

MARY OUR HELP
DAILY DEVOTIONAL

May 2019



- ❖ **Daily Mass Reading**
- ❖ **Daily Devotions And Prayers**
- ❖ **Prayer For Family Liberation**
- ❖ **Prayer For Healing**



Mary Our Help Devotional

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as you can. God bless you as you do so.**

Mary Our Help Devotional

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Wednesday May 1st 2019
MAKE THE LORD YOUR DELIGHT
Psalm 37:4

Welcome to the month of May! We pray that the lord who sustained us throughout last month will continue to see us through the remaining months of the year. Amen

Make the Lord your delight and he will grant your heart's desire. This is what the psalmist is telling us today. To make God our delight means to make Him our joy and source of happiness. To make God our source of happiness means that we love Him passionately because our own true happiness can only be derived from Him. .

If God is our delight and our happiness, it means that we are in good relationship with Him, for there is no way God can be our happiness without us having a good relationship with Him. Now, when we make God our delight, He will grant our heart desires and always solve our problems for us. It is only when He becomes the source of our joy that we can be able to show that we love Him and keep His ordinances. As a result, He is going to bless us and increase us abundantly.

To delight in the lord is to delight in doing good; the resultant effect of the love we have for the Lord. We cannot love God and be happy in Him without doing good and loving our neighbours. We need to strive to always do good and to live a holy life because that is the only way we can be happy in God.

Prayer

Thank God for the new month.
Commit the month into the hands of God.
Ask for the grace to be holy.
Ask God to be your constant source of happiness.
Ask for a new/renewed relationship with God.
May devotion: Recite the holy rosary
Say the daily consecration prayer on page 41

Please kindly this devotional with someone. God bless you are you do so.



Thursday May 2nd 2019

PUT YOUR TRUST IN HIM AND LET HIM ACT

Psalm 37:5

As children of God, we should learn to always commit our ways into His precious and saving hands. In whatever we do or find ourselves in, we should always invite God and commit all into His hands. Whenever we wake up in the morning, we should handover the day into His hands. Whenever we are preparing to go for work, we should commit the activities of the day and the work we are going for into His hands. Whenever we are going to school, which should entrust it into His care etc.

We should learn to always entrust everything we do into the venerable hands of God because when we commit them into his hands, we will be successful and free from problems. Whenever any ugly tempest might want to arise in our lives, He will pacify it because everything is in His care. When we fail to commit things into the hands of God, we will observe evidently the emergence of unnecessary difficulties and troubles and as a result, may be stranded because of our negligence.

Let us also learn to put our trust in God whenever we are faced with one problem or the other. When faced with challenges, we should not look up to man for help but place our unalloyed trust in God and commit whatever the problem(s) may be into His hands because He is the only one that can solve a problem successfully and can give us that true peace. Let's learn to put our trust in Him because He can never fail us. Entrust whatever you may be passing through into His hands and let Him act.

Prayer

Pour out your heart to God

Commit your life into God's hands

Commit your family into God's hands

Commit your marriage, finances, job, academics, plans etc into God's hands.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Friday May 3rd 2019
A SPOTLESS LIFE IS RIPE OLD AGE
Wisdom 4:7-9

"The upright, even if he goes before his time, will be at rest. Honorable age does not depend on length of days, or is the number of years a true measure of life; understanding is grey hair for man, and a spotless life is ripe old age." Wisdom 4:7-9

When it is said that a spotless life is ripe old age, it simply means that the length of days a man lives on earth is nothing if such life is not a righteous one. When one who led a holy life dies, such person is said to have died at a ripe old age. But if one lives a life of sin, even though he or she lives a very long life, it cannot be said that such a person died at a "ripe" old age. The main purpose of holiness is to gain peace and rest after death. There is no peace and rest for a soul that dies in a state of sin. This is one of the reasons why Christ came down and died that we might find peace and freedom from the torment of demons after our life on earth.

Dying is more important than the day we came into this world because death is a transition to real life. The amount of time we spend in this life does not matter, it is the holy life we led and what we do with our life that matters. Let us try to live a holy life because it is that righteous life that we live that can give us peace and make our lives on earth meaningful. A lengthy life of sin is a useless life while a short-lived life of holiness is a precious life. Let us live each day of our life in fear and trembling and in the love of God. Live a good life so that at the end of time, you will be gloriously exalted with Jesus and reign with Him forever.

Prayer

Ask God to help you fear, love and respect Him.

Ask Our Mother Mary to Help you live a life pleasing to God.

Pray for the grace to strive towards perfection.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41

Please kindly this devotional with someone. God bless you are you do so.



Saturday May 4th 2019
HOLD FAST TO THE LORD
Sirach 2:3

God is life and to hold onto God means to hold onto life. If we have God in our life, He is going to give life to everything that concerns us. He is going to give life to our body, our business, our marriage; everything that pertains to us. The word of God in Sirach 2:3 says, "Hold fast to the Lord and do not separate yourself from Him so that you may be successful till the end of your days." God is life and when we detach ourselves from Him, we separate ourselves from life. When we cut ourselves off from God, things around us may not be the way they were supposed and intended to be. We may start experiencing difficulty in various parts of our life because we are no longer connected to the source of life.

Let us hold fast to the lord and not separate ourselves from Him, for it is profitable and good for us as humans and His children. God knows the best way to take care of us and He alone can provide and solve our problems at every point in time. The book of Sirach says, "Hold fast to the lord and do not separate yourself from Him so that you may be successful to the end of your days." It did not say, "that we may be successful for a while" but "till the end of our days." This means that if we hold fast to God from the day of our youth till the day we die, we will always be successful. David in the bible did not encounter defeat because he held unto God. Anyone who holds fast to God can never be a loser but always a victor. If trouble springs up because the person is rooted in Christ and holds fast to God, he/she will always be victorious over his or her trials or problems. Let us hold unto God, for He is everything and nothing can replace Him in this life and even in the next. He is the best thing that can happen to us.

Prayer

Ask God to come into your life

Ask God for an increase in your relationship with Him every day.

Consecrate your life to our mother Mary.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Sunday May 5th 2019
DO NOT BE A HYPOCRITE
Sirach 1:29

A hypocrite is someone whose action(s) is/are not consistent with his or her claimed belief. As a child of God, we should avoid hypocrisy. A child of God should not be a hypocrite but rather should act and behave uprightly and accordingly just as he/she has claimed to be. Some persons externally claim or act like righteous people; they come to church, they are devoted in service, they are active members of various pious societies, but they do all these for human consideration or for human praises. This is not right! God does not entertain double standard. God wants us to be like Him; to be good on the inside and on the outside. Let us try to live a life free of hypocrisy, to be who we are; people who are both good internally and externally. Being good on the outside but evil or bad internally does not pay or add anything to our life rather, it just gives us an unnecessary hard work of being perfect pretenders. Being good on the inside and the outside does not and will never cost us anything but rather will make us to be of high value to God. A hypocrite is worse than a known unbeliever.

Prayer

Let us pray for the grace to be holy both in our public and private life.
Let us pray for the grace to defeat every secret sin we may be battling with.
Let us pray for those battling with secret sins.
Ask our Mother Mary to help you live a life free of hypocrisy.
May devotion: Recite the holy rosary
Pray the daily consecration prayer on page 41

Please kindly this devotional with someone. God bless you are you do so.



Monday May 6th 2019

YOU ARE THE SALT OF THE EARTH

Matthew 5:13

As Children of God and followers of Christ, we are salt and light to this world filled with darkness. We are disciples of Christ and should carry out works of evangelization via every way possible. It is not compulsory to preach or teach the word of God to people before we ascertain that evangelization has taken place. We can evangelise through our actions too. Anyone living a life contrary to the standard of this dark world is evangelising to those living a life according to the trend of this world.

As Light of the world, we are given the responsibility of adding taste to the life of people; this means that we should bring people close to God because tasteless is the life deprived of Christ. As Light, we are admonished to bring people close to heaven and its beautiful mysteries, through a daily life and journey with God. We should always set standards for people to emulate and we are to make sure that in everything we do, we are to make impact in people no matter how little it may seem.

Prayer

Ask God to give you the grace to carry out your responsibility as salt of the earth.

Ask our Mother Mary to help you to make impact in this world filled with evil.

Ask God to make you a shining example for others to follow.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Tuesday May 7th 2019

BELIEVE THAT HE IS ABLE TO DO WHAT YOU ASK

Matthew 9:28-29

"When He was about to enter the house, the blind men caught up with Him, and Jesus said to them, "Do you believe that I am able to do what you want?" They answered, "We do, Lord!" Then He touched their eyes and said, " As you have believed, so let it be. And their eyes were opened."

The verses from the scripture above shows the importance of our believe and trust in Jesus. Without faith and believe in Jesus, we cannot get anything from Him. Firstly, we need to know and understand Christ and encounter Him through the Holyspirit. If we know Christ, we will also know the kind of person He is and what He is capable of doing. Some Christians doubt Christ because they do not believe in Him and in His powers.

If you believe in God and in His powers, you will come to know the very possibility that He can do all things. The blind men knew who Jesus was and were also aware that He can do all things. And that was why they followed Him so that He could restore them their sense of sight. Jesus asked them if they believed that He can do what they earnestly desired and they replied positively. And seeing this, Jesus said that as they have believed so, it shall be for them a they wanted. Whatsoever you want Jesus to do for you solely depends on the height of your believe in His capability. If you believe He can cure you, He will do so. If you believe He can truly save, He will do so for you. If you believe He has the power to change your story, He will do so. You need to believe because your believe is a sign of your faith in Him. No one can believe in what he/she doesn't have faith in. If you claim to strongly believe in Jesus, you have to believe in His power and nature; that He can do all things. If you believe this, then you will always see that He will do whatever you ask Him because of your faith in Him and in His power.

Prayer

Ask for increased faith in Christ

Ask Jesus to reveal to you the mystery of Himself that you may have a deeper knowledge of Him.

Ask our Mother Mary to increase your faith and knowledge of Her Son, Jesus Christ.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Wednesday May 8th 2019

PRAYER FOR THE MONTH OF MAY

(First phase: for the Holy Souls in Purgatory)

Prayer

Ask for God's mercy upon the holy souls in Purgatory.

Say the sorrowful mystery for the Holy Souls in Purgatory asking for the divine intervention and help of our mother Mary.

Say the Divine mercy chaplet for the Holy Souls in Purgatory.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Thursday May 9th 2019

DO NOT BE ANXIOUS, PRAY TO THE LORD TO HEAL YOU

Sirach 38:9

"My son, when you are sick do not be anxious; pray to the lord to heal you." Sirach 38:9

The emergence of sickness and illness brings great pain and anxiety to the victim. Worrying when we are sick or down can not change anything or improve our situation rather, it will make us get worse physically, emotionally and psychologically.

The best thing to do when we are sick is to be run to God in prayer. We are to pray to God at all times, always and constantly asking Him for strength to pray in periods of great weakness and disorientation. There are sicknesses that totally need God's intervention before we can get better while there are also some that can be treated with drugs. God can do all things. If He can raise the dead, then, there is no faulty part of the body that He cannot cure or replace. There is nothing impossible for God to do. All we need do is to put our faith and trust in Him and pray to Him concerning our ill health. He is a merciful God and will surely answer you and grant you healing.

Prayer

Ask God to grant you His healing touch grace.

Pour out your heart to our mother Mary, asking Her to pray for you and grant you healing.

Ask for the healing touch of archangel Raphael.

Say the Divine mercy chaplet before the Eucharist for healing and Divine restoration.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41

Please kindly this devotional with someone. God bless you are you do so.



Friday May 10th 2019

BE HAPPY IN GOOD AND BAD TIMES

Ecclesiastes 7:14

As christians, our happiness should not only be experienced when things are going on smoothly and fine for us. Our happiness should not be determined by good times or bad times rather, our happiness should be determined by God. When we have God in our life, whether in good, hard or bad times, we will always and continually be happy because our happiness is not ruled or centred on anything but God.

The word of God in Ecclesiastes admonishes us to be happy at all times whether in good or bad times because it is God that makes things to be good for us at a particular time and also, when things are bad at a particular time, He is also aware of our situation. We should not allow our happiness to be tampered by things around us rather, we should allow God to be the one who is the source of our happiness. We should not serve God only when things are going well for us but also when things seems not to go on smoothly or fine. Our worship and love for God should not be conditional; we should love God at all times, no matter what we may be going through at a particular time, be it good or bad. This is our call as Christians: to follow God irrespective of whatever we may be passing through in life.

Ecclesiastes 7:14: "When things are going well for you, be glad, and when trouble comes, just remember: God sends both happiness and trouble; you never know what is going to happen next."

Prayer

Ask for the grace to serve God unconditionally.

Ask our Mother Mary to help you serve God unconditionally.

Ask the Holy Spirit to give you the strength and help to be for God every moment of your life.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Saturday May 11th 2019

IN YOU OH LORD I HAVE TAKEN REFUGE

Psalm 31:1

Psalms 31:1, "In you, O LORD, I have taken refuge; let me never be put to shame; deliver me in your righteousness."

In the verse above, we can see the psalmist telling God or reminding God that in Him he has taken refuge and that he should not allow him to be put to shame. This is the psalmist reminding God of what he (the psalmist) has done already. Now consider and sincerely answer these following questions: "Have you taken refuge in God? What do you count as your refuge in this life? Do you see your refuge as the money, power and status that you possess or the position you occupy in the society? Do you see your refuge as the effort you make in the society or in the church? Do you see your refuge as the quality friends you have around you or the type of family you come from? If unfortunately so, you are then admonished today to take God as your refuge because God is the only one that can protect you from every form of danger and from anything that want to happen to you to your own detriment. God is the perfect refuge who will not charge us for protecting us and who is reliable and cannot fail. God is the only potent protection that we can have as human beings and so therefore, let us take God as our refuge. If we take God as our refuge, we will never be put to shame. Those who place their trust on things apart from God will certainly be disgraced when such things fail them but if we put our trust in God, we will never be disgraced or put to shame. No matter how bad the trouble may appear or want to scare you into thinking that you will be defeated, you should remind God and cry out to Him telling Him that "Lord, I have made you my refuge, protect me and deliver me from this trouble." When you do so, you will see that your God will act for you. Make God your shelter!

Prayer

Commit yourself totally into the hands of God, making Him your refuge.
Commit yourself into the hands of Our Mother Mary, making her your refuge.
May devotion: Recite the holy rosary
Pray the daily consecration prayer on page 41



Sunday May 12th 2019

THE LORD DETEST ALL THE PROUD OF HEART

Proverbs 16:5

Pride is a deadly disease suffered by those who do not have regard for God. Pride is the opposite of humility and anyone who is proud is not imitating Christ nor His mother, Mary but the devil. Pride comes before a fall and anyone who is proud should be ready to fall. The word of God says that God the father in heaven will raise the lowly and the humble but will bring down the proud from their seats. The Lord God is irritated by proud people because they possess an evil spirit that makes them to seek glory for themselves.

We should take our mother Mary as a perfect example. She was a humble person and also, was Her son, Jesus Christ. Both were very humble people and are profoundly worthy of emulation. Jesus Christ despite being God did not count equality with God; did not consider how glorious He was but rather came down from heaven, became man and died shamefully out of His love for us. Another thing we should know and note is that a proud person cannot love properly.

We are called to follow the example of our Mother Mary who was down to earth. She was not ostentatious neither did she counts herself as higher above any creature. She was gentle, meek and very humble. When angel Gabriel came to give her the good news of her being the Mother of our saviour, she responded saying, "Behold I am the handmaid of the Lord, be it done to me according to your words." This is perfect humility! She accepted the herculean task in total humility. That simple action of embarking on a journey even after her encounter with the angel, to visit and help her cousin, Elizabeth, was a sign of humility. How did the mother of God who was pregnant with the Savior of world still consider to take such a decision? She did not say to herself, "Oh, I am the mother of God, why should I go and see her, after all, I'm the Mother of God?" Rather she went and assisted Elizabeth even in her own pregnancy. Anyone who is proud is always full of his/herself or of things they have achieved. Pride is giving glory to one's self and not to God and this offends God so much. Proud people disgust God and so is pride itself. Let us do away with every form of pride in our life.

Prayer

Ask our Mother Mary to help to be humble as she is.

Pray for anyone you know who is proud that God in His mercy will help them to see the vanity in life and become humble.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Monday May 13th 2019

IDOLATRY

Hosea 10:1-2

Idolatry is the worship of anything other than God. In our world today, many people have taken a lot of things to be their god; they no longer have regard for God or acknowledge Him for what they have and for everything good that happens to them. Rather, they give glory and importance to vain things. In the book of Hosea 10:1-2, the word of God says, "Israel was a spreading vine, yielding rich fruit. The more his fruit increased, the more altars he built; the more his land prospered, the more he adorned his sacred stones. Their heart is divided! they shall pay for it. The lord will throw down their altars and destroy their sacred stones."

According to the book of Hosea, the more things were going well for the israelites, the more they were turning their face away from God. This is also same with some christians and people in general. When things are going on well for them, they turn away from God and instead of focusing and giving glory to Him who is the author of the goodness they enjoy, they count more important the things which they are enjoying, forgetting that it is God who is making it to be so. For instance, someone who is rich may forget the fact that it is God who made him or her to be rich. Such person will be so attached to his or her business or job that he or she might begin to foolishly think that that which fetches money for him or her is the job/business and thereby, ignoring God who is the sole being making the business to grow and flourish.

Some people's heart are divided. Their hearts have been carried away by other things other than God. They are practicing idolatry directly or indirectly through direct worship or the attachment of too much importance to other things other than God.

Prayer

Ask God to pardon you for the many times you might have given the glory meant for Him to a person or thing.

Ask God to remove from your life, everything that might stand as an idol. .

Ask for the grace to always make God number one in your life.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Tuesday May 14th 2019

THE DEVIL HAS BLINDED THE EYES OF MANY

2 Corinthians 4:4

The devil; the prince of darkness that was cast into this world has filled and is still filling the world with many evil and falsehood. The devil and the kingdom of darkness are trying their very best to corrupt the world so that through their evil ethics enough souls would be subjected to everlasting damnation. To those Christians who are conscious of this, there is an ongoing fierce battle between them and the kingdom of darkness.

There are infinite ways by which the devil and his agents are working hard to achieve their evil plan of bringing down humanity. The worst part of it all is that the devil has blinded the eyes of so many in the world that they do not even know his mode of operation and as a result, are okay, supporting and in turn, blindly advocating for evil. A good example of such is the legalization of abortion in so many countries, the legalization of gay marriage, the encouragement of body enhancement and modification, the wide spread corruption in societies, the promotion of nudity in various forms and manners, the support and propagation of pornography etc. Many people and even Christians are even supporting these evil all in the name of modernism. The traditional and scriptural Church of Christ will never be in support of these evil. Everyone should unblind his or her eyes, for the more we look, the less we see; the human race have utterly been blindfolded. The ancient serpent is a deceiver. He does not want to suffer alone, and this is the very reason he is mobilizing vast number of souls to suffer with him at the end of age.

Prayer

Ask God to help you resist the devil and all his vices.

Ask for the grace to live a life that is not of the world.

Ask our Mother Mary to help you to live out a pure and holy life even in this corrupt and sinful world.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Wednesday May 15th 2019

PRAYER FOR THE MONTH OF MAY

(Second phase: for the Holy Souls in Purgatory)

Prayer

Ask God to have mercy upon the holy souls in Purgatory.

Say the mystery of light for the Holy Souls in Purgatory asking that the most blessed virgin intervene and help them in their misery.

Say the Divine mercy chaplet for the Holy Souls in Purgatory.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Thursday May 16th 2019

**YOUR LAWS ARE MY DELIGHT, THEY ARE
MY COUNSELLORS**

Psalm 119:24

The holy word of the Lord is complete and has at least a word for every moment of one's life, be it good or bad. God speaks to us through his word. Listening and mediating on the word of God means reading and meditating on the thoughts of God. The word of God encourages, the word of God strengthens, the word of God counsels, and heals the soul of those who welcome and are open to it.

The word of God speaks to us sometimes according to what we are going through at the moment. When we need counseling and words of encouragement, do we consult the word of God to know the mind of God concerning the matter at hand? When we are down and need to be refreshed and strengthened, do we consult the word of God and also pray with it? The word of God is spirit and life; a counselor which every Christian is expected to keep and cherish.

Let us always make out time to read the word of God. It is very important that we study it daily in order to always be aware of the plans and purposes of God for our lives. If we do this, we will always know when the will of God for us is playing out. God speaks to us through various means and His word is a very important means through which he does so.

Prayer

Ask for the grace to always study and learn the word of God.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Friday May 17th 2019

**IF YOU ARE DEAF TO THE POOR MAN'S CRY,
YOUR CRY WILL NOT BE HEARD**

Proverbs 21:13

What does it mean to listen to the cry of the poor man? To listen to the cry of the poor man means to be merciful. The book of Proverbs plainly stated that "If you are deaf to the poor man's cry, your cry will not be heard." A poor man here does not necessarily mean the less privileged or the wretched ones but anyone around you. What the scripture is saying is that if you refuse to be merciful to people, you will not be shown mercy by God, most especially when you needed it most.

The beatitudes also clearly show this same thing. It says, "blessed are the merciful for they shall obtain mercy." If you are not kindhearted, you cannot obtain mercy from God. To show mercy is a sign of kindness and love for one's neighbour. A being who possesses a wicked heart cannot show compassion and anyone with such kind of heart cannot move the heart of God or draw from His well of mercy.

In life, we reap what we sow. If we sow benevolence, we will surely reap it. And God who is just will treat us according to the way we treat others. Let us learn to love and show kindness and mercy to everyone, for this is what is expected of us as children of God and those possessed by God's spirit.

Prayer

Pray the divine mercy chaplet for hearts that are not merciful.

Ask God to give you a heart of mercy and love.

Ask our Mother to help you to be merciful

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Friday May 18th 2019

**WHOEVER FEARS THE LORD WILL
ACCEPT HIS CORRECTION**

Sirach 33:14

The fear of God is wisdom. Anyone who fears the Lord fears to displease Him through sin. God does not tolerate sin though He is not quick to anger nor will He refuse to forgive sins. The Lord loves those that keep His commandments and live holy lives out of their reverence and love for Him. There is no other way to express our genuine love for God than to faithfully keep His statutes and please Him with our lives.

God chastises those He loves. By chastising and preventing you from tarrying in sin is an evident proof of His love for you. If one is nigh to God, one will observe that God has an invisible whip which He uses to chastise His children in order to prevent them from lingering in sin. Sometimes, these punishments can be in form of sickness, disappointment, physical pain from various sources etc. A very sensitive child of God knows when he or she is under divine punishment. Punishment from God is not a sign of hatred but of great love from God to us and if we love Him, we will heed to His corrections and admonitions and in turn, will do away with that which incurs His punishments.

Prayer

Ask For the grace to always keep God's commandments.

Ask God to always correct you when you miss the path so that you can always retrace your steps immediately.

Ask for the spirit of discernment

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Saturday May 19th 2019

DONT TAKE THE LORD FOR GRANTED

Sirach 5:4

God is a merciful and loving being. For the very fact that He is patient, slow to anger and rich in mercy do not in any way give room for the abuse of His benevolence. It is a dangerous and unwise thing to do. Some persons may think that the Lord's mercy is plentiful and therefore, they can sin and perpetrate evil as much as they like and when they have had their fill, they can then approach the throne of mercy for forgiveness. Some when faced with temptations willingly fall into it with the careless thought and hope that after committing such wrong, they will then go for confession and receive pardon. The Lord God is merciful but do not take His mercy for granted because it can be perilous; the lord can lock up His door of mercy.

Let's conclude today's reflection with the admonition from the book of Sirach 5:4. It says: "Do not say, "I have sinned, but nothing has happened!" For the lord's forbearance is long. Do not be so sure of pardon that you heap sin upon sin. Do not say, "His compassion is great; he will forgive the vast number of my sins." For with Him are mercy and anger, and his fury will be poured out on sinners. Do not delay your return to the Lord."

Prayer

Pour out your heart to the lord.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



May 20th 2019

DO NOT RELY ON YOUR WEALTH

Sirach 5:1

Wealth means: a great amount, abundance or plenty. As humans, we may have abundance of riches; money, cars, houses, lands etc. We many also have abundant knowledge, power, influence, fame etc. But despite all that we may think we possess, be it abundant material or non-material possessions, we should know that it is God who gives all these things. He is the one that gives us the life we have to be able to enjoy these things. He is the one that gives us good health to be able to enjoy and manage these things. He is the one that permits us to be in possession of all we have and all we enjoy.

Never rely on the abundance of what you have; do not rely on your abundant knowledge nor on the abundant power you wield in the society, do not rely on the influence you have nor on number of people you control, do not rely on the amount of money you have nor on the number of houses and cars you have, do not rely on riches whether material or non-material. Irrespective of what you have or who you are, rely on God for He is the source of everything that you have and are. God is the ultimate thing in life worthy of dependance. Rely on God and all will always go well with you. Shalom!

Prayer

Ask our Mother Mary to open your spiritual eyes to help you see the vanity in these transient things of life.

Tell God you rely on Him for everything good in your life.

Place all you have into the hands of God, asking Him to bless them.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Monday May 21st 2019

DO NOT GIVE YOURSELF OVER TO YOUR PASSIONS

Sirach 6:2-4

Do not give yourself over to your passions, do not give yourself to desires that will lead you to ruin. There are good passions and evil passions. There are some people who have a strong positive passion; by this we mean a strong desire to do good. Examples are passion for teaching, drawing, painting, preaching, researching, etc. Our scriptural pericope isn't addressing these types of passions. The type of passion we are talking about is the strong urge to commit fornication or adultery, to lie, to covet your neighbours property, to consume excess alcohol, to take hard drugs etc. Things like these are the strong desires of the flesh and to give in to these kind of passions can be very dangerous to our souls.

In the book of Sirach 6:2-4, we see the advise given to us concerning passion, its dangers and consequences. It goes thus: "Do not give yourself over to your passions, lest they tear you to pieces like a bull. They will devour the foilage and destroy the fruit, leaving you like a dry stump. An evil passion will destroy the one who is held in its power; it will make him the laughing stock of his enemies." Let's us try as much as possible to do away with all evil passions especially by our total surrender to God, through prayers, penance and meditation on the word of God. Dangerous passions are usually controlled by evil spirits which most times lead to the victim's addiction to a particular evil habit(s), making it appear impossible for such person to live without it. Let us break and disconnect ourselves through total submission to God and prayer. Let us denounce and cut ourselves off with the blood of Jesus and hand ourselves unto the care of our mother Mary, the mother of deliverance. Let us develop a strong relationship with Christ and we will see that we will effortlessly become victorious over every evil passion.

Prayer

Pour out your heart to God.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Tuesday May 22nd 2019
PRAYER FOR THE MONTH OF MAY
(Third phase: for the Holy Souls in Purgatory)

Prayer

Ask for God's mercy upon the holy souls in Purgatory.

Say the mystery of light for the Holy Souls in Purgatory asking that our Mother Mary intervene and help them.

Say the Divine mercy chaplet for the Holy Souls in Purgatory.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Wednesday May 23rd 2019

FIGHT FOR THE TRUTH AND THE LORD WILL FIGHT FOR YOU

Sirach 4:28

Truth is a fact that we cannot hide. As children of God, we should always stand for the truth. We should always be truthful in our words and actions. The truth should be told at all times irrespective of the consequence(s) that may come along with it. With truth comes peace of mind, liberation and justice. The word of God today is telling us to stand firm for the truth even unto death but before we can do so, we ourselves must be truthful in every way. We cannot fight for what we don't believe in. A liar cannot fight for the truth just as a truthful person can't fight for or defend a lie.

In our world today, it seems so hard to defend the truth because those who are fighting so much to uphold lies and falsehoods in the church, our place of work, the community, the society and the country as a whole are vast and dominating. Many people don't want the truth to be told and when we tell the truth and stand for the truth or for those who speak the truth, we will be seriously persecuted. Why is this so? It is simply because truth opens up many hidden things that people aren't aware of; truth exposes evil, lies, deceit and falsehood. Anyone who is a child of God should be for the truth no matter what it might cost. This is a cross that we must carry as Christ's disciples. For the world to be a better place, the truth must again prevail.

Prayer

Ask for the grace to be truthful at all times.

Ask God to always help you stand boldly and firmly for the truth.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Thursday May 24th 2019
FEAR NOT, FOR I HAVE REDEEMED YOU
Isaiah 43:1-2

Isa 43:1 "But now, this is what the LORD says--he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze."

The Lord God wants us to clearly understand in the book of Isaiah that He has saved us and that we are now His own. He has delivered us from whatever that has held us bound and incapacitated. He is not only telling us that we are redeemed but that we are also protected from that which was formerly the source of our captivity. He is assuring us of His unfailing protection in every area of our life and in all that we do.

Do not be afraid, the lord has redeemed you and is your protection. Do not be afraid, for the lord has decreed that nothing catastrophic will happen to you. You will emerge victorious in whatever you may be passing through. The lord God will help you and give you victory.

Prayer

Pour out your heart to God
May devotion: Recite the holy rosary
Pray the daily consecration prayer on page 41

Mary Our Help was founded today on May 24th in 2014. Say a short prayer for Mary Our Help. You can drop a word for us at Info@maryourhelp.org



Friday May 25th 2019

IF YOUR BROTHER OFFENDS YOU, REBUKE HIM AND IF HE IS SORRY, FORGIVE HIM

Luke 17:3

Today, we are called to rebuke wrongs and forgive those who are truly sorry for what they have done against us. The word of God in the gospel of Luke reminds us today to rebuke anyone who offends us. By this, it means to bring to light the bad that someone has done against us or to bring to light what someone did to us that we don't like. If anyone should offend us, let us make known to that person what he or she had done that isn't good instead of bearing grudges and keeping malice. If anyone offends us, it is good that we let them know and also, if anyone does what is bad, it is good that we correct them with love.

If we tell those that offend what they have done that we don't like and have also corrected them, we should be ready to accept their apology. Sometimes, such person may not apologize but his or her action clearly shows a sign of remorse. When those who wrong us apologize to us either through words or action, we should be ready to forgive them. If we claim to truly extend the grace of forgiveness to our neighbors, we are to hold nothing back against them even if they haven't rendered an apology for their misdeeds.

Prayer

Pray for the Spirit of forgiveness.

Pray for the grace and courage to correct with love those who have offended you in one way or the other.

May devotion: Recite the holy rosary.

Pray the daily consecration prayer on page 41



Saturday May 26th 2019
I AM THE LIVING BREAD
John 6:51

"I am the living bread which has come down from heaven; whoever eats of this bread will live forever. The bread I shall give is my own flesh and I will give it for the life of the world." John 6:51

The question to be asked today is:

Do you believe this words of Christ Jesus?

What is this bread that He was talking about?

Do you believe that Jesus Christ is the living bread that came down from heaven?

Jesus Christ is the bread that came down from heaven. The bread He is talking about is His own body and blood. This body and blood is the holy Eucharist which He instituted before his departure. At the reception of the Holy Eucharist, we receive the body and blood of Christ and this body and blood gives life to the body and to the soul.

Anyone who eats the body and blood of Christ lives in Christ and Christ in him. It is a strong renewed covenant between Jesus and the reciever and is a great sign of God's love to man. God wants to sustain man personally and for this reason, instituted this wonderful sacrament which opened up a platform for His presence to perpetually dwell in us.

Let us not take the Eucharist for granted because it is the greatest gift God left behind for us, for many are weak and ill and several have died because they received it in a state where grace was lacking. The holy Eucharist is the source of life and power, it is the source of strength and peace. If we want to have life, believe in the living bread and eat of this living food worthily. The living bread and wine is real food and real drink. Let us not allow anything to hinder us from receiving the Eucharist as often as possible at Mass.

Prayer

Pray as the Spirit directs you.

May devotion: Recite the holy rosary.

Pray the daily consecration prayer on page 41



Sunday May 27th 2019

RAISE YOUR CHILDREN IN THE WAY OF THE LORD Sirach 7:23

Training and bringing up a child in the proper way is the major responsibility of the parents and not the school. Every child that God has given to any parent is a treasure from God. It is the responsibility of a parent to provide the basic need of life for his or her child(ren) like food, clothing and shelter.

Apart from the basic needs of man, there are also other things that are very important for a child which the parents must give and they are: formal education and spiritual training. These two are very important as it affects the future of the child(ren) greatly. It is the responsibility of the parents to take a child to school so that he or she can be educated and fit for proper adaption in the society. Educating a child is laying a foundation for such child which will be reaped properly when he or she becomes an adult. Any parent who does not educate his or her child(ren) properly in a good school is directly laying a poor foundation which may not hold the child(ren) for what lies in-store for them when they finally emerge as adults.

Spiritual training is as important as formal education. Spiritual training means: inculcating good morals in a child and establishing a suitable platform that can help deepen their mutual relationship with God. Parents are expected to lay a spiritual foundation for their children on which they will firmly stand when they are finally grown. Parent should teach their children how to pray. It is advised that they (the parents) pray along with them (children), take them to catechism classes, church programs, enrol them in the various societies in the church etc. The spiritual growth of your children shouldn't be toyed with. Be not careless!

Prayer

Pray for help to be a good parent.

Ask God to give you all you need to take proper care of your children.

Commit your children into the hand of God.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Monday May 28th 2019

DO NOT NEGLECT TO VISIT THE SICK

Sirach 7:35

When was the last time you visited a sick person? Visiting the sick is one of the duties expected of us as Christians, it is a show of concern and love. There are many sick persons and it is our Christian duty to make out time to visit and pray with as much victims as we can. The sick ones might be our friends, relations or even strangers. A visit shows that we haven't forgotten or abandoned them but that we care about them. When we visit anyone who is sick, the most important thing we can do for them is to pray to God for them so that they can be healed. If they are not financially buoyant, you can help them in cash. If possible when visiting, invite a priest so that he can attend to the sick person's spiritual needs.

Prayer

Pray for grace not to neglect the sick.

Commit the sick all over the world into the hands of God.

Ask for the intervention of our Mother Mary for those that are sick and are at the point of death.

Pray the daily consecration prayer on page 41



Tuesday May 29th 2019

PRAYER FOR THE MONTH OF MAY

(Fourth phase: for the Holy Souls in Purgatory)

Prayer

Ask for God's mercy upon the holy souls in Purgatory.

Say the mystery of light for the Holy Souls in Purgatory asking for the special intervention and help of our mother Mary.

Say the Divine mercy chaplet for the Holy Souls in Purgatory.

Book Mass for the souls in Purgatory

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Wednesday May 30th 2019
Importance of being kind to strangers
2kings 4:8-17

2kings 4:8-17 "One day Elisha went to Shunem. And a well-to-do woman was there, who urged him to stay for a meal. So whenever he came by, he stopped there to eat. She said to her husband, "I know that this man who often comes our way is a holy man of God. Let's make a small room on the roof and put in it a bed and a table, a chair and a lamp for him. Then he can stay there whenever he comes to us." One day when Elisha came, he went up to his room and lay down there. He said to his servant Gehazi, "Call the Shunammite." So he called her, and she stood before him. Elisha said to him, "Tell her, 'You have gone through all this trouble for us. Now what can be done for you? Can we speak on your behalf to the king or the commander of the army?'" She replied, "I have a home among my own people." "What can be done for her?" Elisha asked. Gehazi said, "Well, she has no son and her husband is old." Then Elisha said, "Call her." So he called her, and she stood in the doorway. "About this time next year," Elisha said, "you will hold a son in your arms." "No, my lord," she objected. "Don't mislead your servant, O man of God!" But the woman became pregnant, and the next year about that same time she gave birth to a son, just as Elisha had told her."

It is good to be kind to strangers, they are people you don't really know. Showing and extending help to them is a sign of true and real love. Helping those you know might be easy because you know them but genuinely helping those you don't know is simply because of how compassionate you are. By helping them, you don't expect any form of reward from them.

A very good example was illustrated in the passage above where Elisha was helped and accommodated by a woman. This kindness of her's towards Elisha brought about the conception of a baby even after many years of barrenness. If we can vividly remember, the same happened to Abraham when he accomodated the three men who were passing by. After accomodating and showing kindness to them, they gave a prophecy which then brought about the conception of Isaac by "aged Sarah" the following year.

Kindness to strangers is kindness to God. It moves God and is a perfect example of true love for neighbor. It is the source of many great miracles in the lives of people.

Prayer

Ask God to fill you with the spirit of kindness.

Ask God to help you love people irrespective of their status.

Ask God to make you generous.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41



Thursday May 31st 2019

**A STINGY MAN IS EAGER TO GET RICH AND
IS UNAWARE THAT POVERTY AWAITS HIM.**

Pro 28:22

Wealth and the blessings of God are given to those who are generous. Generous people are those who are ready to share what God has given them. To be selfish means having regard for oneself above others' well-being. God is not eager to give plenty or abundant blessings to those who will not extend it to their neighbours. A man who is stingy and will not help his poor relatives around him when blessed should not expect to be blessed by God. A woman who is surrounded by poor neighbours and will never share the blessings God gave to them via her should never expect more blessing from God. God is not impressed by stingy people and He doesn't tolerate selfishness. He wants us to share whatever we have with those around us; this is what generosity is all about. A generous man will always be blessed because God is certain that he will share what he has with those around him and that he will make the world a better place. Generosity is an act of love because if you do not love, we cannot share and if we did not acknowledge that what we have is from God, we will find it difficult to share because we will begin to think and feel that all we have is as a result of our hard work and toil. Let us be generous so that we can always be blessed by God.

Prayer

Ask for God's to bless you abundantly.

Ask for the Spirit of generosity.

Ask our Mother Mary to help you share whatever you have with those around you.

May devotion: Recite the holy rosary

Pray the daily consecration prayer on page 41

INFORMATION SECTION

If you wish to invite or host the writer of Mary Our Help daily devotional For Evangelism, Talks or Ministration in your parish or country, send an email to info@maryourhelp.org

If you wish to sponsor Mary Our Help, send an email to admin@maryourhelp.org

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Daily Consecration

O Immaculate Queen of Heaven and Earth, refuge of sinner and most Loving Mother, God has willed to entrust the entire order of mercy onto you. I, (name), a repentant sinner, cast myself at your feet, humbly imploring you to take me with all that I am and have, wholly to yourself as your possession and property. Please make of me, of all my powers of soul and body, of my whole life, death and eternity, whatever most pleases you. If it pleases you, use all that I am and have without reserve, wholly to accomplish what was said of you: “She will crush your head” and “You alone have destroyed all the heresies in the world.” Let me be a fit instrument in your immaculate and merciful hands for introducing and increasing your glory to the maximum in all the many strayed and indifferent souls, and thus help extend as far as possible the Blessed Kingdom of the Most Sacred Heart of Jesus. For wherever you enter, you obtain the grace of conversion and growth in holiness, since it is through your hands that all graces come to us from the most Sacred Heart of Jesus. Amen

For next month Devotional, Check from the 25th-31st of May 2019

**MARY OUR HELP
DAILY DEVOTIONAL**
June 2019

- ❖ Daily Mass Reading
- ❖ Daily Devotions And Prayers
- ❖ Prayer For Family Liberation
- ❖ Prayer For Healing

Click on the Devotional image/cover above or visit www.maryourhelp.org to download the next month devotional for free



Divine mercy

The Chaplet of the Divine Mercy

How to Recite the Chaplet

The Chaplet of Mercy is recited using ordinary rosary beads of five decades. The Chaplet is preceded by two opening prayers from the Diary of Saint Faustina and followed by a closing prayer.

1. Make the Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

2. Optional Opening Prayers

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(Repeat three times) O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!

3. Our Father

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil, Amen.

4. Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.

5. The Apostle's Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection

of the body, and life everlasting. Amen.

6. The Eternal Father

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

7. On the Ten Small Beads of Each Decade

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

8. Repeat for the remaining decades

Saying the "Eternal Father" (6) on the "Our Father" bead and then 10 "For the sake of His sorrowful Passion" (7) on the following "Hail Mary" beads.

9. Conclude with Holy God (Repeat three times)

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

THE LITANY OF THE MERCY OF GOD

for Private Use Only.

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us. Christ, hear us.

Christ, graciously hear us.

God the Father of Heaven, Have mercy on us.

God the Son, Redeemer of the world, Have mercy on us.

God the Holy Spirit, Have mercy on us.

Holy Trinity, One God, Have mercy on us.

Mercy of God, supreme attribute of the Creator, *We trust in Thee.*

Mercy of God, greatest perfection of the Redeemer, *We trust in Thee.*

Mercy of God, unfathomable love of the Sanctifier, ""

Mercy of God, inconceivable mystery of the Holy Trinity,

Mercy of God, expression of the greatest power of the Most High,

Mercy of God, revealed in the creation of the heavenly Spirits,

Mercy of God, summoning us to existence out of nothingness,

Mercy of God, embracing the whole universe,

Mercy of God, bestowing upon us immortal life,

Mercy of God, shielding us from merited punishments,

Mercy of God, raising us from the misery of sin,

Mercy of God, justifying us in the Word Incarnate,
Mercy of God, flowing from the wounds of Christ,
Mercy of God, gushing from the Most Sacred Heart of Jesus,
Mercy of God, giving to us the Most Blessed Virgin Mary as Mother of Mercy, Mercy of
God, shown in the revelation of the Divine mysteries,
Mercy of God, manifested in the institution of the universal Church,
Mercy of God, contained in the institution of the Holy Sacraments,
Mercy of God, bestowed upon mankind in the Sacraments of Baptism and Penance,
Mercy of God, granted in the Sacraments of the Altar and the Priesthood,
Mercy of God, shown in calling us to the Holy Faith,
Mercy of God, revealed in the conversion of sinners,
Mercy of God, manifested in the sanctification of the just,
Mercy of God, fulfilled in the perfecting of the saintly,
Mercy of God, font of health for the sick and the suffering,
Mercy of God, solace of anguished hearts,
Mercy of God, hope of souls afflicted with despair,
Mercy of God, always and everywhere accompanying all people,
Mercy of God, anticipating us with graces,
Mercy of God, peace of the dying,
Mercy of God, refreshment and relief of the Souls in Purgatory,
Mercy of God, heavenly delight of the blessed,
Mercy of God, crown of all the Saints,
Mercy of God, inexhaustible source of miracles,

Lamb of God, Who didst show us Thy greatest mercy in redeeming the world on the
Cross,

Spare us, O Lord.

Lamb of God, Who didst mercifully offer Thyself for us in every Holy Mass, Graciously
hear us, O Lord.

Lamb of God, Who take away the sins of the world through Thine inexhaustible Mercy,
Have mercy on us.

Lord, have mercy on us. Christ, have mercy on us.

Lord, have mercy on us.

V. The tender mercies of the Lord are over all His works. R. The mercies of the Lord I
will sing forever.

Let Us Pray. O God, Whose Mercy is infinite and Whose treasures of pity are
inexhaustible, graciously look down upon us and increase in us Thy Mercy so that we
may never, even in the greatest trials, give way to despair, but may always trustfully
conform ourselves to Thy Holy Will, which is Mercy itself. Through Our Lord Jesus
Christ, the King of Mercy, Who with Thee and the Holy Spirit doth show us Mercy
forever and ever. R. Amen.



Prayer for Family Liberation

Instruction

1. This prayer must be recited by every member of the family.
2. Everyone should try and go for confession before starting the prayer.
3. The prayers are to be recited at midnight.
4. There must be fasting by every member of the family, ranging from 6am-12pm, 6am-3pm, 6am-6pm, depending on the capacity of the members.
5. The Prayer can be said for 14days, 21 or 30.
6. Try as much as possible to avoid distractions or anything that will prevent the prayer to be completed or recited properly.

Prayers

Exodus 14

Psalm 51

Psalm 35

Psalm 94

Psalm 55

Zechariah 14

Nehemiah 1:3-11

Obadiah 1:17



Prayer for Healing

Instruction

1. Go for confession before starting the prayer.
2. The prayers can be recited anytime.
3. No fasting.
4. The Prayer can be said for 14days, 21 or 30.
5. Try as much as possible to avoid distractions or anything that will prevent the prayer to be completed or recited properly.

Prayers

Call on the Blood of Jesus Christ 12 times

Psalm 23

Psalm 51

Isaiah 53:5

Isaiah 38:1-7

Divine Mercy prayer at three o clock



CHAPLET OF OUR LADY OF PERPETUAL HELP

(To be recited on the ordinary rosary bead)

HOW TO PRAY

Gloria to be said on the first large bead after the cross.

Recite three hail Mary on the three small beads after Gloria.

Recite the creed on the second large bead after the three hail Mary.

On the ten small beads recite: "O Mary, help us!".

(At the end of each decade say:)

Mary has help us. Mary wants to help us. Mary can help us. Mary will help us.

(On the large beads say:)

O mother of perpetual help. Listen to our pleading souls. You can help us in all our needs. Mary, with hope, we call on you.

(In conclusion, recite:)

We fly to your patronage, o holy mother of God! despise not our petitions in our necessities: but deliver us from all dangers. o ever glorious and blessed virgin Mary. Our lady of perpetual, pray for us!

**OUR LADY OF PERPETUAL HELP PRAY FOR US AND THE WHOLE
WORLD**



PRAYER TO ST MICHAEL THE ARCHANGEL

Glorious Saint Michael, guardian and defender of the Church of Jesus Christ, come to the assistance of His followers, against whom the powers of hell are unchained. Guard with special care our Holy Father, the Pope, and our bishops, priests, all our religious and lay people, and especially the children. Saint Michael, watch over us during life, defend us against the assaults of the demon, and assist us especially at the hour of death. Help us achieve the happiness of beholding God face to face for all eternity. Amen.

Saint Michael, intercede for me with God in all my necessities, especially (State your intention here...) Obtain for me a favorable outcome in the matter I recommend to you. Mighty prince of the heavenly host, and victor over rebellious spirits, remember me for I am weak and sinful and so prone to pride and ambition. Be for me, I pray, my powerful aid in temptation and difficulty, and above all do not forsake me in my last struggle with the powers of evil.
Amen.



PRAYER TO ST RAPHAEL THE ARCHANGEL

Glorious Archangel Saint Raphael, great prince of the heavenly court, you are illustrious for your gifts of wisdom and grace. You are a guide of those who journey by land or sea or air, consoler of the afflicted, and refuge of sinners. I beg you, assist me in all my needs and in all the sufferings of this life, as once you helped the young Tobias on his travels. Because you are the medicine of God, I humbly pray you to heal the many infirmities of my soul and the ills that afflict my body. I especially ask of you the favour (Make your request here...) and the great grace of purity to prepare me to be the temple of the Holy Spirit.

Amen.

St. Raphael, of the glorious seven who stand before the throne of Him who lives and reigns, Angel of health,

The Lord has filled your hand with balm from heaven to soothe or cure our pains. Heal or cure us of our diseases and guide our steps when doubtful of our ways.



PRAYER FOR GOD'S BLESSINGS

Father almighty; remember your word in Psalm 34:10 which say “The lions may grow weak and hungry but those who seek the Lord lack no good thing.” Also, in Proverbs 10:22 your word said “The blessing of the Lord brings wealth, without painful toil for it.” Father, I beg you to bless me and the work of my hands. Let there be divine increase in [mention intention] let Your divine favour locate me in all I do and seek to do, For in Psalm 145:15, You open your hand and satisfy the desires of every living thing. Father in heaven; please fulfil all my heart desires in your mercy. I claim the word of Deuteronomy 28:11-13 which says “The Lord will grant you abundant prosperity – in the fruit of your womb, the young of your livestock and the crops of your ground – in the land he swore to your ancestors to give you. V.12 The Lord will open the heavens, the storehouse of his bounty, to send rain on your land in season and to bless all the work of your hands. You will lend to many nations but will borrow from none. V.13 The Lord will make you the head, not the tail. If you pay attention to the commands of the Lord your God I give you this day and carefully follow them, you will always be at the top, never at the bottom. I make this request, knowing that God will supply every need of mine according to his riches in glory in Christ Jesus. In accordance with Philippians 4:19.



PRAYER FOR OPEN HEAVEN

Remember your word oh Lord in Revelation 21:4 which says -
And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away. Standing on this word, I beg you to open heaven and rain down your blessings and favours oh Lord in Your mercy upon my me, my family, my business, mention more..... God please let your blessings overtake me in this life am living. Let your water of life of Revelation 22:1-5 fall upon me, my education, my family, mention more.....make a new heaven and new earth for me in accordance with Revelation 21:1. In 1 Corinthians 2:9, as it is written, Eye hath not seen, nor ear heard, neither has entered into the heart of man, the things which God hath prepared for them that love him. Lord let all these precious things you have prepared for me begin to manifest in my life, I humbly beg. Show me pity and open up heaven for me. This I ask in Jesus Christ name I pray.



PRAYER FOR FAVOUR

Favour me and my family oh Lord for Psalms 90:17 says -
And let the beauty of the LORD our God be upon us: and establish thou the work
of our hands upon
us; yea, the work of our hands establish thou it. Also in Psalms 102:13, the bible
made it known that - Thou shall arise, [and] have mercy upon Zion: for the time to
favour her, yea, the set time, is come. Therefore Lord God, make the word of
Isaiah 58:11 which said - And the LORD shall guide thee continually, and satisfy
thy soul in drought, and make fat thy bones: and thou shall be like a watered
garden, and like a spring of water, whose waters fail not, come true in my life and
in my family. In Jesus Christ name I pray, I beg you glorious and merciful God to
favour me in all aspect of life. Even in areas I don't deserve favour. Lord God of
host, through the blood of Jesus that was shed on the cross of Calvary, I beg you to
favour me and my family and also.....[add
other intention] this I believe you will do in your mercy through Jesus Christ our
Lord.



PRAYER FOR STRENGTH

Isaiah 41:10 says - Fear thou not; for I [am] with thee: be not dismayed; for I [am] thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. Also in Deuteronomy 20:4 - For the LORD your God [is] he that goes with you, to fight for you against your enemies, to save you. In Isaiah 40:31, the word of the lord said - But they that wait upon the LORD shall renew [their] strength; they shall mount up with wings as eagles; they shall run, and not be weary; [and] they shall walk, and never get tired. Jesus Christ of Nazareth, you are my strength. In this life I live, you are my power. Have mercy on me, for you are the substance in me. Empower me with the outburst of the Holy Spirit. In your word in Psalms 39:7, I ask: And now, Lord, what wait I for? My hope [is] in thee. In your mercy, always be that strength that always put a smile on my face. In 2 Corinthians 12:9-10 - you said unto me, my grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Jesus, in your mercy, be my strength



PRAYER OF GRATITUDE

God the father, Son and Holy Spirit, I thank you for the numerous bless blessings you have showered upon me. Psalms 136:1 says “O give thanks to the LORD; for he is good: for his mercy endures forever” lord, I acknowledge that you are good and all you have ever done for me are good things. In 1 Thessalonians 5:18, lord God, you said we should in everything give thanks: for this is the will of God in Christ Jesus concerning you. Therefore,

I thank you for the gift of life

I thank you for complete senses

I thank you for the food I eat daily

I thank you for your protection over me

I thank you for good health

I thank you for your love for me

I thank you for sending your son to die for me

I thank you for your mercies.

I thank you for your guidance.

I thank you lord for what you have done, what you are doing and what you will do in my life. For in James 1:17 Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom is no fickleness, neither shadow of turning.

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