



# MAY DEVOTIONAL 2024



**"I CALL ON YOU, MY GOD, FOR YOU WILL ANSWER ME; TURN YOUR EAR TO ME AND HEAR MY PRAYER." PSALM 17:6.**

**MARY OUR HELP**



# **Mary Our Help Devotional**

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

## **Mary Our Help Devotional**

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# **GREAT NOVENA**

## **Important Information**

Dearly beloved in Christ, you are specially invited to participate in the Great Novena Prayer; an annual prayer which **will commence on Wednesday, 15th of May and end on 23rd May, 2023.**

**Theme:** "What is impossible with men is possible with God." Luke 18:27

Try as much as possible to say the novena prayer. Bring all your intentions to God, especially those that seems to be difficult or hard. Kindly inform or invite all your friends and loved ones so that they can be part of the prayer.

### **Please Note:**

1. Prayer starts with the Divine Mercy and followed immediately by the Novena Prayer.
2. Participants can commence at any time.
3. After the Divine Mercy, proceed immediately to the novena prayer.
4. Prayer begins on Wednesday, 15th of May.

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

**MAY 1, 2024**

**HOPE & ENCOURAGEMENT**

**Jeremiah 29:11**

(By Clara D'Souza - Canada)

Welcome to the month of May, we pray that the lord will give us the grace to pray and to do all His will. We also pray for His divine touch in our lives and the world at large. Amen.

Jeremiah 29:11 - 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.

God reassures us His people that our faith in Him would be rewarded.

It is a promise that God has a plan for our lives and regardless of our current situation, He can work through it to prosper us and give us a hope and a future.

While the situations may not be ideal at the time of the difficulties we are currently in, but God has not forgotten about us and will surely make a way for us as He never gives

us a cross too heavy and if the cross is heavy, he will make sure He has a plan for us in this situation too.

There may not be an immediate plan to end our suffering but in His great plan, His purpose is to give us a future that will allow us to restore our faith in Him and reap the rewards of His tremendous blessings.

God is the author of our life and as we continue to read His words and as we listen to Him, we will understand that He has great plans for us. Our hope can be rekindled in Him as He reassures us.

## **Prayers**

- Thank God for giving you the grace to see a new month.
- Ask God to help you to know Him more and more.
- Pray, asking God to direct your life and all your ways.
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106
- **[For the full readings of today, Click here](#)**

**PLEASE SHARE THIS DEVOTIONAL**



**MAY 2, 2024**

**THE TRIUMPHANT YET SIMPLE ENTRY INTO  
JERUSALEM OF OUR LORD**

**Mk. 11: 1 - 10**

(By Rev Sister Daniela - Nigeria)

Jesus had everything prepared for His triumphant entry into Jerusalem: “When they drew near to Jerusalem and arrived at Bethphage and Bethany, at the Mount Olives, Jesus sent two of His disciples, with these instructions: Go to the village on the other side and, as you enter it, you will find there a colt tied up that no one has ridden. Untie it and bring it here”. (Mk.11:1-2). The way Jesus instructed them that is how everything was done no obstacle or objection happened by anyone, that is to say that everything was prepared to its smallest details.

Our daily life also it's made of so many choices to make only if it's with the mind of God we will be able to achieve it. We are called to make and live simple things in quietness, silence, yet, we need to do them in an extraordinary way, to our best ability but always for the sake of God.

Jesus was sent by God Himself at the right moment to save His people from slavery of sin. Everything has been foretold by the prophets, as a conciliatory king who would visit the people on a donkey, as a peaceful people did, not on a horse as the generals of that time did. That is to say triumphantly yet a simple and humble entry using a simple and peaceful animal to carry out this mission.

We proclaim and acclaim Christ as our King as we read in the Sacred Scriptures: “They brought the colt to Jesus, they threw their cloaks on its back, and Jesus sat upon it. Many people also spread their cloaks on the road, while others spread leafy branches from the fields (Mk.11:7-8). The whole creation it’s involved in proclaiming Jesus as God and Saviour: the animals represented in the donkey, the human race in the all persons present, the material things as the cloths were thrown on the road, the creation through the branches and leaves. Jesus is apparently on the top of popularity after had received a solemn welcome because of His fame, prestige, great reception, and miracles that He performed but this is not the end because everything changed into betrayal, torture and death. The same people that acclaimed Him as “Hosannah” are the same people that will shout “Crucify Him”.

The Jesus' story is my story also: my life made of so many events, realities that are very exciting, achievements, experiences of life, helping people, touching their lives and yet the cross is marking its presence.

At this moment we are called to stand firm in faith, facing the challenges and crises as Jesus did in order to accomplish the Will of God at any cost and not allow to be carried away by beauty, pleasure, enjoyments, prestige, power, material things that all these will vanish one day. Life is more than this: we are called to continue to portray a life of sacrifice, dedication, prayer, mortification, to carry my daily cross with submission, obedience and love in order to continue the mission Jesus has entrusted to us to make Him known to everyone, bring people close to Him and proclaim Him as Christ and Redeemer of the World.

I pray for God's grace to help us be an instrument of His love, dedication and service to every person we encounter on my way and may my life be a source of courage, encouragement and inspiration to all those we are sent to help. Through Christ Our Lord. Amen.

## Prayers

- On this day I pray for all those who the pleasures of life, prestige, power, material things have taking them away from God that on this Holy Day they may encounter God and come back to Him.
- May all those who are discouraged, who are passing difficulties of every kind, who their crosses are becoming heavy to bear, may they find strength, courage and grace to overcome all difficulties by the power of God.
- For all our members that the unity and the spirit among us continue to become stronger to fulfill our spiritual aims and live in accordance with the Divine Will. Amen.
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106
- **[For the full readings of today, Click here](#)**

**PLEASE SHARE THIS DEVOTIONAL**

**MAY 3, 2024**

**THE KISS OF THE DEVIL**

**Gospel of Mark 14:43-46 and Mark 14:51-52**

**Mark 14:43-46.**

(By Dr Ikukulion Fossung Gilbert - Cameroon)

“Jesus was still speaking when Judas, one of the twelve disciples, arrived. With him was a crowd armed with swords and clubs, and sent by the chief priests, the teachers of the laws, and elders. The traitor had given the crowd a signal: ‘The man I kiss is the one you want. Arrest him, take him away under guard.’ As soon as Judas arrived, he went up to Jesus and said ‘Teacher!’ and kissed him. So, they arrested Jesus and held him tight.”

Mark 14:51-52.

A certain young man, dressed only in linen cloth, was following Jesus. They tried to arrest him, but he ran away naked, leaving the cloth behind. Mark 14:51–52.

Jesus Christ, Our Lord and Saviour invites us to follow His ways every day. Have we been following Christ or have we been like Judas? Do we give Jesus a devilish kiss every day? Do we give a devilish kiss to our families, friends and

neighbours? My reflection is based on some trials that Jesus Christ faced.

Firstly, Jesus was betrayed through the kiss of Judas and He was denied by Peter three times, despite Jesus' warning that he was going to do so (Matthew 26:69-75). Jesus was betrayed and denied by His most trusted friends, collaborators, brothers etc. What could have changed the mind of these disciples to turn against their Master?

Jesus was rejected right? Who are we then that we will not be rejected by our spouses, family, friends, colleagues, neighbours?

We should keep an open mind that life is full of disappointments and betrayals; these moments will not come from people from outside but from people in our inner circles. We will be hurt, disappointed and betrayed by those who know us very well and by those who claim to love us. As we prepare our minds to always face adversities, do we also play such devilish roles in the lives of others? Do we betray our friendships? Do we let our families down? Do we pray for others to fail? Do we give the kiss of the devil and do we deny others? If we have been doing these evil acts, may we use this opportunity to retrace our paths and our ways and align ourselves to the call of the saving saviour Jesus Christ.

Have we been receiving the Holy Eucharist and if no, what is stopping us from doing so? Do we go for confession regularly? Dear brothers and sisters in Christ, there is no sin that the Lord cannot forgive. Let us use this moment to make things aright with the Lord. Each time we fail to receive the Lord in the state of grace, we must know that we are betraying the Lord and giving Him that devilish kiss and telling the devil that we are not with the Lord and as such, we are denying Him like Peter. We should work hard every day and ensure that we keep watch with the Lord in prayer, in fasting, in charity and through other spiritual exercises.

I will really like to dwell on the importance of confession. St. Padre Pio said “Our souls are like our homes. You clean your home thoroughly before travelling and when you return after a week, you find the whole house dusty. That is how our souls are. We must clean our souls at least every week.” Confession has four dimensions of healing; spiritual, physical, psychological and emotional. Let us make use of confession as if our lives depended on it.

In mark 14:51-52, we are told of the young man (John Mark) who ran away naked leaving his linen cloth behind. Do we run away from Christ when we are faced with trials of fornication or adultery? Do we run away from Jesus and seek solutions somewhere else in times of sickness,

disappointments, failures, delays and rejections? Do we run away from our friends when they reveal their troubles to us? Do we reveal the secrets that our friends have confided to us to other people? Do we carry out acts of charity? Do we pray for others?

In order for us to avoid betraying Jesus by giving Him the kiss of the devil, may we be able to love others genuinely. Let us strive to be our brother's keeper. We must learn to live a selfless life and go out there and help others. May we be true children who shake and change the world through our endless prayers.

It is important to know that it is evil to support evil. It is good to be loyal, but where do we direct that loyalty to? Is our loyalty directed to politicians who maim and oppress the masses? Our loyalty must be holy. We must be able to tell our friends and people in power the truth to enable them change their ways. As we think of changing others, we should use this Holy Week to treat ourselves spiritually and to lead a life that will impact others positively.

There is a great woman whose ways we have to follow. Our Mother Mary is an epitome of loyalty to Christ. Mary is obedience, patience, perseverance and love par excellence. Let us have a vivid view of her seven sorrows.



In the First Sorrow Simeon prophesied that a sword was going to pierce Mary's heart. Unlike our modern-day women, Mary did not run to abort her child. She was ready to undergo all forms of humiliation for her child.

In the Second Sorrow Mary was required to run to Egypt. She did so with her Holy family. How many of us have abandoned our family members when they are in trouble? How many of us have betrayed and denied the gifts of God through abortion and other acts of killing?

In the Third Sorrow Mary lost Jesus for three days. After she found her child, she did not throw lay curses on him. How many times have we thrown curses on our children when they make mistakes? Let us note that words carry power and we should be mindful of the words we use.

In the fourth Sorrow Mary met her son carrying his cross. How many of us can stand the sight of our loved ones suffering? It is common for parents to become impatient and lead their children to the path of perdition when there are delays in their lives. It is common to find parents nowadays who encourage their children to bear children outside of marriage because marriage is not forth coming. There are parents who take their children to witch doctors to help them

get jobs and other favours. These acts are devilish kisses against the Lord and they wound him seriously.

In the Fifth sorrow we find Mary at the foot of the cross of her son. She saw her son dead for no crime committed. How many times have we consulted soothsayers to tell us who killed our family member? It is evil to consult others about our lives if it is not God. We should always seek and ask questions to God through prayers and remain loyal to God alone.

In the Sixth Sorrow Mary carried her dead child in her arms. Mary did not go around the world to make noise and lament publicly. She contemplated her problems in her heart and in the Seventh sorrow Mary saw her son placed in the sepulcher. Burying a loved one is never an easy task. Mother Mary was able to carry this pain calmly.

What we can learn from Mary is the art of trust in the Divine Will. She was able to support her son through His salvific mission. Can we be part of Jesus' salvific mission? Yes, we can. We can do this by following the ways of Christ, by trusting in the Divine Will and by praying and trusting in God every day. Let us not allow anxiety, desperation and loss of hope overwhelm us.

We can give kisses to Jesus, and they should be kisses of hope, faith, love, charity and prayers.

“Jesus was acclaimed by the crowd with palms (Luke 24:26-27). This was to indicate the victory of Christ over His intended passion and subsequent death.” (Rev. Jude). We must however be careful when people acclaim us. Those shouts could be a ploy to lure us and give us a deadly kiss that may make us fall to never rise again.

“To be successful and victorious, we must pay a sacrifice as Jesus did for us.” (Hebrew 13:15-16).

Jesus said that His soul was sorrowful even unto death, but he did not give up. His disciples did not pray with Him despite three calls for them to join Him in prayer. We must learn to pray because prayer is the master key to God’s heart. We will never be able to make it without prayers and sacrifice.

## **Prayers**

- “There are no half measures. Either one is with Jesus, or one is with Satan.” (Fr. Gabriel Amorth, *The Devil is Afraid of Me*).
- Lord Jesus Christ, we come before you as your weak, diminished and poor children. We acknowledge

that we are all sinners and have fallen short of your Glory. We pray that you may forgive us of all our sins.

- Father, we thank you for your Mercy and grace. We thank you for the air we breathe, the food we eat, and for the shelter we have. We thank you for clothing, foot wear and for protecting us from the sun and the moon.
- Lord Jesus, we pray for the grace to be your fervent followers and for the grace to give you beautiful and spiritual kisses.
- We pray for the grace to carry our crosses and follow you daily without complaining and without murmuring. We equally pray for the grace to save our souls after our sojourn here on earth.
- Bless us with the fortification and mortification of St. Padre Pio. May we serve you with complete hope as Padre Pio did.
- Mother Mary, come down with the Holy Archangels and take our prayers to our Lord. Always be our mediatrix and protectress. Be our guide and our comfort.
- We pray for the sick, Father please heal all the sick and relieve them of all their infirmities. May they be healed from the top of their heads to the soles of their feet.
- Father Lord, we pray for the needy. May you provide for them and send them human helpers.

- Father, we pray that you may have mercy on all the souls in purgatory, forgive their sins and receive them in your heavenly kingdom.
- My Lord and my God, we pray that you may protect your church and free her from the spirit of the antichrist.
- We ask all these prayers and more in Jesus' Mighty Name, Amen.
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106
- **[For the full readings of today, Click here](#)**

**PLEASE SHARE THIS DEVOTIONAL**

**MAY 4, 2024**

**ALWAYS KEEP YOUR SOUL WITH THE LORD'S  
COMMANDMENTS.**

**SIRACH: 32:14-24.**

(By Anna Maria Najjemba - Uganda)

"14 Whoever fears the Lord will accept instruction; those who rise early will find approval.

15 Whoever seeks the Law will be filled with it, but the hypocrite will stumble over it.

16 Those who fear the Lord will discover his decree, and they will kindle righteous deeds like a lamp.

17 Sinful people turn away from correction; they will look for a judgment that suits them.

18 A well-advised person won't overlook an intelligent thought; the stranger and the arrogant won't cower out of fear.

19 Do nothing without deliberation, and when you have acted, don't feel regret.

20 Don't walk on a hazardous path, and don't stumble on stony ground.

21 Don't trust an unexplored road,

22 and be on guard concerning your children.

23 Trust yourself in every action, because this also means keeping the commandments.

24 Whoever has faith in the Law pays attention to the commandments; whoever trusts the Lord won't suffer loss." SIRACH: 32:14-24.

My brothers and sisters if you want to accept the Lord Our God in your heart, embrace His laws. Try as much as you can to learn the laws and keep them in mind, it's where you will become a true child of God who believes in Him.

Try as much as you can to master the laws of our God the Father, so that you don't get lost or lose your soul in this world; whenever you keep them, you will fear nothing. Your mind will always bring you back to what the Lord has said and you will agree on what to do to overcome the situation instead of the ideas of men which are not good enough.

Verse 17 says that sinners have no use for correction and will interpret the law to suit themselves. Always try to keep your soul perfect, it will be the one that will face the Lord when the time comes for judgement, not the body that will rot in the grave. Mastering the laws of the Lord helps us to understand what will happen to our souls when we die, always remember that everything you have belongs to the world; you won't go with it, it is only your soul that will go back to meet the one who gave it to you, so try as much as possible to keep your soul clean. The day will come when

you will meet your God, so don't always trust yourself, even when things are easy for you.

Always remember the commandments of the Lord. Observe, study where you have to go. Whatever you do or decide, always trust in the Lord and pray your Rosary every day, asking the Blessed Mother to intercede for you, so that you may keep the commandments as she did, and so that you don't lose your soul on the Day of Judgement. Always trust in the Lord's commandments so that you don't get lost on the way. May the Almighty bless us all.

## **Prayers**

- Pour out your heart to God.
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106
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**MAY 5, 2024**

**BE STRONG AND TAKE COURAGE**

**JOSHUA 1: 1-9**

**(A CALL TO DISCIPLESHIP AND SERVICE)**

**(By ARIMBO BRIDGET - Cameroon)**

“After the death of Moses the servant of the LORD, the LORD said to Joshua son of Nun, Moses’ aide: “Moses my servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them—to the Israelites. I will give you every place where you set your foot, as I promised Moses. Your territory will extend from the desert to Lebanon, and from the great river, the Euphrates—all the Hittite country—to the Mediterranean Sea in the west. No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them. “Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and

courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” Joshua 1:1-9.

Moses has been leading the people of Israel for many years. Before his death, he called Joshua and commissioned him as seen in the book of Deuteronomy 31:7-8.

Then Moses summoned Joshua and said to him in the sight of all Israel, “Be strong and courageous, for you shall go with this people into the land that the Lord has sworn to their fathers to give them, and you shall put them in possession of it. It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.”

Joshua was a young man who has been faithful to God in his service and God saw him fit to replace Moses. It is not because there was no one else. There were people who were older than Joshua, more intelligent and more powerful. It is because Joshua was available for God to use him. The choice of God does not depend on the strength of man but on the availability of man.

We have all been called by God and He is telling us that we should not be afraid. We may be the least among our brethren, our family, our church but we are the ones God has

decided to use. How available are you for service? How disposed are you for God to use you?

In Genesis 28:15 God says Behold, I am with you and will keep you wherever you go, and will bring you back to this land. For I will not leave you until I have done what I have promised you.”

When God calls us, He promises to go all the way with us and not abandon us. His promises are true and can never lie. He is always there to lead us through the storm that comes with our mission and calling. He is there always ready to help us. How often do we recognize the help of God in our lives? How often do we abandon ourselves to his call in our lives?

He says in Jeremiah 1:7-8 But the Lord said to me, “Do not say, ‘I am only a youth’; for to all to whom I send you, you shall go, and whatever I command you, you shall speak. Do not be afraid of them, for I am with you to deliver you, declares the Lord.”

So many times, we are afraid when God entrust a mission to us. We allow our physical disposition, our age, our language barrier to run away from the call of God. But God is telling us that we should not be afraid, for He is always there to

help us overcome that limitation. Do not be your own limitation in being God's disciple. Do not allow the devil to speak you away from doing that which God has called you to do. We should be ready at all times to answer this call. He still continues to assure us of His guidance and protection. Isaiah 43:1 But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by name, you are mine. We belong to God; we are his treasures and His plan for us is good. We need to stay focused on Him and his mission because we belong to Him. The life we have does not belong to us but to God. Once we come to this realization, it will help us to remain focused. Most often, we get distracted because we are not confident of our relationship with God and the place we occupy in His life. If we actually know that He can never forsake us and that we are precious in His side, then we will not allow the things of the world to distract us from the presence of God. We will remain steadfast in following God and doing His will at all times.

Serving God and doing His will should be something we are happy in doing. God honours His word more than His name. What He says He will do is what He will do. We need to come to that place of complete reliance on God. He is our Father and He has promised us that He can never abandon nor forsake us. He is waiting for us to say yes to Him, to go

on that divine assignment He is giving us, we wake up from slumber and become passionate for Him.

Mark 13: 13 the Bible says ‘’All men will hate you because of me, but he who stands firm to the end will be saved.

The Lord does not promise that the journey will be smooth. There will be challenges but He promises that anyone who stands firm, does not succumb to the temptation will be saved. Let us allow ourselves to be led and used by God.

### **Prayers**

- Lord, I come to You just as I am. You have called me to service. So many times, I am afraid. I am not sure of the mission You want me to fulfill. Grant me the grace to remain steadfast and do that which You have called me to do. Guide my steps and help me love a life that reflects You in the world. May I not be afraid of Your calling but guide me and help me carry out the mission You have called me to fulfill. We ask this through Christ our Lord, Amen.
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106
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# GREAT NOVENA

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4. Prayer begins on Wednesday, 15th of May.

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

**MAY 6, 2024**

**A PRAYER FOR FORGIVENESS**

**Psalm 51: 1-19**

(By Jackcilia - South Sudan)

Reading through the verses of Psalm 51 and knowing that this prayer was written by King David when Prophet Nathan told him of the sin he had committed, the following things have come to my mind.

First of all, King David was a very humble person. To be great, one needs to be humble because it is in humility that God lifts us up. If King David was proud, he would have rubbished, the words of Prophet Nathan and being a king, he couldn't be sorry at all.

Contrary to that, because of his humility immediately, he acknowledged his sins and begged for God's Mercy.

I have learned that in order for God to forgive my sins, I must first acknowledge that I am a sinner, second, I must confess my sins and repent from such sins and never return to commit such sin again.

I have learned about God's nature, that God's love is constant, and that he is full of mercy. God requires from us that we be sincere and truthful, God doesn't like lies.

Once we are filled with God's wisdom and Holy Spirit, we are then in union with God because the Holy Spirit and God's wisdom guides us in the path of truth and sincerity, keeping us from doing evil.

The Holy Spirit and sin do not match or mix. That is why after King David had sinned, he pleaded with God not to take the Holy Spirit away from him.

God is the creator of pure hearts and loyal Spirit. Whenever I find myself lacking, I should always pray to God, to give me a pure heart and loyal spirit that will keep faithful to God and to the truth.

Sin deprives us of joy, happiness, and peace of mind. Therefore, to have those three, we must always confess and repent once we realize that we have sinned.

Once we are living a pure life, sinless, our joy, happiness and peace of mind will be in abundance.



God loves a humble spirit and repentant heart. Therefore, as Christians and followers of Christ, we should always strive to be humble and repentant.

This prayer of forgiveness has touched my heart because it honestly speaks directly to me. I see King David pleading with God to spare and save his life, and he would gladly proclaim God's righteousness. It is the same cry from my heart that oh God, give me another chance, save my life, and I will testify of your greatness.

It is only God who can forgive us all our sins, He can only wipe away our sins, wash us clean n make us whiter than snow. Our God is indeed a miracle worker full of mercy. May his name always be praised.

### **Prayers**

- let us pray for the grace of humility for ourselves, our family members, the admin of this group, and all members of the group.
- let us pray to God to give us a pure heart and a loyal spirit so that we can be loyal to God in doing what is right and pure.
- May God give us the grace to acknowledge our sinfulness and to be quick in repentance.

- let us ask Jesus to give us the grace to love him and serve him, knowing that there is joy peace and happiness in doing God's will.
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106
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**MAY 7, 2024**  
**TRIUMPHANT SOUNDS**  
**PSALMS 100:1-5**  
(By Veronica - Nigeria)

"Make a joyful noise to Jehovah, all you lands. Worship Jehovah with gladness; come before His presence with singing. Know that Jehovah, He is God. He has made us, and not we ourselves; we are His people, and the sheep of His pasture. Enter into His gates with thanksgiving, and into His courts with praise; be thankful to Him, and bless His name. For Jehovah is good; His mercy is everlasting; and His truth endures to all generations." Psalms 100:1-5.

During Jesus' triumphant entry into Jerusalem, the crowd ecstatically praised God with joyful noises. However, some Pharisees found the noise unbearable and asked Jesus to silence the crowd. In response, Jesus warned them that even if the people were quiet, the stones would cry out in praise (Luke 19:40). For those who love God, their mouths are filled with praises for the Almighty, rather than with lustful or corruptible songs, as God dwells in the praises of His people.

We as children of the Most High should in all things give thanks to Him because He is worthy of our praise.

As we rejoice in His presence, we should not be bothered about how people around us feels, because they will surely join us when the results of our act show forth.

Our sound of praises should show that we appreciate the power of our God and not the weight of our challenges on us.

“The voice of rejoicing and salvation is in the tents of the righteous” Psalms 118:15.

### **Prayers**

- May people not gather at your house to mourn from this day forward in Jesus' name. Instead, your home will always resound with celebrations for safe deliveries of children, new car purchases, work promotions, profitable business contracts, academic graduations, and more good news.
- When God does great things in your life, the joy is indescribable and the blessings are undeniable. With each day that passes, may God continuously bring great blessings that fill your life with joy in the name of Jesus. Amen.

•Almighty Jehovah, as we believe in this message of good news, our days shall be filled with wonders in Jesus' name. Amen.

•May Devotion: Say the Holy Rosary.

•Pray the daily consecration prayer on page 106

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

**MAY 8, 2024**

**TRUSTING GOD WHEN IT DOESN'T MAKE  
SENSE**

**Philippians 4:6-7**

(By Mpumwire Annita - Uganda)

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7.

In life there are negative situations, trials and things that come our way and we wonder and sometimes question God's presence in our lives. Sometimes we reach a point and feel as if God has left us alone.

But the Lord in his word teaches us not to be anxious and worried when such things happen in our lives, we should instead pray, surrender it to His holy will and He will give us peace even amidst the storms of this life.

Let's learn to turn our challenges over to God knowing that He is full control of our lives and has solutions for all our problems.

## Prayer

- God gives us the grace and power to learn to trust in him even amidst our challenges in life.
- Pray for understanding God's will in our lives
- Pray to God for the gift of total surrender, faith and patience as we wait upon his promises in our lives
- Pray for an increase in our prayer life
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106
- **[For the full readings of today, Click here](#)**

**MAY 9, 2024**

**EMBRACING REDEMPTION**

**Luke 22:54-62**

(By Claire Nyapucha - Kenya)

In the sacred narrative of Luke 22:54-62, we encounter a poignant moment in the life of Peter, one of Jesus Christ's closest disciples. This passage unfolds with a scene of intense turmoil and human frailty, as Peter denies his association with Jesus not once, but three times (Luke 22:54-62, NIV). As Christians, delving into this narrative invites us to embark on a profound journey of reflection, introspection, and spiritual renewal.

At the heart of this passage lies a profound exploration of human weakness and temptation. Peter, fervent and resolute in his allegiance to Christ, finds himself succumbing to the pressure of fear and uncertainty. His initial declarations of loyalty dissolve into denials as he seeks to distance himself from Jesus in the face of imminent danger. In Peter's struggle, we see mirrored the struggles of our own hearts, torn between the desire to follow Christ faithfully and the allure of worldly comfort or self-preservation.



Yet, amidst Peter's faltering faith, we also witness the unwavering love and mercy of Jesus Christ. Despite the betrayal, Jesus does not cast Peter aside or condemn him. Instead, He extends a hand of forgiveness and reconciliation, embracing Peter in his moment of deepest remorse. This act of mercy serves as a profound reminder of the boundless love that God holds for each of His children, a love that transcends our failings and shortcomings (Luke 22:61-62).

The narrative of Peter's denial also underscores the importance of vigilance in our faith journey. Like Peter, we may find ourselves confronted with moments of testing and trial, where our commitment to Christ is put to the test. In these moments, we are called to remain vigilant, to stand firm in our faith, and to draw strength from the grace of God. It is through steadfast prayer, unwavering trust, and reliance on the Holy Spirit that we can navigate the challenges of discipleship with courage and conviction (Luke 22:40, 46).

Central to the narrative of Peter's denial is the theme of contrition and repentance. Upon realizing his betrayal, Peter is overcome with profound sorrow and remorse, weeping bitterly at the weight of his actions. His tears are not merely a display of emotion but a testament to the sincerity of his

repentance. In Peter's tears, we are reminded of the transformative power of true contrition, of the healing and reconciliation that comes from humbly acknowledging our faults and seeking forgiveness (Luke 22:62).

As Christians, we are called to be witnesses to the Gospel, to boldly proclaim the message of salvation in both word and deed. Yet, like Peter, we may find ourselves faltering in our witness, succumbing to fear or doubt. In these moments, we are reminded of the importance of perseverance and resilience in our faith journey. Despite his denial, Peter would go on to become one of the most influential apostles, boldly proclaiming the Gospel to the ends of the earth and the foundation on which the church is built. His example serves as a beacon of hope, inspiring us to rise above our failures and shortcomings, and to embrace our calling as disciples of Christ.

The narrative of Peter's denial also speaks to the importance of community and support in our faith journey. In his moment of weakness, Peter finds himself isolated and alone, lacking the support and encouragement of his fellow disciples. As Christians, we are called to journey together in faith, to lift one another up in times of trial, and to bear one another's burdens with love and compassion. It is within the

context of community that we find strength, solidarity, and the grace to persevere in our discipleship (Luke 22:54). Furthermore, the narrative of Peter's denial serves as a sobering reminder of the reality of spiritual warfare. In his denial, Peter becomes ensnared in the schemes of the enemy, falling prey to the whispers of doubt and fear. As Christians, we are engaged in a spiritual battle against the forces of darkness, a battle that requires spiritual preparedness, discernment, and reliance on the armor of God. Through prayer, fasting, and the sacraments, we equip ourselves to stand firm against the wiles of the devil and to advance the kingdom of God (Ephesians 6:10-18).

Ultimately, the narrative of Peter's denial invites us into a deeper understanding of our own humanity and our constant need for God's grace and mercy. It calls us to confront our own weaknesses and failures with humility and contrition, trusting in the redemptive power of Christ's sacrifice on the cross. In the face of adversity, temptation, and doubt, may we take solace in the example of Peter, who, despite his denial, found forgiveness, restoration, and a renewed sense of purpose in the service of his Lord and Savior.

In conclusion, the narrative of Peter's denial in Luke 22:54-62 offers Christians a profound opportunity for reflection and spiritual growth. Through Peter's story, we are reminded

of the complexities of human nature, the depths of God's mercy, and the transformative power of repentance and reconciliation. As we journey through life, may we draw inspiration from Peter's example, embracing our calling as witnesses to the Gospel and finding strength in the boundless love of our Savior, Jesus Christ.

### **Prayers**

- Lord, I expose the weaknesses in my flesh that the enemy seeks to exploit. I bind those weaknesses in the name of Jesus and cover myself in the blood of the Lamb. I declare Your strength and sufficiency as my shield.
- Father, I reject any path that diverts me from Your will. I take authority over the plans of the enemy meant to trip me up. Guide my feet on the path of righteousness and victory in Jesus Name!
- I celebrate Your mercy and forgiveness! No weapon of guilt or shame formed against me shall prosper. Through Christ, I am free to forgive as I have been forgiven.
- Holy Spirit, sharpen my spiritual discernment. Keep me watchful and alert to the enemy's schemes. I put on the helmet of salvation, knowing my mind is protected by Your truth.

- Lord, break the chains of past sins and wash me clean. No accusation of the enemy can stand; I am redeemed. Help me resist any temptation to return to those former ways. Precious Blood of Jesus fill me, precious blood of Jesus Wash me.
- Father, embolden me to speak Your Gospel with power. Let me not be afraid in the face of opposition. Let my life be a shining testament that brings honor to Your name! In Jesus Holy Name!
- Lord, ignite unity and fervency within my Christian community. Let us stand together as a fortress, supporting and defending one another in Your name.
- I put on the full armor of God and stand prepared for spiritual battles. I declare any attempt to undermine my faith will fail in the face of Your overwhelming power.
- Lord, my heart overflows with gratitude! Your unfailing love conquers all. I will not waver, for my strength lies in Your eternal grace.
- I renew my covenant with you, Lord Jesus Christ. I will follow You without hesitation. Use my failures to bring me closer to you, and let me grow each day in Your strength.
- Through Peter's example, I see Your incredible power to redeem. Let the enemy's attempts to use my

past against me be turned into fuel for my testimony in Jesus Name.

- Holy Spirit, invade my life! Transform my heart and make me a powerful weapon in Your hands. I surrender fully to Your purposes and trust in Your victory for my life.
- Thank you Jesus, thank you Abba Father and Thank you Holy spirit for all your graces and answering my prayer.
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106
- **[For the full readings of today, Click here](#)**

**MAY 10, 2024**

**LESSONS FROM NUMBERS CHAPTER 9**

(By Faustina - Nigeria)

As we read this chapter a few times, we realized it describes three separate things that God wants us to understand.

The first few verses say in effect, it has now been a year since these Israelites have left Egypt. It is time for all of them to remember that specific date and celebrate that event as a holiday. This holiday is called "Passover", because death "passed over" them, and only the firstborn children in Egypt were killed.

The symbolic idea of that holiday is that Egypt represents life without God. The idea is God separated us from the life of unrepentant sin that eventually leads to death. We Christians can also be thought of as God's chosen people as we too are separated to spend our lives serving him. The request for us is to take some time to show gratitude to God the Father that He has separated us from the world to be followers of Jesus.

b) The chapter then focuses on the issue of those who cannot celebrate this holiday and why.

Those who cannot celebrate it are called "ceremonially unclean". The point is in effect, what do we do with people who desire to celebrate this holiday, but they can't because they are currently dealing with "death". "death" is the opposite of life. The literal aspect was about people who had contact with a dead body and are now ceremonially unclean. The idea is that we should have a time of confession of our sins before we have a time of drawing close to God. That is why many churches urge or organize times of confession before we can take communion. In effect, we are dealing with "death" as sin left unchecked leads to death.

Again, there is a big emphasis on the second month. That is God's way of saying I'm giving you a second chance. When we mess up, He is more than willing to forgive us of our sins and in effect start over. Once we confess our sins to Him, the first order of business is still to worship Him.

The third insight brought up in this chapter is all about following God.

The final section of this chapter talks about a cloud and a pillar of fire that hung over God's tabernacle (His "presence") in the middle of the wilderness. The Israelites



knew it was time for them to move, was when this cloud would move, and therefore, the Israelites knew it was time for them to move from their present campsite to wherever God was leading them.

The idea is that the first order of business for the believer is to worship Him and remember what God has done for our lives. Once we do that, He can then lead us to where He wants us to go in life. The point is just as God was willing to lead the Israelites into the Promised Land, so God is more than willing to guide us into a purpose-filled life of following Him with our lives now.

The greatest joy one can have in life is knowing that one is making a difference in the world. None of us know how long we have to live. What God wants out of us, is to use the most valuable things He gives us: our time and our resources, in order to make a difference for Him in this world.

Putting this all together, the whole point of this chapter, is that God wants to lead us to where He wants to lead us in life. It starts by acknowledging Him as God. The purpose of the Passover holiday for the Jews and for the Christian remembering God has paid the price for our sins. Then and only then can we have "communion" with Him (a symbolic

way of drawing close to God) so that He can lead us where He wants to in life.

It is about having that second chance in life by our willingness to confess our sins before Him. The point is no matter how much we fall; God is more than willing to forgive us if we are willing to turn from that sin and realize "He was right and we were wrong". That is why this chapter has such a big emphasis on the second Passover the chapter talks about how God is to lead the Israelites out of the wilderness towards the "Promised Land". He wants to lead us to a great life based on trusting Him and letting the Spirit of God lead us.

## **Prayers**

- Ask God to give you the grace to avoid sin and to make a good confession with a repentant heart.
- Pray that we are attentive to God's calling and for us to be faithful.
- Pray that we always show gratitude to God in ways He will accept our offerings and thanksgiving.
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106
- **[For the full readings of today, Click here](#)**

# GREAT NOVENA

Dearly beloved in Christ, you are specially invited to participate in the Great Novena Prayer; an annual prayer which **will commence on Wednesday, 15th of May and end on 23rd May, 2023.**

**Theme:** "What is impossible with men is possible with God." Luke 18:27

Try as much as possible to say the novena prayer. Bring all your intentions to God, especially those that seems to be difficult or hard. Kindly inform or invite all your friends and loved ones so that they can be part of the prayer.

## **Please Note:**

1. Prayer starts with the Divine Mercy and followed immediately by the Novena Prayer.
2. Participants can commence at any time.
3. After the Divine Mercy, proceed immediately to the novena prayer.
4. Prayer begins on Wednesday, 15th of May.

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

**MAY 11, 2024**

**SAILING THROUGH LIFE.**

**Scripture Reference: Matthew 14:22-33**

**New Revised Standard Version Catholic Edition**

**(By Silvia Sanjoh Ndimeh - Cameroon)**

“22 Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. 23 And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, 24 but by this time the boat, battered by the waves, was far from the land,[a] for the wind was against them. 25 And early in the morning he came walking toward them on the sea. 26 But when the disciples saw him walking on the sea, they were terrified, saying, “It is a ghost!” And they cried out in fear. 27 But immediately Jesus spoke to them and said, “Take heart, it is I; do not be afraid.”

28 Peter answered him, “Lord, if it is you, command me to come to you on the water.” 29 He said, “Come.” So Peter got out of the boat, started walking on the water, and came toward Jesus. 30 But when he noticed the strong wind, [b] he became frightened, and beginning to sink, he cried out, “Lord, save me!” 31 Jesus immediately reached out his hand and caught him, saying to him, “You of little faith, why did you doubt?” 32 When they got into the boat, the wind

ceased. 33 And those in the boat worshiped him, saying, “Truly you are the Son of God.” Matthew 14:22-33.

This scripture tells the story of Jesus walking on water. It tells how Jesus was with a crowd and after dismissing them he went up alone to pray. His disciples had got into a boat and were on their way to the other side, probably to wait for Jesus. Our Christian walk can be one of what the disciples experienced when they got into the boat, so I would like to draw out seven lessons that we can apply in our daily lives and walk with Christ.

Lesson Number 1: The presence of Jesus. God is always with us. Irrespective of whatever it is that happens in our lives. In good times and in bad times God remains God and He is always present with us.

Lesson number 2: We will always have problems in life, and being in trouble does not mean the end of things. Verses 22-24 tell us that the disciples had gone far out into the sea and the waves were against them. In life, when faced with a problem, retreating or fleeing is not always the solution, nor is running away a solution. My brother and sister in Christ, it is important to learn to face forward. The disciples realised that they were already far out to sea. The wind was against them, which also leads me to say that sometimes in

our walk as Christians, tribulations are bound to come. It is not that Jesus does not want us to be a part of every tribulation we experience. No, Jesus wanted his disciples to be a part of it. He wanted them to experience it to show that as long as we are in this life, difficulties are bound to come. Our lives are like the disciples in the boat. There will be hardships, sometimes life will be like the wind is blowing against us and this is not the time to give up. It is life and we must learn to sail through it. There may also be times in life when we feel that the devil is winning. No, even in dark situations, God still has a plan for us. It is never over until God says it is. And the only way to do that is to do what the disciples did, which is my third lesson.

We need to call on God in everything we do, in good times, in bad times, when we do not understand what is going on in our lives, when we feel confused. Verse 26 says they cried out in fear. We need to cry out. What's interesting about all this is that verse 25 of the Good News Bibles says: "Between three and six in the morning Jesus came to his disciples walking on the water. Wow, what a God we serve! before we even think of calling, He comes to us. My brother, my sister, why worry when you can pray? We have a God who comes to us before we even think of calling. Jesus is always with us. The Bible says in Ephesians 3:20: "Now to Him who is able to do exceedingly abundantly above all that

we ask or think, according to the power that works in us. What we do not even think of, Jesus is already doing for us. Before you even think of asking, He is already there, working on a plan. But to experience all this, we need to call. Which brings us to the fourth lesson.

To really experience Jesus, we have to call. Yes, he is always there. Yes, He is always present, but to really experience Him, we have to say it. Out of the fullness of the heart, the mouth speaks. What is it that you really want? We have to speak. It is said that a closed mouth is a closed destiny. What is it that you want from the Father? cry out. Once again Jesus encourages them not to be afraid. It is said that the phrase "do not be afraid" is mentioned 3106 times in the Bible, so here is one of the encouragements from Jesus not to be afraid and we should repeat it to ourselves every day.

The fifth lesson is that we must be bold in life. Verse 26 Peter said, Lord, if it is you who ask me to walk on the water. Ah! Look at the prayer request that Peter made to God and it was granted. What is it that you want from God? Ask Him. Open your mouth and ask. God can do it for you. Do not limit yourself, do not limit the God you serve, do not deceive yourself. The God we serve is waiting for us to ask Him, and not just to ask Him, but to ask Him big things, great things. Peter asked and it was granted. Now as God

does all these things for us, we should remember that the moment we take our eyes off Him, things start to go wrong and that is what happened to Peter. As soon as he took his eyes off Jesus, the Bible says that he began to sink.

Lesson 6: FOCUS. Our focus should be on Christ. Peter began to look at the waves and he began to sink. Oh, God has blessed you with this new thing. You start to think how will I do this, how will I build this house, how will I get money for this or that, how will I raise this baby. God is saying to you today focus on me. How am I going to take care of this child? Focus on God, are these people going to fire me from this new job? Focus on God and know that no matter what happens, even if you fail, Jesus will catch you. He reached out and caught Peter when he was sinking. He will always be there for us, even when we fail. Finally Jesus got into the boat and all was calm.

Lesson 7: As long as you have Jesus, no matter what is going on outside, if you have Him inside you, you will be able to weather the storm. The storm will be calm. You will be able to sail through life. 1John4:4 You, my children, are from God and have overcome them, because he who is in you is greater than he who is in the world. (NIV). So do not be afraid to sail through life because you have the assurance of a Father who is always with us.



## Prayers

- Father in my journey of life, May I always remember that in all things You are with me and you will never abandon me. In my dark moments give me the courage to be able to always call you, to focus on you to depend on you. Help me father to have the ability to always to always remember the God I serve and that which is within me. In the mighty name of Jesus, we have prayed. Amen.
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106
- **[For the full readings of today, Click here](#)**

**MAY 12, 2024**

**BE BROKEN**

**LUKE 15 VS 18-19**

(By Festus - Nigeria)

To be BROKEN means to be broken down with sorrow for sin and be truly, humbly and thoroughly sorry for them. A broken and a contrite heart oh Lord you will not despise (Psalm 51 vs 17).

This brokenness comes when we come to a realization (through people, dreams, the word of God, our conscience etc) that we have greatly sinned against God or our neighbour and we feel very sorry for them and then sincerely ask for forgiveness and turn back to God.

This was what played out in the life of the prodigal son in our text in this reflection, at a point in his miserable life, he came to his senses and realize that he had sinned, verse 18-19 of our text says Father, I have sinned against heaven and against you, I no longer deserve to be called your Son, treat me then as one of your hired servants. This is the point of brokenness, the turning point, the point of realization that he has sinned, and so he got up and set off for his father's house.

This same act of brokenness was expressed by King David in 2 Samuel 12vs13, after prophet Nathan narrated to him his sin against God from verse 1-12, David was broken and in verse 13 he said to Nathan **\*\*I have sinned against God \*\*** he laid on the ground fasting and praying for days.

Also, in Gospel of Matthew 26 from verse 69-75, the Bible recorded how Peter denied Jesus and was broken afterwards and cried bitterly.

So as Children of God when we sin, we must realize that we have sinned against God (Be broken) and be truly sorry for them.

Being **BROKEN** or brokenness brings about Compassion, Mercy and Forgiveness just as the prodigal son in text realized himself and went back to his father, the father on seeing him ran to him had compassion on him, forgave him and reinstalled him as his son.

I pray that our merciful God will give us the grace to realize our Sins and be thoroughly Broken for them through Christ our Lord Amen.

## Prayers

- 1. Let's pray against the sin of entitlement, that as workers, leaders, chapter presidents and coordinators we don't feel entitled to God's blessing because we work for Him and start to feel bad when it doesn't come immediately, but rather be patient with God and trust Him to bless us in His own time when He knows we are capable of handling such blessings (Jer. 17:7).
- 2. Let us also pray for the grace to realize it when we sin against God and be broken and truly sorry for them. (Psalm 51).
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106
- **[For the full readings of today, Click here](#)**

**MAY 13, 2024**

**SACRIFICE ACCOMPLISHES GOD'S WILL AND  
DEVOTION**

**Romans 12:1-2**

(By May Maloba - Kenya)

According to Romans 12:1-2, true worship is to offer your body as a living sacrifice to God, this means to offer your body as holy and acceptable to God, this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Sacrifice means giving to the Lord whatever He requires of our time, our earthly possessions, and our energies to further His work. Sacrifice of true worship is in surrender to the will of our heavenly father. It is not easy to engage in sacrifice, yet it is the key that unlocks many gates to our deliverances and blessings. Great men and prophet in the Old Testament were tested and rewarded for offering great sacrifice: Abel Hebrew 11-4. Abraham Genesis 22:1-19, Noah Genesis: 8:20-22 King David 2nd Samuel 24:18-25, King Solomon 2nd Chronicles 7:1 sacrifice is one of the secrets of supernatural breakthroughs. First of all, God wants us to offer, dedicate and surrender our bodies as a

living sacrifice, which is holy and pleasing to God. When Jesus came into this world, He came to give His body as a sacrifice, thus teaching us that what God primarily desires from us is our body. Our willingness to sacrifice is an indication of our devotion to God. People have always been tried and tested to see if they will put the things of God first in their lives.

Significance of sacrifice in the Lord's Covenant in the Old Testament, from the time of Adam and Eve to the time of Jesus Christ, the Lord's people practiced the law of sacrifice. They were commanded to offer as sacrifices the firstlings of their flocks. These animals had to be perfect, without blemish. The ordinance was given to remind the people that Jesus Christ, the Firstborn of the Father, would come into the world. He would be perfect in every way, and He would offer Himself as a sacrifice for our sins. (Moses 5:5–8.)

In the New Testament: Peter began to say to Him, “Behold, we have left everything and followed You.” Jesus said, “Truly I say to you, there is no one who has left house or brothers or sisters or mother or father or children or farms, for My sake and for the gospel's sake, but that he will receive a hundred times as much now in the present age, houses and brothers and sisters and mothers and children

and farms, along with persecutions; and in the age to come, eternal life (Mk. 10:28-30). Peter 2:5 "You yourselves like living stones are being built up as a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ. God requires a different kind of offering. He said: "ye shall offer unto me a broken heart and a contrite spirit" (Psalm 51:17) is when a person's inner man or will has been broken so they no longer run after the things they want, but surrender to the things that God wants. A broken heart or will says I will no longer do this my way or on my terms but I will surrender to your ways.

Our Lord Jesus Christ prayed to the Father, "If you are willing, let this cup pass from me. Yet not my will, but thine be done" (Luke 22:41) Christ offered himself as the perfect sacrifice to God (Hebrews 9:14) "as an atoning sacrifice for sinners, bridging the separation between a God and sinful humanity. Blessed Virgin Mary Accepted Proposal Heavenly Father She responded "Behold, I am the handmaid of the Lord. May it be done to me according to your word." (Luke 1:38) And because Mary surrendered to God, Jesus came. We may consider the purest body of Mary as a sacred temple, indeed as the most august temple that ever was or will be, next to the temple of the sacred humanity of Jesus Christ, her divine Son. We see her virginal heart as the sacred altar of this temple. Jesus said in

John 19:25-27 When Jesus saw his mother and the disciple there whom he loved, he said to his mother, “Woman, behold, your son.” Then he said to the disciple, “Behold, your mother.” And from that hour the disciple took her into his home. What a beautiful act of love offered by the Son of Mary as He prepared to breathe His last. He was concerned about those whom He loved.” This act of giving and receiving was meant as a command for us all. We are all invited to be present before the foot of the Cross in the person of this beloved disciple. Our Blessed Mother is the new Eve, the new Mother of All the Living in the divine order of grace. She is the Mother and Queen of the new Kingdom and the new Family of God “We behold Divine Love as the high priest offering to God uninterrupted sacrifices in this temple and on this altar. We contemplate the Divine Will bringing many victims to be sacrificed on this altar of Mary’s heart. (you may pause for a moment and silently ask this question again) Our Lord Jesus died on the cross for us to be saved hence, the cross symbolizes suffering and salvation, death and life, fall and redemption. As we nurture our relationship to God, we are then challenged by our Lord, “to take up our own personal cross (rf Lk 9:23) and carry it as he freely and willingly undergoes the sacrifices we encounter in our ordinary existence. Our suffering then is a way that leads us towards salvation, life and redemption.



From Mary who was human, we learn to trust even when all hope seems gone., we learn to love Christ her son and the Son of God!” God cannot give himself to us unless our hands are empty to receive him. The deepest reason why so few of us are saints is because we will not let God love us. To be loved means a naked, defenseless surrender to all God is. It means a glad acceptance of our nothingness, a look fixed only on the God who gives, taking no account of the nothing to whom the gift is made.

As children of Mary, we are challenged to respond with full commitment and excellence through giving our best even in the most unlikely circumstance. Our actions, then, must always be aligned with Blessed Mother aspirations, legacy and being the living example of piety

Hebrews 10:7 “Behold, I have come to do your will, O God”, Jesus demonstrated that this is what we ought to use our bodies for, to do the will of our father. This then becomes our only intention in life every day (doing the work of our father).

## Prayers

- Here I am Lord, do with me what you will
- Gods sanctify me to do your will. (1 Thessalonians 4:3)
- Allowing God's desire to be carried out in your life (Phil. 2:13) He will work in you and give you both the desire and the power to yield to Him in obedience
- I Wish lord to receive you with humility and special devotion in which your holy mother received you in spirit and Fervor of saints
- Lord Jesus, teach us to be humble as you are humble and to love others generously
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106.
- **[For the full readings of today, Click here](#)**

**MAY 14, 2024**

**REFLECTIONS ON THE PASSION OF CHRIST:  
FINDING HOPE IN SUFFERING**

**Matthew 26:39**

(By Perpetua - Nigeria)

In Matthew 26:39, Jesus prays in the Garden of Gethsemane, "My Father, if it is possible, let this cup pass from me; yet not as I will, but as you will."

This moment of sadness sums up the very great human experience of facing suffering while surrendering to the divine will. The passion of Christ presents to us a sign of hope and redemption, inviting believers to a sober reflection on the significance of suffering in their own lives.

As we journey along with Christ through the stations of the cross, we witness the physical and emotional agony Jesus went through and endured for the sake of humanity. Every step of Christ's passion is distinguished by immense suffering, starting from the betrayal by Judas to the painful crucifixion. Yet, this darkness notwithstanding, there shines a beacon of hope—the promise of salvation through Christ's greatest sacrifice. In our own lives, we encounter moments of suffering and hardship. Whether it be illness, loss, or betrayal, the weight of our crosses can feel unbearable at

times. However, just as Jesus embraced his suffering with firm faith, we too are called to find meaning and purpose in our trials. Through the lens of Christ's passion, we discover that suffering is not the end but rather a path to transformation and renewal.

### **Prayers**

- **Gratitude:** We thank God for the gift of salvation through the sacrifice of His Son, Jesus Christ.
- **Strength:** May God give us the strength to endure suffering with faith and perseverance, trusting in God's plan for our lives.
- **Compassion:** May God open our hearts to the suffering of others and inspire us to act with love and compassion.
- **Forgiveness:** May we seek forgiveness for our shortcomings and pray for the grace to forgive those who have wronged us, following Christ's example on the cross.

- Hope: May we pray for the courage to embrace suffering as a means of drawing closer to God, knowing full well that He walks with us in our darkest moments.
- Finally, as we meditate on the passion of Christ, may we find solace in the knowledge that our suffering is not in vain. Through the power of Christ's resurrection, we are reminded that even in our darkest moments, there is always hope. May we carry this hope with us as we journey through the challenges of life, trusting in God's unfailing love and mercy. Amen.
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106.
- **[For the full readings of today, Click here.](#)**



May 15th 2024  
**GREAT NOVENA PRAYER**  
**First Day**



**GREAT NOVENA BEGINS TODAY**

**Theme:** "What is impossible with men is possible with God."  
Luke 18:27

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

**[https://maryourhelp.org/greatnovena-  
prayer/menu.html](https://maryourhelp.org/greatnovena-prayer/menu.html)**



May 16th 2024  
**GREAT NOVENA**  
**Second Day**



**GREAT NOVENA PRAYER**

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

**[https://maryourhelp.org/greatnovena-  
prayer/day-two.html](https://maryourhelp.org/greatnovena-prayer/day-two.html)**



Friday May 17th 2024  
**GREAT NOVENA PRAYER**  
**Third Day**



**GREAT NOVENA PRAYER**

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

**[https://maryourhelp.org/greatnovena-  
prayer/day-three.html](https://maryourhelp.org/greatnovena-prayer/day-three.html)**





Saturday May 18th 2024  
**GREAT NOVENA**  
**Fourth Day**



## **GREAT NOVENA PRAYER**

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

**[https://maryourhelp.org/greatnovena-  
prayer/day-four.html](https://maryourhelp.org/greatnovena-prayer/day-four.html)**



Sunday May 19th 2024  
**GREAT NOVENA**  
**Fifth Day**



## **GREAT NOVENA PRAYER**

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

**[https://maryourhelp.org/greatnovena-  
prayer/day-five.html](https://maryourhelp.org/greatnovena-prayer/day-five.html)**



Monday May 20th 2024  
**GREAT NOVENA**  
**Sixth Day**



**GREAT NOVENA PRAYER**

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

**[https://maryourhelp.org/greatnovena-  
prayer/day-six.html](https://maryourhelp.org/greatnovena-prayer/day-six.html)**



Tuesday May 21st 2024  
**GREAT NOVENA**  
**Seventh Day**



## **GREAT NOVENA PRAYER**

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

**[https://maryourhelp.org/greatnovena-  
prayer/day-seven.html](https://maryourhelp.org/greatnovena-prayer/day-seven.html)**



Wednesday May 22 2024  
**GREAT NOVENA**  
**Eighth Day**



**GREAT NOVENA PRAYER**

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

**[https://maryourhelp.org/greatnovena-  
prayer/day-eight.html](https://maryourhelp.org/greatnovena-prayer/day-eight.html)**



Thursday May 23rd 2023  
**GREAT NOVENA**  
**Last Day**



## **GREAT NOVENA PRAYER**

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

**[https://maryourhelp.org/greatnovena-  
prayer/last-day.html](https://maryourhelp.org/greatnovena-prayer/last-day.html)**

**MAY 24TH 2024**

**FEAST OF MARY HELP OF CHRISTIANS**

**And 10<sup>th</sup> Year Anniversary of Mary Our Help**

Saint John Chrysostom was the first person to use this Marian title in year 345 as a devotion to the Virgin Mary. Don Bosco also propagated Marian devotion under this title. The title of Mary Help of Christians is associated with the defense of Christian Europe (Latin and Greek), the north of Africa and the Middle East from non-Christian peoples during the Middle Ages.

In 1572, during the expansion of the Islamic Ottoman Empire intended to invade Christian Europe, Pope Pius V invoked Christian armies and its victory achieved was consequently attributed to the intercession of Mary under this title. Ultimately, Pope Leo XIII granted a canonical coronation towards the Marian image bearing the same title on 17 May 1903, now permanently enshrined within the Basilica of Mary Help of Christians.

Mary is the Mother of Jesus and the help of Christians. The book of Revelation 12:17 says: "Then the dragon was enraged at the woman and went off to make war against the rest of her offspring—those who obey God's commandments and hold to the testimony of Jesus." This shows that the devil is fighting against us who are the off springs of the woman (Mary) by virtue of our believe in Christ. We need the help of this powerful Mother. Anyone who tries to discredit Mary or deny her participation in the redemption

of the world, or her intercession for mankind before God is in great ignorance.

The title of Our Lady of Perpetual Help and Mary Help of Christians are not different from each other because, they serve the same purpose and depict Mary as a helper of Her children who are believers in Christ.

The devil is very much afraid of the woman (Mary). The lord has clothed her with all graces to be the Mother of Jesus and our own Mother. Let us always call upon her and seek her intercession in our daily life. Let us call on her whenever we feel oppressed by the devil and she will rescue us with love. Let us ask her to help us grow in the love of God everyday so that we can see Him at the end of our lives.

On this special day, we celebrate 10 years of active evangelization of souls world-wide. We thank God and give all glory to him for making it possible, may his name be praised forever. Amen.

We also appreciate all members of Mary Our Help family world-wide for their support, prayers and various contributions in sustaining and moving the work of God forward. It won't have been easy without your efforts and sacrifices, God bless you all. Amen.



As we celebrate our 10th anniversary today, the feast of Mary Help of Christians, we ask you to celebrate with us and support this work of God that we do in a special way. We cannot do much without your support, financial and otherwise.

Your financial support/contribution will help us to continue to operate and maintain all our platforms. As you know, we are a not-for-profit organisation that relies solely on the kind, voluntary donations of individuals.

Financial support from you will help us maintain all our applications, website, software and servers which are very expensive. It will also help us in our outreach to less privileged children and rural evangelism among others.

God bless you and grant you all your heart's desires as you support us with whatever you have. Amen.

## **PLEASE CLICK HERE TO SUPPORT OR MAKE A DONATION**

- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106.
- **[For the full readings of today, Click here](#)**

**MAY 25, 2024**

**MY SOUL IS THIRSTING FOR YOU, OH LORD**

**Psalms 42:1**

(By Mugisha - Uganda)

"As a deer long for running streams, so longs my soul for you, my God" Psalms 42:1.

The longing for God that is in our hearts secretly should be developed over time, into an intimate relationship with our creator.

This is revealed and showed to us in his bounding love that is available to everyone who sincere desires to a close walk with him.

Through reading his holy word the Bible and listening to his chosen people.

During quite times with the lord, especially during the Holy hour of adoration in the Chapel before the blessed sacrament.

As the river of life continues to gather strength within you make sure that there is an outlet to give out to others from whatever you have received from God. Open up the

floodgates of which the rivers of life can flow out so that the water will never become stagnant.

John 4:14 “Any man who drinks the water that I shall give will turn never be thirsty again. The water that I shall give will turn a spring inside him Welling up to eternal life ”

John 7:38 “If anyway is thirsty let him come to me! Let the one who believes in me drink. out of him shall flow fountains of living water!

### **Prayers**

- Ask God to illuminate your life.
- Pray to God as the spirit leads.
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106.

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

**MAY 26, 2024**

**ARMOUR OF GOD**

**Ephesians 6:10-18**

(By Catherine Nyangulu - Malawi)

Ephesians 6:10-18

This is a very strong word of God – As Christians, this can be our referred to verse each morning and every evening before we go to sleep.

Vs 10-11 – Finally be strong in the Lord and in the strength of his Might. Put on the whole Armor of God that you may be able to stand against the schemes of the devil.

As followers of Christ, we are told here to be strong in the Lord and to put on the armour of God. We live in a very difficult world, full of evil and dangerous activities, and if we are not strong in prayer, we can easily fall prey to them.

There is too much poverty in the world and people are chasing for earthly riches, definitely one would easily fall into the crutches of the evil one.

Vs 12-13 for we do not wrestle against the flesh and blood, but against the rulers, against the authorities of darkness, against the spiritual forces of evil in the heavenly places.

Therefore, take up the whole Armor of God, that you may be able to with-stand in the evil day and having done all to stand firm.

This battle is not easy and it is not a physical battle because we are fighting with the evil spirits in the heavenly realms. This war can only be won if we fight with the Holy Spirit and through Jesus Christ as He won it for us by dying on the cross.

VS14, 15, 16 17 and 18 is explaining how we could fight this war. It says fasten the belt of Truth and put on the breastplate of righteousness, and shoes given by the Gospel of peace. Take up the shield faith with which you can extinguish all the flaming darts of evil one and take helmet of salvation and the sword of the spirit which is the word of God. Praying at all times in the Spirit, with all prayer and supplication. To be alert and making supplications for all the saints.

Let us stand on the truth, the truth of the word of God which is very powerful like a sword which is sharp on both sides. Let us pray more and cry unto God for his protection and guidance. Let us have that faith in God and at all cost let us avoid places of temptation, places of evil doers.

If we are in business, let us do clean business, so that there is no loophole for the devil to enter into us. Let us always live the Word of God, pray earnestly and deeply, and confess our sins so that we may keep the faith and put on the breastplate of righteousness. Let us pray in the Spirit, invoking the Holy Spirit to accompany us in our daily endeavours, which will help us to quench all the fiery arrows of the evil one.

We should also ask the saints to intercede for us in our prayers. Let us pray for anything and everything that has to do with our lives and the lives of our families and the whole world. We should also say the prayer of St Michael the Archangel every day before we go to sleep, to defend us in the battle against evil.

The Armor of God is prayer – deep prayer and talking to God on personal level one to one. As Christians we need to have spiritual eyes which will enable us to locate the evil one in our daily dealings.

We also need to pray the Rosary; Mother Mary will always intercede for us to her son so that whatever we pray for we shall receive at the right time. May God's will be done in our lives.

## Prayers

- Pray as the spirit leads.
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106.
- **[For the full readings of today, Click here](#)**

**MAY 27, 2024**

**IMPORTANCE OF OBEDIENCE**

**DEUTERONOMY 28:1-14**

(Frances – Nigeria)

Moses was speaking to the children of Israel, bringing to their attention that obedience is key in their walk with God. This is equally reiterated by Jesus in John 14:15-24, when He charged His disciples to keep His commandments if they love Him and by extension, we all.

We all know that we must obey God, but somehow, we still act in rebellion and many times end up in trouble because of our disobedience. How come even when we know what God wants us to do, we still act otherwise? What can the reason for this really be?

Note that obedience means hearing the word of God and acting on it. It implies aligning ones will to God's will, doing what He has asked us to do. It means complete surrender to His authority and base our decisions and our actions on His word.

Obedience is so important for every Christian, in fact without it we fall short, big time. We should note that



obedience is an act of worship to God, as it demonstrates our love for God and sets us apart. Obedience is the hallmark of our salvation and is our way of showing God that we love Him.

It is through our obedience that God recognizes us and enables us to enjoy His blessings. Thus, our primary motive must be to show God that we love Him. This will in turn allow God to reveal Himself to us and activate His power to work in our lives.

Obedience allows us to trust God or shows God that we trust Him, in other words, it is a demonstration of our faith. It can mean following God's lead even when we are not sure of the outcome. It requires sacrifice, discipline and stretching ourselves outside our comfort zone. Our choice to obey God, therefore, shows that, though it's tough, even if it doesn't make sense, we will still do it. As was the case with Noah with the building of the Ark, Abraham with the instruction to leave his home as well as Joshua and the children of Israel during their walk round the city of Jericho. Are there things in our lives that God is asking us to do that is tough? Or does not make sense? Our obedience will show God that we trust Him. It will be considered as evidence of our faith.

Obey God to give even when the budget is tight. Obey God and forgive even when it hurts so bad, obey God and work hard even when you have been passed for promotion, obey God and love your unlovable spouse unconditionally. There is a reason why God has put you in that situation.

Never forget that God is a rewarder of every effort thus He rewards act of obedience, by activating His powers in our lives. The rewards for obedience are clear as stated in the Bible passage under review to include:

You will be blessed wherever you go.

Your children will be blessed.

God will protect you.

He will grant you abundant prosperity.

Everything you set your hands on will be successful.

The Lord will help you stand out.

However, the emphasis is on the fact that we must fully obey first for us to assess all these blessings.

How do we obey? By having a relationship with God. Decide to honor Him with our decisions and actions by doing what He tells us, that is to please God because we love Him.

Secondly, by reading His words every day as the primary basis for our decisions and actions.

Thirdly, through Prayer- since on our own we may not be able to do it. Therefore, we need God's help through the Holy Spirit to help us.

Finally, by focusing on the rewards, by recalling that willing to do hard things even when it doesn't make sense, because we know a blessing will follow for us and our family. And when the devil tempts us to take the easy way out, and act in rebellion, may we always remember what we are missing out on.

Let us, therefore, tap into all these blessings by being fully obedient through reading His words everyday and with total surrender.....for this is when we as Christians say, "Not our will Lord but Your will" and we align our actions with that will to the glory of God.

### **Prayers**

- Pray that the heart to obey no matter the condition be given unto us in Jesus Name.
- Pray God to grant us the grace of surrender by letting our will align with His.
- Pray that we obey God in all sincerity as a show of love for Him.
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106

**MAY 28, 2024**

**YOUR PAST IS OVER!**

**2 Cor.4:17**

(By Vera - Nigeria)

We all have made mistakes in the past, some were minor, some major but whatever they be, God is our loving father, through the prophet Isaiah gave a powerful instruction in (Isaiah 43:18-19). When we focus on the past, we will not be able to see the way in the wilderness and Paul the apostle gave this instruction in (phil.3:13).

Your past is over, this reading declares 'old things have passed away, behold the new has come...' (2cor.5:17). Are you having self-doubts and regrets because of missed opportunities or mistakes of the past? Maybe you had very limited or no formal education at all, your parents died when you were very young, you had an alcoholic and abusive parent, you are guilty of a serious mistake in your teenage years and so on. It is very important that you remember your past is over. Never build your future around your past. Learn from there and move on.

Many people have issues in their past that are not so glorious. Some people may capitalize on that to put you down, but you have to move out of the pit of your limitation.

You have to decide to ignore the remarks of the pull him down. It does not matter what other people believe about you.

Stop talking about your limited education. Quit complaining that everyone in your family is poor. Stop repeating stories of those who failed you. Stop pointing your fingers at the economy.

Stop advertising your pains and misfortunes. Stop meditating on your flaws. Everyone has limitations, each of us are handicapped in some way; physically, emotionally, mentally and spiritually. Stop looking at where you have been and start looking at where you are going.

### **Prayers**

- Confess your sins and hand them over to God.
- Pray for the courage to forgive past hurt and move forward.
- Examine your life in line with the troubles you have caused others especially your loved ones.
- Pray for the restoration of your lost positions, favour and connections.
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106
- **[For the full readings of today, Click here](#)**

**MAY 29, 2024**

**FOCUSING ON JESUS AND NOT THE STORM**

**Mathew 15: 22-33**

(By Mary Noel - Kenya)

The passage reminds us on the need to always anchor our faith in Jesus. The disciples on the river Tiberius were faced by tides the whole night but at the 9th hour Jesus came to their rescue. From the passage we can come up with the following:

Storms, tides and waves are part and parcel of our lives. Availability of these in our lives doesn't mean Christ is not with us but rather his time is not yet.

When we are lost in the storm and tides in our lives Jesus reminds us to take courage and not be afraid. Mathew 15:27. When faced with trouble and storms, we should not lose focus on Christ. When Peter lost focus on Christ he began to sink.

Jesus can lift us up from the depths of trouble we have found ourselves in. We are required to only call on him Just as Peter did when he realized he was sinking.

## Prayers

- Pray as the spirit leads.
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106
- **[For the full readings of today, Click here](#)**

**MAY 30, 2024**

**The lord is my shepherd**

**Psalm 23**

(Crystal Rodrigues – India)

The lord is my shepherd; I shall not want;

He makes me lie down in green pastures

He leads me beside still waters

He restores my soul.

He leads me in path of righteousness

for his name sake;

Even though I walk through the valley of the shadow of death,

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 goodness and mercy

shall follow me all the days of my life.



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

To understand psalm 23, we need to see three different images found here. God is my shepherd, God is my host, God is my eternal companion.

God is my shepherd (verse 1:4)

The psalm begins with this powerful statement "the lord is my shepherd" (psalm 23:1)

Let's remember who describes God as a shepherd, David the most famous Shepherd in his way, remember he was tending to the sheep when God led Samuel to Bethlehem to anoint the next King, no one suspected the Shepherd boy to be God's chosen one, not even his own family, David describes how God is a shepherd to us, and what all good shepherds do for their sheep. They provide, restore, lead and sustain their sheep.

God provides for us:

I shall not want, God provide for us in different ways in all our difficult times and God gives us more than what we ask for in plenty.

3. He maketh me to lie down in green pasture;

The psalmist puts rest and refreshment first because this is the way God deals with us so often, his blessings span the years. God heals the troubled Souls, he forgives our sins in spiritual Communion with him, the hungry Heart finds food that satisfies. It feeds upon the word of God and the thirsty soul drinks deep from the cool still waters and by these blessings to which the good shepherd leads us, we find our souls restored, the spiritual life reborn.

4. He leadeth me in the paths of righteousness;

The restored soul is then led on to another stage in God's plan for his life, that is; God leads us into work, into service for him. Rest in the green pastures and refreshment in the still water are to fit us for work. The good shepherd leads the sheep in path of righteousness, to the very gates of the beautiful city itself and on through the gates into the eternal fold

5. Yes, though I walk through the valley of the shadow of death;

The heavenly shepherd does not always keep his sheep from sorrow, but he is with them in sorrow.

When the three young men of Babylon found themselves in the fire for conscience's sake, the form of the fourth walked with them in the flames. Do not worry about the future, whatever it brings, let not your heart be troubled nor afraid, for our lord the good shepherd is with us and we need not fear no evil, his rod and staff will comfort us, his law and his gospel aid our correction and support.

6. Thou prepares a table before me in the presence of my enemies;

Remember, the sheep are men, they are people, they gather around the lord's table here in this world and in the one to come.

As often as ye eat this bread and drink this cup, ye do show the lord's death till he comes (Corinthians 11:26).

The shepherd supplies all our needs in the presence of our enemies but the day is coming when the good shepherd will call us to great supper in his kingdom, the manna of his promise and water out of the rock, we will eat it as the Israelites did. We shall put on the royal robes and sit with him and all our enemies will be gone forever. God shall wipe away all tears from our eyes.

At feasts in the bible times, the heads of distinguished guests were anointed with perfume oil, the women in the gospel story poured the box of precious ointment upon the head of our lord (Mathew 26:6-7)

So too the very sheep of the lord's pasture are to be oil anointed guest.

7. Surely goodness and mercy shall follow me;

My cup runneth over God's blessings here and hereafter more than we can receive.

As the ancient shepherd led his sheep, his two shepherd dogs guarded the rear to keep straying sheeps in the path of the shepherd and draw attention to the wounded and lost.

So, through life, like two angels of God, goodness and mercy will follow us and encamp round about us. Then we shall dwell in the house of the lord forever.

## Prayer Points

1. My father, take away everything that alienate your voice from our life, everything that imitate your voice, everything that makes your voice sound like that of a stranger, take them from our lives in Jesus name.
2. My great shepherd, speak your abundance into every area of lack in our lives this season and beyond in the name of Jesus.
3. By your voice of fruitfulness o my great shepherd, arise and lead me to greener pasture of our destiny in Jesus mighty name.
4. Abba father, my great shepherd, let your still waters speak calmness, peace and serenity into every ragging storm in our lives in the name of Jesus.
5. Abba father, my great shepherd, let your rod of correction speak into our errors, mistakes and misstep, let your staff of provision guide us to the place of divine comfort in the name of Jesus.
6. Lord my great shepherd, usher me to the banquet of the sheep fold. A banquet that openly disgraces the enemy and crown me with oil of overflowing break through in the name of Jesus.

7. My good shepherd, let the voice of your goodness and mercy speak into every situation of our unparalleled favour's this season in the name of Jesus.

- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106.
- **[For the full readings of today, Click here](#)**

**MAY 31, 2024**

**HINDRANCES TO ANSWERED PRAYERS.**

**James 4:2-3.**

(By Mary A - Nigeria)

A great challenge in the lives of many believers is to pray and not receive answers. Your heart will be full of joy if your requests are always granted. Praying and not receiving an answer is painful and frustrating. There are those who believe that God withholds answers to prayer for some reason.

Let me remind you that it is God's delight to answer your prayers. The simple definition of prayer is communication between God and man. You talk to God and He responds. You make request and God answers by granting your petitions. Prayer is a dialogue and not monologue.

I want you to understand that it is possible to pray and not receive answers because of certain barriers or hindrances. Daniel prayed but he could not receive answers for about twenty-one days (Dan.10:12-14). Certain delays are not divine but demonic. Do not give up if your request is not granted on time. I encourage you to sincerely give attention to learning how to pray (Luke 11:1-3). The disciples asked

the Lord Jesus to teach them how to pray. I want us to consider certain hindrances we should avoid in order to be fruitful and effective in our prayer lives. The Lord will grant your request speedily in the name of Jesus.

(1) Lack of knowledge of God's will. Hosea 4:6, 1 John 5:14.

(2) Ungratefulness. Mal.2:1-2, Luke 17:11-19.

(3) Wrong motives and intentions. James 4:1-3, Prov 21:2.

(4) Offences and unforgiveness. Mark 11:25-26, Matt 6:12.

(5) Anxiety and doubt. Philippians. 4:6, James 1:6-8.

(6) Deliberate sin and disobedience. Psalm 66:18, Isaiah 1:15.

(7) Demonic influences and hindrances. Dan 10:12,14, 1 Corin.16:9.

## **Prayers**

- Father I thank you for hearing and answering my prayer always in the name of Jesus.
- Father have mercy on me and let my petitions turn to testimonies in the name of Jesus.
- Unseen hindrances against my destiny be destroyed by fire in the name of Jesus.
- May Devotion: Say the Holy Rosary.
- Pray the daily consecration prayer on page 106.
- **[For the full readings of today, Click here](#)**



## **MARY OUR HELP ANDROID APP**

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

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**CLICK HERE TO DOWNLOAD**

## **Daily Consecration**

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

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

Amen.

## **CHAPLET OF THE HOLY SPIRIT**

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

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

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

- **On the three large beads,**
- **make the Sign of the Cross**
- **say an Act of Contrition... and**
- **recites the hymn "Come, Holy Ghost"..**
- **On each set of 7 small beads is prayed 7 Glory be to the Father...**
- **Then, on the 2 large beads is said 1 Our Father**
- **and 1 Hail Mary**

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

### **THE FIRST MYSTERY**

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

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

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

### **THE SECOND MYSTERY**

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

**The Meditation:** "Jesus, being baptized, forthwith came out of the water: the heavens were opened to Him, and he saw the

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

### **THE THIRD MYSTERY**

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

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

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

### **THE FOURTH MYSTERY**

## **The Holy Ghost in the Church.**

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

[Acts, 2:2, 4, 11.]

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

## **THE FIFTH MYSTERY**

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

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

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

➤ **Conclude with the I believe... as a profession of faith.**

➤ **Say finally once: Our Father...**

➤ **Hail Mary...and**

➤ **Glory be to the Father...**

➤ **for the intentions of the pope.**

### **LITANY OF THE HOLY-GHOST**

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Father all powerful, have  
mercy on us

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

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

Holy Trinity, hear  
us

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

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

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

Author of all good,  
have mercy on us

Source of heavenly water, have  
mercy on us



Consuming fire, have  
mercy on us

Ardent charity, have  
mercy on us

Spiritual unction, have  
mercy on us

Spirit of love and truth, have  
mercy on us

Spirit of wisdom and understanding, have  
mercy on us

Spirit of counsel and fortitude, have  
mercy on us

Spirit of knowledge and piety,  
have mercy on us

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

Spirit of grace and prayer, have  
mercy on us

Spirit of peace and meekness, have  
mercy on us

Spirit of modesty and innocence, have  
mercy on us

Holy Ghost, the Comforter,  
have mercy on us

Holy Ghost, the Sanctifier, have  
mercy on us

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

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

Spirit Who fillest the universe, have  
mercy on us

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

Holy Ghost, inspire us with  
horror of sin.

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

Holy Ghost, shed Thy light  
in our souls.

Holy Ghost,  
engrave Thy law in our hearts

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

Holy Ghost, open to us the treasures  
of Thy graces

Holy Ghost, teach us  
to pray well.

Holy Ghost, enlighten us with Thy heavenly  
inspirations.

Holy Ghost,  
lead us in the way of salvation

Holy Ghost, grant us the only necessary  
knowledge.

Holy Ghost, inspire in us the  
practice of good.

Holy Ghost, grant us the merits  
of all virtues.

Holy Ghost, make us  
persevere in justice.

Holy Ghost, be Thou our  
everlasting reward.

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

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

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

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

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

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

## **Divine mercy The Chaplet of the Divine Mercy**

### **How to Recite the Chaplet**

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

#### **1. Make the Sign of the Cross**

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

#### **2. Optional Opening Prayers**

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

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

#### **3. Our Father**

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil, Amen.

#### **4. Hail Mary**

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

#### **5. The Apostle's Creed**

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

#### **6. The Eternal Father**

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

#### **7. On the Ten Small Beads of Each Decade**

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

### **8. Repeat for the remaining decades**

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

### **9. Conclude with Holy God (Repeat three times)**

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

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

Lord, have mercy on us.

Christ, have mercy on us.

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

Christ, graciously hear us.

God the Father of Heaven, Have mercy on us.

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

God the Holy Spirit, Have mercy on us.

Holy Trinity, One God, Have mercy on us.

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

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

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

Mercy of God, inconceivable mystery of the Holy Trinity,

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

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

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



Mercy of God, embracing the whole universe,  
Mercy of God, bestowing upon us immortal life,  
Mercy of God, shielding us from merited punishments,  
Mercy of God, raising us from the misery of sin,  
Mercy of God, justifying us in the Word Incarnate,  
Mercy of God, flowing from the wounds of Christ,  
Mercy of God, gushing from the Most Sacred Heart of Jesus,  
Mercy of God, giving to us the Most Blessed Virgin Mary as  
Mother of Mercy, Mercy of God, shown in the revelation of the  
Divine mysteries,  
Mercy of God, manifested in the institution of the universal  
Church,  
Mercy of God, contained in the institution of the Holy  
Sacraments,  
Mercy of God, bestowed upon mankind in the Sacraments of  
Baptism and Penance,  
Mercy of God, granted in the Sacraments of the Altar and the  
Priesthood,  
Mercy of God, shown in calling us to the Holy Faith,  
Mercy of God, revealed in the conversion of sinners,  
Mercy of God, manifested in the sanctification of the just,  
Mercy of God, fulfilled in the perfecting of the saintly,  
Mercy of God, font of health for the sick and the suffering,  
Mercy of God, solace of anguished hearts,  
Mercy of God, hope of souls afflicted with despair,  
Mercy of God, always and everywhere accompanying all people,  
Mercy of God, anticipating us with graces,  
Mercy of God, peace of the dying,

Mercy of God, refreshment and relief of the Souls in Purgatory,  
Mercy of God, heavenly delight of the blessed,  
Mercy of God, crown of all the Saints,  
Mercy of God, inexhaustible source of miracles,

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

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

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

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

Lord, have mercy on us.

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

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

# Prayer for Family Liberation

## *Instruction*

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

## **Prayers**

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

## **Prayer for Healing**

### ***Instruction***

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

### **Prayers**

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

## **CHAPLET OF OUR LADY OF PERPETUAL HELP**

**(To be recited on the ordinary rosary bead)**

## HOW TO PRAY

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

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

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

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

(At the end of each decade say:)

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

(On the large beads say:)

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

(In conclusion, recite:)

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

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

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

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

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

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

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

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

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

Father almighty; remember your word in Psalm 34:10 which say “The lions may grow weak and hungry but those who seek the Lord lack no good thing.” Also, in Proverbs 10:22 your word said “The blessing of the Lord brings wealth, without painful toil for it.” Father, I beg you to bless me and the work of my hands. Let there be divine increase in [mention intention] let Your divine favour locate me in all I do and seek to do, For in Psalm 145:15, You open your hand and satisfy the desires of every living thing. Father in heaven; please fulfil all my heart desires in your mercy. I claim the word of Deuteronomy 28:11-13 which says “The Lord will grant you abundant prosperity – in the fruit of your womb, the young of your livestock and the crops of your ground – in the land he swore to your ancestors to give you. V.12 The Lord will open the heavens, the storehouse of his bounty, to send rain on your land in season and to bless all the work of your hands. You will lend to many nations but will borrow from none. V.13 The Lord will make you the head, not the tail. If you pay attention to the commands of the Lord your God I give you this day and carefully follow them, you will always be at the top, never at the bottom. I make this request, knowing that God will supply every need of mine according to his riches in glory in Christ Jesus. In accordance with Philippians 4:19.



## **PRAYER FOR OPEN HEAVEN**

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

## **PRAYER FOR FAVOUR**

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

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

## **PRAYER FOR STRENGTH**

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

## **PRAYER OF GRATITUDE**

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

I thank you for the gift of life

I thank you for complete senses

I thank you for the food I eat daily

I thank you for your protection over me

I thank you for good health

I thank you for your love for me

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

I thank you for your guidance.

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