

iPray



»»» With the Gospel

RESOURCES TO HELP YOUNG PEOPLE PRAY

SEPTEMBER



ABOUT THE AUTHOR

ipraywiththegospel.org

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How should I do my mental prayer?

— **Can I pray – as in talk with God?** Most certainly! God created you to be His friend; and friends talk to each other. To do mental prayer you don't need training. There is no standard method.

— **How do I begin?** You can begin with the *Introductory prayer* to tune in. Then... just start talking to Him. As St Josemaría teaches, it is all a matter of getting the conversation started: “*You don't know how to pray? Put yourself in the presence of God, and as soon as you have said, “Lord, I don't know how to pray!” you can be sure you've already begun.*”

— **What should I do then?** You can read the Gospel and the comments of the iPray. They can trigger a topic for your prayer. But remember: the most important part of your prayer is not written in this booklet. The main part is what *you say to Him* and, especially, what *He says to you*.

— **What should I talk about?** About everything! “*About Him, about yourself—joys, sorrows, successes and failures, noble ambitions, daily worries, weaknesses! And acts of thanksgiving and petitions—and Love and reparation*” (St Josemaría).

— **How do I finish?** At the end of your prayer you can ask Our Lady for help; you should also give thanks to Our Lord for that dialogue. You can finish, if you want, with the *Closing prayer*.

Introductory prayer

My Lord and my God, I firmly believe that you are here, that you see me, that you hear me. I adore you with profound reverence, I ask you for pardon of my sins, and the grace to make this time of prayer fruitful. My Mother Immaculate, Saint Joseph my father and lord, my guardian angel, intercede for me.

Closing prayer

I give you thanks, my God, for the good resolutions, affections and inspirations you have communicated to me in this meditation. I ask you for help to put them into effect. My Mother Immaculate, Saint Joseph my father and lord, my guardian angel, intercede for me.

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Common prayers

Visit to the Blessed Sacrament:

VI *O Sacrament most holy! O Sacrament divine!*

RI *All praise and all thanksgiving, be every moment Thine!*

Our Father, Hail Mary, Glory be...

[After repeating this three times, we repeat the aspiration 'O Sacrament most holy...' and then say the following Spiritual Communion]:

I wish, Lord, to receive You, with the purity, humility and devotion with which Your most holy Mother received You; with the spirit and fervour of the saints.

Angelus:

VI *The Angel of the Lord declared unto Mary,*

RI *And she conceived by the Holy Spirit.*

Hail Mary.

VI *Behold the handmaid of the Lord,*

RI *Be it done unto me according to thy word.*

Hail Mary.

VI *And the Word was made flesh,*

RI *And dwelt among us.*

Hail Mary.

VI *Pray for us, O holy Mother of God,*

RI *That we may be made worthy of the promises of Christ.*

Let us pray. Pour forth, we beseech Thee, O Lord, Thy grace into our hearts: that we, to whom the Incarnation of Christ, Thy Son, was made known by the message of an Angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ our Lord. Amen.

Morning offering:

O Jesus, through the most pure heart of Mary, I offer you all the prayers, works, sufferings and joys of this day, for all the intentions of your Divine Heart. Amen.

Memorare:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Blessing before meals:

Bless us, O Lord, and these Thy gifts which we are about to receive from Thy bounty, through Christ our Lord, Amen.

Grace after meals:

We give you thanks, Almighty God, for all Your benefits, who live and reign, world without end. Amen.

Act of contrition:

O My God, because you are so good, I am very sorry that I have sinned against you, and by the help of your grace, I will not sin again. Amen.

Guardian Angel:

Angel of God, my Guardian dear, to whom His love commits me here, ever this day (or night) be at my side, to light and guard, to rule and guide. Amen.

Prayer of Pope Francis for the Jubilee of Mercy

Lord Jesus Christ, you have taught us to be merciful like the heavenly Father, and have told us that whoever sees you sees Him. Show us your face and we will be saved. Your loving gaze freed Zacchaeus and Matthew from being enslaved by money; the adulteress and Magdalene from seeking happiness only in created things; made Peter weep after his betrayal, and assured Paradise to the repentant thief. Let us hear, as if addressed to each one of us, the words that you spoke to the Samaritan woman: "If you knew the gift of God!"

You are the visible face of the invisible Father, of the God who manifests his power above all by forgiveness and mercy: let the Church be your visible face in the world, its Lord risen and glorified. You willed that your ministers would also be clothed in weakness in order that they may feel compassion for those in ignorance and error: let everyone who approaches them feel sought after, loved, and forgiven by God.

Send your Spirit and consecrate every one of us with its anointing, so that the Jubilee of Mercy may be a year of grace from the Lord, and your Church, with renewed enthusiasm, may bring good news to the poor, proclaim liberty to captives and the oppressed, and restore sight to the blind.

We ask this of you, Lord Jesus, through the intercession of Mary, Mother of Mercy; you who live and reign with the Father and the Holy Spirit for ever and ever.

Amen.

Prayer to St. Michael:

St. Michael the Archangel, defend us in the day battle: be our defence against the wickedness and snares of the devil. May God rebuke him, we humbly pray. And do you, O prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who prowl about the world for the ruin of souls. Amen.

Holy Rosary:

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

The Apostles' 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; the third day He arose again from the dead. He ascended into heaven, and sits at the right hand of God, the Father Almighty; from thence He shall 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.

Then you can say one "Our Father", three "Hail Marys" and the "Glory be to the Father."

V. Thou, O Lord, wilt open my lips,

R. And my tongue shall announce thy praise.

V. Incline to my aid, O God.

R. O Lord, make haste to help me.

V. Glory be to the Father, and to the Son, and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

After each decade say the following prayer requested by the Blessed Virgin Mary at Fatima:

"O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those in most need of your mercy."

The Joyful Mysteries

(recited Monday and Saturday)

1. The Annunciation
2. The Visitation
3. The Birth of Our Lord
4. The Presentation
5. The Finding of the Child Jesus in the Temple

The Mysteries of Light

(recited Thursday)

1. The Baptism of Jesus
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom and the call to Conversion
4. The Transfiguration
5. The Institution of the Eucharist

The Sorrowful Mysteries

(recited Tuesday and Friday)

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Our Lord

The Glorious Mysteries

(recited Wednesday and Sunday)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of the Blessed Virgin Mary

At the end of the fifth Mystery we say the Hail, Holy Queen:

Hail, Holy Queen, Mother of Mercy; Hail our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears! Turn, then, most gracious Advocate, thine eyes of mercy towards us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Lord, have mercy.
V. Christ, have mercy.
V. Lord, have mercy.
V. Christ hear us.
V. God the Father of heaven,
V. God the Son, Redeemer of
the world,
V. God the Holy Spirit,
V. Holy Trinity, one God,

Holy Mary
Holy Mother of God,
Holy Virgin of virgins,
Mother of Christ,
Mother of the Church,
Mother of divine grace,
Mother most pure,
Mother most chaste,
Mother inviolate,
Mother undefiled,
Mother most lovable,
Mother most admirable,
Mother of good counsel,
Mother of our Creator,
Mother of our Saviour,
Virgin most prudent,
Virgin most venerable,
Virgin most renowned,
Virgin most powerful,
Virgin most merciful,
Virgin most faithful,
Mirror of justice,
Seat of wisdom,
Cause of our joy,
Spiritual vessel,
Vessel of honour,
Singular vessel of devotion,

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

R. Pray for us

Mystical rose,
Tower of David,
Tower of ivory,
House of gold,
Ark of the covenant,
Gate of heaven,
Morning star,
Health of the sick,
Refuge of sinners,
Comfort of the afflicted,
Help of Christians,
Queen of Angels,
Queen of Patriarchs,
Queen of Prophets,
Queen of Apostles,
Queen of Martyrs,
Queen of Confessors,
Queen of Virgins,
Queen of all Saints,
Queen conceived without
original sin,
Queen assumed into heaven,
Queen of the most holy Rosary,
Queen of the family,
Queen of Peace.

V. Lamb of God, you take away the sins of the world,

R. Spare us, O Lord.

V. Lamb of God, you take away the sins of the world,

R. Graciously hear us, O Lord.

V. Lamb of God, you take away the sins of the world,

R. Have mercy on us.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

O God, whose only-begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech thee, that meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain, and obtain what they promise, through the same Christ our Lord.

Amen.

Prayer to Mary for Holy Purity

*Blessed be your purity,
May it be blessed for ever,
For no less than God takes delight
In such exalted beauty.
To you, heavenly Princess,
Holy Virgin Mary,
I offer on this day
My whole heart, life, and soul.
Look upon me with compassion;
Do not leave me, my mother.*

SEPTEMBER

■ «“My friends, Jesus is the Lord of risk, he is the Lord of the eternal “more”. Jesus is not the Lord of comfort, security and ease. Following Jesus demands a good dose of courage, a readiness to trade in the sofa for a pair of walking shoes and to set out on new and uncharted paths. To blaze trails that open up new horizons capable of spreading joy.”

“God expects something from you, God wants something from you. God hopes in you. God comes to break down all our fences. He comes to open the doors of our lives, our dreams, our ways of seeing things. God comes to break open everything that keeps you closed in. He is encouraging you to dream. He wants to make you see that, with you, the world can be different. For the fact is, unless you offer the best of yourselves, the world will never be different. This is the challenge.”

“So today, my friends, Jesus is inviting you, calling you, to leave your mark on life, to leave a mark on history, your own and that of many others as well.”»

(Pope Francis, in Krakow, 30 July 2016)

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