

Dear brothers and sisters,

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

We open our hearts to God the Father and dialoguing intimately with him, using our simple and spontaneous words and knowing that He is listening to us

COME, Holy Spirit, Creator blest,
and in our souls take up Thy rest;
come with Thy grace and heavenly aid
to fill the hearts which Thou hast made.

O comforter, to Thee we cry,
O heavenly gift of God Most High,
O fount of life and fire of love,
and sweet anointing from above.

Thou in Thy sevenfold gifts are known;
Thou, finger of God's hand we own;
Thou, promise of the Father, Thou
Who dost the tongue with power imbue.

Kindle our sense from above,
and make our hearts o'erflow with love;
with patience firm and virtue high
the weakness of our flesh supply.

Far from us drive the foe we dread,
and grant us Thy peace instead;
so shall we not, with Thee for guide,
turn from the path of life aside.

Oh, may Thy grace on us bestow
the Father and the Son to know;
and Thee, through endless times confessed,
of both the eternal Spirit blest.

Now to the Father and the Son,
Who rose from death, be glory given,
with Thou, O Holy Comforter,
henceforth by all in earth and heaven.
Amen.

COME, Holy Spirit, fill the hearts of Thy faithful and kindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created

R. And Thou shalt renew the face of the earth.

Let us pray:

O GOD, Who taught the hearts of the faithful by the light of the Holy Spirit, grant that, by the gift of the same Spirit, we may be always truly wise, and ever rejoice in His consolation.

Through Christ our Lord. Amen.

The Word Of God Proceeding Forth

The word of God, proceeding forth
yet leaving not his Father's side,
and going to his work on earth
had reached at length life's eventide.

By false disciple to be given
to foemen, for his blood athirst,
himself, the living Bread from heaven,
he gave to his disciples first.

In twofold form of sacrament
he gave his Flesh, he gave his Blood,
that man, of twofold substance blent,
might wholly feed on mystic food.

In birth man's fellow-man was he,
his meat while sitting at the board;
he died, his ransom to be,
he reigns to be his great reward.
All praise and thanks to thee ascend
for evermore, blest One in Three;
O grant us life that shall not end
in our true native land with thee

Psalm 22

- ¹ My God, my God, why have you forsaken me?
Why are you so far from helping me, from the words of my groaning?
- ² O my God, I cry by day, but you do not answer;
and by night, but find no rest.
- ³ Yet you are holy,
enthroned on the praises of Israel.

⁴ In you our ancestors trusted;
they trusted, and you delivered them.
⁵ To you they cried, and were saved;
in you they trusted, and were not put to shame.

⁶ But I am a worm, and not human;
scorned by others, and despised by the people.
⁷ All who see me mock at me;
they make mouths at me, they shake their heads;
⁸ “Commit your cause to the LORD; let him deliver—
let him rescue the one in whom he delights!”

⁹ Yet it was you who took me from the womb;
you kept me safe on my mother’s breast.
¹⁰ On you I was cast from my birth,
and since my mother bore me you have been my God.
¹¹ Do not be far from me,
for trouble is near
and there is no one to help.

¹² Many bulls encircle me,
strong bulls of Bashan surround me;
¹³ they open wide their mouths at me,
like a ravening and roaring lion.

¹⁴ I am poured out like water,
and all my bones are out of joint;
my heart is like wax;
it is melted within my breast;
¹⁵ my mouth^[a] is dried up like a potsherd,
and my tongue sticks to my jaws;
you lay me in the dust of death.

¹⁶ For dogs are all around me;
a company of evildoers encircles me.
My hands and feet have shriveled;^[b]
¹⁷ I can count all my bones.
They stare and gloat over me;
¹⁸ they divide my clothes among themselves,
and for my clothing they cast lots.

¹⁹ But you, O LORD, do not be far away!
O my help, come quickly to my aid!
²⁰ Deliver my soul from the sword,
my life^[c] from the power of the dog!
²¹ Save me from the mouth of the lion!

From the horns of the wild oxen you have rescued^[d] me.
22 I will tell of your name to my brothers and sisters;^[e]
in the midst of the congregation I will praise you:
23 You who fear the LORD, praise him!
All you offspring of Jacob, glorify him;
stand in awe of him, all you offspring of Israel!
24 For he did not despise or abhor
the affliction of the afflicted;
he did not hide his face from me,^[f]
but heard when I^[g] cried to him.

25 From you comes my praise in the great congregation;
my vows I will pay before those who fear him.
26 The poor^[h] shall eat and be satisfied;
those who seek him shall praise the LORD.
May your hearts live forever!

27 All the ends of the earth shall remember
and turn to the LORD;
and all the families of the nations
shall worship before him.^[i]
28 For dominion belongs to the LORD,
and he rules over the nations.

29 To him,^[j] indeed, shall all who sleep in^[k] the earth bow down;
before him shall bow all who go down to the dust,
and I shall live for him.^[l]
30 Posterity will serve him;
future generations will be told about the Lord,
31 and^[m] proclaim his deliverance to a people yet unborn,
saying that he has done it.

Psalm 69

Prayer for Deliverance from Persecution

To the leader: according to Lilies. Of David.

¹ Save me, O God,
for the waters have come up to my neck.
² I sink in deep mire,
where there is no foothold;
I have come into deep waters,
and the flood sweeps over me.

³ I am weary with my crying;
my throat is parched.
My eyes grow dim
with waiting for my God.

⁴ More in number than the hairs of my head
are those who hate me without cause;
many are those who would destroy me,
my enemies who accuse me falsely.
What I did not steal
must I now restore?

⁵ O God, you know my folly;
the wrongs I have done are not hidden from you.

⁶ Do not let those who hope in you be put to shame because of me,
O Lord GOD of hosts;
do not let those who seek you be dishonored because of me,
O God of Israel.

⁷ It is for your sake that I have borne reproach,
that shame has covered my face.

⁸ I have become a stranger to my kindred,
an alien to my mother's children.

⁹ It is zeal for your house that has consumed me;
the insults of those who insult you have fallen on me.

¹⁰ When I humbled my soul with fasting,^[a]
they insulted me for doing so.

¹¹ When I made sackcloth my clothing,
I became a byword to them.

¹² I am the subject of gossip for those who sit in the gate,
and the drunkards make songs about me.

¹³ But as for me, my prayer is to you, O LORD.
At an acceptable time, O God,
in the abundance of your steadfast love, answer me.

With your faithful help ¹⁴rescue me
from sinking in the mire;

let me be delivered from my enemies
and from the deep waters.

¹⁵ Do not let the flood sweep over me,
or the deep swallow me up,
or the Pit close its mouth over me.

¹⁶ Answer me, O LORD, for your steadfast love is good;
according to your abundant mercy, turn to me.

¹⁷ Do not hide your face from your servant,
for I am in distress—make haste to answer me.

¹⁸ Draw near to me, redeem me,
set me free because of my enemies.

¹⁹ You know the insults I receive,
and my shame and dishonor;
my foes are all known to you.

²⁰ Insults have broken my heart,
so that I am in despair.
I looked for pity, but there was none;
and for comforters, but I found none.

²¹ They gave me poison for food,
and for my thirst they gave me vinegar to drink.

²² Let their table be a trap for them,
a snare for their allies.

²³ Let their eyes be darkened so that they cannot see,
and make their loins tremble continually.

²⁴ Pour out your indignation upon them,
and let your burning anger overtake them.

²⁵ May their camp be a desolation;
let no one live in their tents.

²⁶ For they persecute those whom you have struck down,
and those whom you have wounded, they attack still more. ^[b]

²⁷ Add guilt to their guilt;
may they have no acquittal from you.

²⁸ Let them be blotted out of the book of the living;
let them not be enrolled among the righteous.

²⁹ But I am lowly and in pain;
let your salvation, O God, protect me.

³⁰ I will praise the name of God with a song;
I will magnify him with thanksgiving.

³¹ This will please the LORD more than an ox
or a bull with horns and hoofs.

³² Let the oppressed see it and be glad;
you who seek God, let your hearts revive.

³³ For the LORD hears the needy,
and does not despise his own that are in bonds.

³⁴ Let heaven and earth praise him,
the seas and everything that moves in them.

³⁵ For God will save Zion
and rebuild the cities of Judah;
and his servants shall live ^[c] there and possess it;

³⁶ the children of his servants shall inherit it,
and those who love his name shall live in it.

Psalm 63

Comfort and Assurance in God's Presence

A Psalm of David, when he was in the Wilderness of Judah.

¹ O God, you are my God, I seek you,
my soul thirsts for you;
my flesh faints for you,
as in a dry and weary land where there is no water.

² So I have looked upon you in the sanctuary,
beholding your power and glory.

³ Because your steadfast love is better than life,
my lips will praise you.

⁴ So I will bless you as long as I live;
I will lift up my hands and call on your name.

⁵ My soul is satisfied as with a rich feast,^[a]
and my mouth praises you with joyful lips

⁶ when I think of you on my bed,
and meditate on you in the watches of the night;

⁷ for you have been my help,
and in the shadow of your wings I sing for joy.

⁸ My soul clings to you;
your right hand upholds me.

⁹ But those who seek to destroy my life
shall go down into the depths of the earth;

¹⁰ they shall be given over to the power of the sword,
they shall be prey for jackals.

¹¹ But the king shall rejoice in God;
all who swear by him shall exult,
for the mouths of liars will be stopped.

[Matthew 27:45-56 New Revised Standard Version Catholic Edition \(NRSVCE\)](#)

The Death of Jesus

⁴⁵ From noon on, darkness came over the whole land^[a] until three in the afternoon. ⁴⁶ And about three o'clock Jesus cried with a loud voice, "Eli, Eli, lema sabachthani?" that is, "My God, my God, why have you forsaken me?" ⁴⁷ When some of the bystanders heard it, they said, "This man is calling for Elijah." ⁴⁸ At once one of them ran and got a sponge, filled it with sour wine, put it on a stick, and gave it to him to drink. ⁴⁹ But the others said, "Wait, let us see whether Elijah will come to save him."^[b] ⁵⁰ Then Jesus cried again with a loud voice and breathed his last.^[c] ⁵¹ At that moment the curtain of the temple was torn in two, from top to bottom. The earth shook, and the rocks were split. ⁵² The tombs also were opened, and many bodies of the saints who had fallen asleep were raised. ⁵³ After his resurrection they came out of the tombs and entered the holy city and appeared to many. ⁵⁴ Now when the centurion and those with him, who were keeping watch over Jesus, saw the earthquake and what took place, they were terrified and said, "Truly this man was God's Son!"^[d]

⁵⁵ Many women were also there, looking on from a distance; they had followed Jesus from Galilee and had provided for him. ⁵⁶ Among them were Mary Magdalene, and Mary the mother of James and Joseph, and the mother of the sons of Zebedee.

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The Cross of Christ does not only demonstrate Jesus' silence as his last word to the Father but reveals that God also speaks through silence: "the silence of God, the experience of the distance of the almighty Father, is a decisive stage in the earthly journey of the Son of God, the Incarnate Word. Hanging from the wood of the cross, he lamented the suffering caused by that silence: 'My God, my God, why have you forsaken me?'" (Mk 15:34; Mt 27:46). Advancing in obedience to his very last breath, in the obscurity of death, Jesus called upon the Father. He commended himself to him at the moment of passage, through death, to eternal life: 'Father, into your hands I commend my spirit' (Lk 23:46)" (Post-Synodal Apostolic Exhortation Verbum Domini, n. 21).

Jesus' experience on the cross profoundly reveals the situation of the person praying and the culmination of his prayer: having heard and recognized the word of God, we must also come to terms with the silence of God, an important expression of the same divine Word.

The dynamic of words and silence which marks Jesus' prayer throughout his earthly existence, especially on the cross, also touches our own prayer life in two directions.

The first is the one that concerns the acceptance of the word of God. Inward and outward silence are necessary if we are to be able to hear this word. And in our time this point is particularly difficult for us. In fact, ours is an era that does not encourage recollection; indeed, one sometimes gets the impression that people are frightened of being cut off, even for an instant, from the torrent of words and images that mark and fill the day.

It was for this reason that in the above mentioned Exhortation Verbum Domini I recalled our need to learn the value of silence: "Rediscovering the centrality of God's word in the life of the Church also means rediscovering a sense of recollection and inner repose. The great patristic tradition teaches us that the mysteries of Christ all involve silence. Only in silence can the word of God find a home in us, as it did in Mary, woman of the word and, inseparably, woman of silence" (..)

However, there is also a second important connection between silence and prayer. Indeed it is not only our silence that disposes us to listen to the word of God; in our prayers we often find we are confronted by God's silence, we feel, as it were, let down, it seems to us that God neither listens nor responds. Yet God's silence, as happened to Jesus, does not indicate his absence. Christians know well that the Lord is present and listens, even in the darkness of pain, rejection and loneliness.

Jesus reassures his disciples and each one of us that God is well acquainted with our needs at every moment of our life. He teaches the disciples: "In praying do not heap up empty phrases as the Gentiles do; for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him" (Mt 6:7-8): an attentive, silent and open heart is more important than many words. God knows us in our inmost depths, better than we ourselves, and loves us; and knowing this must suffice.

Jesus, fastened with nails to the Cross,	
Jesus, wounded for our iniquities,	<i>Have mercy on us.</i>
Jesus, praying for your murderers,	<i>Have mercy on us.</i>
Jesus, reputed with the wicked,	
Jesus, blasphemed on the Cross,	<i>Have mercy on us.</i>
Jesus, reviled by the malefactor,	<i>Have mercy on us.</i>
Jesus, giving Paradise to the thief,	<i>Have mercy on us.</i>
Jesus, commending Saint John to your	<i>Have mercy on us.</i>
Mother as her son,	<i>Have mercy on us.</i>
Jesus, forsaken by your Father,	<i>Have mercy on us.</i>
Jesus, given gall and vinegar to drink,	<i>Have mercy on us.</i>
Jesus, testifying that all things written	
concerning you were accomplished,	<i>Have mercy on us.</i>
Jesus, commending your spirit into	<i>Have mercy on us.</i>
the hands of your Father,	
Jesus, obedient even unto death,	<i>Have mercy on us.</i>
Jesus, pierced with a lance,	
Jesus, made a propitiation for us,	
Jesus, taken down from the Cross,	<i>Have mercy on us.</i>
Jesus, laid in a sepulcher,	
Jesus, rising gloriously from the dead,	<i>Have mercy on us.</i>
Jesus, ascending into heaven,	<i>Have mercy on us.</i>
Jesus, our Advocate with the Father,	<i>Have mercy on us.</i>
Jesus, sending down the Holy Spirit,	<i>Have mercy on us.</i>
Jesus, exalting your Mother,	<i>Have mercy on us.</i>
Jesus, who shall come to judge the	
living and the dead,	<i>Have mercy on us.</i>
	<i>Have mercy on us.</i>
Be merciful,	<i>Have mercy on us.</i>
Be merciful,	<i>Have mercy on us.</i>
	<i>Have mercy on us.</i>
From all evil,	
From all sin,	<i>Have mercy on us.</i>
From anger, hatred, and every evil	
will,	<i>Spare us, O Jesus.</i>
From war, famine, and pestilence,	<i>Graciously spare us, O Jesus.</i>
From all dangers of mind and body,	
From everlasting death,	<i>Deliver us, O Jesus</i>
Through your most pure conception,	<i>Deliver us, O Jesus</i>
Through your miraculous nativity,	
Through your humble circumcision,	<i>Deliver us, O Jesus</i>
Through your baptism and fasting,	<i>Deliver us, O Jesus</i>
Through your labors and watchings,	<i>Deliver us, O Jesus</i>
Through your cruel scourging and	<i>Deliver us, O Jesus</i>
crowning,	<i>Deliver us, O Jesus</i>
Through your thirst, and tears, and	<i>Deliver us, O Jesus</i>
nakedness,	<i>Deliver us, O Jesus</i>
	<i>Deliver us, O Jesus</i>

Through your precious death and
Cross, *Deliver us, O Jesus*

Through your glorious resurrection
and ascension, *Deliver us, O Jesus*

Through your sending forth the Holy
Spirit, the Paraclete, *Deliver us, O Jesus*

Deliver us, O Jesus

Deliver us, O Jesus

On the day of judgment, we sinners, *We beseech you, hear us.*

That you would spare us, *We beseech you, hear us.*

That you would pardon us, *We beseech you, hear us.*

That you would bring us to true
penance, *We beseech you, hear us.*

That you would pour into our hearts *We beseech you, hear us.*

the grace of the Holy Spirit, *We beseech you, hear us.*

That you would defend and propagate *We beseech you, hear us.*

your Church, *We beseech you, hear us.*

That you would preserve and increase
all societies assembled in your holy
Name, *We beseech you, hear us.*

That you would bestow upon us true
peace, humility, and charity, *We beseech you, hear us.*

That you would give us perseverance
in grace and in your holy service, *We beseech you, hear us.*

That you would deliver us from
unclean thoughts, the temptations of
the devil, and everlasting damnation, *We beseech you, hear us.*

That you would unite us to the
company of your Saints, *We beseech you, hear us.*

That you would graciously hear us, *We beseech you, hear us.*

We beseech you, hear us.

Lamb of God, you take away the sins
of the world;

Spare us, O Lord.

Lamb of God, you take away the sins
of the world;

Graciously hear us, O Lord.

Lamb of God, you take away the sins
of the world;

Christ hear us. *Have mercy on us.*

Lord, have mercy. *Christ, graciously hear us*

Lord, have mercy. *Christ, have mercy*

We adore you, O Christ, and we bless you, because by your holy Cross you have redeemed the world.

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)

Chaplet of Divine Mercy

Holy Rosary

God Bless You