

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

God Almighty, Eternal, Just and Merciful God , grant me miserable to do more , for your grace , what you want , and always to desire what pleases you . Purify my soul because , enlightened by the light of the Holy Spirit and lit by his fire, might follow the example of your Son and our Lord Jesus Christ. Give me to reach to Your grace alone , to You, high and almighty God , who lives and reigns in glory, in perfect Trinity and simple unit , for ever and ever . Amen .
St. Francis of Assisi

Psalm 143

Prayer for Deliverance from Enemies

A Psalm of David.

- ¹ Hear my prayer, O LORD;
give ear to my supplications in your faithfulness;
answer me in your righteousness.
- ² Do not enter into judgment with your servant,
for no one living is righteous before you.
- ³ For the enemy has pursued me,
crushing my life to the ground,
making me sit in darkness like those long dead.
- ⁴ Therefore my spirit faints within me;
my heart within me is appalled.
- ⁵ I remember the days of old,
I think about all your deeds,
I meditate on the works of your hands.
- ⁶ I stretch out my hands to you;
my soul thirsts for you like a parched land. *Selah*
- ⁷ Answer me quickly, O LORD;
my spirit fails.

Do not hide your face from me,
or I shall be like those who go down to the Pit.
⁸ Let me hear of your steadfast love in the morning,
for in you I put my trust.
Teach me the way I should go,
for to you I lift up my soul.

⁹ Save me, O LORD, from my enemies;
I have fled to you for refuge.^[a]

¹⁰ Teach me to do your will,
for you are my God.
Let your good spirit lead me
on a level path.

¹¹ For your name's sake, O LORD, preserve my life.
In your righteousness bring me out of trouble.

¹² In your steadfast love cut off my enemies,
and destroy all my adversaries,
for I am your servant.

Psalm 103

Thanksgiving for God's Goodness

Of David.

¹ Bless the LORD, O my soul,
and all that is within me,
bless his holy name.

² Bless the LORD, O my soul,
and do not forget all his benefits—

³ who forgives all your iniquity,
who heals all your diseases,

⁴ who redeems your life from the Pit,
who crowns you with steadfast love and mercy,

⁵ who satisfies you with good as long as you live^[a]
so that your youth is renewed like the eagle's.

⁶ The LORD works vindication
and justice for all who are oppressed.

⁷ He made known his ways to Moses,
his acts to the people of Israel.

⁸ The LORD is merciful and gracious,
slow to anger and abounding in steadfast love.

⁹ He will not always accuse,
nor will he keep his anger forever.

¹⁰ He does not deal with us according to our sins,
nor repay us according to our iniquities.

¹¹ For as the heavens are high above the earth,
so great is his steadfast love toward those who fear him;

¹² as far as the east is from the west,
so far he removes our transgressions from us.

¹³ As a father has compassion for his children,
so the LORD has compassion for those who fear him.

¹⁴ For he knows how we were made;
he remembers that we are dust.

¹⁵ As for mortals, their days are like grass;
they flourish like a flower of the field;

¹⁶ for the wind passes over it, and it is gone,
and its place knows it no more.

¹⁷ But the steadfast love of the LORD is from everlasting to everlasting
on those who fear him,
and his righteousness to children's children,

¹⁸ to those who keep his covenant
and remember to do his commandments.

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

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

²¹ Bless the LORD, all his hosts,
his ministers that do his will.

²² Bless the LORD, all his works,
in all places of his dominion.

Bless the LORD, O my soul.

The Word of God

Gospell of Matthew 5:43-48

Love for Enemies

⁴³ “You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ ⁴⁴ But I say to you, Love your enemies and pray for those who persecute you, ⁴⁵ 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. ⁴⁶ For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? ⁴⁷ And if you greet only your brothers and sisters,[☒] what more are you doing than others? Do not even the Gentiles do the same? ⁴⁸ Be perfect, therefore, as your heavenly Father is perfect.

Reading from 1 Peter 1:13-21

A Call to Holy Living

¹³ Therefore gird up your minds, be sober, set your hope fully upon the grace that is coming to you at the revelation of Jesus Christ. ¹⁴ As obedient children, do not be conformed to the passions of your former ignorance, ¹⁵ but as he who called you is holy, be holy yourselves in all your conduct; ¹⁶ since it is written, “You shall be holy, for I am holy.” ¹⁷ And if you invoke as Father him who judges each one impartially according to his deeds, conduct yourselves with fear throughout the time of your exile. ¹⁸ You know that you were ransomed from the futile ways inherited from your fathers, not with perishable things such as silver or gold, ¹⁹ but with the precious blood of Christ, like that of a lamb without blemish or spot. ²⁰ He was destined before the foundation of the world but was made manifest at the end of the times for your sake. ²¹ Through him you have confidence in God, who raised him from the dead and gave him glory, so that your faith and hope are in God.

Pope St John Paul II

GENERAL AUDIENCE

Wednesday, December 18, 1985

1. In the last catechesis, we reflected on the holiness of God and the two characteristics—his unapproachability and condescension—that distinguish it. Now, we want to listen to the exhortation that God addresses to the entire community of the children of Israel through various stages of the old covenant:

“Be holy, for I, the Lord your God, am holy” (Lv 19:2).

“I am the Lord who makes you holy” (Lv 20:8).

The New Testament, where God fully reveals the meaning of His holiness, fully embraces this exhortation, giving it unique characteristics in harmony with the “new fact” of the cross of Christ. Indeed, God, who “is Love,” revealed Himself completely in the unconditional gift of Calvary. Even in the new context, however, apostolic teaching forcefully reaffirms the exhortation inherited from the old covenant. Saint Peter, for example, writes: “...be holy in all your conduct, just as the one who called you is holy; for it is written, ‘You shall be holy, for I am holy’” (1 Pt 1:15).

2. What is the holiness of God? It is an absolute “separation” from all moral evil, an exclusion and radical rejection of sin, and, at the same time, absolute goodness. By virtue of this, God, infinitely good in Himself, is also good toward His creatures (“bonum diffusivum sui”), naturally according to their “ontological capacity.” In this sense, we understand Christ’s response to the young man in the Gospel: “Why do you call me good? No one is good but God alone” (Mk 10:18).

The Gospel’s words, “Be perfect, therefore, as your heavenly Father is perfect” (Mt 5:48), have already been mentioned in previous catecheses. This exhortation, referring to the moral perfection of God, meaning His holiness, expresses the same concept contained in the words of the Old Testament quoted above and repeated in the First Letter of Saint Peter. Moral perfection consists of the exclusion of sin and the absolute affirmation of moral good. For humans, for rational creatures, such an affirmation translates into conformity of the will with moral law. God is holy in Himself; He is substantial holiness because His will aligns with the moral law. This law exists in God Himself as its eternal source, thus called the Eternal Law (“Lex Aeterna”) (cf. St. Thomas Aquinas, *Summa theologiae*, I-II, q. 93, a. 1).

3. God reveals Himself to humanity as the source of moral law and, in this sense, as Holiness itself, first with the original ancestors before original sin (Gen 2:16) and later with the chosen people, particularly in the covenant of Sinai (cf. Ex 20:1-20). The moral law revealed by God in the old covenant, and especially in the Gospel teaching of Christ, aims to gradually but clearly show the substantial superiority and importance of love. The commandment, “you shall love” (Dt 6:5; Lv 19:18; Mk 12:30-31), reveals that God’s holiness also consists in love. Everything stated in the catechesis entitled “God is Love” relates to the holiness of the God of revelation.
4. God is holiness because He is love (1 Jn 4:16). Through love, He is absolutely separated from moral evil, from sin, and is essentially, absolutely, and transcendently identified with moral good in its source, which is Himself. Love, in fact, means precisely this: to will the good, to adhere to the good. From this eternal will of Good comes God’s infinite goodness towards creatures and, in particular, toward humanity. From love arises His mercy, His willingness to give and forgive, magnificently expressed in Jesus’ parable of the prodigal son, as recounted by Luke (cf. Lk 15:11-32). Love is expressed in Providence, by which God continues and sustains the work of creation.

In a special way, love is expressed in the work of redemption and the justification of humanity, to whom God offers His own righteousness through the mystery of the cross of Christ, as Saint Paul clearly states (cf. Rom and Gal). Thus, love, the essential and decisive element of God’s holiness, through redemption and justification, guides humanity toward sanctification by the power of the Holy Spirit.

In this way, in the economy of salvation, God Himself, as Trinitarian Holiness (thrice holy), assumes, in a certain sense, the initiative to realize for us and in us what He expressed in the words: “Be holy, for I, the Lord your God, am holy” (Lv 19:2).

5. To this God, who is Holiness because He is Love, humans turn with the deepest trust. To Him, they entrust the entire intimate mystery of their humanity, the entire mystery of their human “heart”:

“I love you, Lord, my strength, / Lord, my rock, my fortress, my deliverer; / my God, my rock, in whom I take refuge, / my shield and stronghold, my mighty salvation...” (Ps 18:2-3).

The salvation of humanity is closely linked to the holiness of God, for it depends on His eternal, infinite Love.

Radiating Christ

**Dear Jesus, help me to spread Your fragrance wherever I go.
Flood my soul with Your spirit and life.
Penetrate and possess my whole being so utterly, that my life may only be a radiance of Yours.
Shine through me, and be so in me that every soul I come in contact with may feel Your presence in my soul.
Let them look up and see no longer me, but only Jesus!
Stay with me and then I shall begin to shine as You shine, so to shine as to be a light to others.
The light, O Jesus, will be all from You; none of it will be mine.
It will be you, shining on others through me.
Let me thus praise You the way You love best, by shining on those around me.
Let me preach You without preaching, not by words but by my example, by the catching force of the sympathetic influence of what I do,
the evident fullness of the love my heart bears to You.
Amen.**

(J.H. Newman)

Prayer for deliverance from evil

O Lord you are great, you are God, you are Father, we pray for the intercession and with the help of the archangels Michael, Gabriel, Raphael, so that our brothers and sisters may be freed from the evil one. From anguish, from sadness, from obsessions. We pray, deliver us o Lord!

From hatred, from fornication, from envy. We pray, deliver us o Lord!

From thoughts of jealousy, of anger, of death. We pray, deliver us o Lord!

From every thought of suicide and abortion. We pray, deliver us o Lord!

From all forms of bad sexuality. We beg you. Deliver us o Lord!

From family division, from every bad friendship. We pray, deliver us o Lord!

From any form of spell, workmanship, witchcraft and any occult evil. We pray, Deliver us o Lord!

Let us pray O Lord who said: "Peace I leave you, my peace I give you", through the intercession of the Virgin Mary, grant us to be freed from every curse and to always enjoy your peace. For Christ our Lord. Amen.

Chaplet of Divine Mercy

Rosary

God Bless You !!!

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