



NOVEMBER DEVOTIONAL 2024



**NOVENA TO JESUS IN THE
MOST HOLY EUCHARIST
BEGINS ON 3RD OF
NOVEMBER.**

MARY OUR HELP



MARY OUR HELP DEVOTIONAL

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

Mary Our Help Devotional

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INFORMATION

Powerful Novena to Jesus in the Most Holy Eucharist begins on November 3rd, 2024.

Please Note:

You are to say all the prayers in a Chapel or before a Tabernacle.

Don't miss this Novena, click on the link below to participate.

[CLICK HERE TO PRAY](#)

NOVEMBER 1, 2024

**ASKING, SEEKING AND KNOCKING ARE
DUTIES ATTACHED TO PROMISES**

(MT. 7:7-12)

We all need prayers to do what the Lord is asking of us. In the book of **Matthew 7:7–12 ESV** - **“Ask, and it will be given to you; seek and you will find; knock and the door will be opened to you.** God as a perfect father gives the perfect gifts to his children. We need to learn to pray for appropriate things. Our persistence in hoping for them should not waver, once we get them, they should nurture our proximity to God, edify our neighbour and contribute to the glory of God among his people. **Ask and It Will Be Given to You**”: What does it mean to ask for something? First, we identify a void or need within ourselves that we intend to remedy. This intention drives us to act, but instead of trying to fill the void by ourselves, we often opt to engage another person as the source of the good we desire, be

it information, an object, or a benefit. In approaching the other, we acknowledge the gratuity of the other person's response to our request. Thus, asking for something is different from fixing something by oneself. Asking is different from taking or demanding it from someone. Asking is different from control. Asking is dealing with a need in an open-ended way. In the spiritual life, the desire to control, to demand, or fix things on our own is often an obstacle. In the spiritual life, we must learn to ask properly. We must learn to trust. This is what Jesus wants to teach us today.

The readings focus on prayer. Jesus tells us that he wants us to pray with persistence. Christ wishes to teach us: Life in general, and spiritual life in particular, often presents us with findings that surprise us, as they will not align accurately with our expectations. He who is sure about the future will not react with docility to findings that he did not expect. Jesus wants us to seek and find surprises so that we can learn to be docile to God's inspirations additionally when we receive

answered prayers it builds our personal relationship with God

“Knock and the Door Will Be Opened to You”: Jesus encourages us to shift the weight in our spiritual life. Whether we ask for something, or seek something, or knock at a door, these actions always involve someone else on whom we depend for an answer, or for a clue, or to open the door for us. Jesus wants us to learn to depend on God as we progress on our life’s journey to exchange control for trust, certainty for docility, self-centeredness for God-centeredness. In St. Luke’s version of an almost identical scene, Jesus promises that the Father will always respond to our prayers by giving us the Holy Spirit. God responds to our petitions first and foremost by giving of himself. Jesus says all of this so that we will have no fear at all in praying. But he wants us to ask! Sometimes an answer to prayer is delayed but never ignore, God’s time is not always the same as ours but his timing may be better a physician knows better than the sick person what he needs for

healing our natural instincts may need the help of supernatural grace to see more clearly. He compares prayer action with the door, it's like pressing the doorbell and someone responding to the alarm.

We see this prayer of fearless petition exemplified for us in the first reading. Queen Esther, a Jew living in Babylon, risks her life to try to save the Jewish people from one of King Ahasuerus' assistants who was seeking to have all the Jews executed by decree of a misled King. But before she would risk her life going into the King's presence unbidden, she and all the Jews prayed and fasted for three days. Today we have the bold prayer she makes in the presence of God the Father as she lay prostrate with all her attendants from morning to evening: "God of Abraham, God of Isaac, and God of Jacob, blessed are you. Help me, who am alone and have no help but you, for I am taking my life in my hand. As a child I used to hear from the books of my forefathers that you, O Lord, always free those who are pleasing to you. Now help me, who am alone and

have no one but you, O Lord, my God And now, come to help me, an orphan. Save us from the hand of our enemies; turn our mourning into gladness and our sorrows into wholeness.” How could a Father give her a stone in response to that request for bread? We know from the Book of Esther that her prayer was answered, that she and the Jews were saved, and that the one who had plotted against them ended up suffering the fate he had intended to do to them.

In the book of James 4:2-3, When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures. God, in his great wisdom and love, chooses not to answer prayers pursued with wrong motives. Can you imagine how we would be if God answered our prayers that were coming from our selfish motives? We would all be a mess. God is reminding us through James that while, yes, asking matters and faith matters, motives matter even more. Let’s seek wisdom before we pray for God our father in heaven does know what we need. God

tells us in Matthew 6:8, “Your Father knows what you need before you ask him.

Prayers

My Lord, I stand before you as someone with many needs. You remind me today that you are more than happy to help me with my struggles. Strengthen my trust so that I can allow you to lighten my burden.

My Lord Jesus Christ, here I am asking and seeking and knocking. I am willing to shift the weight of my life in your direction. I know what that means: that I depend on you, that I ask for your generosity, that I need you. I ask for your grace, I seek your will, I knock at your door to find you. Have mercy and help me to trust you as I wait for they answer

Lord, today, by your grace, I present my friend, my spouse, a colleague, a family member search and help them according to their needs.

Say the daily prayer on page 138.

NOVEMBER 2, 2024

GODS SILENT CALLING TO SEE HIS GREATNESS

One day Jesus was standing on the shore of Lake Gennesaret while the people pushed their way up to him to listen to the word of God. He saw two boats pulled up on the beach; the fishermen had left them and were washing the nets. Jesus got into one of the boats - it belonged to Simon - and asked him to push off a little from the shore. Jesus sat in the boat and taught the crowd. When he finished speaking, he said to Simon, "Push the boat out further to the deep water, and you and your partners let down your nets for a catch." "Master," Simon answered, "we worked hard all night long and caught nothing. But if you say so, I will let down the nets." They let them down and caught such a large number of fish that the nets were about to break. (Luke 5:1–6)

Simon referred to Jesus, as Master, but after the experience of the catch, he called him Lord.

Additionally, Luke quietly began to refer to Simon as Simon Peter and his role begun to change to christian calling. “fishing for people” Have you ever been hopelessly unproductive and unsuccessful at something? How frustrated did you get when all of your resources failed? Getting a long-life partner, attempting to have children, Career/lost of a job, Business. Simon is frustrated, tired, and weary. A night of fishing has proven very unfruitful, he’s caught absolutely nothing. In the morning, Jesus finds Peter washing his nets. He tells him to launch the boat and let down the nets. Peter initially objects, but finally concedes. Let’s look at what happens when God pursues a frustrated fisherman. God pursues the frustrated, He convinces us of His power. He is able to do in seconds what Peter was not able to accomplish all night. The miraculous catch of fish produces in Peter a contrite spirit as he marvels at the power of Jesus. The catch is so amazing that the nets are breaking and the boats are sinking. In other words, the point is: this is an utterly unprecedented catch of fish in a location that seemed hopelessly unproductive the night before. And it was caught at the powerful and authoritative word of Jesus. Isaiah’s vision of God’s glory and greatness

(Isaiah 6:1-8). Paul's vision of the risen, glorified Jesus (1 Corinthians 15:1-11). John's vision of the exalted, risen Christ (Revelation 1:9-20). These men received glimpses of the power of Jesus Christ. This power is in the Word of Christ through drawing people to faith drawing fish into a net. Romans 10:17 – Faith comes by hearing and hearing by the word of Christ. At your word I will let down the nets (v.5).

The call of Jesus for these men to follow him leads us to a profound awareness of our own sinfulness. The Fishermen: The apostles were not doing anything special when Jesus came; just their usual daily grind. This is the same for us; God shows up in our everyday lives, in everything we do. It is there where He calls us and invites us to meet Him. Try to pay attention to where Jesus shows up in your daily life. It is in those moments where He can change your life and inspire a new beginning. Move away from the shore: Jesus invites you, in your everyday life, to allow Him to speak to your heart. He wants to move you away from what is keeping you ashore to experience, with Him, the fullness of what your life can be. Untie your 'boat' and let yourself be guided by Him. Stop being so

attached to all the things that keep you from venturing out: finance, work, family Give God the oar.

God convicts us of our sin and unworthiness. How does Peter respond to the miraculous catch of fish? “Depart from me, for I am a sinful man.” Peter sinks to his knees in awe before this mysterious figure: “Depart from me, Lord, for I am a sinful man.” In other words: “Depart from me, O Lord, for I am a sinner. If you only knew to whom you were speaking! My spirit is dull and my heart is weary. Depart from me!” Simon’s calling resembles Isaiah’s commissioning: confronted with the holiness of the Lord, both Peter and Isaiah are overwhelmed by a sense of their own sinfulness and inadequacy. Turn away from me: When you see the wonder of God and how God works in you, it is easy to look at just how weak and sinful you are. Like Simon Peter, you may tell Jesus to turn away from you, but the reality is, HE CHOSE YOU! Even in your smallness and your nothingness He chose you for a mission that will help many. Knowing what God can do, even with our sinful ways, we see His greatness in our lives. With God all is possible, don’t stop moving forward Heaven is our goal.

Prayers

Lord, we know not all the time we see you and we feel you. But despite of all of these you are still there for us. You are the real servant leader, and as you bring the challenge to us dear Lord, we want your guidance and loving presence for us know that we are still in the right path. We thank you Lord for everything we receive and what we do everyday is for your own glory. We ask this in the name of Jesus. Amen.

Almighty God, every good thing comes from You. Fill our hearts with love for You, increase our faith, and by your constant care, protect the good You have given us. We ask this through our Lord Jesus Christ, Your Son, who lives and reigns with You and the Holy Spirit, one God, for ever and ever. Amen.

Abba Father we submit ourselves to your authority as pray for the grace of obedience to your word through which any situation in our lives could be changed. Through the inspiration of the Holy Spirit, send us to our deep that our years of toil, illness and lack may come to an end.

Through your provision may we enclose numerous graces and blessing and with charitable hearts share with the needy all that we receive from you.

Say the daily prayer on page 138.

PLEASE SHARE THIS DEVOTIONAL

NOVEMBER 3, 2024

**NOVENA TO JESUS CHRIST IN THE MOST HOLY
EUCHARIST DAY 1**



[CLICK HERE TO PRAY](#)
[FOR THE FIRST DAY](#)

NOVEMBER 4, 2024

**NOVENA TO JESUS CHRIST IN THE MOST HOLY
EUCHARIST DAY 2**



**[CLICK HERE TO PRAY
FOR THE SECOND DAY](#)**

NOVEMBER 5, 2024

**NOVENA TO JESUS CHRIST IN THE MOST HOLY
EUCCHARIST DAY 3**



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[FOR THE THIRD DAY](#)

**NOVENA TO JESUS CHRIST IN THE MOST HOLY
EUCHARIST DAY 4**



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[FOR THE FOURTH DAY](#)**

**NOVENA TO JESUS CHRIST IN THE MOST HOLY
EUCHARIST DAY 5**



[CLICK HERE TO PRAY](#)
[FOR THE FIFTH DAY](#)

NOVEMBER 8, 2024

**NOVENA TO JESUS CHRIST IN THE MOST HOLY
EUCHARIST DAY 6**



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[FOR THE SIXTH DAY](#)

NOVEMBER 9, 2024

**NOVENA TO JESUS CHRIST IN THE MOST HOLY
EUCHARIST DAY 7**



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[FOR THE SEVENTH DAY](#)**

NOVEMBER 10, 2024

**NOVENA TO JESUS CHRIST IN THE MOST HOLY
EUCHARIST DAY 8**



**[CLICK HERE TO PRAY
FOR THE EIGHTH DAY](#)**

NOVEMBER 11, 2024

**NOVENA TO JESUS CHRIST IN THE MOST HOLY
EUCHARIST DAY 9**



[CLICK HERE TO PRAY](#)
[FOR THE LAST DAY](#)

NOVEMBER 12, 2024

THE POOL OF BETHESDA

John 5:2-9 and Obadiah 1:17

The story of the Pool of Bethesda in John 5:2-9 depicts a man who had been crippled for 38 years, waiting by the pool in hopes of being healed. The pool was believed to have healing properties when stirred, but the man had no one to help him enter it. When Jesus encounters him, He asks, “*Do you want to be made well?*” Without relying on the pool or any other means, Jesus commands the man to rise, take up his mat, and walk.

This miracle reveals Christ’s authority over all circumstances and His willingness to reach out to those in seemingly hopeless situations. It also reminds us that

true healing and transformation come not from external rituals or beliefs, but from a personal encounter with Jesus.

In Obadiah 1:17, we read about deliverance, holiness, and restoration for the people of God on Mount Zion. This promise of freedom and reclaiming what was lost resonates with the healing at Bethesda. Just as the man at the pool experienced deliverance from his long-standing condition, Obadiah speaks of a spiritual and national restoration for God's people, signifying hope and renewal.

Together, these passages emphasize that God's power to heal, deliver, and restore is not confined by time, place, or tradition. No matter how long we have been in a difficult situation, God's grace can bring healing

and restoration. The key is to respond to His call and trust in His transformative power.

Prayers

Let us pray for the grace to keep always believing in Jesus no matter what life throws at us.

Let us pray for the transformative power of Jesus to heal and recover and restore to us all that we have lost. Say the daily prayer on page 138.

NOVEMBER 13, 2024
DOING AS UNTO GOD

Ephesians 6:1-20

Going through the 10 commandments the only commandment with a promise attached to it is in Ephesians 6:2-3 "Respect your father and mother is the first commandment that has a promise added; so that all may go well with you and you may live a long time in the land". This living a long life can be seen in many ways:

To live a life of fulfillment to God's glory doing God's special will and equally being a blessing to our immediate family, neighborhood, place of work, peers and all those we come in contact with.

To live a life of light that shines right to win souls for God. A life that is lived in consciousness that others are looking up to emulate. Life that does not only direct or serve as a signboard but leads in the right direction, leading people to eternal life and not to perish.

Verse 4 further admonishes parents not to treat their children in such a way as to make them angry but instead raise them in a Christian manner. At times when children make certain mistakes the way and manner the parents discipline such child is beyond the offense. For instance a child that mistakenly breaks a plate or cup in the process of washing or serving food and that child is beaten up to the extent of incurring a physical injury. Some children knowing that it was a mistake may likely not appreciate the punishment, especially if it was the child that reported the incident

and was sorry. Next time due to the degree or level of punishment without proper correction the child may not even mention anything if the offense goes unnoticed.

Therefore discipline of children by parents should be done with love. There should be a reason to every form of discipline given to a child and if possible dialogue can be encouraged in order to avoid reoccurrence.

Verse 5 to 7 encourage slaves to work with all honesty with sincere heart as though they are serving Christ. Eye service or hypocrisy should be avoided by all means such that work should be done carefully as to the Lord and not forcefully or with a sad face as on to mere mortals.

As verse 8 reminds us that the Lord will reward everyone, whether a slave or freeborn for the good work they do.

In the same way masters are encouraged in verse 9 not to use threat in any way towards their slaves for surely both the masters and their slaves belong to the same master, Jesus Christ, who judges everyone by the same standards. May the Lord bless his words in our hearts and help us to abide by his teachings in Jesus Mighty name. Amen.

Prayers

For children: May the spirit of obedience overshadow children all over the world, to be respectful in all ramifications.

For parents: We pray for divine wisdom and the right choice of words towards their children.

For servants: May God order and direct all activities of servants to serve with diligence and fear of God.

***For masters:** May they treat their slaves with divine love, following the example of Christ.

Say the daily prayer on page 138.

NOVEMBER 14, 2024

GOD NEVER FAILS HIS PEOPLE

Joshua 21:45, Isaiah 60:22, Jeremiah 32:27, Isaiah 55:10-11.

God never fails and can never fail us, he is not a man that lies or breaks promises.

Our God is A divine provider and our stronghold in times of trouble. In these trying times we must hold onto God for he is our solid foundation.

He has assured us over and over in the scriptures that he is our divine providence.

Gen 18:14 GNB - ¹⁴ Is anything too hard for the Lord? As I said, nine months from now I will return, and Sarah will have a son.”

Jeremiah 32:27 NIV - ²⁷ “I am the Lord, the God of all mankind. Is anything too hard for me?

Nothing is impossible for God, he is the creator, the master builder. He is bigger than all our problems. Our God is a problem solver, we should always pray and trust in his divine plan for us.

You may be passing through a whole lot at the moment, just like Naomi in Ruth 1:20-21, and you are losing faith in God and His word. You find yourself asking, “why has God not answered my prayers?” Child of God, be assured today that God is a problem solver. He makes promises and always keep them. He commits and covenants with His people, and always follows through. He does whatever He has said. If the yoke of bondage in Jabez' life could bow at last, you will surely walk away from every trouble in your life. Our God is the King of kings and the Lord of lords. He specializes in miracles.

It might not come immediately, but despite any delay the word of God will surely take root in our lives and come to fruition.

Isaiah 55:11 KJV

So shall My word be that goeth forth out of My mouth: It shall not return unto Me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.

In every situation let's present it to God, and trust in him. Matt7:11 NIV, Phil 4:6;19 NIV, Psalm 34:10 AMP, Matt 6: 31-32.

In all the above scriptures God assured us of his ability and willingness to provide for all our needs always.

Let us always look unto God the author and finisher of our faith. May God help us all to always put our faith In Him always. Amen.

Prayers

Lord God, I worship You for today. I give You all the glory, honour and adoration, for loving me unconditional each time of my life.

Lord, I pray for the forgiveness of my sins. I am sorry for my iniquities.

By fire and thunder from heaven, I come against every evil arrow that is attacking my life for success. Lord, let Your power deliver me today from every negativity of Satan, in Jesus' name.

I renounce and break all curses placed upon my family and destiny, in Jesus' name.

Anything God has ordained or purposed for me in life, I decree by fire that I must surely walk into and accomplish, in Jesus' name.

Lord, arise now and convert every power or arrow of curse or bondage in my life into blessings, in Jesus' name.

Father, You are a covenant keeping God. Lord, show me mercy today. Heal all my wounds. Let all Your promises concerning me and my family be fulfilled, in Jesus' name.

Say the daily prayer on page 138.

NOVEMBER 15, 2024

THERE IS NOT A GIFT HIGHER THAN LOVE

1 Cor 13:1 -13.

In this Scripture passage St. Paul's describes love as the best way to understand our way of life in imitation of Jesus Christ, that is focused not on oneself but on the "other" our brothers and sisters good.

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, and it keeps no record of wrongs. Love does not delight in evil but rejoice with the truth. It always protects, always trust, always hopes, and always perseveres. Love never fails" (1Cor. 13:4:8).

Love it is mentioned so many times in the Scriptures that are to tell us that without love we are nothing: "If I could speak all the human and angelic tongues, but had no love, I would only be a sounding brass or a clanging cymbal. If I had the gift of prophecy, knowing

secret things with all kinds of knowledge and had faith great enough to remove mountains, but has no love, I would be nothing. If I gave everything I had to the poor, and even give up my body to be burned, if I am without love, it would be of no value to me” (1 Cor 13:1-3).

Love is about concrete action not just as a sentiment, an emotion, an idea, a dreams... but action, life lived concretely...yes, it's about being; this is because its foundation is in God Himself our Author and Creator of life, and in Christ who shows us that love par excellence...in other words that it's more than simply how people behave is seen in passages of St. Paul to the Ephesians 3:14-19, particularly as he prays that Christians will be “rooted and grounded in love”. To “know the love of Christ” is to experience His presence “through faith” in their “hearts”.

From the beginning of creation of the world to His countless promises, unfailing grace and mercy, and even His righteous discipline, God's love is proven in so many ways that we can't even imagine or describe

each one of us are witnesses of God's love for been alive, healthy, strong, having so many brothers and sisters, friends in our journey of life, receiving help, assistance, been cared, been thought by so many people that's to say and testify that God's love comes with no strings attached. It is completely unconditional. It's perfect in every sense. God's love is proven by the attention He gives to every single detail of our lives.

This passage is really a big challenge to me to examine seriously my life. What place do I offer to God's love in my life? Can people around me say that I am person that has as center of life "LOVE"? Do I just preach about love, or do I really live my life abided by the love of God? May God help me...

Love is one of the greatest gifts we can ever give and receive. The gift that God gave us through His Son, manifesting His infinite love for each one of us. We were created with love and in the image of love. We are called to offer all of our abilities in order that others

may benefit from our gifts received from God by sharing it with others.

Love is an intriguing word that never fails (1 Cor 13:8).

Love is the powerful word that defeats all odds and gives us hope. Love is to be fully known and fully loved (1Cor. 13:12)

Love is the heart of God's Word.

Prayers

God the author of life, thank You that You give each of Your children one or more gifts of the Spirit, to be used in love and to Your glory. Help me to use the gifts that You have bestowed on me, in a way that does not dishonor or displease You. May my spiritual gifts be rooted and grounded in Christ's love. Amen.

Heavenly Father, God that is love, keep us humble before Your throne of grace. Help us to use our

spiritual gifts and graces to encourage and edify all those around us and glorify Your holy name. Amen.

God Our Father, develop in us the godly fruit of love. May we live in love and seek to love as Christ Your Son loved us. Keep us from jealousy and boastfulness and may the love of Jesus be seen in and through us by the power of the Holy Spirit. Amen.

Say the daily prayer on page 138.

NOVEMBER 16, 2024

OUR ENEMIES ARE ORGANIZED

John 18:3

[3]So Judas went to the garden, taking with him a group of Roman soldiers, and some temple guards sent by the chief priests and the Pharisees; they were armed and carried lanterns and torches.

Our enemies are well armed and organized; they strategize pretty well, they study our moves, they study our patterns, they get too close to us. They come to us in the form of false friends, false family, false lovers etc. and just when we feel comfortable, they land us a devastating blow.

Judas was too close to Jesus and Jesus was comfortable with him **(the difference is that Jesus knew what**

would happen before hand). Do we in our various human weaknesses have the grace that Jesus had? Can we have the grace that Jesus had? The answer is, *Yes we can.*

We can have this grace if and only if we become truly intimate with Our Lord Jesus Christ.

It is very common for us to easily trust people, which is not a bad thing in itself. It is clear that we cannot judge a book from its cover. We need discernment in order for us to know who people are. We need to send people through the heat of fire to truly know who they are. God equally sends us through fire, through a series of trials and crosses that we carry every day. We must be trustworthy for God to entrust us with certain tasks. Just as the Lord sends us through fire, we should be able to test people who come to us, even our family

members. We should be able to push them a little beyond the usual to test and know their level loyalty.

The enemies of Jesus were overwhelmingly organized and coherent. They planned and rehearsed their evil extremely well and they eventually executed it to perfection. They had a final sign, *Judas's kiss*.

We should take note that this is how the enemy prepares for us. They are at our job sites, in friendships, in marriages, in people you plan to marry, in families, in churches and church groups and the list can go on and on.

The devil plants these fake people in our lives so that he can bring to fruition his wicked plans. We usually drop our guard and let them too close to us; we open our hearts, minds, resources (material, financial and spiritual) to them.

The wicked one will never sympathize with you. They will stab you with a lance and fan the wound so that you won't feel any pain, and you will only come to realize that the wound they inflicted on you has become maggot infested.

Children of God, how can we become intimate with Jesus and avert the negative effects of fake people around us? We can do so by:

1. Daily reading of the scriptures
2. Regular confession
3. Regular reception of the blessed sacrament
4. Steady, steadfast and unending prayer lifestyle
5. Giving alms generously
6. By showing genuine love
7. Reading of Holy books

It is important to note that the evil one will never stop deriving new ways to get to us. We simply need a steady spiritual pattern to overcome them.

Jesus is always with us and He will see us through. Our Steadfastness and trust in the Lord will teach us discernment and we will be able to know all the false people around us.

Prayers

We pray that the Lord may grant us the grace and the spirit of discernment to identify fake people.

We pray for the conversion of people who come close to us only to hurt and harm us.

May we be granted the grace to be true and God fearing people who work for the good of our neighbours.

Say the daily prayer on page 138.

NOVEMBER 17, 2024

LOVE CONQUERS ALL THINGS

1 John 4: 7 - 11

Love can lead us to do positive or negative things. In today's world, we are faced with hunger, war, crime, kidnapping, drug abuse, and human trafficking. At the bottom of all these is the absence of love. “But understand this that in the last days, there will come times of stress. *(For men will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, inhuman, implacable, slanderers, profligates, fierce, haters of good, treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God” 2Timothy 3: 1- 4).*

In the secular world, love can be reckless and misguided. It is important to note that spiritual love differs from secular love in that one is conditional and the other is not. *“For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life”*. John 3:16. In this sense, love based on biblical principles is an unconditional state of being.

According to scripture, love is constant and never ceases to exist or give, (1 Corinthians 13:4-10). When we talk about unconditional love, we mean that love must be ongoing and unconditional; otherwise, it is not true love but rather a distortion of God's gift to us. Unconditional love generates something less than unconditional love in return. Unconditional love does

not mean undisciplined love, and it does not exclude commitment. Scripture indicates that anything significant in our lives must be based on love. Therefore, our duty to each other is to attempt to love ourselves in a way that recognizes God within us and appreciates the God in everyone else. “And he said to him, *You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.* This is the great and first commandment. And a second is like it, *You shall love your neighbour as yourself.* On these two commandments depend all the law and the prophets”, (Mathew 22: 37 40).

The result will always be positive. Jesus' crucifixion had a positive outcome, and his guided love will always guarantee an outcome consistent with God's wishes. In

this context, love conquers all. It is the reason for our being and the reason for our salvation, as stated in 1 John 4:16: *“So we know and believe the love God has for us. God is love, and he who abides in love abides in God, and God abides in him”*.

The essentials of love include:

- i. **Compassion:** we should have empathy for people who are suffering and have a desire to help them. In Luke 7:13 and Mathew 15:32, Jesus showed us compassion throughout his life ministry and expects the same from us.
- ii. **Forgiveness:** Love keeps no records of wrongdoings. You will always forgive wrongs if you love. *“Above all hold unfailing your love for*

one another, since love covers a multitude of sins”, 1 Peter 4:8.

iii. **Mercy:** Mercy is possible when love is present, Psalm 18:25-26.

iv. **Giving:** Giving is an act of expression of love. We can give our time, talent, treasure, encouragement, help, and influence.

In conclusion:

God is Love.

God created us in love.

God commanded us to love.

Love conquers all things.

Prayers

We pray to love God more and for an increased zeal to serve God.

We pray that God will help us to see Christ in our neighbours.

We pray that God will help us to let go of our offenses and resentment in the name of Jesus.

We pray that we may continue to live in love and peace with each other.

Say the daily prayer on page 138.

NOVEMBER 18, 2024

GET UP AND OCCUPY YOUR PLACE.

Ruth 1: 6-7

Ruth 1: 6-7. "Then she arose with her daughters in-law, that she might return from the county of Moab; for she had heard in the county of Moab how that the Lord had visited his people in giving them bread. Wherefore she went forth out of the place where she was, and her two daughters in-law with her; and they went on the way to return unto the land of Judah".

There are people who have allowed life challenges to keep them down. Negative situations have kept many great destinies in the pit of sorrow and regret. It is possible for you to give up and accept your pain as your portion. Every issue of sorrow in your life will turn to joy in the name of Jesus Christ. I want you to understand that God's agenda for you is to be on your

feet pursuing your dreams and fulfilling your divine purpose. You are divinely equipped and packaged to manifest God's glory. You're not permitted to be defeated in the Name of Jesus. In Ruth 1: 6-7 ,Naomi did not allow negative circumstances, pains and losses to keep her down in everlasting sorrow. She did not keep regretting what she could not change. She put the negative past behind her and embraced a new possibility. Naomi stood up and went home to occupy her place in destiny. I want you to always remember that there is no point regretting what you cannot change. It is time for you to forget the pains of yesterday. It is time to get up and pursue your dreams. You will occupy your place in destiny if you refuse to stay down. The future ahead of you is great and glorious.I want you to believe that God will show up for you if you get up to make the right move. You will not make a move that you will regret in the name of Jesus. There are things you must avoid if you believe that there is hope in your future. You must not allow the

devil to keep you down. I want you to get set for a new beginning. You will experience divine intervention as you rise up to occupy your place in destiny. Let us consider things to avoid.

1. Do not despise yourself because of your limitations or weaknesses. Job 8:7, John 14:1, let not your heart be troubled: ye believe in God, believe also in me.

2. Do not destroy your future because of present pains or challenges. 1king 3:18-21, 2 king 6:28-29.

3. Avoid regretting what you cannot change. Ruth 1:6-7, Isaiah 43:18.

4. Refuse to let go of your dreams and expectations. Gen. 37:5, 9, Prov.23:18.

Prayers

Father have mercy on me and let my family experience all around victory in the name of Jesus.

Father, visit me and fulfill your promises in my life and family in the name of Jesus.

Father, as for me and my house, I reject sorrow and disaster in the name of Jesus.

Father, let my heavens open, let rain of mercy and favour fall upon me in the name of Jesus.

Say the daily prayer on page 138.

NOVEMBER 19, 2024

LOVE, THE GREATEST GIFT!

Today let's reflect on the love God has for us and the impact it is meant to have in our lives; transformative love, the one thing that makes all the difference in our lives.

Often times, we find it hard to completely comprehend the impact of God's love on us, we refuse to accept the gift, we neglect it, we reject it, only because we constantly fail to take time out to ponder on it, to reflect on the perfect story that's being told through our lives here on earth.

Are you even aware that your life is an ongoing love story? One where a sacrifice was made for you; a price was paid by blood, the blood that speaks greater things over any other voice?

What is the status of your love story with God? Are you accepting His love, trusting His Word and believing his promises or are you living in doubt and fear, questioning His love and the power that comes with it or are you rejecting His love, making a ridicule of His sacrifice?

Again, I ask, what is the status of your story with Christ?

The Bible says, in silence Mary pondered on the revelation that the Angel Gabriel made known to her. Today I encourage you, sit in silence and ponder on the status of your love story with Christ, the status of your journey with Christ. Are you holding His hands, trusting Him to lead you, instruct you and direct you? Are you accepting His love and living in it? Are you groping in the dark, fretting and slowly killing your spirit or have you completely rejected His love and sacrifice and offered yourself up to the devil?

Examine yourself and choose again where you belong. The good thing about life is that, as long as you are alive, you still have a chance to repent and realign yourself with Christ.

Take the chance, call on Christ, tell Him how you truly feel, express yourself to Him. Without any reservations, go to Him as you truly are and His love will embrace you. Now, when you receive His love, acknowledge it, bask in it and live in it. Scripture says, when the perfect appears, the imperfect disappears. As we embrace the love of Christ, may every imperfection in our lives be erased in Jesus' name. Amen!

Prayers

Pray: Jesus I love you (Ten times)

Read: 1 Corinthians 13

Say the daily prayer on page 138.

NOVEMBER 20, 2024

THERE IS POWER IN THE NAME OF JESUS.

Acts 3:1-9

There is a beautiful story of Peter and John with the beggar at the Beautiful Gate.

The faith, obedience to God's will and constant desire of doing God's Will gave apostles Peter and John the boldness and confidence to speak in the Name of our Lord Jesus Christ. As Philippians 2:6-11 says, that the Name of our Lord has been raised above any other name that at the mention of it, every knee shall bow and every tongue shall confess that Jesus is Lord. This is to assure us that we can ask for anything in through the powerful Name of Jesus Christ and God the Father will grant us if it is in accordance with the Will of God for us.

At times we may feel like we are unworthy to call on this Name maybe because of guilt of sin us. We just need to confess our sins and implore for the mercy of God because He has assured us that though He is a just God, He is at the same time a merciful God.

Proverbs 18: 10 also says the Name of our Lord is a strong tower to whom the righteous run to and are saved. Yes, we can always lean on the righteousness of He (Jesus) that is in us to approach the throne of our God.

Matthew 14: 22-32.. In Verse 30, Peter said ..save me Lord. Peter called on the Lord when he started sinking in the water. This is to teach us that when ever we are in trouble, we should call on the Lord our God with faith and He will save us .

In Acts 3: 6, Peter said gold and silver we don't have but what we have, we give you in the Name of Jesus Christ of Nazareth. That man was healed from infirmity. The Names of Jesus Christ is able to work wonders if we call Him with confidence and faith.

Dear friends, we should make our hearts a dwelling place for our Lord Jesus Christ by cleaning our hearts and obeying God's word so that He may be able to perform miracles on our lives. We should note that we cannot give what we don't have. Peter and John gave what they had and that was Jesus Christ that lived in them before the lame beggar could walk. And we cannot equally have the boldness to call on the Lord's powerful Name if we don't believe in it and obeying His Will.

Let us therefore pray for the grace if God to always make ourselves right with God so that we can call on

Him in times of trouble with faith, boldness and confidence and He will hear us.

We ask all these through Christ our Lord. Amen.

Prayers

Pray as the spirit leads

Say the daily prayer on page 138.

NOVEMBER 21, 2024

TRUST IN GOD

2 Chronicles Chapter 13

This chapter presents us with a powerful story of the conflict between the kingdoms of Judah and Israel. It highlights Abijah's speech to the armies of Israel, where he reminded them of the covenant between God and David's lineage (v.5...).

Despite being outnumbered, Judah relied on their faith in God. When they were ambushed by Israel, the priests blew the trumpets, and the people of Judah cried out to the Lord for help.

God responded to their faith by granting them victory over Israel, showcasing His power and faithfulness in delivering those who trust in Him. Psalm 9:10 says "That those who know God will trust Him". One can only trust someone he/she knows.

In other words, we cannot trust God if we don't know Him. Trust and faith go hand in hand. It is from trusting

God that our faith will grow. Hebrews 11:6 says, "No one can please God without faith, for whoever comes to God must have faith that God exists and rewards those who seek him".

Faith is important to every child of God. Our Christianity is nothing without faith. For a person to be called a true believer, he/she must have a strong faith in God. It is through having faith in God that we will experience God's miracle in our lives. Of a truth, no believer can please God without faith. It is impossible. How we move in our spiritual lives depends on the level of our faith in God.

Brethren, when we trust God in every situation of our lives wholeheartedly, He will surely come to our help. It pays to place all our trust in Him.

From a human point of view, the people of Judah were no match for the warriors of Israel but their complete trust in God gave them victory.

Likewise, in our moments of crisis, whether personal or communal, we must rely on God. Prayer and trust in God's intervention are powerful tools for overcoming challenges.

Let us pray that, as Jeroboam did not recover his power in the days of Abijah, no Jeroboam in our lives will recover his power in our days and the days of our children.

Prayers

Pray as the spirit leads.

Say the daily prayer on page 138.

NOVEMBER 22, 2024

THE POWER OF PRAISE

Acts of the Apostles 16:25 – 31

When we recognise Jesus Christ as Lord and trust in Him with our entire life, salvation is assured to us. So, if you have never trusted in Jesus Christ to save you, do so quickly and your life can be filled with joy.

Reasons For Praising God

- 1) Praise God for who He is. (1 Chronicles 16: 29)
- 2) Praise God for daily provisions. (Psalm 68: 19)
- 3) Praise God for His goodness and mercies
- 4) Praise God when you face challenges and threats. (1 Chronicles 20: 20 - 24)

5) Praise God for everything (1 Thessalonians 5 : 18)

When To Praise God

- a) We praise God when we count our blessings
- b) We praise God for His salvation (Death on the cross)
- c) We praise God for the strength that He is building in us through the different experiences/challenges of our life.

Benefits of Praising God

- 1) It attracts God's presence. (1 Peter 2: 9)
- 2) It makes room for God's blessings. (Eph. 1: 3)
- 3) It creates problems for our enemies. (1 Chronicles 20: 22)
- 4) It shakes the wall of Jericho. (Joshua 6: 6-20)

5) It strengthens our faith. (Romans 4: 20)

Hindrances to Praising God

- a) When you keep whining and complaining.
- b) When you feel down casted.
- c) Unbelief and doubting God's existence.

Methods of Praising God

- 1) By singing Psalms (Col. 3 : 16 - 17)
- 2) By playing musical instruments. (1 Chronicles 25 :1)
- 3) By worshipping God. (Psalm 100: 2 -4)
- 4) By living Holy lives (Romans 12 : 1)

5) By speaking about Jesus Christ. (Luke 2: 38)

Thankful people can worship wholeheartedly, and gratitude opens our hearts to God 's peace and enables us to put on love.

So, count your Blessings name them one by one, count your Blessings see what God have done.

Count your Blessings name them one by one and it will surprise you what the Lord has done.

Prayers

Praise God for the gift of life and the blessings He bestowed on you.

Praise God for He is entirely worthy of all praises, worships and adoration.

Ask God to strengthen your faith and trust in His unwavering presence and love.

Pray for courage to persevere in difficult circumstances knowing that God is faithful.

Intercede for those who are struggling with doubts and unbelief that they may experience the reality of God 's presence.

Say the daily prayer on page 138.

NOVEMBER 23, 2024

COURAGE TO FACE OUR SUFFERINGS

1 Peter 5:8-10, 1 Peter 1:3-4, Mathew 16:24, Mark 15:34, Matthew 5:10-12

First, we need to remember that originally, suffering was not in the plan of God, but is the result of the Fall, the sin of Adam and Eve. (pain in childbirth for women, and sweating to food for men) But originally, there was not suffering in the world

Be alert and have a sober mind. Your enemy, the devil, prowls around like a roaring lion looking for someone to devour. **Resist him, stand firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of suffering.** And the God of all grace, who called

you to His eternal glory in Christ, **after you have suffered a little while**, will Himself restore you and make you strong, firm and steadfast. (**1 Peter 5:8-10**)

Suffering sometimes seems unbearable, for Christians, the cross can make us very uncomfortable. Suffering is an experience much more profound than pain. All of us have experienced some form of suffering. When pain and suffering roll in, it's easy to believe our sole purpose is to get relief. But rarely does that purpose inspire the kind of courage necessary to deal with pain and loss. Even if there is temporary relief, when the pain comes back it's often accompanied by an even greater fear. Christ has given us a new and living hope (1 Peter 1:3-4). He rescued us from sin, promised to

walk with us through life and to guide us into the next. As God's redeemed people we can come to Him in our suffering and rest in Him. In addition, God has allowed each of us born into this mortal life to experience pain; physical, mental or spiritual. As disciples of a crucified Lord, we are called by Jesus to imitate Him. He says to us, "If anyone wishes to come after Me, he must deny himself and take up his cross..." (Mt 16:24). This means, it's a difficult reality of living in a fractured world. Everything down here is touched by brokenness. We cannot live our lives on a perpetual pleasure trip, always trying to get our own way or to avoid pain at all costs. Being true followers of Jesus, being disciples of His Sacred Heart, being faithful to Gospel values will entail for each of us certain sacrifices.

Questions we ask ourselves, why does God permit His closest friends to suffer so much? Why does He tell His saints that it is even a sign of His love when He permits them to carry so many crosses - and such heavy ones? Surely this question - like Job's question in the Old Testament - rises up in every heart in our own "dark nights of the soul" when the heavy burdens we bear seem almost too much for us to carry any longer, and we join our Savior in his cry from the Cross: "My God, My God, why have you forsaken Me?" (Mk 15:34). Of course, on the Cross, Jesus knew He could never truly be forsaken by His heavenly Father, but He certainly felt forsaken at that moment of agony. In this way He shared in what we all experience at times: the seemingly inexplicable silence of God in the face of

cruel injustice. This experience of seeing the righteous persecuted and beaten down is so common that in our culture we have even invented a cynical saying for it: "No evil deed goes unpunished."

It's difficult to accompany those who suffer And yet that is what we are called to do. We can't take away their suffering. We can't fix anything this can be our own situations or others, friend Family with (Individual illness, Painful divorce/Separation, Betrayal, Rejection prosecution within family and work or community, death, losing a lot of money investing with selfish friends, unruly children and business loss etc.). But if we go through the experience with them, we are choosing to love beyond our fears. That is exactly what

Jesus did for us when he followed God's will for his life. And, as hard as those emotions are, because I've felt this pain, I can now recognize it in others. **Suffering helps a person develop** compassion for others, increases empathy for fellow human beings, helps being patient, helps develop humility, reduces self-pity (in some people, but not all, helps appreciate others more, helps the sufferer appreciate life and helps reevaluate priorities in life

We can remind that, Christians who will receive the greatest rewards in the kingdom won't be those who had the best publicity, or those who had the widest audience. It will be those who suffered most on account of Jesus. This is what He says in the final Beatitude:

Blessed are those who have been persecuted for the sake of righteousness, for theirs is the Kingdom of Heaven. Blessed are you when people insult you and persecute you, and falsely say all kinds of evil against you because of Me. Rejoice and be glad, for your reward in Heaven is great; for in the same way, they persecuted the prophets who were before you. (Matthew 5:10-12). Christ's suffering transforms suffering and death, and brings about in us a great good, it brings about life eternal. Therefore, our suffering, when united to Christ's, also brings about good and leads to salvation of ourselves and of others. God wants us to offer it up to Him and let Him do with it what He desires. Sometimes He will take it away to show us His power and authority. Sometimes He will

ask us to accept the suffering and carry it graciously for the good and salvation of others.

Prayers

Fall to the mercy of God and say Jesus I love you! Jesus, I trust you.” Allow Jesus to take over your situation by simple prayer and feel how great Jesus is.

Allow scriptures to speak to you and strengthen you, give service to others provided.

Lord Jesus, there are times when I feel uncertain about the future, afraid of so many things. Please help me to remember that you are always at my side; remind me that I can do more than I think I can. Grant me the courage to look beyond my fears and insecurities; grant me the confidence to know that when I stumble, you will lift me up and restore my hope and trust in you.

Most holy God, bless our family and friends, Lord. Grant them good health, peace, healing in body, soul and spirit; may they grow closer to you all the days of their life. And may your love surround them now and forever. We ask this, through Christ our Lord. Amen.

Say the daily prayer on page 138.

NOVEMBER 24, 2024

HOW TO GROW IN GOD'S LOVE

EPHESIANS 3:17-19

Do you desire to grow in the love of God? This is the will of God--- that you be like Him in words, thought and deeds. Developing the love of God in you empowers you to obey and live for Him at all times.

"That Christ may dwell in your hearts through faith, that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height -- to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God" —Ephesians 3:17-19 NKJV.

Growing in the hope and knowledge of God is mandatory if we want to please God. This ensures that you enjoy all that He has for them that love Him (Romans 8:28) including being with Him where He is.

Also, when we develop the love of Christ in us, serving God will no more be a struggle for you. Rather, you

will do it with delight. Furthermore, sin will not overcome you anymore and walking in love will be a normal way of life for you.

How does one build this level of love?

It can be done through the following ways;

SALVATION:

This is the starting point for the love of God in a believer's life. Since at birth, God showers His love into your heart by His Spirit (Romans 5:5). And a seed of the love of Christ is planted in you, which enables you to live for Christ.

Therefore, when you receive Christ as your personal Lord and Savior, love dwells in you. However, like any other seed, if the seed of God's love doesn't grow, you will not reap any benefit. This seed needs to be watered and tended through a great relationship with God.

WORD:

The word of God is a powerful tool for growing in the love of the Lord and Jesus is the word of God (John 1:1,14). As you study the word, you change into the image of Christ (LOVE). Thus, the more of God's words you put in your heart, the more your love for God grows. This word of God flushes out the vices inside you and Jesus (LOVE) occupies their space. As such, more of God's word, more manifestation of God's love.

PRAYER:

Spend time in His presence. No relationship can grow without time spent together. The same is true with our relationship with God. When we are determined to set aside specific time for prayer, our love for Him start to increase. Because in prayer, you commune and fellowship with God, who is love. Just as one can't stay in smoke and not smell of smoke, so you can't stay with love and the love of Christ won't rub off on you. Thus, the longer you stay with God in prayer, the more you drench yourself in His love. So, as you soak yourself in

His love whatever or whomever, that touches you, only the love of the Lord will come out.

This is why a lover of God overcomes challenges. The challenges only squeeze the love of God out of the person and love never fails (1Cor 13:8).

WALKING IN LOVE:

Our mundane chores, our motives make all the difference. When we choose to do a task out of love for God, our love for Him grows. It's just a mental task of consciously giving the activity to God as an offering. Perhaps, this is part of what He means when He says, "Love God with all your mind".

At the initial stage and many times afterwards, as the love of God constrains us to do the right thing, the flesh will fight against it (Roman7:23). Thus, we need to exercise ourselves in God's love for it to become our nature. Choose to always do the will of God (love) (James1:22) and as we train our senses to always walk

in love (Hebrews 5:14). This process develops the seed of the love of Christ in you.

Growing in the love of the Lord, is God's will for you and me, for, in it, we know and experience God. There is so much God wants to reveal to us about Himself and us. But we will only know them to the level of His love that dwells and manifests in and through us. Choose to grow in His love and your life will share your testimonies.

Prayer

God grant us the grace for hunger for your love.

May the light of Christ illumine our lives even as we drench ourselves in His divine love.

May Our Blessed Mother continue to intercede for us as we seek to grow in the love of Her Son.

Say the daily prayer on page 138.

NOVEMBER 25, 2024

HE HOLDS THE KEY TO MY LIFE

1. Isaiah 41:10 (NIV)

_"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

2. Jeremiah 29:11 (NIV)

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

3. Proverbs 3:5-6 (NIV)

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

4. Psalm 32:8 (NIV)

"I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."

Reflection:

God, in His infinite wisdom and grace, holds the key to every door in our lives. When we feel overwhelmed or unsure about the path ahead, He reminds us that He has already crafted a perfect plan for us. Life may bring uncertainties—situations that challenge our faith, moments when doors seem closed—but God is always in control.

The Scriptures remind us of His promise to guide us and provide strength when we are weak. In Isaiah 41:10, God calls us not to fear, for He is present with us, upholding us with His righteous hand. In Jeremiah 29:11, we are assured that His plans are for our good, offering us a future filled with hope. When we trust in the Lord, as Proverbs 3:5-6 suggests, He aligns our paths with His divine purpose.

God holds the key to every blessing, breakthrough, and challenge. No situation is too complex for Him. Even in moments of waiting, we can trust that God's timing

is perfect. His key will open the right doors at the right time, and in the process, He will strengthen us and reveal His loving purpose in every aspect of our lives.

Prayers

Dear Heavenly Father,

I come before You today in humble adoration, acknowledging that You are the Author and Finisher of my faith. You hold the key to my life, and for that, I am forever grateful. Even when I do not understand the twists and turns, I choose to trust in Your plan for me.

Lord, You have promised to be with me, to guide and strengthen me. I lean on Your wisdom, knowing that You see the bigger picture of my life. Help me to trust You fully and not rely on my own understanding. When doors seem closed, remind me that You have a purpose behind every delay and every closed path.

I pray for the patience to wait for Your perfect timing, and for the discernment to recognize the doors You open before me. Fill my heart with peace as I rest in the

assurance that You are in control. May Your will be done in my life, and may I walk confidently in the knowledge that You hold the key to my future.

Thank You, Lord, for Your unwavering love and guidance. I surrender all my plans to You, knowing that Your plans for me are far greater than anything I could imagine. Lead me, teach me, and strengthen me, for I trust in You completely.

In Jesus' name, I pray. Amen.

Say the daily prayer on page 138.

NOVEMBER 26, 2024

FINDING REST IN GOD

Matthew 11:28-30

“Then Jesus said, ‘Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.’”

As believers, we are not granted immunity from life’s storms, but we have a choice about how we react to those storms. Our natural tendency might be to run around desperately looking for help, trying to save ourselves from trouble. We can either respond

anxiously or rest in the Lord's presence. We can either waste our time worrying or trust in the Lord to take care of us.

What does it mean to rest on God?

In addition to our Earthly rest, we need the ultimate rest — God's rest.

Exodus 20:8-11 gives us a view that God's seventh day of rest serves as a template for our own Sabbath. As his children, we live and work well through the week and then stop regular labour for a day.

Our weekly Sabbath rest is celebrated on the Lord's Day (Revelation 1:9-11) Though we are commanded to glorify the Lord in all we do (Colossians 3:23-24; 1

Corinthians 10:31), Sundays are for celebrating Christ's finished work on the cross. Our Sabbath day of rest allows us to reflect on what's coming, our eternal rest in God's presence. Scripture tells us, "For whoever has entered God's rest has also rested from His works as God did from His. (Hebrews 4:9-10)."

To rest in God is to find peace, comfort, righteousness, and security in His presence, regardless of the circumstances one may be facing. Resting in God involves surrendering one's worries, fears, and burdens to Him, and trusting that He will take care of everything.

Rest is a **spiritual act** in which you say that you trust God beyond what you can accomplish for yourself. It requires discipline on your part to stop your mind from rotating on about what needs to be done next. In resting, focus on God and your relationships rather than on your task list.

The Bible discusses a great deal about our need for rest, especially in the book of Psalms. God created rest for our benefit, to restore us. We can experience true rest when we spend time in God's presence, praying or reflecting on His word. As we take time from our busy schedule, we can be still, silent, present, and allow Him to work in us.

Steps to Finding Rest in God

1: Call to Him During Sleepless Nights (Psalms 4)

Answer me when I call to you, my righteous God.
Give me relief from my distress; have mercy on me and
hear my prayer.

How long will you people turn my glory into shame?
How long will you love delusions and seek false god?
Know that the Lord has set apart his faithful servant for
himself; the Lord hears when I call to him.

Tremble and do not sin; when you are on your beds,
search your hearts and be silent.

Offer the sacrifices of the righteous and trust in
the Lord.

Many, Lord, are asking, “Who will bring us
prosperity?”

Let the light of your face shine on us.

Fill my heart with joy,

when their grain and new wine abound.

In peace I will lie down and sleep,

for you alone, Lord,

make me dwell in safety.

2: Trust God With Your Future (Psalm 16:1-2; 7-11)

Keep me safe, my God, for in you I take refuge.

I say to the Lord, “You are my Lord; apart from you I have no good thing.”

I will praise the Lord, who counsels me; even at night my heart instructs me.

I keep my eyes always on the Lord.

With him at my right hand, I will not be shaken.

Therefore, my heart is glad and my tongue rejoices;

my body also will rest secure,

because you will not abandon me to the realm of the dead,

nor will you let your faithful one see decay.

You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

3: Allow Him to Lead You (Psalm 23)

The Lord is my shepherd, I lack nothing.

He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.

He guides me along the right paths for his name's sake.

Even though I walk through the darkest valley,

I will fear no evil,

for you are with me;

your rod and your staff,

they comfort me.

You prepare a table before me in the presence of my enemies.

You anoint my head with oil; my cup overflows.

Surely your goodness and love will follow me all the days of my life,

and I will dwell in the house of the Lord forever.

4: Give All Your Worries to Him (Psalm 127)

Unless the Lord builds the house, the builders labour in vain.

Unless the Lord watches over the city, the guards stand watch in vain.

In vain you rise early and stay up late, toiling for food to eat, for he grants sleep to those he loves.

Children are a heritage from the Lord, offspring a reward from him.

Like arrows in the hands of a warrior are children born in one's youth.

Blessed is the man whose quiver is full of them.

They will not be put to shame when they contend with their opponents in court.

5: Quiet Your Soul Before God (Psalm 131)

My heart is not proud Lord, my eyes are not haughty;
I do not concern myself with great matters or things
too wonderful for me.

But I have calmed and quieted myself,
I am like a weaned child with its mother; like a
weaned child I am content. Israel, put your hope in
the Lord both now and forevermore.

BIBLE CHARACTERS WHO NEEDED REST

Old Testament

Joseph (Genesis 37-50) - The account of Joseph's active life spans thirteen chapters in the Bible. Joseph's brothers stripped him of his robe and dumped him into an empty cistern. From there his brothers sold him to a

caravan of Ishmaelites, who then sold him as a slave to Potiphar, a noble in the Egyptian court. His wife took a liking to Joseph and when he thwarted her advances, she conspired to have him thrown in prison. His life took many turns before God gave him favour in the Pharaoh's eyes and made him second-in charge of all Egypt. But before that event, Joseph surely cried out to the Lord for rest due to his brothers' deceit and abandonment.

David (1 and 2 Samuel, 1 and 2

Chronicles, Psalms) - Because King Saul disobeyed the Lord (1 Chronicles 10:13), David was chosen to be Israel's next king. The anointing came before Saul died, however, and Saul sought David's life in various

ways, to the point David fled and even lived among Israel's enemies, the Philistines.

Job (The book of Job) - Job provides a pointed lesson for us in how to rest in God. In the midst of his great loss, accusatory friends, and physical suffering, Job cried, "For I know that my Redeemer lives, and at the last He will stand upon the earth" (Job 19:25).

Joshua's generation looked at rest as entrance into the Promised Land, but God's rest is referenced in Hebrews 4:7 as "so long afterward." The surety of entering God's rest means, "ceasing from the spiritual strivings that reflect uncertainty about one's final destiny. It means enjoyment of being established in the

presence of God and to share in the everlasting joy God entered when he rested on the seventh day. We rest when we find our total satisfaction in Him.”

New Testament

Jesus - Who better to give us a model for rest than our Lord Jesus? On the night before He was betrayed, He cried out to the Father saying, “Father, if You are willing, remove this cup from Me. Nevertheless, not My will, but Yours, be done (Luke 22:42).” Jesus rested in the Father’s will.

Paul - Paul knew his ministry was about to end, and he encouraged Timothy with these words, “For I am already being poured out as a drink offering, and the time of my departure has come. I have fought the good

fight, I have finished the race, I have kept the faith, (2 Timothy 4:6-7).” Paul knew all his rest was found in the Lord.

Why Is It Important for Us to Rest?

We cannot boast of the attributes that belong to God alone, including His eternal alertness (2 Chronicles 16:9, Psalm 147:4-5). We are mere mortals who are subject to all the infirmities stemming from the fall (Genesis 3). We get tired. We burn out when we work day after day and perhaps month after month without rest. Fatigue brings lack of focus and, at its worst, it causes sickness.

Other than the physically restorative sleep the Lord has granted us, we can take restful time in:

- ✓ Prayer
- ✓ Bible reading and meditation
- ✓ Bible study
- ✓ Communion with family (church family, too)
- ✓ Walking in nature
- ✓ Enjoying a meal with loved ones
- ✓ Reading a good book

Why did God rest on the seventh day of creation (Genesis 2:2)?

It is important to note that God's "rest" was not due to His being tired but to His being finished with His creative work. In Genesis 2:2 we read, "And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that

he had done.” If God is omnipotent, if He has all power it doesn’t make much sense that He would need to “rest.” After we’ve had a busy week, we take a nap.

First, we should quote the verse correctly. It doesn’t say God “needed” to rest; it simply says that He did rest. Also, it is clear from Scripture that God did not rest because He was tired. Genesis 17:1 calls God the “Almighty God.” Psalm 147:5 says, “Great is our Lord, and mighty in power; His understanding is infinite.” God is all-powerful; He never tires and never needs to rest. As Isaiah 40:28 says, “The everlasting God, the Lord, the Creator of the ends of the earth, neither faints nor is weary.” God is the sum of

perfection; He is never diminished in anyway, and that includes being diminished in power.

When God said, “Let there be light,” the light appeared. He simply spoke creation into existence (Genesis 1:1-3). Later, we read that Jesus Christ “is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power” (Hebrews 1:3).

Forget the image of Atlas straining under the weight of the world on his shoulders. It’s not like that. The entire universe is held together by Jesus’ word. The creation and maintenance of the universe is not difficult for God. A mere word will suffice. As Psalm 33:9 declares, “For he spoke, and it came to be; he

commanded, and it stood firm.”

The Hebrew word translated “rested” in Genesis 2:2 includes other ideas than that of being tired. In fact, one of the main definitions of the Hebrew word **shabat** is “to cease or stop.” In Genesis 2:2 the understanding is that God “stopped” His work; He “ceased” creating on the seventh day. All that He had created was good, and His work was finished. The context of Genesis 1–2 strongly affirms the idea of God’s “rest” being an end of work, not a reinvigoration after work. The narrative tells us which things God created in each of the first six days. His power is displayed through the creation of light, mountains, seas, the sun, moon and stars, plant and animal life, and, finally, humanity. There are many parallels

between the first three days of creation and the second three days. However, the seventh day is a sharp contrast. Instead of more creating, there is shabat. Instead of God “doing” more, He “ceased” from doing.

God did not merely “rest” on the seventh day; He “stopped creating.” it was a purposeful stop. Everything He desired to create had been made. He looked at His creation, declared it “very good” (Genesis 1:31), and ceased from His activity. In the Jewish tradition, the concept of **shabat** has been carried over as the “Sabbath.” The Law of Moses taught there was to be no work at all on the seventh day (Saturday). Because God ceased from work that day, the Israelites were to cease from their work on the

Sabbath. Thus, the days of creation are the basis of our universal observance of a seven-day week.

How to Balance Between Rest and Laziness or Distraction

Now that we have seen the true nature of Godly rest, we can strike a balance when we need a break from the ordinary work of life.

God created us to work (Genesis 2:15; 1 Thessalonians 2:9), but the work He gave us is to be fruitful. We cannot complain of being tired after a day spent playing video games, scrolling social media, or watching stupid movies that have no redeeming value. God gave man work before the fall, when everything was good. But since the fall, sin corrupts our work and our rest, unless both are devoted to the Lord (Colossians 3:23-24).

It really is an easy task; work hard and get physical and spiritual rest in the Lord's provision of all we need to live a Godly life (2 Peter 1:3)

Prayers

Dear Father God,

I need the rest only You can give. A good night's sleep is temporarily restorative, and I am so thankful to You for it. But it's not holy rest as that which comes from You. Help me know I cannot do everything, and I must leave so many things in Your sovereign hands. Thank You for Your promise to us who believe in the Lord Jesus Christ, that we will one day enter Your holy rest and see you face-to-face. What a glorious day that will be. I love you, Father.

God, at this moment I feel the weight of the world on my shoulders. Things in my life feel like more than I can handle on my own. I come to you as my place of refuge and lay all of my cares at your feet. I thank you that your word reminds me to come to you when I am feeling weary and that you promise to bring rest to my soul (Matthew 11:28-30). Help me to walk in your rest... to be able to see the goodness of the Lord in the land of the living (Psalm 27:13). Remind me of all the ways you have been faithful to me in the past so I can look forward with confidence, knowing you will take care of me! I declare that I trust you with every detail of my life and give all my cares to you. Your word says that you know every hair on my head (Luke 12:7). You care about the big things in my life, the little things in

my life, and everything in between. I do not have to be afraid! You are my safe place. Allow me to find the strength I need to move forward in you.

In Jesus' name I pray and give thanks, Amen.

Say the daily prayer on page 138.

NOVEMBER 27, 2024

MUSTARD SEED MENTALITY

Mark 4:26-34

The mustard tree comes from a little seed; we must start and never despise the little beginnings. Every great achievement has a humble or small beginning. The kingdom of God develops in us, it begins like the little seed, it is not noisy, not showy, but it grows and when it grows, it produces fruits and transforms us.

A certain farmer in a village started a bamboo business by planting the seedling. After the first year and nothing had sprouted, the villagers started mocking him. He was told to keep nurturing the seedling, take care of them and be patient. Every day he went round, tilling the ground and caring for the seedlings without

seeing any result. The second year came and passed without any result, same with the third and fourth years but he was not discouraged, he patiently waited but the villagers kept taunting him.

In the fifth year, the bamboo started sprouting and he was very happy. He went into the village to share his news. He was jubilating and the villagers were happy for and with him. What he patiently waited for lovingly and caringly made him a Millionaire at the end of the day.

The bamboo tree story talks about the mustard seed mentality where we need *Patience, Obedience, Love, Persistence and Trust in our Lord*. We need Patience in all our endeavours, believing God that what He promised us will come to pass. When we plant a seed,

an idea or project, we need to be patient to eventually reap the fruits of our labour.

At the beginning, the farmer was given instructions on how to cultivate and nurture the plants. He obeyed everything. Same way, we need to obey God's instructions in our walk even when it may not make meaning to us. Let us obey Him as He leads us, gives us directions and instructions, knowing fully well that he will not lead us astray.

With love, we need to carry out God's instruction. With love, we need to do our daily task, jobs and assignment.

Let Love lead the way, Love covers a multitude of Sin.

The farmer loved what he did and was dedicated to care for the trees and it paid off at the end.

In the face of all the mockery and the seeds not sprouting, he persisted. He was not discouraged and preserved in the difficult and dark phases of his life. He trusted in the process and in God and he was not disappointed. Those who trust in the Lord (Jer. 17:7-8) will be like a tree planted by the water that sends out its roots by the stream. He is not afraid of anything, anybody or any situation or process.

When we have the mustard seed mentality, we learn to respect and appreciate humble beginnings, trust in God, practice patience, obedience, perseverance and love wholeheartedly because we know that those who run to mount Zion will have their strength renewed, they will rise on wings like eagles, they will run and not get weary, they will walk and not grow weak (Is. 40:31).

Prayer

O Lord, increase my faith.

Lord, help me not to despise my little beginning.

Teach me Lord to trust and depend on you for all my needs.

O Lord, make the storm of my life pass over me.

Lord, may the talents you have deposited in me bear much fruit.

Say the daily prayer on page 138.

NOVEMBER 28, 2024

THE GOD OF ALL POSSIBILITIES!

Genesis 15:5

How do we normally determine if something is possible or impossible? I want you to imagine an old woman of 75 years as well as a young woman of 25 years of age that both walk into a doctor's consulting room, saying we want to be pregnant. I can imagine the doctor saying to the old woman, I am sorry I do not think I can help you because what you are asking for is Impossible. The same doctor would probably tell the young woman that I could help you. What determines the reply of the doctor to both women? The doctor would have had a quick rush thought through medical statistics, data, theory and experiments that certifies a woman at the age of 75 years is not viable when it comes to pregnancy, whereas the chances that a 25 years old young lady will get pregnant is high because our lives revolve around data, statistics and

experiences. We often base our judgement of whatever challenges we are facing on the promise of what we can see, what we have heard from other people and not what God has told us.

Our text says that God brought Abraham “outside” and asked him “to look towards heaven”. There is need for us to move outside theories, outside statistics and data, outside expert, opinions and look towards heaven to hear from the God of all impossibilities.

In Luke 18:27, Jesus Christ said that, “The things that are impossible with God” The plural word “things” signify that, there are many things that are impossible with men. These things that are impossible with men are the things that our data, medical theories, facts and history have shown to us are impossible, but they are possible with God. God specializes in making impossibilities, possible Do not limit God. He has all the powers and on earth. The fact that he has all the powers is an indication that, with him nothing will be impossible.

Science and available fact says, menopausal woman cannot have children, but the God who specializes in impossibilities said that, this is true as far as man is concern, but with me the God of all flesh, it is not impossible, and to prove this, Sarah after she was decades past the age of child bearing, conceived and and gave birth to Isaac.

When the children of Israel came to a road block by the red sea, experience told them that, it was impossible to cross the red sea. After all, available data proved that there was no way to cross the red sea on foot, but the God who specializes in things that are considered impossible, showed up and did what no other power could do. He did had never been done before. What in fact had never crossed the mind of thinkers. In this your present challenge, God is going to show up in a way He has never done before because, He is the God of all possibilities. I do not know where you in your life at this time or what your situations and circumstances look like. Probably, you have taken the time to look at

facts, statistics and data available and they all point to the fact that there is no way out your predicament. The doctor probably has told you that, scientifically, your disease is incurable. He might have shown you how slim your chances of survival are based on facts and experience. Your financial consultant could have said that anyone who has gone this deep into debt never get out of it. Yes, but with men, these are impossibilities.

Often times, we have more faith in statistics, data, and what other people say out of their personal experiences, than what God says. It is time to stop looking at statistics and scientific theories that shows us how difficult, complex and impossible our situation appears. It is time to focus on what the word of God says about our situation and on what God Almighty promises to do.

The things which are impossible with men, are possible with God. Every height of status that is difficult for me to attain, God says He will help you attain it because with Him, nothing is impossible Jeremiah 32:17 says”

Ah Lord God! Behold, you have made the heavens and the earth by your great power and by your outstretched arms, nothing is too difficult for you “

Can you imagine how much power and resources is necessary to make the heavens and the earth? Nothing is too difficult for Him. Those things you considered as impossible in your life, those mountains you are incapable of moving on your own, the situations and challenges, those facts, theories, data and statistics you said were impossible should not make you depressed because your God specializes in making those things possible. He will do for you those things that the ability of mere mortal man is unable to do for you. Look up to heaven, look unto Jesus with an unshakable faith, from Him will come the solution to your many problems. May God bless you and give you the grace to put your trust completely in Him.

Prayers

Surrender your difficult cases to God in faith.

Decide to listen, read, meditate and confess the word of God them, rather than repeat expert opinions.

Pray couples you know that are looking for the fruit of the womb.

Pray Luke 1:37, Psalm 27 and 136.

Say the daily prayer on page 138.

NOVEMBER 29, 2024

FAITH, I WILL WIN GOD'S APPROVAL

Hebrews 11:1-2, 8-19.

Faith is the substance of things hoped for, the evidence of things not seen. (Hebrews 11:1).

A young man's terrifying experience illustrates the power of faith. While walking alone at dusk, he slipped and fell into a deep well, grasping a nearby tree root. Hearing God's gentle voice, he affirmed his faith in God's salvation. However, when instructed to release his grip, he hesitated, doubting God's plan.

Would you have acted differently? This story reminds us that human wisdom often cannot comprehend God's ways. When reason falters, faith must take over.

St. Thomas Aquinas exemplified balanced faith, harmonizing intellect and spirituality. His great learning did not compromise his sanity.

To win God's approval, we pray with the disciples, "Lord, increase our faith." (Luke 17:5). In Hebrews 11, we see faith in action through heroes who trusted God's promises despite impossible circumstances. Abraham's story shines as a powerful example.

By faith, Abraham obeyed God's call to an unknown land, trusting His promise of descendants despite Sarah's barrenness. He even offered Isaac, believing God would raise him from the dead. (Hebrews 11:8) Abraham's faith was not blind optimism but trust in God's promise-keeping nature.

Prayers

Dear Heavenly Father, Increase our faith to trust Your promises and obey Your Voice. Help us see beyond our circumstances and fix our eyes on Your heavenly City. Help us walk in faith, not fear. Lord Jesus, use our faith to deliver and transform us. We pray in Jesus' mighty name, Amen.

Say the daily prayer on page 138.

NOVEMBER 30, 2024

GIFTS FROM THE HOLY SPIRIT

1 Corinthians 12:1-31

Today we are going to talk about different GIFTS FROM THE HOLY SPIRIT.

Now, concerning what you wrote about the gifts from the Holy Spirit, I want you to know the truth about them, my brothers and sisters. You know that while you were still heathen, you were led astray in many ways to the worship of idols. I want you to know that no one who is led by God's Spirit can say "A curse on Jesus" and no one can confess Jesus is Lord without being guided by the Holy Spirit.

There are different kinds of spiritual gifts, but the same Spirit gives them.

There are different ways of serving, but the same Lord is served,

There are different abilities to perform service, but the same God gives ability to all for their particular service.

The spirit's presence is shown in some way in each person for the good of all. The spirit gives one person a message full of wisdom, while to another person the same spirit gives a message full of knowledge. One and the same spirit gives faith to one person, while to another person, He gives the power to heal.

The spirit gives one person the power to work and perform miracles, to another the gift of speaking God's message and to yet another, the ability to tell the

difference between gifts that come from the spirit and those that do not. To one person He gives the ability to speak in strange tongues, and to another He gives the ability to explain what is said but it is one and the same spirit who does all this, as He wishes, He gives a different gift to each person.

So after each and every person is given his or her own gifts, we are not supposed to boast or undermine one another because of the gifts God has given us but to help one another for the good of all of us.

One body with many parts

Christ is like a single body which has many parts; it is still one body, made up of different parts.

In the same way, all of us, whether Jews or Gentiles, whether slaves or free, have been baptised into the one

body by the same spirit, and we have all been given the one spirit to drink. There is no way to overlook one another.

For the body itself is not made up of only one part, but of many parts. If the foot were to say, “Because I am not a hand, I don’t belong to the body,” that would not keep it from being a part of the body. If the ear were to say, “Because I am not an eye, I don’t belong to the body,” that would not keep it from being a part of the body. If the whole body was not an eye, how could it see? And if it were only an ear, how could it smell? As it is, however, God put every different part in the body just as He wanted it to be. There would not be a body if it were all only one part. As it is, there are many parts but one body.

So then, the eye cannot say to the hand, “I don’t need you” nor can the head say to the feet, “I don’t need you”. On the contrary, we cannot do without the parts of the body that seem to be weaker and those parts that we think aren’t worth very much are the ones we treat with greater care; while the parts of the body which don’t look very nice are treated with special modesty, which the more beautiful parts do not need. God Himself has put the body together in such a way as to give greater honour to those parts that need it. Therefore, there is no division in the body, but all its different parts have the same concern for one another. If one part of the body suffers, all the other parts suffer with it; if one part is praised, all the other parts share its happiness.

All of you are Christ's body and each one is a part of it. In the Church, God has put all in place. In the first place, Apostles, in the second place Prophets, and in the third place Teachers, then those who perform miracles, followed by those who are given the power to heal or to help others or to direct them or to speak in tongues. They are all not Apostles or Prophets or Teachers. Not everyone has the power to work miracles or to heal diseases or to speak in strange tongues or explain what is said.

Set your hearts, then, on the more important gifts. Best of all, however, is the following way:

In conclusion, I pray that the Lord may give us the gifts of the Holy Spirit so that we use them to help one another. Not overlooking people because of the gifts

given to us. If we boast due to the gifts given to us, it can't be of good use. Let us pray to God to strengthen us to stick to Him in all ways as we receive the gifts of the Holy Spirit.

Amen!

Prayers

Pray as the spirit leads.

Say the daily prayer on page 138.

DAILY PRAYERS

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

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

consider His precious blood and show pity upon us. Wash me, my family and lineage with His most precious blood. I promise that with the help of Your grace, I will not sin again.

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

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

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

Lord God Almighty in Heaven, I put all my confidence and trust in You. You are my only hope, courage,

consolation and peace. Almighty God, if You don't help me, who else will help me? If you don't show me mercy, from whom else will I get mercy? Lord Almighty, please, for the sake of Jesus Christ who was tortured, shamed, humiliated and crucified for my sake and for Your will, please have mercy upon me, grant all my requests and let Your will be done in my life. Amen.

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

In the presence of all the heavenly court, I choose you this day as my mother. I deliver and consecrate to thee my body and soul, my good, both interior and exterior and even the value of my good actions;

past, present and future and all that belongs to me without exception, according to thy good pleasure, for the greater glory of God in time and in eternity. Amen.

CHAPLET OF THE HOLY SPIRIT

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

How to pray the Chaplet of the Holy Ghost

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

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

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

○ and 1 Hail Mary

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

THE FIRST MYSTERY

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

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

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

THE SECOND MYSTERY

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

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

THE THIRD MYSTERY

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

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

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

THE FOURTH MYSTERY

The Holy Ghost in the Church.

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

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

THE FIFTH MYSTERY

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

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

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

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

○ Say finally once: Our Father...

○ Hail Mary...and

○ Glory be to the Father...

○ for the intentions of the pope.

LITANY OF THE HOLY-GHOST

Lord, have mercy on us.

Christ, have mercy on us.

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

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

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

Holy Trinity, hear
us

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

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

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

Author of all good,
have mercy on us

Source of heavenly water, have mercy
on us

Consuming fire, have mercy
on us

Ardent charity, have mercy
on us

Spiritual unction, have mercy
on us

Spirit of love and truth, have mercy
on us

Spirit of wisdom and understanding, have mercy
on us

Spirit of counsel and fortitude, have mercy
on us

Spirit of knowledge and piety,
have mercy on us

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

Spirit of grace and prayer, have mercy
on us

Spirit of peace and meekness, have mercy
on us

Spirit of modesty and innocence, have mercy
on us

Holy Ghost, the Comforter,
have mercy on us

Holy Ghost, the Sanctifier, have mercy
on us

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

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

Spirit Who fillest the universe, have mercy
on us

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

Holy Ghost, inspire us with horror
of sin.

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

Holy Ghost, shed Thy light in
our souls.

Holy Ghost,
engrave Thy law in our hearts

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

Holy Ghost, open to us the treasures of
Thy graces

Holy Ghost, teach us to
pray well.

Holy Ghost, enlighten us with Thy heavenly inspirations.

Holy Ghost,
lead us in the way of salvation

Holy Ghost, grant us the only necessary knowledge.

Holy Ghost, inspire in us the practice of good.
Holy Ghost, grant us the merits of
all virtues.

Holy Ghost, make us
persevere in justice.

Holy Ghost, be Thou our everlasting
reward.

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

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

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

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

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

Grant, O merciful Father, that Thy Divine Spirit may enlighten, inflame and purify us, that He may penetrate us with His heavenly dew and make us fruitful in good works, through Our Lord Jesus Christ, Thy Son, Who with Thee, in the unity of the same Spirit, liveth and reigneth forever and ever. Amen.

Divine mercy The Chaplet of the Divine Mercy

How to Recite the Chaplet

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

1. Make the Sign of the Cross

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

2. Optional Opening Prayers

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

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

3. Our Father

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we

forgive those who trespass against us; and lead us not into temptation, but deliver us from evil, Amen.

4. Hail Mary

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

5. The Apostle's Creed

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

6. The Eternal Father

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

7. On the Ten Small Beads of Each Decade

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

8. Repeat for the remaining decades

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

9. Conclude with Holy God (Repeat three times)

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

THE LITANY OF THE MERCY OF GOD for Private Use Only.

Lord, have mercy on us.

Christ, have mercy on us.

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

Christ, graciously hear us.

God the Father of Heaven, Have mercy on us.

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

God the Holy Spirit, Have mercy on us.

Holy Trinity, One God, Have mercy on us.

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

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

Mercy of God, inconceivable mystery of the Holy Trinity,

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

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

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

Mercy of God, embracing the whole universe,

Mercy of God, bestowing upon us immortal life,

Mercy of God, shielding us from merited punishments,

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

Mercy of God, justifying us in the Word Incarnate,

Mercy of God, flowing from the wounds of Christ,

Mercy of God, gushing from the Most Sacred Heart of Jesus,

Mercy of God, giving to us the Most Blessed Virgin Mary as

Mother of Mercy, Mercy of God, shown in the revelation of the
Divine mysteries,

Mercy of God, manifested in the institution of the universal
Church,

Mercy of God, contained in the institution of the Holy
Sacraments,

Mercy of God, bestowed upon mankind in the Sacraments of
Baptism and Penance,

Mercy of God, granted in the Sacraments of the Altar and the
Priesthood,

Mercy of God, shown in calling us to the Holy Faith,

Mercy of God, revealed in the conversion of sinners,

Mercy of God, manifested in the sanctification of the just,

Mercy of God, fulfilled in the perfecting of the saintly,

Mercy of God, font of health for the sick and the suffering,

Mercy of God, solace of anguished hearts,

Mercy of God, hope of souls afflicted with despair,

Mercy of God, always and everywhere accompanying all people,

Mercy of God, anticipating us with graces,

Mercy of God, peace of the dying,

Mercy of God, refreshment and relief of the Souls in Purgatory,

Mercy of God, heavenly delight of the blessed,

Mercy of God, crown of all the Saints,

Mercy of God, inexhaustible source of miracles,

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

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

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

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

Lord, have mercy on us.

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

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

Prayer for Family Liberation

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

Prayers

- Exodus 14
- Psalm 51 • Psalm 35 • Psalm 94
- Psalm 55
- Zechariah 14
- Nehemiah 1:3-11
- Obadiah 1:17

Prayer for Healing

Instruction

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

Prayers

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

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

HOW TO PRAY

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

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

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

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

(At the end of each decade say:)

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

(On the large beads say:)

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

(In conclusion, recite:)

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

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.