

## 72 HOURS FOR JESUS 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 .

### **Prayer to the Holy Spirit**

Come, O Holy Spirit!

Enlighten my mind to know your commands;  
strengthen my heart against the snares of the enemy;  
in flame my will...

I have heard your voice, and I don't want to harden myself and resist, saying  
"Later..., tomorrow."

*Nunc coepi!* Now I begin! In case there is no tomorrow for me.

O Spirit of truth and wisdom, Spirit of understanding and counsel, Spirit of joy and peace! I want whatever you want. I want because you want, I want however you want, I want whenever you want.

Saint Josemaria Escriva

### **Psalm 27**

#### **Triumphant Song of Confidence**

*Of David.*

<sup>1</sup> The LORD is my light and my salvation;  
whom shall I fear?

The LORD is the stronghold<sup>[a]</sup> of my life;  
of whom shall I be afraid?

<sup>2</sup> When evildoers assail me  
to devour my flesh—  
my adversaries and foes—  
they shall stumble and fall.

<sup>3</sup> Though an army encamp against me,  
my heart shall not fear;  
though war rise up against me,  
yet I will be confident.

<sup>4</sup> One thing I asked of the LORD,  
that will I seek after:  
to live in the house of the LORD  
all the days of my life,  
to behold the beauty of the LORD,  
and to inquire in his temple.

<sup>5</sup> For he will hide me in his shelter  
in the day of trouble;  
he will conceal me under the cover of his tent;  
he will set me high on a rock.

<sup>6</sup> Now my head is lifted up  
above my enemies all around me,  
and I will offer in his tent  
sacrifices with shouts of joy;  
I will sing and make melody to the LORD.

<sup>7</sup> Hear, O LORD, when I cry aloud,  
be gracious to me and answer me!

<sup>8</sup> “Come,” my heart says, “seek his face!”  
Your face, LORD, do I seek.

<sup>9</sup> Do not hide your face from me.

Do not turn your servant away in anger,  
you who have been my help.

Do not cast me off, do not forsake me,  
O God of my salvation!

<sup>10</sup> If my father and mother forsake me,  
the LORD will take me up.

- <sup>11</sup> Teach me your way, O LORD,  
and lead me on a level path  
because of my enemies.
- <sup>12</sup> Do not give me up to the will of my adversaries,  
for false witnesses have risen against me,  
and they are breathing out violence.
- <sup>13</sup> I believe that I shall see the goodness of the LORD  
in the land of the living.
- <sup>14</sup> Wait for the LORD;  
be strong, and let your heart take courage;  
wait for the LORD!

## **Psalm 94**

### **God the Avenger of the Righteous**

- <sup>1</sup> O LORD, you God of vengeance,  
you God of vengeance, shine forth!
- <sup>2</sup> Rise up, O judge of the earth;  
give to the proud what they deserve!
- <sup>3</sup> O LORD, how long shall the wicked,  
how long shall the wicked exult?
- <sup>4</sup> They pour out their arrogant words;  
all the evildoers boast.
- <sup>5</sup> They crush your people, O LORD,  
and afflict your heritage.
- <sup>6</sup> They kill the widow and the stranger,  
they murder the orphan,
- <sup>7</sup> and they say, "The LORD does not see;  
the God of Jacob does not perceive."
- <sup>8</sup> Understand, O dullest of the people;  
fools, when will you be wise?
- <sup>9</sup> He who planted the ear, does he not hear?  
He who formed the eye, does he not see?
- <sup>10</sup> He who disciplines the nations,  
he who teaches knowledge to humankind,  
does he not chastise?
- <sup>11</sup> The LORD knows our thoughts,<sup>[a]</sup>  
that they are but an empty breath.

<sup>12</sup> Happy are those whom you discipline, O LORD,  
and whom you teach out of your law,  
<sup>13</sup> giving them respite from days of trouble,  
until a pit is dug for the wicked.  
<sup>14</sup> For the LORD will not forsake his people;  
he will not abandon his heritage;  
<sup>15</sup> for justice will return to the righteous,  
and all the upright in heart will follow it.

<sup>16</sup> Who rises up for me against the wicked?  
Who stands up for me against evildoers?  
<sup>17</sup> If the LORD had not been my help,  
my soul would soon have lived in the land of silence.  
<sup>18</sup> When I thought, “My foot is slipping,”  
your steadfast love, O LORD, held me up.  
<sup>19</sup> When the cares of my heart are many,  
your consolations cheer my soul.  
<sup>20</sup> Can wicked rulers be allied with you,  
those who contrive mischief by statute?  
<sup>21</sup> They band together against the life of the righteous,  
and condemn the innocent to death.  
<sup>22</sup> But the LORD has become my stronghold,  
and my God the rock of my refuge.  
<sup>23</sup> He will repay them for their iniquity  
and wipe them out for their wickedness;  
the LORD our God will wipe them out.

## **The Word of God**

Matthew 16:13-20 New Revised Standard Version, Anglicised Catholic Edition  
(NRSVACE)

### **Peter’s Declaration about Jesus**

<sup>13</sup> Now when Jesus came into the district of Caesarea Philippi, he asked his  
disciples, ‘Who do people say that the Son of Man is?’ <sup>14</sup> And they said, ‘Some say  
John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets.’  
<sup>15</sup> He said to them, ‘But who do you say that I am?’ <sup>16</sup> Simon Peter answered, ‘You

are the Messiah,<sup>[a]</sup> the Son of the living God.’<sup>17</sup> And Jesus answered him, ‘Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven.’<sup>18</sup> And I tell you, you are Peter,<sup>[b]</sup> and on this rock<sup>[c]</sup> I will build my church, and the gates of Hades will not prevail against it.<sup>19</sup> I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.’<sup>20</sup> Then he sternly ordered the disciples not to tell anyone that he was<sup>[d]</sup> the Messiah.<sup>[e]</sup>

29<sup>th</sup> June 2018 Pope Francis Homily

Peter speaks up and calls Jesus by the greatest title he could possibly bestow: “You are the Christ” (cf. *Mt* 16:16), the Anointed, the Holy One of God. It is good to think that the Father inspired this answer because Peter had seen how Jesus “anointed” his people. Jesus, the Anointed One, walked from village to village with the sole aim of saving and helping those considered lost. He “anointed” the dead (cf. *Mk* 5:41-42; *Lk* 7:14-15), the sick (cf. *Mk* 6:13; *Jas* 5:14), the wounded (cf. *Lk* 10:34) and the repentant (cf. *Mt* 6:17). He anointed with hope (cf. *Lk* 7:38.46; 10:34; *Jn* 11:2; 12:3). By that anointing, every sinner – the downcast, the infirm, pagans, wherever they found themselves – could feel a beloved part of God’s family. By his actions, Jesus said in a very personal way: “You are mine”. Like Peter, we too can *confess with our lips and our heart* not only what we have heard, but also concretely experienced in our lives. We too have been brought back to life, healed, renewed and filled with hope by the anointing of the Holy One. Thanks to that anointing, every yoke of slavery has been shattered (cf. *Is* 10:27). How can we ever lose the joyful memory that we were ransomed and led to proclaim: “You are the Christ, the Son of the living God” (cf. *Mt* 16:16).

It is interesting to see what follows this passage in the Gospel where Peter confesses his faith: “From that time Jesus began to show his disciples that he must go to Jerusalem and suffer many things from the elders and chief priests and scribes, and be killed, and on the third day be raised” (*Mt* 16:21). God’s Anointed kept bringing the Father’s love and mercy to the very end. This merciful love demands that we too go forth to every corner of life, to reach out to everyone, even though this may cost us our “good name”, our comforts, our status... even martyrdom.

Peter reacts to this completely unexpected announcement by saying: “God forbid it, Lord! This must never happen to you” (*Mt 16:22*). In this way, he immediately becomes a stumbling stone in the Messiah’s path. Thinking that he is defending God’s rights, Peter, without realizing it, becomes the Lord’s enemy; Jesus calls him “Satan”. To contemplate Peter’s life and his confession of faith also means learning to recognize *the temptations that will accompany the life of every disciple*. Like Peter, we as a Church will always be tempted to hear those “whisperings” of the evil One, which will become a stumbling stone for the mission. I speak of “whispering” because the devil seduces from hiding, lest his intentions be recognized. “He behaves like a hypocrite, wishing to stay hidden and not be discovered” (SAINT IGNATIUS OF LOYOLA, *Spiritual Exercises*, n. 326).

To share in Christ’s anointing, on the other hand, means to share in his glory, which is his cross: Father, glorify your Son... “Father, glorify your name” (*Jn 12:28*). In Jesus, glory and the cross go together; they are inseparable. Once we turn our back on the cross, even though we may attain the heights of glory, we will be fooling ourselves, since it will not be God’s glory, but the snare of the enemy.

Often we feel the temptation to be Christians by keeping a prudent distance from the Lord’s wounds. Jesus touches human misery and he asks us to join him in touching the suffering flesh of others. To proclaim our faith with our lips and our heart demands that we – like Peter – learn to recognize the “whisperings” of the evil one. It demands learning to discern and recognize those personal and communitarian “pretexts” that keep us far from real human dramas, that preserve us from contact with other people’s concrete existence and, in the end, from knowing the revolutionary power of God’s tender love (cf. *Evangelii Gaudium*, 270).

By not separating his glory from the cross, Jesus wants to liberate his disciples, his Church, from empty forms of triumphalism: forms empty of love, service, compassion, empty of people. He wants to set his Church free from grand illusions that fail to sink their roots in the life of God’s faithful people or, still worse, believe that service to the Lord means turning aside from the dusty roads of history. To contemplate and follow Christ requires that we open our hearts to the Father and to all those with whom he has wished to identify (cf. SAINT JOHN PAUL II, *Novo Millennio Ineunte*, 49), in the sure knowledge that he will never abandon his people.

## **The Divine Praises**

Blessed be God.

Blessed be His Holy Name

Blessed be Jesus Christ, True God and True Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

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

Blessed be the Holy Spirit, the Paraclete.

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

Blessed be her Holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the Name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most Chaste Spouse.

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 the Most Precious Blood of Our Lord Jesus Christ**

Lord, have mercy.

Lord, have mercy.

Christ, have mercy.

Christ, have mercy.

Lord, have mercy.

Lord, have mercy.

Christ, hear us.

Christ, hear us.

Christ, graciously hear us.

Christ, graciously hear us.

God the Father of Heaven,

have mercy on us.

God the Son, Redeemer of the world,

have mercy on us.

God, the Holy Spirit,

have mercy on us.  
Holy Trinity, One God,  
have mercy on us.

Blood of Christ, only-begotten Son of the eternal Father,  
save us.  
Blood of Christ, Incarnate Word or God,  
save us.  
Blood of Christ, of the New and Eternal Testament,  
save us.

Blood of Christ, falling upon the earth in Agony,  
save us.  
Blood of Christ, shed profusely in the Scourging,  
save us.  
Blood of Christ, flowing forth in the Crowning with Thorns,  
save us.  
Blood of Christ, poured out on the Cross,  
save us.  
Blood of Christ, price of our salvation,  
save us.  
Blood of Christ, without which there is no forgiveness,  
save us.

Blood of Christ, Eucharistic drink and refreshment of souls,  
save us.  
Blood of Christ, stream of mercy,  
save us.  
Blood of Christ, [victor](#) over demons,  
save us.

Blood of Christ, courage of Martyrs,  
save us.  
Blood of Christ, [strength](#) of Confessors,  
save us.  
Blood of Christ, bringing forth Virgins,  
save us.

Blood of Christ, help of those in peril,  
save us.  
Blood of Christ, relief of the burdened,  
save us.

Blood of Christ, solace in sorrow,  
save us.

Blood of Christ, [hope](#) of the penitent,  
save us.

Blood of Christ, consolation of the dying,  
save us.

Blood of Christ, peace and tenderness of hearts,  
save us.

Blood of Christ, pledge of eternal life,  
save us.

Blood of Christ, freeing souls from purgatory,  
save us.

Blood of Christ, most worthy of all [glory](#) and honor,  
save us.

Lamb of God, who taketh away the sins of the world,  
spare us, O Lord.

Lamb of God, who taketh away the sins of the world,  
graciously hear us, O Lord.

Lamb of God, who taketh away the sins of the world,  
have mercy on us, O Lord.

V. Thou hast redeemed us, O Lord, in Thy Blood.

R. And made us, for our God, a kingdom.

Almighty and eternal God, Thou hast appointed Thine only-begotten Son the Redeemer of the world and willed to be appeased by his blood. Grant, we beg of Thee, that we may worthily adore this price of our [salvation](#) and through its power be safeguarded from the evils of the present [life](#) so that we may rejoice in its fruits forever in heaven. Through the same [Christ](#) our Lord. Amen.

## **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.

### **O Jesus, Living in Mary**

O Jesus, living in Mary,  
Come and live in Thy servants,  
In the spirit of Thy holiness,  
In the fullness of Thy might,  
In the truth of Thy virtues,  
In the perfection of Thy ways,  
In the communion of Thy mysteries.  
Subdue every hostile power  
In Thy spirit, for the glory of the Father. Amen.

St. Louis de Monfort

[Chaplet of Divine Mercy](#)

[Rosary](#)

[God Bless You !!!](#)