



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 .

COME HOLY SPIRIT , CREATOR BLEST

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.

TE DEUM

I. Praise to the Trinity

We praise thee, O God: we acknowledge Thee to be the Lord.
All the earth doth worship Thee, the Father everlasting.
To Thee all Angels cry aloud: the Heavens and all the powers therein.
To Thee Cherubim and Seraphim continually do cry, Holy, Holy, Holy: Lord God of Sabaoth;
Heaven and earth are full of the Majesty of Thy Glory.

The glorious company of the Apostles praise Thee.
The godly fellowship of the Prophets praise Thee.
The noble army of Martyrs praise Thee.
The holy Church throughout all the world doth acknowledge Thee;
The Father of an infinite Majesty;
Thine honourable, true, and only Son;
Also the Holy Ghost: the Comforter.

II. Praise of Christ

Thou art the King of Glory, O Christ.
Thou art the everlasting Son of the Father.
When Thou tookest upon Thee to deliver man: Thou didst not abhor the Virgin's womb.
When Thou hadst overcome the sharpness of death, Thou didst open the Kingdom of Heaven to all believers.
Thou sittest at the right hand of God in the glory of the Father.
We believe that Thou shalt come to be our Judge.
We therefore pray Thee, help Thy servants whom Thou hast redeemed with Thy precious blood.
Make them to be numbered with Thy Saints in glory everlasting.

III. Prayers

O Lord, save Thy people: and bless Thine heritage.
Govern them and lift them up for ever.
Day by day we magnify Thee; and we worship Thy Name, ever world without end.
Vouchsafe, O Lord, to keep us this day without sin.
O Lord, have mercy upon us.
O Lord, let Thy mercy lighten upon us: as our trust is in Thee.
O Lord, in Thee have I trusted: let me never be confounded.

Psalm 138

Thanksgiving and Praise

Of David.

- ¹ I give you thanks, O LORD, with my whole heart;
before the gods I sing your praise;
- ² I bow down toward your holy temple
and give thanks to your name for your steadfast love and your faithfulness;
for you have exalted your name and your word
above everything. ^[a]
- ³ On the day I called, you answered me,
you increased my strength of soul. ^[b]
- ⁴ All the kings of the earth shall praise you, O LORD,
for they have heard the words of your mouth.
- ⁵ They shall sing of the ways of the LORD,
for great is the glory of the LORD.
- ⁶ For though the LORD is high, he regards the lowly;
but the haughty he perceives from far away.
- ⁷ Though I walk in the midst of trouble,
you preserve me against the wrath of my enemies;
you stretch out your hand,
and your right hand delivers me.
- ⁸ The LORD will fulfill his purpose for me;
your steadfast love, O LORD, endures forever.
Do not forsake the work of your hands.

Psalm 100

All Lands Summoned to Praise God

A Psalm of thanksgiving.

- ¹ Make a joyful noise to the LORD, all the earth.
- ² Worship the LORD with gladness;
come into his presence with singing.
- ³ Know that the LORD is God.
It is he that made us, and we are his; ^[a]
we are his people, and the sheep of his pasture.

⁴ Enter his gates with thanksgiving,
and his courts with praise.
Give thanks to him, bless his name.

⁵ For the LORD is good;
his steadfast love endures forever,
and his faithfulness to all generations.

Urbi and Torbi prayer by Holy Father John Paul II, Christmas 1983

We thank you, O our Father, for the Word,
you've decided to create the world from eternity,
so that it might bear witness to You
Thank you, because in your Word
You loved the man " before the foundation of the world" (Eph 1: 4).
Thank you, for in him, your beloved Son,
've decided to renew all creation;
've decided to redeem man.
Thank you, eternal Father,
for the night of Bethlehem
of the birth of God,
when the Word became flesh
and the power of the Redemption
dwelt among us.
Thank you, eternal Father,
for maternity of the Virgin Mary,
that under the protection of Joseph,
the carpenter of Nazareth,
has given birth to Your Son in total poverty.
"He came unto his own,
but his own did not accept him" (Jn 1: 11).
And yet He welcomed us all
already from its very birth,
and embraced each of us
with the eternal love of the Father,
with the love that saves man,
which raises the human conscience from sin:
in him we have reconciliation and the forgiveness of sins.

Amen

John 1

The Word Became Flesh

1 In the beginning was the Word, and the Word was with God, and the Word was God.² He was in the beginning with God.³ All things came into being through him, and without him not one thing came into being. What has come into being⁴ in him was life,^[a] and the life was the light of all people.⁵ The light shines in the darkness, and the darkness did not overcome it.

⁶There was a man sent from God, whose name was John.⁷ He came as a witness to testify to the light, so that all might believe through him.⁸ He himself was not the light, but he came to testify to the light.⁹ The true light, which enlightens everyone, was coming into the world.^[b]

¹⁰ He was in the world, and the world came into being through him; yet the world did not know him.¹¹ He came to what was his own,^[c] and his own people did not accept him.¹² But to all who received him, who believed in his name, he gave power to become children of God,¹³ who were born, not of blood or of the will of the flesh or of the will of man, but of God.

¹⁴ And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son,^[d] full of grace and truth.

Thanksgiving to the Lord

Luke 17:11-19

Jesus Cleanses Ten Lepers

¹¹ On the way to Jerusalem Jesus^[a] was going through the region between Samaria and Galilee.¹² As he entered a village, ten lepers^[b] approached him. Keeping their distance,¹³ they called out, saying, "Jesus, Master, have mercy on us!"¹⁴ When he saw them, he said to them, "Go and show yourselves to the priests." And as they went, they were made clean.¹⁵ Then one of them, when he saw that he was healed, turned back, praising God with a loud voice.¹⁶ He prostrated himself at Jesus'^[c] feet and thanked him. And he was a Samaritan.¹⁷ Then Jesus asked, "Were not ten made clean? But the other nine, where are they?"¹⁸ Was none of them found to return and give praise to God except this foreigner?"¹⁹ Then he said to him, "Get up and go on your way; your faith has made you well."

Lithany of thanksgiving

Father, you bless us with the gift of life.

Father, we give you thanks.

You give us your Son as our Saviour.

Father, we give you thanks.

you teach us his word of life.

Father, we give you thanks.

You make us your holy people.

Father, we give you thanks.

You cleanse us from our sins.

Father, we give you thanks.

You give us Mary as our mother and our model.

Father, we give you thanks.

You invite us to love you by loving others.

Father, we give you thanks.

You give us talents and gifts to use for your glory.

Father, we give you thanks.

You help us to do good works for you.

Father, we give you thanks.

You nourish us with the bread of life.

Father, we give you thanks.

You give us the cup of salvation.

Father, we give you thanks.

You have given us your Spirit.

Father, we give you thanks.

You promise us the joys of heaven.

Father, we give you thanks.

You call us to sing your praises for ever.

Father, we give you thanks.

Beloved God,

you have given us all grace and life
through the hands of Christ our Saviour.
With Jesus, we bless you name.
With him we thank you.
With Christ our Lord, we pray to you:

Our Father, in Heaven,
Hallowed be Your Name,
Your Kingdom come,
Your will be done, on earth as in Heaven,
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.

Amen.

Prayer for physical healing

Lord Jesus, I believe you're alive and risen. I believe you are truly present in the Blessed Sacrament and in each of us who believe in you.

I praise and adore you. I thank you, Lord, for coming to me, as the Bread come down from heaven. You are the fullness of life, you are the resurrection and the life, You, Lord, are the health of the sick.

Today I want to present all my evils, for thou art the same yesterday, today and forever and that you join me where I am.

You are the eternal present and you know me. Now, I ask you Lord to have mercy on me.

Visit me for your gospel, so that everyone will recognize that you are alive, in your Church today, and that renewed my faith and my trust in thee, I beseech thee, Jesus.

Have compassion for the suffering of my body, my heart and my soul.

Have mercy on me, Lord, bless and bring it regain health.

To grow my faith and I'm open to the wonders of your love, that he was also witness to your power and your compassion.

I ask you, Jesus, for the power of your Holy Wounds for your holy Cross and for your Precious Blood.

Heal me, O Lord. Heal the body, heal the heart, heal the soul. Give me life, life in abundance. I ask for the intercession of Blessed Mary, Your Mother, the Virgin of Sorrows, who was present, standing at your Cross, which was the first to contemplate your holy wounds, and that you have given to Mother.

You have revealed to have taken upon yourself our pains and for your holy wounds are healed. Today, Lord, meet with faith all my troubles and I ask you to heal completely.

I ask you, for the glory of the Father of heaven, even the sick to heal my family and my friends. Grant that they may grow in faith, hope and restoring their health for the glory of your name.

Why your kingdom continue to spread deeper into the hearts through the signs and wonders of your love.

All this, Jesus, I ask you because you are Jesus You are the Good Shepherd and we are all the sheep of your flock.

I am so sure of your love, that even before knowing the result of my prayers, I say with faith: Thank you, Jesus, for all that you do for me and for each of them. Thanks for the sick who are healed now, thanks to those who are visiting with your Mercy.

(p. Emiliano Tardif)

Personal Prayer in 5 steps

1 Let's thank the Lord for all He has given us, the beautiful creations and also all we have.

*Bless the LORD, O my soul,
and all that is within me,
bless his holy name.*

*Bless the LORD, O my soul,
and do not forget all his benefits*

Psalm 103

2 Let's thank God for the earthly life our Saviour Jesus Christ and the fulfillment of the promises

Therefore the Lord himself will give you a sign. Look, the young woman is with child and shall bear a son, and shall name him Immanuel.

Isaiah 7: 14

3 Let's thank Jesus for His Everlasting Love for us, His Guidance and Mercy

I have come as light into the world, so that everyone who believes in me should not remain in the darkness.

John 12:46

I will do whatever you ask in my name, so that the Father may be glorified in the Son.

John 14 :13

4 Let' thank the Lord for our daily trials, suffering and we ask the gift of abandonment to Him

Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me.

Matthew 16 :24

""The *angels envy* us for *one thing* only: they cannot *suffer for God*" (Padre Pio)

5 We pray for our Church, Our Pope Francis and the grace of our faith, the only true treasure

The LORD is exalted, he dwells on high;
he filled Zion with justice and righteousness;
⁶ he will be the stability of your times,
abundance of salvation, wisdom, and knowledge;
the fear of the LORD is Zion's treasure

Isaiah 33 :5-7

The Divine Praises

Blessed be God.

Blessed be God.

Blessed be His Holy Name.

Blessed be His Holy Name.

Blessed be Jesus Christ, True God and True Man.

Blessed be Jesus Christ, True God and True Man.

Blessed be the Name of Jesus.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the Great Mother of God, Mary Most Holy.

Blessed be the Great Mother of God, Mary Most Holy.

Blessed be her Holy and Immaculate Conception.

Blessed be her Holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be her Glorious Assumption.

Blessed be the Name of Mary, Virgin and Mother.

Blessed be the Name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most Chaste Spouse.

Blessed be Saint Joseph, her most Chaste Spouse.

Blessed be God in His Angels and in His Saints.

Blessed be God in His Angels and in His Saints.

May the Heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen.

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 Sheperd.
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

Benedictus

“Blessed be the Lord God of Israel,
for he has looked favorably on his people and redeemed them.
⁶⁹ He has raised up a mighty savior^[a] for us
in the house of his servant David,
⁷⁰ as he spoke through the mouth of his holy prophets from of old,
⁷¹ that we would be saved from our enemies and from the hand of all who hate us.
⁷² Thus he has shown the mercy promised to our ancestors,
and has remembered his holy covenant,
⁷³ the oath that he swore to our ancestor Abraham,
to grant us ⁷⁴ that we, being rescued from the hands of our enemies,
might serve him without fear, ⁷⁵ in holiness and righteousness
before him all our days.
⁷⁶ And you, child, will be called the prophet of the Most High;
for you will go before the Lord to prepare his ways,
⁷⁷ to give knowledge of salvation to his people
by the forgiveness of their sins.
⁷⁸ By the tender mercy of our God,
the dawn from on high will break upon^[b] us,
⁷⁹ to give light to those who sit in darkness and in the shadow of death,
to guide our feet into the way of peace.”

Luke 1 : 68-79

Pope Francis

. Hope is a gift, a gift of the Holy Spirit and for this Paul will say: 'Never disappoints'. The hope never disappoints, why? Because it is a gift that has given us by the Holy Spirit. But Paul tells us that hope has a name. The hope is Jesus. We can not say: 'I have hope in life, I hope in God', no: if you do not say: 'I hope in Jesus, in Jesus Christ, the living Person, who is now in the Eucharist, which is present in his word ', that is not hope. Is 'good humor, optimism ... '.

Santa Marta 09/09/2013

Our goal for 2019...

To be bearers of hope

Christ in you, the hope of glory. ²⁸ It is he whom we proclaim, warning everyone and teaching everyone in all wisdom, so that we may present everyone mature in Christ.

Colossians 1:27-28

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]

Chaplet of Divine Mercy
Rosary

God Bless You !!!

