

## **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 Ghost**

by Saint Catherine of Siena

### **Prayer to the Holy Ghost**

Holy Spirit, come into my heart;

draw it to Thee by Thy power,

O my God, and grant me charity with filial fear.

Preserve me, O ineffable Love, from every evil thought

; warm me, inflame me with Thy dear love,

and every pain will seem light to me.

My Father, my sweet Lord, help me in all my actions.

Jesus, love,

Jesus, love.

Amen.

## **Psalm 45**

### **Ode for a Royal Wedding**

<sup>1</sup> My heart overflows with a goodly theme;  
I address my verses to the king;  
my tongue is like the pen of a ready scribe.

<sup>2</sup> You are the most handsome of men;  
grace is poured upon your lips;  
therefore God has blessed you forever.

<sup>3</sup> Gird your sword on your thigh, O mighty one,  
in your glory and majesty.

<sup>4</sup> In your majesty ride on victoriously  
for the cause of truth and to defend<sup>[a]</sup> the right;  
let your right hand teach you dread deeds.

<sup>5</sup> Your arrows are sharp  
in the heart of the king's enemies;  
the peoples fall under you.

<sup>6</sup> Your throne, O God,<sup>[b]</sup> endures forever and ever.

Your royal scepter is a scepter of equity;

<sup>7</sup> you love righteousness and hate wickedness.

Therefore God, your God, has anointed you  
with the oil of gladness beyond your companions;

<sup>8</sup> your robes are all fragrant with myrrh and aloes and cassia.

From ivory palaces stringed instruments make you glad;

<sup>9</sup> daughters of kings are among your ladies of honor;  
at your right hand stands the queen in gold of Ophir.

<sup>10</sup> Hear, O daughter, consider and incline your ear;  
forget your people and your father's house,

<sup>11</sup> and the king will desire your beauty.

Since he is your lord, bow to him;

<sup>12</sup> the people<sup>[c]</sup> of Tyre will seek your favor with gifts,  
the richest of the people <sup>13</sup> with all kinds of wealth.

The princess is decked in her chamber with gold-woven robes;<sup>[d]</sup>

<sup>14</sup> in many-colored robes she is led to the king;  
behind her the virgins, her companions, follow.

<sup>15</sup> With joy and gladness they are led along  
as they enter the palace of the king.

<sup>16</sup> In the place of ancestors you, O king, <sup>[e]</sup> shall have sons;  
you will make them princes in all the earth.

<sup>17</sup> I will cause your name to be celebrated in all generations;  
therefore the peoples will praise you forever and ever.

## Ode to a Capable Wife

### Proverbs 31:10-31

- <sup>10</sup> A capable wife who can find?  
She is far more precious than jewels.
- <sup>11</sup> The heart of her husband trusts in her,  
and he will have no lack of gain.
- <sup>12</sup> She does him good, and not harm,  
all the days of her life.
- <sup>13</sup> She seeks wool and flax,  
and works with willing hands.
- <sup>14</sup> She is like the ships of the merchant,  
she brings her food from far away.
- <sup>15</sup> She rises while it is still night  
and provides food for her household  
and tasks for her servant-girls.
- <sup>16</sup> She considers a field and buys it;  
with the fruit of her hands she plants a vineyard.
- <sup>17</sup> She girds herself with strength,  
and makes her arms strong.
- <sup>18</sup> She perceives that her merchandise is profitable.  
Her lamp does not go out at night.
- <sup>19</sup> She puts her hands to the distaff,  
and her hands hold the spindle.
- <sup>20</sup> She opens her hand to the poor,  
and reaches out her hands to the needy.
- <sup>21</sup> She is not afraid for her household when it snows,  
for all her household are clothed in crimson.
- <sup>22</sup> She makes herself coverings;  
her clothing is fine linen and purple.
- <sup>23</sup> Her husband is known in the city gates,  
taking his seat among the elders of the land.
- <sup>24</sup> She makes linen garments and sells them;  
she supplies the merchant with sashes.
- <sup>25</sup> Strength and dignity are her clothing,  
and she laughs at the time to come.
- <sup>26</sup> She opens her mouth with wisdom,  
and the teaching of kindness is on her tongue.
- <sup>27</sup> She looks well to the ways of her household,  
and does not eat the bread of idleness.
- <sup>28</sup> Her children rise up and call her happy;  
her husband too, and he praises her:
- <sup>29</sup> "Many women have done excellently,  
but you surpass them all."
- <sup>30</sup> Charm is deceitful, and beauty is vain,

but a woman who fears the LORD is to be praised.

<sup>31</sup> Give her a share in the fruit of her hands,  
and let her works praise her in the city gates.

My prayer to you Lord ( customize )

God the Eternal Father,  
Thank you for the gift of my life,  
Thanks for all You have given me in these years ( ..... )  
Thanks ' cause every day I can see Your presence in the people  
I meet and all those close to me ( ..... )  
And for the guidance given by your pastors , catechists and friends ( ... ) .  
Forgive all the times I've been insensitive, superficial and selfish ,  
You who sent Your only begotten Son to save us, let us be able  
with our small actions to contribute to your plan of salvation and experience the joys of Heaven  
on this earth.  
Watch our weaknesses ( ..... ) and help us to obtain the gifts that we can offer .  
Oh Lord , the Creator of the universe who search our hearts and loves us with an immense love ,  
Let us entrust To You faithfully our dreams and plans (....) ,  
Guide us to Thy Holy Will ' ,  
Source of true joy.  
We ask Your Holy Blessing on our loved ones (...) and on the sick and suffering in body and  
spirit .  
Let us be gentle witnesses of Your Love .  
Thank you Lord !  
Amen

## **The Word of God**

[Luke 1:26-38 New Revised Standard Version Catholic Edition  
\(NRSVCE\)](#)

### **The Birth of Jesus Foretold**

<sup>26</sup>In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, <sup>27</sup>to a virgin engaged to a man whose name was Joseph, of the house of David. The virgin's name was Mary. <sup>28</sup>And he came to her and said, "Greetings, favored one! The Lord is with you."<sup>[a]</sup> <sup>29</sup>But she was much perplexed by his words and pondered what sort of greeting this might be. <sup>30</sup>The

angel said to her, “Do not be afraid, Mary, for you have found favor with God. <sup>31</sup> And now, you will conceive in your womb and bear a son, and you will name him Jesus. <sup>32</sup> He will be great, and will be called the Son of the Most High, and the Lord God will give to him the throne of his ancestor David. <sup>33</sup> He will reign over the house of Jacob forever, and of his kingdom there will be no end.” <sup>34</sup> Mary said to the angel, “How can this be, since I am a virgin?” <sup>35</sup> The angel said to her, “The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born<sup>(s)</sup> will be holy; he will be called Son of God. <sup>36</sup> And now, your relative Elizabeth in her old age has also conceived a son; and this is the sixth month for her who was said to be barren. <sup>37</sup> For nothing will be impossible with God.” <sup>38</sup> Then Mary said, “Here am I, the servant of the Lord; let it be with me according to your word.” Then the angel departed from her.

## John 15:26-27, 16:12-15 New Revised Standard Version Catholic Edition (NRSVCE)

<sup>26</sup> “When the Advocate<sup>(s)</sup> comes, whom I will send to you from the Father, the Spirit of truth who comes from the Father, he will testify on my behalf. <sup>27</sup> You also are to testify because you have been with me from the beginning.

I still have many things to say to you, but you cannot bear them now. <sup>13</sup> When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come. <sup>14</sup> He will glorify me, because he will take what is mine and declare it to you. <sup>15</sup> All that the Father has is mine. For this reason I said that he will take what is mine and declare it to you.

Jesus had told his disciples: “You will receive power when the Holy Spirit has come upon you; and you will be my witnesses” (*Acts* 1:8). That is exactly what happened. Those disciples, at first fearful, huddled behind closed doors even after the Master’s resurrection, are transformed by the Spirit and, as Jesus says in today’s Gospel, “they bear witness to him” (cf. *Jn* 15:27). No longer hesitant, they are courageous and starting from Jerusalem, they go forth to the ends of the earth. Timid while Jesus was still among them, they are bold when he is gone, because the Spirit changed their hearts.

The Spirit frees hearts chained by fear. He overcomes all resistance. To those content with half measures he inspires whole-hearted generosity. He opens hearts that are closed. He impels the comfortable to go out and serve. He drives the self-satisfied to set out in new directions. He makes the lukewarm thrill to new dreams. That is what it means to change hearts. Plenty of people promise change, new beginnings, prodigious renewals, but experience teaches us that no earthly attempt to change reality can ever completely satisfy the human heart. Yet the

change that the Spirit brings is different. It does not revolutionize life around us, but changes our hearts. It does not free us from the weight of our problems, but liberates us *within* so that we can face them. It does not give us everything at once, but makes us press on confidently, never growing weary of life. The Spirit keeps our hearts young – a renewed youth. Youth, for all our attempts to prolong it, sooner or later fades away; the Spirit, instead, prevents the only kind of aging that is unhealthy: namely, growing old within. How does he do this? By renewing our hearts, by pardoning sinners. Here is the great change: from guilty he makes us righteous and thus changes everything. From slaves of sin we become free, from servants we become beloved children, from worthless worthy, from disillusioned filled with hope. By the working of the Holy Spirit, joy is reborn and peace blossoms in our hearts.

Let us ask him to make us live in exactly that way. Holy Spirit, violent wind of God, blow upon us, blow into our hearts and make us breathe forth the tenderness of the Father! Blow upon the Church and impel her to the ends of the earth, so that, brought by you, she may bring nothing other than you. Blow upon our world the soothing warmth of peace and the refreshing cool of hope. Come Holy Spirit, change us within and renew the face of the earth. Amen.

Homily of Pope Francis 20<sup>th</sup> May 2018

## **Thanks to You woman**

By St John Paul II

Thank you, *women who are mothers!* You have sheltered human beings within yourselves in a unique experience of joy and travail. This experience makes you become God's own smile upon the newborn child, the one who guides your child's first steps, who helps it to grow, and who is the anchor as the child makes its way along the journey of life.

Thank you, *women who are wives!* You irrevocably join your future to that of your husbands, in a relationship of mutual giving, at the service of love and life.

Thank you, *women who are daughters* and *women who are sisters!* Into the heart of the family, and then of all society, you bring the richness of your sensitivity, your intuitiveness, your generosity and fidelity.

Thank you, *women who work!* You are present and active in every area of life-social, economic, cultural, artistic and political. In this way you make an indispensable contribution to the growth of a culture which unites reason and feeling, to a model of life ever open to the sense of "mystery", to the establishment of economic and political structures ever more worthy of humanity.

Thank you, *consecrated women!* Following the example of the greatest of women, the Mother of Jesus Christ, the Incarnate Word, you open yourselves with obedience and fidelity to the gift of

God's love. You help the Church and all mankind to experience a "spousal" relationship to God, one which magnificently expresses the fellowship which God wishes to establish with his creatures.

Thank you, *every woman*, for the simple fact of being *a woman!* Through the insight which is so much a part of your womanhood you enrich the world's understanding and help to make human relations more honest and authentic.

### Entrustment to Mary

*There was a wedding in Cana of Galilee, and the mother of Jesus was there. <sup>2</sup> Jesus and his disciples had also been invited to the wedding. <sup>3</sup> When the wine gave out, the mother of Jesus said to him, "They have no wine." <sup>4</sup> And Jesus said to her, "Woman, what concern is that to you and to me? My hour has not yet come." <sup>5</sup> His mother said to the servants, "Do whatever he tells you."*

*John 2:1-5*

Mary,

Mother of Jesus and our Mother, you who have lived on earth the joys and sorrows with our Savior, You who know our dreams and desires if they conform to the will' of the Father intercede for us.

We ask you to free us from every weight that slows us down our run to Jesus.

We entrust our desires (...), and especially our hearts.

Intercede for the abducted Girls in Nigeria, let them go back to their families.

For Meriam in Sudan condemned for wanting to love Jesus'.

For families who have lost their loved ones in the many wars and natural disasters and accidents.

Make us sensitive to our brothers and sisters.

Thank you, Mother.

### **Rejoice Mother Mary !!!**

Rejoice, O Glory of the universe.

Rejoice, O Temple of the Lord.

Rejoice, O Mountain overshadowed by the Holy Ghost.

Rejoice, O Refuge of all.  
Rejoice, O Golden Candelabrum.  
Rejoice, O Honorable Glory of all Christians.  
Rejoice, O Mary, Mother of Christ God.  
Rejoice, O Paradise.  
Rejoice, O Divine Altar.  
Rejoice, O Cloud.  
Rejoice, O Golden Urn.  
Rejoice, O Hope of All.

All Holy, most blessed and glorious Mary, Mother of God and our Mother! We come to you today. We turn ourselves to you and petition you. Hear us! We believe and acknowledge that you are the wondrous Guardian of all persecuted and unfortunate. That is why we place our hope in you. More than once have you showed us your kindness. Please show us once again.

Open the most sweetest Heart of your Son and our God. Intercede for forgiveness of our sins.

Mother most good, cover our Church . Help our brothers in the world in their suffering. Give them strength in their fight with their atheist enemies, be consoling and unfailingly firm in their harassment and shield them in their misery.

Be for them and us All-Merciful Guardian and let us praise you openly and freely together with them, Oh Virgin, among all virgins, and your Son, our God, Jesus. Let there be glory, honor and adoration now, always, and forever. Amen.

POPE FRANCIS

## **Prayer to Mary, Mother of the Church and Mother of our faith\***

**M**other, help our faith!

*Open our ears to hear God's word and to recognize his voice and call.*

*Awaken in us a desire to follow in his footsteps, to go forth from our own land and to receive his promise.*

*Help us to be touched by his love, that we may touch him in faith.*

*Help us to entrust ourselves fully to him and to believe in his love, especially at times of trial, beneath the shadow of the cross, when our faith is called to mature.*

*Sow in our faith the joy of the Risen One.*

*Remind us that those who believe are never alone.*

*Teach us to see all things with the eyes of Jesus, that he may be light for our path. And may*



*this light of faith always increase in us, until the dawn of that undying day which is Christ himself, your Son, our Lord!*

Chaplet of Divine Mercy

Rosary

God Bless You !!!