

## 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

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth. O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

### 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.

### Hymn (Liturgy of the Hours, Easter time)

Alleluia! Alleluia! Alleluia!

The strife is o'er, the battle done;

Now is the Victor's triumph won:

O let the song of praise be sung.

Alleluia!

Alleluia! Alleluia! Alleluia!

On the third morn he rose again,

Glorious in majesty to reign:

O let us swell the joyful strain:

Alleluia!

Alleluia! Alleluia! Alleluia!

O risen Lord, all praise to thee,

Who from our sin has set us free,

That we may live eternally:

Alleluia!

### **Psalm 150**

<sup>1</sup> Praise the LORD.<sup>[a]</sup>

Praise God in his sanctuary;  
praise him in his mighty heavens.

<sup>2</sup> Praise him for his acts of power;  
praise him for his surpassing greatness.

<sup>3</sup> Praise him with the sounding of the trumpet,  
praise him with the harp and lyre,

<sup>4</sup> praise him with timbrel and dancing,  
praise him with the strings and pipe,

<sup>5</sup> praise him with the clash of cymbals,  
praise him with resounding cymbals.

<sup>6</sup> Let everything that has breath praise the LORD.  
Praise the LORD.

### **Psalm 29**

A psalm of David.

<sup>1</sup> Ascribe to the LORD, you heavenly beings,  
ascribe to the LORD glory and strength.

<sup>2</sup> Ascribe to the LORD the glory due his name;  
worship the LORD in the splendor of his<sup>[a]</sup> holiness.

<sup>3</sup> The voice of the LORD is over the waters;  
the God of glory thunders,  
the LORD thunders over the mighty waters.

<sup>4</sup> The voice of the LORD is powerful;  
the voice of the LORD is majestic.

<sup>5</sup> The voice of the LORD breaks the cedars;

the LORD breaks in pieces the cedars of Lebanon.  
6 He makes Lebanon leap like a calf,  
Sirion<sup>[a]</sup> like a young wild ox.  
7 The voice of the LORD strikes  
with flashes of lightning.  
8 The voice of the LORD shakes the desert;  
the LORD shakes the Desert of Kadesh.  
9 The voice of the LORD twists the oaks<sup>[a]</sup>  
and strips the forests bare.  
And in his temple all cry, "Glory!"  
10 The LORD sits enthroned over the flood;  
the LORD is enthroned as King forever.  
11 The LORD gives strength to his people;  
the LORD blesses his people with peace.

### **Romans 6,3-11**

Dead to Sin, Alive in Christ

6 What shall we say, then? Shall we go on sinning so that grace may increase? 2 By no means! We are those who have died to sin; how can we live in it any longer? 3 Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? 4 We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.

5 For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his. 6 For we know that our old self was crucified with him so that the body ruled by sin might be done away with,<sup>[a]</sup> that we should no longer be slaves to sin— 7 because anyone who has died has been set free from sin.

8 Now if we died with Christ, we believe that we will also live with him. 9 For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. 10 The death he died, he died to sin once for all; but the life he lives, he lives to God.

11 In the same way, count yourselves dead to sin but alive to God in Christ Jesus.

### **Gospel**

John 21,1-17

1 Afterward Jesus appeared again to his disciples, by the Sea of Galilee.<sup>[a]</sup> It happened this way:<sup>2</sup> Simon Peter, Thomas (also known as Didymus<sup>[b]</sup>), Nathanael from Cana in Galilee, the sons of Zebedee, and two other disciples were together. 3 "I'm going out to fish," Simon Peter told them, and they said, "We'll go with you." So they went out and got into the boat, but that night they caught nothing.

4 Early in the morning, Jesus stood on the shore, but the disciples did not realize that it was Jesus.

5 He called out to them, "Friends, haven't you any fish?" "No," they answered.

<sup>6</sup> He said, "Throw your net on the right side of the boat and you will find some." When they did, they were unable to haul the net in because of the large number of fish.

<sup>7</sup> Then the disciple whom Jesus loved said to Peter, "It is the Lord!" As soon as Simon Peter heard him say, "It is the Lord," he wrapped his outer garment around him (for he had taken it off) and jumped into the water. <sup>8</sup> The other disciples followed in the boat, towing the net full of fish, for they were not far from shore, about a hundred yards. <sup>9</sup> When they landed, they saw a fire of burning coals there with fish on it, and some bread.

<sup>10</sup> Jesus said to them, "Bring some of the fish you have just caught." <sup>11</sup> So Simon Peter climbed back into the boat and dragged the net ashore. It was full of large fish, 153, but even with so many the net was not torn. <sup>12</sup> Jesus said to them, "Come and have breakfast." None of the disciples dared ask him, "Who are you?" They knew it was the Lord. <sup>13</sup> Jesus came, took the bread and gave it to them, and did the same with the fish. <sup>14</sup> This was now the third time Jesus appeared to his disciples after he was raised from the dead.

Jesus Reinstates Peter

<sup>15</sup> When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?"

"Yes, Lord," he said, "you know that I love you."

Jesus said, "Feed my lambs."

<sup>16</sup> Again Jesus said, "Simon son of John, do you love me?"

He answered, "Yes, Lord, you know that I love you."

Jesus said, "Take care of my sheep."

<sup>17</sup> The third time he said to him, "Simon son of John, do you love me?"

Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you."

Jesus said, "Feed my sheep."

**Prayer to *Mother of the living Gospel***

**EVANGELII GAUDIUM OF THE HOLY FATHER FRANCIS**

*Mary, Virgin and Mother,  
you who, moved by the Holy Spirit,  
welcomed the word of life  
in the depths of your humble faith:  
as you gave yourself completely to the Eternal One,  
help us to say our own "yes"  
to the urgent call, as pressing as ever,  
to proclaim the good news of Jesus.*

*Filled with Christ's presence,  
you brought joy to John the Baptist,  
making him exult in the womb of his mother.  
Brimming over with joy,  
you sang of the great things done by God.  
Standing at the foot of the cross*

*with unyielding faith,  
you received the joyful comfort of the resurrection,  
and joined the disciples in awaiting the Spirit  
so that the evangelizing Church might be born.*

*Obtain for us now a new ardour born of the resurrection,  
that we may bring to all the Gospel of life  
which triumphs over death.  
Give us a holy courage to seek new paths,  
that the gift of unfading beauty  
may reach every man and woman.*

*Virgin of listening and contemplation,  
Mother of love, Bride of the eternal wedding feast,  
pray for the Church, whose pure icon you are,  
that she may never be closed in on herself  
or lose her passion for establishing God's kingdom.*

*Star of the new evangelization,  
help us to bear radiant witness to communion,  
service, ardent and generous faith,  
justice and love of the poor,  
that the joy of the Gospel  
may reach to the ends of the earth,  
illuminating even the fringes of our world.*

*Mother of the living Gospel,  
wellspring of happiness for God's little ones,  
pray for us.*

*Amen. Alleluia!*

Personal prayer in 5 points ( let's open our hearts to the Lord)

Personal prayer in 5 points ( let's open our hearts to the Lord)

1 Lord, make us bearers of your love, smile and comfort to the most 'vulnerable and marginalized, a reflection of Your Holy light to illuminate this world with our lives.

O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned

St Francis

2 God the Eternal Father, grant that we may understand the value of our lives and every single moment of our existence and to give ourselves to Thee helping those around us.

'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.'  
Matthew 25:40

3 Lord thank you for the Maternal guidance of the Virgin Mary Yours and our Mother, thank you for her example of abandon to You and for her way of humility, love and obedience.

When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son."<sup>27</sup> Then he said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home.

John 19:26

4 Lord, give us the grace to follow You and make us humble servants for your love, worthy of your constant presence amongst us and are ready to announce You with our lives.

"We all long for heaven where God is, but we have it in our power to be in heaven with Him at this very moment. Being happy with Him now means loving as He loves, helping as He helps, giving as He gives, serving as He serves."

Mother theresa of Calcutta

5 God the Eternal Father, grant that we may appreciate the cross and embrace , 'sure that all suffering is not' in vain.

The work of God are born and grow at the foot of the Cross.

St. Daniel Comboni

### **Diary of St Faustina. Easter 1937**

I saw the risen Lord. It was bathed in beauty and splendor. My heart found in this vision the strength to continue to fight and to suffer.

Jesus shone above the sun, in a robe of admirable candor. He said, "Be happy!" And engulfed me in an indescribable joy.

I will rise too as the Lord, but first I have to live for him. If I will remain united to his cross, the Gospel (the message of happiness) will manifest itself in me, around me. Jesus completes what I'm missing. His grace acts without ever stopping. The divine Trinity tells me his life in abundance. Through the gift of the Holy Spirit, the three divine persons dwell in me. When God loves, he does everything himself and immerses us in the infinite power of his being

## **RESURRECTION**

(Paul VI)

You, Jesus, with the resurrection  
have accomplished atonement of sin;  
We hail to you, our Redeemer.  
You, Jesus, with the resurrection  
have conquered death;  
We sing the hymns of victory:  
You are our Savior.  
You, Jesus, by your resurrection  
have opened a new existence;  
You are the Life.  
Hallelujah!  
The cry is the prayer today.  
You are the Lord

## **PRAYER TO THE RISEN CHRIST**

Oh Jesus, who by your resurrection you have triumphed over sin and death,  
and you clothed with glory and immortal light,  
Grant to us that we will be resurrected with you,  
to begin a new life, bright and holy, together with you,  
Works in us, O Lord, the divine change  
you operate in the souls that love thee:  
Make that our spirit, wonderfully transformed by the union with you,  
can shine of light, shouts of joy, and rushes toward the good.  
Thou, who with thy victory have opened up infinite horizons to men  
of love and grace, awakens in us the anxiety of spread  
by word and example, your message of salvation;  
give us the zeal and ardor of work for the coming of your kingdom.  
Make to us be satisfied that your beauty and your light  
and we desire to unite with you forever.  
Amen.  
(Anonimo)

## Prayer of St. John Paul II / Easter Sunday 1984

O Christ, crucified and risen!  
Thank you!  
We ask forgiveness:  
for every evil that states  
in the human heart and in the world;  
for every good neglected in this Holy Year of Redemption:  
I ask for forgiveness!  
We adore You in your resurrection!  
Like the Apostle Thomas,  
which initially did not believe in your resurrection,  
we touch the signs of our redemption  
on your hands, on your feet,  
in your chest,  
while with deep faith we exclaim:  
"My Lord and my God" (Jn 20, 28).  
Accept this cry:  
This Easter message of the Church.  
That it resonates with a vast echo  
in the greetings of joy  
pronounced in different languages,  
in which your followers  
for the whole terrestrial globe profess  
and proclaim the faith in the resurrection

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.  
Christ, hear us.

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

God, the Father of heaven,  
God the Son, Redeemer of the world,  
God the Holy Spirit,  
Holy Trinity, one God,

*have mercy on us.  
have mercy on us.  
have mercy on us.  
have mercy on us.*

Holy Mary,  
Holy Mother of God,  
Holy Virgin of virgins,  
St. Michael,  
St. Gabriel,  
St. Raphael,  
All you Holy Angels and Archangels,  
St. John the Baptist,  
St. Joseph,  
All you Holy Patriarchs and Prophets,

*pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.*

St. Peter,  
St. Paul,  
St. Andrew,

*pray for us.  
pray for us.  
pray for us.*



St. James,  
St. John,  
St. Thomas,  
St. James,  
St. Philip,  
St. Bartholomew,  
St. Matthew,  
St. Simon,  
St. Jude,  
St. Matthias,  
St. Barnabas,  
St. Luke,  
St. Mark,  
All you holy Apostles and Evangelists,  
All you holy Disciples of the Lord,  
All you holy Innocents,

*pray for us.*  
*pray for us.*  
*pray for us.*  
*pray for us.*  
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St. Stephen,  
St. Lawrence,  
St. Vincent,  
Sts. Fabian and Sebastian,  
Sts. John and Paul,  
Sts. Cosmos and Damian,  
All you holy Martyrs,

*pray for us.*  
*pray for us.*  
*pray for us.*  
*pray for us.*  
*pray for us.*  
*pray for us.*  
*pray for us.*

St. Sylvester,  
St. Gregory,  
St. Ambrose,  
St. Augustine,  
St. Jerome,  
St. Martin,  
St. Nicholas,  
All you holy Bishops and Confessors,  
All you holy Doctors,

*pray for us.*  
*pray for us.*  
*pray for us.*  
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*pray for us.*

St. Anthony,  
St. Benedict,  
St. Bernard,  
St. Dominic,  
St. Francis,  
All you holy Priests and Levites,  
All you holy Monks and Hermits,

*pray for us.*  
*pray for us.*  
*pray for us.*  
*pray for us.*  
*pray for us.*  
*pray for us.*  
*pray for us.*

St. Mary Magdalene,  
St. Agatha,  
St. Lucy,  
St. Agnes,  
St. Cecilia,  
St. Anastasia,

*pray for us.*  
*pray for us.*  
*pray for us.*  
*pray for us.*  
*pray for us.*  
*pray for us.*

St. Catherine,  
St. Clare,  
All you holy Virgins and Widows,  
All you holy Saints of God,

*pray for us.*  
*pray for us.*  
*pray for us.*  
*pray for us.*

Lord, be merciful,  
From all evil,  
From all sin,  
From your wrath,  
From a sudden and unprovided death,  
From the snares of the devil,  
From anger, hatred, and all ill-will,  
From the spirit of uncleanness,  
From lightning and tempest,  
From the scourge of earthquake,  
From plague, famine, and war,  
From everlasting death,  
By the mystery of your holy Incarnation,  
By your Coming,  
By your Birth,  
By your Baptism and holy fasting,  
By your Cross and Passion,  
By your Death and Burial,  
By your holy Resurrection,  
By your wonderful Ascension,  
By the coming of the Holy Spirit,  
On the day of judgment,

*Lord, save your people.*  
*Lord, save your people.*  
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Be merciful to us sinners,  
That you will spare us,  
That you will pardon us,  
That it may please you to bring us to true  
penance,  
Guide and protect your holy Church,  
Preserve in holy religion the Pope, and all  
those in holy Orders,  
Humble the enemies of holy Church,  
Give peace and unity to the whole Christian  
people,  
Bring back to the unity of the Church all  
those who are straying, and bring all  
unbelievers to the light of the Gospel,  
Strengthen and preserve us in your holy  
service,  
Raise our minds to desire the things of  
heaven,  
Reward all our benefactors with eternal  
blessings,  
Deliver our souls from eternal damnation,

*Lord, hear our prayer.*  
*Lord, hear our prayer.*  
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*Lord, hear our prayer.*

and the souls of our brethren, relatives,  
and benefactors,  
Give and preserve the fruits of the earth,  
Grant eternal rest to all the faithful departed,  
That it may please You to hear and heed  
us, Jesus, Son of the Living God,

*Lord, hear our prayer.  
Lord, hear our prayer.  
Lord, hear our prayer.*

Lamb of God, who takes away the sins of  
the world,  
Lamb of God, who takes away the sins of  
the world,  
Lamb of God, who takes away the sins of  
the world,

*Spare us, O Lord!  
Graciously hear us, O Lord!  
Have mercy on us.*

Christ, hear us,  
Lord Jesus, hear our prayer.  
Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.

*Christ, graciously hear us  
Lord Jesus, hear our prayer.  
Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.*

### **The Praises of God Most High by St. Francis of Assisi**

Thou art the Holy Lord, the Only God, who works miracles (Ps. 76:15) Thou art strong, Thou art great (cf. Ps 85:10), Thou are the Most High, Thou art King Eternal, Thou Holy Father (cf. Jn 17:11) King of Heaven and earth. (Mt 11:25)

Thou art three in one Lord, God of gods (cf Ps 135:2), Thou art Good, all good, Highest Good, Lord God living and true. (cf. 1 Thes 1:9). Thou art Love, Charity; Thou art Wisdom, Thou art humility, Thou art patience (Ps 70:5), Thou art Beauty, Thou art gentleness; Thou art security, Thou art quiet, Thou art joy; Thou art our Hope and Joy, Thou art justice, Thou art temperance, Thou art all our riches unto sufficiency.

Thou art Beauty, Thou art gentleness, Thou art Protector (Ps 30:5), Thou art our guard and defender, Thou art fortitude (cf. Ps 42:2), Thou art refreshment. Thou art our Hope, Thou art our Charity, Thou art our Sweetness, Thou art our eternal Life: Great and admirable Lord, God Omnipotent, merciful Savior.

Amen.

**Chaplet of Divine Mercy**

**Rosary**

**God Bless You !!!**