

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 Spirit by St. Augustine of Hippo

Breathe in me, O Holy Spirit,
that my thoughts may all be holy.
Act in me, O Holy Spirit,
that my work, too, may be holy.
Draw my heart, O Holy Spirit,
that I love but what is holy.
Strengthen me, O Holy Spirit,
to defend all that is holy.
Guard me, then, O Holy Spirit,
that I always may be holy. Amen

Psalm 36

Human Wickedness and Divine Goodness

To the leader. Of David, the servant of the LORD.

¹ Transgression speaks to the wicked
 deep in their hearts;
there is no fear of God
 before their eyes.

² For they flatter themselves in their own eyes

- that their iniquity cannot be found out and hated.
- ³ The words of their mouths are mischief and deceit;
they have ceased to act wisely and do good.
- ⁴ They plot mischief while on their beds;
they are set on a way that is not good;
they do not reject evil.
- ⁵ Your steadfast love, O LORD, extends to the heavens,
your faithfulness to the clouds.
- ⁶ Your righteousness is like the mighty mountains,
your judgments are like the great deep;
you save humans and animals alike, O LORD.
- ⁷ How precious is your steadfast love, O God!
All people may take refuge in the shadow of your wings.
- ⁸ They feast on the abundance of your house,
and you give them drink from the river of your delights.
- ⁹ For with you is the fountain of life;
in your light we see light.
- ¹⁰ O continue your steadfast love to those who know you,
and your salvation to the upright of heart!
- ¹¹ Do not let the foot of the arrogant tread on me,
or the hand of the wicked drive me away.
- ¹² There the evildoers lie prostrate;
they are thrust down, unable to rise.

Psalm 136 New Revised Standard Version Catholic Edition (NRSVCE)

Psalm 136

God's Work in Creation and in History

- ¹ O give thanks to the LORD, for he is good,
for his steadfast love endures forever.
- ² O give thanks to the God of gods,
for his steadfast love endures forever.

³ O give thanks to the Lord of lords,
for his steadfast love endures forever;
⁴ who alone does great wonders,
for his steadfast love endures forever;
⁵ who by understanding made the heavens,
for his steadfast love endures forever;
⁶ who spread out the earth on the waters,
for his steadfast love endures forever;
⁷ who made the great lights,
for his steadfast love endures forever;
⁸ the sun to rule over the day,
for his steadfast love endures forever;
⁹ the moon and stars to rule over the night,
for his steadfast love endures forever;
¹⁰ who struck Egypt through their firstborn,
for his steadfast love endures forever;
¹¹ and brought Israel out from among them,
for his steadfast love endures forever;
¹² with a strong hand and an outstretched arm,
for his steadfast love endures forever;
¹³ who divided the Red Sea^[a] in two,
for his steadfast love endures forever;
¹⁴ and made Israel pass through the midst of it,
for his steadfast love endures forever;
¹⁵ but overthrew Pharaoh and his army in the Red Sea,^[b]
for his steadfast love endures forever;
¹⁶ who led his people through the wilderness,
for his steadfast love endures forever;
¹⁷ who struck down great kings,
for his steadfast love endures forever;
¹⁸ and killed famous kings,
for his steadfast love endures forever;
¹⁹ Sihon, king of the Amorites,
for his steadfast love endures forever;
²⁰ and Og, king of Bashan,
for his steadfast love endures forever;

²¹ and gave their land as a heritage,
for his steadfast love endures forever;
²² a heritage to his servant Israel,
for his steadfast love endures forever.
²³ It is he who remembered us in our low estate,
for his steadfast love endures forever;
²⁴ and rescued us from our foes,
for his steadfast love endures forever;
²⁵ who gives food to all flesh,
for his steadfast love endures forever.
²⁶ O give thanks to the God of heaven,
for his steadfast love endures forever.

Lord Jesus, I have a thirst for love.

Lord Jesus, You gave your life for me: I want give my life for you. Lord Jesus, you said: "There is no greater love than to give his life for his friends." My supreme master. It's late. The day is ending. Stay with me, Lord. I want to follow and carry my cross. Lord, come to my aid, and lead me in the way. Your voice, Lord, has a profound echo in my heart. Jesus, my Lord and my God, I wanna be like you, want to suffer and die with you, to achieve the joy of the resurrection. You, the great God who loves the world, You live in me night and day. And your voice always calls me and says, "I have thirst, I have thirst for love"! I also want to repeat your divine prayer: I have thirst for love. I have thirst for love! Satisfies my hope, increases in me, O Lord, your divine ardor. I have thirst for love!

What suffering, my God, how great!

How I would fly to you! Your love, Jesus, is my only martyrdom because the more I burn with love, my soul wants to love you more. Jesus, make me die of love for you!

(St. Therese of Liseux)

Romans 5:1-8 New Revised Standard Version Catholic Edition (NRSVCE)

Results of Justification

⁵ Therefore, since we are justified by faith, we^[a] have peace with God through our Lord Jesus Christ, ² through whom we have obtained access^[b] to this grace in which we stand; and we^[c] boast in our hope of sharing the glory of God. ³ And not only that, but we^[d] also boast in our sufferings, knowing that suffering produces endurance, ⁴ and endurance produces character, and character produces hope, ⁵ and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

⁶ For while we were still weak, at the right time Christ died for the ungodly. ⁷ Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. ⁸ But God proves his love for us in that while we still were sinners Christ died for us.

The Word of God

John 15:9-17 New Revised Standard Version Catholic Edition (NRSVCE)

⁹ As the Father has loved me, so I have loved you; abide in my love. ¹⁰ If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. ¹¹ I have said these things to you so that my joy may be in you, and that your joy may be complete.

¹² "This is my commandment, that you love one another as I have loved you. ¹³ No one has greater love than this, to lay down one's life for one's friends. ¹⁴ You are my friends if you do what I command you. ¹⁵ I do not

call you servants^[a] any longer, because the servant^[b] does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father.

¹⁶ You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. ¹⁷ I am giving you these commands so that you may love one another.

POPE FRANCIS

REGINA CÆLI

Saint Peter's Square

Sixth Sunday of Easter, 10 May 2015

Jesus *shows us the path* to follow Him: the path of love. His commandment is not a simple teaching which is always abstract or foreign to life. Christ's commandment is *new* because He realized it first, He gave His flesh and thus the law of love is written upon the heart of man (cf. Jer 31:33). And how is it written? It is written with the fire of the Holy Spirit. With this Spirit that Jesus gives us, we too can take this path!

It is a real path, a path that leads us to come out of ourselves and go towards others. Jesus showed us that the love of God *is realized in love for our neighbour*. Both go hand-in-hand. The pages of the Gospel are full of this love: adults and children, educated and uneducated, rich and poor, just and sinners all were welcomed into the heart of Christ.

It is precisely Christ's love that the Holy Spirit pours into our hearts to make everyday wonders in the Church and in the world. There are many *small and great actions* which obey the Lord's commandment: "Love one another as I have loved you" (cf. Jn 15:12). Small everyday *actions*, *actions* of closeness to an elderly person, to a child, to a sick person, to a lonely person, those in difficulty, without a home, without work, an immigrant, a refugee.... Thanks to the strength of the Word of Christ, each one of us can make ourselves the brother or sister of those whom we encounter. Actions of closeness, actions which manifest the love that Christ taught us.

May our Most Holy Mother help us in this, so that in each of our daily lives love of God and love of neighbour may be ever united.

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

Radiating Christ

Dear Jesus, help me to spread Your fragrance wherever I go.
Flood my soul with Your spirit and life.
Penetrate and possess my whole being so utterly, that my life may only
be a radiance of Yours.
Shine through me, and be so in me that every soul I come in contact
with may feel Your presence in my soul.
Let them look up and see no longer me, but only Jesus!
Stay with me and then I shall begin to shine as You shine, so to shine
as to be a light to others.
The light, O Jesus, will be all from You; none of it will be mine.
It will be you, shining on others through me.
Let me thus praise You the way You love best, by shining on those
around me.
Let me preach You without preaching, not by words but by my example,
by the catching force of the sympathetic influence of what I do,
the evident fullness of the love my heart bears to You.
Amen.

(J.H. Newman)

Rejoice Mother Mary !!!

Rejoice, O Glory of the universe.
Rejoice, O Temple of the Lord.
Rejoice, O Mountain overshadowed by the Holy Ghost.

Rejoice, O Refuge of all.
Rejoice, O Golden Candelabrum.
Rejoice, O Honorable Glory of all Christians.
Rejoice, O Mary, Mother of Christ God.
Rejoice, O Paradise.
Rejoice, O Divine Altar.
Rejoice, O Cloud.
Rejoice, O Golden Urn.
Rejoice, O Hope of All.

All Holy, most blessed and glorious Mary, Mother of God and our Mother! We come to you today. We turn ourselves to you and petition you. Hear us! We believe and acknowledge that you are the wondrous Guardian of all persecuted and unfortunate. That is why we place our hope in you. More than once have you showed us your kindness. Please show us once again.

Open the most sweetest Heart of your Son and our God. Intercede for forgiveness of our sins.

Mother most good, cover our Church . Help our brothers in the world in their suffering. Give them strength in their fight with their atheist enemies, be consoling and unfailingly firm in their harassment and shield them in their misery.

Be for them and us All-Merciful Guardian and let us praise you openly and freely together with them, Oh Virgin, among all virgins, and your Son, our God, Jesus. Let there be glory, honor and adoration now, always, and forever. Amen.

Chaplet of Divine Mercy

Holy Rosary

God Bless You