

EVERYDAY WITH JESUS

Spiritual Exercises in Scripture

“WITHOUT ME, YOU CAN DO NOTHING”
(John 15:5)

COMMUNITY OF GRACE

www.gracefilled.org

ACKNOWLEDGEMENTS

Psalm texts are from The Divine Office
All other Scripture texts are from
The New Jerusalem Bible

This booklet is for Private Circulation only.
4th Edition © 2010 Community of Grace

Community of Grace
VI A Spring Flower
Mooleppadom Road
Vazhakkala, Cochin 682030
India

CONTENTS

Introduction	vii
The Seven Pillars of Spiritual Life	1
The Importance of Scriptural Prayer	7
Scriptural Prayers	
–Morning Prayer	10
–Prayer for Humility	21
–Prayer during the Day	23
–Evening Prayer	31
–Night Prayer	37
–Prayer of Repentance	38
–Prayers of Thanksgiving & Praise	41
–Prayers for Deliverance	56
–Prayers for the Sick	61
Forgiveness Prayer	66
Weekly Readings	68
Verses to treasure	69

ABBREVIATIONS

Genesis	Gn	Daniel	Dan
Exodus	Ex	Habakkuk	Hab
Leviticus	Lev	Malachi	Mal
Numbers	Num	Matthew	Mt
Deuteronomy	Dt	Mark	Mk
Joshua	Jos	Luke	Lk
Samuel	Sam	John	Jn
Kings	K	Romans	Rom
Chronicles	Ch	Corinthians	Cor
Nehemiah	Neh	Galatians	Gal
Tobit	Tob	Ephesians	Eph
Judith	Jdt	Philippians	Ph
Maccabees	Mc	Colossians	Col
Job	Job	Thessalonians	Th
Psalms	Ps	Timothy	Tim
Proverbs	Pr	Philemon	Phm
Wisdom	Wis	Hebrews	Heb
Ecclesiasticus (Sirach)	Sir	James	Jm
Isaiah	Is	Peter	Pet
Jeremiah	Jer	Revelations	Rev
Lamentations	Lam		
Baruch	Bar		
Ezekiel	Ezk		

I think the way to learn God, is prayer. And a school of prayers are very essential, I think. With a concrete relation of prayer, we learn about God and we learn the Church. And so, it's important to have prayer books representing really the deepness of our faith.

- Pope Benedict XVI.

INTRODUCTION

The **Everyday with Jesus** first came into being as a prayer book for the members of the Community of Grace. This booklet has its foundation in the Spiritual instructions and Scriptural readings set down by the founder of the Community, Bro. O. J. Victor.

These spiritual instructions and readings, which are rooted in the Catholic Faith, are a great help to all who desire to lead a spiritual life in union with Jesus Christ. It is our humble wish that all who follow the instructions set down in this booklet may be led to use the Holy Bible to pray and so experience the sweetness of living in communion with Jesus everyday of their lives.

The Community of Grace

The Community of Grace is a Catholic Community devoted to leading people to the Catholic Faith and strengthening them in their Sacramental life through the living and enduring Word of God. The Community lives its mission in fidelity to the Magisterium of the Church.

By the Grace of God and the apostolic zeal of its leaders, the Community now has members in many countries. The

founder's unique charism of understanding and teaching the Scriptures with great wisdom and discernment has been nurtured and is active among many of the community members. The Community is an example of the springtime of the Holy Spirit, ever at work renewing the Church through a variety of missionary movements, especially during difficult times.

Our Mission, Charism and Spirituality

Our Mission of leading people to the Catholic Faith and strengthening the Faithful in their spiritual life is accomplished through Talks, Prayer Meetings, Retreats, Bible Study and Spiritual Counselling.

Our unique charism is a gift from God enabling us to treasure the Scriptures in our hearts following the example of the Blessed Virgin Mary (Lk 2:19). Through the power of God's Word, this charism has helped to transform and strengthen people's lives, to know our Lord Jesus Christ and to overcome the Evil One. (1Jn 2:14)

Our Spirituality is based on devout meditation on the Scriptures, worthy reception of the Sacraments, and devotion to the Blessed Virgin Mary and the Saints.

Our Founder

Bro. O. J. Victor (1936-1997) received a unique charism of treasuring the Scriptures in his heart after his conversion in 1986. Touched by the words of Jesus, *'In all truth I tell you, no one can see the Kingdom of God without being born from above'* (Jn 3:3), he turned to the Scriptures for guidance and enlightenment. The Lord opened his heart and mind to understand the Scriptures (Lk 24:45), and he meditated on the Word of God day and night for eighteen months. Like St Paul, the Gospel came to him through a revelation of Jesus Christ. (Gal 1:11-12)

Filled with divine wisdom and knowledge, he began to lead and strengthen many in the Catholic Faith (Col 2:2-3). God blessed him with the Faith of St. Peter (Mt 16:16), the Wisdom of St. Paul (Rom 11:33-35), and the Revelation of St. John (Jn 1:1-18). He laboured untiringly for ten years - teaching the truth, correcting and refuting error, and training many in the gift of discernment of spirits. (2Tim 3:16; 1Cor 12:10)

His example still continues to encourage thousands to resolutely follow Christ by keeping and sharing the faith in these turbulent times.

THE SEVEN PILLARS OF SPIRITUAL LIFE

*“Wisdom has built herself a house, she has hewn her seven pillars.”
(Pro 9:1)*

Our Lord has left us several powerful means of support that we may lead spiritual and holy lives in the world. *“By His divine power, He has lavished on us all the things we need for life and for true devotion. Through these, the greatest and priceless promises have been lavished on us, that through them you should share the divine nature and escape the corruption rife in the world through disordered passion.” (2 Pt 1:3-4)* The seven ‘pillars of spiritual life’ described below are also channels through which the grace of God flows abundantly into our lives.

1. Holy Mass
2. Adoration
3. Confession
4. Devotion to the Blessed Virgin Mary
5. Night Prayer
6. Fasting
7. Reading the Scriptures

1. Holy Mass

“Anyone who does eat My flesh and drink My blood has eternal life, and I shall raise that person up on the last day.” (Jn 6:54)

The sacrifice of the Holy Mass is a living memorial of Christ’s passion, death and resurrection, through which He expiated the sins of the whole world (Heb 7:25-27; 1Jn 2:2). On the night He was betrayed, Jesus instituted the Sacrament of the Holy Eucharist and commanded His disciples to do this in remembrance of Him (Lk 22:19-20; 1Cor 11:23-26). Through this Sacrament, Jesus gives Himself to us as spiritual food. When we receive His Body and Blood, we obtain Eternal Life and become spiritually one with Jesus (Jn 6:54-56). Jesus is the Living Bread which comes down from Heaven and gives Life to the world (Jn 6:32-35). We should, therefore, partake in Holy Mass with great reverence. (Wis 6:10; 1Cor 11:27-30)

2. Adoration

“Fix your gaze on Yahweh and your face will grow bright, you will never hang your head in shame.” (Ps 34:5)

Spending one hour before the Blessed Sacrament, keeping company with Jesus in prayer, will obtain for us the

strength to resist temptation (1Cor 10:13). Just as with Moses in front of the burning bush, God will empower us to do His Will while we adore Him in front of the Blessed Sacrament, which is His living presence in our midst. During adoration in front of the Blessed Sacrament, we receive many graces – healing for the wounds in our soul (Mal 3:20), Divine Light (Ps 34:5), and awareness of sin (Ps 90:8). His presence will inflame our hearts (Lk 24:30-32), and our faces will become like mirrors reflecting the glory of the Lord. (2Cor 3:14-18)

3. Confession

“If we acknowledge our sins, He is trustworthy and upright so that He will forgive our sins and cleanse us from all evil.” (1Jn 1:9)

We are the most fortunate people on earth – whenever we are burdened by sin, we can approach our good Lord to find rest for our souls (Mt 11:28-30). Making a humble and devout confession frequently will obtain for us the forgiveness of our sins, (Pr 28:13; 1Jn 1:9) a pure heart (Mt 5:8; Acts 24:16; 2Pet 3:14) and the grace to avoid sin (Rom 6:14-15; 1Jn 3:9). The beauty of confession is that if we repent sincerely, we can start our spiritual life afresh.

4. Devotion to the Blessed Virgin Mary

“Seeing His mother and the disciple whom He loved standing near Her, Jesus said to His mother, “Woman, this is your son.” Then to the disciple He said, “This is your mother. And from that hour, the disciple took her into his home.” (Jn 19:26-27)

We should have great devotion to the Blessed Virgin Mary since Jesus Himself has given her to us as our Mother to guide us to the Father’s House (Jn 19:25-28). The Rosary is a powerful scriptural prayer seeking the intercession of the Blessed Virgin (Mt 6:9-13; Lk 1:28,42; Jn 2:1-11). When we recite the Rosary daily, we contemplate the mysteries of the life of Christ. As experienced by Elizabeth, John the Baptist and the first disciples, we too will be filled with the joy of the Holy Spirit through the prayers of the Mother of God. (Lk 1:39-45; Acts 1:14)

5. Night Prayer

He came back to the disciples and found them sleeping, and He said to Peter, “So you had not the strength to stay awake with Me for one hour? Stay awake and pray not to be put to the test. The spirit is willing enough, but human nature is weak.” (Mt 26:40-41)

Staying awake during the watches of the night in the

company of Jesus will strengthen us to withstand every temptation. (1Cor 10:13)

When we pray during the watches of the night, we become spiritually one with Christ, and several mysteries of the Spirit will be revealed to us. (Ps 119:62,148; 1Cor 6:17)

For Scriptural readings during night prayer, please see page 37.

6. Fasting

“He answered, “This is the kind that can be driven out only by prayer and fasting.” (Mk 9:29)

If we fast and pray once a week, we will be set free from spiritual bondages (Mk 9:29; Tob 12:8; Jn 8:36) and grow in humility (Ps 69:10; Jdt 4:9). By fasting, we receive strength to withstand temptation. Before starting His public ministry, Jesus went to the desert and spent forty days in fasting and prayer to be strengthened in the power of the Holy Spirit. (Lk 4:1-14)

7. Reading the Scriptures

“Have the Book of this Law always on your lips; meditate on it day and night, so that you may carefully keep everything that is written in it. Then your undertakings will prosper, then you will

have success.” (Jos 1:8)

Daily and devout reading of the Scriptures and treasuring them in our hearts is a sure means to grow in one’s spiritual life. When we read the Scriptures, we come into contact with the living and enduring Word of God by which we are constantly renewed in our spiritual life.

THE IMPORTANCE OF SCRIPTURAL PRAYER

“Stay awake, praying at all times for the strength to survive all that is going to happen, and to hold your ground before the Son of Man.” (Lk 21:36)

Prayer in the Word of God

On our spiritual journey, constant prayer is of great importance (1Th 5:17). Reading and meditating on the Scripture is the greatest prayer (Lk 2:19; Jn 4:23-24). Prayer in the Word of God has immense power (Ps 119:9-11), because:

The Word of God is Jesus. (Jn 1:1-3; Rev 19:13)

The Word of God is Spirit and Life. (Jn 6:63)

The Word of God is Truth. (Jn 17:17)

The Word of God is Jesus Himself. When we read the Bible, it is Jesus Who speaks to us. That is why St Ambrose said, *“We address Him when we pray; we hear Him when we read.”* When we pray, we should draw near to God’s Word like the prophet Samuel who said, *“Speak, Lord, your servant is listening.” (1Sam 3:10)*

The Word of God is Spirit, so when we pray and meditate on the Scriptures, we will be filled with the Holy Spirit and come to understand the mind of God. (Acts 10:44; Rom 8:26-27; Wis 9:17)

The Word of God is the Truth that sets all people free (Jn 8:32; Jn 14:6). We often make many mistakes because of our ignorance of the Scriptures. (Mt 22:29; Mk 12:24)

Praying in our own words may have its imperfections, but praying in the Word of God is the perfect prayer. (Mt 6:7-8; Mk 13:31; Sir 7:14)

Word of God – the Real Light

The Word of God is the Real Light (Jn 1:9). The world is full of darkness (1Jn 5:19) and we need the light of the Word of God everyday to prevent the darkness from overcoming us. (Ps 119:105; Jn 1:4-5)

Word of God – the True Nourishment

The Word of God is the true nourishment for our soul (Mt 4:4; Dt 8:3), so it preserves our lives. (Wis 16:26)

Word of God – the Living Water

The Word of God is the Living Water that “*will become*

a spring of water within, welling up for eternal life” (Jn 4:14; Jn 7:37-38; Jer 2:13). As we read, listen and meditate on the Word of God, we are cleansed, refreshed and healed. (Jn 15:3; Ps 19:7; Wis 16:12)

By steadfastly following the Scriptural readings set down in this booklet, we will be able to experience God’s power to change our lives completely and to produce within us the fruit of love, spiritual discernment and holiness.

The aim of this booklet is to help us pray and grow everyday in the Word of God:

Yes, to live Everyday with Jesus. (Ps 84:10)

SCRIPTURAL PRAYERS

MORNING PRAYER

“At daybreak You hear my voice; at daybreak I lay my case before You and fix my eyes on You.” (Ps 5:3)

Scriptural prayers at daybreak open our heart to receive the loving gaze of God, melt our sins away and renew us in His Love. (Wis 16:27-29; Lam 3:22-23)

Make the Sign of the Cross and lift your hands and praise. (Sir 48:20; Job 11:13; Rom 4:20)

Pray the ‘Our Father’ (Lk 11:2-4; Mt 6:9-13) and the ‘Hail Mary’ (Lk 1:28,42), followed by:

Psalm 91

Protection of God

Ephesians 6:10-20

The Spiritual War

Wisdom 9

Prayer for Wisdom

Psalm 25

Prayer for Guidance

Psalm 143

Prayer for Mercy

Sirach 23:1-6

Prayer for Self-control

Psalm 91 – The Protection of God

¹ He who dwells in the shelter of the Most High
and abides in the shade of the Almighty

² says to the Lord: ‘My refuge,
my stronghold, my God in whom I trust!’

³ It is he who will free you from the snare
of the fowler who seeks to destroy you;

⁴ he will conceal you with his pinions
and under his wings you will find refuge.
His faithfulness is buckler and shield.

⁵ You will not fear the terror of the night
nor the arrow that flies by day,

⁶ nor the plague that prowls in the darkness
nor the scourge that lays waste at noon.

⁷ A thousand may fall at your side,
ten thousand fall at your right,
you, it will never approach;

⁸ Your eyes have only to look
to see how the wicked are repaid,

⁹ you who have said: ‘Lord, my refuge!’
and have made the Most High your dwelling.

¹⁰ Upon you no evil shall fall,
no plague approach where you dwell.
¹¹ For you has he commanded his angels,
to keep you in all your ways.

¹² They shall bear you upon their hands
lest you strike your foot against a stone.
¹³ On the lion and the viper you will tread
and trample the young lion and the dragon.

¹⁴ Since he clings to me in love, I will free him;
protect him for he knows my name.

¹⁵ When he calls I shall answer: 'I am with you.'
I shall save him in distress and give him glory.

¹⁶ With length of life I will content him;
I shall let him see my saving power.

Ephesians 6:10-20 – The Spiritual War

¹⁰ Finally, grow strong in the Lord, with the strength of his power. ¹¹ Put on the full armour of God so as to be able to resist the devil's tactics. ¹² For it is not against human enemies that we have to struggle, but against the principalities and the ruling forces who are masters of the darkness in this world, the spirits of evil in the heavens.

¹³ That is why you must take up all God's armour, or you will not be able to put up any resistance on the evil day, or stand your ground even though you exert yourselves to the full.

¹⁴ So stand your ground, with truth a belt round your waist, and uprightness a breastplate, ¹⁵ wearing for shoes on your feet the eagerness to spread the gospel of peace ¹⁶ and always carrying the shield of faith so that you can use it to quench the burning arrows of the evil one. ¹⁷ And then you must take salvation as your helmet and the sword of the Spirit, that is, the word of God.

¹⁸ In all your prayer and entreaty keep praying in the Spirit on every possible occasion. Never get tired of staying awake to pray for all God's holy people, ¹⁹ and pray for me to be given an opportunity to open my mouth and fearlessly make known the mystery of the Gospel ²⁰ of which I am an ambassador in chains; pray that in proclaiming it I may speak as fearlessly as I ought to.

Wisdom 9 – Prayer for Wisdom

¹ God of our ancestors, Lord of mercy, who by your word have made the universe, ² and in your wisdom have fitted human beings to rule the creatures that you have made,

³ to govern the world in holiness and saving justice and in honesty of soul to dispense fair judgement, ⁴ grant me Wisdom, consort of your throne, and do not reject me from the number of your children. ⁵ For I am your servant, son of your serving maid, a feeble man, with little time to live, with small understanding of justice and the laws. ⁶ Indeed, were anyone perfect among the sons of men, if he lacked the Wisdom that comes from you, he would still count for nothing.

⁷ You have chosen me to be king over your people, to be judge of your sons and daughters. ⁸ You have bidden me build a temple on your holy mountain, and an altar in the city where you have pitched your tent, a copy of the holy Tent which you prepared at the beginning.

⁹ With you is Wisdom, she who knows your works, she who was present when you made the world; she understands what is pleasing in your eyes and what agrees with your commandments. ¹⁰ Despatch her from the holy heavens, send her forth from your throne of glory to help me and to toil with me and teach me what is pleasing to you; ¹¹ since she knows and understands everything she will guide me prudently in my actions and will protect

me with her glory. ¹² Then all I do will be acceptable, I shall govern your people justly and be worthy of my father's throne.

¹³ What human being indeed can know the intentions of God? And who can comprehend the will of the Lord? ¹⁴ For the reasoning of mortals is inadequate, our attitudes of mind unstable; ¹⁵ for a perishable body presses down the soul, and this tent of clay weighs down the mind with its many cares.

¹⁶ It is hard enough for us to work out what is on earth, laborious to know what lies within our reach; who, then, can discover what is in the heavens? ¹⁷ And who could ever have known your will, had you not given Wisdom and sent your Holy Spirit from above?

¹⁸ Thus have the paths of those on earth been straightened and people have been taught what pleases you, and have been saved, by Wisdom.

Psalm 25 – Prayer for Guidance

¹ To you, O Lord, I lift up my soul.

² I trust you, let me not be disappointed;
do not let my enemies triumph.

³Those who hope in you shall not be disappointed,
but only those who wantonly break faith.

⁴Lord, make me know your ways.

Lord teach me your paths.

⁵Make me walk in your truth, and teach me:

for you are God my saviour.

In you I hope all day long

⁶because of your goodness, O Lord.

⁷Remember your mercy, Lord,

and the love you have shown from of old.

⁸Do not remember the sins of my youth.

In your love remember me.

⁹The Lord is good and upright.

He shows the path to those who stray,

¹⁰He guides the humble in the right path;

He teaches his way to the poor.

¹¹His ways are faithfulness and love

for those who keep his covenant and law.

Lord, for the sake of your name

forgive my guilt; for it is great.

¹²If anyone fears the Lord

he will show him the path he should choose.

¹³ His soul shall live in happiness
and his children shall possess the land.

¹⁴ The Lord's friendship is for those who revere him;
to them he reveals his covenant.

¹⁵ My eyes are always on the Lord;
for he rescues my feet from the snare.

¹⁶ Turn to me and have mercy
for I am lonely and poor.

¹⁷ Relieve the anguish of my heart
and set me free from my distress.

¹⁸ See my affliction and my toil
and take all my sins away.

¹⁹ See how many are my foes;
how violent their hatred for me.

²⁰ Preserve my life and rescue me.
Do not disappoint me, you are my refuge.

²¹ May innocence and uprightness protect me:
for my hope is in you, O Lord.

²² Redeem Israel, O God, from all its distress.

Psalm 143 – Prayer for Mercy

¹ Lord, listen to my prayer:
turn your ear to my appeal.

You are faithful, you are just; give answer.

² Do not call your servant to judgement
for no one is just in your sight.

³ The enemy pursues my soul;
he has crushed my life to the ground;
he has made me dwell in darkness
like the dead, long forgotten.

⁴ Therefore my spirit fails;
my heart is numb within me.

⁵ I remember the days that are past:
I ponder all your works.
I muse on what your hand has wrought

⁶ and to you I stretch out my hands.
Like a parched land my soul thirsts for you.

⁷ Lord, make haste and answer;
for my spirit fails within me.
Do not hide your face
lest I become like those in the grave.

⁸ In the morning let me know your love

for I put my trust in you.
Make me know the way I should walk:
to you I lift up my soul.

⁹ Rescue me, Lord, from my enemies;
I have fled to you for refuge.

¹⁰ Teach me to do your will
for you, O Lord, are my God.
Let your good Spirit guide me
in ways that are level and smooth.

¹¹ For your name's sake Lord, save my life;
in your justice save my soul from distress.

¹² In your faithful love annihilate my enemies,
destroy all those who oppress me,
for I am your servant.

Sirach 23:1-6 – Prayer for Self-control

¹ Lord, Father and Master of my life,
do not abandon me to their whims,
do not let me fall because of them.

² Who will lay whips to my thoughts,
and the discipline of wisdom to my heart,
to be merciless to my errors

and not let my sins go unchecked,
³for fear my errors should multiply
and my sins then abound
and I fall before my adversaries,
and my enemy gloat over me?

⁴Lord, Father and God of my life,
do not let my eyes be proud,
⁵turn envy away from me,
⁶do not let lechery and lust grip me,
do not leave me a prey to shameless desire.

PRAYER FOR HUMILITY

“He must grow greater, I must grow less.” (Jn 3:30)

Pray often for humility because the Lord says – “But My eyes are drawn to the person of humbled and contrite spirit, who trembles at My Word” (Is 66:2). Before reading the Bible, meditate on Sirach 3:18 which says – *“The greater you are, the more humbly you should behave, and then you will find favour with the Lord.”* It is only by becoming humble that we can receive the Grace of God. (Lk 1:48-49; Num 12:3; 1Pet 5:5; Jm 4:6)

Prayerfully reading the passage on the humility of Christ - Who even though He was God, emptied Himself and assumed the condition of a slave in obedience to the Father’s Will - and taking this mystery to heart will help us acquire the virtue of humility.

Philippians 2:1-11 – Prayer for Humility

¹ So if in Christ there is anything that will move you, any incentive in love, any fellowship in the Spirit, any warmth or sympathy – I appeal to you, ² make my joy complete by being of a single mind, one in love, one in heart and one in mind. ³ Nothing is to be done out of jealousy or

vanity; instead, out of humility of mind everyone should give preference to others, ⁴ everyone pursuing not selfish interests but those of others. ⁵ Make your own the mind of Christ Jesus:

⁶ Who, being in the form of God, did not count equality with God something to be grasped.

⁷ But he emptied himself, taking the form of a slave, becoming as human beings are; and being in every way like a human being,

⁸ he was humbler yet, even to accepting death, death on a cross.

⁹ And for this God raised him high, and gave him the name which is above all other names;

¹⁰ so that all beings in the heavens, on earth and in the underworld, should bend the knee at the name of Jesus

¹¹ and that every tongue should acknowledge Jesus Christ as Lord, to the glory of God the Father.

PRAYER DURING THE DAY

“My mouth is full of your praises, filled with your splendour all day long.” (Ps 71:8)

Prayer and praise offered to God during the day enable us to experience His continual protection.

During the day, read at least one chapter from:

The Psalms

The Gospel of St John

The Books of Wisdom

Reading the Psalms will give us spiritual strength in the time of trouble and suffering (Ps 94:18-19), and will also impart to us a grateful (Ps 103:1-5) and innocent heart. (Ps 7:10)

Psalms 34 and Psalm 107 can be recited during the day invoking God's protection and in thanksgiving for His salvation.

Psalm 34

In Praise of God's Justice

Psalm 107

God, a Refuge in Every Danger

Reading the Gospel of St John will fill us with the Spirit of Love. Love is the foundation of our spiritual life (Eph 3:14-19; 1Cor 13). Reading the first chapter (Jn 1:1-51) twenty five times will help us to obtain a strong foundation of faith. (Mt 7:24-25)

Reading the Books of Wisdom (Proverbs, Wisdom, Sirach) and the Epistle of St James will help us to receive the Spirit of Wisdom (Wis 7:7; Jm 1:5) *“so that you may discern for yourselves what is the Will of God – what is good and acceptable and mature.”* (Rom 12:2; Pr 1:1-7; Sir 50:27-29; Wis 7:22-30)

Psalm 34 – In Praise of God’s Justice

¹ I will bless the Lord at all times,
his praise always on my lips;
² in the Lord my soul shall make its boast.
The humble shall hear and be glad.

³ Glorify the Lord with me.
Together let us praise his name.

⁴ I sought the Lord and he answered me;
from all my terrors he set me free.

⁵ Look towards him and be radiant;
let your faces not be abashed.

⁶ This poor man called; the Lord heard him
and rescued him from all his distress.

⁷ The angel of the Lord is encamped
around those who revere him, to rescue them.

⁸ Taste and see that the Lord is good.

He is happy who seeks refuge in him.

⁹ Revere the Lord, you his saints.

They lack nothing, those who revere him.

¹⁰ Strong lions suffer want and go hungry
but those who seek the Lord lack no blessing.

¹¹ Come, children, and hear me
that I may teach you the fear of the Lord.

¹² Who is he who longs for life
and many days, to enjoy his prosperity?

¹³ Then keep your tongue from evil
and your lips from speaking deceit.

¹⁴ Turn aside from evil and do good;
seek and strive after peace.

¹⁵ The Lord turns his face against the wicked
to destroy their remembrance from the earth.

¹⁶ The Lord turns his eyes to the just
and his ears to their appeal.

¹⁷ They call and the Lord hears
and rescues them in all their distress.

¹⁸ The Lord is close to the broken-hearted;
those whose spirit is crushed he will save.

¹⁹ Many are the trials of the just man
but from them all the Lord will rescue him.

²⁰ He will keep guard over all his bones,
not one of his bones shall be broken.

²¹ Evil brings death to the wicked;
those who hate the good are doomed.

²² The Lord ransoms the souls of his servants.
Those who hide in him shall not be condemned.

Psalm 107 – God, a Refuge in Every Danger

¹ ‘O give thanks to the Lord for he is good;
for his love endures for ever.’

² Let them say this, the Lord’s redeemed,
whom he redeemed from the hand of the foe

³ and gathered from far-off lands,
from east and west, north and south.

⁴ Some wandered in the desert, in the wilderness,
finding no way to a city they could dwell in.

⁵ Hungry they were and thirsty;
their soul was fainting within them.

⁶ Then they cried to the Lord in their need
and he rescued them from their distress

⁷ and he led them along the right way,
to reach a city they could dwell in.

⁸ Let them thank the Lord for his love,
for the wonders he does for men.

⁹ For he satisfies the thirsty soul;
he fills the hungry with good things.

¹⁰ Some lay in darkness and in gloom,
prisoners in misery and chains,

¹¹ having defied the words of God
and spurned the counsels of the Most High.

¹² He crushed their spirit with toil;
they stumbled; there was no one to help.

¹³ Then they cried to the Lord in their need
and he rescued them from their distress.

¹⁴ He led them forth from darkness and gloom
and broke their chains to pieces.

¹⁵ Let them thank the Lord for his goodness,
for the wonders he does for men:

¹⁶ for he bursts the gates of bronze
and shatters the iron bars.

¹⁷ Some were sick on account of their sins

and afflicted on account of their guilt.

¹⁸ They had loathing for every food;
they came close to the gates of death.

¹⁹ Then they cried to the Lord in their need
and he rescued them from their distress.

²⁰ He sent forth his word to heal them
and saved their life from the grave.

²¹ Let them thank the Lord for his love,
for the wonders he does for men.

²² Let them offer a sacrifice of thanks
and tell of his deeds with rejoicing.

²³ Some sailed to the sea in ships
to trade on the mighty waters.

²⁴ These men have seen the Lord's deeds,
the wonders he does in the deep.

²⁵ For he spoke; he summoned the gale,
raising up the waves of the sea.

²⁶ Tossed up to heaven, then into the deep,
their soul melted away in their distress.

²⁷ They staggered, reeled like drunken men,
for all their skill was gone.

²⁸ Then they cried to the Lord in their need
and he rescued them from their distress.

²⁹ He stilled the storm to a whisper:
all the waves of the sea were hushed.

³⁰ They rejoiced because of the calm
and he led them to the haven they desired.

³¹ Let them thank the Lord for his love,
the wonders he does for men.

³² Let them exalt him in the gathering of the people
and praise him in the meeting of the elders.

³³ He changes streams into a desert,
springs of water into thirsty ground,

³⁴ fruitful land into a salty waste,
for the wickedness of those who live there.

³⁵ But he changes desert into streams
thirsty ground into springs of water.

³⁶ There he settles the hungry
and they build a city to dwell in.

³⁷ They sow fields and plant their vines;
these yield crops for the harvest.

³⁸ He blesses them; they grow in numbers.

He does not let their herds decrease.

³⁹They diminish, are reduced to nothing
by oppression, evil and sorrow.

⁴⁰He pours contempt upon princes,
makes them wander in trackless wastes.

⁴¹But he raises the needy from distress;
makes families numerous as a flock.

⁴²The upright see it and rejoice
but all who do wrong are silenced.

⁴³Whoever is wise, let him heed these things
and consider the love of the Lord.

EVENING PRAYER

“May my prayer be like incense in Your presence, my uplifted hands like the evening sacrifice.” (Ps 141:2)

Prayer during the evening hours is a time to thank God for the gifts we have received, to intercede for others and to beseech God’s protection.

It is ideal to recite the Magnificat – the most powerful hymn of praise – after the evening rosary to give praise to God for the gifts we have received.

Before going to bed, we should read John 17 – the prayer of Jesus for His disciples – the greatest intercessory prayer (Lk 22:31-32). This prayer will help us to be free from the attack of all evil spirits.

Luke 1:46-55

The Magnificat

John 17

The Prayer of Jesus

Psalms 4

Evening Prayer

1 John 4:1-21

The Love of God

Luke 2:29-32

The Canticle of Simeon

Luke 1:46-55 – The Magnificat

⁴⁶ My soul glorifies the Lord,

⁴⁷ my spirit rejoices in God, my Saviour.

⁴⁸ He looks on his servant in her lowliness,
henceforth all ages will call me blessed.

⁴⁹ The Almighty works marvels for me.
Holy his name!

⁵⁰ His mercy is from age to age,
on those who fear him.

⁵¹ He puts forth his arm in strength
and scatters the proud-hearted.

⁵² He casts the mighty from their thrones
and raises the lowly.

⁵³ He fills the starving with good things,
sends the rich away empty.

⁵⁴ He protects Israel, his servant,
remembering his mercy,

⁵⁵ the mercy promised to our fathers,
to Abraham and his sons for ever.

John 17 – The Prayer of Jesus

¹ After saying this, Jesus raised his eyes to heaven and said: Father, the hour has come: glorify your Son so that your Son may glorify you; ² so that, just as you have given him power over all humanity, he may give eternal life to all those you have entrusted to him. ³ And eternal life is this: to know you, the only true God, and Jesus Christ whom you have sent. ⁴ I have glorified you on earth by finishing the work that you gave me to do.

⁵ Now, Father, glorify me with that glory I had with you before ever the world existed. ⁶ I have revealed your name to those whom you took from the world to give me. They were yours and you gave them to me, and they have kept your word. ⁷ Now at last they have recognised that all you have given me comes from you ⁸ for I have given them the teaching you gave to me, and they have indeed accepted it and know for certain that I came from you, and have believed that it was you who sent me.

⁹ It is for them that I pray. I am not praying for the world but for those you have given me, because they belong to you. ¹⁰ All I have is yours and all you have is mine, and in them I am glorified. ¹¹ I am no longer in the world, but

they are in the world, and I am coming to you.

Holy Father, keep those you have given me true to your name, so that they may be one like us. ¹² While I was with them, I kept those you had given me true to your name. I have watched over them and not one is lost except one who was destined to be lost, and this was to fulfill the scriptures.

¹³ But now I am coming to you and I say these things in the world to share my joy with them to the full. ¹⁴ I passed your word onto them, and the world hated them, because they belong to the world no more than I belong to the world. ¹⁵ I am not asking you to remove them from the world, but to protect them from the evil one. ¹⁶ They do not belong to the world any more than I belong to the world.

¹⁷ Consecrate them in the truth; your word is truth. ¹⁸ As you sent me into the world, I have sent them into the world, ¹⁹ and for their sake I consecrate myself so that they too may be consecrated in truth. ²⁰ I pray not only for these but also for those who through their teaching will come to believe in me.

²¹ May they all be one, just as, Father, you are in me and

I am in you, so that they also may be in us, so that the world may believe it was you who sent me. ²² I have given them the glory you gave to me, that they may be one as we are one. ²³ With me in them and you in me, may they be so perfected in unity that the world will recognise that it was you who sent me and that you have loved them as you have loved me.

²⁴ Father, I want those you have given me to be with me where I am, so that they may always see my glory which you have given me because you loved me before the foundation of the world.

²⁵ Father, Upright One, the world has not known you, but I have known you, and these have known that you have sent me. ²⁶ I have made your name known to them and will continue to make it known, so that the love with which you loved me may be in them, and so that I may be in them.

Luke 2:29-32 – The Canticle of Simeon

²⁹ At last, all-powerful Master,
you give leave to your servant
to go in peace, according to your promise.

³⁰ For my eyes have seen your salvation
³¹ which you have prepared for all nations,
³² the light to enlighten the Gentiles
and give glory to Israel, your people.

NIGHT PRAYER

During the watches of the night, we should read the following prayers:

<i>Ps 91</i>	<i>1K 8:22-61</i>	<i>Dan 3</i>
<i>Ps 1, 15, 23, 32</i>	<i>1Ch 16:8-36</i>	<i>Dan 9</i>
<i>Ps 37, 51, 63</i>	<i>Neh 9</i>	<i>Jonah 2</i>
<i>Ps 103, 121</i>	<i>Tob 12, 13</i>	<i>Hab 3</i>
<i>Ps 139, 150</i>	<i>Jdt 9</i>	<i>Lk 1:46-55</i>
<i>Ex 15:1-21</i>	<i>Sir 51</i>	<i>Lk 1:68-79</i>
<i>Dt 32:1-43</i>	<i>Is 12</i>	<i>Jn 15</i>
<i>1Sam 2:1-10</i>	<i>Is 26</i>	<i>Jn 17</i>
<i>2Sam 22</i>	<i>Bar 3</i>	<i>Jm 1, 2, 3</i>

Meditating on 11 verses of Psalm 119 every night will greatly enrich our soul. (Ps 119:130)

The spiritually mature (Heb 5:11-14) should pray that the following verses may be revealed to them:

<i>Is 45:3</i>	<i>1Cor 2:11</i>	<i>Jn 12:24-26</i>
<i>Acts 13:10</i>	<i>1Cor 12:10</i>	<i>1Jn 3:8</i>
<i>Rom 8:11</i>	<i>Jn 6:63</i>	

PRAYERS OF REPENTANCE

“The time is fulfilled, and the Kingdom of God is close at hand. Repent and believe in the Gospel.” (Mk 1:15)

Repentance is an ongoing process. The Holy Spirit will remind us of our unworthiness (Jn 16:8) and our need to be cleansed by the Lord everyday (Lk 5:8; Ps 51:10). Constant conversion is the key to grow daily in the grace and knowledge of the Lord. (2Pet 3:18)

Reading Psalms 51, 32 and 69 helps us obtain a clean and repentant heart. These psalms can be read before making a confession. It is helpful to pray Psalm 51 before Mass to prepare our heart to receive Jesus. (1Cor 11:23-32; Mt 8:8)

Psalm 51

Prayer of Contrition

Psalm 32

Candid Admission of Sin

Psalm 69

Prayer of Lamentation

Psalm 51 – Prayer of Contrition

¹ Have mercy on me, God, in your kindness.

In your compassion blot out my offence.

² O wash me more and more from my guilt
and cleanse me from my sin.

³ My offences truly I know them;
my sin is always before me.

⁴ Against you, you alone, have I sinned;
what is evil in your sight I have done.

That you may be justified when you give sentence
and be without reproach when you judge,

⁵ O see, in guilt I was born,
a sinner was I conceived.

⁶ Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.

⁷ O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

⁸ Make me hear rejoicing and gladness,
that the bones you have crushed may revive.

⁹ From my sins turn away your face
and blot out all my guilt.

¹⁰ A pure heart create for me, O God,
put a steadfast spirit within me.

¹¹ Do not cast me away from your presence,
nor deprive me of your Holy Spirit.

¹² Give me again the joy of your help;
with a spirit of fervour sustain me,

¹³ that I may teach transgressors your ways
and sinners may return to you.

¹⁴ O rescue me, God, my helper,
and my tongue shall ring out your goodness.

¹⁵ O Lord, open my lips
and my mouth shall declare your praise.

¹⁶ For in sacrifice you take no delight,
burnt offering from me you would refuse,

¹⁷ my sacrifice a contrite spirit.

A humbled, contrite heart you will not spurn.

¹⁸ In your goodness, show favour to Sion:
rebuild the walls of Jerusalem.

¹⁹ Then you will be pleased with lawful sacrifice,
holocausts offered on your altar.

PRAYERS OF THANKSGIVING & PRAISE

I will bless the Lord at all times, His praise always on my lips; In the Lord my soul shall make its boast. The humble shall hear and be glad. Glorify the Lord with me. Together let us praise His Name. (Ps 34:1-3)

God calls on all people, great and small, to praise Him (Rev 19:5-6). When we praise God, our bondages are broken (Acts 16:25-26), our faith increases (Rom 4:20), and we come out of the darkness into His wonderful light. (1Pet 2:9-10) If we do not acknowledge God or give thanks to Him, our thoughts will become futile and our minds will be darkened. (Rom 1:21)

Jesus our Lord thanked and praised the Father on numerous occasions (Jn 6:11; Mt 11:25; Jn 11:41-42). Mary the Mother of Jesus sang her Magnificat to God when Elizabeth acclaimed her as Mother of the Lord (Lk 1:46-55). St Paul tells us that we should always be thankful and sing psalms, hymns and inspired songs to God. (1 Th 5:18; Eph 5:18-19; Col 3:16-17)

We should praise God seven times a day (Ps 119:164). Raising our hands to the Lord will increase the effectiveness of our prayers. (Ex 17:11-14; Ps 28:2; Job 11:13; Sir 48:20; 1Tim 2:8)

When we praise God, our voices join the angels and saints in praise (Is 6:3-5; Rom 8:15-16; Jn 20:28). A Christian's life should be "a hymn of praise to the Most Holy Trinity." (Ps 119:175; Ps 89:1)

Psalms 113-118 ("The Hallel") – the great hymn of praise – was recited by Jesus after the Last Supper (Mt 26:30). When we raise our hands and recite these Psalms after receiving Holy Communion, we will obtain great spiritual strength. (1Jn 3:9)

Psalm 23 can be recited before meals or when we receive a new gift - when the Lord is our Shepherd, we will lack nothing good. Psalms 30, 50, 136, 138, 149 and 150 are psalms which can be recited in thanksgiving to God for all His blessings in our lives.

<i>Psalms 113-118</i>	<i>The 'Hallel'</i>
<i>Psalm 23</i>	<i>The Good Shepherd</i>
<i>Psalm 30</i>	<i>Thanksgiving after Mortal Danger</i>
<i>Psalm 50</i>	<i>Worship in Spirit and Truth</i>
<i>Psalm 136</i>	<i>Litany of Thanksgiving</i>
<i>Psalm 138</i>	<i>Hymn of Thanksgiving</i>
<i>Psalm 149</i>	<i>Song of Triumph</i>
<i>Psalm 150</i>	<i>Final Chorus of Praise</i>

PSALM 113 – 118 ‘THE HALLEL’

Psalm 113 – Praised be the Name of the Lord

¹ Praise, O servants of the Lord,
praise the name of the Lord!

² May the name of the Lord be blessed
both now and for evermore!

³ From the rising of the sun to its setting
praised be the name of the Lord!

⁴ High above all nations is the Lord,
above the heavens his glory.

⁵ Who is like the Lord, our God,
who has risen on high to his throne

⁶ yet stoops from the heights to look down,
to look down upon heaven and earth?

⁷ From the dust he lifts up the lowly,
from his misery he raises the poor

⁸ to set him in the company of princes,
yes, with the princes of his people.

⁹ To the childless wife he gives a home
and gladdens her heart with children.

Psalm 114 – Passover Hymn

¹When Israel came forth from Egypt,
Jacob's sons from an alien people,
²Judah became the Lord's temple,
Israel became his kingdom.

³The sea fled at the sight:
the Jordan turned back on its course,
⁴the mountains leapt like rams
and the hills like yearling sheep.

⁵Why was it, sea, that you fled,
that you turned back, Jordan, on your course?

⁶Mountains, that you leapt like rams,
hills, like yearling sheep?

⁷Tremble, O earth, before the Lord,
in the presence of the God of Jacob,
⁸who turns the rock into a pool
and flint into a spring of water.

Psalm 115 – Praise of the God of Truth

¹Not to us, Lord, not to us,
but to your name give the glory
for the sake of your love and your truth,

²lest the heathen say: 'Where is their God?'

³But our God is in the heavens;

He does whatever he wills.

⁴Their idols are silver and gold,

the work of human hands.

⁵They have mouths but they cannot speak;

they have eyes but they cannot see;

⁶they have ears but they cannot hear;

they have nostrils but they cannot smell.

⁷With their hands they cannot feel;

with their feet they cannot walk.

No sound comes from their throats.

⁸Their makers will come to be like them

and so will all who trust in them.

⁹Sons of Israel, trust in the Lord;

He is their help and their shield.

¹⁰Sons of Aaron, trust in the Lord;

He is their help and their shield.

¹¹You who fear him, trust in the Lord;

He is their help and their shield.

¹²He remembers us, and he will bless us;

He will bless the sons of Israel.

He will bless the sons of Aaron.

¹³The Lord will bless those who fear him,
the little no less than the great:

¹⁴to you may the Lord grant increase,
to you and all your children.

¹⁵May you be blessed by the Lord,
the maker of heaven and earth.

¹⁶The heavens belong to the Lord
but the earth he has given to men.

¹⁷The dead shall not praise the Lord,
nor those who go down into the silence.

¹⁸But we who live bless the Lord
now and for ever. Amen.

Psalm 116 - Thanksgiving

¹I love the Lord for he has heard
the cry of my appeal;

²for he turned his ear to me
in the day when I called him.

³They surrounded me, the snares of death,
with the anguish of the tomb;
they caught me, sorrow and distress.

⁴I called on the Lord's name.
O Lord my God, deliver me!

⁵How gracious is the Lord, and just;
our God has compassion.

⁶The Lord protects the simple hearts;
I was helpless so he saved me.

⁷Turn back, my soul, to your rest
for the Lord has been good;

⁸he has kept my soul from death,
my eyes from tears
and my feet from stumbling.

⁹I will walk in the presence of the Lord
in the land of the living.

¹⁰I trusted, even when I said:
'I am sorely afflicted,'

¹¹and when I said in my alarm:
'No man can be trusted.'

¹²How can I repay the Lord
for his goodness to me?

¹³The cup of salvation I will raise;
I will call on the Lord's name.

¹⁴ My vows to the Lord I will fulfil
before all his people.

¹⁵ O precious in the eyes of the Lord
is the death of his faithful.

¹⁶ Your servant, Lord, your servant am I;
you have loosened my bonds.

¹⁷ A thanksgiving sacrifice I make:
I will call on the Lord's name.

¹⁸ My vows to the Lord I will fulfil
before all his people,

¹⁹ in the courts of the house of the Lord,
in your midst, O Jerusalem.

Psalm 117 – Praise to the God of Mercy

¹ O praise the Lord, all you nations,
acclaim him all you peoples!

² Strong is his love for us;
He is faithful for ever.

Psalm 118 – Song of Rejoicing in Salvation

¹ Give thanks to the Lord for he is good,
for his love endures for ever.

² Let the sons of Israel say:

‘His love endures for ever.’

³ Let the sons of Aaron say:

‘His love endures for ever.’

⁴ Let those who fear the Lord say:

‘His love endures for ever.’

⁵ I called to the Lord in my distress;

He answered and freed me.

⁶ The Lord is at my side; I do not fear.

What can man do against me?

⁷ The Lord is at my side as my helper:

I shall look down on my foes.

⁸ It is better to take refuge in the Lord
than to trust in men:

⁹ it is better to take refuge in the Lord
than to trust in princes.

¹⁰ The nations all encompassed me;
in the Lord’s name I crushed them.

¹¹ They compassed me, compassed me about;
in the Lord’s name I crushed them.

¹² They compassed me about like bees;
they blazed like a fire among thorns.

In the Lord's name I crushed them.

¹³ I was hard-pressed and was falling
but the Lord came to help me.

¹⁴ The Lord is my strength and my song;
He is my saviour.

¹⁵ There are shouts of joy and victory
in the tents of the just.
The Lord's right hand has triumphed;

¹⁶ his right hand raised me.

The Lord's right hand has triumphed;

¹⁷ I shall not die, I shall live
and recount his deeds.

¹⁸ I was punished, I was punished by the Lord,
but not doomed to die.

¹⁹ Open to me the gates of holiness:
I will enter and give thanks.

²⁰ This is the Lord's own gate
where the just may enter.

²¹ I will thank you for you have answered
and you are my saviour.

²² The stone which the builders rejected
has become the corner stone.

²³ This is the work of the Lord,
a marvel in our eyes.

²⁴ This day was made by the Lord;
we rejoice and are glad.

²⁵ O Lord, grant us salvation;
O Lord, grant success.

²⁶ Blessed in the name of the Lord
is he who comes.

We bless you from the house of the Lord;

²⁷ the Lord God is our light.

Go forward in procession with branches
even to the altar.

²⁸ You are my God, I thank you.
My God, I praise you.

²⁹ Give thanks to the Lord for he is good;
for his love endures for ever.

OTHER PSALMS OF THANKSGIVING

Psalm 23 – The Good Shepherd

¹ The Lord is my shepherd;
there is nothing I shall want.

² Fresh and green are the pastures

where he gives me repose.

Near restful waters he leads me,

³ to revive my drooping spirit.

He guides me along the right path;

He is true to his name.

⁴ If I should walk in the valley of darkness
no evil would I fear.

You are there with your crook and your staff;
with these you give me comfort.

⁵ You have prepared a banquet for me
in the sight of my foes.

My head you have anointed with oil;
my cup is overflowing.

⁶ Surely goodness and kindness shall follow me
all the days of my life.

In the Lord's own house shall I dwell
for ever and ever.

Psalm 136 – Litany of Thanksgiving

¹ O give thanks to the Lord for he is good,
for his love endures for ever.

² Give thanks to the God of gods,
for his love endures for ever.

³ Give thanks to the Lord of lords,
for his love endures for ever;
⁴ who alone has wrought marvellous works,
for his love endures for ever;
⁵ whose wisdom it was made the skies,
for his love endures for ever;
⁶ who fixed the earth firmly on the seas,
for his love endures for ever.

⁷ It was he who made the great lights,
for his love endures for ever,
⁸ the sun to rule in the day,
for his love endures for ever,
⁹ the moon and stars in the night,
for his love endures for ever.

¹⁰ The first-born of the Egyptians he smote,
for his love endures for ever.

¹¹ He brought Israel out from their midst,
for his love endures for ever;
¹² arm outstretched, with power in his hand,
for his love endures for ever.

¹³ He divided the Red Sea in two,
for his love endures for ever;

¹⁴ he made Israel pass through the midst,
for his love endures for ever;

¹⁵ He flung Pharaoh and his force in the sea,
for his love endures for ever.

¹⁶ Through the desert his people he led,
for his love endures for ever.

¹⁷ Nations in their greatness he struck,
for his love endures for ever.

¹⁸ Kings in their splendour he slew,
for his love endures for ever.

¹⁹ Sihon, king of the Amorites,
for his love endures for ever;

²⁰ and Og, the king of Bashan,
for his love endures for ever.

²¹ He let Israel inherit their land,
for his love endures for ever.

²² On his servant their land he bestowed,
for his love endures for ever.

²³ He remembered us in our distress,
for his love endures for ever.

²⁴ And he snatched us away from our foes,
for his love endures for ever.

²⁵ He gives food to all living things,
for his love endures for ever.

²⁶ To the God of heaven give thanks,
for his love endures for ever.

PRAYERS FOR DELIVERANCE

“That evening they brought to Him many who were possessed by devils. He drove out the spirits with a command and cured all who were sick.” (Mt 8:16)

Christ’s Words have the power to cast out all evil spirits. These passages should be read aloud with faith:

Mk 1:21-28 Jesus cures a man with an unclean spirit

Mk 5:1-20 Jesus cures the Gerasene demoniac

Mk 9:14-29 Jesus cures a boy with an unclean spirit

To be set free from various temptations and evil spirits, we may also read the chapters Jn 13-17 and from the letters of John. Those who have various fears or worries can read the following Psalms to get courage from the Lord. (Ps 34:4; Ps 56:3-4)

Psalm 3 The Lord is my Protector

Psalm 27 Trust in time of affliction

Psalm 34 In Praise of God’s Justice

Psalm 46 God is with us

Psalm 56 Trust in God

Psalm 86 Prayer of a poor man in distress

Psalm 121 The Guardian of Israel

Mark 5:1-20 – The Gerasene demoniac

¹ They reached the territory of the Gerasenes on the other side of the lake, ² and when he disembarked, a man with an unclean spirit at once came out from the tombs towards him. ³ The man lived in the tombs and no one could secure him any more, even with a chain, ⁴ because he had often been secured with fetters and chains but had snapped the chains and broken the fetters, and no one had the strength to control him. ⁵ All night and all day, among the tombs and in the mountains, he would howl and gash himself with stones.

⁶ Catching sight of Jesus from a distance, he ran up and fell at his feet ⁷ and shouted at the top of his voice, ‘What do you want with me, Jesus, Son of the Most High God? In God’s Name do not torture me!’ ⁸ For Jesus had been saying to him, ‘Come out of the man, unclean spirit.’ ⁹ Then he asked, ‘What is your name?’ He answered, ‘My name is Legion, for there are many of us.’ ¹⁰ And he begged him earnestly not to send him out of the district.

¹¹ Now on the mountainside there was a great herd of pigs feeding, ¹² and the unclean spirits begged him, ‘Send us to the pigs, let us go into them.’ ¹³ So he gave them leave. With that, the unclean spirits came out and went into the

pigs, and the herd of about two thousand pigs charged down the cliff into the lake, and there they were drowned.

¹⁴ The men looking after them ran off and told their story in the city and in the country round about; and the people came to see what had really happened. ¹⁵ They came to Jesus and saw the demoniac sitting there – the man who had had the legion in him – properly dressed and in his full senses, and they were afraid. ¹⁶ And those who had witnessed it reported what had happened to the demoniac and what had become of the pigs. ¹⁷ Then they began to implore Jesus to leave their neighbourhood.

¹⁸ As he was getting into the boat, the man who had been possessed begged to be allowed to stay with him. ¹⁹ Jesus would not let him but said to him, ‘Go home to your people and tell them all that the Lord in his mercy has done for you.’

²⁰ So the man went off and proceeded to proclaim in the Decapolis all that Jesus had done for him. And everyone was amazed.

Deliverance Prayer (Mk 3:27; Mt 12:29) - (to be recited with prudence and only by the spiritually strong who lead holy and blameless lives)

“These are the signs that will be associated with believers: in My Name they will cast out devils” (Mk 16:17)

“Or again, how can anyone make his way into a strong man’s house and plunder his property unless he has first tied up the strong man? Only then can he plunder his house.” (Mt 12:28-29)

Jesus gave His disciples power over all evil spirits (Mk 16:15-18; Lk 9:1-6; Lk 10:19). He anointed them with His Spirit (Is 11:1-9; Is 61:1-2), and gave them the grace to bind all the powers of darkness (Mk 3:27; Mt 18:18; Mt 16:19; Is 22:22; Job 12:14). Once the Word of God abides in us, we become strong and have overcome the Evil One. (1Jn 2:14; Lk 10:17-20) When the Deliverance Prayer is made with faith in the Name of Jesus (Mt 17:19-21; Ph 2:9-11), God will send His angels to bind all evil spirits. (Tob 3:17)

While reciting this prayer, we must be prudent (Mt 10:16; 1Tim 5:22), seek the protection of God by praying Ps 91, and also be holy and blameless (Wis 5:19; Wis 6:10). The prayer should be made by two or more persons – one in heart and mind. (Mt 18:18-20; Lk 10:1; Acts 4:24; 1Cor 1:10; Ph 2:2)

Lord Jesus, protect and cleanse us and all that you have given us with Your Precious Blood. (Eph 1:7, 1Jn 1:7) – (now say the Psalm 91).

In the Name of Jesus of Nazareth, through His tremendous power as God, through His most powerful and salvific Name, and through the Grace and Power of His Holy Spirit, we rebuke, renounce, repudiate, bind and cast out every evil spirit, every Satanic force, in the air, on the earth, in the water, under the earth, in everything living and non-living; and we turn this evil over to the feet of Jesus, our Lord and our Saviour, for Him to take hold of and dispose of, according to His will. And we pray that the Holy Spirit will enter into that empty space left by that evil presence and that the Holy Spirit will remain there forever and not allow that evil presence to return - in the Name of Jesus - Amen.

Praise You, Jesus and Thank You, Jesus...

Hail Mary...

PRAYERS FOR THE SICK

“No herb, no poultice cured them, but Your all-healing Word, Lord.” (Wis 16:12)

“He sent out His Word and cured them, and rescued their life from the abyss.” (Ps 107:20)

The Word of God is the true medicine that heals our body, mind and soul (Pr 4:22). All of us need healing from the Lord - Christ came to heal all the wounds of our heart, mind and body - He is the Divine Healer (Mk 2:17, Mt 8:16-17, Ex 15:26). Therefore, we should pray to the Lord with confidence whenever we are afflicted (Jm 5:13-20), and turn to Him with a trustful and repentant heart. (Sir 38:9-10)

God allows certain sicknesses in our lives to sanctify us (2Cor 12:7-10). It is when we suffer and are afflicted that He is closer to us. (Ps 34:18; Ps 51:17; Ps 56:8)

Reading the Word of God devoutly, especially Psalm 38, Psalm 41 and John 17, will give comfort and healing in times of sickness.

Psalm 38

Prayer in distress

Psalm 41

Prayer of a sufferer deserted

John 17

The Prayer of Jesus

Psalm 38 – Prayer in Distress

¹ O Lord, do not rebuke me in your anger;
do not punish me, Lord, in your rage.

² Your arrows have sunk deep in me;
your hand has come down upon me.

³ Through your anger all my body is sick:
through my sin, there is no health in my limbs.

⁴ My guilt towers higher than my head;
it is a weight too heavy to bear.

⁵ My wounds are foul and festering,
the result of my own folly.

⁶ I am bowed and brought to my knees.
I go mourning all the day long.

⁷ All my frame burns with fever;
all my body is sick.

⁸ Spent and utterly crushed,
I cry aloud in anguish of heart.

⁹ O Lord, you know all my longing:
my groans are not hidden from you.

¹⁰ My heart throbs, my strength is spent;
the very light has gone from my eyes.

¹¹ My friends avoid me like a leper;

those closest to me stand afar off.

¹² Those who plot against my life lay snares;
those who seek my ruin speak of harm,
planning treachery all the day long.

¹³ But I am like the deaf who cannot hear,
like the dumb unable to speak.

¹⁴ I am like a man who hears nothing
in whose mouth is no defence.

¹⁵ I count on you, O Lord:
it is you, Lord God, who will answer.

¹⁶ I pray: 'Do not let them mock me,
those who triumph if my foot should slip.'

¹⁷ For I am on the point of falling
and my pain is always before me.

¹⁸ I confess that I am guilty
and my sin fills me with dismay.

¹⁹ My wanton enemies are numberless
and my lying foes are many.

²⁰ They repay me evil for good
and attack me for seeking what is right.

²¹ O Lord, do not forsake me!
My God, do not stay afar off!

²² Make haste and come to my help,

O Lord, my God, my saviour!

Psalm 41 – Prayer of a Sufferer Deserted

¹ Happy the man who considers the poor and the weak.

The Lord will save him in the day of evil,

² will guard him, give him life, make him happy in the land and will not give him up to the will of his foes.

³ The Lord will help him on his bed of pain, he will bring him back from sickness to health.

⁴ As for me, I said: ‘Lord, have mercy on me, heal my soul for I have sinned against you.’

⁵ My foes are speaking evil against me.

‘How long before he dies and his name be forgotten?’

⁶ They come to visit me and speak empty words, their hearts full of malice, they spread it abroad.

⁷ My enemies whisper together against me.

They all weigh up the evil which is on me:

⁸ ‘Some deadly thing has fastened upon him, he will not rise again from where he lies.’

⁹ Thus even my friend, in whom I trusted, who ate my bread, has turned against me.

¹⁰ But you, O Lord, have mercy on me.

Let me rise once more and I will repay them.

¹¹ By this I shall know that you are my friend,
if my foes do not shout in triumph over me.

¹² If you uphold me I shall be unharmed
and set in your presence for evermore.

¹³ Blessed be the Lord, the God of Israel
from age to age. Amen. Amen.

FORGIVENESS PRAYER

“Love your enemies and pray for those who persecute you; so that you may be children of your Father in Heaven.” (Mt 5:43-48)

Before we pray, we should forgive others anything that we might have against them - only then will God listen to our prayers (Mk 11:25-26). Unless we forgive others, God will not forgive us our sins (Mt 5:23-24; Mt 6:14-15). Keeping bitterness in our hearts will cause us to lose the Grace of God and holiness (Heb 12:14-15; Jer 15.10-14). Therefore, when someone has hurt us, we should forgive them from our heart and pray for them. (Mt 18:35; Sir 28:1-7). We can overcome the Devil's tactics only through forgiveness (2 Cor 2:10-11). When we draw close to the Lord by forgiving and praying for our enemies, He will bless us and turn them into our friends. (Job 42.10; Pr 16:7)

Jesus, full of love and mercy, forgive me all my faults and sins. Grant me the grace to ask forgiveness from (name) whom I have hurt. Also grant me the grace to forgive (name) who has hurt me. Mary, my mother, intercede for us.

Dear (name), in the Name of Jesus Christ, I ask forgiveness for all the hurt and anguish I have caused you. I also forgive you for any wrongs that you have

done to me. Jesus, full of love, I have now forgiven (name) and I pray that you grant (him/her) all spiritual, emotional and physical healing. Bless (his/her) family abundantly and fill our hearts with Your boundless love. Amen.

WEEKLY READINGS

Reading and meditating from the following chapters weekly will give us the experience of making a personal retreat with the Lord:

Matthew 5, 6, 7

The Sermon on the Mount

James 1

Various Instructions

1Corinthians 13

Love of God

Romans 12

The Mini Bible

Letters of John

Spirit of Love

Letters of Peter

Spirit of Faith

Letters of Paul

Spirit of Wisdom

Tobit 4

Spiritual Instructions

VERSES TO TREASURE

If we treasure the following verses from the Bible in our hearts, we will become spiritually strong (1Jn 2:14), and receive the grace to avoid sin (Ps 119:11; Rom 6:14-15; 1Jn 3:9):

Ps 91

Ps 136

Ps 1

Lk 1:46-55

Ph 2:1-11

Ps 15

2Pet 1:1-21

1Cor 13

Eph 6:10-20

Ps 51

Jn 1:1-18

1Cor 4:14-17

Mt 5:1-12

Heb 3:14

Ps 32

2Tim 3:10-17

1Cor 10:12-13

Ps 87

Ps 23

Jn 17

Rom 12:1-21

Mt 16:13-20

1Pet 5:5-10

1Cor 9:27

1Cor 2:1-16

1Cor 15:10

2 Tim 4:1-5