

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 27

Triumphant Song of Confidence

Of David.

¹The LORD is my light and my salvation;
whom shall I fear?

The LORD is the stronghold^{1a} of my life;
of whom shall I be afraid?

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

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

⁴One 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.

⁵For 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.

⁶Now 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.

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

⁸‘Come,’ my heart says, ‘seek his face!’
Your face, LORD, do I seek.

⁹ 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!

- ¹⁰ If my father and mother forsake me,
the LORD will take me up.
- ¹¹ Teach me your way, O LORD,
and lead me on a level path
because of my enemies.
- ¹² Do not give me up to the will of my adversaries,
for false witnesses have risen against me,
and they are breathing out violence.
- ¹³ I believe that I shall see the goodness of the LORD
in the land of the living.
- ¹⁴ Wait for the LORD;
be strong, and let your heart take courage;
wait for the LORD!

Psalm 36 Revised Standard Version Catholic Edition (RSVCE)

Human Wickedness and Divine Goodness

To the choirmaster. A Psalm of David, the servant of the LORD.

- 36** Transgression speaks to the wicked
deep in his heart;
there is no fear of God
before his eyes.
- ² For he flatters himself in his own eyes
that his iniquity cannot be found out and hated.
- ³ The words of his mouth are mischief and deceit;
he has ceased to act wisely and do good.
- ⁴ He plots mischief while on his bed;
he sets himself in a way that is not good;
he spurns not evil.
- ⁵ Thy steadfast love, O LORD, extends to the heavens,
thy faithfulness to the clouds.
- ⁶ Thy righteousness is like the mountains of God,
thy judgments are like the great deep;
man and beast thou savest, O LORD.

⁷ How precious is thy steadfast love, O God!
The children of men take refuge in the shadow of thy wings.
⁸ They feast on the abundance of thy house,
and thou givest them drink from the river of thy delights.
⁹ For with thee is the fountain of life;
in thy light do we see light.
¹⁰ O continue thy steadfast love to those who know thee,
and thy salvation to the upright of heart!
¹¹ Let not the foot of arrogance come upon me,
nor the hand of the wicked drive me away.
¹² There the evildoers lie prostrate,
they are thrust down, unable to rise.

Ephesians 5:1-20 Revised Standard Version Catholic Edition (RSVCE)

5 Therefore be imitators of God, as beloved children. ² And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Renounce Pagan Ways

³ But immorality and all impurity or covetousness must not even be named among you, as is fitting among saints. ⁴ Let there be no filthiness, nor silly talk, nor levity, which are not fitting; but instead let there be thanksgiving. ⁵ Be sure of this, that no immoral or impure man, or one who is covetous (that is, an idolater), has any inheritance in the kingdom of Christ and of God. ⁶ Let no one deceive you with empty words, for it is because of these things that the wrath of God comes upon the sons of disobedience. ⁷ Therefore do not associate with them, ⁸ for once you were darkness, but now you are light in the Lord; walk as children of light ⁹ (for the fruit of light is found in all that is good and right and true), ¹⁰ and try to learn what is pleasing to the Lord. ¹¹ Take no part in the unfruitful works of darkness, but instead expose them. ¹² For it is a shame even to speak of the things that they do in secret; ¹³ but when anything is exposed by the light it becomes visible, for anything that becomes visible is light. ¹⁴ Therefore it is said,

“Awake, O sleeper, and arise from the dead,
and Christ shall give you light.”¹⁵

¹⁵ Look carefully then how you walk, not as unwise men but as wise, ¹⁶ making the most of the time, because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the will of the Lord is. ¹⁸ And do not get drunk with wine, for that is debauchery; but be filled with the Spirit,

¹⁹addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart, ²⁰always and for everything giving thanks in the name of our Lord Jesus Christ to God the Father.

Matthew 5:1-16 Revised Standard Version Catholic Edition (RSVCE)

The Beatitudes

5 Seeing the crowds, he went up on the mountain, and when he sat down his disciples came to him. ²And he opened his mouth and taught them, saying:

³“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

⁴“Blessed are those who mourn, for they shall be comforted.

⁵“Blessed are the meek, for they shall inherit the earth.

⁶“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

⁷“Blessed are the merciful, for they shall obtain mercy.

⁸“Blessed are the pure in heart, for they shall see God.

⁹“Blessed are the peacemakers, for they shall be called sons of God.

¹⁰“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

¹¹“Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. ¹²Rejoice and be glad, for your reward is great in heaven, for so men persecuted the prophets who were before you.

Salt and Light

¹³“You are the salt of the earth; but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trodden under foot by men.

¹⁴“You are the light of the world. A city set on a hill cannot be hid. ¹⁵Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. ¹⁶Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven.

POPE FRANCIS

ANGELUS

*Saint Peter's Square
26 March 2017*

We too have been "*illuminated*" by Christ in Baptism, and thus we are called to behave as children of the light. Acting as children of the light requires a radical change of mind-set, a capacity to judge men and things according to another scale of values, which comes from God. The Sacrament of Baptism, in fact, requires the choice of living as children of the light and walking in the light. If I were to ask you: "Do you believe that Jesus is the Son of God? Do you believe that he can change your heart? Do you believe that he can show reality as he sees it, not as we see it? Do you believe that he is light, that he gives us the true light?". How would you answer? Each of you, respond in your heart.

What does it mean to have the true light, to *walk in the light*? First of all it means abandoning false lights: the cold, vain light of prejudice against others, because prejudice distorts reality and ladens us with aversion to those whom we judge without mercy and condemn without appeal. This is our daily bread! When you gossip about others, you do not walk in the light, you walk in shadows. Another false light, because it is seductive and ambiguous, is that of self-interest: if we value men and things on the basis of usefulness to us, of pleasure, of prestige, we are not truthful in our relationships and situations. If we go down this path of seeking self-interest, we are walking in shadows.

And may this new illumination transform us in attitude and action, so that we too, beginning with our poverty, our narrow-mindedness, may be bearers of a ray of the light of Christ.

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

Radiating Christ

**Dear Jesus, help me to spread Your fragrance wherever I go.
Flood my soul with Your spirit and life.
Penetrate and possess my whole being so utterly, that my life may only be a
radiance of Yours.
Shine through me, and be so in me that every soul I come in contact with may
feel Your presence in my soul.
Let them look up and see no longer me, but only Jesus!
Stay with me and then I shall begin to shine as You shine, so to shine as to be a
light to others.
The light, O Jesus, will be all from You; none of it will be mine.
It will be you, shining on others through me.
Let me thus praise You the way You love best, by shining on those around me.
Let me preach You without preaching, not by words but by my example, by
the catching force of the sympathetic influence of what I do,
the evident fullness of the love my heart bears to You.
Amen.**

(J.H. Newman)

Holy Rosary

Chaplet of the Divine Mercy

God Bless you!!!