



# 30 DAYS OF PRAYER TO BEGIN THE NEW YEAR

2024

PRAYERS AND  
THE WORD OF  
GOD.

MARY OUR HELP



**30 DAYS OF PRAYER  
TO BEGIN THE NEW YEAR**

**PLEASE, HELP SHARE THIS PRAYER.**

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OUR PRAYER GROUP**

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**MARY OUR HELP**

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## **30 DAYS OF PRAYER TO BEGIN THE NEW YEAR**

Try as much as you can to go for confession so that you can start a New Year on a new page with God. Fasting is encouraged throughout the prayer but not compulsory

**SAY THE FOLLOWING PRAYERS BELOW EVERY DAY FOR 30 DAYS (YOU ARE ENCOURAGED TO PRAY WITH YOUR FAMILY IF POSSIBLE.)**

**Say the Holy Rosary (Two Mysteries of your choice. Example: Joyful & Sorrowful):**

- Offer the first mystery of the Holy Rosary for Mary Our Help prayer group. In this mystery, commit the Administrator into the hands of Jesus and Mother Mary, for divine protection from all evil forces and powers of darkness and for divine guidance.
- Offer the second mystery of the Holy Rosary for all your intentions.

**Prayers (Be vocal or pray aloud):**

- Pray and make declarations in the name of Jesus, for things you want God to do for you in this New Year.

**Daily Prayer to The Holy Spirit (Be vocal or pray aloud):**

Holy Spirit of God, I thank You for helping me to see the New Year. I worship You Holy Spirit of God because You have been so good to me. I praise You and worship You because You are the Highest Spirit in existence, I worship and praise You because You are the Spirit of life. Without You, I cannot be able to bear fruit. Without You, life is meaningless. Holy Spirit, I call upon You for mercy, love and Your unfailing help. I hand over this year into Your hands, asking You to let Your light shine greatly upon all that concerns me. Let Your light shine and dispel every cloud of darkness and workings of the devil this year. Holy Spirit, lead me throughout this New Year. Help me to know Your will and fulfil it. Help me to hate sin and to live a holy life this year. Holy Spirit, please increase my spiritual and prayer life. I consecrate this New Year to You Holy Spirit, please be in control of everything that will happen. Bless me and my family and shower Your abundant blessings and favour upon us. May this year be filled with testimonies and miracles by Your power. In Jesus name I pray. Amen.

**Daily Prayer To The Two Hearts Of Love (Be vocal or pray aloud):**

Sacred Heart of Jesus and Immaculate Heart of Mary, I thank You for Your love upon me. Lord Jesus Christ, I adore the Holy Wounds of Your Sacred Heart and the

Immaculate Heart of Your Mother Mary. Lord Jesus, I adore the Most Precious Blood and Water that gushed out from Your Sacred Heart. I consecrate my entire self and family this New Year to the two hearts of love. I pray, may the will of God for me and my family be done this year through the two hearts of love. Every evil plan of the devil and his agents for me and my family this year is cancelled, through the power in the Sacred Heart of Jesus and Immaculate Heart of Mary. I hide myself and all that belongs to me in the two hearts of love. I pray, may the two hearts of love always intercede for me and my family throughout this year. Everything I could not achieve in the previous year, shall be achieved this year by the power of God in the two hearts of love. I consecrate this year and all that will happen in it, to the two hearts of love. May sorrow and weeping never be my portion this year in the name of Jesus. I shall have no cause to regret about anything in the name of Jesus. Every door that has been closed in my life and family is open by the power of God in the two hearts of love. Every evil or bad door is closed in Jesus name. I am favoured this year, I am blessed this year, miracles are mine this year, good health is mine this year, no member of my family shall die this year, no evil shall befall me and my family this year. This year is my year of total liberty from all powers holding me and my family down. I place my life and my family, and all that will happen this year into the Hands of God, the Almighty. May it be in our favour. This prayer I make with great faith, in the mighty name of Jesus.

Amen.

**Scriptural passages for the day:** Please check below for the scriptural reading (Psalms) for the day.



## **PSALMS FOR EACH DAY**

**January 1**  
**Psalm 1 to 5**

**January 2**  
**Psalm 6 to 10**

**January 3**  
**Psalm 11 to 15**

**January 4**  
**Psalm 16 to 20**

**January 5**  
**Psalm 21 to 25**

**January 6**  
**Psalm 26 to 30**

**January 7**  
**Psalm 31 to 35**

**January 8**  
**Psalm 36 to 40**



**January 9**  
**Psalm 41 to 45**

**January 10**  
**Psalm 46 to 50**

**January 11**  
**Psalm 51 to 55**

**January 12**  
**Psalm 56 to 60**

**January 13**  
**Psalm 61 to 65**

**January 14**  
**Psalm 66 to 70**

**January 15**  
**Psalm 71 to 75**

**January 16**  
**Psalm 76 to 80**

**January 17**  
**Psalm 81 to 85**

**January 18**  
**Psalm 86 to 90**

**January 19**  
**Psalm 91 to 95**

**January 20**  
**Psalm 96 to 100**

**January 21**  
**Psalm 101 to 105**

**January 22**  
**Psalm 106 to 110**

**January 23**  
**Psalm 111 to 115**

**January 24**  
**Psalm 116 to 120**

**January 25**  
**Psalm 121 to 125**

**January 26**  
**Psalm 126 to 130**

**January 27**  
**Psalm 131 to 135**

**January 28**  
**Psalm 136 to 140**

**January 29**  
**Psalm 141 to 145**

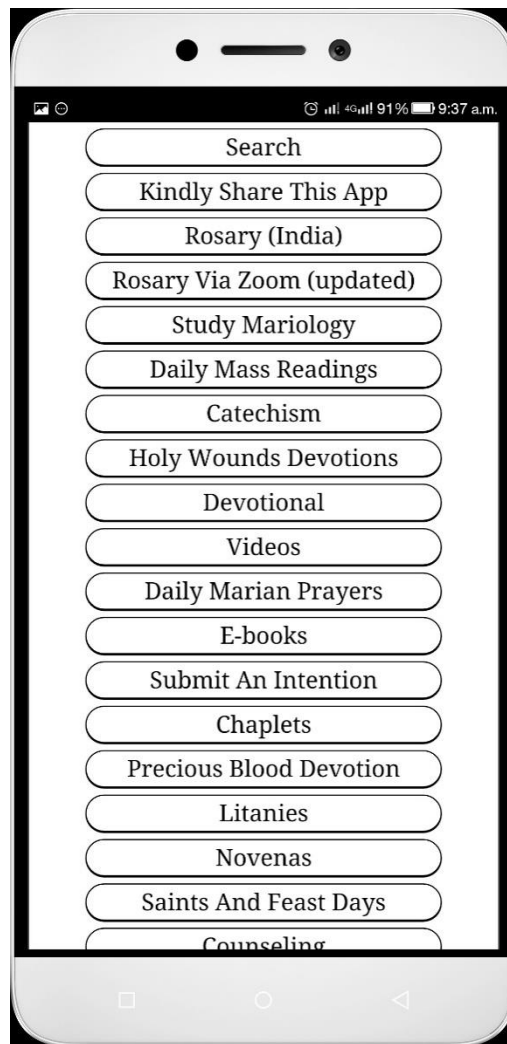
**January 30**  
**Psalm 146 to 150**

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