

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;

inflame 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.

- 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.

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 Lisieux)

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, ^[a] 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.

1 Corinthians 13

The Gift of Love

13 If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. ² And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. ³ If I give away all my possessions, and if I hand over my body so that I may boast, ^[a] but do not have love, I gain nothing.

⁴ Love is patient; love is kind; love is not envious or boastful or arrogant ⁵ or rude. It does not insist on its own way; it is not irritable or resentful; ⁶ it does not rejoice in wrongdoing, but rejoices in the truth. ⁷ It bears all things, believes all things, hopes all things, endures all things.

⁸ Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. ⁹ For we know only in part, and we prophesy only in part; ¹⁰ but when the complete comes, the partial will come to an end. ¹¹ When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. ¹² For now we see in a mirror, dimly, ^[b] but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. ¹³ And now faith, hope, and love abide, these three; and the greatest of these is love.

**I give you a new commandment, that you love one another.
Just as I have loved you, you also should love one another. ³⁵
By this everyone will know that you are my disciples,
if you have love for one another.” (John 13:34)**

The Gospel of John Chapter 13 — brings us back to the Last Supper, when we hear Jesus’ new commandment. He says: “This is my commandment, that you love one another as I have loved you” (v. 12). Thinking of his imminent sacrifice on the cross, He adds: “Greater love has no man than this, that a man lay down his life for his friends. You are my friends, if you do what I command you” (v. 13-14). These words, said at the Last Supper, summarize Jesus’ full message. Actually they summarize all that He did: Jesus gave His life for His friends. Friends who did not understand Him, in fact they abandoned, betrayed and denied Him at the crucial moment. This tells us that He loves us, even though we don’t deserve His love. Jesus loves us in this way!

Thus Jesus *shows us the path* to follow Him: the path of love. His commandment is not a simple teaching which is always abstract or foreign to life. Christ’s commandment is *new* because He realized it first, He gave His flesh and thus the law of love is written upon the heart of man (cf. Jer 31:33). And how is it written? It is written with the fire of the Holy Spirit. With this Spirit that Jesus gives us, we too can take this path!

It is a real path, a path that leads us to come out of ourselves and go towards others. Jesus showed us that the love of God *is realized in love for our neighbour*. Both go hand-in-hand. The pages of the Gospel are full of this love: adults and children, educated and uneducated, rich and poor, just and sinners all were welcomed into the heart of Christ.

Therefore, this Word of God calls us to love one another, even if we do not always understand each other, and do not always get along... it is then that Christian love is seen. A love which manifests even if there are differences of opinion or character. Love is greater than these differences! This is the love that Jesus taught us. It is a new love because Jesus and his Spirit renewed it. It is a *redeeming love, free from selfishness*. A love which *gives our hearts joy*, as Jesus himself said: “These things I have spoken to you, that my joy may be in you, and that your joy may be full” (Jn 15:11).

It is precisely Christ’s love that the Holy Spirit pours into our hearts to make everyday wonders in the Church and in the world. There are many *small and great actions* which obey the Lord’s commandment: “Love one another as I have loved you” (cf. Jn 15:12). Small everyday *actions, actions* of closeness to an elderly person, to a child, to a sick person, to a lonely person, those in difficulty, without a home, without work, an immigrant, a refugee.... Thanks to the strength of the Word of Christ, each one of us can make ourselves the brother or sister of those whom we encounter. Actions of closeness, actions which manifest the love that Christ taught us.

May our Most Holy Mother help us in this, so that in each of our daily lives love of God and love of neighbour may be ever united.

Pope Francis 10 May 2015

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 listening to false and empty words , but rather always be ready to receive our message and to do always your will.
(St. Padre Pio)

Chaplet of the Divine Mercy

Holy Rosary

God Bless you !