

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 .

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 Savior.

Saint Francis of Assisi

Psalm 100

100 Make a joyful noise to the LORD, all the lands!^[a]

² Serve the LORD with gladness!

Come into his presence with singing!

³ Know that the LORD is God!

It is he that made us, and we are his;^[b]

we are his people, and the sheep of his pasture.

⁴ Enter his gates with thanksgiving,

and his courts with praise!

Give thanks to him, bless his name!

⁵ For the LORD is good;

his steadfast love endures for ever,

and his faithfulness to all generations.

Psalm 33

The Greatness and Goodness of God

33 Rejoice in the LORD, O you righteous!

Praise befits the upright.

² Praise the LORD with the lyre,

make melody to him with the harp of ten strings!

³ Sing to him a new song,

play skilfully on the strings, with loud shouts.

⁴ For the word of the LORD is upright;

and all his work is done in faithfulness.

⁵ He loves righteousness and justice;

the earth is full of the steadfast love of the LORD.

⁶ By the word of the LORD the heavens were made,

and all their host by the breath of his mouth.

⁷ He gathered the waters of the sea as in a bottle;
he put the deeps in storehouses.

⁸ Let all the earth fear the LORD,
let all the inhabitants of the world stand in awe of him!

⁹ For he spoke, and it came to be;
he commanded, and it stood forth.

¹⁰ The LORD brings the counsel of the nations to nought;
he frustrates the plans of the peoples.

¹¹ The counsel of the LORD stands for ever,
the thoughts of his heart to all generations.

¹² Blessed is the nation whose God is the LORD,
the people whom he has chosen as his heritage!

¹³ The LORD looks down from heaven,
he sees all the sons of men;

¹⁴ from where he sits enthroned he looks forth
on all the inhabitants of the earth,

¹⁵ he who fashions the hearts of them all,
and observes all their deeds.

¹⁶ A king is not saved by his great army;
a warrior is not delivered by his great strength.

¹⁷ The war horse is a vain hope for victory,
and by its great might it cannot save.

¹⁸ Behold, the eye of the LORD is on those who fear him,
on those who hope in his steadfast love,

¹⁹ that he may deliver their soul from death,
and keep them alive in famine.

²⁰ Our soul waits for the LORD;
he is our help and shield.

²¹ Yea, our heart is glad in him,
because we trust in his holy name.

²² Let thy steadfast love, O LORD, be upon us,
even as we hope in thee.

Created by God

²⁶ Then God said, “Let us make humankind^[a] in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth,^[b] and over every creeping thing that creeps upon the earth.”

²⁷ So God created humankind^[c] in his image, in the image of God he created them;^[d] male and female he created them.

²⁸ God blessed them, and God said to them, “Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.” ²⁹ God said, “See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. ³⁰ And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.” And it was so. ³¹ God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.

Matthew 5

Revised Standard Version Catholic Edition

The Beatitudes

5 Seeing the crowds, he went up on the mountain, and when he sat down his disciples came to him. ² And 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. ¹² Rejoice 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. ¹⁵ Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. ¹⁶ Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven.

OPE FRANCIS

ANGELUS

*Saint Peter's Square
Sunday, 9 February 2020*

[Multimedia]

In today’s Gospel Reading (cf. Mt 5:13-16), Jesus says to his disciples, “You are the salt of the earth. ...

First image: salt. Salt is the element that gives flavour and which conserves and preserves food from corruption. The disciple is therefore called to keep society far from the dangers, the corrosive germs which pollute the life of people. It is a question of resisting moral degradation, sin, bearing witness to the values of honesty and fraternity, not giving in to worldly flattery of careerism, of power, of wealth. "Salt" is the disciple who, despite daily failures — because we all have them — gets up again from the dust of his errors, and begins again with courage and patience, every day, to seek dialogue and encounter with others. "Salt" is the disciple who does not look for consensus and praise, but strives to be a humble, constructive presence, faithful to the teachings of Jesus who came into the world not to be served, but to serve. And there is a great need for this attitude!

Jesus invites us not to be afraid to live in the world, even if sometimes there are conditions of conflict and sin there. In the face of violence, injustice, oppression, the Christian cannot withdraw into self or hide in the security of his own enclosure; the Church also cannot withdraw into herself, she cannot abandon her mission of evangelization and service. Jesus, at the Last Supper, asked the Father not to take the disciples out of the world, to leave them, there, in the world, but to guard them from the spirit of the world. The Church expends herself with generosity and tenderness towards the little ones and the poor: this is not the spirit of the world, this spreads light, it is salt. The Church listens to the cry of the least and the excluded, because she is aware that she is a pilgrim community called to prolong Jesus Christ's saving presence in history.

May the Blessed Virgin help us to be salt and light in the midst of the people, bringing to everyone, by example and word, the Good News of God's love.

Saint Augustin (28 August)

"Late have I loved you, Beauty so ancient and so new, late have I loved you. Lo, you were within, but I was outside, seeking you there. Unlovely, I rushed heedlessly among the lovely things you made. You were with me, but I was not with you. Those created things kept me far from you, which, unless they were in you, would not exist. You called, you cried, and you shattered my deafness; you sparkled, you blazed, and you dispelled my blindness; you breathed your fragrance on me; I drew in breath and now I pant for you; I have tasted you, now I hunger and thirst for more; you touched me, and I burned for your peace." (Confessions X, 27, 38)

"Inner Healing Prayer" by Father Emiliano Tardif in English:

"Lord Jesus, you came to heal wounded and troubled hearts. I beg you to heal the traumas that cause disturbances in my heart; I pray, especially, to heal those that are the cause of sin. I ask you to enter into my life, to heal me from the psychological traumas that have struck me in my tender years and from the wounds that have caused them throughout my life. Lord Jesus, you know my problems, I place them all in your heart as the Good Shepherd. I pray, by virtue of that great wound in your heart, to heal the small wounds of my memories, so that nothing that has happened to me will cause me to remain in pain, anguish, or concern. You who came to heal the afflicted hearts, heal my heart. Heal, Lord Jesus, those intimate wounds of mine that are the cause of physical illnesses. I offer you my heart: accept it, Lord, purify it, and give me the feelings of your divine Heart. Help me to be humble and gentle. Make me a witness of your victory over sin and death, of your presence as the Living One among us. Amen."

"Prayer to the Immaculata" by St. Maximilian Maria Kolbe (August 14):

"O Mary, conceived without sin, pray for us who have recourse to you, and for those who do not have recourse to you, especially the enemies of the Holy Church and all those recommended and desired to be helped by you. We consecrate to you, O heavenly Mother, our mind, our will, our heart—our whole self. And because we belong to you, we offer to you, with all our soul and all our strength, our love and obedience to you. We beg you to reign, O Queen, in our hearts, in our thoughts, in our words, and in our deeds. Reign over all your children and spread your kingdom of holiness everywhere. Make your kingdom more and more widely diffused in the world, 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

