

## 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 by St. Augustine of Hippo

Breathe in me, O Holy Spirit,  
that my thoughts may all be holy.  
Act in me, O Holy Spirit,  
that my work, too, may be holy.  
Draw my heart, O Holy Spirit,  
that I love but what is holy.  
Strengthen me, O Holy Spirit,  
to defend all that is holy.  
Guard me, then, O Holy Spirit,  
that I always may be holy. Amen

### Psalm 18 New Revised Standard Version Catholic Edition (NRSVCE)

#### Psalm 18

Royal Thanksgiving for Victory

To the leader. A Psalm of David the servant of the LORD, who addressed the words of this song to the LORD on the day when the LORD delivered him from the hand of all his enemies, and from the hand of Saul. He said:

<sup>1</sup> I love you, O LORD, my strength.

<sup>2</sup> The LORD is my rock, my fortress, and my deliverer,  
my God, my rock in whom I take refuge,  
my shield, and the horn of my salvation, my stronghold.

<sup>3</sup> I call upon the LORD, who is worthy to be praised,  
so I shall be saved from my enemies.

<sup>4</sup> The cords of death encompassed me;  
the torrents of perdition assailed me;

<sup>5</sup> the cords of Sheol entangled me;  
the snares of death confronted me.

<sup>6</sup> In my distress I called upon the LORD;  
to my God I cried for help.

From his temple he heard my voice,  
and my cry to him reached his ears.

<sup>7</sup> Then the earth reeled and rocked;  
the foundations also of the mountains trembled  
and quaked, because he was angry.

<sup>8</sup> Smoke went up from his nostrils,  
and devouring fire from his mouth;  
glowing coals flamed forth from him.

<sup>9</sup> He bowed the heavens, and came down;  
thick darkness was under his feet.

<sup>10</sup> He rode on a cherub, and flew;  
he came swiftly upon the wings of the wind.

<sup>11</sup> He made darkness his covering around him,  
his canopy thick clouds dark with water.

<sup>12</sup> Out of the brightness before him  
there broke through his clouds  
hailstones and coals of fire.

<sup>13</sup> The LORD also thundered in the heavens,  
and the Most High uttered his voice.<sup>[a]</sup>

<sup>14</sup> And he sent out his arrows, and scattered them;  
he flashed forth lightnings, and routed them.

<sup>15</sup> Then the channels of the sea were seen,  
and the foundations of the world were laid bare  
at your rebuke, O LORD,  
at the blast of the breath of your nostrils.

- <sup>16</sup> He reached down from on high, he took me;  
he drew me out of mighty waters.
- <sup>17</sup> He delivered me from my strong enemy,  
and from those who hated me;  
for they were too mighty for me.
- <sup>18</sup> They confronted me in the day of my calamity;  
but the LORD was my support.
- <sup>19</sup> He brought me out into a broad place;  
he delivered me, because he delighted in me.
- <sup>20</sup> The LORD rewarded me according to my righteousness;  
according to the cleanness of my hands he recompensed me.
- <sup>21</sup> For I have kept the ways of the LORD,  
and have not wickedly departed from my God.
- <sup>22</sup> For all his ordinances were before me,  
and his statutes I did not put away from me.
- <sup>23</sup> I was blameless before him,  
and I kept myself from guilt.
- <sup>24</sup> Therefore the LORD has recompensed me according to my righteousness,  
according to the cleanness of my hands in his sight.
- <sup>25</sup> With the loyal you show yourself loyal;  
with the blameless you show yourself blameless;
- <sup>26</sup> with the pure you show yourself pure;  
and with the crooked you show yourself perverse.
- <sup>27</sup> For you deliver a humble people,  
but the haughty eyes you bring down.
- <sup>28</sup> It is you who light my lamp;  
the LORD, my God, lights up my darkness.
- <sup>29</sup> By you I can crush a troop,  
and by my God I can leap over a wall.
- <sup>30</sup> This God—his way is perfect;  
the promise of the LORD proves true;  
he is a shield for all who take refuge in him.
- <sup>31</sup> For who is God except the LORD?  
And who is a rock besides our God?—

<sup>32</sup> the God who girded me with strength,  
and made my way safe.

<sup>33</sup> He made my feet like the feet of a deer,  
and set me secure on the heights.

<sup>34</sup> He trains my hands for war,  
so that my arms can bend a bow of bronze.

<sup>35</sup> You have given me the shield of your salvation,  
and your right hand has supported me;  
your help<sup>[b]</sup> has made me great.

<sup>36</sup> You gave me a wide place for my steps under me,  
and my feet did not slip.

<sup>37</sup> I pursued my enemies and overtook them;  
and did not turn back until they were consumed.

<sup>38</sup> I struck them down, so that they were not able to rise;  
they fell under my feet.

<sup>39</sup> For you girded me with strength for the battle;  
you made my assailants sink under me.

<sup>40</sup> You made my enemies turn their backs to me,  
and those who hated me I destroyed.

<sup>41</sup> They cried for help, but there was no one to save them;  
they cried to the LORD, but he did not answer them.

<sup>42</sup> I beat them fine, like dust before the wind;  
I cast them out like the mire of the streets.

<sup>43</sup> You delivered me from strife with the peoples;<sup>[c]</sup>  
you made me head of the nations;  
people whom I had not known served me.

<sup>44</sup> As soon as they heard of me they obeyed me;  
foreigners came cringing to me.

<sup>45</sup> Foreigners lost heart,  
and came trembling out of their strongholds.

<sup>46</sup> The LORD lives! Blessed be my rock,  
and exalted be the God of my salvation,

<sup>47</sup> the God who gave me vengeance  
and subdued peoples under me;

<sup>48</sup> who delivered me from my enemies;

indeed, you exalted me above my adversaries;  
you delivered me from the violent.

<sup>49</sup> For this I will extol you, O LORD, among the nations,  
and sing praises to your name.

<sup>50</sup> Great triumphs he gives to his king,  
and shows steadfast love to his anointed,  
to David and his descendants forever.

## Psalm 91

### Assurance of God's Protection

<sup>1</sup> You who live in the shelter of the Most High,  
who abide in the shadow of the Almighty,<sup>[a]</sup>

<sup>2</sup> will say to the LORD, "My refuge and my fortress;  
my God, in whom I trust."

<sup>3</sup> For he will deliver you from the snare of the fowler  
and from the deadly pestilence;

<sup>4</sup> he will cover you with his pinions,  
and under his wings you will find refuge;  
his faithfulness is a shield and buckler.

<sup>5</sup> You will not fear the terror of the night,  
or the arrow that flies by day,

<sup>6</sup> or the pestilence that stalks in darkness,  
or the destruction that wastes at noonday.

<sup>7</sup> A thousand may fall at your side,  
ten thousand at your right hand,  
but it will not come near you.

<sup>8</sup> You will only look with your eyes  
and see the punishment of the wicked.

<sup>9</sup> Because you have made the LORD your refuge,<sup>[b]</sup>  
the Most High your dwelling place,

<sup>10</sup> no evil shall befall you,  
no scourge come near your tent.

<sup>11</sup> For he will command his angels concerning you  
to guard you in all your ways.

<sup>12</sup> On their hands they will bear you up,  
so that you will not dash your foot against a stone.

<sup>13</sup>You will tread on the lion and the adder,  
the young lion and the serpent you will trample under foot.

<sup>14</sup>Those who love me, I will deliver;  
I will protect those who know my name.

<sup>15</sup>When they call to me, I will answer them;  
I will be with them in trouble,  
I will rescue them and honor them.

<sup>16</sup>With long life I will satisfy them,  
and show them my salvation.

### **My prayer to you Lord ( to be customized )**

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**

**Matthew 14:22-36 New Revised Standard Version Catholic Edition (NRSVCE)**

### **Jesus Walks on the Water**

<sup>22</sup> Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. <sup>23</sup> And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, <sup>24</sup> but by this time the boat, battered by the waves, was far from the land,<sup>[a]</sup> for the wind was against them. <sup>25</sup> And early in the morning he came walking toward them on the sea. <sup>26</sup> But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. <sup>27</sup> But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

<sup>28</sup> Peter answered him, "Lord, if it is you, command me to come to you on the water." <sup>29</sup> He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus. <sup>30</sup> But when he noticed the strong wind,<sup>[b]</sup> he became frightened, and beginning to sink, he cried out, "Lord, save me!" <sup>31</sup> Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" <sup>32</sup> When they got into the boat, the wind ceased. <sup>33</sup> And those in the boat worshiped him, saying, "Truly you are the Son of God."

*This is seen in the Acts of the Apostles (18:9-18), when the Lord says to Paul: "Do not be afraid. Go on speaking".*

*"Fear", the Pope explained, "is an attitude that harms us, weakens us, diminishes us, even paralyzes us". It is such that "a person in fear does nothing, doesn't know what to do: is fearful, frightened, focused on herself so that something harmful or bad won't happen to her". Thus, "fear leads to selfish egocentrism and it paralyzes us". For this very reason, "Jesus says to Paul: 'Do not be afraid. Go on speaking'".*

*Indeed, fear "is not a Christian attitude". But "it is an attitude, we can say, of an imprisoned soul, without freedom, which doesn't have the freedom to look ahead, to create something, to do good". Thus one who has fear keeps repeating: "No, there is this danger, there is that other one", and so on. "It's too bad, fear causes harm!", Francis again noted.*

*Fear must, however, be "distinguished from the fear of God, which has nothing to do with it". The fear of God, the Pontiff stated, "is holy, it is the fear of adoration before the Lord", and therefore "fear of God is a virtue". Indeed, "it does not diminish, it does not weaken, it does not paralyze"; but on the contrary, "it carries forth the mission that the Lord gives". In this regard, the Pontiff added: "The Lord, in Chapter 18 of the Gospel according to Luke, speaks of a judge who neither feared God nor had regard for anyone, and did whatever he wanted". This "is a sin: a lack of fear of God and also self-sufficiency". For "it detracts from the relationship with God as well as from adoration".*

*However, Francis said, "the fear of God, which is good, is one thing; but fear is another thing". Moreover, "a fearful Christian is insignificant: he is a person who doesn't understand what Jesus' message is".*

*Pope Francis 15th May 2015*

## **Ephesians 6:10-18 New International Version (NIV)**

### **The Armor of God**

<sup>10</sup> Finally, be strong in the Lord and in his mighty power. <sup>11</sup> Put on the full armor of God, so that you can take your stand against the devil's schemes. <sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. <sup>13</sup> Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. <sup>14</sup> Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup> and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup> In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup> Take the helmet of salvation and the sword of the Spirit, which is the word of God.

<sup>18</sup> And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

### **Prayer for deliverance from evil**

O Lord you are great, you are God, you are Father, we pray for the intercession and with the help of the archangels Michael, Gabriel, Raphael, so that our brothers and sisters may be freed from the evil one. From anguish, from sadness, from obsessions. We pray, deliver us o Lord!

From hatred, from fornication, from envy. We pray, deliver us o Lord!

From thoughts of jealousy, of anger, of death. We pray, deliver us o Lord!

From every thought of suicide and abortion. We pray, deliver us o Lord!

From all forms of bad sexuality. We beg you. Deliver us o Lord!

From family division, from every bad friendship. We pray, deliver us o Lord!

From any form of spell, workmanship, witchcraft and any occult evil. We pray, Deliver us o Lord!



Let us pray O Lord who said: "Peace I leave you, my peace I give you", through the intercession of the Virgin Mary, grant us to be freed from every curse and to always enjoy your peace. For Christ our Lord. Amen.

**Chaplet of Divine Mercy**

**Rosary**

**God Bless You !!!**

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