the Prophets praise Thee. The noble army of Martyrs praise Thee. The holy Church throughout all the world doth acknowledge Thee; The Father of an infinite Majesty; Thine honourable, true, and only Son; Also the Holy Ghost: the Comforter.

## II. Praise of Christ

Thou art the King of Glory, O Christ. Thou art the everlasting Son of the Father. When Thou tookest upon Thee to deliver man: Thou didst not abhor the Virgin's womb. When Thou hadst overcome the sharpness of death, Thou didst open the Kingdom of Heaven to all believers. Thou sittest at the right hand of God in the glory of the Father. We believe that Thou shalt come to be our Judge. We therefore pray Thee, help Thy servants whom Thou hast redeemed with Thy precious blood. Make them to be numbered with Thy Saints in glory everlasting.

## III. Prayers

O Lord, save Thy people: and bless Thine heritage. Govern them and lift them up for ever. Day by day we magnify Thee; and we worship Thy Name, ever world without end. Vouchsafe, O Lord, to keep us this day without sin. O Lord, have mercy upon us. O Lord, let Thy mercy lighten upon us: as our trust is in Thee. O Lord, in Thee have I trusted: let me never be confounded.

Psalm 103

New Revised Standard Version Catholic Edition (NRSVCE)

Psalm 103

Thanksgiving for God's Goodness

Of David.

1 Bless the LORD, O my soul, and all that is within me, bless his holy name. 2 Bless the LORD, O my soul, and do not forget all his benefits— 3 who forgives all your iniquity, who heals all your diseases, 4 who redeems your life from the Pit, who crowns you with steadfast love and mercy, 5 who satisfies you with good as long as you live[a] so that your youth is renewed like the eagle's.

6 The LORD works vindication and justice for all who are oppressed. 7 He made known his ways to Moses, his acts to the people of Israel. 8 The LORD is merciful and gracious, slow to anger and abounding in steadfast love. 9 He will not always accuse,

nor will he keep his anger forever. 10 He does not deal with us according to our sins, nor repay us according to our iniquities. 11 For as the heavens are high above the earth, so great is his steadfast love toward those who fear him; 12 as far as the east is from the west, so far he removes our transgressions from us. 13 As a father has compassion for his children, so the LORD has compassion for those who fear him. 14 For he knows how we were made; he remembers that we are dust.

15 As for mortals, their days are like grass; they flourish like a flower of the field; 16 for the wind passes over it, and it is gone, and its place knows it no more. 17 But the steadfast love of the LORD is from everlasting to everlasting on those who fear him, and his righteousness to children's children, 18 to those who keep his covenant and remember to do his commandments.

19 The LORD has established his throne in the heavens, and his kingdom rules over all. 20 Bless the LORD, O you his angels, you mighty ones who do his bidding, obedient to his spoken word. 21 Bless the LORD, all his hosts, his ministers that do his will. 22 Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul.

Psalm 138

Thanksgiving and Praise

Of David.

1 I give you thanks, O LORD, with my whole heart; before the gods I sing your praise; 2 I bow down toward your holy temple and give thanks to your name for your steadfast love and your faithfulness; for you have exalted your name and your word above everything.[a]

3 On the day I called, you answered me, you increased my strength of soul.[b]

4 All the kings of the earth shall praise you, O LORD, for they have heard the words of your mouth. 5 They shall sing of the ways of the LORD, for great is the glory of the LORD. 6 For though the LORD is high, he regards the lowly; but the haughty he perceives from far away.

7 Though I walk in the midst of trouble, you preserve me against the wrath of my enemies; you stretch out your hand, and your right hand delivers me. 8 The LORD will fulfill his purpose for me; your steadfast love, O LORD, endures forever. Do not forsake the work of your hands.

Personal thanksgiving prayer in 5 points ( let's open our hearts to the Lord)

1 We thank God for the gift of life and for the lives of our dears that have passed away.

2 We thank God for our daily suffering and difficulties but he said to me, "My grace is sufficient for you, for power[a] is made perfect in weakness." So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. 10 Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

2 Corinthians 12 :9-10

3 We abandon ourselves to God's will

"Father, if you are willing, remove this cup from me; yet, not my will but yours be done." [[43 Then an angel from heaven appeared to him and gave him strength. 44 In his anguish he prayed more earnestly, and his sweat became like great drops of blood falling down on the ground.]] [a] 45 When he got up from prayer, he came to the disciples and found them sleeping because of grief, 46 and he said to them, "Why are you sleeping? Get up and pray that you may not come into the time of trial."

Luke 22: 42-46

4 We are thankful for the earthly life of our Lord Jesus, Our Way, Truth and life

5 We pray our Lord to guide us for our daily discernment in life.

The word of God

"Greetings, favored one! The Lord is with you." [a] 29 But she was much perplexed by his words and pondered what sort of greeting this might be. 30 The angel said to her, "Do not be afraid, Mary, for you have found favor with God. 31 And now, you will conceive in your womb and bear a son, and you will name him Jesus. 32 He will be great, and will be called the Son of the Most High, and the Lord God will give to him the throne of his ancestor David. 33 He will reign over the house of Jacob forever, and of his kingdom there will be no end." 34 Mary said to the angel, "How can this be, since I am a virgin?" [b] 35 The angel said to her, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born [c] will be holy; he will be called Son of God."

Luke 1 : 28-35

## **True Greatness**

18 At that time the disciples came to Jesus and asked, "Who is the greatest in the kingdom of heaven?"<sup>2</sup> He called a child, whom he put among them,<sup>3</sup> and said, "Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven. <sup>4</sup> Whoever becomes humble like this child is the greatest in the kingdom of heaven. <sup>5</sup> Whoever welcomes one such child in my name welcomes me."

## **Temptations to Sin**

<sup>6</sup> "If any of you put a stumbling block before one of these little ones who believe in me, it would be better for you if a great millstone were fastened around your neck and you were drowned in the depth of the sea. <sup>7</sup> Woe to the world because of stumbling blocks! Occasions for stumbling are bound to come, but woe to the one by whom the stumbling block comes!"

<sup>8</sup> “If your hand or your foot causes you to stumble, cut it off and throw it away; it is better for you to enter life maimed or lame than to have two hands or two feet and to be thrown into the eternal fire. <sup>9</sup> And if your eye causes you to stumble, tear it out and throw it away; it is better for you to enter life with one eye than to have two eyes and to be thrown into the hell<sup>[a]</sup> of fire.

### **The Parable of the Lost Sheep**

<sup>10</sup> “Take care that you do not despise one of these little ones; for, I tell you, in heaven their angels continually see the face of my Father in heaven. <sup>[b]</sup> <sup>12</sup> What do you think? If a shepherd has a hundred sheep, and one of them has gone astray, does he not leave the ninety-nine on the mountains and go in search of the one that went astray? <sup>13</sup> And if he finds it, truly I tell you, he rejoices over it more than over the ninety-nine that never went astray. <sup>14</sup> So it is not the will of your<sup>[c]</sup> Father in heaven that one of these little ones should be lost.

### **Reproving Another Who Sins**

<sup>15</sup> “If another member of the church<sup>[d]</sup> sins against you,<sup>[e]</sup> go and point out the fault when the two of you are alone. If the member listens to you, you have regained that one.<sup>[f]</sup> <sup>16</sup> But if you are not listened to, take one or two others along with you, so that every word may be confirmed by the evidence of two or three witnesses. <sup>17</sup> If the member refuses to listen to them, tell it to the church; and if the offender refuses to listen even to the church, let such a one be to you as a Gentile and a tax collector. <sup>18</sup> Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. <sup>19</sup> Again, truly I tell you, if two of you agree on earth about anything you ask, it will be done for you by my Father in heaven. <sup>20</sup> For where two or three are gathered in my name, I am there among them.”

Matthew 18:1-18

Prayer for unborn babies

Lord Jesus, You who faithfully visit and fulfill with your Presence the Church and the history of men; You who in the miraculous Sacrament of your Body and Blood render us participants in divine Life and allow us a foretaste of the joy of eternal Life; We adore and bless you.

Prostrated before You, source and lover of Life, truly present and alive among us, we beg you.

Reawaken in us respect for every unborn life, make us capable of seeing in the fruit of the maternal womb the miraculous work of the Creator, open our hearts to generously welcoming every child that comes into life.

Bless all families, sanctify the union of spouses, render fruitful their love.

Accompany the choices of legislative assemblies with the light of your Spirit, so that peoples and nations may recognize and respect the sacred nature of life, of every human life.

Guide the work of scientists and doctors, so that all progress contributes to the integral well-being of the person, and no one endures suppression or injustice.

Give creative charity to administrators and economists, so they may realize and promote sufficient conditions so that young families can serenely embrace the birth of new children.

Console the married couples who suffer because they are unable to have children and in Your goodness provide for them.

Teach us all to care for orphaned or abandoned children, so they may experience the warmth of your Charity, the consolation of your divine Heart.

Together with Mary, Your Mother, the great believer, in whose womb you took on our human nature, we wait to receive from You, our Only True Good and Savior, the strength to love and serve life, in anticipation of living forever in You, in communion with the Blessed Trinity.

Pope Benedict XVI

The Divine Praises

Blessed be God.

Blessed be His Holy Name

Blessed be Jesus Christ, True God and True Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

. Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the Great Mother of God, Mary Most Holy.

Blessed be her Holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the Name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most Chaste Spouse.

Blessed be God in His Angels and in His Saints.

May the Heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen.

Litany of Praise

Praise You, Jesus, You are my life, my love. Praise You, Jesus, You are the name above all names. Praise You, Jesus, You are Emmanuel, God with us. Praise You, Jesus, You are the King of Kings. Praise You, Jesus, You are the King of creation. Praise You, Jesus, You are King of the universe. Praise You, Jesus, You are the Lord of lords. Praise You, Jesus, You are the Almighty. Praise You, Jesus, You are the Christ. Praise You, Jesus, You are Christ the King. Praise You, Jesus, You are the Lamb of God. Praise You, Jesus, You are Lion of Judah. Praise You, Jesus, You are the Bright Morning Star. Praise You, Jesus, You are our Champion and shield. Praise You, Jesus, You are our Strength and our Song. Praise You, Jesus, You are the way of our life.

Praise You, Jesus, You are the only truth

. Praise You, Jesus, You are the real life

. Praise You, Jesus, You are the Wonderful Counselor.

Praise You, Jesus, You are the Prince of Peace.

Praise You, Jesus, You are the Light of the World.

Praise You, Jesus, You are the Living Word. Praise You, Jesus, You are the Redeemer. Praise You, Jesus, You are the Anointed One. Praise You, Jesus, You are the Holy one of Israel. Praise You, Jesus, You are the Good Shepherd. Praise You, Jesus, You are the Sheepgate. Praise You, Jesus, You are the Lord of hosts. Praise You, Jesus, You are the Rock of all ages. Praise You, Jesus, You are my hiding place. Praise You, Jesus, You are the Savior of the world. Praise You, Jesus, You are the strong tower. Praise You, Jesus, You are the Mountain Refuge. Praise You, Jesus, You are the Bread of Life. Praise You, Jesus, You are the Font of all holiness. Praise You, Jesus, You are the Living Water. Praise You, Jesus, You are the True Vine. Praise You, Jesus, You are my Spouse. my Maker. Praise You, Jesus, You are our Fortress. Praise You, Jesus, You are the Deliverer. Praise You, Jesus, You are our Victory. Praise You, Jesus, You are our Salvation. Praise You, Jesus, You are our Righteousness. Praise You, Jesus, You are our Wisdom. Praise You, Jesus, You are our Sanctification. Praise You, Jesus, You are our Justification. Praise You, Jesus, You are the Door. Praise You, Jesus, You are the great I AM. Praise You, Jesus, You are the great High Priest. Praise You, Jesus, You are the Cornerstone. Praise You, Jesus, You are the Sure Foundation. Praise You, Jesus, You are our Joy.

Praise You, Jesus, You are our Portion and Cup. Praise You, Jesus, You are my Healing and Wholeness. Praise You, Jesus, You are our Covenant. Praise You, Jesus, You are the Promise of the Father. Praise You, Jesus, You are the Everlasting One. Praise You, Jesus, You are the Most

High God. Praise You, Jesus, You are the Lamb that was slain. Praise You, Jesus, You are the Just Judge. Praise You, Jesus, You are the Balm of Gilead. Praise You, Jesus, You are the Mighty Warrior. Praise You, Jesus, You are my Defense. Praise You, Jesus, You are the Bridegroom. Praise You, Jesus, You are my Patience. Praise You, Jesus, You are the Solid Reality. Praise You, Jesus, You are my Provider. Praise You, Jesus, You are the Resurrection and the Life. Praise You, Jesus, You are the Alpha and the Omega. Praise You, Jesus, You are the Beginning and the End. Praise You, Jesus, You are all that I need. Praise You, Jesus, You are all that I want. Praise You, Jesus, You are worthy of all praise. Amen

#### Act of Consecration to the Sacred Heart

O Sacred Heart of Jesus, to Thee I consecrate and offer up my person and my life, my actions, trials, and sufferings, that my entire being may henceforth only be employed in loving, honoring and glorifying Thee. This is my irrevocable will, to belong entirely to Thee, and to do all for Thy love, renouncing with my whole heart all that can displease Thee.

I take Thee, O Sacred Heart, for the sole object of my love, the protection of my life, the pledge of my salvation, the remedy of my frailty and inconstancy, the reparation for all the defects of my life, and my secure refuge at the hour of my death. Be Thou, O Most Merciful Heart, my justification before God Thy Father, and screen me from His anger which I have so justly merited. I fear all from my own weakness and malice, but placing my entire confidence in Thee, O Heart of Love, I hope all from Thine infinite Goodness. Annihilate in me all that can displease or resist Thee. Imprint Thy pure love so deeply in

my heart that I may never forget Thee or be separated from Thee. I beseech Thee, through Thine infinite Goodness, grant that my name be engraved upon Thy Heart, for in this I place all my happiness and all my glory, to live and to die as one of Thy devoted servants.

Amen.

. -- St. Margaret Mary Alacoque

#### Children In war

I think of many children will not see the light of the future! With utmost firmness I condemn the use of chemical weapons: I tell you that those terrible images from recent days are burned into my mind and heart. There is a judgment of God and of history upon our actions which are inescapable! Never has the use of violence brought peace in its wake. War begets war, violence begets violence.

Pope Francis

Psalm 23

The Divine Shepherd



A Psalm of David.

1 The LORD is my shepherd, I shall not want. 2 He makes me lie down in green pastures; he leads me beside still waters;[a] 3 he restores my soul.[b] He leads me in right paths[c] for his name's sake. 4 Even though I walk through the darkest valley,[d] I fear no evil; for you are with me; your rod and your staff— they comfort me.

5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. 6 Surely[e] goodness and mercy[f] shall follow me

all the days of my life, and I shall dwell in the house of the LORD my whole life long.

O Jesus, Living in Mary

O Jesus, living in Mary,

Come and live in Thy servants,

In the spirit of Thy holiness,

In the fullness of Thy might,

In the truth of Thy virtues,

In the perfection of Thy ways,

In the communion of Thy mysteries.

Subdue every hostile power

In Thy spirit, for the glory of the Father. Amen.

St. Louis de Monfort

( 28<sup>th</sup> April)

Act of Consecration to Jesus Christ, the Incarnate Wisdom

Through the Blessed Virgin Mary

Chaplet of Divine Mercy

Rosary

God Bless You !!!