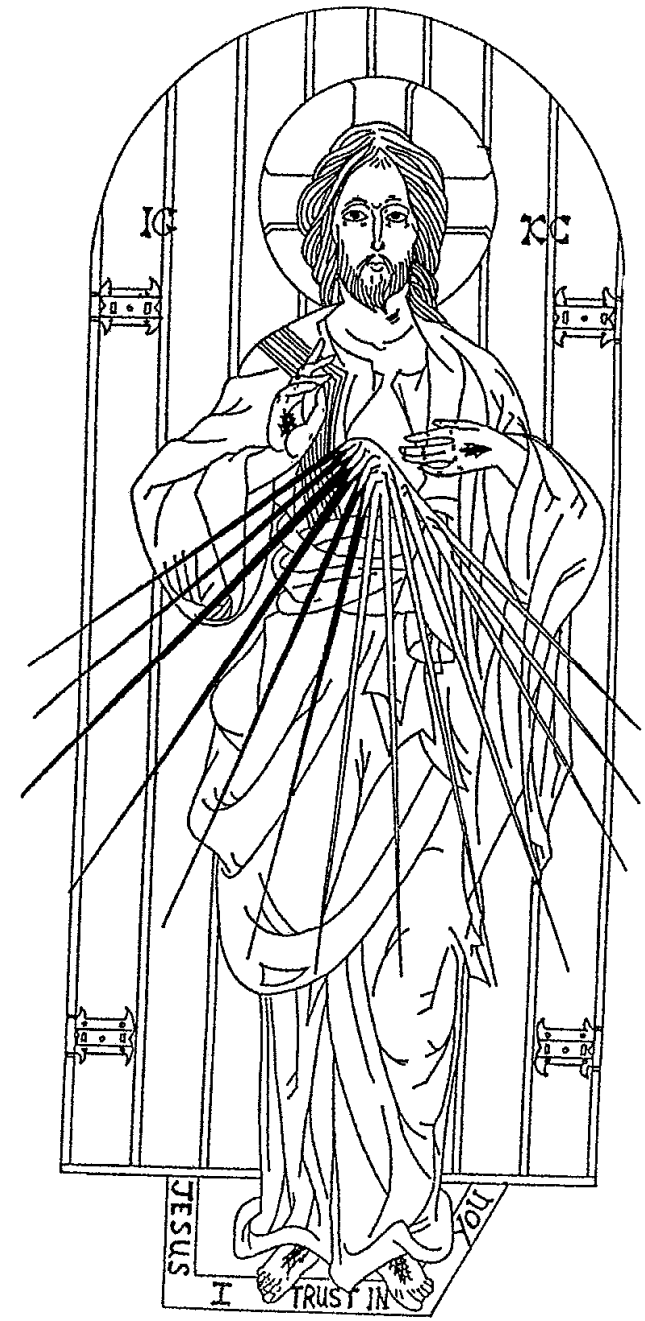


## **Consecration Prayer To Jesus Through Mary, Mother of Mercy!**

**O Sacred Heart of Jesus, I consecrate myself to You today through the Immaculate Heart of Mary that I may daily love and serve You more & more.**

**“Mary, Mother of Jesus and Mother of Mercy, since Jesus from the cross gave you to me, I take you as my own. And since Jesus gave me to you, take me as your own. Make me docile like Jesus on the cross, obedient to the Father trusting in humility and love. Mary, my Mother, in imitation of the Father, who gave His Son to you, I too give my all to you; to you I entrust all that I am, and all that I do. Help me to surrender ever more fully to the Spirit. Lead me deeper into the mystery of the cross, the cenacle and the fullness of Church. As you formed the Heart of Jesus by the Spirit, form my heart to be the throne of Jesus in his glorious coming. Amen.”**

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Heavenly Father, thank You having called me by name and that I belong to You as Your special creation (Is. 43:1-5). I have sinned which has offended You and deprived me of Your glory and the life You have for me (Rom. 3:23). You did not, however, abandon me but sent Your Son, Jesus Christ to set me free from sin and to give me life in abundance (John 3:16 & 10:10b). I thank You from my heart for loving me despite what I have done. Father, through Jesus, Your Son, and in Your Spirit, forgive me. I invite Jesus to be my Savior, setting me free from my sins and their effect on me and others. Help me to feel Your saving love and freeing power. Give me Your life to the fullest as You cleanse me, purify me and change me. I want to be & to grow as Your son/daughter through Jesus and in the power of the Holy Spirit. I give You permission to do what You want with me. Thank You, Father, as you give me Your Holy Spirit to empower me to live the victory that Jesus has won for me and thus to be fully united to You.



**Ask: What does the Word of God say?**

- Repeat the Word of God with conviction
- Imagine or visualize what God promises through His Word
- Accept what He may manifest to you.
- Thank God for what He is doing before seeing.
- Look for the manifestations of what He says.

**Having Faith in God’s Word**

Hebrews 11:1  
 Romans 10:17  
 Colossians 3:16  
 Matthew 24:35

# The Chaplet of Mercy

*Pray: Come, Holy Spirit, by means of the powerful intercession of the Immaculate Heart of Mary Your well-beloved spouse*  
*(Optional Opening Prayer:)*

**You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.** (Diary, 1319)

**O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!** (Diary, 84)  
*three times.*

**The Our Father, the Hail Mary, the Apostles’ Creed**

***Pray On The Bead Of The Rosary Before Each Decade:***  
**Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.** (Diary, 476)

***Pray On The 10 Beads Of Each Decade:***  
**For the sake of His sorrowful Passion, have mercy on us and on the whole world.** (Diary, 476)

***After 5 Decades Pray The “Thrice-Holy Hymn:***  
**Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.** (Diary, 476) *Three times.*

***Closing Prayer (optional)***  
**Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.** (Diary, 950)



*[Note: It is best to use the following prayer in the a.m. and the p.m. daily for a week or so concentrating on only **one area of weakness** before handling another such area with this prayer.]*

1) **Pray: Come Holy Spirit, come, by means of the powerful intercession of the Immaculate Heart of Mary, Your well-beloved spouse.**

2) *In the silence of your heart gaze upon your favorite sacred image, e.g. a crucifix, contemplating it to experience the love of God while reflecting on Jer.31:3: “I have loved you with an everlasting love, so I am constant in My affection for you.” (Be still for a while so as to let this resonate within you.)*

3) *(With the one area of weakness pray)* **Father, I thank you so much for having sent Jesus to pay the price to ransom me not only from all sins but also from weaknesses (my tendencies to sin) by dying on the cross for me. I ask you to take away.....** *(mention the one area of weakness.)* **Please enter this into Your Son’s death so as to destroy its power to repeat itself in my life.** *(Pause and realize within that the Father is destroying its power over you. Then pray)* **Thank You, Father, that this evil is being rooted out of me by the power of Jesus’ death which is imparted by Your Spirit.**

4) *(Then with the new way of living pray)* **Father, I so desire to do what You are showing me but I cannot do this on my own. Give me Your Holy Spirit through Jesus, who imparts the life of His resurrection to me, so that I can walk in this new way.** *(Pause and in the quiet of your heart receive the empowerment of Holy Spirit whom you could picture is coming to you like a light filling a dark room. Once aware of this occurring, pray)* **Thank You so much, Father. You are working such wonders in me.**

5) **During the day (repeat frequently a short prayer such as one of the following) Thank You, Lord Jesus, for making me new by means of Your saving presence within me. Amen. Or simply: Thank You, Father for making me new.**



- 1) Holy Spirit, beloved of my soul, I adore you. **Come Holy Spirit, come, by means of the powerful intercession of the Immaculate Heart of Mary, Your well-beloved spouse.** Enlighten me and guide me, strengthen me and comfort me. Tell me what You want of me. Give me Your orders. I promise to do whatever you ask of me and to accept whatever You permit to happen to me. Only let me know Your will. Thank You, oh Holy Spirit, for Your powerful presence with me. I imagine Your coming like a light filling a dark room. Amen.
- 2) Father, fill me with Your Holy Spirit so that I can... (e.g. praise You, forgive another, etc.) through the grace of Your presence and through the merits of the death and resurrection of Jesus. I want You, Father, to be glorified. Holy Spirit, in this moment I receive with greater intensity Your life within me. I imagine Your coming to me like a light filling a dark room. Thank You, Holy Spirit, for coming to me with such power.



*An example: In the silence of your heart, gaze upon your favorite sacred image, (e.g. a crucifix) while reflecting on Jer.31:3: “I have loved you with an everlasting love, so I am constant in My affection for you.” Be still for a while so as to let this resonate within you*

### **God’s Love for Me**

Exodus 20:1  
 Isaiah 43:1-4; 49:15; 54:10; 62:4-5  
 Jeremiah 31:3  
 Psalms 8; 23; 139  
 Luke 15  
 John 3:16; 10:9-15; 15:13  
 Ephesians 3:20  
 1 Peter 3:18  
 1 John 4:8, 10, 19

### **In Difficulties and Trials**

Romans 8:28. Hebrews 12:7-11. James 1:2-4, 12  
 1 Peter 1:6-7; 4:12-29; 5:8-10



### **Why?**

The Lord is worthy of this, e.g., Ps. 145.  
 It is our vocation and it gives us life. 1 Thes. 5:18  
 It is the way to present our petitions. Phil. 4:6  
 The Lord made us for this. Eph. 1:5 & 12

**When?** On all occasions. Col. 3:17 & 1 Cor. 10:31

**How?** With bodily gestures: hands, voices, etc. Psalms

## **The Forgiveness Process**

**4. I now express this mercy, that I have also received, first towards one person and then to the other one and/or situation.**

**-Father, surround this person/situation with the light of Your loving presence. I thank you for Your great mercy.**

*[Visualize the person/situation surrounded with Christ’s light and say:]*

**I forgive you for [mention the offence or irritation] in the name of the Lord Jesus Christ. I give thanks that you are now forgiven. Amen.**

**I bless you with [mention what you think the person/situation needs so as to be better] in the name of the Lord Jesus Christ. I give thanks that you are now being blessed by Jesus. Amen.**

**5. I visualize Christ touching both of us:**

*-[Picture what you remember or imagine the person/situation to be like without the annoying aspect and pray:]* **Father, this is...**

*[name the person or situation]* **the forgiven person/situation as I imagine him/her (it) blessed by Jesus. Send Your Holy Spirit through me now to make this person/situation Your new creation filled with Your joy and peace. Father, also heal the wounds that the offence/irritation caused within me. Thank You because by faith I know that You are doing this through Jesus & in Your Spirit. Amen. [Pause & be aware of the Holy Spirit bringing you into this healing power of Jesus’ cross.]**

**6. I express more love towards the person or situation:**

**-Father, show me now other ways in which You want me to express Your love for this person or situation through some service or words (even if they are loving words of correction)..**

**7. I express gratitude:**

**-Continue thanking the Father for His grace until you are convinced of the changes in you and the other person or situation. [If a new offence or irritation occurs repeat the whole process.]**



To forgive: to be aware of the offence(s)/irritation(s), to transfer it/them to Jesus Christ, and to believe in His victory.

### **Reparation Prayers** (so as to forgive from the heart)

#### **1. I invoke the Holy Spirit:**

**-Father, fill me now with Your Spirit so that I can forgive this person(s) by the power of Your presence and through the merits of Jesus' death and resurrection. I want You to be glorified by this forgiveness. Come Holy Spirit through the powerful intercession of Mary, Your well beloved spouse. Holy Spirit, I receive You now in a more intense way. I picture Your coming to me. [Pause and imagine the Holy Spirit coming e.g. like a light filling a dark room.] Thank You, O Holy Spirit for coming to me now so powerfully.**

#### **2. I become aware of God's love for me and the others:**

**-[In the silence of your heart, gaze upon your favorite sacred image, (e.g. a crucifix) while reflecting on Jer.31:3: "I have loved you with an everlasting love, so I am constant in My affection for you." Be still for a while so as to let this resonate within you. Then prayer: ]**  
**Father, you are wonderful! You have sent Your Son, Jesus to show us Your mercy. I praise You for this love manifested in His coming as man: to live with us and to teach us, to die and rise for us, and to send us Your Spirit in order to give us new life. Thank You now for Your loving presence here within me to help me forgive the offense(s)/ irritation(s) of ... [mention the person's (s') name (s) or the situation (s).] You love each of us and have come to save us from all sin and all evil.**

#### **3. I receive God's mercy for me:**

**-Father, help me to recognize my own sins. [Pause to take note of these.] (If still in need of the Lord's forgiveness, pray: **Lord, please forgive me and wash me clean with Your most precious blood shed to free me from all sin.**) [Pause to sense His forgiving love for your sins. See yourself in a circle of light. Experience His presence; let Him touch your heart with His forgiveness.]**





We pray for the strength to overcome temptations before they come. However, in the moment we are tempted, we counteract it as Jesus Christ taught us in Mt. 4:1-11,17. Jesus' approach to fighting a temptation was:

1. First, as Jesus did, it is so important not to get upset or be surprised when a temptation comes. The tendency is to panic and say: "Oh no, not again," or "when will this ever leave me?" Instead it would seem to be so much more powerful to say when you are aware of the temptation: **"Oh, you are here again; big deal."**
2. It is then important to renounce the temptation in the name of Jesus, e.g. "... (the name of the temptation, like: doubt, sexual disorder, anger...) **I renounce you and your power over me in name of Jesus Christ. Leave me in the name of Jesus of Nazareth.**" (1 Peter 5: 8-9.)
3. Jesus each time a temptation came used a passage from the Bible to counteract the power of evil, it seems crucial to put in a verse from the Bible that speaks in a contrary way to the desire/thought within. It is good to have the passage memorized. A couple such passages for a disordered desire might be: "For it is written:.... **"The Lord is my Shepherd, there is nothing I shall want."** Ps.23:1. (In other words the Lord is sufficient. ) Or **"My soul proclaims the greatness of the Lord and my spirit exults in God my Saviour;....for the Almighty has done great things for me."** Luke 1:46, 49, i.e., I do not need to be concerned about you, evil desire. (For more samples of possible Scripture passages review the attached page. Use the one that best applies. If you know another passage that is more applicable, use that.)
4. At times it is also good, after doing the above, to have an action planned that you could do whether it be an internal action like a prayer for others or some external action, like, going for a walk, helping someone in need, reading from the Bible, write a letter to & from Jesus re. the issue.... It would be best if the action (internal or external) is oriented to developing the virtue which would overcome the evil desire (e.g. humility to overcome the temptation of pride; purity to overcome lust, love/forgiveness to overcome anger).



### Forgiveness Is Not:

- Forgetting the offense and/or irritation – not thinking of the offense
- Acting like the offense and/or irritation never existed
- Feeling good about the person and/or situation
- Accepting the wrong without saying anything to the person.
- Excusing the need that the offender be disciplined and/or corrected
- Finding excuses or reason why the person acted the way he/she did
- Trusting the person as if nothing ever happened
- Saying: "It's not important." "It doesn't matter." "It's over and done." "I don't have anything against them." "I'm not upset with them." Etc.

*(Some of these could be the fruit of forgiveness.)*

### Forgiveness Is:

- Acknowledging the offense and/or irritation that one is experiencing.
- Transferring or giving the offense and/or irritation to Jesus Christ, crucified.
- Trusting in the victory of Jesus Christ over the offense and/or irritation.
  - o **In you**, who is the person offended and/or irritated: The Lord is healing you. Look for what He may want to change in you that is similar to what He wants to change in the offender. Also keep in your imagination the offender, without the offense or irritation. Seek God's healing of this offensive memory.
  - o **In the other person/situation**, the offender: The Lord is doing some type of transformation in that person or situation.



<b>My Sins - My Weaknesses</b> (Tendency To Sin After Repentance)  <b>(What I Do Not Want To Do Any More )</b>	<b>Causes of Weakness</b>  <b>(Fear, Guilt, Lack of Self-Respect, Anger)</b>	<b>A New Way of Living:</b>  <b>What I Plan To Do Differently</b>  <b>Father, show me the way that You desire me to go so as to turn from this sinful tendency while living more fully in You and You in me.</b> <i>(Pause for a moment to note what you sense, in a particular way, is the Lord's move within you so as to live more fully and truly in Him.)</i>	<b>Passages from the Bible</b> (to support the change process when temptations come.)
<b>Father, show me one of the above areas of my life where I have fallen into sin in the past, but one that I have repented of, and You want to strengthen in me so that it becomes a virtue and not a vice.</b> <i>(Pause and note what He shows you.) Then use the "Ongoing Personal Growth Prayer" as directed)</i>			



It helps to ask the Holy Spirit at the beginning of each day to empower you to fight temptations in the above way (or some other practical way that you sense the Lord is giving you).

Sometimes we fight one temptation only to find another present. They are connected, e.g., a **disordered desire** will come and then a thought of **doubt** that it will go away or that you will have victory over this without doing something evil (because we have usually fallen in the past). As we recognize this, we need to fight that second or even third type of temptation as we did the first one.

It is good to remember that a temptation is a means of growing stronger in your dependence upon the Lord and to have more and more of His victory in your life (cf. James 1:2-4, 12) and an opportunity to grow in virtue. A temptation is not a sin unless we, once aware of it, do not resist it. By resisting the temptation and choosing God's truth and His way, we are developing a virtue.

Panicking and crying for the Lord's help in a frightened way is usually counterproductive. The Lord is there to help us resist if we will cooperate with what He has already shown us regarding temptations in the Sacred Scriptures. To do this we need the Holy Spirit to help us practice what He has shown us (noted above).

Temptations are so important for our growth. They are points along the path of life with the Lord. The moment of the temptation or trial is a time that He allows to empower us to decide for the Lord and His ways. Thus through them we can grow stronger in the Lord – develop virtue. Whether our choice is for the Lord and His ways or not, He does allow another temptation/trial so that we can choose Him and His ways. Temptations can be in a variety of situations, for example: someone close to us dies (will we believe that He will see us through to His victory?), etc. In other words with the temptation the Lord is asking: "What will you choose??? Will you choose Me and My ways or not???"

When a temptation comes the evil one tries to convince us that we have sinned just because we have the evil desire/thought or because in the past we have fallen when the temptation became sinful thoughts or actions. And again sometimes we have a temptation going on for awhile before we are really conscious that it is there. When we become aware of a temptation and start to resist, the evil one tries to convince us that we have sinned already because it has been in our thoughts for a while. These are some of the ways that the evil one tries to get us to not resist but fall into sinful thoughts and/or actions. He is certainly a liar who wants us to feel condemnation not the saving and healing victory of Jesus.

Peter was tempted and ended up denying Jesus. With us, as with Peter, once we have denied Him by sinning (consciously not rejecting the temptation), the Lord comes along to save us (set us free) not condemn us. The evil one, not Jesus, wants us to feel condemnation after having sinned. Instead Jesus merely asks us

“Do you love Me?”. When we say yes, He asks us to do something to show this (as with Peter to whom He asked: “feed My lambs”). He asks us to repent and firmly walk in His ways with His grace and even to do penance in reparation for our sin. And at times like Peter, to make sure that our decision is firm, we may sense Jesus asking us that question three times. He is doing this to see if we really and from our hearts choose Him and His ways so that He can continue his great work in us. He is using temptations to strengthen us in our life with Him.

We remember how Peter denied Jesus. With us as with Peter once we have denied Him through our sin, the Lord comes along and asks us “Do you love me more than these”. When we say yes, He asks us to do something to show this (“feed My lambs”). To make sure that our decision is firm He asked Peter three times. So with us He asks by allowing a temptation - to see if we really and from our hearts choose Him and His ways.



#### **A Disordered Desire**

- Through the blood of Jesus I gain my freedom.  
*(based on Eph. 1:7)*
- Though His wounds I have been healed.  
*(1 Peter 2:24b)*
- I am victorious over this evil because Jesus lives in me and I in Him. *(based on John 15:4)*
- I am preparing a way for the Lord and making his paths straight.  
*(based on Luke 3:4)*
- The Lord, my God, rescues me from your destructiveness.  
*(based on Ps. 91:3)*

**Doubt** about overcoming the temptation without falling into sin:

- The Lord Jesus is with me all days until the end of the world.  
*(based on Matt. 28: 20)*
- Jesus says: I have conquered the world. In Him I too have conquered. *(based on John 16:33)*
- The Lord Jesus Christ says that His grace is sufficient for me to overcome. *(based on 2 Cor. 12:9)*

#### **4. Father, show me what You want me to do so as to repair my sinful behaviour, that is to participate in what You are doing to restore what I have destroyed.**

*(Note and do what He seems to indicate, e.g., a prayer, an act of penance, a kind act, reconcile with a person...)*

#### **5. Father, I deeply desire to live in a new way, not like in the past. Show me in a particular way what You want me to do differently and empower me to do this.**

*(Wait in silence to see what insight in regards to changing in thought, word, and/or deed, He gives you, e.g. to forgive people faster when they irritate or offend you; to reject sexual temptations as soon as they come and to replace these with an appropriate Scriptural text, etc. If you do not sense anything special to do so as to change ask the advice of your confessor and/or another Christian friend. Also spend some silent time being aware of the Father's presence giving you through Jesus His Spirit to do what He seems to be asking of you.)*

*[Note: Every month or so it is good to go to the Sacrament of Reconciliation or Penance or Confession so as to receive that forgiveness and grace necessary to continue repenting as soon as you see sin. If a mortal sin, a sin of serious nature done with full knowledge & consent, is committed, it is important to celebrate this Sacrament as soon as possible so as to be fully reconciled with the Lord and His Church.]*



## - A Change of Heart -

*Pray: Come Holy Spirit, come, by means of the powerful intercession of the Immaculate Heart of Mary, Your well-beloved spouse.*

**Become Aware of God’s Love for You:** *(An example: gaze upon your favorite sacred image, e.g. a crucifix, while reflecting on Jer.31:3: “I have loved you with an everlasting love, so I am constant in My affection for you.” Be still for a while so as to let this resonate within you.)*

### 1. Father, show me where I have sinned

*(It would be good to note these areas on a piece of paper as the Holy Spirit manifests them to you.)*

**2. I ask You, Father, to give me now a deep sorrow for these sins, namely, let me experience their evilness: how they are taking me away from You, how they offend others and how they even diminish my own worth.** *(Spend time letting the Holy Spirit touch your heart with this sorrow which He is making present while continuing to love you and rescue you but not to condemn you.)*

**3. Father, forgive me. Wash me clean of these sins with the precious blood of Jesus, shed for me. Do this through Jesus and in Your Holy Spirit. Amen.**

*(Receive the Father’s forgiveness by: spending some time with the Holy Spirit aware that He has taken away all these sins through the merits of Jesus death and resurrection. Thank Him.*

*Or imagine the rejoicing in heaven because you have confessed these sins with a desire not to repeat them but to walk more completely with the Lord. Thank Him.*

*Or read and reflect on Luke 15:2-24 placing yourself in the place of the prodigal son receiving the Father’s forgiveness and joy at your return. Thank Him.)*

- Though a thousand fall at my side - no harm shall come near me. **(based on Ps. 91:7)**
- In Him who is my strength I have strength for everything. **(Phil. 4:13)**

**Frustration** with the constant returning temptation:

- I go to Jesus with this frustration and He gives me rest. His yoke is easy and His burden is light. **(based on Matt. 11:28-30)**
- I believe in Jesus; He satisfies my thirsts. **(based on John 6:35)**

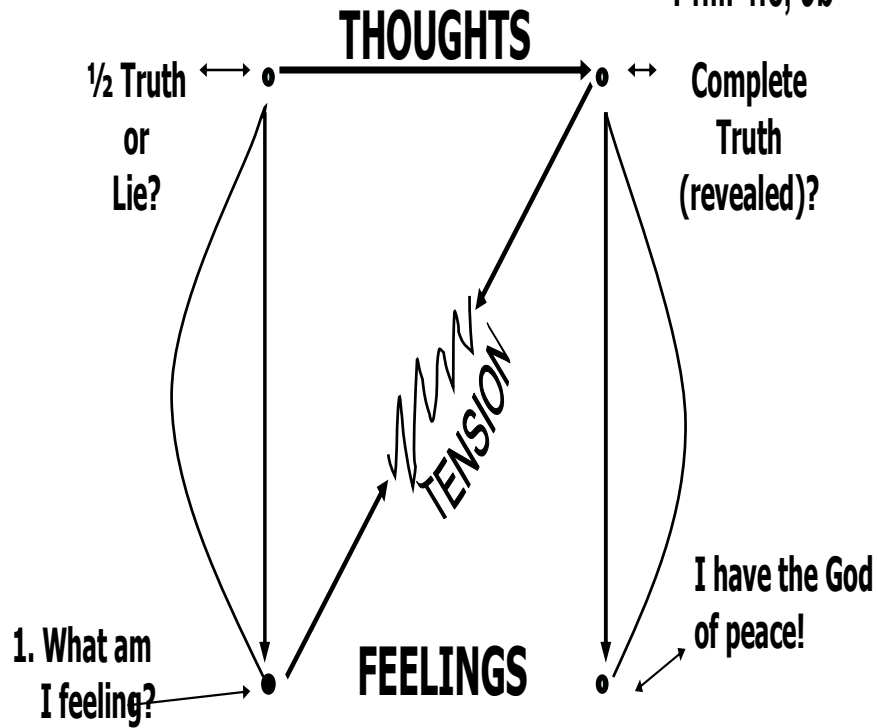
## For Other Samples Passages

Temptation	Scripture
Things look “blue”	Isaiah 40; Psalm 34
To do wrong	Psalm 139
Facing a crisis	Psalm 46
Discouragement	Psalm 23
Boredom	Psalm 103; 104; Job 38-40
Business is poor	Psalm 37
Lonely or fearful	Psalm 27
Anxious	Psalm 107
Sick or in pain	Psalm 91
Leaving home	Psalm 121
Weariness	Matthew 11:28-30; Romans 8:31-39
Bad to worse	2 Timothy 3
Friends seem to betray you	1 Corinthians 13
Bereaved	1 Corinthians 15; Revelation 21
Severe losses	Romans 8: last paragraphs
Putting up a stiff fight	End of Ephesians
When you have sinned	1 John 1; John 3:1-21; Isaiah 53; Psalm 51
Fear of death	John 11, 17, 20; 2 Corinthians 4, 5; Romans 8; Revelation 7, 21, 22
Feeling low after a burial	Psalm 23, 27; John 14:1-6; Romans 8:14-39; 1 Corinthians 15:20-58; Revelation 21:1-4, 22-26

2. What thought do I have that causes my feeling?

3. What is the conclusion of my thought saying about God? 4. Is this thought about God...

Phil. 4:8, 9b



**The complete truth answers:**

- 1) Who is God in this situation?
- 2) What is God doing with me in this situation?
- 3) What is God telling me to do in this situation?

<b>Ph</b>		
My Temptation	(Third step) The Word of God against my temptation	(Fourth Step) What action am I going to take after I resist the temptation?
1. Example: <i>Thinking things like... "I am worthless... Nobody loves me. I don't have any purpose in life."</i>	Example: <i>"I have loved you with an everlasting love and so you are precious in my sight."</i> ~ Is 43:4	Example: <i>I will show love for someone in need by making a sandwich and bringing it to a homeless person on the street.</i>
2.		
3.		
4.		
5.		