

PRAYER GUIDE

Dear brothers and sisters,

This is a prayer guide for our daily encounter with Jesus during this 72-hour prayer marathon.

Let us open our hearts to God the Father and speak intimately with Him, using our own simple and spontaneous words, knowing that He is listening to us.

O HOLY SPIRIT

St. Bernard

O Holy Spirit, soul of my soul, in You alone can I cry out: Abba, Father.

You, O Spirit of God, enable me to ask and inspire me with what I should ask for.

O Spirit of love, awaken in me the desire to walk with God; You alone can awaken this desire.

O Spirit of holiness, You search the depths of the soul in which You dwell, and You cannot tolerate even the slightest imperfection within it: burn them all away in me with the fire of Your love.

O gentle and sweet Spirit, turn my will ever more toward Yours, so that I may know it clearly, love it ardently, and fulfil it faithfully.

Amen.

PSALM 22 (21)

The Suffering and Glory of the Just

1 For the leader. According to “The deer of the dawn.” A psalm of David.

2 My God, my God, why have You abandoned me?

Why are You so far from saving me, so far from my words of anguish?

3 My God, I call by day, but You do not answer;

by night, but I have no relief.

4 Yet You are holy,
enthroned on the praises of Israel.

5 In You our fathers trusted;
they trusted and You rescued them.

6 To You they cried out and they escaped;
in You they trusted and were not disappointed.

7 But I am a worm and not a man,
scorned by men and despised by the people.

8 All who see me mock at me;
they curl their lips and jeer;

9 “He relied on the LORD—let Him deliver him;
if He loves him, let Him rescue him.”

10 Yet You drew me forth from the womb,
made me safe at my mother's breast.

11 Upon You I was thrust from the womb;
since my mother bore me You are my God.

12 Do not stay far from me,
for trouble is near, and there is no one to help.

13 Many bulls surround me,
fierce bulls of Bashan encircle me.

14 They open their mouths against me,
lions that roar and roar.

15 Like water my life drains away;
all my bones are disjointed.

My heart has become like wax,

it melts away within me.

16 As dry as a potsherd is my throat;

my tongue cleaves to my palate;

You lay me in the dust of death.

17 Dogs surround me;

a pack of evildoers closes in on me.

They have pierced my hands and my feet.

18 I can count all my bones.

They stare at me and gloat;

19 they divide my garments among them;

for my clothing they cast lots.

20 But You, LORD, do not stay far off;

my strength, come quickly to help me.

21 Deliver my soul from the sword,

my life from the grip of the dog.

22 Save me from the lion's mouth,

my poor life from the horns of wild bulls.

You have answered me!

23 I will proclaim Your name to my brothers;

in the assembly I will praise You:

24 "You who fear the LORD, give praise!

All descendants of Jacob, give glory!

Revere Him, all descendants of Israel!"

25 For He has not spurned or disdained

the poor in their misery,
did not turn away from me,
but heard when I cried to Him.

26 You are my praise in the great assembly;
I will fulfil my vows before those who fear Him.

27 The poor will eat their fill;
those who seek the LORD will offer praise.
May your hearts enjoy life forever!

28 All the ends of the earth
will worship and turn to the LORD;
all the families of nations
will bow down before Him.

29 For kingship belongs to the LORD,
the ruler over the nations.

30 All who sleep in the earth
will bow low before Him;
all who have gone down into the dust,
though they live no longer,

31 their descendants will serve Him.

The generation to come will be told of the Lord,

32 that they may proclaim to a people yet unborn

His righteousness:

“He has done it.”

PSALM 91 (90)

The Protection of God

1 You who dwell in the shelter of the Most High,

who abide in the shade of the Almighty,

2 say to the LORD, “My refuge and fortress,

my God in whom I trust.”

3 He will rescue you from the fowler's snare,

from the destroying plague,

4 will shelter you with His pinions,

and under His wings you may take refuge;

His faithfulness is a protecting shield.

5 You shall not fear the terror of the night

nor the arrow that flies by day,

6 nor the pestilence that roams in darkness,

nor the plague that ravages at noon.

7 Though a thousand fall at your side,

ten thousand at your right hand,

near you it shall not come.

8 You need simply watch;

the punishment of the wicked you will see.

9 Because you have the LORD for your refuge,

and have made the Most High your stronghold,

10 No evil shall befall you,

no affliction come near your tent.

11 For He commands His angels with regard to you,

to guard you wherever you go.

12 With their hands they shall support you,

lest you strike your foot against a stone.

13 You can tread upon the asp and the viper,

trample the lion and the dragon.

14 Because he clings to Me, I will deliver him;

because he knows My name, I will set him on high.

15 He will call upon Me and I will answer;

I will be with him in distress;

I will deliver him and give him honour.

16 With length of days I will satisfy him,

and I will fill him with My saving power.

GOSPEL

Matthew 11:25–30

At that time Jesus said:

“I give praise to You, Father, Lord of heaven and earth; although You have hidden these things from the wise and the learned, You have revealed them to the childlike.

Yes, Father, such has been Your gracious will.

All things have been handed over to Me by My Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal Him.

Come to Me, all you who labour and are burdened, and I will give you rest.

Take My yoke upon you and learn from Me, for I am meek and humble of heart; and you will find rest for yourselves.

For My yoke is easy, and My burden light.”

BENEDICT XVI

Angelus

St. Peter's Square – Sunday, 3 July 2011

Dear brothers and sisters!

Today, in the Gospel, the Lord Jesus repeats to us those words that we know so well, but which always move us:

“Come to Me, all you who labour and are burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am meek and humble of heart, and you will find rest for yourselves. For My yoke is easy and My burden light” (Mt 11:28–30).

When Jesus travelled along the roads of Galilee proclaiming the Kingdom of God and healing many who were sick, He felt compassion for the crowds because they were weary and worn out, like sheep without a shepherd (cf. Mt 9:35–36).

The gaze of Jesus seems to extend even to our own day, to our world. Even today His gaze rests upon so many people oppressed by difficult living conditions, but also deprived of valid points of reference with which to find meaning and purpose in life.

Countless weary people live in the poorest countries, tried by poverty; and even in the richest countries there are many men and women who are dissatisfied, even suffering from depression.

We think also of the many displaced persons and refugees, and of those who migrate, putting their lives at risk. Christ's gaze rests upon all these people, indeed, upon each one of these children of the Father who is in heaven, and He repeats: “Come to Me, all you...”

Jesus promises to give everyone “rest”, but He sets a condition: “Take My yoke upon you and learn from Me, for I am meek and humble of heart.”

What is this “yoke” which, instead of weighing us down, makes our burden lighter, and instead of crushing us, lifts us up?

Christ's “yoke” is the law of love; it is His commandment which He left to His disciples (cf. Jn 13:34; 15:12).

The true remedy for the wounds of humanity, both material wounds, such as hunger and injustice, and psychological and moral wounds caused by a false sense of well-being, is a way of life based on fraternal love, whose source is the love of God.

For this reason, we must abandon the path of arrogance and violence used to obtain positions of ever greater power and to secure success at any cost.

Even in our relationship with the environment, we must renounce the aggressive attitude that has dominated recent centuries and adopt a reasonable “meekness”.

But above all, in human, interpersonal and social relationships, the rule of respect and non-violence, that is, the strength of truth against every form of oppression, is what can guarantee a future worthy of humanity.

STAY WITH ME, LORD

Prayer of Saint Padre Pio – 23 September

Stay with me, Lord, for it is necessary to have You present so that I may not forget You. You know how easily I abandon You.

Stay with me, Lord, because I am weak and I need Your strength, so that I may not fall so often.

Stay with me, Lord, because You are my life, and without You I lose my fervour.

Stay with me, Lord, to show me Your will.

Stay with me, Lord, because I desire to love You and always remain in Your company.

Stay with me, Lord, if You want me to remain faithful to You.

Stay with me, Jesus, because although my soul is very poor, it desires to be for You a place of consolation, a nest of love.

Stay with me, Jesus, because it is getting late and the day is drawing to a close... that is, life is passing... death, judgement and eternity are approaching... and it is necessary to renew my strength, so that I may not fail along the way. For this reason, I need You.

It is getting late and death is approaching! I am troubled by darkness, temptations, dryness, crosses and sufferings. Oh, how much I need You, my Jesus, in this night of exile.

Stay with me, Jesus, because in this night of life and dangers, I need You.

Grant that I may know You as Your disciples knew You in the breaking of the bread... that is, may Eucharistic Communion be the light that dispels the darkness, the strength that sustains me, and the only joy of my heart.

Stay with me, Lord, because when death comes, I want to remain united to You, if not truly through Holy Communion, at least through grace and love.

Stay with me, Lord. You alone I seek: Your love, Your grace, Your will, Your heart, Your Spirit, because I love You and ask for no other reward than an increase of love.

A solid, practical love.

To love You with all my heart on earth, so that I may continue loving You perfectly throughout eternity.

Amen.

PRAYER FOR DELIVERANCE

O Lord, You are great, You are God, You are Father.

We pray to You, through the intercession and with the help of the Archangels Michael, Gabriel and Raphael, that our brothers and sisters may be delivered from the evil one.

From anguish, sadness and obsessions.

We beseech You, deliver us, O Lord!

From hatred, fornication and envy.

We beseech You, deliver us, O Lord!

From thoughts of jealousy, anger and death.

We beseech You, deliver us, O Lord!

From every thought of suicide and abortion.

We beseech You, deliver us, O Lord!

From every form of sinful sexuality.

We beseech You, deliver us, O Lord!

From division within the family and from every harmful friendship.

We beseech You, deliver us, O Lord!

From every form of malefice, sorcery, witchcraft and every hidden evil.

We beseech You, deliver us, O Lord!

Let us pray

O Lord, You who said, "I leave you peace, My peace I give you," through the intercession of the Virgin Mary, grant that we may be delivered from every curse and always enjoy Your peace.

Through Christ our Lord.

Amen.

CHAPLET OF DIVINE MERCY

HOLY ROSARY

May the Lord bless you!