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 .

PRAISE AND GLORY TO YOU, LORD JESUS

Praise and glory to You, Lord Jesus.
Praise and glory to Your holy Name.

Be blessed Lord, because you care for us.
Be blessed, because you are our salvation.

Thank you, Lord, for You are good and holy,
Thank you, Lord, for You are merciful.

Bestow upon us your Holy Spirit

renew us in your will and confirm us in your grace.

Holy Spirit, Spirit of Love, breathes in us,
take possession of our being and reigns supreme.
Spirit of spiritual childhood, make us small and innocent,
spirit of obedience, let us be docile to love our Heavenly Father.
Holy Father, our Father, Father of all, Father .....
Make us your children in spirit and truth, and fulfill your adorable Will.
Glory to the Father, glory to the Son, glory to the Holy Spirit.
May our lives be a single act of thanksgiving. Amen.

Psalm 85

Prayer for the Restoration of God's Favour

To the leader. Of the Korahites. A Psalm.

[1] LORD, you were favourable to your land;
you restored the fortunes of Jacob.
[2] You forgave the iniquity of your people;
you pardoned all their sin.*Selah*

3 You withdrew all your wrath;
you turned from your hot anger.

4 Restore us again, O God of our salvation,
and put away your indignation towards us.
5 Will you be angry with us for ever?
Will you prolong your anger to all generations?
6 Will you not revive us again,
so that your people may rejoice in you?
7 Show us your steadfast love, O LORD,
and grant us your salvation.

8 Let me hear what God the LORD will speak,
for he will speak peace to his people,
to his faithful, to those who turn to him in their hearts.[a]
9 Surely his salvation is at hand for those who fear him,
that his glory may dwell in our land.

10 Steadfast love and faithfulness will meet;
righteousness and peace will kiss each other.
11 Faithfulness will spring up from the ground,
and righteousness will look down from the sky.
12 The LORD will give what is good,
and our land will yield its increase.
13 Righteousness will go before him,
and will make a path for his steps.

Psalm 96

Praise to God Who Comes in Judgement

1 O sing to the LORD a new song;
sing to the LORD, all the earth.
2 Sing to the LORD, bless his name;
tell of his salvation from day to day.
3 Declare his glory among the nations,
his marvellous works among all the peoples.
4 For great is the LORD, and greatly to be praised;
he is to be revered above all gods.
5 For all the gods of the peoples are idols,
but the LORD made the heavens.
6 Honour and majesty are before him;
strength and beauty are in his sanctuary.

7 Ascribe to the LORD, O families of the peoples,
ascribe to the LORD glory and strength.

8 Ascribe to the LORD the glory due his name;
bring an offering, and come into his courts.
9 Worship the LORD in holy splendour;
tremble before him, all the earth.

10 Say among the nations, 'The LORD is king!
The world is firmly established; it shall never be moved.
He will judge the peoples with equity.'
11 Let the heavens be glad, and let the earth rejoice;
let the sea roar, and all that fills it;
12 let the field exult, and everything in it.
Then shall all the trees of the forest sing for joy
13 before the LORD; for he is coming,
for he is coming to judge the earth.
He will judge the world with righteousness,
and the peoples with his truth.

PRAYER TO FORGIVE

Lord Jesus, I turn to you, today, to ask for the grace to forgive those who have offended me during my life. I know that you will give me the strength to forgive.
Thank you, because you love me more than I love myself and You want my happiness more than I can desire.

Lord Jesus, I want to befreed from the resentments, anxieties and inflexibility that I had for you. I ask your forgiveness for all the times that I thought you sending death, suffering, economic difficulties, punishments and disease in my family ...
Purify my mind and my heart today.

Lord, now I want to forgive myself for my sins, shortcomings and failures. I want to forgive me for all that is really bad in me or that I think is bad ...

THANK YOU MY LORD FOR THE GRACE YOU ARE GRANTING ME THIS TIME.

THE WORD OF GOD

Luke 1:28-35

28 And he (The Angel) came to her and said, ‘Greetings, favoured 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 favour 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 for ever, 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 17:5-6

5 The apostles said to the Lord, ‘Increase our faith!’ 6 The Lord replied, ‘If you had faith the size
of a[a] mustard seed, you could say to this mulberry tree, “Be uprooted and planted in the sea”,
and it would obey you.

Pope Francis (Angelus 6 October 2013)

The Reading from the Gospel begins like this: “The apostles said to the Lord, ‘Increase our faith!’” (Lk 17:5). It seems that we can all make this our invocation, especially during this Year of Faith. Let us too, like the Apostles, say to the Lord: “Increase our faith!”. Yes, Lord, our faith is small, our faith is weak and fragile, but we offer it to you as it is, so that you can make it grow. Would it be good to say this all together? Shall we repeat together: “Lord, increase our faith!”? Shall we? Everyone: Lord, increase our faith! Lord, increase our faith! Lord, increase our faith! Make it grow!

And how does the Lord answer us? He responds: “If you had faith as a grain of mustard seed, you could say to this sycamine tree, ‘Be rooted up, and be planted in the sea’, and it would obey you” (v. 6). A mustard seed is tiny, yet Jesus says that faith this size, small but true and sincere, suffices to achieve what is humanly impossible, unthinkable. And it is true! We all know people who are simple, humble, but whose faith is so strong it can move mountains! Let us think, for example, of some mothers and fathers who face very difficult situations; or of some

sick, and even gravely ill, people who transmit serenity to those who come to visit them. These people, because of their faith, do not boast about what they do, rather, as Jesus asks in the Gospel, they say: "'We are unworthy servants; we have only done what was our duty" (Lk 17:10). How many people among us have such strong, humble faith, and what good they do!.. The faith we have is miniscule, but it is strong! With this power to testify to Jesus Christ, to be Christians with our life, with our witness!And how do we draw from this strength? We draw it from God in prayer. Prayer is the breath of faith: in a relationship of trust, in a relationship of love, dialogue cannot be left out, and prayer is the dialogue of the soul with God.

Praises to God the Most High

You are holy, Lord, the only God, and Your deeds are wonderful. You are strong. You are great. You are the Most High. You are Almighty. You, Holy Father are King of heaven and earth. You are Three and One, Lord God, all Good. You are Good, all Good, supreme Good, Lord God, living and true. You are love. You are wisdom. You are humility. You are endurance.

You are rest. You are peace. You are joy and gladness. You are justice and moderation. You are all our riches, and You suffice for us. You are beauty. You are gentleness. You are our protector. You are our guardian and defender. You are our courage. You are our haven and our hope. You are our faith, our great consolation. You are our eternal life, Great and Wonderful Lord, God Almighty, Merciful Saviour.

Saint Francis of Assisi

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.[g]

It's Christmas

"Every time you smile at your brother and offer him your hand... it's Christmas
Every time you remain silent to listen to each other... it's Christmas
Every time you don't accept the principles that relegate the poor to the margins of society... it's Christmas
Every time you hope together with those who find themselves in physical and spiritual poverty... it's Christmas
Every time you recognize with humility your own limits and weaknesses... it's Christmas
Every time you let God love others through you.... it's Christmas."

Saint Mother Theresa of Kolkata

We entrust ourselves to our Queen of Peace with all our heart praying the

Holy Rosary

We entrust ourselves to the Sacred Heart of Jesus praying

The Chaplet of the Divine Mercy

