

**MARY OUR HELP**  
**DEVOTIONAL**  
**AUGUST 2019**



**DAILY DEVOTIONS**  
**AND PRAYERS**

**Maryourhelp.org**



# **Mary Our Help Devotional**

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**This Devotional is Dedicated in Totality to the Holy Spirit of  
God The Almighty**

## **Mary Our Help Devotional**

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Thursday August 1st 2019  
**DO NOT LET YOUR PASSIONS RULE YOU**  
Sirach 18:30

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

"Do not let your passions rule you, but restrain your desires. If you satisfy your lustful desires you will make yourself the laughing stock of your enemies." Sirach 18:30-31

Today, we are looking at one of the most dangerous sin and tool of destruction used by the devil and this tool is simply the passion of the flesh. In the text from Sirach, we are urged not to let the passion of the flesh rule us, rather, we should have control over the flesh. Passions of the flesh can be explained under various categories but we are going to narrow everything down to sexual immoralites.

Passions of the flesh includes all forms of sexual sin which includes: Adultery, Fornication, Pornography, Masturbation and so on. Many are under the control of these and have totally submitted and given in to these; They feel helpless and it seems as if they are trapped in it without help.

The lord in the book of Sirach, warns us about the danger of letting our passion to rule us. It is written: "If you satisfy your lustful desires you will make yourself the laughing stock of your enemies." Simply put, if one satisfy's his or her lustful desires, one will make himself or herself the laughing stock of the devil and his cohorts who are the enemies of mankind. The devil will rejoice because his goal of destruction for the soul of mankind is being achieved.

Playing with sexual sin is like playing with a venomous snake whose poison have no antidote. The consequences are usually terrible to the soul and life of the person(s) involve. It can destroy destiny, the Physical body, the soul, other people's lives, families and even a good name/image. Passions of the flesh are dangerous sins people should run away from. The passion of the flesh is a special kind of sin with a special treatment and preference by the devil and the pity of hell. Infact, many evil things are being established and carried out to promote sexual immorality.

There is massive production of sex toys and objects to promote masturbation, there

is moral decay in fashion to promote nudity and sin of the flesh. Laws are even made in some countries, promoting gay and homosexuality, Prostitution etc. All these points down to how passion of the flesh is so important to the devil and how important it is for us to run away and dread it like a poison.

## **Prayer**

Thank God for the new month.

Commit the month into the hands of God.

Ask God for forgiveness for all the sins you have committed against Him and go for confession if possible.

Ask God to save your life and soul from the danger of sexual immorality.

Ask the Holy Spirit to Give you self control.

Say the daily consecration prayer on page 51

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## Friday August 2nd 2019 **HOW TO DEAL WITH SIN (I)**

Yesterday, we saw how dangerous the passions of the flesh can be and how important it is for us to run from it. Today, we are going to look at how to deal with the passion of the flesh or sexual immorality. First, we have to know that most sexual sins are in the form of an addiction. Also, we have to also know that some or almost all sexual sins have demons assigned to see that a child of God falls into it and is also stuck in it.

The question then is: How can a child of God be free from sexual sins? There are many ways one can be free from sin whether addicted to it or being tempted by the devil to commit such. The first thing that one needs to break away from sin is the believe in and the recognition of the death and resurrection of Jesus on the cross; The understanding of the sacrifice of Jesus and the hatred God has for sin. Anyone who does not see meaning in the death of Jesus and does not have regard for God and His laws can never be saved from the chains of sin. This is the reason why when men or women of God preach, they tell those they want to convert about Jesus and the importance of His love and death for them on the cross.

Another way to break away from sexual sin is to avoid the occasion of sin. Anyone who wants to avoid sin should avoid the place, thing, people, avenue, time and everything that make him or her to sin. Example: Someone who is addicted to porn should do away with a phone that can browse the internet during the period of "rehabilitation". Such person should also do away with movies and even DVD players if possible during such period. Such person should do away with friends who are also into the act. Such person should always be busy with something and never be idle. To avoid sin, one have to do away with the occasion of sin. Some sin will remain if one does not remove what leads to or contribute to it.

### **Prayer**

Pour out your mind to God.

Ask the HolySpirit to fill you with the spirit of self control.

Ask our blessed mother to make you like her in holiness.

Pray the daily consecration prayer on page 51

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## Saturday August 3rd 2019 HOW TO DEAL WITH SIN (II)

Today, we will continue with the various ways we can deal with the passion of the flesh. Yesterday, we saw how going back to the cross of Jesus and the blood that was shed for our sins, can help draw us back to who God wants us to be. Also, we also saw how avoiding occasions of sin is very important in breaking away from sin.

Today, we are going to examine some ways to deal with the passions of the flesh and it is as follows:

**Prayer:** Prayer is very important when dealing with sin. It was made known in Day one of the devotional that "Some sins are caused by demons who tempt people and see that they fall into or are stuck in one sin or the other." Sometimes, resolutions don't work against demonic induced sin. It is serious prayer that will work in this case. Sometimes, exorcism is required to free people who are helpless in the hands of these demons. Some of them commit these sins and don't like it but can't just stop. It seems as if there is an unknown force pushing them.

Prayer is very important for someone battling with sin. Serious deliverance is important in very severe cases. Prayer to break away from the clutches of the devil is very important. There is a very powerful antidote to demonic problems that God has created and what is that? The created antidote to demonic possession or oppression is OUR BLESSED AND PRECIOUS MOTHER as popularly known, She is the refuge of sinners, saving and preserving them from destruction. Also, she is very terrible against the powers of hell. Fighting alongside our Blessed Mother is the easiest way to break away and defeat whatever demon that is making us to sin helplessly. Devotion to Mary is not the only way to be free from demons but it is a very powerful and effective way.

Praying and crying out to God, seeking for His saving and merciful help is very important in breaking away from sin in general.

### Prayer

Ask for forgiveness of sins.

Ask God to help you live a holy life.

Ask our Mother to help you help you hate sin and to be disgusted and irritated by it.

Ask the HolySpirit help you to please God with your life.

Pray the daily consecration prayer on page 51



## Sunday August 4th 2019 **HOW TO DEAL WITH SIN (III)**

We are going to continue with how we can deal with sin especially with passions of the flesh. Yesterday, we examined the importance of prayer in dealing with sin. Today, we will also look at some ways we can deal with sin.

Going for Counseling or seeking spiritual guidance from priests is also an effective way of battling with sin. We can go to our priests and ask for help and guidance on how to stop or do away with sins. Priests are the shepherd of God's flock. There are also members of the religious and even the lay faithful who one can seek help and advice from. They will guide you step by step on how you can be free from a particular sin. Going to professional counselors is also a good thing. It can also help one to break away from unhealthy sinful habit.

Another way to deal with sin is through the word of God. Reading and meditating on the word of God all the time is very important in the avoidance of sin. Without reading the scriptures, we will be ignorant of what it contains and the will of God for us. We won't be able to know the consequences and danger of sins. The word of God is like a lamp unto our feet. It is a mystery that will help us to live a better life in Christ Jesus.

### **Prayer**

Pour out your mind to God

Pray the daily consecration prayer on page 51

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**Monday August 5th 2019**  
**A MAN'S WAY OF DRESSING REVEALS**  
**WHO HE IS. Sirach 19:30**

A child of God must mind how he or she dresses. A child of God should not dress like a thief, criminal, prostitute or a gangster. The way you dress will show the kind of person you are, and to an extent, what you can do. It is a pity that the fashion of this age is nothing to write home about. There is massive promotion of nudity and senseless mode of dressing in our world today. Many people dress with their body exposed. Some dress and you begin to wonder about the essence of the little fabric on the person's body because, such person is actually naked. Some persons, if permitted will move around without any clothes on. This is the level of insanity in the dressing and fashion of today. The fashion of this age is leading many souls to hell, and many evil fashion are invented from the pit of hell everyday. There is high rate of moral corruption being made manifest through dressing. Some guys mode of dressing is nothing to write home about. They dress like thieves and drug addicts. Wearing torn trousers, wearing trousers below the waist level, wearing ear rings, nose rings and drawing tattoos all over the body all in the name of fashion. All these do not and cannot portray one as a child of God and can even cost one his or her soul if care is not taken.

**Prayer**

Ask God to come into your life.  
Surrender yourself totally to God.  
Ask For the grace to be holy and dress decently.  
Pray the daily consecration prayer on page 51

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Tuesday August 6th 2019  
**DO NOT HOLD BACK FROM  
CORRECTING THE CHILD**  
Proverbs 23:13

"Do not hold back from correcting the child; if you strike him with the rod, he will not be killed." Proverbs 23:13

It is the duty of the parents to train their children properly in the way of the lord. Every child has automatically been entrusted into the hands of the parents by God. It is the will of God that all children be trained in the ways of the lord. It is the duty and responsibility of the parents to teach morals to their children so that they can grow in the fear and love of God.

In our world today, many parents are failing in their duty and responsibility. They are not serious in training their children in the way of God. It is very wrong for a parent to allow his or her child to get spoilt and become immoral. Parents should learn to discipline their children from a tender age so that they will grow up as disciplined children. An untrained and ill-mannered child will bring shame and disgrace to his or her parents and family.

When a child is doing wrong, it is the duty of the parent to correct such child. When a child is misbehaving, it is the duty of the parent to caution such child and even enforce punishment where and when necessary. All parents should set a moral standard for their children because the absence of moral in the life of a child is doom and disaster for such a child. If you spare the rod, you will spoil your child and you; the parent, will bear the full consequences.

### Prayer

Ask God to help you to be responsible parents and a good example for your children.  
Ask the Spirit of God to give you the grace you need to take care of your children.  
Place your children in the hands of our blessed Mother.  
Pray the daily consecration prayer on page 51



Wednesday August 7th 2019  
**LESSONS FROM THE CURE OF A LEPER**  
Luke 5:12-16

"While Jesus was in one of the towns, a man came along who was covered with leprosy. When he saw Jesus, he fell with his face to the ground and begged him, "Lord, if you are willing, you can make me clean." Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" And immediately the leprosy left him. Then Jesus ordered him, "Don't tell anyone, but go, show yourself to the priest and offer the sacrifices that Moses commanded for your cleansing, as a testimony to them." Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed." Luke 5:12-16

From the verses from the book of luke, we can learn many things. First is that we should not allow anything at all, prevent us from seeking the help of God. Just as the leper was unclean and should not be found around Jesus and people, yet he didn't allow that to be a limitation for him to encounter Jesus. Do not allow sin and uncleanness to tear you away from God, or ruin your life, rather, approach him, throw yourself at His feet and ask Him to help you. Another lesson we can learn is that God can do all things but the problem is always "If He is willing or in the mood to do it." The leper said: "Lord, if you are willing, you can make me clean." Jesus replied saying: "I am willing, be clean!" If Jesus was not willing to heal the leper, he was going to remain like that. Everything that happens to us is by the will of God. A reason for unanswered prayer may be because He is not willing. Also, to make God willing, we have to mind our manner of approach and be persistent.

Another lesson to be learnt is that Jesus told the leper to go and offer the sacrifices that Moses commanded for cleansing as a testimony. This shows the importance of Thanksgiving for whatever the lord has done. Thanksgiving is a testimony of something the lord has done for you. It is a form of appreciation usually done in the church.

### Prayer

Pray as the Spirit of God leads you.

Pray the daily consecration prayer on page 51



Thursday August 8th 2019  
**PRAYER FOR THE MONTH OF AUGUST**  
(First phase: For The Departed Souls)

**Prayer**

(Please pray with all seriousness and let nothing distract you)

Start with the divine mercy prayer for the departed souls in Purgatory.

Ask God to Have Mercy on the souls in Purgatory.

Ask Our Blessed Mother to comfort all souls suffering in Purgatory.

Pray the Sorrowful Mystery, Asking Mary to help secure the release of Souls suffering in Purgatory.

Pray the daily consecration prayer on page 51



Friday August 9th 2019

**THE LORD WILL FIGHT FOR YOU AND  
ALL YOU HAVE TO DO IS TO KEEP STILL**  
Exodus 14:14

The Israelites who were on their way out of Egypt were pursued by pharaoh and his warriors. The Israelites on seeing them approaching were terrified and cried out to Moses. Moses in turn, calmed them down and told them not to be afraid and that they will never see the Egyptians again. He also told them saying: the lord will fight for you and all you have to do is to keep still.

We should have this at the back of our mind. As children of God, we are likened to the Israelites. In this life, there are many pharaohs that are after the children of God. It can be in the form of sickness, spiritual and demonic attacks from demonic individual or kingdom, financial problems and various kinds of troubles. When we are troubled by all these, we should cry out to God and never panic. Let us have faith and pray hard and we will see Him fight for us. As children of God, all battle brought before us are not ours but for the lord. He is our father and will fight for us because He is stronger, loving and a responsible father.

Fear is the beginning of defeat. That is why when the people of God are in trouble, the first thing He tells them is: "fear not" If one is rooted in God, there is nothing to fear. You only fear when your are very far away from God. Let us try to be close to God because from this comes great strength and confidence. Let us learn to call upon Him in times of trouble.

## Prayer

Present your case before God.

Commit your life into the hands of God.

Ask God to fight every battle in your life.

Ask our Blessed Mother to fight every battle in your life.

Pray the daily consecration prayer on page 51



**Saturday August 10th 2019**  
**NO ONE SUCCEEDS BY HIS OWN**  
**STRENGTH 1 Samuel 2:9**

This awesome line is taken from Hannah's magnificat. Simple as it may be, it is an obvious truth and a great reality. There is no one who succeeds by his or her own mere human strength. If success was by human strength, then the manual labourers would be the richest and successful people on the planet.

Success is not based on the strength of an individual but the grace and help of God. With the grace of God, one does not have to struggle to make it. If the grace of God is upon you, whatever you lay your hands upon will prosper and boom. That success comes from God does not rule out the importance of individual effort. Sitting and waiting for God to do a miracle will lead to poverty and doom. Everyone has to set his or her hands on something that God will have to bless and prosper. God has no dealings with an idle man or woman.

Let us learn how to pray for the grace of God upon whatever we do so that we can be successful. Our efforts alone cannot guarantee success. We need the help of God in this life to stand. Let us always pray for the grace to excel and for the spirit of excellence. Let us always allow God to go before us in whatever we do.

### **Prayer**

Ask God to bless the work of your hands.

Ask God to make you successful.

Pray for the spirit of excellence.

Pray for divine favour and upliftment.

Pray the daily consecration prayer on page 51



Sunday August 11th 2019  
**MAKE PEACE AND FORGIVE**  
Matthew 5:23-24

Forgiveness is very important for us Christians. We have to forgive all those that have offended us in any way, no matter how difficult it may be. Forgiveness is not an optional things but a compulsory thing for Christians. Forgiveness simply means letting go the wrong that people have committed against us. Forgiveness is an act of love. Without genuine love in our heart, we may not be able to forgive.

The book of Matthew 5:23-24 says: "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift." This is to show how important forgiveness is. It is an act of love. You can't worship God properly on His altar or church with a heart of malice and Unforgiveness.

Forgiveness is very important. Jesus on the cross with all the insults, all the pains, the agony, all the bloodshed, all the discretion, all the mockery and unfair treatment, forgave His enemies and asked God not to hold their sins against them. Stephen, at the point of death, forgave his enemies. Forgiveness is important. A heart that loves, forgives even when those that have wronged you do not show any remorse, regret or repentance. If one should wait for those who wrong them to be repentant before forgiving, then forgiveness may never take place. Forgiveness is letting go of what has been done to you, whether the person apologizes or not.

If there is anyone that has wronged us greatly, let us forgive for the sake of God Almighty.

### Prayer

Ask the Holy Spirit to Give you the grace and help you to forgive those that have wronged you.

Pray the daily consecration prayer on page 51



**Monday August 12th 2019**  
**DIVORCE**  
**Matthew 15:31-32**

"It has been said, 'Anyone who divorces his wife must give her a certificate of divorce.' But I tell you that anyone who divorces his wife, except for marital unfaithfulness, causes her to become an adulteress, and anyone who marries the divorced woman commits adultery." Matthew 15:31-32.

The Catholic church is not in support of marital divorce. Once a marriage has taken place on the altar and vows has been exchanged, it is only death that can separate the husband from the wife. In special cases, there can be annulment of marriage if there is a valid reason which has been looked into by the church. In the case of annulment, the marriage never took place.

As long as one is married in the church, divorce cannot take place though, there can be separation of spouses who wish not to live in the same house together due to some reasons. A man who is having issues with his wife, living separately from his wife with another woman or having another sexual partner is committing adultery. Any sexual relationship carried out without your lawfully wedded partner whether you both are together, or separated and living apart is adultery.

### **Prayer**

Pray for marriages experiencing conflict.

Pray for families.

Pray for those looking for life partner that the lord will give them the right person.

Pray the daily consecration prayer on page 51



Tuesday August 13th 2019  
**DON'T MAKE A SHOW OF YOUR  
GENEROSITY** Matthew 6:1-4

Do not make a show of your generosity. It is a bad thing and a sign of self glorification. To give is an act of love but the manner in which you give will show whether you are giving out of love or just to show off. When you do something for someone, do not let the whole world know about it. This on its own is a sign of sincerity and humility. A humble person can give quietly but a proud person will always want to make noise and show off. Let us emulate Jesus while doing charity. Jesus Christ, even though He is God, never made noise when helping people. Rather, if He should heal someone, He will urge the person not to tell people about it. This is how it should be for every Christian and follower of Jesus. We should learn to be humble and love sincerely. We should give without making the world know about it.

The book of Matthew 6:1-4 further explains this better. It goes thus: "Be careful not to do your 'acts of righteousness' before men, to be seen by them. If you do, you will have no reward from your Father in heaven. So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by men. I tell you the truth, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you."

### Prayer

Ask God for the Spirit of generosity.

Ask God to make you humble.

Ask God to help you give without show but with sincerity and genuine love.

Pray the daily consecration prayer on page 51



Wednesday August 14th 2019

## **THE MYSTERY OF BROKENNESS (1)**

**[Isaiah 38:1-5]**

The English dictionary generically defines brokenness as a state of being contrite; sincerely penitent, especially for one's own action(s). The Psalmist says, "The sacrifice of God is a broken spirit; a broken and contrite heart, O God, you will not despise." Psalms 51:17. A believer who not only truly understands the dynamics but also knows how to engage this kingdom mystery has in his/her hands the heart of God. It is virtually impossible for God to treat with scorn anyone who approaches Him in sincerity, and with true contrition. In the scriptural pericope of today, we are presented with the story of a King who was very ill and was about dying. The prophet, Isaiah, was sent by God to deliver a heartbreaking message to him. The message goes thus: "The Lord tells you that you are to put everything in order because you will not recover. Get ready to die." This message was so harsh and discouraging that it tore the heart of the king asunder. Nevertheless, he (the king) knew what to do. He knew a mystery that could make God retract His statement. And with remorse he cried and prayed to God, remembering Him of how he faithfully and loyally served Him in times past. God saw this and repented, and in turn, sent Isaiah with another message; a message of hope and life. He that was initially condemned to die was given an extra 15 years to live. How lucky are those who know how to approach God in this way! Beloved in Christ, it isn't enough to simply have a clue of this mystery key, we must also understand properly the dynamics of its operation; how it is being engaged and systematically applied to yield expected result. God will always refute the proud but give grace to the humble. This exactly was the mystery key that made God reckon David, His servant, as the man after His own heart. David truly understood this mystery and never ceased to engage it properly. This was his vantage and secret. Let's be like David, following his path and living by his principles. We shall continue tomorrow.

## Prayer

1. Thank the Lord for this powerful revelation.
2. Quicken my understanding, Lord, that I may truly understand and employ this mystery accordingly.
3. I come to you Lord in brokenness and true contrition, surrendering myself, and presenting these desires of mine (mention them) to you. I humbly plead that you show me mercy and compassion, even though unworthy as I am. Lift my burdens, O Lord, and let your marvelous light permeate and transform my life to the greater exaltation of your surpassing Name. Amen.

Pray the daily consecration prayer on page 51



Thursday August 15th 2019  
**PRAYER FOR THE MONTH OF AUGUST**  
(Second phase: For The Departed Souls)

**Prayer**

(Please pray with all seriousness and let nothing distract you)

Say the stations of the cross, asking God to have mercy on the souls of the departed suffering in Purgatory.

Pray the daily consecration prayer on page 51



## Friday August 16th 2019 THE MYSTERY OF BROKENNESS (2)

[2 Chronicles 7:14: "If my people, on whom my name is named, make themselves low and come to me in prayer, searching for me and turning from their evil ways; then I will give ear from heaven, overlooking their sin, and will give life again to their land."]

Welcome to another beautiful day. How thankful we are to God for dishing out to us His tender mercies and benevolence. It will forever remain a great privilege and a thing of joy to be in His presence. May His name be highly venerated forever more. Yesterday, we succinctly considered the first part of one of the vital mysteries of the kingdom and today, we would be reflecting on the second fraction. Brokenness as we said is a state of true contrition and humility. It is also a recognition of our inadequacies and imperfections outside of the help and mercy of God. The absence of a broken and contrite spirit is for many Christians the mystery behind not only the tragedies in their lives but also the continued patterns and the reign of darkness over individuals, families and even territories. Dear child of God, could it be that the reason you are still legally under a closed heaven is because you haven't yet humbled yourself and engaged this mystery that supplies emancipation from yokes? There are persons who may be living under the influence of a curse(s) as a result of dishonor to either God, man, or principles. Some are terribly suffering as a result of their own wickedness, sin, or even self-inflicted curses. For some, their predicament may be as a result of the sins of their ancestors who in the past fraternized with the devil. Some families are yet to hear the cry of even a child in their homes. This doleful circumstance might possibly be a form of recompense from God for the type of life which either of the couples involved led in the past (this sometimes might not be the case) or may be as a result of a critical biological problem. For some, they have never known the concept of victory throughout their entire life and are frustrated and angry at both themselves and life. Many are vehemently bound hands and feet by negative habits that they seem to have in time become addicted to and are now desperately seeking and crying for liberty that unfortunately seem not to come. Many sincere and God-fearing persons, families and territories are strongly and perpetually under the dominion of darkness and are held bound without any hope of emancipation. Isn't there a way out for those who know that they have been appointed to die? Isn't there a way out of these miseries even though there exist legal access (most especially covenants), accusations and charges that enforce their unhindered manifestation in our lives? Yes, my dear, the mystery of brokenness can bail you out of this mess! Arrogance, frustration and contempt towards God will bring no good. The mercy and saving help of God can only be accessed and received by a man who

has a humble and contrite heart. Get rid of your empty pride and in total brokenness, surrender yourself, together with your problems/pains to God and then watch Him turn your story around. Indeed that frustrating problem and life will change like day and night!

## Prayer

1. Worship the Lord as the Spirit of God leads you.
  2. Read the whole of Psalms 51 and 2nd Chronicles chapter 7.
  3. Engage this mystery in your prayer by humbly beckoning on God to change you, together with those negative circumstances in your life. Passionately engage and plead the salvific blood of Jesus for mercy and salvation in your life, family and all that pertains to you. (The blood of Jesus, amongst other spiritual weapons, is a very powerful weapon and elements in the Kingdom that supplies deliverance and salvation to God's people. Engage it with understanding and wisdom.)
- Pray the daily consecration prayer on page 51



Saturday August 17th 2019  
**THE POTENCY OF SATISFYING  
CONDITIONS (1)**

[Deuteronomy 28:1-2: "Now if you give ear to the voice of the Lord your God, and keep with care all these orders which I have given you today, then the Lord your God will put you high over all the nations of the earth: And all these blessings will come on you and overtake you, if your ears are open to the voice of the Lord your God."]

Many times, positive prophecies, visions, dreams and declarations tend not to materialize in the lives of men not necessarily because those that saw/communicated them were not genuine but because the recipients involved fail on their own part to properly fulfill the requirements needed for the Word of God/message sent to them to find expression in their respective lives. A student who attended every lecture but refused to sit for exams when the appointed time came shouldn't expect to pass those courses just because he/she attended all lectures. The condition required for him/her to pass wasn't fulfilled. The only condition needed for the Israelites of old to enjoy the benefits that came with the blessings laid before them in Deut. 28 was for them to totally obey the commandments and ordinances which God has commanded them to keep. If they arrogantly refuse to satisfy that condition, then, the punishment of disobedience will be their lot. Let us not continue to deceive ourselves intentionally by forsaking our quota if only we want the desires of God for us which have been sent to us either via prophecies by men or through His Word, to truly find expression in our lives.

### **Prayer**

1. Appreciate God for the gift of your life and for His sent Word.
2. Ask God to supply you with enough grace to satisfy the conditions needed to accelerate the manifestation of the good intents of God in your life.
3. Jesus, let my life be a living testament of the hand and glory of God. Let my life produce extraordinary and exceeding results.

Pray the daily consecration prayer on page 51



## Sunday August 18th 2019

# THE POTENCY OF SATISFYING CONDITIONS (2)

[John 2:6-7: "Now six pots of stone, every one taking two or three firkins of water, were placed there for the purpose of washing, as is the way of the Jews. Jesus said to the servants, Make the pots full of water. And they made them full to the top."]

Hmmm... What would have happened if the servants neglected Jesus' commands? Would the miracle have occurred if the condition prescribed by Christ wasn't satisfied? This is exactly what happens to us when we fail to fulfill the necessary requirements needed for the activation of a particular blessing. We will continue to be frustrated and angry at life if we absolutely do nothing aside receiving the prophecies of God. Even Abraham who was promised many descendants by God still had to obey the law of procreation to bring about the fulfillment of that prophecy. It isn't wise for a person who aspires to be in power to trivialize the need for discipline, discernment, moral uprightness and exceptionality. One who wishes to marry a goodly and godly spouse must have a sense of accountability. He/she must be a God fearing, honest, careful and purpose-driven person. His/her integrity must be tested and trusted. The virtue of forgiveness, true remorse and respect must be found in him/her. Having these qualities will naturally and spiritually attract a godly and responsible spouse to your life. These are the conditions you are meant to fulfill to enjoy that type of life. The concept, eternal life, can't be obtained by any man simply by wishing to have it but by sincerely acknowledging Jesus as the true Son of God, by declaring Him as one's Lord and Savior and by accepting His Life. If anyone wishes to be great in life, he/she must place great value on God, excellence and exceptionality. Such person must have a sense of creativity and value for productivity. He/she must not be frightened by failures nor easily moved to acquire the mundane things of life but must sit down to scrutinize and study the lives and strategies of godly men/women who through faith and patience struck an indelible cord in life. These are just examples of some of the principles that need to be satisfied for the desires of God to come to pass in our lives. Let us end today's reflection with this short but powerful words of Ellen G. Whites, "God's promises are all on condition of humble obedience."

## Prayer

1. Take up one or two songs of worship as you are led.
  2. Ask God to impact in you the spirit of discernment and understanding to know the right conditions to fulfill when the need arises.
  3. Take this prayer meditatively and seriously please, "Lord Jesus, before thee I knee, asking for your help and direction. Help me to know what to do when troubles appear. Grant me the grace needed to fulfil the conditions required, whether simple or hard, to activate the manifestation of your promises in my life. Grant me your enabling Spirit that transforms so that your goodness, power and glory might be visible by all in my life in the name of Jesus. Amen."
- Pray the daily consecration prayer on page 51



Monday August 19th 2019  
**FLEE FROM SEXUAL IMMORALITY**  
[1st Corinthians 6:18]

1st Thess. 4:3-5 says, "For the purpose of God for you is this: that you may be holy, and may keep yourselves from the desires of the flesh; so that every one of you may keep his body holy and in honour; not in the passion of evil desires, like the Gentiles, who have no knowledge of God."

Gross darkness has overwhelmed the world and that which was formerly considered evil and sinful by men have become the norm in our today's society. It is very disheartening to know that even those who label themselves as disciples and co-heirs of God's kingdom now find pleasure and satisfaction in the ugly and shameful lifestyle and systems of the world, systems that contradict the systems and ways of God. In this present time, the high rate at which sexual sins are perpetrated is alarming. Men have lost the fear of God and do not care if they violate His commandments by following their selfish desires and will. Homosexuality has become the order of the day. That which made God destroy the ancient cities, Sodom and Gomorrah, is now being practiced in broad day light, even in His Church. Countries have promulgated laws, legalizing its practice and have made the Churches in those States to strictly comply with that enforcement. Evil has indeed thriven! Teens now find nothing embarrassing and disgusting in sleeping around. Some who have tied the knot through marriage go against the solemn vow which they joyfully made on their wedding day and are now the victims of most infidelity cases. The transgender lifestyle is almost becoming a norm and it is evident that the devil is winning many into this despicable way of life. The rise in the promotion and propagation of pornography, which is usually accompanied by masturbation, have helped in worsening the case so far. The internet, which have provided an easy access to it have plunged many into addiction and for some, have destroyed their sex life and led them into committing acts like incest, rape, fornication etc. The majority now take pride in committing evil and joy in living lawlessly. It is to these people that the word of God speaks in Isaiah 5:20. It says, "Woe to those who call evil good and good evil, who put darkness for light and light for darkness, who put bitter for sweet and sweet for bitter." Lets bring to an end the reflection of this day with this critical admonition from St. Paul, "Do you not know that wrongdoers will not inherit the kingdom of God? Do not be deceived! Fornicators, idolaters, adulterers, male prostitutes, sodomites, thieves, the greedy, drunkards, revellers, robbers— none of these will inherit the kingdom of God."

## Prayer

1. Thank God for the gift of His Word.
2. Cry out to God for mercy for the many times you have failed Him through the lifestyle you led.
3. Say this prayer thrice and very seriously. "Father, behold me on my knees as I trace my steps back to you like a prodigal child. Show me your mercy, Jesus. I am weak and tired, tired of this lifestyle of mine. My strength and power have countlessly failed me and there is virtually no other way, humanly possible, through which I can be emancipated. Come to my aid, deliver me, not because I merit it but for the sake of the sorrowful passion and death of Jesus. Break the bond of sin in my life and make me a free agent through the most precious blood of Christ Jesus. Grant me Your life giving Spirit to help me in this new walk. Never let me return to my former way of life. I believe You, Lord, I know you will never allow me to perish in sin."

Pray the daily consecration prayer on page 51



**Tuesday August 20th 2019**  
**SCRIPTURAL KEYS TO LONGEVITY (1)**  
**1st Kings 3:14**

Long life is a blessing desired by everyone, both good and evil. In Psalms 55:23 the word of God says, "But you, O God, will send them down into the underworld; the cruel and the false will be cut off before half their days are ended; but I will have faith in you." This clearly shows that there exist a possibility of dying before one's time. And for this reason, the Bible have not left us in the dark as to the ways to which we can both exempt ourselves from unprovided death and obtain this kind of life, a long and healthy life. Not only does God want each one of us to have a full lifespan, but also to have a life of abundance, in every area concerning us—spiritually, materially, emotionally and physically. (John 10:10) This day, we are going to be examining certain straightforward principles from scripture that will enable us to enjoy a long life on earth.

#### 1. HAVING REVERENCE FOR THE LORD

Poverbs 10:27 says, "The fear of the Lord prolongs life, but the years of the wicked will be short." Oh, how happy is the man who takes delight in serving the Lord! It is indeed a special privilege. Throughout scripture, we have countlessly seen the benefits of having reverence for God. And among them is the possession of long life. Obedience to God and to His commandments brings about life. It is only by keeping His commandments that we express our passion and love for Him. Have the Lord ever denied Himself? His word remains true and unbending. As He has glued longevity of life on earth to having reverence for Him, so it remains till the final destruction of the world. "Because He loves me, says the Lord, "I will rescue him, I will protect him, for he acknowledges My Name... With long life I will satisfy him and show him My salvation." (Psalm 91:14 –16)

#### 2. HONORING YOUR PARENTS

This is a command from the Lord, a command that has a blessing attached to it. It is our Christian duty to care, respect and obey our parents, most especially when they are old. By doing so, we not only attract the blessing of longevity but also other special favors from God. Ephesians 6:1-3 says, "If a child (one's son or daughter, regardless of age) honors his father and mother, it will be well with him and he will enjoy long life on the earth!" Many do not live out their supposed lifespan and have died simply because they took lightly and never paid heed to this command. It may

be true that your parents may not be your ideal role models and you may not have very fond memories of your childhood growing up with them either. However, it does not change God's command, to honor them. Revere them and live!

## Prayer

1. I am very sorry, Lord, for neglecting and violating these spiritual principles which are necessary for life and abundance. And I promise, by the help of your grace, to make things right again.

Pray the daily consecration prayer on page 51



Wednesday August 21st 2019  
**SCRIPTURAL KEYS TO LONGEVITY (2)**  
Poverbs 9:11

Yesterday, the Spirit of the Lord enlightened our minds by revealing to us some of the principles that yield not just life but a healthy and long life. Today the Holy Spirit reveals to us other principles that are responsible for longevity of life, security, peace and health.

### 1. ENGAGING THE MYSTERY OF THE BLOOD

1 Corinthians 11:27-30 says, "It follows that if anyone eats the Lord's bread or drinks from his cup in a way that dishonours him, he or she is guilty of sin against the Lord's body and blood. So then, you should all examine yourselves first, and then eat the bread and drink from the cup. For if people do not recognize the meaning of the Lord's body when they eat the bread and drink from the cup, they bring judgement on themselves as they eat and drink. **THAT IS WHY MANY OF YOU ARE WEAK AND ILL, AND SEVERAL HAVE DIED.**" Oh, what revelation this is! A revelation many have trivialized. Amongst the seven sacraments is the sacrament of the most holy body and blood of Jesus Christ. A powerful sacrament of life which Christ left to His Church. It is unfortunate that Christians underestimate the potency and efficacy of this sacrament. The holy apostle Paul specifically made it known to all that whenever this sacrament is desecrated by receiving it unworthily, illness, weakness, condemnation and even death is attracted as a recompense for such grave sacrilege. And that which was supposed to supply life (both natural and spiritual life) now gives death as a result. "For the life of the flesh is in the blood, and I have given it to you upon the altar to make atonement for your souls; for it is the blood that makes atonement for the soul." Leviticus 17:1. For if by the shedding of blood, life is given, then, by engaging this roun circumspectly and with understanding, we can gain life for ourself. Blood is a powerful mystery in the realm of the spirit. And by this most revered and sacred blood of Jesus that speaks better things than the blood of Abel we can by pleading it, dispel the works of darkness, which includes premature death, from our abode.

### 2. CONFESSING POSITIVELY

It really matters what proceeds from our mouth. How powerful the tongue is!, From it wells both life and death. The words of foolish men stirs up hate and eventually leads into trouble but the utterance of the wise saves. Proverbs 13:3 says, "Whoever guards his mouth preserves his life; he who opens wide his lips comes to ruin." The tongue is a spiritual weapon of legislature that can either be used to bless or curse.

By engaging this weapon, negative pronouncements made against your life can be altered. It was by the power of utterance that Christ healed, delivered and drove out demon spirits from people. It was by this same power that He cursed the deceitful fig tree. Parents either bless or curse their offsprings by making certain pronouncement which then later comes to manifestation in their lives. Never treat with little significance the power of the tongue. "I tell you, on the day of judgment people will give account for every careless word they speak." Matthew 12:36. All these show how important our wordings are. Why should a man who continually declares himself as a finished man expect any good to come to him? Many sick people who doctors have ascertained and told to prepare for death are still hale and healthy today simply because they strongly believed and confessed the word of God which says "I will not die; instead, I will live and proclaim what the Lord has done." Psalms 118:17. Obtain a good, long and healthy life for yourself by engaging these principles. It is well with you.

## Prayer

1. Take up a song of praise and thank the Lord for this powerful spiritual illumination.
2. Now that you have a sound understanding of these principles, pray this prayer:  
"My Lord and my God, I knee before Thee with nothing but the most precious blood of Jesus Christ which was shed for my sake and for the salvation of mankind. I, with full understanding, engage this most powerful blood, the blood of Christ Jesus, and through the merit of it, I nullify every legal and illegal curse that have been laid upon me. I cancel out every evil agenda against my life and I break the chains of death surrounding me. I declare that I shall not die and that good health and life is my portion. I plead the blood of Jesus upon my life as a shield against the spirit of calamity and death that hover around the earth. I believe that I am secured and free from death and bondage in Jesus mighty name. Amen."

Pray the daily consecration prayer on page 51



Thursday August 22nd 2019  
**PRAYER FOR THE MONTH OF AUGUST**  
(Third phase: For The Departed Souls)

**Prayer**

(Please pray with all seriousness and let nothing distract you)  
Start with the Divine Mercy prayer for the departed souls in Purgatory.  
Ask God to Have Mercy on the souls in Purgatory.  
Ask Our Blessed Mother to comfort all souls suffering in Purgatory.  
Book or Request Holy Mass for the repose of the souls that have died.  
Pray the daily consecration prayer on page 51



Friday August 23rd 2019  
**THE ALTAR OF SACRIFICE (1)**  
Genesis 22:9

To sacrifice means to offer (something) as a gift to a deity or god. It also means to give away (something valuable) to get at least a possibility to gain something else of value (such as self-respect, trust, love, freedom, prosperity), or to avoid an even greater loss. This present generation hate the concept called sacrifice. Nobody wants to pay the price but wants to obtain extraordinary results. Anyone who desires to gain forby and superior results in life must be ready to pay the stipulated price. Sacrifice is that key in the kingdom that is responsible for the manifestation of uncommon results in the lives of people. The level of the sacrifice you make determines the type of result that will be birthed. In the 1st book of Kings, we were told of the story of a King named Solomon who at Gibeon sacrificed a thousand bulls to the Lord. That very night, the Lord came to him, asking him what he desired from Him. That sacrifice bore him a superior wisdom, affluence, honor and influence that no man born of a woman can ever again have. This is the potency of sacrifice! No other sacrifice can ever exceed that of Christ on the cross; a sacrifice of genuine love! Christ's substitutionary sacrifice remains the highest sacrifice that can be offered in history, for it was offered by God Himself. And for this reason, the sacrifice, blood and name of Jesus remain the most powerful and highest entities that can save, deliver and give life. No great man attained greatness by chance, such a man is a product of weighty sacrifices. In the spiritual realm, one is ranked according to the level of the sacrifice he/she have made. Being born again doesn't just suddenly equip you spiritually neither does it automatically transit you to the acme. Many things are to be done aside receiving the life of Christ in order for you to be granted access to the various gateways and phases in the realm of the spirit (note: for a Christian, receiving the life of Christ is the only foundation that can bring about such equipping and transition). Always remember that a sacrifice, though usually painful, must be intentionally offered. Any sacrifice which is forcefully given usually have little or no effect; the giver must consentingly and willingly offer it. Every sacrifice, both great and small, strikes a cord in the realm of the spirit. Why did the Israelites, who were just a stone throw from victory, run for their dear lives when the king of Moab, who was almost been defeated in war, slew and sacrificed his eldest son on the city wall to the god of Moab? Why did even God respect such an ungodly sacrifice? Tomorrow, I will show you why those who have fraternized with the devil seem to prosper and command much power than we the Children of God. This short series will transform and change your life forever. Stay and remain blessed.

**Prayer**

1. Thank the Lord for today's reflection.
  2. Magnify Him for the great work which is about to take place in your life.
  3. Carefully and completely read the third (3rd) chapter of the 2nd book of Kings.
- Pray the daily consecration prayer on page 51



Saturday August 24th 2019  
**THE ALTAR OF SACRIFICE (2)**  
Hebrews 9:26-28

We began this powerful series on sacrifice yesterday and today, we are going to continue from where we stopped. Now, we know that altars truly speak. Altars command power according to the level of sacrifice offered on them. The sacrifice of Christ remains the highest sacrifice because there exist no being greater than God (Christ Jesus the God-man). If there were to be, then Christ's sacrifice would become secondary. And since there exist none, all other sacrifices must submit to the power of Christ's sacrifice on the cross and it is for this very reason that all beings in heaven, on earth, and in the world below will fall on their knees, and all will openly proclaim that Jesus Christ is Lord, to the glory of God the Father. The reason people who fraternize with the dark world most times seem to exert and command greater power than we Christians is because they strictly observe without fail the ordinances of their coven and offer weighty sacrifices to Satan, their master. There is this story of a man who was formerly the leader of an evil cult group. He terrorized the community and was responsible for many tragedies. He sometimes goes to churches not necessarily to encounter Christ but to vet and make scorn of level and power of the men of God. He continued this until he encountered something that completely changed his life forever. On that fateful day, he decided to attend a church in Zaria, Nigeria, as he usually does. He sat quietly in one of the "overflows", waiting for the man of God to begin his sermon. Finally, the servant of God mounted the pulpit and had barely spoken when fire from above descended on the man. There was complete uproar, the victim utterly disordered the environ and then fell unconscious. After all that happened, he was ministered to and then revived. It was after he recuperated that he divulged in detail the story of his life. This man today is a born again Christian, a passionate lover of God and a helper in the Church. This story shows evidently that power differs from power. The man of God operated from a superior kingdom that surmounted the power of the cult leader. This so-called cult leader had faith in his evil sacrifices and in the power which have been given to him by the Devil. And while relying on the strength of these, believed that nothing can do him any harm. Dearly beloved, sacrifices are powerful. It is foolish and unwise to contend with people who you clearly know are greater than you. In this world, there is more than meet the eyes. People operate and brag on the strength of their sacrifice. They know that which gives them sure confidence. An occult man who makes human sacrifices cannot in any way be ranked on the same level with an evil man who offers goats and rams as sacrifice. It is true that both men are evil but in the realm of the spirit, their levels differ. The one who offers human sacrifice has

a vast advantage over the one who offers animals. This is the reason Satan and evil people make a mockery of Christians. Most Christians do virtually nothing but want to pull down powerful strongholds. Even the Bible says, "No one can break into a strong man's house and take away his belongings unless he first ties up the strong man; then he can plunder his house." In the kingdom, believers operate on the strength of spiritual illumination. The weightiness of your sacrifice is directly proportional to the kind of result that would be produced. Isn't it surprising at how viral the music produced by popular celebrities who are in the occult (Illuminati Society) go even though they well from the pit of hell? A weighty sacrifice was paid for such result. Those celebrities have sold their souls to the devil for fame, money and power (they have pledged their allegiance to him and fraternized with that mystery Babylon). This selling of one's soul also entails consentingly denying the person of God, the forsaking of your moral codes and integrity and offering as a sacrifice, those who would come under your influence in exchange for the mundane things of life (power, money and fame). This is a spiritual deal which people aren't aware of. This is responsible for the result, strange result, that is produced by this celebrities. The efficacy of this sacrifice compels you to listen to their songs despite the fact that you don't want to. Can you now see how effective it is? How then do Christians make their own sacrifice? This we will discuss in part 3.

## Prayer

1. Jesus, I extol you for this spiritual illumination. Please, open up my heart to receive your word and help me align properly. Help me not only to hear but to obey and walk in it power thereof. Amen.

Pray the daily consecration prayer on page 51



Sunday August 25th 2019  
**THE ALTAR OF SACRIFICE (3)**  
Romans 12:1-2

Let's begin today's reflection with this powerful song by Daps Dalyop Gwom, "Let the fire from your altar purge my body, let the fire from your presence purge my body. Oh speak from your heaven and the earth will hear, oh speak from your heaven and the earth will hear, my altar is calling you O God, my sacrifice is calling you O God." It really matters that we make quality sacrifices to God. Sacrifice not only empowers but as well builds strong systems of fortification around us. It in addition gives us access to legislate on behalf of the kingdom and walk in total dominion. The world we live in is very evil and dangerous. All great personalities who have risen in strange ways and have struck significant cords in history did so not just because they merely had good intentions nor on the strength of mere determination and love for success but on the strength of the sacrifice they made. This was the reason behind the unusual success of King Solomon. It evidently was the reason why Haman was so confident about his agenda to wipe out the whole Jewish people. Through divination and the offering of sacrifice to his god, he obtained a suitable date for the complete massacre of the Jews. Nevertheless, it was by the efficacious power of the sacrifice of prayer and fasting, which was observed by the Jews, that the evil plan of Haman revolted. Never underestimate the capability of sacrifice. How then can Christians make sacrifices? Should we then continue to kill and shed the blood of animals as our ancestors did? No! Instead, we are to offer a new type of sacrifice, a spiritual sacrifice.

1. **THE SACRIFICE OF PRAYER AND FASTING:** Scripture makes us understand the true value and potency of prayer. Adding fasting to your prayers intensifies it just as the addition of fuel to a burning fire increases its rate of combustion. Truly, the effectual prayer of the righteous man availeth much. And without it, no just man can stand. This was one of the major secrets of Christ. It's a sacrifice that constantly needs to be offered on our spiritual altar. Aren't you amazed at the extent at which the enemy can go just to bring you to a point of prayerlessness?

2. **YOUR SERVICE IN THE HOUSE OF GOD:** "And it shall come to pass, if ye shall hearken diligently unto my commandments which I command you this day, to love the LORD your God, and to SERVE him with all your heart and all your soul." Deut. 11:13. As we read downwards, the Spirit unfolds to us the benefits of genuinely serving God. This on its own is one of the mysteries of exemption. It exempts you from calamities and disasters that should at default come upon you. You should count

it all joy to serve the Lord, your maker. Don't be like that unprofitable servant, show concern for the things of God; the things that really matter. Join a society or group in the Church through which you can serve God effectively and efficiently.

3. THE SACRIFICE OF A HOLY LIFE: All other sacrifices are utterly useless if this isn't put in place. Isn't it unwise for a cook who wants to prepare a meal to neglect the importance of water? So also is it in this case. Holiness is the foundation on which all other sacrifices rest upon. We must truly desire to be holy. The Holy Spirit has been saddled with the responsibility of transforming men who are willing to cooperate. If you truly want to carry true spiritual power, then, you must do proper justice to this.

## Prayer

1. Pray that God edifies you into a powerful spiritual system.
2. Engage intensely the warfare dimension of prayer and by the blood of Jesus, pull down the powers of darkness and revolt the agendas of your enemies.
3. Ask God for grace to walk in the power of this revelation.

Pray the daily consecration prayer on page 51



Monday August 26th 2019  
**THE ALTAR OF SACRIFICE (4)**  
Romans 12:1-4

Today, we shall take off from where we stopped yesterday.

1. **THE SACRIFICE OF YOUR RESOURCES:** Through this, many have raised a mighty spiritual fortification around them. This is the very reason some persons seem insurmountable and untouchable in the face of real life circumstances. It's very unfortunate that many believers are parsimonious and hardfisted. They so much hate to here anything that pertains to charity and generosity, it so itches them and yet these same persons want to experience the abundance of God and access true spiritual power. Dear, it is very important that you know and respond adequately to this. Many individuals have through the "sowing of seeds" entered into strange dimensions of the anointing. Some through it have raised altars that have forever silenced the voice of poverty in their life and family. Your support in the house of God and things that concerns Him shouldn't be counted as a waste. These things are powerful and have been speaking for us. The reason we sometimes experience no result after investing so much in the things of God is either because we did those things to receive praise from men or because we did them without adequate understanding. This is a sacrifice that is effectual and powerful. Now that God have blessed you, why not bless Him by helping the less privileged, supporting the Church and the work of evangelization?

2. **THE SACRIFICE OF YOUR LIPS:** The writer of Hebrews says, "Through Jesus, therefore, let us continually offer to God a sacrifice of praise— the fruit of lips that confess his name... for with such sacrifices God is pleased" (Hebrews 13:15–16). Men say, "He who sings well prays twice." This saying is very true. Praise and worship are powerful tools of invocation in the realm of the spirit. A believer who knows this truly understands the dynamics of hosting God. Through praise, the Israelites of old surmounted kingdoms. It was their secret weapon of warfare. And with it, they invoked the shekinah of God which constantly gave them cheap victory over their enemies. Offer your latria to God as a sacrifice. It is a very powerful spiritual artillery that have been given to the saints.

All of these are spiritual sacrifices that edifies and empowers a believer. It makes him/her invincible and immune to attack. Employ them wisely and with understanding and see the wonder your life will become.

## Prayer

1. Lord, now that I have known all these, help me to apply them thoughtfully, adequately and with understanding so that the appropriate results may find full expression in my life.

Pray the daily consecration prayer on page 51



Tuesday August 27th 2019  
**THE POWER OF COMPETENCE (1)**  
Daniel 6

TheWordweb dictionary defines competence as the quality of being adequately or well qualified physically and intellectually. Your competence in conducting things singles you out of the crowd. It compels men to come to your light and its brightness just as honey does to ants and insects. Daniel excelled in an uncommon way in Babylon, a foreign land, not only because He was marvelously helped and favored by God but also because of his ability and dexterity. His excellence left the pagan King with no other option than to set him as the overseer of all other supervisors, governors and even the entire empire. His superfine ability to produce excellent results repeatedly was utterly undeniable by all, even by his enemies. Many at times, we fail to achieve adequate results talk more of exceptional ones not necessarily because we do not have anything doing or to offer but because of our lack of competence. We trivialize its value so much even to the extent that we begin to lose the very few persons that patronize that which we have to offer. No great man will ever come to the brightness of your light until he vets the level of your qualification and competence. Great personalities are not that daft to associate themselves with you or require your services simply because you are well meaning, No! They firstly understudy your results carefully to vet its excellency and your consistency in replicating them. It is only after this that they can with confidence come to the brightness of your rising. It really matters that we know this. The negligence of this is for many the cause of unfruitfulness and poverty in their lives. There's no doubt that you have series of talents, you may probably have a business or handwork but still, it seems like nothing profiting is coming forth from them. Aside from living under a closed heaven or being hindered by the power of darkness, this may also be one of the reasons behind your lack of results and failure. We shall continue tomorrow.

### Prayer

1. O God come to my aid, O Lord make haste to help me in my (mention where you need God's help) in the name of Jesus (3 times).
2. Father, cause me to be exceptional in the way I do things so that men will in an uncommon way locate me and come to my light.
3. Take me to a higher level, O God.

Pray the daily consecration prayer on page 51



Wednesday August 28th 2019  
**THE POWER OF COMPETENCE (2)**  
2 Timothy 2:15

Yesterday, we were enlightened on the importance of being competent and how crucial it is, most especially when it has to do with our profession or vacation. St Paul in his epistle to the Corinthians declared himself as a wise and skilled master builder who by God's grace have laid the true and solid foundation (Christ Jesus) for all others to carefully build upon. This exactly is where the concept of a "Track Record" comes in. A track record refers to the summation of the achievements or failures that someone or something has had in the past. The key to building that sure foundation wasn't given to St. Paul just because he was lucky, he had a track record. Paul before his conversion was so diligent and competent in carrying out his duties as a reputable lawyer and pharisee. His exceptionality esteemed him higher and far above his colleagues. His obsession to fulfill and uphold the law made him slaughter the disciples of Christ because to him, they were blampheming God. When God saw Paul, he knew He had found a man who would become a useful battle axe for the propagation of His kingdom. Paul's obsession, competence, dexterity and intelligence captivated the heart of God. He was indeed qualified for the task. In the end, Paul was reckoned as one of the greatest apostles that ever lived. Indeed, he was a great advantage! Nobody wants to waste his/her time on something that is profitless. People only go to places where good results can be reproduced. A man who is both excellent and reliable will never lose value. He will be an ever shining object of attraction; an invaluable jewellery, as far as he remains unique, relevant and capable. No wise parent will ever entrust the life of his/her child/ward into the care of a reckless taxi driver for conveyance simply because of his/her love for him. Such a driver must have at first a track record of careful driving. Such parent believes that such driver must be experienced and must have been exposed to all sort of things throughout the course of his driving career in order to be a good one. Men will never patronize you if you disregard the power of competence. Who would ever love to employ a chef who doesn't know to prepare delicious meals at all times? Why should a food vendor who insults her customers and disregards the value of honor and cleanliness expect to get more customers? Can an architect who lacks good sense of construction ever get a federal construction contract? Never! A tailor who always sews contrary to the agreed style and pays no attention to tidiness and organization will in no distant time lose a greater percentage of his customers due to his ineptitude. Whenever you become easily replaceable, it shows that you are yet to attain full competence. Consider the managers of bank, these people weren't just

elected as a result of their elegance or body size, their track record of discipline, excellence, accountability and reliability made bank administrators to look for them. Could it be that the reason your business or handwork have adamantly refused to yield result is as a result of your negligence to this principle? Most times, we attribute the cause of our lack of result to the enemy not knowing that the fault comes from us. How then can we become competent? Tomorrow is another day.

## Prayer

1. Thank the Lord for today's reflection.
2. Ask the Lord to transform your mind and impart in you the spirit of creativity that will make you outstanding in the midst of great personalities.
3. Lord Jesus, I want to be mightily used by You. Grant me the required grace to align myself accordingly to this principle so that I can become a useful vessel in Your hand to the glory of Your name.

Pray the daily consecration prayer on page 51



Thursday August 29th 2019  
**PRAYER FOR THE MONTH OF AUGUST**  
(Fourth phase: To The Departed Souls)

**Prayer**

(Please pray with all seriousness and let nothing distract you)

Pray the Joyful Mysteries, Praying and seeking for the intercessions of the Holy Soul that are triumphantly in Heaven.

Ask the Saints to bless and help you in all aspect of life.

Ask the Saints of God in heaven to assist you so that you can become one of them at the end of your earthly journey.

Pray the daily consecration prayer on page 51



Friday August 30th 2019  
**THE POWER OF COMPETENCE (3)**  
2 Timothy 2:2

Many businesses that have no business folding are no more simply because they were managed inadequately. Beautiful talents and skills have died not necessarily because they weren't employed but because the possessors lack the ability to refine and upgrade them to suit the prevailing standard. Some have lost jobs that they so much suffered to get simply because of how irresponsible and incompetent they were. Always get ready to be replaced whenever your results begin to fluctuate. The production and stable maintenance of a reliable result is what keeps you relevant. No matter what happens, Facebook, which is one of the leading social media platforms, will remain relevant as far as the executives and staffs continue to give their best to it users. The creativity and competence of the company's executives and staffs is what we enjoy whenever we use the app. Now, coming down to us believers, how then can we become highly knowledgeable, skilled and qualified?

1. BY SEEKING GOD'S HELP: Truly, God lifts men. He is called Ebenezer which means "the helper of the people of Israel." Daniel was exceedingly successful because the hand of God was with Him. Mordecai, the gatekeeper, was exalted to the acme because the Lord was willing to lift him. It is within the jurisdiction of God to raise lowly men. He has done it in the past and is still very much capable. Implore his help like Jabez and you will see the wonder your little life will become.

2. HAVING A REFERENCE: There exist no great man who doesn't have one or two references. A reference in this context is a person who significantly influences an individual's behavior; a person who you emulate and want to be like. There must be someone who represents the true emblem of the attributes and qualities that you aspire to possess. Even Apostle Paul encouraged the Corinthians to follow his example as he follows that of Christ. He was a true portrait of what he wanted them to become; Christ. As a man/woman of God, tailor, parent, driver, accountant etc., who is your reference? Without a reference, how then do you want to become competent?

3. ENGAGING THE PRINCIPLE: The above will never come to materialization if they aren't engaged. They must be put into practice or else nothing will be achieved. Truly seek the help of God, buy good books and understudy the lives of those you want to be like. Live by their principles since those principles were responsible for the exceptional results that were produced. It is only by this that we can become competent. Aside from this, there's no other way.

## Prayer

1. Father, I believe Your word, for they are truth and life. My Ebenezer, elevate me like you did to Joseph Your servant. Help me to properly engage all that I have received and grace my life with your blessings as a result. Amen.

Pray the daily consecration prayer on page 51



Saturday August 31st 2019

**FOR THE LOVE OF MONEY IS THE ROOT  
OF ALL EVILS...**

**1 Timothy 6:10**

The desire to have money isn't bad in itself, for if it were, then, of what essence is money? Money was created for man as a commodity of exchange. If not for money, the various church buildings, schools, houses and social amenities you see around wouldn't have been constructed. Even the concept of propagating the kingdom of God to the ends of the earth in this present age requires not just money but a huge amount of it. Money is never bad, it is the lust and obsession to have it at all cost that should be labeled as evil and dangerous. It is this obsession that drives men into doing things that can even be detrimental to their souls. Many famous celebrities and leaders have fraternized with that mystery Babylon in a quest to have either power, popularity or money. In this case, the commodity of exchange was their 'SOULS'. These kind of people have not only pledged their total allegiance to the Devil but have forsaken their integrity, moral codes and denied the salvific power of the blood of Christ over their lives. These people, as part of that dangerous deal, have intentionally chosen the fire of Hell as their eternal lot. The days we live in are evil. People are now desperate to do anything to acquire money. This itself is a satanic manipulation. The economy is a very powerful tool which when slightly altered can shake men in a way that matter. The Devil knows this and have manipulated it in order to bring men to fraternize with Babylon. Youngsters are now beginning to join evil cults simply because they want to drive flashy cars and build magnificent houses. Men of God now manipulate God's flock all in the name of God in order to satisfy their own selfish purposes. It is the love of money that makes you to lie and cheat your customers in order to sell your products. It is this lust that makes young ladies/women and men to enter into the sex industry (which includes pornography industry). This lust for money have made well meaning believers to collect bribes and have pressured them into telling lies about their age in order to get a job. The obsession to have money have made some people to literally sacrifice their own wife and children as a ritual in exchange for wealth. Isn't it the love of money and power that make politicians unconcerned about the welfare of the people they represent? They care no more about those that voted them in since their selfish desires have been accomplished. In this day and age, it is out of frustration and lust for money that Christian parents encourage their children to marry only rich persons, irrespective of who they are and what they represent. The only litmus test that shows whether you have fraternized with Babylon or not is that "your soul never prospers as your wealth prospers". The devil can not allow both to prosper. Never! You have

only escaped when both your spiritual life and 'pocket' exceedingly thrives.

## Prayer

1. Take up this :

"I cast my crown before the highest royalty, I am undone before your royal majesty. You are the King of kings and Lord of lords, You are the Lord of hosts, You are the Prince of peace, Your royal majesty. “ 2x

2. Ask the good Lord for mercy, for the various times you have elevated money above Him and for the times you have comprised in order to satisfy your selfish desires.

3. As an empowered believer, command with authority the spirit of Mammon to depart from your life and ask God to restore you to normalcy.

4. Cry out to God for help. Ask him to deliver you from the shame and embarrassment poverty have brought to you. Plead Him to change your story and make you a living testimony.

Pray the daily consecration prayer on page 51



## **INFORMATION SECTION**

### **DOWNLOAD MARY OUR HELP ANDROID APPLICATION**

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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



## 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 did 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 14 days, 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.