

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

Saint John Paul II

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 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.

- ¹Protect me, O God, for in you I take refuge.
²I say to the LORD, “You are my Lord;
I have no good apart from you.”[Ⓜ]
³As for the holy ones in the land, they are the noble,
in whom is all my delight.
⁴Those who choose another god multiply their sorrows;[Ⓜ]
their drink offerings of blood I will not pour out
or take their names upon my lips.
⁵The LORD is my chosen portion and my cup;
you hold my lot.
⁶The boundary lines have fallen for me in pleasant places;
I have a goodly heritage.
⁷I bless the LORD who gives me counsel;
in the night also my heart instructs me.
⁸I keep the LORD always before me;
because he is at my right hand, I shall not be moved.
⁹Therefore my heart is glad, and my soul rejoices;
my body also rests secure.
¹⁰For you do not give me up to Sheol,
or let your faithful one see the Pit.
¹¹You show me the path of life.
In your presence there is fullness of joy;
in your right hand are pleasures forevermore.

Psalm 51

Prayer for Cleansing and Pardon

To the leader. A Psalm of David, when the prophet Nathan came to him, after he had gone in to Bathsheba.

- ¹ Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.
- ² Wash me thoroughly from my iniquity,
and cleanse me from my sin.
- ³ For I know my transgressions,
and my sin is ever before me.
- ⁴ Against you, you alone, have I sinned,
and done what is evil in your sight,
so that you are justified in your sentence
and blameless when you pass judgment.
- ⁵ Indeed, I was born guilty,
a sinner when my mother conceived me.
- ⁶ You desire truth in the inward being;^[a]
therefore teach me wisdom in my secret heart.
- ⁷ Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.
- ⁸ Let me hear joy and gladness;
let the bones that you have crushed rejoice.
- ⁹ Hide your face from my sins,
and blot out all my iniquities.
- ¹⁰ Create in me a clean heart, O God,
and put a new and right^[b] spirit within me.
- ¹¹ Do not cast me away from your presence,
and do not take your holy spirit from me.
- ¹² Restore to me the joy of your salvation,
and sustain in me a willing^[c] spirit.
- ¹³ Then I will teach transgressors your ways,
and sinners will return to you.
- ¹⁴ Deliver me from bloodshed, O God,
O God of my salvation,
and my tongue will sing aloud of your deliverance.

- ¹⁵ O Lord, open my lips,
and my mouth will declare your praise.
- ¹⁶ For you have no delight in sacrifice;
if I were to give a burnt offering, you would not be pleased.
- ¹⁷ The sacrifice acceptable to God^{al} is a broken spirit;
a broken and contrite heart, O God, you will not despise.
- ¹⁸ Do good to Zion in your good pleasure;
rebuild the walls of Jerusalem,
- ¹⁹ then you will delight in right sacrifices,
in burnt offerings and whole burnt offerings;
then bulls will be offered on your altar.

The Word of God

Matthew 5 New Revised Standard Version Catholic Edition (NRSVCE)

The Beatitudes

- 5** When Jesus^{al} saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. ² Then he began to speak, 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 will be comforted.
- ⁵ “Blessed are the meek, for they will inherit the earth.
- ⁶ “Blessed are those who hunger and thirst for righteousness, for they will be filled.
- ⁷ “Blessed are the merciful, for they will receive mercy.
- ⁸ “Blessed are the pure in heart, for they will see God.
- ⁹ “Blessed are the peacemakers, for they will be called children of God.
- ¹⁰ “Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

¹¹ “Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely¹¹ on my account. ¹² Rejoice and be glad, for your reward is great in heaven, for in the same way they 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 can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

¹⁴ “You are the light of the world. A city built on a hill cannot be hid. ¹⁵ No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house.

¹⁶ In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

Pope Francis 31 January 2015

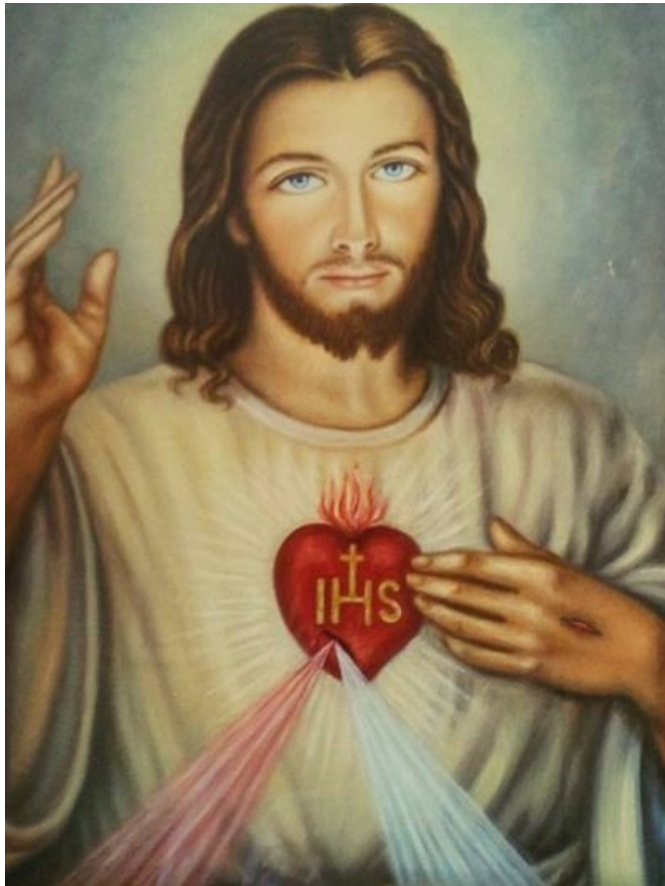
Blessed are the pure in heart...

Let us now try to understand more fully how this blessedness comes about through purity of heart. First of all, we need to appreciate the biblical meaning of the word *heart*. In Hebrew thought, the heart is the centre of the emotions, thoughts and intentions of the human person. Since the Bible teaches us that God does not look to appearances, but to the heart (cf. *1 Sam* 16:7), we can also say that it is from the heart that we see God. This is because the heart is really the human being in his or her totality as a unity of body and soul, in his or her ability to love and to be loved.

As for the definition of the word *pure*, however, the Greek word used by the evangelist Matthew is *katharos*, which basically means *clean, pure, undefiled*. In the Gospel we see Jesus reject a certain conception of ritual purity bound to exterior practices, one which forbade all contact with things and people (including lepers and strangers) considered impure. To the Pharisees who, like so many Jews of their time, ate nothing without first performing ritual ablutions and observing the many traditions associated with cleansing vessels, Jesus responds categorically: “There is nothing outside a man which by going into him can defile him; but the things which come out of a man are what defile him. For from within, out of the heart of man, come evil thoughts, fornication, theft, murder, adultery, coveting, wickedness, deceit, licentiousness, envy, slander, pride, foolishness” (*Mk* 7:15, 21-22).

In what, then, does the happiness born of a pure heart consist? From Jesus’ list of the evils which make someone impure, we see that the question has to do above all with the area of our *relationships*. Each one of us must learn to discern what can “defile” his or her heart and to form his or her conscience rightly and sensibly, so as to be capable of “discerning the will of God, what is good and acceptable and perfect” (*Rom* 12:2). We need to show a healthy

concern for creation, for the purity of our air, water and food, but how much more do we need to protect the purity of what is most precious of all: *our heart and our relationships*. This "human ecology" will help us to breathe the pure air that comes from beauty, from true love, and from holiness.



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