

## Prayer Guide

Dear Brothers and Sisters in Christ :

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 SPIRIT OF LOVE AND PEACE !**

Come, Spirit of love and peace! Spirit of communion, soul and strength of the Church, grant that wealth of charisms and ministries

may contribute to the unity of the Body of Christ; grant that laity, consecrated persons and ordained ministers may work together in

harmony to build the one Kingdom of God. Spirit of consolation, unfailing source of joy and peace, inspire solidarity with the poor, grant the sick the strength they need, pour our trust and hope upon those experiencing trials, awaken in all hearts a commitment to a better future. Come, Spirit of love and peace! Spirit of wisdom, inspiration of minds and hearts, direct science and technology to the service of life, justice and peace. Render fruitful our dialogue with the followers of other religions, lead the different cultures to

**Saint John Paul II**

appreciate the values of the Gospel. Spirit of life, by whose power the Word was made flesh in the womb of the Virgin Mary, the woman of attentive silence, make us docile to the promptings of your love and ever ready to accept the signs of the times which you place along the paths of history. Come, Spirit of love and peace! To you, Spirit of love, with the Almighty Father and the Only-Begotten Son, be praise, honour and glory for ever and ever. Amen

## The source of peace is in the human heart

Peace is born in the human heart, in humility accepting our own's limitations and weaknesses. "Let ourselves be led by the Immaculate" this is the secret to live in serenity and build peace .

The source of happiness and peace is not out but

within us. We profit from each single thing to exercise our souls in patience, obedience, poverty and other virtues of Christian life, and the crosses are no longer so much heavy

.  
We are therefore confident in Divine Providence, in

Will the Immaculate Conception, and we remain confident that God allows everything in view of a greater good.

Moreover, we proclaim that through the Immaculate all we can: then prove this with facts.

We place in Her our trust (SK 935).

Let us lead you to be along a well paved and comfortable road , both along the bumpy and difficult one . Even the fallen must never be discouraged there.

You need only one act of love - the love that comes not from sentiment , but only by the

will - because a fall might turn into a  
even greater advantage.

St. Therese of the Child Jesus writes that it  
was now resigned to the fact that she would  
be  
always imperfect, because it is difficult not to  
be, as we are not in heaven yet. The falls  
teach us not to rely on ourselves, but  
to put all our trust in God's hands,  
and in the hands of the Immaculate (SK 937).  
Do not ever grieve for your flaws, but entrust  
them completely to the Immaculate , to let  
Her transform them in a greater good.  
Commit yourself to let you lead in all things  
by  
the Immaculate , to accept whatever she will  
send you and to be always calm : to be a  
real child of the Immaculate (SK 824).

St Maximiliano Kolbe

## Psalm 16

Song of Trust and Security in God

**A Miktam of David.**

<sup>1</sup> Protect me, O God, for in you I take refuge.

<sup>2</sup> I say to the LORD, "You are my Lord;  
I have no good apart from you."<sup>[a]</sup>

<sup>3</sup> As for the holy ones in the land, they are the noble,  
in whom is all my delight.

<sup>4</sup> Those who choose another god multiply their sorrows;<sup>[b]</sup>  
their drink offerings of blood I will not pour out  
or take their names upon my lips.

<sup>5</sup> The LORD is my chosen portion and my cup;  
you hold my lot.

<sup>6</sup> The boundary lines have fallen for me in pleasant places;  
I have a goodly heritage.

<sup>7</sup> I bless the LORD who gives me counsel;  
in the night also my heart instructs me.

<sup>8</sup> I keep the LORD always before me;  
because he is at my right hand, I shall not be moved.

<sup>9</sup> Therefore my heart is glad, and my soul rejoices;  
my body also rests secure.

<sup>10</sup> For you do not give me up to Sheol,  
or let your faithful one see the Pit.

<sup>11</sup> You show me the path of life.  
In your presence there is fullness of joy;  
in your right hand are pleasures forevermore.

## Psalm 139

### The Inescapable God

To the leader. Of David. A Psalm.

<sup>1</sup> O LORD, you have searched me and known me.

<sup>2</sup> You know when I sit down and when I rise up;  
you discern my thoughts from far away.

<sup>3</sup> You search out my path and my lying down,  
and are acquainted with all my ways.

<sup>4</sup> Even before a word is on my tongue,  
O LORD, you know it completely.

<sup>5</sup> You hem me in, behind and before,  
and lay your hand upon me.

<sup>6</sup> Such knowledge is too wonderful for me;  
it is so high that I cannot attain it.

<sup>7</sup> Where can I go from your spirit?  
Or where can I flee from your presence?

<sup>8</sup> If I ascend to heaven, you are there;  
if I make my bed in Sheol, you are there.

<sup>9</sup> If I take the wings of the morning  
and settle at the farthest limits of the sea,

<sup>10</sup> even there your hand shall lead me,  
and your right hand shall hold me fast.

<sup>11</sup> If I say, "Surely the darkness shall cover me,  
and the light around me become night,"

<sup>12</sup> even the darkness is not dark to you;  
the night is as bright as the day,  
for darkness is as light to you.

13 For it was you who formed my inward parts;  
you knit me together in my mother's womb.

14 I praise you, for I am fearfully and wonderfully made.  
Wonderful are your works;  
that I know very well.

15 My frame was not hidden from you,  
when I was being made in secret,  
intricately woven in the depths of the earth.

16 Your eyes beheld my unformed substance.  
In your book were written  
all the days that were formed for me,  
when none of them as yet existed.

17 How weighty to me are your thoughts, O God!  
How vast is the sum of them!

18 I try to count them—they are more than the sand;  
I come to the end<sup>[a]</sup>—I am still with you.

19 O that you would kill the wicked, O God,  
and that the bloodthirsty would depart from me—

20 those who speak of you maliciously,  
and lift themselves up against you for evil!<sup>[b]</sup>

21 Do I not hate those who hate you, O LORD?  
And do I not loathe those who rise up against you?

22 I hate them with perfect hatred;  
I count them my enemies.

23 Search me, O God, and know my heart;  
test me and know my thoughts.

24 See if there is any wicked<sup>[c]</sup> way in me,  
and lead me in the way everlasting.<sup>[d]</sup>

## The Word of God

John 15:8-17

New Revised Standard Version, Anglicised Catholic Edition

<sup>8</sup> My Father is glorified by this, that you bear much fruit and become<sup>[a]</sup> my disciples. <sup>9</sup> As the Father has loved me, so I have loved you; abide in my love. <sup>10</sup> If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. <sup>11</sup> I have said these things to you so that my joy may be in you, and that your joy may be complete.

<sup>12</sup> 'This is my commandment, that you love one another as I have loved you. <sup>13</sup> No one has greater love than this, to lay down one's life for one's friends. <sup>14</sup> You are my friends if you do what I command you. <sup>15</sup> I do not call you servants<sup>[b]</sup> any longer, because the servant<sup>[c]</sup> does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. <sup>16</sup> You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. <sup>17</sup> I am giving you these commands so that you may love one another.

## *HOMILY OF HIS HOLINESS BENEDICT XVI*

*St Charles Square*

*Fifth Sunday of Easter, 2 May 2010*

The Evangelist John makes it quite clear: he does not in fact say that Jesus was glorified only after his Passion, through his Resurrection; rather he shows that precisely with the Passion his glorification began. In it Jesus manifests his glory, which is the glory of love, which gives itself totally. He loved the Father, doing his will to the very end, with a perfect gift of self; he loved humanity, giving his life for us. Thus he was already glorified in his Passion and God was glorified in him. But the Passion as a very real and profound expression of his love is only a beginning. This is why Jesus says that his glorification is also to come (cf. *ibid.*, 13: 32). Then, when he announces his departure from this world (cf. *ibid.*, 13: 33), the Lord gives his disciples a new commandment, as it were a testament, so that they might continue his presence among them in a new way: "A new commandment I give to you, that you love one another; even as I have loved you, that you also love one another" (Jn 13: 34). If we love each other, Jesus will continue to be present in our midst, to be glorified in this world.

Jesus speaks of a "new commandment". But what is new about it? In the Old Testament, God had already given the commandment of love; but this commandment has become

new now because Jesus makes a very important addition to it: "*As I have loved you, that you also love one another*". What is new is precisely this "loving as Jesus loved". All our loving is preceded by his love and refers to this love, it fits into this love and is achieved precisely through this love. The Old Testament did not present any model of love; it only formulated the precept of love. Instead, Jesus gave himself to us as a model and source of love a boundless, universal love that could transform all negative circumstances and all obstacles into opportunities to progress in love. And in this City's Saints we see the fulfilment of this love, always from the source of Jesus' love.

### Litany of the Sacred Heart of Jesus

Lord, have mercy on us.  
*Christ, have mercy on us.*  
Lord, have mercy on us. Christ, hear us.  
*Christ, graciously hear us.*  
God the Father of Heaven, *have mercy on us.*  
(Repeat *have mercy on us.* after each line)  
God the Son, Redeemer of the world,

God the Holy Spirit,  
Holy Trinity, one God,  
Heart of Jesus, Son of the Eternal Father,  
Heart of Jesus, formed by the Holy Spirit in  
the Virgin Mother's womb,  
Heart of Jesus, substantially united to the  
Word of God,  
Heart of Jesus, of infinite majesty,  
Heart of Jesus, holy temple of God,  
Heart of Jesus, tabernacle of the Most High,  
Heart of Jesus, house of God and gate of heaven,  
Heart of Jesus, glowing furnace of charity,  
Heart of Jesus, vessel of justice and love,  
Heart of Jesus, full of goodness and love,  
Heart of Jesus, abyss of all virtues,  
Heart of Jesus, most worthy of all praise,  
Heart of Jesus, King and center of all hearts,  
Heart of Jesus, in whom are all the treasures  
of wisdom and knowledge,  
Heart of Jesus, in whom dwells all the fullness of the Godhead,  
Heart of Jesus, in whom the Father was well pleased,  
Heart of Jesus, of whose fullness we have all received,  
Heart of Jesus, desire of the everlasting hills,  
Heart of Jesus, patient and rich in mercy,  
Heart of Jesus, rich to all who call upon You,  
Heart of Jesus, fount of life and holiness,  
Heart of Jesus, propitiation for our offenses,  
Heart of Jesus, overwhelmed with reproaches,  
Heart of Jesus, bruised for our iniquities,

Heart of Jesus, obedient even unto death,  
Heart of Jesus, pierced with a lance,  
Heart of Jesus, source of all consolation,  
Heart of Jesus, our life and resurrection,  
Heart of Jesus, our peace and reconciliation,  
Heart of Jesus, victim for our sins,  
Heart of Jesus, salvation of those who hope in You,  
Heart of Jesus, hope of those who die in You,  
Heart of Jesus, delight of all saints,  
Lamb of God, who takest away the sins of the world,  
*Spare us, O Lord.*  
Lamb of God, who takest away the sins of the world,  
*Graciously hear us, O Lord.*  
Lamb of God, who takest away the sins of the world,  
*Have mercy on us.*  
Jesus, meek and humble of Heart,  
*Make our hearts like unto Thine.*

Let us pray.

Almighty and eternal God, look upon the Heart of Thy most beloved Son and upon the praises and satisfaction which He offers Thee in the name of sinners; and to those who implore Thy mercy, in Thy great goodness, grant forgiveness in the name of the same Jesus Christ, Thy Son, who livest and reignest with Thee forever and ever. Amen.

## Prayer of Consecration to the Sacred Heart of Jesus to St. Margaret Mary Alacoque

I give myself and consecrate to the Sacred Heart of our Lord Jesus Christ, my person and my life, my actions, pains and sufferings, so that I may be unwilling to make use of any part of my being other than to honor, love and glorify the Sacred Heart. This is my unchanging purpose, namely, to be all His, and to do all things for the love of Him, at the same time renouncing with all my heart whatever is displeasing to Him. I therefore take You, O Sacred heart, to be the only object of my love, the guardian of my life, my assurance of salvation, the remedy of my weakness and inconstancy, the atonement for all the faults of my life and my sure refuge at the hour of death.

Be then, O Heart of goodness, my justification before God the Father, and turn away from me the strokes of his righteous anger. O Heart of love, I put all my confidence in You, for I fear everything from my own wickedness and frailty, but I hope for all things from Your goodness and bounty.

Remove from me all that can displease You or resist Your holy will; let your pure love imprint Your image so deeply upon my heart, that I shall

never be able to forget You or to be separated from You.

May I obtain from all Your loving kindness the grace of having my name written in Your Heart, for in You I desire to place all my happiness and glory, living and dying in bondage to You.

Amen.

We entrust ourselves to our Queen of Peace with all our heart praying the

Holy Rosary



We entrust ourselves to the Sacred Heart of Jesus praying

The Chaplet of the Divine Mercy

*Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit.*

*John 20:21*

