



1,2,3

March

121th PRAYER  
MARATHON

United to  
carry the cross  
with Jesus



## 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.



## LITURGY OF THE HOURS/Lent

### Hymn

Creator of the earth and skies

Creator of the earth and skies To whom all truth and power belong, Grant us your truth to make us wise; Grant us your power to make us strong.

We have not known you: to the skies Our monuments of folly soar, And all our self-wrought miseries Have made us trust ourselves the more.

We have not loved you: far and wide The wreckage of our hatred spreads, And evils wrought by human pride Recoil on unrepentant heads.

We long to end this worldwide strife: How shall we follow in your way? Speak to mankind your words of life, Until our darkness turns to day.

## Psalm 41

### Assurance of God's Help and a Plea for Healing

*To the leader. A Psalm of David.*

- <sup>1</sup> Happy are those who consider the poor:<sup>[a]</sup>  
the LORD delivers them in the day of trouble.
- <sup>2</sup> The LORD protects them and keeps them alive;  
they are called happy in the land.  
You do not give them up to the will of their enemies.
- <sup>3</sup> The LORD sustains them on their sickbed;  
in their illness you heal all their infirmities.<sup>[b]</sup>
- <sup>4</sup> As for me, I said, "O LORD, be gracious to me;  
heal me, for I have sinned against you."
- <sup>5</sup> My enemies wonder in malice  
when I will die, and my name perish.
- <sup>6</sup> And when they come to see me, they utter empty words,  
while their hearts gather mischief;  
when they go out, they tell it abroad.
- <sup>7</sup> All who hate me whisper together about me;  
they imagine the worst for me.
- <sup>8</sup> They think that a deadly thing has fastened on me,  
that I will not rise again from where I lie.
- <sup>9</sup> Even my bosom friend in whom I trusted,  
who ate of my bread, has lifted the heel against me.
- <sup>10</sup> But you, O LORD, be gracious to me,  
and raise me up, that I may repay them.
- <sup>11</sup> By this I know that you are pleased with me;  
because my enemy has not triumphed over me.
- <sup>12</sup> But you have upheld me because of my integrity,  
and set me in your presence forever.
- <sup>13</sup> Blessed be the LORD, the God of Israel,  
from everlasting to everlasting.  
Amen and Amen.



Psalm 130

Waiting for Divine Redemption

*A Song of Ascents.*

<sup>1</sup> Out of the depths I cry to you, O LORD.

<sup>2</sup> Lord, hear my voice!

Let your ears be attentive  
to the voice of my supplications!

<sup>3</sup> If you, O LORD, should mark iniquities,  
Lord, who could stand?

<sup>4</sup> But there is forgiveness with you,  
so that you may be revered.

<sup>5</sup> I wait for the LORD, my soul waits,  
and in his word I hope;

<sup>6</sup> my soul waits for the Lord  
more than those who watch for the morning,  
more than those who watch for the morning.

<sup>7</sup> O Israel, hope in the LORD!  
For with the LORD there is steadfast love,  
and with him is great power to redeem.

<sup>8</sup> It is he who will redeem Israel  
from all its iniquities.



## Prayer



“To cry as a man, how I can cry. To suffer persecution as a man, can anyone of you can suffer. To feel hunger, thirst, sadness. To experience the scorn of vanity, pride indifference, ridicule of impiety ... to drink the gall of slander. to know the slander. to suffer in his person ... All that man must suffer, in order that man can experimentase the riches of his mercy and the sweetness of his love, appeared finally, among us the Son of God made man perfectly assimilated man, so that man might become God and could be participate in his infinite love”

Blessed Father José Gabriel del Rosario Brochero.

“Jesus, thank You for the little daily crosses, for opposition I meet in my efforts, for the weight of the communal life, to the misinterpretation of my intentions, for humiliations that come from the other, for the harsh behavior towards us to suspect unfair to poor health and to the forces that are not, for the repudiation of my own will, for the annihilation of my own self, for the lack of recognition in everything, for clogs in all my projects.

Jesus, do not leave me alone in suffering. You, Lord, you know how weak I am, I am an abyss of misery, are the same nothing. So, that's strange if you leave me alone and I fall? "For this reason, Jesus, you have to be constantly with me as a mother with a child weak and more»

St. Faustina Kowalska (Prayer of St. Faustina in the meditation of the Stations of the Cross)



## Acts 3:1-16

### Peter Heals a Crippled Beggar

<sup>3</sup> One day Peter and John were going up to the temple at the hour of prayer, at three o'clock in the afternoon. <sup>2</sup> And a man lame from birth was being carried in. People would lay him daily at the gate of the temple called the Beautiful Gate so that he could ask for alms from those entering the temple. <sup>3</sup> When he saw Peter and John about to go into the temple, he asked them for alms. <sup>4</sup> Peter looked intently at him, as did John, and said, "Look at us." <sup>5</sup> And he fixed his attention on them, expecting to receive something from them. <sup>6</sup> But Peter said, "I have no silver or gold, but what I have I give you; in the name of Jesus Christ of Nazareth,<sup>[a]</sup> stand up and walk." <sup>7</sup> And he took him by the right hand and raised him up; and immediately his feet and ankles were made strong. <sup>8</sup> Jumping up, he stood and began to walk, and he entered the temple with them, walking and leaping and praising God. <sup>9</sup> All the people saw him walking and praising God, <sup>10</sup> and they recognized him as the one who used to sit and ask for alms at the Beautiful Gate of the temple; and they were filled with wonder and amazement at what had happened to him.

<sup>11</sup> While he clung to Peter and John, all the people ran together to them in the portico called Solomon's Portico, utterly astonished. <sup>12</sup> When Peter saw it, he addressed the people, "You Israelites,<sup>[b]</sup> why do you wonder at this, or why do you stare at us, as though by our own power or piety we had made him walk? <sup>13</sup> The God of Abraham, the God of Isaac, and the God of Jacob, the God of our ancestors has glorified his servant<sup>[c]</sup> Jesus, whom you handed over and rejected in the presence of Pilate, though he had decided to release him. <sup>14</sup> But you rejected the Holy and Righteous One and asked to have a murderer given to you, <sup>15</sup> and you killed the Author of life, whom God raised from the dead. To this we are witnesses. <sup>16</sup> And by faith in his name, his name itself has made this man strong, whom you see and know; and the faith that is through Jesus<sup>[d]</sup> has given him this perfect health in the presence of all of you.



## Personal Prayer in 5 steps



1. Lord, grant us the grace to love and accept our challenges, limitations and diseases, and share your holy suffering and learn to love you more.

Sir, there is only one way to know the peace and joy in the disease:  
Being a friend of your suffering face and not be afraid of the blood of thy plagues "(Pierre Lyonnet)

2. Lord, grant us the humility to recognize your power to save, to be bearers of your infinite mercy in times of trial, and be relief and comfort for our suffering brothers and sisters.

"The Cross of Christ has become a source from which flow rivers of living water." All you can draw. So "suffer means to become particularly open to the working of the salvific powers of God, offered to humanity in Christ." (Salvifici Doloris / John Paul II)

3. We ask you, Lord, grant us the courage and the joy to follow you in the midst of tribulations, and signing faithful at all times, trusting in your promises.

"If any want to become my followers, let them deny themselves and take up their cross daily and follow me.

Luke 9:23

4. Lord, grant us your merciful heart. Deliver us from indifference to be ready to help in need 'our brothers and sisters who suffer from loneliness, sadness or physical pain, so that' we may glorify your holy name.

"Bear one another's burdens, and so fulfill the law of Christ." (Galatians 6:2)

5. 5. Lord, grant us the grace to pray with faith, perseverance and humility for our inner healing, and continue to pray for our brothers.

<sup>12</sup> Once, when he was in one of the cities, there was a man covered with leprosy.<sup>[a]</sup> When he saw Jesus, he bowed with his face to the ground and begged him, "Lord, if you choose, you can make me clean."<sup>13</sup> Then Jesus<sup>[b]</sup> stretched out his hand, touched him, and said, "I do choose. Be made clean." Immediately the leprosy<sup>[c]</sup> left him.

Luke 5 :12-13

## The Litany of the Passion

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.  
God, the Son, Redeemer of the world,  
Have mercy on us.  
God, the Holy Ghost,  
Have mercy on us.

Jesus, brought before Annas and Caiphas,  
Have mercy on us.  
Jesus, struck in the face by a servant,  
Have mercy on us.  
Jesus, accused by false witnesses,  
Have mercy on us.  
Jesus, declared guilty of death,  
Have mercy on us.  
Jesus, spat upon,  
Have mercy on us.  
Jesus, blindfolded,  
Have mercy on us.  
Jesus, smitten on the cheek,  
Have mercy on us.  
Jesus, thrice denied by Peter,  
Have mercy on us.  
Jesus, delivered up to Pilate,  
Have mercy on us.  
Jesus, despised and mocked by Herod,  
Have mercy on us.  
Jesus, clothed in a white garment,  
Have mercy on us.  
Jesus, rejected for Barabbas,  
Have mercy on us.  
Jesus, torn with scourges,  
Have mercy on us.  
Jesus, bruised for our sin,  
Have mercy on us.  
Jesus, esteemed a leper,  
Have mercy on us.  
Jesus, covered with a purple robe,  
Have mercy on us.  
Jesus, crowned with thorns,  
Have mercy on us.  
Jesus, struck with a reed upon the head,



Have mercy on us.  
Jesus, demanded for crucifixion by the Jews,  
Have mercy on us.  
Jesus, condemned to an ignominious death,  
Have mercy on us.  
Jesus, given up to the will of Thine enemies,  
Have mercy on us.  
Jesus, loaded with the heavy weight of the Cross,  
Have mercy on us.  
Jesus, led like a sheep to the slaughter,  
Have mercy on us.  
Jesus, stripped of Thy garments,  
Have mercy on us.  
Jesus, fastened with nails to the cross,  
Have mercy on us.  
Jesus, reviled by the malefactors,  
Have mercy on us.  
Jesus, promising Paradise to the penitent thief,  
Have mercy on us.

Jesus, commending St. John to Thy Mother as her son,  
Have mercy on us.  
Jesus, declaring Thyself forsaken by Thy Father,  
Have mercy on us.  
Jesus, in Thy thirst given gall and vinegar to drink,  
Have mercy on us.  
Jesus, testifying that all things written concerning  
Thee were accomplished,  
Have mercy on us.  
Jesus, commending Thy Spirit into the hand of Thy Father,  
Have mercy on us.  
Jesus, obedient even to the death of the Cross,  
Have mercy on us.  
Jesus, pierced with a lance,  
Have mercy on us.  
Jesus, made a propitiation for us,  
Have mercy on us.  
Jesus, taken down from the Cross,  
Have mercy on us.  
Jesus, laid in the sepulcher,  
Have mercy on us.  
Jesus, rising gloriously from the dead,  
Have mercy on us.  
Jesus, ascending into Heaven,  
Have mercy on us.  
Jesus, our advocate with the Father, Have mercy on us.  
Jesus, sending down on Thy disciples the Holy Ghost,  
the Paraclete, Have mercy on us.  
Jesus, exalting Thy Mother above the choirs of Angels,



Have mercy on us.  
Jesus, Who shalt come to judge the living and the dead,  
Have mercy on us.

Lamb of God, Who takest away the sins of the world,  
Spare us, O Lord.

Lamb of God, Who takes away the sins of the world,  
Graciously hear us, O Lord.

Lamb of God, Who takes away the sins of the world,  
Have mercy on us, O Lord.

Christ, hear us; Christ, graciously hear us.

V. We adore Thee, O Christ, and praise Thee:

R . Because by Thy Holy Cross Thou hast redeemed the world.

*Let Us Pray.*

Almighty and eternal God, Who hast appointed Thine only-begotten  
Son the Savior of the world, and hast willed to be appeased with  
His blood, grant that we may so venerate this price of our salvation,  
and by its might be so defended upon earth from the evils of this  
present life, that in Heaven we may rejoice in its everlasting fruit.  
Who lives and reigns with Thee in the unity of the Holy Ghost, world without end.  
Amen.



## Prayer of John Paul II (Way of the Cross 2003)



We gather here in the Lord's name.  
He is present in our midst, just as he promised (cf. Mt 18:20).  
And with us too is the Blessed Virgin Mary.

She stood on the hill of Golgotha  
as the Mother of the dying Son,  
as the Disciple of the Teacher of truth,  
as the new Eve standing beneath the tree of life,  
as the woman of sorrow,  
the companion of the "man of sorrows, acquainted with grief" (Is 53:3),  
Daughter of Adam, Our Sister, Queen of Peace.

As the Mother of Mercy,  
she bends over her children  
who still face dangers and exhaustion,  
to see their sufferings,  
to hear the cry arising from their afflictions,  
to bring them comfort and to renew their hope of peace.

Father most holy,  
look upon the blood flowing from the Saviour's pierced side;  
look upon the blood shed by the many victims  
of hatred, of war, of terrorism,  
and in your mercy, grant that the course of world events  
may unfold according to your will, in justice and in peace,  
and that your Church may devote herself with quiet confidence  
to your service and to the liberation of mankind.

Through Christ our Lord.  
R. *Amen.*

## Gospel



<sup>30</sup> Jesus replied, “A man was going down from Jerusalem to Jericho, and fell into the hands of robbers, who stripped him, beat him, and went away, leaving him half dead. <sup>31</sup> Now by chance a priest was going down that road; and when he saw him, he passed by on the other side. <sup>32</sup> So likewise a Levite, when he came to the place and saw him, passed by on the other side. <sup>33</sup> But a Samaritan while traveling came near him; and when he saw him, he was moved with pity. <sup>34</sup> He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal, brought him to an inn, and took care of him. <sup>35</sup> The next day he took out two denarii, <sup>[a]</sup> gave them to the innkeeper, and said, ‘Take care of him; and when I come back, I will repay you whatever more you spend.’ <sup>36</sup> Which of these three, do you think, was a neighbor to the man who fell into the hands of the robbers?” <sup>37</sup> He said, “The one who showed him mercy.” Jesus said to him, “Go and do likewise.”

Luke 10 :30-37



## Holy Rosary

## Chaplet of the Divine Mercy

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.

Matthew 11:28-29