

iPray[™]

»»» With the Gospel

RESOURCES TO HELP YOUNG PEOPLE PRAY

SEPTEMBER

ABOUT THE AUTHOR

ipraywiththegospel.org

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HOW TO APPROACH YOUR PRAYER

Some ideas that might be useful before you start your 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.

Wenn Sie ein Abendessen oder ein Bankett geben, laden Sie Ihre Freunde oder Brüder oder Ihre Verwandten oder reichen Nachbarn nicht ein, damit sie Sie nicht auch als Gegenleistung einladen und Sie zurückgezahlt werden. Aber wenn Sie ein Fest geben, laden Sie die Armen, die Verstümmelten, die Lahmen, die Blinden ein, und Sie werden gesegnet, weil sie Sie nicht zurückzahlen können. Sie werden bei der Auferstehung der Gerechten zurückgezahlt.

Bei Großzügigkeit geht es darum, etwas zu geben, ohne etwas dafür zu erwarten. Geben, bis es weh tut. Wenn wir auf diese Weise geben, helfen wir nicht nur anderen. wir helfen vor allem uns selbst. Wir sind der erste Nutznießer unserer Tugend der Großzügigkeit.

Es gab eine Frau, die als Kind an Kinderlähmung litt. Sie wurde wütend auf Gott und war gemein zu allen um sie herum. Zufällig kam sie eines Tages mit Gemeindemitgliedern in Kontakt, die ihr viel Liebe zeigten. Sie kehrte jeden Sonntag in diese Gemeinde zurück und ihr gefrorenes Herz begann sich aufzuwärmen. Die Gemeinde startete eine Kampagne, um Mittel für die Sanierung zu sammeln. Die Frau überraschte alle, indem sie ankündigte, dass sie der Gemeinde 45.000 US-Dollar spendete. Ihre Familie war fassungslos. Als sie sie fragten, wo sie all das Geld bekommen würde, erzählte sie ihnen, dass sie seit ihrer Kindheit Stück für Stück gespart habe, um einen behinderten Lieferwagen mit Aufzug zu kaufen. Ihre Gemeinde war ihr jetzt wichtiger als ihr Traumwagen. Sie sagte: "Ich bin so dankbar, dass Gott mich von meinem verkrüppelten Herzen geheilt hat! Ich kann jetzt auf dem Weg Seines Sohnes gehen. Ich brauche meine Gemeinde mehr als diesen Van."

Als eine Gruppe von Menschen von ihrem Opfer hörte und ihre strahlende Freude in ihrer neu entdeckten Freiheit erlebte, kauften sie ihr trotzdem einen Transporter. Sie blieben anonym ... und als ihr ihr neuer Lieferwagen überreicht wurde, war eine Notiz von diesen Gemeindemitgliedern darauf zu lesen, die einfach sagte: "Vielen Dank, dass Sie uns gezeigt haben, wie wir mit Jesus gehen sollen."

Unsere Großzügigkeit kann vieles verändern, aber vor allem ändert sie

And he came to Nazareth, where he had been brought up; and he went to the synagogue, as his custom was, on the sabbath day. And he stood up to read; and there was given to him the book of the prophet Isaiah...And he began to say to them, "Today this scripture has been fulfilled in your hearing"...When they heard this, all in the synagogue were filled with wrath. And they rose up and put him out of the city, and led him to the brow of the hill on which their city was built, that they might throw him down headlong. But passing through the midst of them he went away.

Jesus came to preach the Good News but they didn't like what they heard or they didn't like Him. The fact is that something had got into them. When we don't like what we hear, for example our neighbour's music, we can shut the windows or go for a walk but we don't try to throw the neighbour off a cliff (even if we are tempted to think about it...)

Sometimes people react in that way. You want to offer them help or share your faith and they go *'up the wall.'* When Jesus was a baby Simeon said that He would be a *"sign of contradiction"* and that the *"hearts of many would be revealed"* (Lk 2:35). And some hearts turn violently against the truth of the Gospel.

Just like in the life of Jesus, many saints have had to fight against a similar violent persecution. But Jesus didn't answer back or panic. The Gospel says that *"passing through the midst of them He went away."* And saints and all Christianity will always do the same thing, *'pass through'* the midst of those who do not want to hear us, without answering back, without panicking, and *'go away'* to try in another place.

The truth that sets us free cannot be kept to ourselves; it calls for testimony, it begs to be heard. In our own time, the price to be paid for fidelity to the Gospel is no longer being hanged, drawn and quartered but it often involves being dismissed out of hand, ridiculed or parodied. And yet, the Church cannot withdraw from the task of proclaiming Christ and his Gospel (Pope Benedict XVI). Mary, Queen of the Apostles, with your help, may I never waver when having to witness to the Truth.

A man who had the spirit of an unclean demon cried out with a loud voice, "Ah! What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And when the demon had thrown him down in the midst, he came out of him, having done him no harm. And they were all amazed and said to one another, "What is this word? For with authority and power he commands the unclean spirits, and they come out."

Your Word, Jesus, has authority and power. It can rebuke every evil. That unclean spirit had maybe bound that poor man for many years and everyone had failed to cast it out. Perhaps that devil was at ease there until he met You face to face. And that was the end of it! The power of Your Word! At times the enemy tries to convince me that I will always be lazy or proud or selfish... But I know that's not true. You, Lord, can heal my miseries in one go.

Son of one of the wealthiest noble families in England, Philip Howard (1557-1595) could afford any pleasure he liked - and he liked them all. At court he was a notorious playboy, gambler and fop. In 1581, he went to the Tower of London to hear a debate between several Anglican ministers and a prisoner, the Jesuit priest St. Edmund Campion. Although the ministers were armed with books and assistants, Father Campion was alone and had only his memory to rely on, yet he did so well in the debate that the government cancelled it before a verdict was rendered. Inspired by Father Campion, Howard was reconciled with his wife and they both returned to the Catholic faith. When they tried to leave the country secretly for the Continent, where they could practice Catholicism freely, they were stopped and Howard was imprisoned in the Tower of London. He died there 10 years later. The power of the Word of God changed him in one go.

God's Word can cast out my bad tendencies, my laziness and love of comfort, and help me to start anew; I should never forget that You can do everything. Mary, my Mother, help me to prepare for the new academic year so that over the next few months I become, with the Grace of your

When the sun was setting, all those who had any that were sick with various diseases brought them to him; and he laid his hands on every one of them and healed them...And when it was day he departed and went into a lonely place. And the people sought him and came to him, and would have kept him from leaving them; but he said to them, "I must preach the good news of the kingdom of God to the other cities also; for I was sent for this purpose."

What a wonderful day! The sunset found Jesus attending to hundreds of people queuing to be healed at the door of St Peter's house in Capernaum. The weary Apostles were happy to help the people, organising lines and calming down the anxious crowd which was pressing in around Jesus. The evening came and there He was... *still* laying His hands "*on every one of them.*" And when the sun rose, exhausted as He was after a long day and a long night, Jesus left for a lonely place to pray. But people didn't want Him to leave. Maybe even the Apostles preferred to stay there: the mob was coming to Him, 'why should they go'? Yes, probably it was lovely and more comfortable to be at Peter's house. But Jesus wasn't content with serving only those who sought Him. His Will was to go "*to the other cities also*" and seek more souls.

We, like Jesus, can't be content with just helping those around us. Jesus told us to *go* "*to the whole world,*" not to stay with the same souls and in the same place. We have to search souls out and get out of our comfort zone to bring them to Christ. One day the Bishop of Madrid, Leopoldo Eijo y Garay (1878-1963), was told of a dying person in hospital who didn't want to go to confession. In order to put off the nun who was insisting that he should receive the sacrament, he said that his sins were so many that he would need to confess them to a bishop. As soon as the bishop heard about it he took a taxi and went to the hospital straightaway. You can imagine the face of that sick person when the bishop entered the room and said with a smile, "*Let's get down to business. Where do we start?*"

Mary, Queen of the Universe, bury deep in my heart the sentiment that where souls are concerned, nothing is too much trouble. Everyone is worth all the Blood of Jesus.

Common prayers

Visit to the Blessed Sacrament:

V/ O Sacrament most holy! O Sacrament divine!

R/ 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:

V/ The Angel of the Lord declared unto Mary,

R/ And she conceived by the Holy Spirit. Hail Mary.

V/ Behold the handmaid of the Lord,

R/ Be it done unto me according to thy word. Hail Mary.

V/ And the Word was made flesh,

R/ And dwelt among us. Hail Mary.

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

R/ 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.

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.

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.

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.

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.

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

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

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,
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.

Prayer to the Holy Spirit (St Josemaría)

Come, O Holy Spirit! Enlighten my mind to know your commands; strengthen my heart against the snares of the enemy; inflame my will... I have heard your voice, and I don't want to harden myself and resist, saying "Later..., tomorrow." Nunc coepi! Now I begin! In case there is no tomorrow for me. O Spirit of truth and wisdom, Spirit of understanding and counsel, Spirit of joy and peace! I want whatever you want. I want because you want, I want however you want, I want whenever you want.

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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