



# **AUGUST DEVOTIONAL 2024**



**"A NEW COMMANDMENT I GIVE TO YOU, THAT YOU  
LOVE ONE ANOTHER: JUST AS I HAVE LOVED YOU,  
YOU ALSO ARE TO LOVE ONE ANOTHER."  
JOHN 13:34**

**MARY OUR HELP**



# **Mary Our Help Devotional**

**THIS DEVOTIONAL IS DEDICATED IN TO THE  
HOLY SPIRIT OF GOD.**

## **Mary Our Help Devotional**

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# **POWERFUL NOVENA FOR MARRIED AND SINGLES**

Dearly beloved in Christ, this is to inform you that the novena to for married and singles **will begin on the 15th of August, 2024.**

The initial section of the prayer is intended for those seeking to entrust their relationship to God or to have God provide them with an appropriate partner. It is recommended for those experiencing significant delays, disappointments and setbacks in their plans to get married.

The second part of the prayer is for married couples who wish to entrust their marriage to God or seek divine intervention regarding their marriage. It is recommended for those seeking love, peace, understanding, deliverance, faithfulness, provision and divine healing in their marriage.

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Please remember them all in your daily prayers. God bless you all.

AUGUST 1, 2024

## **LOVE OF THE FATHER**

John. 3:17

God continually invites us back to Him and works for our good, even when we do not understand what He is doing in our lives. He longs to walk with us as a loving Father even when we stumble and fall. God wants our life, not our death. He is always working to help us return to Him and He is continually inviting us closer to Him. How has God called you back to Him or closer to Him in the past?

Though we can experience many painful things in our lives, God is always working for our good. It can be remarkable to look back and see how God has been working for our good. How has God worked for your good in the past, even when it was difficult for you to see it at the time? All people are flawed, and we are powerfully influenced by our relationships with other fallen people. We often tend to project our experiences with our parents or others close to us onto our relationship with God. What might you tend to project onto God from your relationships with others?

God knows what we are capable of and incapable of. He longs for us to bring our imperfections to Him and allow

Him to walk with us. What are your greatest weaknesses that you can bring to God?

### **Passages from John**

First John chapter three, verse one says, see what love the father has given us. That we should be called children of God. And so, we are. In my life, in the lives of family and the lives of friends, and the entirety of the scriptures, the father's message is a loving, beckoning message. Come back to me. Come back to me. We were made from Him. We were made for Him. So, living according to that union, putting ourselves in a place where we are drawing closer and closer to God, that is, the abundant life. I love John 10:10. That is one of my very favorite verses in scripture. *"I came that they might have life and have it to the full."*

God wants us to live the abundant life and the most abundant life we can live is one in which we experience the love of the Father, which is always to us. Yet sometimes we fail to avail ourselves to that, or sometimes we fail to recognize the nature of God's love for us, or the fact that he loves us at all, that we walk away from it and we deviate from that design, from that plan.

God wants our conversion, which is what Lent is for. We bring ourselves to the desert. We are removed there by the Holy Spirit so we can receive with more clarity without so many distractions from the world or from ourselves, we receive with more clarity. What is His will for us? He wants our life, not death, not our downfall. It is Satan who desires us to fall, to be defeated, to be separated from God, but the Lord is always working for us to return to Him. He is always inviting us to come to Him and He is glad when we do so.

We are all so familiar with John 3:16. ***“God so loved the world that He gave His only son that all who believe in Him might not perish, but have eternal life.”*** That is very good and so true, but when we pair that with the next verse, John 3:17, we understand things more fully. ***“God did not send his son into the world to condemn the world, but to save the world through him.”*** God looks upon his own creation with love, always with love, always with hope that we will return to him.

God does not desire our, our death. He desires our lives. He wants us to experience the triumph, the joy of the resurrection because in every lack in anything that we want, in every unmet desire, the Lord still says, I fulfill that. I am what you need.

## Prayers

- Lord speak to us and say, tell me about that. What is it that you don't want to talk to me about? Let's work on that. And the father does so in love. We know from our life experiences, we know from scripture that to run away from God's love, from His provision, from His will, for our lives, which is completely merciful and just and loving, we know that to run from that, to deviate from that means confusion and misery. And when we do so, the Lord waits and always says, come back to me.
- Say the daily prayer on page 160.
- **[For the full readings of today, Click here](#)**

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AUGUST 2, 2024

## **IN PRAISE OF GOD'S GOODNESS**

Psalm 34:18

This is a very encouraging verse to us as Christians of the 21st century. Especially in our day to day struggles as we try to follow and emulate Christ. It encourages us that even at our difficult or trying moments; when we feel all is lost, as if God is not near us or doesn't care about us or maybe that He is not even listening to our prayers, those are the times when He is more closer to us than we think. At times the devil fills our minds with many negative thoughts, especially when we are going through a hard time, to make us feel as though God has abandoned us and doesn't care for or love us. But Matthew 6:26-27, "look at the birds of the air they do not reap or sow or store away in barns and yet our heavenly Father feeds them. Are you not much more valuable than they?" reassures us even more of God's presence in our lives during difficult moments.

Encouraged by the story of Job, after all he went through, he remained faithful to God during tribulations and later on God

rewarded him with double portions in everything he had lost. This tells us that sometimes God allows us to go through trying times to prepare us for something big or to teach us a lesson.

When we are experiencing difficulties, let us be mindful that God's grace is sufficient for us. "For my power is made perfect in weakness" (2 Corinthians 12:9). "He cannot test us beyond our faith" (1 Corinthians 10:13).

In the book of Romans 12:12, "let your hope keep you joyful. Be patient in your troubles and pray at all times". This word of God encourages us to pray during our trying moments. As St. Padre Pio said, "if we have time to worry then we have time to pray".

## **Prayers**

- Lord, thank you for being closer to me during my difficult moments and thank you for reassuring me with your word.
- Thank you for loving me unconditionally.
- Forgive me for the times I have felt as though you don't love me and that you have abandoned me.

- Forgive me for doubting your saving power.
- Forgive me for seeking worldly help.
- Say the daily prayer on page 160
- **[For the full readings of today, Click here](#)**

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AUGUST 3, 2024

## **COMMENTARY**

James 5:13-20

The preceding chapter in the Epistle of St James has described the ideal congregation that lives in cooperation and harmony in accordance with heaven's peaceable grace and the repudiated wrangling, privilege and domination.

James addresses communities more than individuals. To the twelve tribes in the diaspora he promotes an ethic in integrity that emphasises building one another up. He ends the epistle with the verses from a lesson that apparently somewhat is a miscellaneous array of exhortations.

The verses describe some of the goings on one might expect to observe in the sort of community James has in mind. Although James uses the form of imperative verbs, the context of the whole letter warrants our reading these verses not just as an array of commands.

A congregation under the influence of James would be committed to sharing each other's burdens and joys. In previous chapters, James envisions a community where

class and poverty do not divide disciples. Here he applies the same logic to grief, illness and sin. If one member is sick the whole congregation is weak. Anyone who is affected should feel confident to ask for help from their neighbours, and the congregation leaders will pray on their behalf and anoint them with oil. Although James does not point it here, oil was not emphasised prominently as it was not necessarily readily available to the poorest Christians.

James also re-introduced the topic of truthfulness as an aspect in the passages. He has focused on the distribution consequences of intemperate speech. Here he emphasises the positive necessity of telling the truth. He insists that disciples should tell the truth at all times to the extent that they need never take an oath since everything they say is truth.

## **Prayers**

- Heavenly Father thank you for your word. Lord in your word there is power, grace, healing, mercy and forgiveness. Help us dear Lord to be always faithful to you. Help us to be witnesses to your word in season and out of season.

- May we live our lives according to your word, that by our way of live we may draw others to you.
- And so dear Father, we thank you for hearing my prayer in Jesus precious name.
- Say the daily prayer on page 160.
- **[For the full readings of today, Click here](#)**

AUGUST 4, 2024

## **SIN**

1 John 3:4,12, Mathew 15: 18-20, Romans 5: 12,17, Ephesians 2:2, Proverbs 4:15, Romans 6:12 14, Romans 8:12-13, 1Corinthians 15:34, James 4:17

**Sin** is described as a “transgression” of God's spiritual law. The passage reads, “Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law”. One who commits sin violates or disobeys the will of God as revealed in the Bible. It is any failure to meet God’s perfect standard of holiness. It can be internal or external Sin is anything (in thought, speech, or behaviour) which does not honor God or conform to his commands.

### **Types of sin**

Catholic doctrine distinguishes between personal sin (also sometimes called "actual sin") and original sin. Personal sins are either mortal or venial. Mortal sins are sins of grave (serious) matter, where the sinner performs the act with full knowledge and deliberate consent.

Mortal sin is when we do what we are commanded not to do. When people think about “sin,” this is what they think about.

I doubt this type of sin needs much explanation, but here are a few examples:

- Acts of violence against others.
- Theft and taking what is not yours.
- Adultery and breaking your vows.

Venial is a sin that is relatively slight or that is committed without full reflection or consent. While a venial sin weakens the sinner's union with God, it is not a deliberate turning away from God and so does not wholly block the inflow of sanctifying grace.

Venial sins are those sins which exist because we failed to do what God commanded. It points to our failure to do what is right. It also means the absence of something that should be there. “Anyone, then, who knows the good he ought to do and doesn’t do it, sins.”

Too often, we only think about sin as something that we “do.” *Examples of Venial sin;*

- Thanklessness which leads to coveting or theft.
- Silence in the midst of obvious oppression (racism, poverty, human trafficking, etc.).

- Neglecting the Great Commission and failure to talk about the gospel with others who do not believe.
- A stingy spirit which leads to a lack of generosity (not tithing, not giving to others who are in need, etc.).

## **Sources of Sin**

- Desire to be like God/greed for power-One may want to challenge God. For example Scientists and one longing to be superior in a society.
- Disobedience of man/breaking of the commandments-Killing others mercilessly and not obeying God's commandments.
- Lack of faith in God- Doubt God's existence and relating the issues facing you, asking yourself how the unseen God can come in thus resort to manmade solutions.
- Anger and jealousy made Cain to kill Abel after God had high regards for him.
- Man's ambition-man wanted to know what is good and evil.
- Free will choice- God gave them a chance either to choose obedience or disobedience towards God.

## Consequences of sin

Sin affects our relationship with God, turning the love that belongs to Him alone and pointing it inward toward ourselves. We reject Him in favour of anyone and anything else.

Rejection of God and rebellion against Him is death. The scriptures tell us over and over that sin leads to death and destruction because there are consequences with going against the grain regarding how God designed us to live and obey him. Physically – Sin can cause an internal conflict with God and us, leading to health issues and taking a physical toll on your body.

Sin places your own desires above God's desires, which leads to failure to obey what God has instructed. In this sense, sin is self-worship and self-idolatry. All sin is a failure to keep the first Commandment (have no other gods before me).

Sin proclaims that God is neither trustworthy nor to be obeyed. Sin erodes faith, Sin brings shame. In the OT if a person sinned he had to bring bulls and rams as a guilt offering for the remission of sins. Years after year they had

to come for cleansing from their sin with the blood of an animal.

### **What you need to do to avoid sin.**

1. Understand what you should and shouldn't do. Start with the Ten Commandments.
2. Don't rationalize. Take God's rules as they are.
3. Don't think about sin.
4. Don't put yourself in tempting situations neither should you tempt others.
5. Pray every day, that is, say the Lord's Prayer and the Holy Rosary every day if possible frequently.
6. Talk to God about the sin disturbing you.
7. Get a Bible and read it every day.
8. Fasting
9. Asking for the graces to avoid sin.

### **Prayers**

1. Pray that God may give us the spirit to know when sinning.
2. Pray that God May grant us the graces to know the type of sins disturbing us
3. Pray that God may grant us graces to detest sin from the bottom of our hearts



4. Pray for graces to make good confession always.
5. Pray for sinners of the whole world.
6. Pray for graces of praying without ceasing.
7. Say the daily prayer on page 160
8. **[For the full readings of today, Click here](#)**

AUGUST 5, 2024

## **JESUS CALMS A STORM**

Mark 4: 35-41

Reflecting on the above Bible verses, my takeaway is that Jesus and his disciples were in a noisy place wanting to be in a quiet place, Jesus told his disciples to get into a boat and go across to the other side of the lake. In our lives today, if we want to experience the presence of God, we need a quiet place for God doesn't operate in a noisy place, it means that we need to have a clear heart, a heart which is not noisy with filthy thoughts, such as hatred, jealousy, complains, negativity, and ungratefulness. If we want God to speak to us, we must have some silence moment in our hearts to listen to God's and witness his presence.

As the disciples were enjoying the boat ride, suddenly a strong and violent wind blew up and the waters began to spill over into the boat so that the boat was filled with water and about to sink. The devil comes to strike us at a time when we seem to be enjoying this physical life, relaxing and not in prayer. For example, the disciples were not praying on that journey, they were simply enjoying the ride. This reminds us that we should always be on guard praying all the time, even when we are on a journey, while enjoying a party our hearts should be in communication to God always asking for his

protection and guidance. Otherwise, it is when we relax and forget to pray that the devil hits us.

Jesus was in the back of the boat, sleeping with his head on a pillow. The disciples woke him up and said, “Teacher, don’t you care that we are about to die?” The lesson for us here today is that Jesus is ever present in our lives and among us just at the back yard, and whenever we have troubles or any problems, he will be quiet sleeping, because he doesn’t want to interfere in our lives, he wants us to make our own decision, unless we decide to call upon him in prayer Jesus cannot come to our rescue. God created us without our permission, but for our salvation after he was crucified for us, he gave us the choice to choose life or death, and choosing life, means we must be in constant touch with Jesus in prayer asking him to come to our rescue. If we don’t ask Jesus, he will be present but continue to sleep and being silent. One word from us to call Jesus and immediately he will respond just as he quick woke up when the disciples called him.

Jesus stood up and commanded the wind “be quiet “and he said to the waves “be still” the wind died down and there was a great clam. The storms of our lives are many such as troubled marriages, divorce, barrenness, sickness, poverty, economic hardships, lack of jobs, wars, floods, famine, lack

of school fees and the list is endless. All the above storms continue to disturb our lives to the extend of almost sinking with us. The only solution is to call upon Jesus and one word from him will stop all the storms of our lives. Why are you frightened? Men of little faith? Fear is the weapon of the devil that he uses to disorganize us, Christians. The disciples were frightened because their faith was not strong, they had some doubts and that is why they asked Jesus if he didn't care that they were going to die. If their faith was strong, they should have believed that even if Jesus is asleep, he will still stop the storm.

The disciples were frightened and began asking who is this man that the winds obey him? This shows that they are even more frightened after the storm has stopped than before, they are frightened because they had seen something strange, they were used to Jesus' healing and feeding multitudes of people but not the winds obeying him. This shows that Jesus is the king of universe, he created nature and therefore he has full authority over it and it obeys him completely.

## Prayers

- Lord Jesus you are the king of the universe and everything in it, may you give me the grace to remain faithful to you and obey your commands as the winds and waves did without any questioning.
- Abba Father, may you increase our faith and give us the grace to always call upon you in prayer just as the disciples called you from sleep. Lord come to our rescue and stop the storm in our life.
- Lord Jesus, may you give us the grace to always create time to communicate to you and have silence in my heart so that I can listen to your voice and experience your presence in our life.
- Lord give us the grace to realize that you are always near us and only waiting for us to call you through prayers.
- God our father, help us to know that there is nothing impossible for you and that all we need is to have faith and trust in you to stop the storm in our life.
- Pray the daily consecration prayer on page.
- **[For the full readings of today, Click here](#)**

# **POWERFUL NOVENA FOR MARRIED AND SINGLES**

Dearly beloved in Christ, this is to inform you that the novena to for married and singles **will begin on the 15th of August, 2024.**

The initial section of the prayer is intended for those seeking to entrust their relationship to God or to have God provide them with an appropriate partner. It is recommended for those experiencing significant delays, disappointments and setbacks in their plans to get married.

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**[THE NOVENA](#)**

AUGUST 6, 2024

## **NOBODY REALLY KNOWS YOU**

John 11:47-48

Jesus Christ though He came for our good, was very much persecuted. Thus, He left these encouraging words to His future disciples who would suffer the same fate. "Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice in that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets" (Luke 6:22-23). Persecutors have various reasons and motives for their actions. One of them, obviously, is ignorant of whom the person is and what actually he stands for. Do not be surprised that nobody really knows you nor your God given mission.

Consider this for a moment. Almost everyone in your life is more preoccupied with himself or herself than you. Therefore, you know more about yourself than anyone who will ever meet you. Never forget this. Therefore, it is not what men say about you that really matters in life. It is what God says about you and what you believe about yourself.

Jesus was slandered, He was falsely accused. They said He was possessed with devils. Countless accusations were hurled like stones at Jesus everyday of His life but he never allowed them to affect him.

He knew whom He was. He believed what His Father called Him "My Beloved Son". He believed in himself too. He believed in His mission. He knew that His accusers were ignorant, unlearned and arrogant. He knew they were simply afraid and jealous of Him.

The ammunition selected by your enemy to fight you, always gives you a clue to his fear of you. People always fight what they do not understand. The mind will always resent what it cannot master. Wars are fought because of ignorance and fears. Throughout human history, champions have had their names soiled and stained. Accusations and slanderous lies have been made against great political leaders as well as ministers of the Gospel. This is life. Daniel was accused of breaking the law. Joseph was falsely accused of raping his employer's wife, Paul was accused of arousing mobs.



Jesus never begged anyone to believe in Him. He knew that integrity cannot be proven, it must be discerned. He never wasted time with critics. He kept His attention on His goals, He stayed focused. They accused Jesus of being filled with devils. He paid no attention, He simply continued to cast out devils (Matt:12:24). Jesus never strived to "look good" He simply was good. He did not labour to appear truthful, He was the truth. He never struggled to have a good reputation, He had character.

Every successful person wants to be loved and admired. But your enemies and critics will never leave your reputation unstained and untarnished. You must rise above that fact, you must never allow what others say about you to change your personal opinion of yourself.

### **Prayers**

1. Examine your inner motives for resentment against certain persons.
2. Pray against all destiny destroyers, those who interfere with God's plans for your life especially those who pretend to be your friends

3. Pray for the restoration of your lost positions, favour and connections.
4. Pray Psalm 139.
5. Say the daily prayer on page 160
6. **For the full readings of today, Click here**

AUGUST 7, 2024

## **WHERE ARE YOU**

Genesis 3:9

"Where are you?" This simple yet profound question calls each one of us to introspection and spiritual awakening. Let me begin with an anecdote that beautifully illustrates the significance of this question.

There was once a young boy named Jeff who lived in a small village. Jeff was known for his adventurous spirit. One day, he wandered off into the dense forest that bordered his village. Enthralled by the beauty of nature, he lost track of time and, as night fell, realized he was lost. His parents, noticing his absence were filled with worry and began searching for him calling out his name.

Jeff, hearing the distant calls of his parents, responded, "I am here!" But his voice was faint and lost in the vastness of the forest. Desperately, his father called out again, "Jeff, where are you?" The boy frightened and unsure of his direction, could only cry out, "I am here, but I don't know

how to get back."

The villagers, guided by the father's voice and the child's response, eventually found Jeff. They embraced him with tears of joy, grateful that he was safe.

Dear friends, this story reflects our spiritual journey. Often we become lost in the "forest" of our daily lives distracted by worldly concerns, temptations, and our own pursuits. God's call, "Where are you?" is not merely a question of our physical location but a profound inquiry into our spiritual state.

When God called out to Adam and Eve after they sinned, He was fully aware of their physical whereabouts. His question was an invitation for them to acknowledge their situation, to recognize their estrangement from Him, and to seek reconciliation. Similarly, God asks us, "Where are you?" not because He doesn't know, but because He wants us to recognize our need for Him.

In the hustle of life, it is easy to become spiritually disoriented. We may find ourselves far from God, entangled

in sin or burdened by guilt. Yet, God's voice calls out to us, inviting us to return to Him.

**There are many areas where we can find ourselves lost:**

**1) Lost in Career Ambitions:**

We can become so focused on our professional achievements and climbing the career ladder that we neglect our spiritual health, family relationships, and personal well-being. In the pursuit of success, we may find ourselves distanced from God and our true purpose.

**2) Lost in Relationships:**

Relationships, whether familial, romantic, or friendships, can sometimes lead us astray if they are not rooted in mutual respect, love, and faith. Toxic relationships can drain our energy and pull us away from God's guidance and our values.

**3) Lost in Materialism:**

The desire for material wealth and possessions can overshadow our spiritual goals. When we place more

value on acquiring things than on cultivating a relationship with God, we risk losing sight of what truly matters.

#### **4) Lost in Entertainment and Leisure:**

While rest and recreation are important, an excessive focus on entertainment, such as spending too much time on social media, video games, or other distractions, can lead us away from meaningful engagement with God and our community.

#### **5) Lost in Addictions:**

Addictions, whether to substances, behaviors, or even negative thinking patterns, can control our lives and lead us far from the path God intends for us.

Overcoming these requires acknowledging our struggles and seeking God's help and support from others.

#### **6) Lost in Business:**

Our lives can become so packed with activities and responsibilities that we forget to take time for prayer, reflection, and worship. Constant busyness can prevent us from hearing God's voice and experiencing His peace.

#### **7) Lost in Doubt and Fear:**

Doubts about our faith or fears about the future can paralyze us spiritually. When we are overwhelmed by uncertainty or anxiety, we may feel disconnected from God's presence and His promises.

#### **8) Lost in Past Mistakes:**

Dwelling on past sins or mistakes can hinder our spiritual growth. If we are unable to forgive ourselves and accept God's forgiveness, we remain trapped in guilt and shame, preventing us from moving forward in faith.

### **9) Lost in Self-Reliance:**

Relying solely on our own strength and wisdom, rather than seeking God's guidance and relying on His power, can lead us astray. Recognizing our need for God's help is crucial for staying on the right path.

### **10) Lost in Comparisons**

Constantly comparing ourselves to others can lead to feelings of inadequacy and envy. This mindset can distance us from God's unique plan for our lives and cause us to lose sight of our own worth and blessings.

### **11) Lost in Despair**

Life's challenges and hardships can sometimes lead us into despair and hopelessness. In such times, we might struggle to see God's presence and purpose in our suffering, feeling abandoned and lost.

### **12) Lost in False Teachings**

Being swayed by false doctrines or misleading spiritual teachings can lead us away from the truth of God's



Word. It's essential to stay grounded in Scripture and seek God's wisdom to discern truth from error.

In each of these areas, God's question, "Where are you?" serves as a call to self-awareness and repentance. By identifying where we are spiritually lost, we can turn back to God, seek His guidance, and realign our lives with His will.

**Reflect on the words of Psalm 139:7-10:**

"Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast."

God is always near, ready to guide us back to the path of righteousness. Our response to His call should be one of humility and repentance, acknowledging our faults and seeking His grace.

Let us take a moment to examine our hearts and lives honestly. Let us respond to God's call, "Where are you?" with a sincere heart, saying, "Lord, here I am. I am lost without You, but I long to be found. Guide me back to Your embrace."

### **Prayers**

1. Lord, awaken our hearts to recognize when we have strayed from Your path. Help us to be honest with ourselves and seek Your guidance.
2. Father, help us to balance our career ambitions with our spiritual and family life. May we always put You first in our decisions
3. God, grant us wisdom to nurture relationships that honor You. Help us to avoid toxic connections and to love others as You love us.
4. Lord, teach us to find contentment in You rather than in material possessions. Help us to focus on eternal treasures.
5. Father, give us strength to overcome any addictions that hold us captive. Surround us with support and remind us of Your healing power.

6. God, in our busy lives, help us to prioritize time with You. May we find peace in Your presence amid our hectic schedules.

7. Lord, in times of doubt and fear, help us to trust in Your promises. Remind us that You are always with us, guiding our steps.

8. Father, help us to let go of past mistakes and to accept Your forgiveness. Heal our hearts and lead us forward in faith.

- Say the daily prayer on page 160
- **[For the full readings of today, Click here](#)**

AUGUST 8, 2024

## **GOD REVEALS HIMSELF TO US**

Genesis 1: (26-28)

Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.”

27 So God created humankind in his own image, in the image of God he created them.

male and female he created them.

28 God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.”

God creates by *speaking*, something only a person does. He speaks to something that does not yet exist and the thing addressed responds by coming into existence. From the moment of creation, God is in a personal relationship with

his creatures as is fully expressed in the above scripture passage.

I get intrigued about the fact that God continues to reveal himself to us.

In the past couple of weeks, we celebrated the Solemnity of the Holy Trinity where He proves three aspects (could be more)

### 1. He is God of relationships

Our personal relationships must reflect something about God. The Trinity (The Father, The Son, and The Holy Spirit) is a perfect example of such a relationship. In human relationships, you may be able to learn *about* someone by observing their actions, but this alone will not lead to a relationship. So also, with God. That is why there is need to embark on a journey of reading scripture. Since this passage (verse 27) is telling us that humanity is created as God's image, it encourages us to understand human relationships as somehow representing God!

We may also extend the issue of relationship to the New Testament. Mathew 25:40 “Truly I tell you, whatsoever you do for one of the least of my brothers that you do unto me.” This verse could also imply that God is human.

## 2. There is Unity

In the Trinity, the three exist distinctively yet their unity is indissoluble called the Triune God. The Father begets, the who is begotten and the Holy Spirit who proceeds. Each person of the Trinity is omniscient, omnipotent, co-equal and fully divine.

## 3. Co-Existing

“Let us” begs the question whether the Holy spirit was present in creation. Who is US? Us is the Trinity.

## Prayer

- Lord Jesus Christ you are God who continuously reveals himself to us. God grant us the spirit of Wisdom and revelation in the knowledge of yourself. Lord I am nothing besides you. Continue to reveal yourself to us through your Word and inspiration.

Remove any spiritual blockages that may hinder spiritual growth in our lives. May our eyes be enlightened always. For our hearts are restless oh Lord until they rest in you.

- Forgive us oh Lord of any false motive or thought that seeks to please the flesh and not your will. Create in us a clean heart oh Lord and renew the right spirit within us by the power of the blood of Jesus Christ.
- Deliver us from every bondage of Laziness in Jesus name.
- Say the daily prayer on page 160.
- **[For the full readings of today, Click here](#)**

AUGUST 9, 2024

## **UNFORGIVENESS IS DANGER TO MY SOUL**

Matthew 6:14-15

Unforgiveness is a dangerous disease. It kills faster than cancer. When you learn to forgive you are untieing yourself from these dangerous diseases. We have to let go of some certain things. We need to be free from Unforgiveness. The Bible tells us about the story of the king who forgave his servant who owns him millions and that same servant was put in prison his colleagues who owns him a small amount of money. God forgave you and you still don't want to forgive your fellow. How do you think this is possible? Forgiveness is a vice versa, when you forgive, God will forgive you. Some people say, "I will never forgive this person" Why? Because they felt this person betrayed them. Forgiveness does not want to know who is right or wrong. Even if your neighbour threaten to kill you and your family or eventually succeeded, you still need to forgive that your neighbour. For vengeance is mine says The Lord of Host for He will dish to anyone according to his deeds.



Jesus Christ our role model was tortured, they spit on his face, flogged, push him around like a common criminal. They tore his cloth, strip him naked before the whole world and they put upon him the crown of thorns and yet He did not say anything and still there on the cross He forgave the thief that was mocking him. He forgave the people that killed him.

Child of God, if the Lion of Judah, our master can forgive, then who am I not to. It is a command He has given us to keep forgiving. Even when his disciples asked him, How many times does someone hurt me and I forgive? Jesus answered him  $70 \times 7$  this means Infinity.

We might find it hard to forgive at times. Most of us here are architect of our problem you might ask how? The more we don't forgive the more our prayers are not answered remember that unforgiveness is a sin and sin hinders prayers.

The Bible says when you want to give God a gift and remember that you and your brother are not in good terms then you should leave your gift there in the Alter and go and

make peace with your brother then come back and sacrifice your gift. How well are you doing it? Unforgiveness has tied so many people down. When you run from one ministry to another believing God to do a miracle for you, meanwhile that your neighbour, your mother in-law, husband, siblings etc might have done something and you don't want to forgive them, my dear you are wasting your time. If you want fast for 40 days my dear you will still remain where you are. If you want call the most powerful man of God to pray for you it will change nothing. You must have heard people saying I have been to several hospitals run different types of test and the results comes out negative but the person is dying gradually, some people blame it to village people which might be true but I tell that 70% of all these sicknesses are cause by unforgiveness. Forgiveness is a window of blessings, favour, healing and so many good things.

## Prayers

- Let us then ask the Holy Spirit to give us the grace to always forgive so that we can be like Jesus. Heal all our disease and pour your blessings on us as we practice forgiveness. Help us O Lord we pray in Jesus name Amen.
- Say the daily prayer on page 160
- **[For the full readings of today, Click here](#)**

AUGUST 10, 2024

## **FAVOUR FROM GOD**

RUTH 2:10-20

ESTHER 4:9,17

When God has purposed to bless you, however much people might try to bring your downfall they can't. In the book of Ruth we read about these daughters' in-law to Naomi who got widowed at their tender age and without even a child.

One of Naomi's daughter in-law confessed to her that she would go with her. Ruth 1:16 "Your people are my people and your God will be my God". It was God's wisdom that made her make such a decision. We should always pray for guidance in whatever decisions we want to make in life. Naomi out of great love for her daughter in-law saw it not fit for her to remain a widow and without a home. She asked her to go to a farm, where she got favour in Boaz's farm.

Ruth continued to find favour before Boaz, when she was redeemed by him and later got married to him and now she had where she could call her own.

When we read from the book of Esther we can see that if you live according to God's will He favours you.

Esther 2:15-18, Esther is made a queen, she got favour before the king. We don't need artificial beauty to be impressive, God looks at the inner being, beautify the inner person to be pleasing before God and men. We should wear the garment of salvation and we will receive His favour. Esther did not beautify herself before the king.

In everything we need from God let us pray and fast and surely with faith it will be granted.

Esther 4:15, when Esther heard that her people were to be destroyed she sent word for them to fast for her so as when she could go face the king she could get favour before him. She indeed got the favour, Esther 7:1-6.

If we continue to press harder in our prayers and fasting, surely God's favour will be upon us and we will not perish.

## Prayers

- Almighty and everlasting Father we pray that you may help us turn to you in prayer and fasting so as to get your favour.
- Through the intercession of our mother Mary, help us to have wisdom to leave our old ungodly ways to turn to God and thus receive His favour.
- Grant us Lord your favour even before men.
- Say the daily prayer on page 160.
- **[For the full readings of today, Click here](#)**

# POWERFUL NOVENA FOR MARRIED AND SINGLES

Dearly beloved in Christ, this is to inform you that the novena to for married and singles **will begin on the 15th of August, 2024.**

The initial section of the prayer is intended for those seeking to entrust their relationship to God or to have God provide them with an appropriate partner. It is recommended for those experiencing significant delays, disappointments and setbacks in their plans to get married.

The second part of the prayer is for married couples who wish to entrust their marriage to God or seek divine intervention regarding their marriage. It is recommended for those seeking love, peace, understanding, deliverance, faithfulness, provision and divine healing in their marriage.

**CLICK HERE TO VIEW**  
**THE NOVENA**

AUGUST 11, 2024

## **STANDING IN FAITH WITH GOD AND MAN**

GEN 3: 1-15

When you call a loved one, the first question you ask is “where are you?” asking this question is not because you don’t trust the person but intuitiveness is why you are asking. After Adam had eaten the forbidden fruit and they found out they were naked, they hid themselves from God. So, God asked them “where are you” he asking was out of love for man but Adam (Man) is no longer in the garden that the Lord had kept him.

The garden is where we are kept is either family-life with duties and responsibilities to our spouse, children, parents, siblings, communities and Church. The garden has all we need to success in life and assignment given to us by God. Once in the garden, we are to discharge out duties well. Adam eating the forbidden fruit, made him to fall out, making him no longer in position of where he is supposed to be. We like Adam are no longer in position of where we are supposed to be as we are not discharging our duties and responsibilities.



Question we ask is “if we are still in position? Are we still performing and discharging our duties? In our Church and Communities, are we still maintain the position or duties given to us. Are our spouse, children, parents, siblings complaining because we are outside the position we occur in the garden. Many have left the position where God had placed us.

Everything we do begins with an idea. The serpent sold the idea of eating the forbidden fruit to Eve. She bought it and told to Adam and the rest we know. As we know, ideas change the World and ideas could be transformative that either changes or mars the World. We need God and his Spirit to cover us and transform us.

Where am I as a person in my Baptismal Vows or my relationship with God? Am I naked? Am I in communion with the Church? Whenever you discover your nakedness, you should return to God and the Church has provided ways in which we should return through the Sacrament of reconciliation (Penance) and get our Soul and body nourished with the Sacrament of Holy Eucharist (Holy Communion).

## Prayers

1. Lord, make me to have faith and Trust in you at all times.
2. Lord, surround me with your hedge of fire.
3. O Lord, help me to discharge my duties to my spouse, children, parents, Communion and Church.
4. Holy Spirit, cover, transform and renew us daily to be in Communion with you.
5. Help me to make a contrite confession to you O, Lord.
6. Say the daily prayer on page 160
7. **[For the full readings of today, Click here](#)**

AUGUST 12, 2024

## **GODS LOVE GOD IS OUR REFUGE AND STRENGTH**

Psalms 46: 1 - 11 (RSCVE)

Psalm 46, can be divided into three important parts: God is our Refuge and Strength, God is with us and is our fortress, and God says to be still and know He is God.

This psalm is much needed in the world at a time like this when we are faced with a plethora of problems from inflation, war, drug abuse, kidnapping, and other aberrations. We might feel worried and anxious, confused, or abandoned. Nevertheless, we do not have to be afraid. God is with us and he has made us a mighty promise. All we have to do is to put our trust in him. Psalm 91:2 “I will say of the Lord – my refuge and my fortress, my God in whom I trust”. The psalmist calls us to turn solely to God always and more especially at trying times.

It is pertinent for us to know that God is not only our refuge but he is also our strength. In the Bible, water is used as a symbol of God’s spirit in our midst to refresh us and

strengthen us for our journey. He is the eternal spring that never runs dry. Jesus invites us – “let anyone who is thirsty come to me, and let the one who believes in me drink, as the scripture has said, out of the believer's heart shall flow rivers of living water” (John 7:37-38). We should always remember that the Almighty God is among us and within us, and He is the source of strength.

God is eternal – God is the God of the past, present, and the future. When we go through difficult times, it is easy to become discouraged and think that God has abandoned us. However, we need to remember how God has delivered us in the past and trust that He will restore us. Remembering the past can help us face the future with confidence.

The basis for our hope is firmly rooted in a past event – the resurrection of Jesus. If it was not for Jesus there would be plenty to fear in the world. If we feed our fear without God, our problems and anxieties grow larger and larger. Nevertheless, when we admit our fears to God, we are feeding our faith instead of our fears. The adage goes – “He who fears God has nothing else to fear.” ~ Charles Spurgeon. When we fear only one God instead of men or

women or circumstances, we can trust everything will be all right.

All he asks of us is that we are still and we stop and take time to listen to him. He wants us to run to him and he will shelter us. He will protect and look after us. He will be our refuge and fortress.

### **Prayers**

1. We pray for the Grace of boldness, courage, faith, and perseverance. May we remember that God is always with us at all times and he is our refuge. Psalm 46: 11.
2. We pray that we will be able to place our complete trust and confidence in the sovereignty of God.
3. We pray for God's strength - Pray for God to strengthen us spiritually, physically, financially, and vocationally.
4. We pray for the peace of God and that his Glory will shine in our lives.
5. Say the daily prayer on page 160.
6. **[For the full readings of today, Click here](#)**

AUGUST 13, 2024

**HOPING BEYOND HOPE: THE MODEL OF  
ELIJAH, 1 KINGS 17:7-16**

The chapter opens in a hope draining expression: there will be neither dew nor rain these coming years unless I give the word. The closing of the heavens is a sign of the withdrawal of the loving kindness of God since the rains were deemed to be God's blessings. Elijah was already a fugitive and the Word of God invites him to go and hide by the torrent of Cherith which means the winnowing place. Ordinarily, this ought to be a symbol of abundance but what follows is shocking. Elijah, a man who formerly worked for his daily bread has to rely on the ravens to feed him daily. According the book of Leviticus 11:15; the raven was an impure bird, yet the Lord had to use it to feed his servant. The crow brought him bread and meat daily. It is loathsome to imagine a raven bringing bread and meat for man. It is a scavenger bird. Could it have got them from the garbage site or on the way from there? As dirty and as greedy as it is, it has to share its loot with the prophet. Even though the Lord sent it to deliver them to the prophet, it never consumed them along

the way. In great humility Elijah had to wait upon the providence of the Lord. He has to be a victim of his own prophecy.

As a consequence of his prophecy, the stream from which he quenched his thirst began drying. It is at the same time a confirmation that God is working with him; yet with the fulfilment of the prophecy he had to suffer the blunt with the people around him. There are two possible reactions that may arise from the drying of the stream. One may fall into discouragement, depression and even suicidal tendency or turn his focus totally to the God of providence. Elijah decided to do the latter and he heard the word of God that came to him telling him to change location. Sometimes we fail to meet God's appointments because we are not attentive enough to hear him when he speaks to us. We are often too noisy to hear him when he speaks ordering us to run away and hide elsewhere. God speaks even when we least expect him. He spoke when Elijah was a fugitive in which situation he would be justified to think that God has abandoned him.

God knows where to meet us when he is in need of us. God tells him to wake up and leave the place. The comfortable attitude would be to remain before the dry ravine and wish

death. Elijah responds to the invitation of God through obedience. He is invited to go to Zarephath. Symbolically, he is being told to move from a winnowers place (Cherith) to a furnace or a metal purifier's place (Zarephath). It is not an easy transition. Winnowing is easy than smelting alloys to purify them from dross. Elijah is being called to change the level of his expectations. His energies are reducing for he has little to eat yet God does not lower his standards but increases his expectations from him. He is sent to that place. He has a commission and goes there as a missionary. God will never lower his standards. When he wants it done, he increases our strength so that we may measure up with his standards.

God assures him that he has already prepared someone to welcome him and provide for his needs while there. It is unfortunate for a Jew of his calibre that the one who will welcome him is a pagan, woman, widow, poor and the only bread winner to his young son. May be if Elijah were you or I; we would protest asking why God would not send him to an Israelite, man, rich and with an intact family. It is paradoxical how God deals with those people he loves. I guess that is why God has few friends. Elijah is in flight from



a powerful woman but God will use a vulnerable woman to protect and nurture him. God uses a widow to redeem the image of a murderous queen because he is God. He uses a poor woman to nourish this man of valour that he may not grow proud. It is paradoxically a reversed role since it is the man who ought to assure the daily needs of a widow!

The distance between these two locations is 75 miles. The vagabond, Elijah, who is being sought after by this fire breathing queen must traverse all this distance with the risk of being found out and killed. Yet he has to be obedient to the Lord and go. He who obeys never falls in error. God organises that the moment he gets to this village, the widow is at the gate collecting firewood. God introduces the two to one another. He works out in extraordinary ways through ordinary things. He works miracles with one at his or her place of work. Had she remained at home at that moment there was no way they were going to meet with Elijah. But God works it out, not by coincidence or fate but out providence that they meet at the right place and at the right time. That she left her home to go and work even when she knew that she was only one meal away from her death is an act of faith beyond hope. Even with preminent death, she

went to work. She knew that one has to do first her obligations and the heavens will come down to help. God confirmed it.

She has the intuition of faith in the God of Elijah. Even if she was a pagan, she knows the true God. When she is confessing the truth of having the last bit of flour and oil, she calls upon the witness of the God of Elijah (v.12) to corroborate her testimony. Is it coincidental that a pagan confesses Yahweh? God works with whoever he wants, whenever he wants it and in whatever manner he wants it. God has already prepared her and the rays of faith in Yahweh-ism are already in her. She was at the end of the rope of her life but she was not melancholic as many of us would be. She was progressing with her work joyfully as usual.

She is a woman of confidence. She was not suspicious of Elijah. They did neither belong to the same village nor to the same tribe: her being a gentile and him being an Israelite. She did not raise an alarm that a man had intruded into her privacy only a few years after the death of her husband. She was not angry with God who had taken her husband away from her leaving her as a widow too early into her marriage. She had to bear the burden to nurture her son single handed

the on-going famine notwithstanding, which would drive many to hate God for not acting to their favour. She has the audacity to listen to a man; a stranger for that matter asking her to feed him rather than the reverse. May be any other widow would have seen “sponsor” in the person of Elijah and they would have seen a great relief already. All the same, God was to work it out his way.

I find it strange that that when Elijah asks for bread from her she talks of her death and that of her son. It is so positive of her that even if she knew she was a meal away from her death she did not cease to work and do good. How many of us live in a suicidal way because we failed once in life and instead of working to improve our status quo we move from worse to worst? How many of us find themselves in pits and instead of looking for ways to climb out they start digging deeper in the whole to die there-in? How many of us continue messing with their lives when they find themselves in a fix rather than working on a way out? For her, she was not dead until she will eventually be dead. She hoped beyond hope. She might be telling herself; after all, who knows: it may change the last moment? Her place of work becomes her place of encountering the Divine visitation. She met the man of God

and her fortunes changed even when on her part she offered to meet the need of the man of God. Here we have seen the importance and the grace that flows from symbiotic interdependence.

Elijah encourages her to go ahead and offer the last she had. It is by accepting to give all that she got all back multiplied myriad times. He who wishes to get back his life must first lay it down. Whoever wishes to guard his life loses it forever. Elijah tells her not to fear. Often we lose opportunities of providence because we are overcome by fear. When fear strikes, we react possibly through “3 F:” freezing, flight or fighting. It is however repulsing. Elijah insists that she begins with him first. It sounds repugnant. How on earth would a widow begin giving the stranger the last breath of her livelihood that held her fabric of life together when she knew death knell had been sounded with the last meal; which she should not take chances with?

Her conviction is put in the furnace for trial. She might by now have realized that he is a man of God and has surrendered her life to him. She obeys and does as commanded and voila, the miracle happens. They enter in to alliance through hospitality. Through that exchange of

generosity; God intervenes in to their lives and that of the little boy without his knowledge and contribution. Her obedience makes God work a supernatural miracle. Each day, God made the miracle of replacing the floor and oil they had used for it did not reduce an inch. He gave them their daily bread. The communion they lived must be celestial. Imagine what kind of questions the boy asked the mother each time he saw the floor and oil did not diminish.

The two must have been of a mature conscience. From our different cultural backgrounds we know the burden of the “shame tag” that hangs of the life of a widow especially if she is noted to be frequented by a man. Elijah, a man of God was staying with her. He was impeccable and irreproachable. He did not care what rumours may spread around their relationship for they were clear with their interactions. When you conscience is well formed and clear, do not worry what others will say if what you do is right and is done for the right reason, to the right person, in the right place and in the right measure.

God continued to work the miracle of the kitchen. He was to them the God of the ordinary. It is not that God has ceased to work out miracles but it may be that we do not see them

because our miracle eye has become blind. We could not be hearing the miracle song because our ears may have become deaf. Alternatively, we could have seen the wonders of God and heard the miracle song but we may be dumb to proclaim the wonders of the lord. Could we take a moment to evaluate ourselves to see where we could be? What God did in the times of Elijah he still can do them to us; for us and through us if we properly dispose ourselves according to his will in obedience!

### **Prayers**

- Pray as the spirit leads.
- Say the daily prayer on page 160.
- **[For the full readings of today, Click here](#)**

AUGUST 14, 2024

**FASTING: DID YOU REALLY FAST FOR ME?**

Zechariah 5:7

*Then the word of the LORD of hosts came to me, saying, “Say to all the people of the land, and to the priests: ‘When you fasted and mourned in the fifth and seventh months during those seventy years, did you really fast for Me—for Me?’” (Zechariah 5:7)*

God’s word through Zechariah rebuked the people of God for what their fasting had become – indulgent seasons of self-pity instead of a time to genuinely seek God. The calls upon the people to show mercy and compassion and to live Godly lives. During the period of captivity to the Babylonians, the question that immediately comes in our mind is; why are these men fasting in the 5<sup>th</sup> month? And why have they been doing this for so long? They say they’ve been doing this for “these so many years.” Why?

Well, a review of Jeremiah chapter 52 reveals that the 5<sup>th</sup> month was the very month in which Babylon came and destroyed Jerusalem in 586 BC. They burned the temple to the ground. And that all happened in the 5<sup>th</sup> month way back about 68 years prior to Zechariah 7. And so, apparently the

Jews as they were in exile in Babylon adopted this practice of fasting and mourning in the 5<sup>th</sup> month of the year. They were remembering year after year the destruction of their special city, Jerusalem. They were remembering the sin that had led to that destruction. And their response – at least the response of those who were more noble among them – was to be sad and to be so sad that they couldn't eat. God was not simply looking for outward religion. He was looking for the people to live by faith before Him and to live with love for their fellow man. It is for this reason that God exhorted the people through Zechariah to be just in how they dealt with one another. Mercy and compassion were to rule the day.

**Zechariah 7 is reminding us to ask ourselves, why do we fast?**

Fasting is posture of humility linked with Scripture. The scribe Ezra tells us, “Then I proclaimed a fast . . . that we might humble ourselves before our God, to seek from him a straight way for ourselves, our children, and all our goods” (Ezra 8:21). These spiritual effects—and the consequently more effective prayer life that greater spirituality brings (Jas. 5:16b).

A decision to fast demonstrate our dependence upon God, our fervent intercession for other people. We truly are serious



about our repentance, and that we sincerely long for new life of deliverance and rebuild our relationship with God. When we need wisdom we should use the gift of fasting, which will focus our minds upon whatever situation we're praying about.

Fasting releases God's supernatural power. It is a tool we can use when there is opposition to God's will. Satan would like nothing better than to cause division, discouragement, defeat, depression, and doubt among us. United prayer and fasting has always been used by God to deal a decisive blow to the enemy.

God says, "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?" Isaiah 58:6 (NIV)

**To receive God's wisdom and direction.** In the book of **Luke 4:1-2 ASV** "And Jesus, full of the Holy Spirit, returned from the Jordan, and was led in the Spirit in the wilderness during forty days, being tempted of the devil." Satan, probably recognizing an opportunity he couldn't pass up, came to Jesus. The three specific temptations we are told about, involve Satan encouraging Jesus to do things. Father

God had not told Jesus to do (Jesus says in John **5:18-20** and John 12:49 that he can only do and say what the Father has commanded). Jesus was obedient to the Father and didn't fall for the temptation. Instead, he quoted from **Deuteronomy 8:3**, "It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." It is written again, 'You shall not tempt the Lord your God.' (**Deuteronomy 6:16**). Final verse from Deuteronomy (10:20), Jesus said, "Away with you, Satan! For it is written". "You shall worship the Lord your God, and Him only you shall serve."

"While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.' So, after they had fasted and prayed, they placed their hands on them and sent them off. (**Acts 13:2-3; cf. 14:23**)

Nehemiah fasted before beginning a major building project. "When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven." **Nehemiah 1:4 (NIV)** Moses fasted before he received the Ten Commandments. "Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant - The Ten Commandments" **Exodus 34:28 (NIV)**

**To receive God's Mercy:** "Fasting is necessary on behalf of others who need the mercy of God in their lives. In the books of Daniel 9:3-19, Daniel fasted in order to receive guidance from God. "So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes". In Daniel 9:3 (NIV), "While I was still in prayer, Gabriel, the man I had seen in the earlier vision, came to me in swift flight about the time of the evening sacrifice. He instructed me and said to me, "Daniel, I have now come to give you insight and understanding". **"Daniel 9:21-22** (NIV), "First the people had disobeyed the law of God (v. 11). Then they had refused to listen to the prophets who were sent by God to warn them (v. 14). Daniel spoke about how God continually tried to bring Israel back to Himself. Yet even after disaster struck them they refused to obey Him. God still uses circumstances, other people and the Word to bring people back to Him. Daniel's prayer included both a positive and negative aspect of God's greatness and the people's sin. He referred to how God had delivered Israel out of Egypt by His great power (v. 15). Then he prayed that God would again send mercy instead of judgment to Jerusalem (v. 16). Daniel not only confessed the sins of the people but he identified himself with their sin as though he were personally responsible for it (v. 16-19). Daniel did not beg for mercy because he deserved it or the people deserved

it but so that God, himself might be glorified, as the nations saw the great things He would do. God sends His help not because we deserve it, but because He wants to show great mercy. If God refused to help us because of our sin, how could we complain? But when He sends mercy when we deserve punishment, how can we withhold our praise and thanksgiving?

**In Jonah 3:5-10**, “So the people of Nineveh believed God, proclaimed a fast, and put on sackcloth, from the greatest to the least of them. v10 Then God saw their works, that they turned from their evil way; and God relented from the disaster that He had said He would bring upon them, and He did not do it. During these times these men understand that God has every reason to bring judgment upon the people for their sin, yet they plead with him for mercy and to smile upon them once again. Likewise, there may be times when we will need to fast in order to intercede for our Family, our nation, our community, our church, our small group, friends, or even people in our family. When it becomes apparent that our routine prayers for these situations are not having an effect – there is something we can do to “turn up the power” in our prayers – and that is to fast for these people or situations that so desperately need the touch of God.

**Fasting is a way for us to discipline our bodies for the spiritual battles** God needs us to fight. In his letter to the

Corinthians, Paul mentions this need of physical discipline in the spiritual battle: **1 Corinthians 9:24-27 (NIV)** “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever..

**Strengthening the Converts Acts 14:21-23** “And when they had preached the gospel to that city and made many disciples, they returned to Lystra, Iconium, and Antioch, strengthening the souls of the disciples, exhorting them to continue in the faith, and saying, “We must through many tribulations enter the kingdom of God.” So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed. By doing this, the Apostles demonstrated to God that they needed the power of the Holy Spirit to guide their decision making.

**To receive deliverance in times of crisis.** The Israelites fasted before a miraculous victory.

“Some men came and told Jehoshaphat, "A vast army is coming against you from

Edom, from the other side of the Sea. It is already in Hazazon Tamar" (that is, En Gedi). Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah." **2 Chronicles 20:2-3** (NIV)

### **Fasting Summary points**

- It builds us up emotionally and spiritually to stand strong against the enemy.
- It is a time of preparation. In this passage, we see that fasting prepared Jesus to begin his public ministry (Matthew 17) and, eventually, the cross.
- We don't know what our future holds but God does. As we intentionally spend time with him. He will let us know what is upcoming and what we need to do to prepare.
- To allow the Holy Spirit to readjust our perspectives when we get off track.

Four truths Jesus wants us to know about the relationship between fasting and spiritual warfare:

- Satan won't hesitate to play with our minds by making us question who we are. He even uses Scripture to do this.
- Satan manipulates Script by taking them out of context to make his point more enticing.

- Jesus was tempted but did not sin so being tempted is NOT a sin. Acting on the temptation is.

Our way out of temptation is to turn to Jesus and Scripture.

## **Prayers**

- Lord, I invite you to be present during our fast and I offer you all my fast for your chosen intention.
- Lord, I ask for the grace to complete the fast and I accept whatever you choose to teach me and help me change.
- Say the daily prayer on page 160.
- **[For the full readings of today, Click here.](#)**

# **POWERFUL NOVENA FOR MARRIED AND SINGLES**

Dearly beloved in Christ, this is to inform you that the novena to for married and singles **will begin on the 15th of August, 2024.**

The initial section of the prayer is intended for those seeking to entrust their relationship to God or to have God provide them with an appropriate partner. It is recommended for those experiencing significant delays, disappointments and setbacks in their plans to get married.

The second part of the prayer is for married couples who wish to entrust their marriage to God or seek divine intervention regarding their marriage. It is recommended for those seeking love, peace, understanding, deliverance, faithfulness, provision and divine healing in their marriage.

**[CLICK HERE TO VIEW](#)**  
**[THE NOVENA](#)**



AUGUST 15, 2024

## **PATIENCE SELFLESS WORSHIP**

JOHN 4: 23-24

**"Yet a time is coming and has now come when the true worshippers will worship the Father in spirit and in truth. For they are the kind of worshippers the Father seeks. God is spirit and His worshippers must worship in spirit and truth.'**

Following God is something that some Christians take as a duty, something that they have to do so that people will see them and give them praise. At times we go to church for show off, maybe we have bought a new dress or a new pair of shoes and a flashy handbag and we are excited to go and receive glances of admiration from those in church. When we look into this passage, Jesus was talking to a Samaritan woman who met him at the well and he told her everything about her life. She was amazed at what Jesus knew about her and because of her testimony, she called others to come and witness Christ. Because the people have been brought up in a particular type of spirituality, they could not believe Jesus. Their pride and religious observances were blocking

them from recognizing the **One** who was sent to redeem them.

Like them, we alienate ourselves from spiritual growth. We go to church but our minds are far away. Christ Himself said that these people worship me with their mouth but their hearts are far away. When we decide to follow God, it is a decision to give our all to Him. It is a decision to allow Him take the wheel of our lives and be the pilot of everything we do. He is calling on us to worship Him from the depths of our hearts and not just through the movements of our lips. He needs a sincere worship.

Each time you go to church, what is on your mind? Can someone look at you and say indeed this is a child of God? Our lives are supposed to reflect God's love and a manifestation of His glory. We are called to live holy lives. We cannot be living a double standard life and we expect God to be happy with us always. We need to come out of our comfort zone and go the extra mile in our relationship with God. We need to be on fire for God. Ask Him to release His grace on us to live the lives He has called us to live. Avoid sin like a plague and do not compromise and say God understands. He does not understand the language of sin. He

has impacted us with grace upon grace in our journey. Let us ask Him to fortify us for the journey ahead.

## **Prayers**

- Dear heavenly Father, you have called us to worship you in spirit and in truth. Empower us with your Holy Spirit to overcome our weaknesses. Set us ablaze for you and give us the strength to remain steadfast in your presence. Mother Mary intercede for us and help us serve our God better each day. We ask this through Christ our Lord. Amen
- Say the daily prayer on page 160.
- **[For the full readings of today, Click here.](#)**

AUGUST 16, 2024

## **THE PROMISE OF THE HOLY SPIRIT**

John 14:15-31

In the Gospel of John, we read about the Holy Spirit, whom Jesus promised to send to his disciples. This Holy Spirit is their helper and comforter. Jesus begins this passage by saying, "If you love me, you will obey my commandments." He uses loving him as a precondition for obeying his commandments. Indeed, if we as Christians love Jesus, we will also obey the Holy Spirit, whom he has promised to send. When there is love among people, everything becomes easier, as that love facilitates all their interactions.

"I will ask my Father, and he will send you another helper, who will stay with you forever." (John 14:16) This helper is the Spirit who reveals the truth about God and the world. Therefore, as a Christian, I cannot claim to know God if I do not know the Holy Spirit. The Holy Spirit is my helper, teaching me to understand spiritual things and directing me on the path of truth. He teaches me how to pray, and there is nothing I can do on my own except with the help of the Holy Spirit.

The Holy Spirit is the presence of God within us, giving life, light, and truth. He is knowledge, revealing to us the knowledge of God. The world cannot receive the Holy Spirit because it cannot see him; it is spiritually blind to the truth he reveals. The world cannot receive the Holy Spirit because it does not love God/Jesus. Those who love Jesus obey his commandments and can receive his promise of the Holy Spirit because of their love for God.

There is the presence of the Holy Trinity, and this is how it functions: those who accept my commandments and obey them are the ones who love me. My Father will love those who love me, and I too will love them and reveal myself to them. The three go together - to love God, one must love Jesus, love the Holy Spirit, and the three can dwell together with that person. Otherwise, loving God while hating Jesus or the Holy Spirit cannot work. A Christian must live in harmony with the Trinity; the Holy Spirit is the unifying factor, binding the Father to the Son and the Son to those who love him.

Therefore, the Holy Spirit is the foundation of Christian lives. After Jesus Christ's death, his disciples were fearful and kept indoors in the upper room, waiting for the coming

of the Holy Spirit. On the day of Pentecost, upon receiving the Holy Spirit, the apostles became bold and began preaching the good news without fear. The Holy Spirit helps us overcome fear and become courageous. He makes us humble, obedient, and keeps us moving and loving God.

Jesus tells us that he loves God the Father and obeys everything as God commands him. Therefore, the Holy Spirit is the guiding star of Christian lives, and we can only obey the Holy Spirit if we love God and love Jesus.

### **Prayers**

- Lord Jesus, help us understand that we can do nothing without the help of the Holy Spirit.
- Abba Father in Heaven, send us your Holy Spirit to reveal to us the truth about God, life, and ourselves.
- Holy Spirit of love, fill our hearts with your love, so that we can always love God, love Jesus, and obey all his commandments.
- Holy Spirit, give us the courage to stand up for the truth without fear.

- Holy Spirit, we pray that you give us the grace to remain united in Christ, in faith, and in love, so that our strong unity in you may draw more souls to God through our actions.
- O Holy Spirit, you are our consoler and comforter. May you always direct us to counsel and comfort those in distress.
- God our Father, we can do nothing without the help of the Holy Spirit. May you send us your Holy Spirit to fill us with wisdom, understanding, knowledge, holy fear of God, courage, faithfulness, humility, love, and obedience to your commandments.
- Say the daily prayer on page 160.
- **[For the full readings of today, Click here.](#)**

AUGUST 17, 2024

## **FAITH, MORTALITY, AND GOD'S MERCY**

### **2 Kings Chapter 20**

2 Kings Chapter 20 unfolds within the broader narrative of the divided kingdoms of Israel and Judah. King Hezekiah, a righteous ruler of Judah, finds himself confronting a stark reality – a terminal illness. This chapter delves into his response, offering rich ground for a reflection on faith, mortality, and the enduring presence of God's mercy. The chapter opens with a somber pronouncement. King Hezekiah is mortally ill, and Prophet Isaiah delivers the grim news

(2Kgs 20:1). This stark encounter with death resonates with the Catholic concept of "memento mori" – a reminder of one's mortality. It is not a morbid thought, but rather a call to live life with intention.

Catholic tradition emphasizes life as a precious gift from God, entrusted to us for a limited time. 2 Kings 20 reminds us to utilize this time wisely, "walking before the Lord faithfully and wholeheartedly" (2Kgs 20:3). This translates to living a life guided by faith, striving to do good works and aligning ourselves with God's Will. This purpose transcends



our earthly existence and prepares us for the promise of eternal life.

The concept of *memento mori* isn't solely about fearing death. It's about appreciating the gift of life and prioritizing what truly matters. Catholic practices such as regular prayer, participation in the sacraments, and acts of charity all contribute to living a life of purpose, a life that leaves a positive mark on the world. By acknowledging our mortality, we are spurred to focus on what has lasting value – our relationship with God, our service to others, and the legacy we leave behind.

Faced with imminent death, King Hezekiah doesn't succumb to despair. Instead, he turns to God in heartfelt prayer (2Kgs 20:2-3). He recounts his faithfulness and pleads for an extension of his life. This highlights the importance of prayer in difficult times, a cornerstone of Christian faith. We are encouraged to bring our worries, anxieties and desires to God in prayer, trusting in His love and wisdom. Hezekiah's prayer is a model for us all. It's honest and introspective, reflecting on his actions and motivations. He readily acknowledges his good deeds but does not boast. Instead, he presents his case humbly, appealing to God's mercy. This aligns with the Christian teaching on prayer, which

encourages us to be open and honest with God, expressing our needs and desires with a trusting heart.

The power of prayer lies not only in making requests, but also in fostering a deeper connection with God. As we pour out our hearts to Him, we open ourselves to His grace and guidance. Even when the answer to our prayers is not what we expect, we can find solace and strength in knowing that God hears us and walks beside us through every challenge.

God, in His infinite mercy, hears Hezekiah's prayer and grants him a miraculous recovery (2Kgs20:5). This act of grace is a reminder that God's plans are not always our own. He may answer our prayers in unexpected ways, but His love and compassion are ever-present. This aligns with our understanding of God's sovereignty. While we can petition Him through prayer, we ultimately accept His Will with faith, trusting that it is for our ultimate good.

This doesn't mean we passively accept whatever happens. Freewill is a central tenet of our faith. We can strive to live righteously, pray for guidance, and cooperate with God's grace. However, we must also recognize the mystery of His will. Sometimes He allows suffering or challenges in our lives, to refine our faith, draw us closer to Him, or serve a purpose beyond our immediate understanding.

The story of Hezekiah offers comfort and hope. Even in the face of death, God's mercy can intervene and grant us unexpected blessings. This doesn't diminish the reality of suffering, but it reminds us that God is always present, offering strength and hope even in our darkest moments.

Hezekiah desires a sign to confirm his recovery. Isaiah offers him a choice: for the sundial to move forward or backward (2Kgs 20:8-11). Hezekiah's request for the sundial to recede demonstrates his strong faith. He doesn't simply wait passively; he actively seeks confirmation and expresses his belief that God can alter the natural order to fulfill His promise. This aligns with the Christian concept of cooperating with God's grace through faith and action.

Catholic theology emphasizes the importance of both faith and good works. Faith is the foundation; a belief in God and His love. However, true faith inspires action. We strive to live a life that reflects our beliefs, demonstrating our love for God through service to others and adherence to His teachings.

Hezekiah's request for a sign is not solely about satisfying his curiosity. It's a public display of his faith, a testament to the power of God. The miraculous movement of the sundial would not only confirm his healing but also serve as a

powerful symbol for the people of Judah, reinforcing their belief in God's intervention.

The chapter concludes with a seemingly incongruent turn of events (2Kgs 20:12-19). King Merodach-baladan of Babylon sends an envoy to congratulate Hezekiah on his recovery. Hezekiah, perhaps out of pride or a desire to impress, proudly shows off his wealth and treasures. Prophet Isaiah, upon hearing this, delivers a harsh message – all these riches will one day be carried away by the Babylonians (2Kgs 20:17).

This turn of events offers a valuable lesson in humility. Hezekiah's focus on earthly possessions overshadows his initial gratitude for God's miraculous intervention. While God provides for our needs, we are called to avoid placing our ultimate trust in wealth or worldly treasures. These are fleeting and impermanent, while our relationship with God is eternal.

Isaiah's prophecy also foreshadows the future exile of the Israelites to Babylon. This historical context reminds us that God's blessings come with responsibility. The people of Judah, despite having a righteous king like Hezekiah, ultimately strayed from God's path, leading to their downfall. Sin has consequences. We are called to live according to

God's will to avoid suffering the consequences of disobedience.

The story of Hezekiah emphasizes the importance of prayer and faith. Just as Hezekiah turned to God in prayer, we too are called to seek God's guidance and intervention in our lives.

Secondly, the chapter highlights God's mercy and his power to heal. This foreshadows the ultimate act of divine mercy – the sacrifice of Jesus Christ for the salvation of humanity. Hezekiah's miraculous recovery prefigures the healing power of God's grace, available to all who believe.

Thirdly, the story serves as a reminder of our mortality and the importance of living a purposeful life. Just as Hezekiah confronted his own mortality, we too are called to reflect on the brevity of life and make the most of the time we have been given. The story of Hezekiah in 2 Kings 20 offers several takeaways that we can integrate into our daily lives as Christians. Some key points to consider:

- **Deepen your prayer life:** Hezekiah's heartfelt prayer serves as a model for our own prayer practices. Make time for regular prayer, expressing your gratitude, petitions, and anxieties to God.

- **Live a life of purpose:** Do not wait for a brush with mortality to live intentionally. Reflect on your values and strive to live a life that aligns with your faith.
- **Trust in God's Mercy:** Life is full of uncertainties. Even in the face of challenges, maintain faith in God's love and His plan for your life.
- **Practice detachment from material possessions:** While material goods can be a blessing, don't let them become your sole focus. Seek true happiness and fulfillment in your relationship with God and service to others.
- **Live a life of humility:** Recognize that all we have ultimately comes from God. Avoid pride and arrogance, and strive for a humble spirit.

2 Kings 20 concludes the story of King Hezekiah with a powerful message that resonates deeply within our faith. It is a story about confronting mortality, the power of prayer, God's unwavering mercy, and the importance of living a life guided by faith and purpose.

This passage serves as a springboard for deeper reflection on our own lives. We are all, like Hezekiah, faced with the reality of our impermanence. The chapter reminds us to **cherish the gift of life** and use our time wisely. By aligning our lives with God's will, we can leave a positive impact on

the world and prepare ourselves for the promise of eternal life.

The story also emphasizes the **importance of prayer** in the Christian life. Just as Hezekiah turned to God in his time of need, we too are called to bring our joys, sorrows, and anxieties before Him. Prayer is a powerful tool for strengthening our faith, finding solace in difficult times, and receiving God's grace.

Perhaps the most profound message lies in God's mercy. Despite Hezekiah's shortcomings, God extends His healing hand. 2 Kings 20 reminds us that **God's love is boundless** and available to all who turn to Him with sincere hearts.

As we incorporate the lessons from 2 Kings 20 into our daily lives, we can cultivate a deeper faith, live with greater purpose, and face life's challenges with trust and hope. Through prayer, service to others and a life guided by God's teachings, we can strive to build a legacy that reflects our faith and leaves a positive mark on the world. Ultimately, the story of Hezekiah serves as a powerful reminder that even in the face of uncertainty, God's mercy and love endure.

## Prayers

- Almighty God, like King Hezekiah, I am reminded of my own mortality. Grant me the faith to accept your will and the courage to live each day with purpose. Help me to focus on what truly matters; my relationship with you and service to others.
- Thank you, Lord, for the gift of life and your countless blessings. Forgive me for any moments of pride or arrogance. Help me to detach from material possessions and find true joy in your presence and serving others.
- Inspired by Hezekiah's heartfelt prayer, I come before you with open arms. Grant me the discipline to dedicate time for regular prayer. Allow me to express my gratitude, petitions and anxieties with a trusting heart.
- Life is filled with uncertainties, Lord. In moments of difficulty and despair, strengthen my faith in your love and ultimate plan for my life. Remind me of your boundless mercy and grace, available to all who turn to you sincerely.



- Help me to live intentionally, reflecting on my values and aligning my actions with your teachings. Guide me to use my time wisely, leaving a positive impact on the world and preparing myself for the promise of eternal life.
- Say the daily prayer on page 160.
- **[For the full readings of today, Click here.](#)**

AUGUST 18, 2024

## IN PRAISE OF GOD'S GOODNESS

Luke 34:1-10

I will always sing praise to our God. I will never stop praising him for he has done great and wonderful things for me. In good times and in bad times his praises will always be on my lips.

Brethren, as believers in Christ Jesus, we must cultivate the habit of praising God irrespective of our situations, difficulties and challenges. We must learn to praise him in season and out of season especially when we are experiencing trials and tribulations.

In verse 6, our memory verse says; **"the helpless calls to him and he answers, he saves them from all their troubles"** (GNB).

The Lord draws close to the broken-hearted. He doesn't delight in seeing his children in pain. This is why when he hears our cry, he rushes to our aid. He comforts us, he heals us and he helps us get back on our feet. We can

always find reassurance in God, he is always ready to give us his love and care.

## **Prayers**

1. Our Lord and our God, give us the grace to always be grateful to you in good times and in times of difficulties, challenges and painful situations.
2. Dear Lord please give us the grace to not despair in times of pains and difficulties but rather learn to put all our trust in you for you never forsake those who put all their trust in you. Amen.
3. Say the daily prayer on page 160.
4. **[For the full readings of today, Click here.](#)**

AUGUST 19, 2024

## **GOD'S CHOICE IS ALWAYS BETTER**

Daniel 1: 1-18

Our lives as Christians is all about making choices. One of the greatest gifts God gave us human beings is our will, the ability to choose. That notwithstanding the choices we make always affect us positively or negatively. The lessons drawn today from the story of Daniel shows that choosing what God wants is always better.

What God may ask of us may not make sense but it is always better. The offer of God is always more succulent, the effects are always jaw dropping, always leaving the effect of always wanting to say could this be the God I serve? Always leaving us with the feeling of gratitude.

Verse 9 of our reference scripture says “and God made Ashpenaz sympathetic to Daniel. The verses before this show that Daniel had made up his mind, he did not want to become ritually unclean by eating food from the king’s court. They had been selected from among Israelites in exile to be trained so they could serve in the king’s court. When we make up our minds to walk with Christ even in the midst of people who are non-believing like us, God always makes a way for us. He can make your enemy to love you and can

cause any body to favour you. Hence never limit the power of God by choosing who in this life has to help you. The person you think will help you may not be the one God is planning to use. The secret here is for us never to choose to do the wrong thing because of peer pressure. It can happen, crowds may be pressing in on us but like Daniel, may we always find the courage to stay resolute to our beliefs and convictions. Heaven will always open up with answers for us.

Secondly it is that not everything that is made available for us that is necessarily needed by us. Daniel and his friends ate vegetables and water. The food from the king's court could be so tempting. Temptation is always at its peak when we decide that we want to do something for God. Sometimes the other side may not be so bad. People have made feasts before with food and wine for all to drink, however it is important to always keep the goal we have in mind. What do you want out of life? What are you seeking from God? In order for us to gain Christ we have to lose this life and sometimes being for Christ entails giving up even what may not be bad but giving it up because it is not necessary. 1 Corinthians 10:23 "All things are lawful [that is, morally legitimate, permissible], but not all things are beneficial or advantageous". All things are lawful, but not all things are constructive [to character] and edifying [to spiritual life].

There comes a time in our Christian Walk that sometimes even good things are not necessary for us.

God gave the four young men knowledge and skill in literature and philosophy. In addition, he gave Daniel skill in interpreting visions and dreams. <sup>18</sup>At the end of the three years set by the king, Ashpenaz took all the young men to Nebuchadnezzar. <sup>19</sup>The king talked with them all, and Daniel, Hananiah, Mishael, and Azariah impressed him more than any of the others. So they became members of the king's court. <sup>20</sup>No matter what question the king asked, or what problem he raised, these four knew ten times more than any fortune teller or magician in his whole kingdom. <sup>21</sup>Daniel remained at the royal court until Cyrus the emperor of Persia conquered Babylonia. Daniel 1: 17-20.

The third lesson is that remaining in Christ will bring about evident results. From the verses above we see that people eating only vegetables and water were looking healthier than those in the king's courts who were eating from his table. They were more knowledgeable than anyone the king had met before. Daniel had the gift of visions and interpretation of dreams. God always gives us double. Following God will cause even your enemies to acknowledge who you are, the knowledge you get. This shows how much we can be blessed as a result of choosing to follow Christ. Remember it may

seem foolish, but God's way is always better, it may not make sense but still choose to follow him, the world may jeer at you but let your focus be on Christ. The process may sometimes never make sense but trust me when the times comes for the results God will never disappoint.

Another deep lesson to learn from this story is total trust in God. Trusting God especially when faced with a difficult situation.

Finally, the company we keep is important for our Christian journey. Daniel had 3 friends who were with him throughout the time they were selected to serve in the royal court. The king ordered Ashpenaz, his chief official, to select from among the Israelite exiles some young men of the royal family and of the noble families. <sup>4</sup>They had to be handsome, intelligent, well trained, quick to learn, and free from physical defects, so that they would be qualified to serve in the royal court.

Who walks with you in this life matters, be loving to everybody but not everyone is qualified to walk with you. Even the pagans know this, look at the criteria they used to select for the king's court. What is our own criteria of selection when it comes to the people needed for our spiritual journey in this life? What is your criteria for selecting people to journey with you whenever you have any objective to

attain in life? Are they people who can walk the road with us?

## **Prayers**

- Father give us the grace that we may be able to choose wisely those who are meant to walk this journey of life with us.
- In the midst of adversity Lord help me to trust in you. When I am uncertain about tomorrow, help me to trust in you, when the situation seems difficult Lord help me to trust in you entirely.
- Say the daily prayer on page 160.
- **[For the full readings of today, Click here.](#)**



AUGUST 20, 2024

**INTERCESSION AS A PREVAILING PRAYER;**

1Timothy 2: 1-2

The Lord is searching for who will stand in the gap; but you must partner with the Holy Spirit. You must be baptized and filled with the Holy Spirit for an effective and efficient intercession.

**WHY SHOULD I INTERCEDE?**

The purpose of a thief is to steal, kill and destroy (John 10:10a), just as darkness as black as night covers all the Nation's of the World (Isaiah 60 : 2a).

Do you notice that satan has taken over so many events of the World? He has taken control of Nation's, Government's, Companies, Towns, Cities, Families, even Schools etc.

It's your sins that have cut you off from God. ( Isaiah 59 : 2).

## THOSE WHO INTERCEDED IN THE BIBLE

Abraham interceded for Sodom and Gommorah in Genesis 18, however in Romans 8 : 34 Jesus Christ has acquitted Us and has removed our sins and guilt.

## QUALITIES OF A GOOD INTERCESSOR

- Must be humble.
- Must have repented.
- Must be at peace with God & with Men.
- Must be respectful.
- Must not tell lies or be jealous.

## STEPS TO INTERCESSION

- Empty your plans and place yourself to God's disposal.
- Ask the Lord, ' what to pray for'.
- Ask the Lord, how to pray and then pray.
- Be attentive to hear from the Lord; ie listen after praying.
- You have to love silence, so to allow God to speak to you; ie quiet time.

## HOW TO INTERCEDE

- Pray in the power of the Holy Spirit (Romans 8 : 26 – 27)
- Pray according to God's plan (1 John 5 : 14)
- Pray with vision - watch both spiritually and physically (Matthew 26 : 41)
- Pray with faith (James 1 : 6- 7)
- Pray with compassion (Matthew 15 : 32)
- Pray with spiritual burden (2 Corinthians 11 : 27 – 28)
- Pray with love (1 Corinthians 13 : 13)
- Take a persistent stand (Luke 18 :1 – 8)
- Intercede thanking & praising the Lord (John 11 : 41)

In conclusion, we are all channels of grace. So, if grace which is clean and free passes through us unclean vessels, it gets contaminated before it gets to the beneficiaries (Romans 13 : 11 – 14) So, let us be guided.

## **Prayers**

I thank God for His word today.

Holy Spirit, I need You to come and teach me how to pray.

O Lord my Father, in all the ways that I have come short of your glory, I plead for your mercy.

My Father my Maker, I need to know You more and experience the power that resurrected Jesus Christ from death.

O Lord my Father, please make me a good intercessor through Jesus Christ our Lord, Amen.

I thank God for answered prayers.

Say the daily prayer on page 160.

**[For the full readings of today, Click here.](#)**

AUGUST 21, 2024

## **LORD MAKE ME DWELL IN SAFETY**

Psalm: 4

1 Answer me when I call, O God of my righteousness! You have given me relief when I was in distress. Be gracious to me and hear my prayer! 2 O men, how long shall my honor be turned into shame? How long will you love vain words and seek after lies? Selah 3 But know that the LORD has set apart the godly for himself; the LORD hears when I call to him. 4 Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. Selah 5 Offer right sacrifices, and put your trust in the LORD. 6 There are many who say, "Who will show us some good? Lift up the light of your face upon us, O LORD!" 7 You have put more joy in my heart than they have when their grain and wine abound. 8 In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.

God in His righteousness give relief when we are in distress. If we approach God in humility, He will be gracious to us and he will hear our prayers. The psalmist is in distress because his honor has been turned into shame. People love

vain words and seek after lies. This is not foreign to any of us. We have been subjected to shame and pain as people bare false witness against us, scandalize us, or accuse us unjustly.

God in his faithfulness has set apart the godly for himself and will always hear us when we pray. In all our distress and pain, we should trust God's faithfulness. We are urged not to sin and to meditate in our hearts, in our beds and be silent. We are urged to offer right sacrifices and trust in the Lord. If we abide to God's instructions in His goodness, He will give us the graces sufficient to enable us go through the most trying moment.

In our challenges, let us beg the Lord to lift up the light of His face upon us. God is able to put more joy in our heart than when grain and wine abound. Through God's graciousness we will lie down and sleep for God alone make us dwell in safety.

## Prayers

1. Abba Father we approach your seat of mercy with humility asking for forgiveness of our sins and your consolation in our time of distress. We ask for pardon as we entrust our wellbeing to you as we request you to hear our prayers.
2. God by the merits of the precious blood of Jesus set us apart for your Kingdom and hear our cry as we plead your mercy. Father of providence fill our lives with your blessing and favours.
3. Father we trust your goodness as You put more joy in our heart, give us grace to lie down and sleep in your safety under your protection and guidance. Amen.
4. Say the daily prayer on page 160.
5. **[For the full readings of today, Click here.](#)**

AUGUST 22, 2024

## **IMPORTANCE OF FORGIVENESS FOR CHRISTIANS**

MATTHEW 18:21-35

Forgiveness is defined as a release or a dismissal of something. The forgiveness we have in Christ involves the release of sinners from God's just penalty and the complete dismissal of all charges against us (Romans 8:1).

The Bible says that in God's beloved son, we have redemption and forgiveness of sins. It also says that God's gracious forgiveness of our sins is to be the measure of our gracious forgiveness of others. Ephesians 4:32.

Growing up, I remember I used to see forgiveness like weakness or letting an undeserving person win, but it has no connection to weakness or even emotions.

Forgiveness requires we set our pride aside and lower our defenses. Note that everyone at a point in time or the other has been on both the receiving and giving side of apologies, and while giving someone we have hurt a sincere apology requires we swallow our pride. Though, this can be difficult, just as difficult as with forgiveness.



Forgiveness in human reasoning is difficult but Christ has shown us many different times on how to forgive others. We can use the Word for guidance and direction. For whom better to learn a lesson in forgiveness from than God Himself?

There are many verses and passages in the Bible that speak of forgiveness and its importance in our lives as Christians. We are encouraged by scripture to forgive others following the Lord's example, as He forgave us. The story of Jesus hanging on the cross, forgiving those around that tortured, scourged Him, is the most powerful depiction of true forgiveness.

Jesus prayed for those who were crucifying Him (Luke 23:34). If Jesus could forgive those that had hurt Him so deeply, what is our excuse when it comes to not forgiving others?

Jesus forgave the Adulterer (John 8:1-11). This story illustrates that we are all sinners in need of a Saviour. Jesus offers us grace and forgiveness if we believe in Him as our Lord and Savior. No one is without sin. Christ has demonstrated to us what true love, kindness, grace, mercy and forgiveness means and how we are to treat others the same way that He did.

Forgiveness should have no limits (Matthew 18:21-22). Forgiveness is a reoccurring action in our lifetime, and it is important for us to understand this. We will have to forgive minor and major offenses from strangers as well as those closest to us throughout our lives.

Readiness to forgive others is a sign of repentance, and no limits should be set on it. We are to forgive not merely seven times but seventy-times-seven times. Either way, Jesus expects a lot of forgiveness from us, in fact, forgiveness must be a constant attitude.

Forgiveness is a blessing God bestows upon those who accept Christ (verses 23-27). We also need to know the consequences of choosing not to forgive someone. We need to be made aware of the damage our unforgiveness can do, not only to our relationship with the offender, but also with God.

Unforgiveness directly affects our relationship with God. As we hold on to anger and hurt, these heavy emotions make it difficult for us to feel the nudge of the Holy Spirit or hear God's voice in our lives. Added to the fact that bitterness can take a toll on our physical body as well as our emotional state, we should therefore be reminded that failure to forgive others will bring terrible consequences.

Aside all the above enumerated consequences, the worst of these is the fact that the Bible says, that God will not forgive us if we refuse to forgive others. Every one of us is indebted to God. He forgives when we repent - but only if we practice forgiveness towards others. If we are holding grudges and malice and bitter feelings towards other persons, we had better quickly take some steps toward making peace.

To forgive, does not mean we are excusing the sinful offense. When we forgive other persons, it does not mean we are excusing the sin. Sin is what it is, sin, and true love never tries to make sin anything less than what it is. But forgiveness ends the bitterness, anger, and the resentment which usually accompany an offense against us.

To forgive does not mean we have to shrug off the injustices that we have suffered. We need not say “oh, it was nothing, or no harm was done.” True forgiveness does not ignore the wrong. True forgiveness says, “What you did really hurt me but I value you as person, and I value our relationship and so I choose to forgive.

To forgive is not necessarily to forget. The truly forgiving person will refuse to dwell on the offense and will choose to move on. Though reminders may show up sometimes control over which we do not have but we must not dwell on it. It is possible that the scars will not soon be forgotten.

For Christians, forgiveness is not an option, it is a requirement. All offenses are not the same, and some are much harder to forgive than others. However, no matter how difficult it may be at times, we are to forgive people and what they do to us. No matter how deeply we have been wronged, those offenses pale into the background compared to our debt of sin which Christ has already paid.

The person who follows Christ forgives because he himself has been forgiven by God. We have been forgiven of so much that forgiveness should be a way of life for us. In fact, we should forgive immediately even before we are asked to forgive; Jesus forgave even while enemies were driving nails into His hands and feet.

Dear brothers and sisters, it behooves us to follow through on the Lord's teaching on forgiveness as we continue our journey of faith.

### **Prayers**

1. Pray to God to grant us the spirit of forgiving hearts.
2. Ask God to fill and transform our hearts by the presence of Christ.

3. Ask God to grant us the knowledge to know that forgiveness is liberating, mending and draws us closer to God.

- Say the daily prayer on page 160.
- **[For the full readings of today, Click here.](#)**

AUGUST 23, 2024

## **EUCCHARIST**

John 6:47-58

### **John 6:47-58**

47. Verily, verily, I say unto you, He that believeth on me hath everlasting life.

48. I am that bread of life.

49. Your fathers did eat manna in the wilderness, and are dead.

50. This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

51. I am the living bread which came down from heaven: if any man eat of this bread, he shall live forever.

52. The Jews therefore strove among themselves, saying, How can this man give us his flesh to eat?

53. Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.

54. Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day.

55. For my flesh is meat indeed, and my blood is drink indeed.

56. He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him.

57. As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me.

58. This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live forever.

*Jesus is revealing himself to us; He wants us to know who he is. Jesus is the everlasting life. If you have Jesus you have life eternal.*

The multitude being urgent for bodily food, and reminding Him of that which was given to their fathers, He tells them that the manna was only a type of that spiritual food which was now to be tasted in reality, **I am that bread of life.**

Same as our bodies need to be nourished so do our spiritual being need to be nourished. For this case Jesus is all we need for our spiritual nourishment, the bread of life. He calls Himself the bread of life, because He constitutes one life, both present, and to come.

Jesus compares himself with the manna, He adds, *Your fathers did eat manna in the wilderness, and are dead.*

For us to have eternal life we need to **believe** in Christ Jesus as the new Manna and that we should not be like our fore fathers in the Old Testament; murmuring sons of murmuring fathers. For in nothing did that people offend God more, than by their murmurs against Him. And therefore are they dead, because what they saw they believed, what they did not see they believed not, nor understood. Believe in the Eucharist as the real Jesus even if you don't see him physically. The **real presence of Jesus Christ**, Bread of life.

In the wilderness reminds them how short a time the manna lasted; only till the entrance into the land of promise. The old testament manna provided temporal aid, but the new testament manna provides eternal help.

*But are we, who eat the bread that cometh down from heaven, relieved from death?* From visible and carnal death, the death of the body, we are not: we shall die, even as they died. But from *spiritual death* which their fathers suffered, *we are delivered*. Moses and many acceptable of God, eat



the manna, and died not, because they understood that visible food in a spiritual sense, spiritually tasted it, and were spiritually filled with it. And we too at this day receive the visible food; but the Sacrament is one thing, the virtue of the Sacrament another. Many a one receiveth from the Altar, and perisheth in receiving; eating and drinking his own damnation, (1 Cor. 11:29) as saith the Apostle. To eat then the heavenly bread spiritually, is to bring to the Altar an innocent mind. Sins, though they be daily, are not deadly. Before you go to the Altar, attend to the prayer you repeat: **Forgive us our debts, as we forgive our debtors. (Matt. 6:12)** If thou forgivest, thou art forgiven: approach confidently; it is bread, not poison. None then that eateth of this bread, shall die. But we speak of the virtue of the Sacrament, not the visible Sacrament itself; of the inward, not of the outward eater. We should be well prepared while receiving Holy Communion. We should be in a state of grace, this prevents our death or damnation.

Our Lord pronounces Himself to be bread, not only in respect of that Divinity, which feeds all things, but also in respect of that human nature, which was assumed by the

Word of God: And the bread, He says, that I will give is My flesh, which I will give for the life of the world.

This bread our Lord then gave, when He delivered to His disciple the mystery of His Body and Blood, and offered Himself to God the Father on the altar of the cross. *For the life of the world*, i. e. not for the elements, but for mankind, who are called the world.

Which I shall give:

This shows His power; for it shows that *He was not crucified as a servant, in subjection to the Father, but of his own accord*; for though He is said to have been given up by the Father, yet He delivered Himself up also. And observe, the bread which is taken by us in the mysteries, is not only the sign of Christ's flesh, *but is itself the very flesh of Christ*; for He does not say, The bread which I will give, is the sign of My flesh, but, **is My flesh**. The bread is by a mystical benediction conveyed in unutterable words, and by the indwelling of the Holy Ghost, transmuted into the flesh of Christ. But why see we not the flesh? Because, if the flesh were seen, it would revolt us to such a degree, that we should be unable to partake of it. And therefore in

condescension to our infirmity, the mystical food is given to us under an appearance suitable to our minds. He gave His flesh for the life of the world, in that, by dying, He destroyed death. By the life of the world too, I understand the resurrection; our Lord's death having brought about the resurrection of the whole human race. It may mean too the sanctified, beatified, spiritual life; for though all have not attained to this life, yet our Lord gave Himself for the world, and, as far as lies in Him, the whole world is sanctified.

The faithful know and receive the Body of Christ, if they labour to be the body of Christ. And they become the body of Christ, if they study to live by the Spirit of Christ: *for that which lives by the Spirit of Christ, is the body of Christ*. This bread the Apostle sets forth, where he says, We being many are one body. (1 Cor. 12:12)

*O sacrament of mercy,*

*O sign of unity,*

*O bond of love!*

*Whoso wishes to live, let him draw nigh, believe, be incorporated, that he may be quickened.*

Those who receive Holy Communion God makes them to dwell together in unity. There is peace when you receive communion.

- Jesus is calling us to receive him in the Holy Eucharist.
- We renew our strength when we receive the Holy Eucharist
- Jesus is our new Moses and that we should obey him to reach the promised land.
- We should receive Holy Communion with a lot of humility and reverence.
- When we receive Jesus we have everything

## **Prayers**

- Dear Heavenly Father, We reflect on the gift of the Eucharist, the New Manna that surpasses the manna you provided to the Israelites in the wilderness. Theirs was a physical sustenance, yet it foreshadowed the true Bread of Life You offer us in Your Son, Jesus Christ.
- The Eucharist is not merely a symbol, but a reality – Your very Body and Blood nourishing our souls. Just as the manna sustained the Israelites on their journey to the Promised Land, the Eucharist strengthens us on our pilgrimage towards eternal life. Help us Lord to overcome the limitations of our human understanding.

Grant us the faith to recognize the profound gift you offer in every fragment of the Holy Eucharist. May we crave this spiritual sustenance not just on Sundays, but every day.

- Like the Israelites who gathered their manna each morning, may we approach your altar with a spirit of eager anticipation. Fill us with the grace and strength we need to overcome the challenges of daily life and persevere on the path You have set before us.
- We thank You Father for this incomparable gift – the Bread of Angels, the nourishment for our souls. May we receive the Eucharist with reverence and gratitude, ever mindful of its power to transform us from within. Amen.
- Say the daily prayer on page 160.
- **[For the full readings of today, Click here.](#)**

AUGUST 24, 2024

## **THE UNCONDITIONAL LOVE OF CHRIST**

Romans 8:35,37-38

"Who shall separate us from the love of Christ? shall trouble or hardship or persecution or famine or nakedness or danger or sword? 37-38

"No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers neither heights nor depth nor anything else in all creation will be able to separate us from the love of God that is Christ Jesus our lord. "

These verses offer profound Assurance of the inseparable nature of Christ's love for believers, Paul lists various trials Adversities, yet emphatically, concludes that none of these can distance us from Christ's love. This reassurance is cornerstone of Christian faith, highlighting God's unwavering commitment to his people, it encourages believers to trust in God's love a midst life's uncertainties and challenges, fostering resilience and hope.

## **Related verses**

John 10:28-29

I give them eternal life and they shall never perish, no one will snatch them out of my hand, my father who has given them to me, is greater than all; no one can snatch them out of my father's hand".

This passage echoes the theme of security in God's love emphasizing the eternal safety believers have in Christ.

2Corinthians 4:8-9

We are hard pressed on every side, but not in despair, persecuted, but not abandoned struck down, but not destroyed.

These resonates with the idea that despite the hardships the believers face, God's love and strength sustain them.

## **PRAYERS OF GRATITUDE**

Heavenly father, thank you for your unfailing love and the assurance that nothing can separate us from you, we are grateful for the strength and comfort your love provides in times of trouble, help us to always remember your promises and live confidently in your grace. Amen.

## PRAYERS FOR STRENGTH

lord Jesus, in the face of challenges and hardships, remind us that we are more than conquerors through your love. Grant us the courage to stand firm in faith and the resilience to overcome every obstacle. may your love be our guiding light, Amen

## PRAYER FOR OTHERS

Merciful father, we lift up those who are experiencing trouble, hardships, or persecution, may they feel your presence to be encouraged by the truth that nothing can separate them from your love. Surround them with your peace and strengthen their hearts. Amen

Say the daily prayer on page 160.

**[For the full readings of today, Click here.](#)**



AUGUST 25, 2024

**JESUS IF YOU WILL TOUCH ME**

Luke 5:12-14

*The story of a man with leprosy is brought to us by St. Luke.*

He narrates to us how the leper approached Jesus and asked to be made well. It is noted that in the ancient times leprosy was associated with sin and the people who suffered from it were isolated. Leprosy secluded people from others i.e. it was a social disease.

This man had to make a decision of faith to be defiant of the rules and come to Christ. He realized he had obstruction on his way and by not overcoming them he was going to still remain a leper in his life. In our day to day life, we are often faced with obstacles that hinder us from seeking the healing touch of Jesus. Often a times, difficulties, storms, mountains and valleys come in our way to seeking Christ.

## HOW DOES THE TOUCH OF JESUS ACT?

### **1. The touch of Jesus transforms**

Jesus' touch transforms our lives. It changes our lives and makes us holy. It brings the transformative presence and relieved us of sin.

### **2. The touch of Jesus restores**

Jesus' touch restores our health. It restores the original plan of God in our lives.

### **3. The touch of Jesus relieves**

Jesus' touch gives us rest. It relieves us of our burdens and pains.

### **4. The touch of Jesus heals**

## HOW CAN WE EXPERIENCE THE TOUCH OF JESUS?

For us to receive the touch of Jesus we must pursue him. We also must present ourselves to him. For us to experience his touch;

- We must have courage to go to him. The paralytic had the courage to go to Jesus despite the laws placed against the disease. We have to break through the barriers (*Luke 5:18-20*). we ought to search for him. We have to move from the roadside and look for him.
- We have to approach him with humility. When sin overcomes us, we ought to go to Jesus with humility. We have to accept that we are weak and ask Jesus to will and make us well.
- We must ask. Often at times we get tired to ask, we fail to pray. We are reminded to always go to Jesus in prayers.

Prayers removes the barriers we face in our lives. When we ask Jesus, he will heal and touch our leprosy.

- We ought to have faith. Faith is the force that pushes us at the feet of Christ. Jesus wants us to come to him with the faith of the leaper. At the feet of Jesus, we experience a touch in our troubled lives.

## **Prayers**

- Pray as the spirit leads.
- Say the daily prayer on page 160.
- **For the full readings of today, Click here.**

AUGUST 26, 2024

## **PRAYER ALTERS GODS PLAN**

2 Kings 20:1

Prayer is a humble appeal from our impotency to God's omnipotence. We give Him the glory of His sovereignty and dominion, and acknowledge that He is not only able to procure for us what we ask, but can give us a right to, and the blessing of what He gives.

We often ask ourselves, does prayer make any difference? Does it really change anything? Someone once asked me that question, only in a slightly different manner. 'Does prayer change God's mind?', the answer can bring storms of protest, doubt and fear sets in, leading our prayer instead of faith and confident in God. Satan knows that truth too, and has had thousands of years to practice twisting it to his own ends.

Referring to the sovereignty of God, he will say 'God will do whatever He wants to do, so it doesn't matter if you pray. Then switching to God's changelessness he will say, you think you can change things through prayer? What a joke, you can't change God's mind, because God can't change. So,

your prayers are useless. You're running into a brick wall a thousand miles.'

Let's review Hezekiah's pleading prayers, 'In those days Hezekiah became mortally ill. And Isaiah the prophet the son of Amoz came to him and said to him, thus says the Lord, set your house in order, for you shall die and not live.' 2 Kings 20:1

Hearing he would die, Hezekiah prayed turning to the wall, 2 Kings 20:2-3. Before he left the palace, the Lord sent Isaiah back to the king with a new message. God had heard Hezekiah's prayer, saw his tears, would heal him, and would add 15 years to his life, 2 Kings 20:4-6.

Hezekiah knew his only hope was God. He went straight to the house of the Lord and spread the letter out before the Lord. Often times we spread our problems out before trusted friends, a pastor or a counsellor. This is wise but we must not neglect going first to the Lord in prayer and spreading out all the details before Him.

God responded immediately because Hezekiah was faithful and trusted God for most part of his life. 2 Chronicles 31:20-21, tells us that Hezekiah was someone who had a close

relationship with God. He did what was good, right and faithful before the Lord His God.

Additionally, he was a remarkable king after David perhaps the most righteous and faithful king that reigned in Judah. He did remarkable acts of service to the Lord, particularly protecting the Lord's worship and purifying it. But Hezekiah was also a great man of prayer and in the prayer of Hezekiah we can see something of a model for us as to what prayer to the true and living God should be. Hezekiah is presented to us in our text through two prayers that he offers to the Lord. The first prayer is that God might be glorified in the defeat of Sennacherib's army. And the angel of the Lord went out and struck down 185,000 in the camp of the Assyrians. And when people arose early in the morning, behold, they were all dead bodies. God fought for the nation because Hezekiah prayed. And in doing so, God did exactly what he had always planned to do through prayer.

We need to build a good relationship with the Father through prayer just like a Father- Son/Child relationship, we know when to ask and how to ask. Our Father gives good things to those who ask Him, Matthew 7:9–11 'Which of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? So, if you who are evil know

how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him'. Fathers can't give their children everything they want. But they do their best to give good gifts and fulfill their children's needs. Jesus uses this example to remind us that God is a much better Father than any human could ever be, and as his Children, we can trust God to provide us with good things.

., and you'll never move it. You're pushing against Mount Everest, but you'll never make it sway

**Hezekiah asks God to save them, not for his own glory but for God's glory.**

It is so easy to get caught up in just giving God an itemized list of our prayer requests but we see that Hezekiah didn't just make a plea for help. His ultimate goal was that everyone would see the hand of God at work and that God would be glorified. 'I have sought in all my life to serve you, Lord be merciful to me. Lord, show me your grace and your favor. Lord show me your goodness in prolonging my life', Hezekiah prays very much in the spirit of Psalm 26: 1-6.

We know that the only one who is truly righteous and the only one who keeps God's law and covenant is Jesus, the



Messiah. And so we understand something about the covenant of grace even more deeply and more fully than Hezekiah did. When we pray, we are careful to come to God only in Jesus name. We come in the name of the one who is truly righteous, the one who perfectly kept God's covenant in every way. Yet like Hezekiah, those of us in Jesus Christ can come to God saying, 'I am a covenant keeper. I am not perfect, but out of the intention of my heart, renewed by your grace, I am striving to live for you, to serve you. I am your child. I am part of your covenant. O Lord, show me your mercy; show me your goodness.'

When Hezekiah prays as a covenant-keeper for healing, saying to the Lord, 'You are the giver of life. You are the one who has always supplied your people with life and health and strength. You are the one who can even raise one up from his death-bed, so that in the third day he may go into your temple and glorify you. You are the one, O Lord that grants life to your people. You are the one who raises the dead'.

If we reason with God in prayer, we will pray for his glory and in the end, we will pray that His will may be done. We are speaking as child to father, a father in whom we have utter confidence to do what is good, wise and right. Therefore, after we have opened our hearts to God as

Hezekiah opened his heart and as David so often does in the Psalms, we can at last turn it over to God and say, ‘Father, I love you and I trust you and I know that you are wiser in glorifying yourself than I am, therefore your will be done’. The Lord shows his blessing upon Hezekiah by healing him.

### **Prayers**

- The Lord calls us then to pray seeking his glory.
- To pray effectively for the Lord to fill our minds and hearts with the word of God.
- Holy Spirit put your mark of protection on me and all the members of my family as this year runs out.
- Father, protect us and our people from untimely deaths this year.
- Merciful Father, don't allow your glory depart from our life and your church in Jesus name.
- Say the daily prayer on page 160.
- **[For the full readings of today, Click here.](#)**

AUGUST 27, 2024

## **LIFE CHALLENGES ARE NOT PERMITTED TO LAST FOREVER**

2 Corinthians 4: 17

**2 Corinthians 4: 17.** ‘For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory.’

There are moments in life when certain issues and challenges look perpetual and insurmountable. The enemy always paints challenges as mountains that we cannot overcome. Fruitless efforts in getting solution to life issues could also make you conclude that challenges are everlasting. There is a word of comfort and assurance from God's word. Life challenges only happen for a season, the season of crisis is always for a moment. The present challenges confronting you will soon be over. I want you to understand that any challenge permitted by God is for a season and for a reason.

Challenges are like examinations, you must write if you desire promotion in life. There is no college where students write examinations from the commencement of the session till the end. There is always a period for examinations, your season of examinations will soon end, get set for your promotion.

I encourage you to stay positive and expect your turnaround. There is a heavy glory and blessing coming your way, i want you to get excited about your life. In Daniel Chapter 3, God permitted Daniel to be tested before his promotion. Those who dodge examinations will never experience their promotion. You are welcome to your season of promotion in Jesus name.

Let us consider certain wisdom keys that will guarantee our rest in the midst of challenges.

(1) Always Commonise Life Challenges and Battles; 1Corin.10:13 2Corin,4:17.

‘There hath no temptation taken you but such as is common to man: but God is faithful, who will not allow you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it’.

(2) Acknowledged And Rely On God's Faithfulness to Overcome Life Challenge;1Sam.17:37,1Corin.10 :13.

There hath no temptation taken you but such as is common to man : but God is faithful,who will not suffer you to be tempted above that ye are able;but will with the temptation also make a way to escape,that ye may be able to bear it.

### Prayer

- Father, I thank You for your unfailing mercy and kindness to me and my family in the name of Jesus. Father, let your rain of mercy and favour continue to fall upon me and my family in the name of Jesus. I silence every voice and tongue speaking against my destiny and my family in the name of Jesus. By the blood of Jesus, I reject failure and disasters in my life and family.
- Say the daily prayer on page 160.
- **[For the full readings of today, Click here](#)**

AUGUST 28, 2024

**STRIVE FIRST FOR THE KINGDOM OF GOD AND  
HIS RIGHTEOUSNESS**

Mathew 6:21-34

The kingdom of God is simply God's redemptive rule and reign, it points to God's kingship, His rule, and sovereignty over all created things. To understand how to seek first the kingdom of God, we must know the king. The kingdom personified is Jesus. "No one can serve two masters, for a slave will either hate the one and love the other, or be devoted to one and despise the other. You cannot serve God and wealth" (Mathew 6:24).

The question we need to ask ourselves is 'what are we worshipping?' Is it God or the pleasures of life (money, cars,

resses, social media, houses, etc.)? The simplest way to find what we worship is by looking at our hearts. Matthew 6:21 states that “where our treasure is, that is where our heart is”. Whatever takes the most of our time, effort and resources, is ultimately what we worship. Hence, we need to ask if Jesus is our master or if it’s something else. Are we worshipping power and influence, approval of people, and social media? It is important to know that any other master apart from Jesus will only lead us to anxiety and worry. Our hearts are restless until they rest in God.

We can strive to seek God by doing the following:

1. Not having any other gods. Anything we treasure more than Christ is a god in our life. We need to denounce and repent from serving other masters.
2. We should take our anxieties to the Lord in prayer. We must make God the King in our lives. We should not

worry about our lives, what we will eat or drink. Worrying will add no single hour to our life span (Mathew 6:25-32).

3. We should cling to the Word of God. Efforts should be made to study and meditate on the Word of God every day. “Your word is a lamp to my feet and a light to my path” (Psalm 119:105). “So faith comes from what is heard and what is heard comes through the Word of Christ” (Romans 10:17).
4. We should pray continually, in season and out of season. We should learn to pray like Jesus. This can be done by creating an intimate relationship with Him.
5. Worshipping God is recognizing God as the Almighty and honouring Him for who He is. We can read and pray the Psalms when we are lost for words. “Enter his gates with thanksgiving, and his court with praise. Give thanks to



him, bless his name” (Psalm 100:4). “Yet you are holy, enthroned on the praises of Israel” (Psalm 22: 3).

6. Our Father desires that we draw close to Him, for he longs to pour His goodness out on us. He promises to draw close to us and never to forsake us. “Draw near to God and he will draw near to you” (James 4:8).
7. In difficult and good times, when we are tempted, worried, and anxious, we should remember to run to the Father. Let us learn to trust that He will give us everything we need for He is faithful, a promise keeper, a miracle worker and a sufficient God.

## **Prayers**

- We pray for the Grace to serve and love God in spirit and in truth.
- We pray that God will help us establish our priorities. May we seek first the Kingdom of God rather than seeking other things.

- We pray that God will open our eyes to understand the Kingdom in which we are citizens.
- We pray that we continue to place our total trust in Jesus, knowing that His plans for us are for good and not for evil.
- Say the daily prayer on page 160.
- [For the full readings of today, Click here](#)

AUGUST 29, 2024

**CONVERSION, A CALL TO BE RECONCILED  
WITH GOD**

2 Cor 5: 18-24

In this passage St. Paul calls and reminds me to examine how my commitment to conversion is going on in my life *“All this is the work of God who in Christ reconciled us to Himself, and who entrusted to us the ministry of reconciliation”*. Because in Christ God reconciled the world with Himself, no longer taking into account their trespasses and entrusting to us the message of reconciliation” 2 Cor 5:18-19.

My charisma institutes reconciliation, such a great gift, as a religious, I am called to carry out in fullness to my best ability, it's the primary work I am called to live concretely.

He who has entrusted to me this mission of reconciliation: I should not be satisfied in just living an easy way of life as any other Christian, no, I am called to live it radically to my own best, to touch other people's life with my way of living, to emanate reconciliation, peace, serenity of life in all my attitudes, gestures and actions around me. I am called to do my part in the task of universal reconciliation that supposes a denunciation of injustice and sin, and the effort to overcome them. I must stand for the truth, to do as much as I can, the right thing no matter what it may cost me.

Love brought Jesus down to this earth to reconcile the sinner with God, to repair errors and save men. This is the particular purpose of my vocation. In the light of the Word of God I am called to discover that God is continually calling me to conversion and He is waiting for me in the Sacrament of Reconciliation. Reconciled, I will then feel

recreated in love and will have the strength to keep going in the journey of faith. I should never take for granted the sacrament of penance and to do it with all seriousness and responsibility in order to overcome sin, limitations and weaknesses in my life.

Christ Himself came into the world to reconcile each one of us with God and have salvation and at the same time to extend this great gift to others. I cannot give what I don't have that is: I must work hard myself to possess the gift of reconciliation: to be reconciled with God, with others, with myself and with creation to be able to donate it to others. Conversion of heart is one of the most important ways to be reconciled with God, a change of heart and life, a contrite way of life and all this can be realized because of God's love, He doesn't want anyone to perish but to be saved and have eternal life.

The mission of reconciliation requires me to proclaim the Gospel by word and deeds and its assurance that forgiveness of sin is always available in Christ. Sin prevents me from having a good relationship with God and others, but Jesus' perfect sacrifice on the cross made atonement for sin: *"Therefore, it was necessary for Him to be made in every respect like us, his brothers and sisters, so that He could be our merciful and faithful High Priest before God. Then He could offer a sacrifice that would take away the sins of the people* Heb. 2:17 and brought harmony into my life through the relationship with Him. Jesus reconciled me to God through His love, mercy and goodness and He grants me every second of my existence into this life. And this enables me to proclaim it to others that through repentance from our sins, it's possible and indispensable in our lives to be in good terms with God through faith in Jesus Christ: *"For, if while we were enemies, we were reconciled to God through*

*the death of His Son, how much more can we be sure that, being now reconciled, we shall be saved by His life* Rm 5:10. *“and through Him to reconcile to Himself all things, whether things on earth or things in heaven, by making peace through His blood, shed on the cross. Once you were alienated from God and were enemies in your minds because of your evil behavior”* Col. 1:20 – 21.

The mission of reconciliation that God has entrusted to me is a very big responsibility and task that I cannot take for granted and He continuously makes His appeal through my poor person *“So we present ourselves as ambassadors in the name of Christ, as if God Himself makes an appeal to you through us. Let God reconcile you; this we ask you in the name of Christ”* 2 Cor 5:20. The mission I have received is to bring people’s hearts of good will to God, it’s very urgent and vital maybe today more than ever, it’s truly a

matter of life and death that's: it's not an option but a condition, it's a must, an urgent need of our time. Jesus paid the price of our reconciliation and we are called to extend it to all mankind because He loves us with an infinite love *"For God love the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life"* Jn 3:16. So, I must share and extend this message of reconciliation in love by, living it in person and reflecting on it as my way of life. I pray that God will give me all the necessary graces to live out His message of love and be a true witness of reconciliation to all those around me.

### **Prayers**

- God our Father, all mankind exists because of Your goodness and love, look with mercy on all of us and grant us fulfillment in all our endeavours. May Your



Spirit guide us to live the message of love and be in peace among us.

- Grant serenity of life to all those who are divided in themselves, may Your sacrifice on the cross and the blood that You shed bring salvation to them all.
- For those who are working hard in spreading the message of reconciliation sustain them to be ever courageous in carrying out the mission You have entrusted to them.
- For all our members of Mary Our Help prayer group that God will continue to sustain us and grant us all the graces we need in living according to God's Will. Amen
- Say the daily prayer on page 160.
- **[For the full readings of today, Click here](#)**

AUGUST 30, 2024

## **UNDERSTANDING GOD'S LOVE AND AUTHORITY**

**MATTHEW 9 vs 18-26**

Jesus performed countless miracles and effortlessly overcoming natural laws, such as bringing a little girl back to life. His approach to miracles was humble; He often performed them quietly, without seeking attention, and sometimes even asked for silence about them.

This humility and discretion highlight Jesus' complete dominion over the physical and spiritual worlds. He, the Creator of the Universe, can effortlessly alter the laws of nature and our lives with His will. Recognizing His absolute power and authority should bolster our confidence in His control over all aspects of existence.

Understanding Jesus' omnipotence, alongside His perfect love and knowledge of us, should inspire profound trust in Him. Why wouldn't we trust someone who is all-powerful, loves us unconditionally, and desires our ultimate good? Embracing this trust can transform our lives, allowing Jesus

to work miracles of grace within us. Reflect on the depth of His power and His loving intention to use it for our benefit.

## **Prayers**

- Lord of all power and love, I do believe in Your absolute authority over all things and Your complete authority over my life. Help me to trust in You and to trust in Your love for me in Jesus Mighty Name. Amen
- O Lord, empower me the more to know your ways and to obey your instructions in Jesus Mighty Name. Amen
- Lord build my confidence in you more day by day in Jesus Mighty Name. Amen
- Say the daily prayer on page 160

AUGUST 31, 2024

## **DON'T QUIT**

1st Corinthians 9:24-27

### **INTRODUCTION**

Winning a race requires purpose and discipline, so we should not let anything take our eyes off our goal of knowing Christ.

### **WHAT IS THE PURPOSE OF THIS RACE.**

- 1) To get the prize which is eternal life. So run with purpose in every step disciplining yourself.
- 2) Don't get tired of doing good rather try to live to please the Spirit.
- 3) Use every piece of God's armour to resist the enemy. ( Eph. 6:10ff)
- 4) Forget the past, just press on to reach the end of the race.

## **WHY I SHOULD NOT QUIT**

- a) Many prophets suffered and were persecuted such as Moses, Elijah, Jeremiah, Job etc, but they remained faithful to God ( James 5:10 -11)
- b) There is no suffering for the sake of God's kingdom that is wasted. ( Rev. 6: 9 -11)
- c) Only those who endure to the end will be rewarded by God. ( Mark 13 : 13 )
- d) We are running towards our Heavenly reward.

## **WHAT DO I DO**

- 1) Train diligently- Prayers, Bible study, worships etc; your spiritual progress depends upon it.
- 2) Say NO to friends or situations that will lead you away from Christ.
- 3 ) Be self disciplined and be careful to practice what you preach.
- 4 ) Don't dwell on your past, instead, grow in the knowledge of God.

5 ) Like athletes, we must train hard and follow the rules; and like farmers, we must work extremely hard and be patient.

6) Consistent and diligent study of God's word is very vital (2 Timothy 2:15 )

## CONCLUSION

Enduring to the end is not a way to be saved but the evidence that a person is really committed to Jesus Christ.

## Prayers

- My Lord My Shepherd, guide and direct me so I don't fall into error or the trap the enemy has prepared for me.
- Lord my Father, help me not to stop this my journey half way.
- I pray for grace to identify and run away from every occasion of sin.
- I pray for grace to finish well and strong through Jesus Christ our Lord, Amen.
- Say the daily prayer on page 160.
- **[For the full readings of today, Click here.](#)**

## **MARY OUR HELP ANDROID APP**

Install the app with largest collection of Catholic Prayers and resources.

You will get the following in the app: Catholic Books, All Novenas, All Chaplets, All Litanies, Catechism, Daily Mass Readings, Counseling, Mariology Course, Lots of Catholic Prayers, Saints and Feast Days, Videos etc.

**CLICK HERE TO DOWNLOAD**

## **DAILY PRAYERS**

In the name of Jesus Christ, Lord Almighty in Heaven, I come before You this day to thank You specially for Your love, power, faithfulness and mercy upon me. I praise You and adore You Almighty God, there is none like You; in the heavens, on earth and beneath the earth. I submit my entire life to You in worship as the Supreme Being and the ruler and king of the entire universe. Lord Almighty, receive all glory and honour and adoration. In Jesus mighty name. Amen.

Today, I beg for Your Divine Mercy. I choose You this day as my personal Lord and my God, and I ask for the forgiveness of all the sins that I have committed against You. Great God, please look with pity and have mercy upon me, my family and my lineage. Great God and Supreme Being, I prostrate and beg You to forgive us of all our sins which we have committed against You, and for all that we have done which hurt You and our neighbors. Please, for the sake of Jesus Christ crucified, have mercy upon us. Lord, please consider His precious blood and show pity upon us. Wash me, my family and lineage with His most precious



blood. I promise that with the help of Your grace, I will not sin again.

Lord Almighty in Heaven, in the name of Jesus Christ, I reject anything that is a god in my life and my family which is not You. I denounce them and their powers over my life. I submit my entire life and family to you, asking you to reign supreme and let Your kingdom come and Your will be done in me and my family.

Today, with all my heart, I humbly ask for mercy. Please Lord, show me mercy and grant the following request and petition which I bring before you:

(Begin to pray and present your requests as the Holy Spirit leads you.)

Lord God Almighty in Heaven, I put all my confidence and trust in You. You are my only hope, courage, consolation and peace. Almighty God, if You don't help me, who else will help me? If you don't show me mercy, from whom else will I get mercy? Lord Almighty, please, for the sake of Jesus Christ who was tortured, shamed, humiliated and

crucified for my sake and for Your will, please have mercy upon me, grant all my requests and let Your will be done in my life. Amen.

O Immaculate Mother, I renew and ratify today in thy hands, the vows of my baptism. I renounce forever satan, his works and all that has to do with him. I give myself entirely to Jesus Christ the incarnate wisdom, to carry my cross after Him all the days of my life, and to be more faithful to Him than I have ever been before.

In the presence of all the heavenly court, I choose you this day as my mother. I deliver and consecrate to thee my body and soul, my good, both interior and exterior and even the value of my good actions; past, present and future and all that belongs to me without exception, according to thy good pleasure, for the greater glory of God in time and in eternity. Amen.

## **CHAPLET OF THE HOLY SPIRIT**

**This Chaplet was composed in 1892 by a Franciscan Capuchin missionary of the English Province in order to give the faithful an easy means of honouring the Holy Ghost. It was approved by Pope Leo XIII in 1902.**

### **How to pray the Chaplet of the Holy Ghost**

**The Chaplet of the Holy Ghost has 50 beads. It begins with three small beads, followed by 5 sets of 7 beads, each separated by 2 large beads.**

- On the three large beads,**
- make the Sign of the Cross**
- say an Act of Contrition... and**
- recites the hymn "Come, Holy Ghost"..**
- On each set of 7 small beads is prayed 7 Glory be to the Father...**

○ Then, on the 2 large beads is said 1 Our Father

○ and 1 Hail Mary

During the praying of each set of 7 beads, the faithful is asked to meditate on one of the 5 mysteries (below), therefore commemorating the Five Wounds of Jesus which are the fountains of grace which the Holy Ghost imparts to all men.

### **THE FIRST MYSTERY**

By the Holy Ghost is Jesus conceived of the Blessed Virgin Mary.

**The Meditation:** "The Holy Ghost shall come upon thee, and the Power of the Most High shall overshadow thee; and therefore also the Holy which shall be born of thee shall be called the Son of God." [LUKE. 1:35]

**The Practice:** Diligently implore the aid of the Divine Spirit, and Mary's intercession, to imitate the virtues of Jesus Christ, Who is the Model of virtues, so that you may be made conformable to the image of the Son of God.

## **THE SECOND MYSTERY**

**The Spirit of the Lord rested upon Jesus when he was baptized.**

**The Meditation:** "Jesus, being baptized, forthwith came out of the water: the heavens were opened to Him, and he saw the Spirit of God descending as a dove, and coming upon Him." [Matthew. 3:16] **The Practice:** Hold in the highest esteem the priceless gift of sanctifying grace, infused into your soul by the Holy Spirit in Baptism. Keep the promises to which you then pledged yourself. Increase, by constant practice, Faith, Hope, and Charity. Ever live as becometh children of God and members of God's true Church, so as to obtain, hereafter, the inheritance of heaven.

## **THE THIRD MYSTERY**

**By the Spirit is Jesus led into the desert to be tempted by the Devil.**

**The Meditation:** "Jesus, being full of the Holy ghost, returned from the Jordan, and was led by the Spirit into the desert for the space of forty days; and was tempted by the devil." [LUKE. 4:1-2]

**The Practice:** Be ever grateful for the sevenfold gift of the Holy Spirit bestowed upon you in Confirmation, for the spirit of wisdom and understanding, of counsel and fortitude, of knowledge and piety, and of the fear of the Lord. Faithfully yield to His Divine guidance, so that, in all the trials and temptations of life, you may act manfully, as becometh a perfect Christian and valiant soldier of Jesus Christ.

## **THE FOURTH MYSTERY**

**The Holy Ghost in the Church.**

**The Meditation:** "Suddenly there came a sound from heaven as of a mighty wind coming, and it filled the whole house where they were sitting... and they were all filled with the Holy Ghost, and began to speak... the wonderful works of God." [Acts, 2:2, 4, 11.]

**The Practice:** Thank God for having made you a child of His Church which is ever animated and directed by the Divine Spirit, sent into this world for that purpose of the day of Pentecost. Hear and obey the Holy See, the infallible mouthpiece of the Holy Ghost, and the Church, the pillar and ground of truth. Uphold her doctrines, seek her interests, defend her rights.

## **THE FIFTH MYSTERY**

**The Holy Ghost in the soul of the just man and just woman.**

**The Meditation:** "Know you not that you members are the temple of the Holy Spirit, Who is in you?" [1 Cor. 6:19] "Extinguish not the Spirit." [1 Thess. 5:19] "And grieve not the Holy Spirit of God whereby you are sealed unto the day of redemption." [Ephesians. 4:30]

**The Practice:** Be ever mindful of the Holy Ghost Who is within you, and carefully cultivate purity of soul and body. Faithfully obey His Divine Inspirations so that you may bring forth the Fruits of the Spirit - Charity, Joy, Peace, Patience, Dignity, Goodness, Long-suffering, Mildness, Faith, Modesty, Continency, Chastity.

○ Conclude with the I believe... as a profession of faith.

○ Say finally once: Our Father...

○ Hail Mary...and

**○ Glory be to the Father...**

**○ for the intentions of the pope.**

**LITANY OF THE HOLY-GHOST**

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us. Father  
all powerful, have mercy on us

Jesus, Eternal Son of the Father,  
Redeemer of the world, save us.

Spirit of the Father and the Son,  
boundless life of both, sanctify  
us.

Holy Trinity, hear  
us

Holy Ghost,  
Who proceedest from the Father and the Son, enter our  
hearts.



Holy Ghost,  
Who art equal to the Father and the Son, enter our  
hearts.

Promise of God the Father, have  
mercy on us Ray of heavenly  
light, have mercy on us

Author of all good,  
have mercy on us

Source of heavenly water, have mercy  
on us

Consuming fire, have mercy  
on us

Ardent charity, have mercy  
on us

Spiritual unction, have mercy  
on us

Spirit of love and truth, have mercy  
on us

Spirit of wisdom and understanding, have mercy  
on us

Spirit of counsel and fortitude, have mercy  
on us

Spirit of knowledge and piety,  
have mercy on us

Spirit of the fear of the Lord,  
have mercy on us

Spirit of grace and prayer, have mercy  
on us

Spirit of peace and meekness, have mercy  
on us

Spirit of modesty and innocence, have mercy  
on us

Holy Ghost, the Comforter,  
have mercy on us

Holy Ghost, the Sanctifier, have mercy  
on us

Holy Ghost, Who governest the Church, have mercy  
on us

Gift of God, the Most High, have mercy  
on us

Spirit Who fillest the universe, have mercy  
on us

Spirit of the adoption of the children of God, have  
mercy on us

Holy Ghost, inspire us with horror  
of sin.

Holy Ghost, come and renew the face of  
the earth.

Holy Ghost, shed Thy light in  
our souls.

Holy Ghost,  
engrave Thy law in our hearts

Holy Ghost, inflame us with the flame of  
Thy love.

Holy Ghost, open to us the treasures of  
Thy graces

Holy Ghost, teach us to  
pray well.

Holy Ghost, enlighten us with Thy heavenly inspirations.

Holy Ghost,  
lead us in the way of salvation

Holy Ghost, grant us the only necessary knowledge.

Holy Ghost, inspire in us the practice of  
good.

Holy Ghost, grant us the merits of  
all virtues.

Holy Ghost, make us  
persevere in justice.

Holy Ghost, be Thou our everlasting  
reward.

Lamb of God,  
Who takest away the sins of the world, Send us  
Thy Holy Ghost.

Lamb of God,  
Who takest away the sins of the world, pour down into our  
souls the gifts of the Holy Ghost.

Lamb of God,  
Who takest away the sins of the world, grant us  
the Spirit of wisdom and piety.

V. Come, Holy Ghost!  
Fill the hearts of Thy faithful,

R. And enkindle in them the fire of Thy love.

Grant, O merciful Father, that Thy Divine Spirit may enlighten, inflame and purify us, that He may penetrate us with His heavenly dew and make us fruitful in good works, through Our Lord Jesus Christ, Thy Son, Who with Thee, in the unity of the same Spirit, liveth and reigneth forever and ever.  
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 14days, 21 or 30.
5. Try as much as possible to avoid distractions or anything that will prevent the prayer to be completed or recited properly.

## **Prayers**

- Call on the Blood of Jesus Christ 12 times
- Psalm 23
- Psalm 51
- Isaiah 53:5
- Isaiah 38:1-7
- Divine Mercy prayer at three o clock

**CHAPLET OF OUR LADY OF PERPETUAL  
HELP (To be recited on the ordinary rosary bead)**

## **HOW TO PRAY**

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

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

Recite the creed on the second large bead after the three hail Mary.  
On the ten small beads recite: "O Mary, help us!"

(At the end of each decade say:)

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

(On the large beads say:)

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

(In conclusion, recite:)

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

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

## **PRAYER TO ST MICHAEL THE ARCHANGEL**

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

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



## **PRAYER TO ST RAPHAEL THE ARCHANGEL**

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

St. Raphael, of the glorious seven who stand before the throne of Him who lives and reigns, Angel of health,  
The Lord has filled your hand with balm from heaven to soothe or cure our pains. Heal or cure us of our diseases and guide our steps when doubtful of our ways.

## **PRAYER FOR GOD'S BLESSINGS**

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