

## 72 HOURS FOR 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 .

### Prayer to the Holy Spirit

Come, O Holy Spirit!

Enlighten my mind to know your commands;

strengthen my heart against the snares of the enemy;

in flame my will...

I have heard your voice, and I don't want to harden myself and resist, saying

“Later..., tomorrow.”

*Nunc coepi!* Now I begin! In case there is no tomorrow for me.

O Spirit of truth and wisdom, Spirit of understanding and counsel, Spirit of joy and peace! I want whatever you want. I want because you want, I want however you want, I want whenever you want.

Saint Josemaria Escriva

## Psalm 103

### Thanksgiving for God's Goodness

#### Of David.

- <sup>1</sup> Bless the LORD, O my soul,  
and all that is within me,  
bless his holy name.
- <sup>2</sup> Bless the LORD, O my soul,  
and do not forget all his benefits—
- <sup>3</sup> who forgives all your iniquity,  
who heals all your diseases,
- <sup>4</sup> who redeems your life from the Pit,  
who crowns you with steadfast love and mercy,
- <sup>5</sup> who satisfies you with good as long as you live<sup>[a]</sup>  
so that your youth is renewed like the eagle's.
- <sup>6</sup> The LORD works vindication  
and justice for all who are oppressed.
- <sup>7</sup> He made known his ways to Moses,  
his acts to the people of Israel.
- <sup>8</sup> The LORD is merciful and gracious,  
slow to anger and abounding in steadfast love.
- <sup>9</sup> He will not always accuse,  
nor will he keep his anger forever.
- <sup>10</sup> He does not deal with us according to our sins,  
nor repay us according to our iniquities.
- <sup>11</sup> For as the heavens are high above the earth,  
so great is his steadfast love toward those who fear him;
- <sup>12</sup> as far as the east is from the west,  
so far he removes our transgressions from us.
- <sup>13</sup> As a father has compassion for his children,  
so the LORD has compassion for those who fear him.
- <sup>14</sup> For he knows how we were made;  
he remembers that we are dust.
- <sup>15</sup> As for mortals, their days are like grass;  
they flourish like a flower of the field;
- <sup>16</sup> for the wind passes over it, and it is gone,

and its place knows it no more.

<sup>17</sup> But the steadfast love of the LORD is from everlasting to everlasting  
on those who fear him,

and his righteousness to children's children,

<sup>18</sup> to those who keep his covenant  
and remember to do his commandments.

<sup>19</sup> The LORD has established his throne in the heavens,  
and his kingdom rules over all.

<sup>20</sup> Bless the LORD, O you his angels,  
you mighty ones who do his bidding,  
obedient to his spoken word.

<sup>21</sup> Bless the LORD, all his hosts,  
his ministers that do his will.

<sup>22</sup> Bless the LORD, all his works,  
in all places of his dominion.

Bless the LORD, O my soul.

### **Praises to God the Most High**

You are holy, Lord, the only God,  
and Your deeds are wonderful.

You are strong.

You are great.

You are the Most High.

You are Almighty.

You, Holy Father are King of heaven\_ and earth.

You are Three and One, Lord\_God, all Good.

You are Good, all Good, supreme Good, Lord God, living and true.

You are love. You are wisdom.

You are humility. You are endurance.

You are rest. You are peace.

You are joy and gladness.

You are justice and moderation.

You are all our riches, and You suffice for us.

You are beauty.

You are gentleness.

You are our protector.

You are our guardian and defender.

You are our courage. You are our haven and our hope.

You are our faith, our great consolation.  
You are our eternal life, Great and Wonderful Lord,  
God Almighty, Merciful Saviour.

Saint Francis of Assisi

### **Lord Jesus, I have a thirst for love.**

Lord Jesus, You gave your life for me: I want give my life for you. Lord Jesus, you said: "There is no greater love than to give his life for his friends." My supreme master. It's late. The day is ending. Stay with me, Lord. I want to follow and carry my cross. Lord, come to my aid, and lead me in the way. Your voice, Lord, has a profound echo in my heart. Jesus, my Lord and my God, I wanna be like you, want to suffer and die with you, to achieve the joy of the resurrection. You, the great God who loves the world, You live in me night and day. And your voice always calls me and says, "I have thirst, I have thirst for love"! I also want to repeat your divine prayer: I have thirst for love. I have thirst for love! Satisfies my hope, increases in me, O Lord, your divine ardor. I have thirst for love!

What suffering, my God, how great!

How I would fly to you! Your love, Jesus, is my only martyrdom because the more I burn with love, my soul wants to love you more. Jesus, make me die of love for you!

(St. Therese of Liseux 30 September)

### **Matthew 5:43-48**

#### **Love for Enemies**

<sup>43</sup> "You have heard that it was said, 'You shall love your neighbor and hate your enemy.'<sup>44</sup> But I say to you, Love your enemies and pray for those who persecute

you, <sup>45</sup> so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous. <sup>46</sup> For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? <sup>47</sup> And if you greet only your brothers and sisters, <sup>[a]</sup> what more are you doing than others? Do not even the Gentiles do the same? <sup>48</sup> Be perfect, therefore, as your heavenly Father is perfect.

## Mark 10:42-52

<sup>42</sup> So Jesus called them and said to them, “You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. <sup>43</sup> But it is not so among you; but whoever wishes to become great among you must be your servant, <sup>44</sup> and whoever wishes to be first among you must be slave of all. <sup>45</sup> For the Son of Man came not to be served but to serve, and to give his life a ransom for many.”

### **The Healing of Blind Bartimaeus**

<sup>46</sup> They came to Jericho. As he and his disciples and a large crowd were leaving Jericho, Bartimaeus son of Timaeus, a blind beggar, was sitting by the roadside. <sup>47</sup> When he heard that it was Jesus of Nazareth, he began to shout out and say, “Jesus, Son of David, have mercy on me!” <sup>48</sup> Many sternly ordered him to be quiet, but he cried out even more loudly, “Son of David, have mercy on me!” <sup>49</sup> Jesus stood still and said, “Call him here.” And they called the blind man, saying to him, “Take heart; get up, he is calling you.” <sup>50</sup> So throwing off his cloak, he sprang up and came to Jesus. <sup>51</sup> Then Jesus said to him, “What do you want me to do for you?” The blind man said to him, “My teacher, <sup>[a]</sup> let me see again.” <sup>52</sup> Jesus said to him, “Go; your faith has made you well.” Immediately he regained his sight and followed him on the way.

Pope Francis ,Vatican Basilica, 22 February 2014

“Jesus *was walking ahead* of them...” (Mk 10:32).

At this moment too, Jesus is walking ahead of us. He is always before us. He goes ahead of us and leads the way... This is the source of our confidence and our joy: to be his disciples, to remain with him, to walk behind him, to follow him...

Today this same word is repeated, but now as an action, an action of Jesus which is ongoing: “Jesus *was walking...*”. This is something striking about the Gospels: Jesus is often walking and he teaches his disciples along the way. This is important. Jesus did not come to teach a philosophy, an ideology... but rather “a way”, a journey to be undertaken with him, and we learn the way as we go, by walking. Yes, dear brothers, this is our joy: to walk with Jesus.

Unlike the disciples in those days, we know that Jesus has won, and that we need not fear the Cross; indeed, the Cross is our hope. And yet, we are all too human, sinners, tempted to think as men do, not as God does.

And once we follow the thinking of the world, what happens? The Gospel tells us: “When the ten heard it, they began *to be indignant* at James and John” (Mk 10:41). They were indignant. Whenever a worldly mentality predominates, the result is rivalry, jealousy, factions...

And so the word which Jesus speaks to us today is most salutary. It purifies us inwardly, it enlightens our consciences and helps us to unite ourselves fully with Jesus, and to do so together, at this time when the College of Cardinals is enlarged by the entrance of new members.

“And Jesus *called them to himself...*” (Mk 10:42). Here is the other action of Jesus. Along the way, he is aware that he needs to speak to the Twelve; he stops and calls them to himself. Brothers, let us allow Jesus to call us to himself! Let us be “con-voked” by him. And let us listen to him, with the joy that comes from receiving his word together, from letting ourselves be taught by that word and by the Holy Spirit, and to become ever more of one heart and soul, gathered around him.

And as we are thus “con-voked”, “called to himself” by our one Teacher, I will tell you what the Church needs: she needs you, your cooperation, and even more your communion, with me and among yourselves. The Church needs your courage, to proclaim the Gospel at all times, both in season and out of season, and to bear witness to the truth. The Church needs your prayer for the progress of Christ’s flock, that prayer – let us not forget this! – which, along with the proclamation of the Word, is the primary task of the Bishop. The Church needs your compassion, especially at this time of pain and suffering for so many countries throughout the world. Let us together express our spiritual closeness to the ecclesial communities and to all Christians suffering from discrimination and persecution. We must fight every form of discrimination! The Church needs our prayer for them, that they may be firm in faith and capable of responding to evil with good. And this prayer of ours extends to every man and women suffering injustice on account of their religious convictions.

The Church needs us also to be peacemakers, building peace by our words, our hopes and our prayers. Building peace! Being peacemakers! Let us therefore invoke peace and reconciliation for those peoples presently experiencing violence, exclusion and war.

Thank you, dear Brothers! Thank you! Let us walk together behind the Lord, and let us always be called together by him, in the midst of his faithful people, the holy People of God, holy Mother the Church. Thank you!

## **Keep me, Oh Lord!**

Stay with me on this day, Lord, and encourage my actions, my words and my thoughts. Take care of my feet, to take not idle steps, and instead, take me to the needs of the others. Take care of my hands, to not linger for evil, but always to embrace and help. Keep my mouth to not say what is false or useless and do not speak ill of the others, but rather be always ready to encourage and bless you all, the Lord of the life. Take care of my ears to not waste time in listening to false and empty words, but rather always be ready to receive Your message and to do always your will.

(St. Padre Pio)

Prayer to Saint Micheal ( 29 September)

Saint Michael Archangel,  
defend us in battle,  
be our protection against the wickedness and snares of  
the devil;  
may God rebuke him, we humbly pray;  
and do thou, O Prince of the heavenly host,  
by the power of God, cast into hell  
Satan and all the evil spirits  
who prowl through the world seeking the ruin of souls.  
Amen

## **Chaplet of the Divine Mercy**

## **Holy Rosary**

## **God Bless you !**

