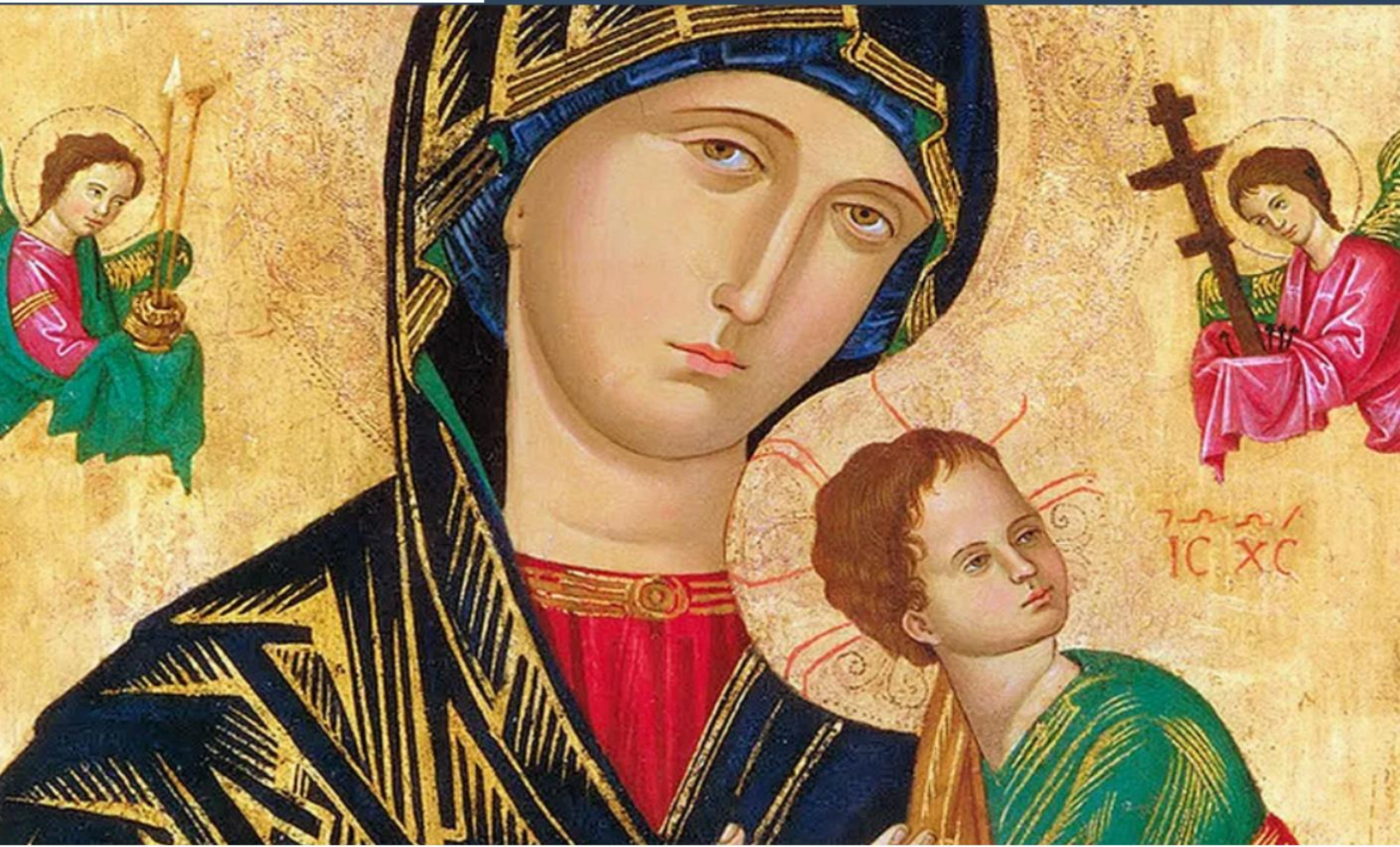




JUNE DEVOTIONAL 2024



**"TRUST IN THE LORD WITH ALL THINE HEART;
AND LEAN NOT UNTO THINE OWN
UNDERSTANDING." PROVERBS 3:5.**

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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NOVENA TO OUR LADY OF PERPETUAL HELP

Dearly beloved in Christ, this is to inform you that the feast of Our Lady of Perpetual Help is on the 27th of June. Therefore, the novena to Our Lady of Perpetual Help **will begin on Tuesday 18 June and will end on 26 June 2024.**

Please make a serious effort to participate in the novena prayer. Please inform your friends and families so that they can participate.

Please Note:

1. Fasting is Compulsory throughout the Novena period.

[CLICK HERE TO VIEW THE NOVENA](#)

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JUNE 1, 2024
THE TRANSFORMATIVE POWER OF
FORGIVENESS

"For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses."

These words are not merely a suggestion or a gentle reminder but they are a divine commandment, a roadmap to spiritual freedom and liberation.

Forgiveness is not a sign of weakness rather it is a courageous act of love and mercy that has the power to heal wounds, mend broken relationships, and set us free from the chains of resentment and bitterness.

When we choose to forgive, we emulate the love and compassion of our Heavenly Father, who forgives us our sins time and time again, without condition or reservation. We acknowledge our shared humanity, recognizing that we all fall short and are in need of forgiveness.

Forgiveness is not always easy though. It requires humility, patience, and a willingness to let go of our pride and ego. It means releasing the desire for revenge and choosing instead the path of reconciliation and peace. It may not erase the pain or erase the memory of the wrong or hurt, but it opens the door to healing and restoration.

May we all strive to embody the spirit of forgiveness in our lives, following the example of our Lord Jesus Christ who forgave even those who crucified him. May we be instruments of peace and reconciliation in a world that is often fractured by division and strife. May we equally experience the true freedom and joy that comes from embracing the gift of forgiveness.

Prayers

1. We pray for the grace to forgive those who have wronged us. Lord help us to release any bitterness or resentment that may linger in our hearts.
2. We ask for the strength and courage to seek reconciliation with those we have hurt or who have hurt us, trusting in God's guidance and grace.
3. We Pray for the ability to empathize with those

who have wronged us, recognizing that they too are children of God in need of mercy and forgiveness.

4. Lord heal us and those we have forgiven, that wounds may be healed, and relationships restored.

5. We humbly ask for forgiveness from those we have wronged, acknowledging our faults and shortcomings, and seeking reconciliation where possible.

6. We pray for the grace to forgive ourselves recognizing that God's love and mercy are limitless, and that true freedom comes from accepting His forgiveness and extending it to others.

Pray the daily consecration prayer on page 93.

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

PLEASE SHARE THIS DEVOTIONAL

JUNE 2, 2024

**A JOURNEY TO PEACE IN THE MIDST OF LIFE'S
SYMPHONY**

Isaiah Chapter 26

Imagine life as a grand orchestra. The soaring melodies of joy and accomplishment interweave with the crashing cymbals of unexpected challenges and the mournful strings of loss. The constant cacophony of daily life can be overwhelming, drowning out any sense of peace. Yet, amidst the discord, Isaiah 26 emerges like a lone oboe, offering a simple, yet profound melody – a path to peace even when the world feels like a chaotic symphony.

The passage doesn't deny the reality of hardship. Unlike a well-rehearsed orchestra, life's music is rarely predictable. Unexpected notes of worry, fear, and uncertainty can disrupt the flow, leaving us feeling lost in the disharmony. However, Isaiah 26 offers a different perspective on peace. It's not the absence of challenges, but rather the unwavering belief that God's presence is the constant, underlying

harmony that carries us through the entire composition (v. 4).

Think back to a time when the music of your life became particularly discordant. Perhaps you faced a job loss, a broken relationship, or a health scare. The familiar melody of comfort vanished, replaced by a cacophony of worry. Did you find solace in turning to God – through prayer, meditation, or scripture reading? This is the essence of Isaiah 26 – a reminder that true peace isn't found by fixing the chaotic notes around us, but by focusing on the steady beat of God's love that resonates even amidst the noise.

This unwavering trust, however, isn't a passive state. The Bible uses the metaphor of "*setting your mind*" on God (v. 3), implying an active choice, a continuous effort to keep our focus on the Divine Conductor. Scripture offers countless examples of this active trust. Remember David, a young shepherd facing the seemingly unbeatable giant Goliath? David didn't cower before the booming percussion of Goliath's armor (1 Samuel 17). Instead, he actively

placed his faith in God, the true maestro of the battle. Similarly, we can cultivate this trust by engaging in practices that strengthen our connection to God – daily prayer, scripture study, acts of service, or simply spending time in the quiet beauty of nature. These practices become the tuning fork that allows us to realign ourselves with the divine melody, even when the world's orchestra seems out of tune.

The most challenging aspect of trust, however, can be waiting. We live in a world that demands instant gratification, making the act of waiting feel unproductive and frustrating. But Isaiah 26 reminds us that God's work often unfolds on a different timescale than our own (Isaiah 55:8). Think about a time you longed for something from God – a new opportunity, healing in a relationship, or a sense of purpose. The wait can be agonizing, the silence deafening. In these moments, the melody of hope in Isaiah 26 can feel faint.

Yet, the heroes of faith in Hebrews 11 offer encouragement. They trusted God's promises, even when they didn't see immediate results. By focusing on God's faithfulness throughout history – His deliverance of the Israelites from Egypt, His unwavering presence with Elijah during the famine (1 Kings 17:5-16) – we can build trust in His unseen work in our present lives. This unwavering trust becomes the anchor that keeps us grounded and allows the melody of peace to continue playing, even when the surrounding music feels discordant.

Life's symphony may not always be harmonious, but Isaiah 26 offers a powerful truth. Peace isn't the absence of noise, but the ability to find a quiet melody of trust in God's love, even amidst the chaos. So, the next time you feel lost in the cacophony, step out of the orchestra for a moment. Close your eyes, focus on the steady beat of God's presence, and let His peace be the conductor's baton that guides you through the ever-unfolding symphony of your life.

Prayers

- Heavenly Father, like the Israelites facing uncertainty, I often struggle to find peace amidst life's challenges. Help me, like David facing Goliath, to quiet the noise of worry and fix my gaze on your unwavering presence. Guide me to practices that strengthen my connection to you, so I can hear the melody of your peace even in the midst of the world's disharmony. Amen. (Isaiah 26:3-4, 1 Samuel 17)
- Almighty God, I confess that trusting in your timing can be difficult. The world demands instant gratification, and waiting feels unproductive. But as I reflect on the faithfulness of heroes like Abraham and Sarah, who trusted in your promises despite the delay (Hebrews 11:11), grant me the strength to actively choose faith. May my focus on your past faithfulness become the anchor that steadies me as I wait for your perfect timing in my life. Amen. (Hebrews 11:11)
- Oh Lord, my heart yearns for your presence, for the comfort of your unfailing love. In moments of doubt and fear, help me to quiet my mind and tune into the quiet melody of your voice. Guide me to practices of prayer, meditation, and scripture reading that will become the tuning fork, aligning my thoughts and emotions with your divine harmony. Amen." (Isaiah 26:8)

- Pray the daily consecration prayer on page 93
- **[For the full readings of today, Click here](#)**

PLEASE SHARE THIS DEVOTIONAL

JUNE 3, 2024

SERVING GOD IN SICKNESS

ISAIAH 58: 10

The Lord admonishes us to live a life of truth, peace and love, which love cannot be perfected without true sacrifice and charity. The Lord through His prophet Isaiah tells us to satisfy those who are in need by showing small acts of love here and there. Is it possible to serve God and mankind when we are not in good health and when we are sometimes in need of assistance ourselves?

Sacrificing or giving does not require us to be in our best state. True sacrifice **MUST** definitely hurt.

Many are they who are sick and who complain that they cannot serve God like others because they are chronically ill. Such thought of discouragement is not from the Lord but from the evil one. God will never give us a defeatist mentality.

There are several ways through which the sick can serve God in full splendor:

- You can serve God by carrying acts of charity because there will always be people who have worse situations than us
- You can serve God through prayers. Your health condition should draw you closer to God and not away from Him. A true Christian must always have hope that Jesus can change any critical condition, no matter how long it takes. While waiting for His miraculous manifestation, the sick should become true prayer warriors and real intercessors. We should train ourselves to pray for others.
- You can serve God in that poor condition by going about your activities (if you can) without complaining and without murmuring. The entire world should not be aware of your predicaments.

Jesus did not promise us an easy ride here on earth; however, He promises to go through life's journey with us. It is true that some people live a precarious life mingled with pain, exacerbation, rejection, depression and the feeling of giving up completely. Jesus is ever ready and available to lighten those burdens. Turn to Jesus with complete trust in prayer and sacrifice and get amazed at how He resolves your problems.

There is no health condition that Jesus cannot address; go to him with that sickness and He will mend you.

With complete hope and trust in His healing Grace, let us therefore align ourselves to God's holy will by serving Him in truth and in spirit and by serving mankind, especially the needy through acts of love, charity, prayer and sacrifice.

Prayers

- Lord Jesus Christ, heal us with the Precious Blood and Water flowing from your side. May you cure all the sick, especially those who are terminally ill
- Father Lord, grant us the Grace to serve you no matter the poor conditions we find ourselves in
- My Jesus, grant us the grace to become real intercessors and pray for our brothers and sisters who go through various tribulations in life
- May our Mother Mary be ever present by our side to protect, encourage, console and guide us in our times of difficulties
- Arch Angel Raphael, we pray that you may go around with the healing Angels of heaven and sooth all those who are sick around the world.
- Pray the daily consecration prayer on page 93.
- **[For the full readings of today, Click here](#)**

JUNE 4, 2024

OBEDIENCE

DEUTERONOMY 31:6-30

In this Chapter of Deuteronomy, we see how the Lord brought to an end His relationship with Moses on earth. Seeing that Moses' life on earth was coming to an end, He foretold all that was going to happen after the death of Moses. God told Moses how stiff-necked the people of Israel were. They disobeyed God after He rescued them from the hands of the Egyptians and He foresees them doing the same thing Moses' did. God out of His merciful love instructed Moses to tell the people of Israel that He will go before them and destroy the Nations in the land He has promised them, despite the fact that Moses will not make it to the promise land.

God chose Joshua to lead the people of Israel to the promise land. In verse 29, God told Moses to write out His law and teach them in form of songs so that it will stick in the minds of the people and it will equally serve as evidence against them.

Moses was very careful in doing this to avoid mistakes in writing the songs. The Lord Himself spoke to Joshua; He said to him *"be confident and determined"* that you are

going lead the Israelites into the promise land, and that He the Lord was going to be with him. Both Moses and Joshua did as the Lord instructed. Though there were some lapses along the way, God never abandoned them, because they always listened and do follow His instructions.

As Christians, how often do we obey the voice of God like Moses and Joshua did? How courageous and confident are we in serving God? Like the people of Israel, we cry to God for something with a repented heart but the moment God answers our prayers we push Him aside and go back to our normal life. Joshua on his part was given the privilege to lead the people of Israel to the promise land and he accepted without complain. When we are given a simple task to do in our local churches today, we complain that we are very busy with office work or our businesses need our attention, failing to understand that God gave us all these things.

This chapter of the book of Deuteronomy is not only telling us to be courageous and determined in serving God but to also learn to listen to the voice of God and obey it. Also, we should know that every of our thought is in the hands of God even before we bear it to heart. Let us also learn to say "*Lord let your will be done*".

Prayers

- Pray as the spirit leads.
- Pray the daily consecration prayer on page 93
- **[For the full readings of today, Click here](#)**

JUNE 5, 2024

RECEIVING THE LOVE OF THE FATHER

John 3:1

We should be called children of God. 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 and 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's one of my very favorite verses in scripture. **“I came that they might have life and have it to the full.”**

We Are Made for The Father's Love

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 available to us. Yet, sometimes we fail to avail ourselves to that grace and we fail to recognize the nature of God's love for us, or the fact that He loves us at all. We walk away from it and we deviate from that design, from that plan.

Think of a tool, let's say a hammer. A hammer is made to drive nails. Use that hammer for anything else, and it's

wrong. It's not doing the thing it was made to do. Now you and I, of course, have far more dignity than a tool, but knowing that we were made to receive the father's love for us and then reflect it to each other, to connect with each other according to the father's love, when we function outside of that, it's unnatural to us and it's not right.

God wants our conversion when we pray and fast/ bring ourselves to the desert. We are taken there by the Holy Spirit so that we can receive God's graces with more clarity and without many distractions from the world or from ourselves. What is God's will for us? He wants us alive, not our downfall nor for us to die. It is Satan who desires us to trip, to be defeated, to be separated from God, but the Lord is always working for us to return to Him. The Lord is always inviting us to His banquet, and He is glad when return to Him.

We are very 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, with the hope that we will return to him and then consequently return to being our best selves.

What Can Walking Away from the Truth Do To You?

In times when we choose to walk away from what we know is true, what is good, what is beautiful and what is Divine, we head towards confusion and frustration.

Prayers

- Pour out your heart to God.
- Pray the daily consecration prayer on page 93
- **[For the full readings of today, Click here](#)**

NOVENA TO OUR LADY OF PERPETUAL HELP

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JUNE 6, 2024

THE VIRTUE OF HOPE

John 14:14

We read in the Gospel of today's Mass these consoling words of our Lord: If you ask anything in my name, *I will do it (John 14:14)*. The Communion antiphon has equally consoling words of our Lord: *Father, I desire that they also, whom you have given me, may be with me where I am, to behold my glory (John 17:24)*.

Jesus himself is our intercessor in Heaven, and he promises us that everything we ask for in his name He will grant us. To ask in his name means, in the first place, to have faith in his resurrection and in his mercy; and it means asking for those human and supernatural things which are good for our salvation, which is the fundamental object of the Christian virtue of hope, and of man's very life itself.

The farmer has natural hope when he sows the seed; the sailor 'hopes' when he sets out on a sea journey, and the business man 'hopes' when he sets up a business. They hope to obtain an earthly goal: a good harvest, to reach a particular port, to obtain a good income. Christian hope is essentially supernatural, and hence is far superior to the

natural desire for happiness and to natural confidence in God.

Through this virtue we tend towards eternal life, to supernatural happiness, which is nothing other than the possession of God himself: to see God as He sees himself, to love him as He loves himself. We tend towards God by using the means which God himself promised us; means which are always available to us if we do not reject them.

We are confident we will obtain that limitless good, but the main reason for that confidence is God himself: in his mercy and infinite love He offers us his helping hand, and we respond with our good will, lovingly accepting the hand He stretches out to us.

With the virtue of hope, the Christian is not guaranteed salvation, unless he is granted an extraordinary grace by God, but he does turn with certainty towards his goal in much the same way as, in the human order of things, a person who undertakes a journey is not certain of reaching his goal but can confirm that he is on the right road and can be reasonably certain of reaching his goal if he does not go astray.

The certitude of Christian hope is not; therefore, as yet the certitude of salvation, but it is the firmest kind of certitude that we are tending toward salvation. We are confident that God never asks the impossible of us, but he does expect us to do what we can, and to ask for help to do what is beyond our means.

The Magisterium of the Church teaches that everybody should have firm hope in God's assistance, for if we are faithful to grace, just as God began in us the work of our salvation, He will bring it to completion, '*working in us both the will to do it and the accomplishment of that will*' (Phil 2:13).

Our Lord will not leave us if we do not leave him, and he will give us all the means we need to go forward in all circumstances, in every time and place. He listens to us every time we humbly have recourse to him. He gives us the means to become holy through our ordinary activity, in the midst of our work and in the circumstances in which we find ourselves. He gives us more grace if the difficulties are greater, and more strength if our weaknesses are more.

Prayers

- Pray as the spirit leads.
- Pray the daily consecration prayer on page 93
- **[For the full readings of today, Click here](#)**

JUNE 7, 2024

RECOGNIZING THE VOICE OF GOD

John 10:2–4

“But whoever enters through the gate is the shepherd of the sheep. The gatekeeper opens it for him, and the sheep hear his voice, as the shepherd calls his sheep by name and leads them out. When he has driven out all his own, he walks ahead of them, and the sheep follow him, because they recognize his voice.” John 10:2–4.

Do we recognize the voice of the Shepherd? Does He lead us every day, guiding us into His holy will? How attentive are we to what He speaks each day? These are some of the most important questions to ponder upon.

Recognizing God’s voice is something that many people struggle with. There are often many competing “voices” that speak to us every day. From the latest news in the headlines to the opinions of friends and family, to the temptations all around us within the secular world, to our own self-drawn opinions, these “voices” or “ideas” that fill our minds can be hard to sort out. What is from God? And what is from other sources?

Recognizing the voice of God is indeed possible. First of all, there are many general truths that God has already spoken to us. For example, everything contained in the Holy Scriptures is the voice of God. His Word is alive. And when we read the Scriptures, we become more and more familiar with God's voice.

God also speaks to us through gentle inspirations that result in His peace. For example, when considering a certain decision, you may need to make, if you present that decision to our Lord prayerfully and remain open to whatever He wants of you, oftentimes, His answer comes in the form of a deep and certain peace of heart.

Learning to recognize the voice of God in your daily life is accomplished by building an interior habit of listening, recognizing, responding, listening more, recognizing and responding, etc. The more you hear the voice of God, the more you will recognize His voice in the most subtle of ways, and the more you come to hear the subtleties of His voice, the more you will be able to follow Him. In the end, this is only accomplished by an ongoing habit of deep and sustaining prayer. Without that, it will be very difficult to recognize the voice of the Shepherd when you need Him the most.

REFLECTION

Let us reflect today on how attentive we are to God in prayer. What does your daily prayer look like? Do we spend time each day listening to the gentle and beautiful voice of our Lord? Do we seek to form a habit by which His voice becomes clearer and clearer? If not, if we do struggle in recognizing His voice, then decide to establish a deeper habit of daily prayer so that it is the voice of our loving Lord Who leads you every day.

Prayers

Jesus, my Good Shepherd, You speak to me every day. You are constantly revealing your most holy will for my life. Help me to always recognize your gentle voice so that I can be led by you through the challenges of life. May my life of prayer become so deep and sustaining that your voice always echoes within my heart and soul. Jesus, I trust in You!

- Pray the daily consecration prayer on page 93
- **[For the full readings of today, Click here](#)**

JUNE 8, 2024

SWITCH TO PRAISES

ACTS VS 23-26

Delayed hope can lead to feelings of discouragement. Often when we pray and do not receive an immediate answer, we may resort to complaining and lose faith.

In these instances, it is beneficial to switch to praising God. Praising him is a guaranteed way to honor him and invite his presence. Paul and Silas found themselves in a situation that would have disheartened many. While on a missionary journey they had successfully liberated a woman possessed by an evil spirit. However instead of praise, they were thrown into prison. A believer may encounter a comparable circumstance. Several individual in such a predicament begin to complain or curse but Paul and Silas chose to pray and worship God. These are certainly men of faith.

One does not summon Gods presence by grumbling but through praises. Praising him even during trying circumstances demonstrates your confidence to him, that He is fully capable of rescuing you.

Therefore, whenever you face adversity, turn to prayer, and offer praises. Seeing the greatness of God even in difficult situations can uplift your spirit.

Prayer

- Most gracious Father, let my heart sing praises to you in all situations.
- Every grumbling spirit, my life is not available, die in Jesus Name, Amen.
- Help me Lord to praise you more than complaining in Jesus Name, Amen.
- Pray the daily consecration prayer on page 93.
- **[For the full readings of today, Click here](#)**

JUNE 9, 2024

WARNING AGAINST FORGETTING THE LORD

DEUTERONOMY 8:11-20.

We have heard in the reading God warning us against forgetting Him. We should not fail to obey any of His laws that He has given us today. We all know the ten commandments and we should make sure we adhere with them for us to make the Kingdom of God.

When he has given us what to eat, built good houses to live in and when our cattle and sheep, silver and gold, and all other possessions have increased, we should make sure that we do not become proud and forget the Lord our God who have rescued us from Egypt (from the challenges we have been in.) who has given us wisdom to get all that we have.

When we faced challenges, he led us through in the dark places where there where poisonous snakes and scorpions. It might not only be snakes and scorpions, it might be evil people who want to kill us or who might be bewitching us all the time, evil people who send strange diseases to us but through God's mercy and power, He has protected us, and nothing is going to harm us.

In the dry and waterless, land he made water flow out of solid rock for us. In the desert, he gave us manna to eat, the food that our ancestors never ate.

He sends hardships on us to test us, so that in the end he could bless us with good things. So then, we must never think that we have made ourselves wealthy or rich by our own power and strength. Let us remember that it is the Lord our God who gives us the power to become rich.

He does this because he is still faithful today to the covenant that he made with our ancestors. Let us never forget the Lord our God or turn to other gods to worship and serve them. If we do, then he warns us today that we will certainly be destroyed.

If we do not obey the Lord, then we will be destroyed just like those nations that he is going to destroy as we advance. In conclusion, let us pray God to strengthen us to stick to him in all that we pass through. Amen.

Prayers

- Pray for the grace never to forget God.
- Pray the daily consecration prayer on page 93
- **[For the full readings of today, Click here](#)**

JUNE 10, 2024

I AM THE BREAD OF LIFE

John 6:35-40

In the Gospel of John 6:35-40, Jesus proclaims, "I am the bread of life." With these words, He reveals Himself as the nourishment that sustains us unto eternal life. Our belief in Him as the "bread of life" is founded on faith alone. As we enter this season of celebrating the Resurrection, let us reflect on the profound significance of the Eucharist in our lives.

The Eucharist is not just a symbol; it is the very foundation of our Christian existence, the center of our faith. It is through the Eucharist that we encounter the living presence of Christ, who offers Himself to us as spiritual nourishment. Consider the transformative effects of the Eucharist in our daily lives:

Firstly, the Holy Eucharist sustains our souls in a manner analogous to how material food nourishes our bodies. Just as our physical bodies require sustenance to thrive, so too do our souls require spiritual nourishment to flourish.

Secondly, receiving the Eucharist keeps us in a state of grace, rejuvenating our souls from the burdens of sin and

human frailties. It is through the grace of the Eucharist that we find healing and renewal.

Thirdly, the Eucharist perpetuates the divine life within us, guarding against spiritual indifference and strengthening our resolve against sin. It is a source of spiritual vitality and growth, nurturing our relationship with God.

Furthermore, the Eucharist fosters within us an insatiable hunger for eternal treasures. Each time we receive the Eucharist, we are filled with grace and an increasing desire for union with God.

Reflecting on the profound significance of the Holy Eucharist, we come to realize that nothing in this world compares to it. It is the source and summit of our spiritual journey, offering us strength, courage, grace, and empowerment to fulfill our divine calling.

As we approach the Eucharist, let us do so with reverence and respect, recognizing the true presence of Christ in the bread and wine. Let us approach with hearts open to receive His transforming grace and embrace conversion and repentance.

Prayers

- Let us thank God for the gift of His Son, Jesus Christ, who offers Himself to us in the Holy Eucharist as eternal nourishment for our souls.
- Let us pray for those who doubt the real presence of Jesus in the Eucharist or approach Him in a state of sin, that they may experience His transforming grace and seek conversion.
- Let us pray for all believers, that we may remain committed to living according to God's will and fulfilling our spiritual duties.
- Pray the daily consecration prayer on page 93.
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JUNE 11, 2024
THE LOVE OF GOD
ISAIAH 49:14-16

Many times, when we spend long periods in prayer without seeing immediate results, we may begin to feel as though God has forgotten us. We might find ourselves slipping into despair, doubting whether God truly cares about our situation.

However, the Word of God in Isaiah 49:14-16 serves as a powerful reminder of God's unfailing love and concern for us. Through the imagery of a breastfeeding mother's love for her child, God assures us that His love surpasses even the deepest maternal bond. He emphasizes that, unlike a mother who might forget her nursing child, He will never forget us. This imagery serves as a comforting assurance of God's constant love and care, which transcends human limitations.

Prayers

- Let us express gratitude to God for His boundless love and compassion toward us.
- We thank God for His personal love for each of us, symbolized by the inscription of our names on the palms of His hands.
- Let us humbly acknowledge and repent for the times when we have complained, lost faith, or given up on God. May He graciously restore our trust, hope, and confidence in His love and providence, in His perfect timing. Amen.
- Pray the daily consecration prayer on page 93
- **[For the full readings of today, Click here](#)**

JUNE 12, 2024

GODS LOVE

1ST JOHN 4:7-9

The word of God encourages us to love one another for love comes from God. We cannot claim to love God whom we cannot see yet we do not love our immediate neighbour whom we are able to see. He who doesn't love doesn't know that God is love, for he sent his only begotten son to die for our sins, giving us a perfect example of selfless love for we should love our enemies and pray for those who persecute us.

If we call ourselves to be true Christians, we should bear fruits of love by loving everyone with the same energy we use to love God. We should not love others because they love us back but because Christ loved us first. When we find it hard to love others, let us ask ourselves how many times has God loved us by answering our prayers, blessing us and even protecting us from all sorts of danger despite us living sinful lives. When we find it hard to love others let's pray for God's grace to be able to love them genuinely without conditions, neither expecting anything in return for his grace is sufficient for us all. We can do all things through Christ who strengthen us.

How can we show love to other people?

- 1) By praying for them
- 2) Being kind
- 3) Offering words of encouragement
- 4) Celebrating good times together
- 5) Condemning injustice done to the most vulnerable in the society
- 6) Helping the less fortunate in the society

Prayers

- Dear GOD,
Thank you for loving me unconditionally by sending your begotten son to die for us so that we can have life and have it to the full. Forgive me for the many times I have not shown love to my neighbours and for the many times I have only loved those who love me. I am sorry for the time I have not borne the fruits of love. My Jesus, I am sorry. Lord, at this point, I pray for the grace to spread love to everyone who might feel unloved and to love everybody genuinely. Fill me with your love so that I'll be able to share it with others. My Jesus and my master, the love of my soul, I love you, please be my love.

- Pray the daily consecration prayer on page 93
- **[For the full readings of today, Click here](#)**

JUNE 13, 2024

STRENGTH IN THE EUCHARIST.

John 6:53-58

The Eucharist, also known as Holy Communion, is a profound sacrament in the Christian faith, symbolizing the body and blood of Jesus Christ. It is a moment of intimate connection with Christ, offering spiritual nourishment and strength.

"Jesus said to them Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. For my flesh is real food and my blood is real drink. Whoever eats my flesh and drinks my blood remains in me, and I in them".

This passage highlights the deep spiritual reality of the Eucharist. Jesus presents His body and blood as the true sustenance that imparts eternal life and a profound union with Him. The strength derived from the Eucharist is not merely symbolic; it is a real participation in the life of Christ, empowering us to live in communion with Him and to draw on His divine strength.

The Eucharist is a means by which we are united with Christ. This union is not metaphorical but real and transformative. When we partake in the Eucharist, we are reminded of our deep connection with Christ, who sustains us spiritually. This union strengthens us to face life's challenges with His grace.

Just as food nourishes our bodies, the Eucharist nourishes our souls. It provides the spiritual sustenance needed to grow in faith and holiness. In moments of spiritual dryness or weakness, the Eucharist revitalizes our spirit, giving us the strength to persevere.

Jesus promises eternal life to those who partake in His body and blood. This assurance of eternal life brings strength and hope, especially in times of suffering or despair. The Eucharist reminds us that our ultimate destiny is to be with Christ forever.

The Eucharist also symbolizes our communion with the entire body of Christ. This communal aspect strengthens our faith, knowing that we are part of a larger family of God, supporting and uplifting one another.

Through the Eucharist, we receive the grace of forgiveness and healing. As we confess our sins and receive Christ's

body and blood, we are restored and strengthened to live more faithfully.

In conclusion, the Eucharist is a powerful source of strength drawing us closer to Christ, nourishing our spirits, and empowering us to live out our faith with courage and conviction. Through prayer and reflection, we can continually deepen our appreciation for this sacred sacrament and its transformative impact on our lives.

Prayers

- Lord, we thank You for the gift of the Eucharist. May we always approach Your table with reverence and gratitude, recognizing the immense grace we receive through Your body and blood.
- Jesus, as we partake in the Eucharist, may we experience a deeper union with You. Strengthen us with Your presence and fill us with Your love, that we may live as true disciples.
- Lord, nourish our souls with the Eucharist. In times of spiritual hunger, may we find sustenance in Your body and blood, and be strengthened to do Your will.
- Heavenly Father, grant us the strength and hope that comes from knowing that we have eternal life

through Jesus Christ. May this hope sustain us in all circumstances.

- Holy Spirit, foster unity within the Church through the Eucharist. May our communal participation in this sacrament bind us together in love and strengthen our witness to the world.
- Merciful God, through the Eucharist, grant us the grace of forgiveness. Heal our hearts from the wounds of sin and empower us to live in Your peace."
- Lord, in receiving the Eucharist, give us the strength to persevere in our faith. Help us to remain steadfast in trials and faithful to Your teachings.
- Jesus, as we are nourished by Your body and blood, empower us to serve others with compassion and love. May the strength we receive in the Eucharist flow through us to bring Your light to the world.
- Pray the daily consecration prayer on page 93.
- **[For the full readings of today, Click here](#)**

JUNE 14, 2024

TAMING OUR TONGUES

Genesis 9:20-27

Noah after getting out of the ark became a farmer, he took wine from his vineyard, his son Ham saw his father's nakedness and he did not keep it to himself, but he went and told his brothers.

Ham did not keep quiet, he went to speak of his father's nakedness, he was cursed, unlike his brothers who covered their father.

Many a times we are like Ham seeing evil in our homes, working place or church instead of covering it depending on what it is and praying for it to stop, we go out to publicize the act condemning the victim.

Noah was a man of God, he was a remnant of the floods, this shows that he had favor before God and God loved him too because of his good deeds. We should not then speak ill especially of God's anointed people or else like Ham, evil might befall us and we would be slaves to ungodly practices of the world.

Let's learn from Mary the mother of Jesus in Luke 1:38 who only said that she is the Lord's servant, "May it be to me as you have said". she never went boasting that she was to be the Lord's mother, she only pondered the words in her heart, let us learn to ask the spirit of God to guide us on what to say, when to say it and to whom. We may suffer the consequences of our utterance if we are not careful with our tongue.

Prayers

- Let us pray that our words may always be comforting, encouraging, showing love to all those whom we encounter in our ever day life.
- Through the intercession of our mother Mary let us pray to be like her, to keep things to ourselves.
- May God help us to be like Shem and Japheth who covered their father's nakedness, let us cover each other in prayer, for prayer changes us.
- Pray the daily consecration prayer on page 93.
- **[For the full readings of today, Click here.](#)**

JUNE 15, 2024

PATIENCE

James 1:3-4, Ecclesiastes 7:13 and Proverbs 15

Patience is the capacity to accept or tolerate delay, problems or suffering without becoming annoyed or anxious. In the book of Proverbs 19:11, it states that “a person's wisdom yields patience”. It is to one's glory to overlook an offense. Also, in Ecclesiastes 7:13, it states that “Patience is better than Pride”. Whoever is patient towards people has great understanding and calms quarrel (Proverbs 14:29; 15:18).

The Bible teaches that patience is an important aspect of our relationship with God and others and as such, we must practice having patience as a virtue.

Patience as a virtue means that our character has an internal disposition to patience. We must train ourselves in godliness so that when something happens in our lives, patience can flow out of us because we are abiding in the vine. We ought to be patient enough while dealing with our fellow human beings when in trouble or suffering. Patience comes from wisdom. Love is patient and we must be patient and gentle with one another. God is patient and Jesus, our master, exercised patience while on earth, which even led to His death on the Cross.

The book of Romans 12:12 says, “We were enjoined to rejoice in hope, be patient in tribulation and continuing in instant prayer”. This implies that we must find joy and happiness in practicing patience, even when the whole situation seems hopeless, especially when dealing with our fellow men when provoked. As we know that patience is the ability to endure difficult circumstances, it also involves perseverance in the face of delay, tolerance of provocation without responding with disrespect or anger. When praying for a particular favour from God, let us apply wisdom; patience instead of getting angry, tired or losing hope. Reading further in the book of Habakkuk 2:3, it states: “even though the vision is yet for the appointed time, but at the end it shall speak and not lie, though it tarry, wait for it because it will surely come”. If we are patient enough in our dealings with both God and man, we shall eat plenty. While living our daily lives, let us allow patience to come into play so that we can be able to stay calm and not get annoyed or tense when things take a long time or take a different shape to the way we wanted. Just as a seed sower patiently awaits his seeds to grow.

Prayers

- We pray to God to give us the grace of true Patience.
- May God give us the grace to be kind and encourage others to be kind too.
- May God give us the grace to live peaceful lives and not stressful lives.
- Pray the daily consecration prayer on page 93.
- **[For the full readings of today, Click here.](#)**

JUNE 16, 2024

WHY IS PRAYER IMPORTANT

Luke 5:16

To understand Jesus as God on earth praying to His Father in heaven, we need to realize that the eternal Father and the eternal Son had an eternal relationship, before Jesus took upon himself the form of a man. John 5:19-27 see 23 where Jesus teaches that the Father sent the Son. The existing Holy Trinity - God the Father, God the Son, and God the Holy Spirit (Perfect Trinity). Jesus maintained this unity relationship on earth through prayer for constant communication/ connection with the father.

From the stated scriptures, we learn from Jesus the son of God, that prayer is powerful way to effective communication and constant connection with our heavenly father; which improves and **1) Maintains Relationship with God, 2) Find direction in life 3) Experience peace.** Prayer can also help people learn more about God's plan for them, bless them, their families, to fight the enemy and intercede on behalf of our people just as Moses did.

Prayer is how we develop a relationship with God. It's aligning our heart with His and His purposes. Just like a

relationship with your spouse — how are you supposed to build a life with your husband, set goals, partner with to make plans for the future, or discuss your concerns and admiration for each other if you two don't speak to one other?

In the same way, how are you to get close to your creator, your Father, the God of the universe and walk alongside Him in your purposes for your life if you don't speak to Him? In *Genesis 3:4-5*: Adam and Eve disconnected from God after accepting the serpent's lie through disobedience. And instead became less like God, they no longer knew well, instead their eyes were opened to evil.

Luke 6:12, **“In those days he went out to the mountain to pray, and all night he continued in prayer to God.”** Before Jesus made a big decision such as choosing his 12 disciples, he first prayed all night. Our lord Jesus praying to His heavenly Father was to ask for power (John 11:41-42) and wisdom (Mark 1:35, 6:46). This showed His dependence upon His Father in His humanity to carry out His Father's plan of redemption, as evidenced in Christ's high priestly prayer in Matthew 26:36-39 describing Jesus praying in the Garden of Gethsemane, saying, "My soul is very sorrowful, even to death; remain here, and watch with

me. And going a little farther he fell on his face and prayed, 'My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will'"

Our lord Jesus knew His disciples would need to work together after He was gone. Their success would depend on whether or not they were constantly plugged into the power source. In John 17:6–19 He prayed for Himself to glorify the Father, He prayed for His disciples their protection against the evil one. Our Lord Jesus saw the Spiritual battle between his disciples and the enemy. After Jesus' departure from this world, He understood that the disciples' unity would be under attack. Therefore, He prayed that they be kept as one, just as He and the Father were one (v. 11). His prayer reflects His deep desire for His disciples to overcome the principalities of this world by unifying together and for sanctity. John 17:15 "My prayer is not that you take them out of the world but that you protect them from the evil one". Their success in transforming the world depended heavily on the Lord enabling them to work as one. Living on mission in the world is a demanding and challenging task. One of the hardest parts is simply identifying the tactics the enemy uses to get us off track. If we pick the mind of Christ, his will is for families and prayer groups to remain in unity.

In both Scripture and our experience, God responds to prayers. Moses prayed for food and water for the Israelites (Exod. 15 and Num. 11), Hannah prayed for a child (1 Sam. 1), and Elijah prayed for drought and then rain (1 Kgs. 18–19). In the book of Isaiah 38:1-2, Hezekiah became sick and was near death, the prophet was sent to tell Hezekiah that he will die and the lord needed him to put his house in order, instead Hezekiah turned his face to the wall, and prayed to the Lord. Pleading that his life would be prolonged, the Lord said, "I will heal you and I will add unto thy days fifteen years." (2 Kings 20:5-6.). In Acts 16:16-40 Paul and Silas prayed and sang hymns to God, and the other prisoners listened. Around midnight, a violent earthquake shook the prison, causing the doors to open and the prisoners' chains to break. The events God had already determined came to pass. But God also determined that Moses, Hannah, and Elijah would pray for those events, such that the events would not have taken place if they did not pray for them. Sam Storms puts it well: "We must never presume God will grant us apart from prayer what he has ordained to grant us only by means of prayer."

For an effective prayer, God our father is pleased with a humble and contrite heart especially acknowledging our flaws in responsibilities and relationship. In Holy Scripture, the heart is the seat of all feeling, whether joy or sorrow. A contrite heart is one in which the natural pride and self-sufficiency have been completely humbled by the consciousness of guilt.

Life can be hard and God knows it. The enemy always manipulates us to strive to imperfection, and start putting too much focus on ourselves, we hold on our feelings and plan too tightly and manipulate circumstances, build expectations, grasp control, and escalate our worrying of future for our children, work, and leadership. We can break free by letting God take over our lives, growing in strength to fight satan and try to stay aware of our shortcomings, sins. We do this by constantly thanking God for all God has, is, and will do in my, (our) life. By thanking God, I acknowledge to God that I can do nothing without God. This for me helps take away the pride of self-accomplishment.

Prayers

- Pray that our Heavenly father may create a new, clean heart and put in the right spirit, and rekindled the fire of his love and the Holy Spirit
- Pray that our Heavenly father may fulfill your mission. Guide our every decision to align with his will. Guard us, our families and prayer groups,
- Mary our help intercede against the attacks, temptations, and lies of the enemy and to guide our steps on the path of faith
- Pray to be Sanctified in the Truth through the reading of the word
- Oh, Mary our help, teach us to spread peace in our families, country and on all the countries of the world.
- Pray the daily consecration prayer on page 93.
- **[For the full readings of today, Click here.](#)**

JUNE 17, 2024

TIMING

Ecclesiastes 3

We are told here that there is a time for everything. In life we grow in stages but the bible reminds us that that is the plan of God for us. At times we get into temptations and give different reactions but the bible is reminding us that that is normal. Feel encouraged that even when you lose a loved one, do not cry as if all is lost because we are destined to go back to our creator.

Also, I want to encourage us that even when you are passing through hard times, embrace it with love because God knows about it and it shall come to pass because that is the time God planned for such a temptation to happen to you.

Dear brethren be reminded that God cannot give you a load that you cannot overcome. He will always make a way. All you need to do is have faith in Him. We are also not alone as promised in the bible, that we have been given a helper which is the Holy Spirit to help us, John 20: 19-23.

In life we also tend to be mad at each other, I would like encourage us to do it with precaution and ask the Holy Spirit to guide us to know when to respond in anger, condemn where necessary and correct where necessary.

Lovers of God, life at times throws tantrums on us and we live in a society where people want to make quick wealth, want to have a soft life and yearn for power as a result we end up destroying others, shedding blood and engaging in evil ways to acquire what we want. The bible today reminds us to exercise patience and wait for our time.

Also, lovers of God, let whatever happens in your life not stop you from moving forward. In life you will meet those who love and hate you, encourage and discourage you, those who work for your rising and down fall; whatever happens know that it was destined and that was the right timing for the word of God to come to pass, kindly rise up, carry on and move forward. Remember Jesus fell 3 times but stood up and soldered on. Be strengthened in the Lord to continue despite the odd situations.

Prayers

- Pray that God may give you the spirit of patience.
- Pray for the spirit of tolerance.
- Pray that God may grant you the grace to be contented with what you have.
- Pray for the grace not to admire worldly things and life but yearn for eternal life.
- Pray for the Graces to soldier on.
- Pray the daily consecration prayer on page 93.
- **[For the full readings of today, Click here.](#)**

JUNE 18, 2024

**NOVENA PRAYER TO OUR LADY OF
PERPETUAL HELP**



**CLICK ON THE LINK BELOW TO SAY DAY ONE
PRAYERS**

<https://maryourhelp.org/novena-to-our-lady-of-perpetual-help-day1.html>

JUNE 19, 2024

**NOVENA PRAYER TO OUR LADY OF
PERPETUAL HELP**



**CLICK ON THE LINK BELOW TO SAY DAY TWO
PRAYERS**

<https://maryourhelp.org/novena-to-our-lady-of-perpetual-help-day2.html>

JUNE 20, 2024

**NOVENA PRAYER TO OUR LADY OF
PERPETUAL HELP**



**CLICK ON THE LINK BELOW TO SAY DAY THREE
PRAYERS**

<https://maryourhelp.org/novena-to-our-lady-of-perpetual-help-day3.html>

JUNE 21, 2024

**NOVENA PRAYER TO OUR LADY OF
PERPETUAL HELP**



**CLICK ON THE LINK BELOW TO SAY DAY FOUR
PRAYERS**

<https://maryourhelp.org/novena-to-our-lady-of-perpetual-help-day4.html>

JUNE 22, 2024

**NOVENA PRAYER TO OUR LADY OF
PERPETUAL HELP**

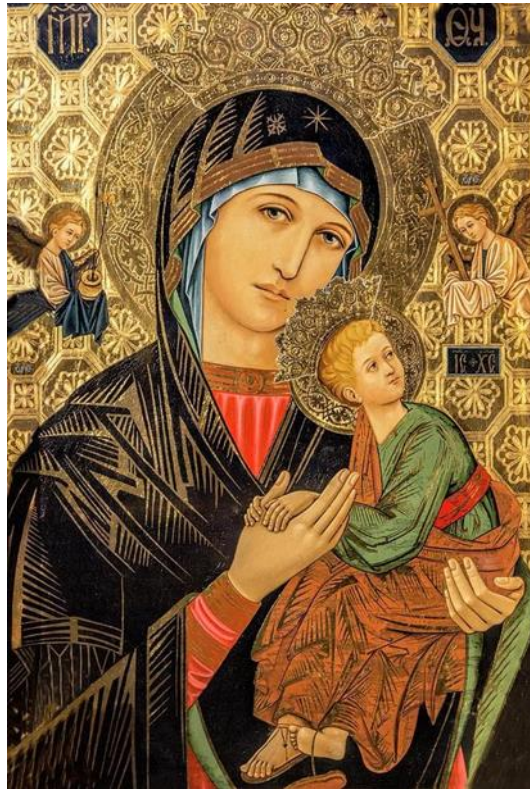


**CLICK ON THE LINK BELOW TO SAY DAY FIVE
PRAYERS**

<https://maryourhelp.org/novena-to-our-lady-of-perpetual-help-day5.html>

JUNE 23, 2024

**NOVENA PRAYER TO OUR LADY OF
PERPETUAL HELP**



**CLICK ON THE LINK BELOW TO SAY DAY SIX
PRAYERS**

<https://maryourhelp.org/novena-to-our-lady-of-perpetual-help-day6.html>

JUNE 24, 2024

**NOVENA PRAYER TO OUR LADY OF
PERPETUAL HELP**



**CLICK ON THE LINK BELOW TO SAY DAY SEVEN
PRAYERS**

<https://maryourhelp.org/novena-to-our-lady-of-perpetual-help-day7.html>

JUNE 25, 2024

**NOVENA PRAYER TO OUR LADY OF
PERPETUAL HELP**



**CLICK ON THE LINK BELOW TO SAY DAY EIGHT
PRAYERS**

<https://maryourhelp.org/novena-to-our-lady-of-perpetual-help-day8.html>

JUNE 26, 2024

**NOVENA PRAYER TO OUR LADY OF
PERPETUAL HELP**



**CLICK ON THE LINK BELOW TO SAY DAY NINE
PRAYERS**

<https://maryourhelp.org/novena-to-our-lady-of-perpetual-help-day9.html>

JUNE 27, 2024

GET CONNECTED TO GOD AND RELY ON HIS GRACE.

1 Corin.15 :9-10

"For I am the least of the apostles- I do not even deserve to be called an apostle, because I persecuted the church. But by God's grace I am what I am, and the grace that he gave me was not without effect. On the contrary, I have worked harder than any of the other apostles, although it was not really my own doing, but God's grace working with me."

There are moments in life, when people who are skilful, strong and diligent, struggle without achieving nothing. I have also seen people with qualifications and human connections failing in life (Ecc.9:11). It is possible to forget the most qualified. Those who fully rely on their strength and forget God always end their pursuit in sorrow and disappointment (Psalm 127:1-2). Your pursuit will not end in disappointment in the name of Jesus. I want you to understand that there is a divine input that guarantees outstanding result in life. God's grace is the input that you need. Grace is the force that will turn you to a living wonder. Grace is the divine virtue that eliminates fruitless labour.

I see the Lord giving you grace to succeed in all your endeavors in the name of Jesus. In 1 Corin 15:9-10, Apostle Paul testified that it was grace that made him great. It was grace that empowered him to fulfil his ministry. Though he mentioned his efforts and inputs but he still attributed his achievement to the grace of God. You will accomplish your mission on earth with ease if you place the right value on God's grace. Those who rely on grace can never be displaced and disgraced. Life's challenges and bottles will always bow to the power of grace (Zech 4:7). Jesus Christ is God's grace personified. Anyone that believes in Jesus relies on Him is a sure candidate for God's grace. You cannot rely on God and your situation remains the same. Let us consider how to receive God's grace and experience His power in our lives.

1. Always remember that you are a vessel of God's Mercy
Rom 9:16-23.
2. Do not boast of your effort, qualification or work
1 Peter 5:5, James 4:6.
3. Maintain your desire to know God more and more
Exodus 33:12-19, 2 Peter 1:2.
4. Ask and receive God's Grace to accomplish every mission

Heb 4:16, Matt 7: 7-8.

5. Always acknowledge and celebrate God's Grace for every accomplishment.

Matt 2:1-2, 1Corin 15:10.

Prayer

- Father, I thank you for your grace that is at work in my life in name of Jesus.
- Father, I receive grace to overcome every challenge and battle in the name of Jesus.
- Pray the daily consecration prayer on page 93.
- **[For the full readings of today, Click here](#)**

JUNE 28, 2024

LIVING A LIFE OF SERVICE.

Romans 12: 1-13

"I appeal to you therefore, brethren, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. 2 Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect. "

"3 For by the grace given to me I bid everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith which God has assigned him. 4 For as in one body we have many members, and all the members do not have the same function, 5 so we, though many, are one body in Christ, and individually members one of another. 6 Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; 7 if service, in our serving; he who teaches, in his teaching; 8 he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness. "

"9 Let love be genuine; hate what is evil, hold fast to what is good; 10 love one another with brotherly affection; outdo one another in showing honor. 11 Never flag in zeal, be aglow with the Spirit, serve the Lord. 12 Rejoice in your hope, be patient in tribulation, be constant in prayer. 13 Contribute to the needs of the saints, practice hospitality. "

Growing up I went to an all-girls boarding school, trained by the missionary sisters of the holy rosary. Our first documents handed to our parents had the motto of our school which has lived with me throughout my time in Lourdes and beyond. "To serve with love". This message has remained engraved in mind probably because I believe the real essence of our lives as Christians is service.

Jesus says in the book of Math 29:11 "let the greatest among you be the servant of all.

As Christians I believe our primordial duty is that of service. Service to mankind. Firstly, to God and then to mankind. St. Paul beautifully depicts this thought in the scripture passage chosen above from the book of Romans 12:1-12. Our lives should be that of service. In our generation of today with so much wanting to be popular and of course the heavy

presence of social media we strive to do things to be known for our own popularity but not for God.

We cannot effectively serve one another and even serve God unless we are in Christ. Reason Paul gives a very beautiful depiction of what I believe it means to be truly a servant. So how do we serve God effectively?

Firstly, it must be sacrifice. St. Paul appeals to the romans and today to you and I to offer ourselves as a living sacrifice pleasing to God. Whatever you are doing, is it a sacrifice to God? It is pleasing to Him? Is it in accordance with His will? It is not all about saying you are doing things for God, is it sacrificial? St. Paul says this is true worship which is pleasing to him. In order to be able to do that which is sacrificial and pleasing to God we need to have the renewal of our minds. And our minds are renewed through prayers. Our ability to discern what is good or evil will only come when we study the word and remain in the place of prayer and remain planted in Christ. Psalm 92 says, it is they that are planted that flourish. Only after renewing, our minds will come to the point of truly comprehending what service is.

Next, we will definitely ask how best do we serve God? St Paul gives us the answer in Verse 6 where he says, “Let each one of us therefore serve according to our different gifts” My brother, my sister what is your gift? How are you using the gift God has given you? Is it for His service? Is it to glorify Him? We all came to this life with something, and what a shame it will be if we depart tomorrow to meet our maker and there is nothing, we have done with the gifts that God has given us. Are you a teacher, preacher, encourager, doctor, entrepreneur, are you serving God to the best of your ability? Remember Service must not always be from the pulpit. Service and ministry are the very essence of our everyday life. Wherever you are planted you have to bloom. It is also important to note that your service in Christ may never make you famous, popular or even rich however remember we have a father in heaven who sees and knows everything about us and who in due time will reward us according to our deeds. He that sees us will bless us. Whatever you do, do honorably. If you are a floor sweeper, be the best floor sweeper, if your task is to wash plates be the best plate washer, if you are a teacher, be the most dedicated teacher. Consider it as your service to God.

Jesus says in Mathew 25:40, Whatsoever you do to the least of my brother you do to me. Are you that road contractor

who was supposed to spend a particular amount and decided to construct a poor road to keep money for yourself, remember you are doing it to God. Are you in public service treating others badly, your service is unto God and he is watching. It could be that you do not know what your purpose is, while you are praying, where ever you are and whatsoever thing honorable you find yourself doing choose your mantra to be EXCELLENCE. Strive to be excellent at what you do.

As children of God we must be dedicated, and we must be cheerful. To be a true servant we have to give. Give of not only our selves but of our resources too. Help another if you can. Be a destiny helper to somebody. The next thing Paul speaks on which is important in learning how to be a of good service is Love. St. Paul in 1cor 13: 1-4 “If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. 2 If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. 3 If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.”

We see here that we may do all we do and feel we are serving but if there is no love in service, we are empty gongs, we will be people of no value. Let us do all we can to serve one another with love. Therefore, as we go around serving others let us recall that in all we do let us be kind, patient, not envious, not boastful or arrogant being also fully aware that love forgives, endures hopes and believes.

Finally, Paul encourages us in vs 12 to be cheerful and then be patient in our trials and pray constantly. This comes to say in serving God there will be trials. It will not always be easy, sometimes you will doubt yourself, you will ask if this is really the will of God for your life and yes, sometimes life will not make sense but when we are patient in our trials and pray constantly, God always comes through for us. The life and ministry of Jesus should be a clear example that while serving there are going to be moments when we will become discouraged but let us not get weary doing good.

Prayers

- Almighty Father, I thank you for creating me for a purpose and for placing in me a gift I must use to honour you.
- I pray for that grace to truly serve you in my life and to my neighbours.
- In all I do may I honour you.
- Help me to love you Lord and to Love my neighbours so that by so doing I may be able to truly serve you in all that I do, that my life may be one which is pleasing to you.
- In Jesus mighty name I pray. Amen
- Pray the daily consecration prayer on page 93.
[For the full readings of today, Click here](#)

JUNE 29, 2024

BE CONSCIOUS OF HIS PRESENCE ALWAYS

Exodus 33:14-16

Exodus 33:14-16 NIV

The Lord replied, “My Presence will go with you, and I will give you rest.” Then Moses said to him, “*If your Presence does not go with us, do not send us up from here. How will anyone know that you are pleased with me and with your people unless you go with us? What else will distinguish me and your people from all the other people on the face of the earth?” *

Moses pleaded for God's presence to go with them because he knew the benefit of His presence. I believe we know we are alone but how many of us are conscious of His presence with us. It is one knowing and being conscious.

*What does it mean to be conscious of His Presence?

II Timothy 1:12 NKJV

For this reason, I also suffer these things; nevertheless, I am not ashamed, for I know whom I have believed and am persuaded that He is able to keep what I have committed to Him until that Day.

To become conscious of God's presence means to have a strong conviction or become very much aware of His presence and it's followed up by an act of engagement i.e you talk with Him. You make God real in your life. You converse with Him as a man or woman talks to a fellow human. God must become real in our lives; that is the way you become very conscious of His presence.

Conscious is a state of becoming aware; it is a state of full knowledge.

When do you know when He is with you? Are you aware of His presence?

Lack of knowledge of His presence makes us to fear in times of trouble. Lack of knowledge makes us worry unnecessarily.

II Kings 6:14-20 NKJV

[14] Therefore he sent horses and chariots and a great army there, and they came by night and surrounded the city. [15] And when the servant of the man of God arose early and went out, there was an army, surrounding the city with horses and chariots. And his servant said to him, "Alas, my master!

What shall we do?” [16] So he answered, “Do not fear, for those who are with us are more than those who are with them.” [17] And Elisha prayed, and said, “Lord, I pray, open his eyes that he may see.” Then the Lord opened the eyes of the young man, and he saw. And behold, the mountain was full of horses and chariots of fire all around Elisha. [18] So when the Syrians came down to him, Elisha prayed to the Lord, and said, “Strike this people, I pray, with blindness.” And He struck them with blindness according to the word of Elisha. [19] Now Elisha said to them, “This is not the way, nor is this the city. Follow me, and I will bring you to the man whom you seek.” But he led them to Samaria. [20] So it was, when they had come to Samaria, that Elisha said, “Lord, open the eyes of these men, that they may see.” And the Lord opened their eyes, and they saw; and there they were, inside Samaria!

If we look at this verse closely, Elisha was in a state of calmness even though an army had risen up against him. He didn't fear because He knew Who was with him. He only engaged God and was confident in faith that God would move on his behalf.

My dear, consciousness of God's presence with you will make you very confident and bold to face any situation. Are

you aware of Who is with you and within You? Who walks when he or she has a car that is fully functional and fueled to the brim and has a driver at his or her disposal? It is only lack of knowledge that would make that person walk.

POINTS TO PONDER

1. Your eyes will be opened to see things and relate in a different when you are conscious of His presence.
2. You will enjoy favour when you are very much aware of Who is with you.
3. You will not be afraid of arrows that fly by day or pestilence by night, because you know.
4. You will not be worried when things don't go your way because you know He will always give you the best.
5. You won't try to fight your battles when the Man of War is with you. Amen.

Prayers

- Pray as the spirit leads.
- Pray the daily consecration prayer on page 93.
- **[For the full readings of today, Click here](#)**

JUNE 30, 2024

FRIENDSHIP WITH THE WORLD

JAMES 4:1-10

What is friendship in the first place? Friendship is a relationship of mutual affection between people. It is a stronger form of interpersonal bond than an acquaintance or an association, such as a classmate, neighbour, co-worker, or colleague. Friendship is getting used to a person or making use frequent use of something, or something you are addicted to. This time it is getting used to worldly things than heavenly things.

What are worldly things? Worldly things are things we love on this earth that doesn't impress the Lord. Things we do that God doesn't want us to do. Things that do not give dignity to the Lord.

“Worldly” is used to describe things relating to the ordinary activities of life, rather than to spiritual things.

Examples of worldly things are: - Money, Cars, big houses, selfies, bad movies, parties, anything that takes you away from God and family.

The scripture is asking us where do all fights and quarrels among us come from?

They come from your desires for pleasure, which are constantly fighting within us. And when we fail to get them we start feeling jealous towards the people who have them. We want things but we can't have them and at the end we find ourselves killing one another. We strongly desire things but we cannot get them and the end result is to quarrel and fight.

We need to love one another; when you Love something, you accept it the way it is and that makes everything to move smoothly.

Forgiveness also is very important where love is. We need to forgive one another for better harmony with our colleagues. We do not have what we want because we don't ask God for it. That means that we don't know how to pray. We don't invite the Holy Spirit to guide us on how to pray, we pray badly. Instead of us praying for the seven gifts of the Holy Spirit, that is to say Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety and fear of the Lord, we pray the way we like.

Some Christians accept these as a definitive list of specific attributes, others understand them merely as examples of the Holy Spirit. And when we ask we don't receive or get them because our motives are Bad.

People who want to be friends of the world make themselves God's enemies. Don't think that there is no truth in the scripture that says, "The Spirit that God placed in us is filled with fierce desires, but the grace that God gives is even stronger."

As the scripture says, God resists the proud, but gives grace to the humble. So let us be humble in front of God. Submit to God, resist the Devil and he will run away from you. Come near to God and he will come near to you.

Wash your hands, you sinners! Purify your hearts, you hypocrites! Be sorrowful, cry, and weep; change your laughter into crying, your joy into gloom! Humble yourselves before the Lord, and he will lift you up.

I conclude by saying that all of us need a better life, but always remember there is no better life than life in heaven. Let us not forget our final destination. In all we do always remember that the world is not our final destination. In all

things, put heaven first. We should pray God to strengthen our faith all the time and love him always.

Prayers

- In the name of the Father of the Son and of the Holy Spirit Amen. Heavenly Father, I thank you for the gift of life you have given us.
- We thank you for protecting us against evil people who are hunting us all the time. We pray that you cover us with your precious blood where our enemies won't find us.
- Father, I continue to pray that you transform our hearts from loving worldly things that won't take us anywhere.
- Give us hearts to Love one another. Nothing can be done without Love, give us wisdom to first strive for heaven. I pray this through the intercession of our mother Mary AMEN.
- Pray the daily consecration prayer on page 93

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Daily Consecration

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, Contineny, 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 Philippians 4:19.

PRAYER FOR OPEN HEAVEN

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

PRAYER FOR FAVOUR

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

I beg you to favour me and my family and also..... [add other intention] this I believe you will do in your mercy through Jesus Christ our Lord.

PRAYER FOR STRENGTH

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

PRAYER OF GRATITUDE

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

I thank you for the gift of life

I thank you for complete senses

I thank you for the food I eat daily

I thank you for your protection over me

I thank you for good health

I thank you for your love for me

I thank you for sending your son to die for me I
thank you for your mercies.

I thank you for your guidance.

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