



**57th International Marathon prayer**

**72hoursforjesus**

*To aspire to holiness*

**29.30.31 Oct**



## 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.

## The Praises of God

*St Francis of Assisi*

Lord God:  
you alone are holy,  
you who work wonders!  
You are strong, you are great,  
you are the Most High,  
you are the almighty King,  
you, holy Father, King of heaven and earth.

Lord God: you are Three and you are One,  
you are goodness, all goodness,  
you are the highest Good,  
Lord God, living and true.

You are love and charity, you are wisdom,  
you are humility, you are patience,  
you are beauty, you are sweetness,  
you are safety, you are rest, you are joy,  
you are our hope

and our delight,  
you are justice, you are moderation  
you are all our wealth  
and riches overflowing.

You are beauty, you are gentleness,  
you are our shelter, our guard  
and our defender,  
you are strength, you are refreshment,  
you are our hope.  
you are our faith.  
you are our love,  
you are our complete consolation,  
you are our life everlasting,  
great and wonderful Lord,  
all powerful God, merciful Savior!

Amen.



## PSALM 99

### Praise to God for His Holiness

- <sup>1</sup>The LORD is king; let the peoples tremble!  
He sits enthroned upon the cherubim; let the earth  
quake!
- <sup>2</sup>The LORD is great in Zion;  
he is exalted over all the peoples.
- <sup>3</sup>Let them praise your great and awesome name.  
Holy is he!
- <sup>4</sup>Mighty King,<sup>[a]</sup> lover of justice,  
you have established equity;  
you have executed justice  
and righteousness in Jacob.
- <sup>5</sup>Extol the LORD our God;  
worship at his footstool.  
Holy is he!

- <sup>6</sup>Moses and Aaron were among his priests,  
Samuel also was among those who called on his  
name.  
They cried to the LORD, and he answered them.
- <sup>7</sup>He spoke to them in the pillar of cloud;  
they kept his decrees,  
and the statutes that he gave them.
- <sup>8</sup>O LORD our God, you answered them;  
you were a forgiving God to them,  
but an avenger of their wrongdoings.
- <sup>9</sup>Extol the LORD our God,  
and worship at his holy mountain;  
for the LORD our God is holy.

## 1 Peter 1:14-21

<sup>14</sup> Like obedient children, do not be conformed to the desires that you formerly had in ignorance. <sup>15</sup> Instead, as he who called you is holy, be holy yourselves in all your conduct; <sup>16</sup> for it is written, 'You shall be holy, for I am holy.'

<sup>17</sup> If you invoke as Father the one who judges all people impartially according to their deeds, live in reverent fear

during the time of your exile. <sup>18</sup> You know that you were ransomed from the futile ways inherited from your ancestors, not with perishable things like silver or gold, <sup>19</sup> but with the precious blood of Christ, like that of a lamb without defect or blemish. <sup>20</sup> He was destined before the foundation of the world, but was revealed at the end of the ages for your sake. <sup>21</sup> Through him you have come to trust in God, who raised him from the dead and gave him glory, so that your faith and hope are set on God.



## Ephesians 1:3-14

### Spiritual Blessings in Christ

<sup>3</sup> Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, <sup>4</sup> just as he chose us in Christ<sup>[a]</sup> before the foundation of the world to be holy and blameless before him in love. <sup>5</sup> He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, <sup>6</sup> to the praise of his glorious grace that he freely bestowed on us in the Beloved. <sup>7</sup> In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace <sup>8</sup> that he lavished on us. With all wisdom and insight <sup>9</sup> he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, <sup>10</sup> as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. <sup>11</sup> In Christ we have also obtained an inheritance,<sup>[b]</sup> having been destined according to the

purpose of him who accomplishes all things according to his counsel and will, <sup>12</sup> so that we, who were the first to set our hope on Christ, might live for the praise of his glory. <sup>13</sup> In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; <sup>14</sup> this<sup>[c]</sup> is the pledge of our inheritance towards redemption as God's own people, to the praise of his glory.

*\* "To be holy means to be like Jesus Christ in everything: thoughts, feelings, words and actions. The essence of holiness is love (love God above all things and your neighbor as yourself), which models all the virtues: humility, justice, hard work, chastity, obedience, cheerfulness ... It 'a goal which they are called all the baptized and that is achieved only in Heaven, after "having fought the good fight" for life with the help of God "*

*San Josemaría Escrivá de Balaguer.*

## Prayer for courage

Composed using the words of our beloved and Sain Pope John Paul II



Lord Jesus:

called by you and to you  
to preserve the faith that I have received,  
and to pass it on, intact to others  
as the salt of the earth and light of the world:

I do not want to be afraid

of You, Oh Christ, but I trust you all the way,  
because you alone have the words of eternal life, that will ever  
disappoint! I do not want to be afraid

because You, Jesus, you're with me!

I do not want to be afraid  
to open, rather than throw open the doors to you, O Christ.

I do not want to be afraid  
to say 'yes' to You, Jesus, and to follow you as your disciple  
and so experiencing the joy that fills my heart  
and become a bliss for the world.

I do not want to be afraid  
to go against the grain!  
I do not want to be afraid  
to aspire to holiness!  
and to be a saint of the third millennium!

The Church needs saints  
I want to contribute to an era of holy men!  
because holy people alone can renew humanity

Mary,  
Your mother and mine,  
sustain the courage of my decision

and prevent me from taking shortcuts

to happiness and light

Amen.

## The Universal Prayer Attributed to Pope Clement XI

I believe, O Lord, but may I believe more firmly  
I hope, but may I hope more securely,  
I love, but may I love more ardently  
I sorrow, but may I sorrow more deeply.

I adore you as my first beginning;  
I long for you as my last end;  
I praise you as my constant benefactor;  
I invoke you as my gracious protector.

By your wisdom direct me,  
by your righteousness restrain me,  
by your indulgence console me,  
by your power protect me.

I offer you, Lord, my thoughts to be directed to you,  
my words, to be about you;  
my deeds, to respect your will,  
my trials to be endured for you.

I will whatever you will,  
I will it because you will it,  
I will it in the way you will it,  
I will it for as long as you will it.

Lord, enlighten my understanding, I pray:  
arouse my will,  
cleanse my heart,  
sanctify my soul.

May I weep for past sins,  
repel future temptations,  
correct evil inclinations,  
nurture appropriate virtues.

Give me, good 'God,  
love for you, hatred for  
myself,  
zeal for my neighbor,  
contempt for the world.



## Gospel

### John 1:43-51

#### Jesus Calls Philip and Nathanael

<sup>43</sup> The next day Jesus decided to go to Galilee. He found Philip and said to him, 'Follow me.' <sup>44</sup> Now Philip was from Bethsaida, the city of Andrew and Peter. <sup>45</sup> Philip found Nathanael and said to him, 'We have found him about whom Moses in the law and also the prophets wrote, Jesus son of Joseph from Nazareth.' <sup>46</sup> Nathanael said to him, 'Can anything good come out of Nazareth?' Philip said to him,

'Come and see.' <sup>47</sup> When Jesus saw Nathanael coming towards him, he said of him, 'Here is truly an Israelite in whom there is no deceit!' <sup>48</sup> Nathanael asked him, 'Where did you come to know me?' Jesus answered, 'I saw you under the fig tree before Philip called you.' <sup>49</sup> Nathanael replied, 'Rabbi, you are the Son of God! You are the King of Israel!' <sup>50</sup> Jesus answered, 'Do you believe because I told you that I saw you under the fig tree? You will see greater things than these.' <sup>51</sup> And he said to him, 'Very truly, I tell you, <sup>[a]</sup> you will see heaven opened and the angels of God ascending and descending upon the Son of Man.'



### *Prayer to St Michael*

Saint Michael the Archangel, defend us in battle, be our protection against the malice and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls.  
Amen.

### *PRAYER TO SAINT THÉRÈSE*

Saint Thérèse, the Little Flower of Jesus, please pick a rose from the heavenly garden, and send it to me with a message of love.  
I ask you to obtain for me the favors that I seek (here mention your request).  
Recommend my request to Mary, Queen of Heaven, so that she may intercede for me, with you, before her Son, Jesus Christ.  
If this favor is granted, I will love you more and more, and be better prepared to spend eternal happiness with you in heaven.  
Saint Thérèse of the Little Flower, pray for me.

### *Prayer to St. Faustina*

Dear St. Faustina, I have come to know you as a friend. I ask you to plead to the Lord for me the prayer I ask of you. In times of doubt, dear friend, implore the Lord's Mercy as you did so often here on earth, that I may remember who I am, and to what His mercy has called me.

In times of fear, implore His Mercy that I may ever remember to trust, and trust again, in joy, and in the knowledge that God is preparing me for a beautiful mission.

Please pray dear St. Faustina, that I may never forget that the abyss between my Lord and I has been bridged by His tender mercy. He will continue to be faithful and heal me of anything which stands in the way of His Will. My life is in His Hands.

Thank you dear friend. Pray with me the prayer Our Lord taught you to spread throughout the world; Jesus, I trust in

You! Remind all pilgrims of life that if our trust is great, there is no limit to Jesus' generosity.

**Amen.**

### *Prayer to Saint Pio of Pietrelcina*

St. Pio of Pietrelcina, please Teach us, we ask you, humility of heart so we may be counted among the little ones of the Gospel, to whom the Father promised to reveal the mysteries of his Kingdom. Help us to pray without ceasing, certain that God knows what we need even before we ask him. Obtain for us the eyes of faith that can readily recognize in the poor and suffering the face of Jesus. Sustain us in the hour of battle and of the test and, if we fall, make us experience the joy of the sacrament of forgiveness. Grant us your tender devotion to Mary, Mother of Jesus and our own. Accompany us on our earthly pilgrimage toward the blessed homeland, where we hope to arrive in order to contemplate forever the glory of the Father, the Son and the Holy Spirit. amen

## **A Catholic Prayer in Praise of the Saints**

How shining and splendid are your gifts, O Lord  
which you give us for our eternal well-being  
Your glory shines radiantly in your saints, O God  
In the honour and noble victory of the martyrs.  
The white-robed company follow you,  
bright with their abundant faith;  
They scorned the wicked words of those with this world's

## **Litany of the Saints:**

Paul, a prisoner of Christ the Lord, Pray for us

Peter, the rock of the Lord, Pray for us

Augustine, singer of the Love of God, Pray for us

Ignatius of Loyola, a lover of God, Pray for us

Charles de Foucauld, a seeker of God, Pray for us

Edith Stein, wise in the Cross, Pray for us

power.

For you they sustained fierce beatings, chains, and torments,  
they were drained by cruel punishments.

They bore their holy witness to you  
who were grounded deep within their hearts;  
they were sustained by patience and constancy.

Endowed with your everlasting grace,  
may we rejoice forever

with the martyrs in our bright fatherland.

O Christ, in your goodness,  
grant to us the gracious heavenly realms of eternal life.

*Unknown author, 10th century*

Agnes of Rome, candida bride of the Lamb, Pray for us

Andreas of Phù Yen (Viet-nam), a disciple of Christ even unto martyrdom, Pray for us

Pedro Calungsod, the first martyr of the Philippines, Pray for us

Josephine Bakhita (Sudan), meek and humble of Christ Pray for us

Therese of Lisieux, the heart of the Missionary Church, Pray for us

Piergiorgio Trassati, man of the eight beatitudes, Pray for us

Marcel Callo (France), the model of Christian life, Pray for us

Francisco de Paula Castelló (Spain) courageous witness to Christ, Pray for us

Katerina Tekakwitha, a small Canadian lily, Pray for us

All Angels and All Saints, pray for us

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**



Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” When he had said this, he breathed on them and said to them, “Receive the Holy Spirit”.

John 20:21