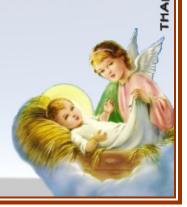
Mt4:4 One does not live by bread alone, but by every word that comes forth from the mouth of God.

Pray for the grace to yearn to read God's Word each day.



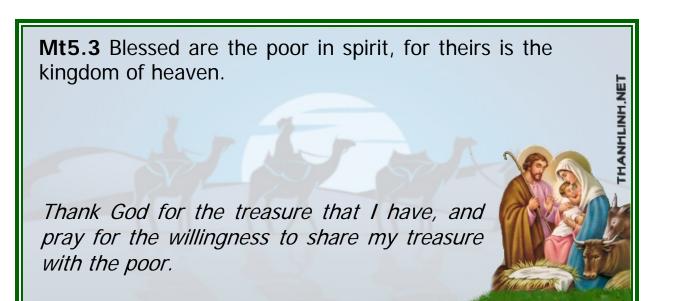
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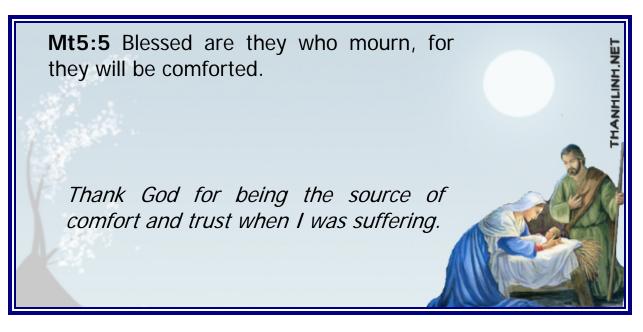
Mt5:4 Blessed are the kind of heart, for theirs is the kingdom of heaven.

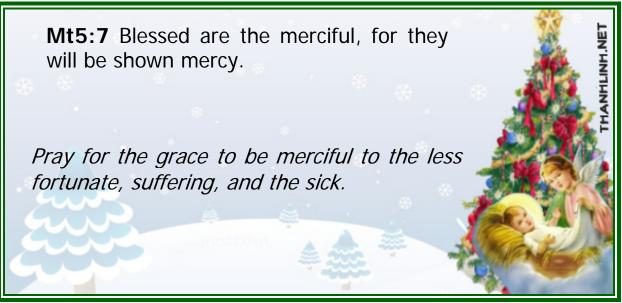
Pray for the grace to be more meek and compassionate each day.

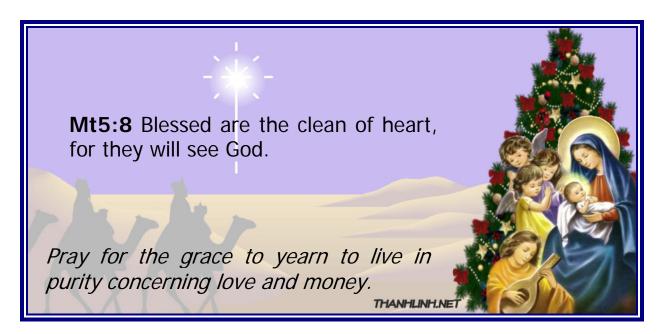
Mt5:6 Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Pray for the determination to live in justice and in truth.

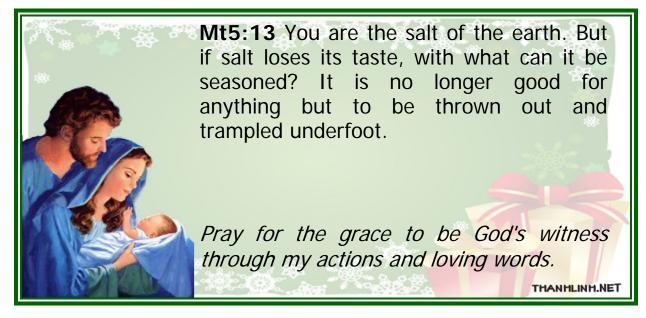














Mt5:9 Blessed are the peacemakers, for they will be called children of God.

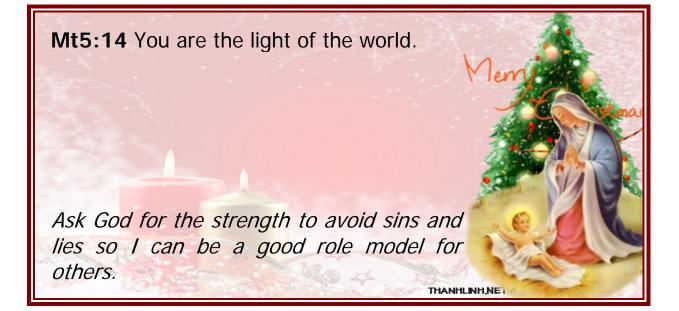
Pray to always be an instrument of God's peace for everyone.

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Mt5:11 Blessed are you when they insult you and persecute you and utter every kind of evil against you (falsely) because of me.

Pray for the grace of peace in my heart and for the ability to forgive those who humiliate and malign me.



Mt5:23-24 If you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go and be reconciled with your brother.



Ask God for the strength to reconcile and forgive those who have hurt me.

THANHLINH.NET

Mt5:48 So be perfect, just as your heavenly Father is perfect.



Pray to surrender to the Holy Spirit so He can transform me to become more perfect and holy each day.

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Mt6:3-4 When you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret. And your Father who sees in secret will repay you.

Pray for the grace to silently give and help others. Believe that God knows everything that I do.



Mt5:37 Let your 'Yes' mean 'Yes,' and your 'No' mean 'No.' Anything more is from the evil one.

Ask God to keep my mouth from speaking lies.



Mt6:1 Take care not to perform righteous deeds in order that people may see them; otherwise, you will have no recompense from your heavenly Father.

Pray for the grace to serve and give alms silently and humbly.

THANHLINH.NET



Mt6:6 When you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you.

Pray for the realization that God is present everywhere and for the belief that God hears my prayers.

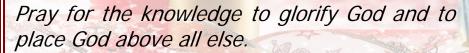


Mt6:14-15 If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions.

Ask the Holy Spirit to strengthen me so I can forgive and accept my brothers' and sisters' weaknesses.

THANHLINH.NET

Mt6:24 No one can serve two masters. He will either hate one and love the other, or be devoted to one and despise the other. You cannot serve God and mammon.

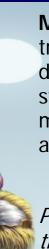






Mt6:34 Do not worry about tomorrow; tomorrow will take care of itself. Sufficient for a day is its own evil.

Ask God to remove all of my extreme worries and wondering about material things.



Mt6:19-20 Do not store up for yourselves treasures on earth, where moth and decay destroy, and thieves break in and steal. But store up treasures in heaven, where neither moth nor decay destroys, nor thieves break in and steal.

Pray for the ability to use my gifts of talent and treasure to glorify God's name and for the good of my soul.



Mt6:31-32 Do not worry about your life, what you will eat (or drink), or about your body, what you will wear. Your heavenly Father knows that you need them all.

Pray for the grace to reject my overindulgence in food, drink or wastefulness in food.

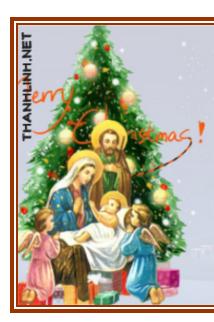
Mt6:33 Seek first the kingdom of God and his righteousness, and all these things will be given you.

Pray for the grace to yearn to visit the Eucharist and to actively participate in the Holy Mass. Be determined to live righteously.

Mt7:7 Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

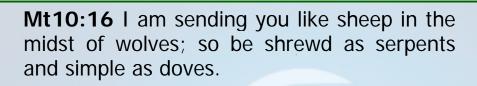
Pray for the grace to trust in God's mercy and compassion.





Mt7:12 Do to others whatever you would have them do to you.

Ask God for the grace to care for others' needs like that of my own.



Ask God for the gift of wisdom, and humble simplicity when I serve and witness to God.

Mt7:24 Everyone who listens to these words of mine and acts on them will be like a wise man who built his house on rock.

Pray for the grace to love to read God's Words and to bring the Gospel to life.



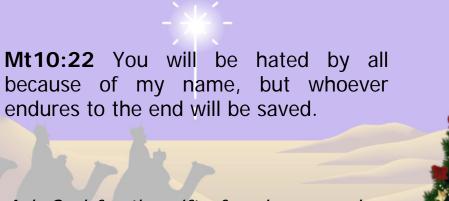
Mt8:17b He took away our infirmities and bore our diseases.

Thank Jesus for carrying the burden of humanity's sins and ask God to heal my body, and soul.



Mt10:19-20 When they hand you over, do not worry about how you are to speak or what you are to say. You will be given at that moment what you are to say. For it will not be you who speak but the Spirit of your Father speaking through you.

Ask the Holy Spirit to anoint my words when I witness and testify to the Good News.



Ask God for the gift of endurance when I face persecution and hardship.





Mt10:32-33 Everyone who acknowledges me before others I will acknowledge before my heavenly Father. But whoever denies me before others, I will deny before my heavenly Father.

Ask God for the gift of courage and wisdom so that I may proclaim God everywhere.

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Mt10:38-39 Whoever does not take up his cross and follow after me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it.

Ask God to help me remove the focus from myself and for the grace to willingly accept my cross each day.



Mt10:27 What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops.

Ask God for the grace to courageously spread the Good News and be a witness to God.

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Mt10:28 Do not be afraid of those who kill the body but cannot kill the soul; rather, be afraid of the one who can destroy both soul and body in Gehenna.

Ask God for the grace to be faithful to the Church and to God.



Mt10:42 Whoever gives only a cup of cold water to one of these little ones to drink because he is a disciple--amen, I say to you, he will surely not lose his reward.

Pray for the grace to willingly give my time, talent and possessions to serve God through the Church and community.

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Mt11:25 I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike.

Thank God for revealing himself to me and for the love he reserves for me. Pray for the grace to be humble.

THANHLINH.NET

Mt12:50 Whoever does the will of my heavenly Father is my brother, and sister, and mother.

Pray for the grace to always seek God's will and to carry out His Holy will.





Mt11:28 Come to me, all you who labor and are burdened, and I will give you rest.

Pray for the longing and the diligence to visit the Eucharist and to actively participate in the Holy Mass.





Mt11:29 Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for your selves. For my yoke is easy, and my burden light.

Pray for the grace to always learn from Jesus' model of meekness and humility.

THANHLINH.NET



Mt16:24 Whoever wishes to come after me must deny himself, take up his cross, and follow me.

Ask God to take away my carnal desires and pray for the willingness to accept the cross and follow God.



Mt16:25 Whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it.

Ask the Holy Spirit to give me the grace to courageously devote my life to proclaiming the Good News and to serve God.

THANHLINH.NET

Mt19:29 Everyone who has given up houses or brothers or sisters or father or mother or children or lands for the sake of my name will receive a hundred times more, and will inherit eternal life.







Mt20:26-27 Whoever wishes to be great among you shall be your servant; whoever wishes to be first among you shall be your slave.

Pray for the gift of humility and for the grace to listen when I serve.



Mt17:20 If you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you.

Pray for the grace to grow in faith and to believe in God's power.



Mt18:21-22 If my brother sins against me, how often must I forgive him? As many as seven times? "I say to you, not seven times but seventy-seven times."

Ask the Holy Spirit to help me forgive all those who have hurt me.

Mt20:28 Just so, the Son of Man did not come to be served but to serve and to give his life as a ransom for many.

Pray for the grace of self dedication, so I may willingly give of my time, talents, and treasure to serve God.

Mt21:22 Whatever you ask for in prayer with faith, you will receive.

Pray for the belief and the discernment that God is a Father full of loving kindness.

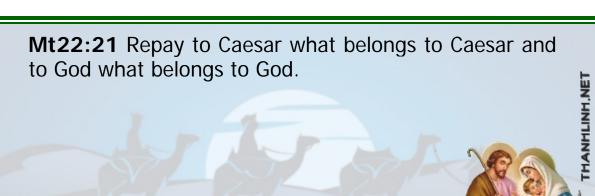


Mt22:37,39 You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. You shall love your neighbor as yourself.

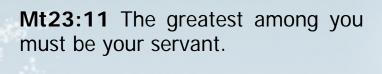
Pray for the fire of the Holy Spirit to burn in my heart so that I may love God and others.

Mt23:12 Whoever exalts himself will be humbled; but whoever humbles himself will be exalted.

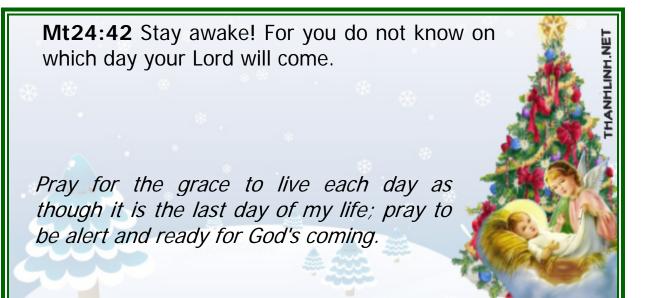
Pray for the grace to live in a lowly and humble spirit and to be respectful of others.

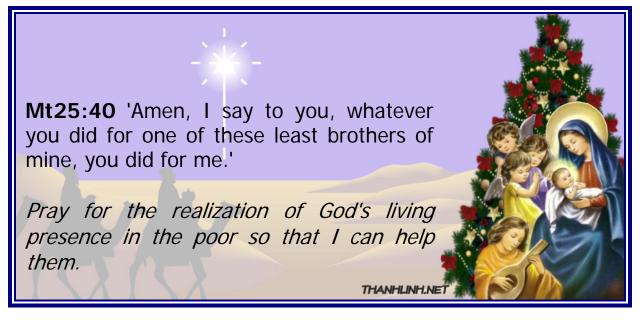


Pray that I do not seek honours and privileges, financial gains, and position in my discipleship.

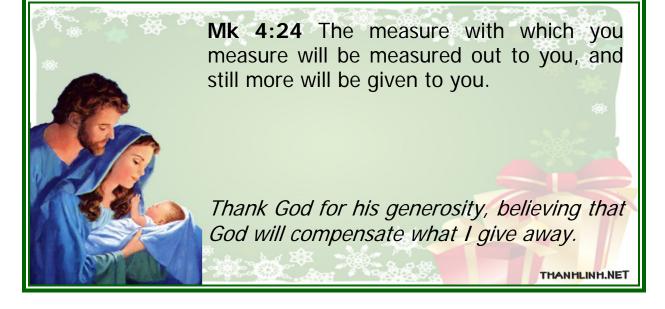


Pray for the grace to always be humble and to see my lowliness when I serve.











Mt28:19 Go, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit.

Pray for the grace of courage and wisdom to proclaim the Good News and to be a witness to God.

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Mk 1:11 "You are my beloved Son; with you I am well pleased."



Mk 6:50 "Take courage, it is I, do not be afraid!"

Ask the Holy Spirit to remove the fears and worries in my life.



Mk9:41 Anyone who gives you a cup of water to drink because you belong to Christ, amen, I say to you, will surely not lose his reward.

Pray for the grace to know to help the poor, and thank God for his generous heart.

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Mk11:23 Whoever says to this mountain, 'Be lifted up and thrown into the sea,' and does not doubt in his heart but believes that what he says will happen, it shall be done for him.

Pray for a strong faith in God and believe that God is living and exists.

THANHLINH.NET

Mk11:25 When you stand to pray, forgive anyone against whom you have a grievance, so that your heavenly Father may in turn forgive you your transgressions.

Pray for the strength to always forgive and not hold grudges.





Mk 8:36 What profit is there for one to gain the whole world and forfeit his life?

Pray for the grace to always seek God, and reserve some private time for God.



Menny Survivas!

Mk10:43-44 Whoever wishes to be great among you will be your servant; whoever wishes to be first among you will be the slave of all.

Pray for the grace to always be humble, and to be a good role model for others to follow.

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Mk13:11 When they lead you away and hand you over, do not worry beforehand about what you are to say. But say whatever will be given to you at that hour. For it will not be you who are speaking but the holy Spirit.

Pray with the believe that God is by me when I'm tested.



Mk13:13 You will be hated by all because of my name. But the one who perseveres to the end will be saved.

Pray for the grace to willingly accept all my trials and tribulations.

THANHLINH.NET

Mk16:17-18 In my name they will drive out demons, they will speak new languages. They will pick up serpents, and if they drink any deadly thing, it will not harm them. They will lay hands on the sick, and they will recover.

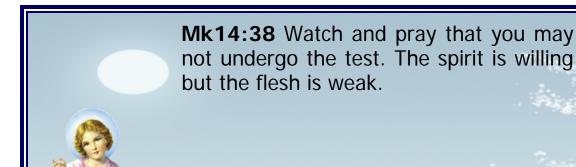
Pray for the courage to pray healing prayers for others and believe in God's healing power.



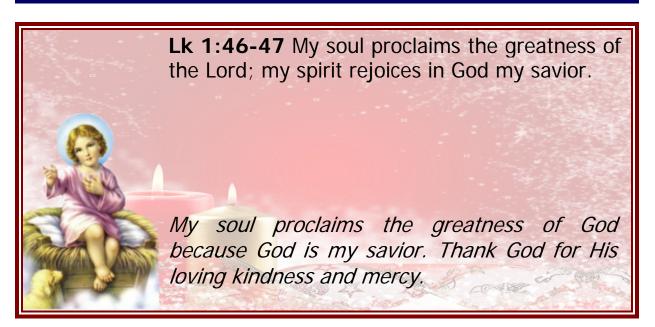


Lk 1:49-50 The Mighty One has done great things for me, and holy is his name. His mercy is from age to age to those who fear him.

Praise God for his merciful heart, praise his Holy and Mighty Name.



Pray for the grace to be alert by constant prayer and for the grace to realize the weaknesses of my flesh.





Lk 6:20 Blessed are you who are poor, for the kingdom of God is yours.

Thank God for always helping, and protecting the poor.



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Lk 6:28 Bless those who curse you, pray for those who mistreat you.

Ask God to bless me with the strength to bless and pray for my enemies.

Lk 6:38 Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you.

Ask God for the gift of a generous giving heart and believe that God gives me back much more than I give.

Lk 6:22-23 Blessed are you when people hate you, and when they exclude and insult you, and denounce your name as evil on account of the Son of Man. Rejoice and leap for your reward will be great in heaven.

Pray for certain faith and trust in God when others hate and denounce me.



Lk 6:37 Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven.

Ask God to help me examine my conscience, so I may know myself better instead of hastily judging others.



Lk10:3 I am sending you like lambs among wolves.

Ask God for the gift of courage and wisdom to go proclaim the Good News and to be a witness to God.



Lk10:19 I have given you the power 'to tread upon serpents' and scorpions and upon the full force of the enemy and nothing will harm you.

Pray for the grace to believe in God's power and protection.

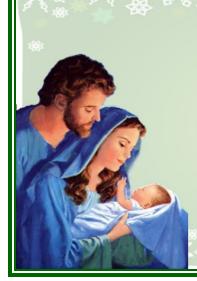




Lk12:4-5 Do not be afraid of those who kill the body but after that can do no more. Be afraid of the one who after killing has the power to cast into Gehenna.

Pray for the grace to realize that material treasures and my flesh will return to dust, and believe that God will be the judge at the end of my life.

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Lk12:7 The hairs of your head have all been counted. Do not be afraid. You are worth more than many sparrows.

Pray for the grace to believe in God's Providential care and even though I am nothing, I am precious in God's eyes.



Lk11:9-10 I tell you, ask and you will receive; seek and you will find; knock and the door will be opened to you.

I offer my needs up to God and wait for God's plan. Pray for the grace to believe that God knows what is best for me in his own time.

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Lk11:28 Blessed are those who hear the word of God and observe it.

Pray for a heart that loves and keeps God's Words.

Lk12:8-9 Everyone who acknowledges me before others the Son of Man will acknowledge before the angels of God. But whoever denies me before others will be denied before the angels of God.

Pray for the courage to proclaim my faith in the Good News everywhere, never deny that I'm a Christian.

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Lk 22:26 Let the greatest among you be as the youngest, and the leader as the servant.

Pray for the grace to always be humble and to see my lowliness when I serve.

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Lk16:10 The person who is trustworthy in very small matters is also trustworthy in great ones; and the person who is dishonest in very small matters is also dishonest in great ones.

Pray for the grace to be faithful to God in all my words and actions.

THANHLINH.NET

Lk17:4 If he wrongs you seven times in one day and returns to you seven times saying, 'I am sorry,' you should forgive him.

Pray for a patient and enduring heart when facing my brothers' and sisters' mistakes.





Lk12:32 Do not be afraid any longer, little flock, for your Father is pleased to give you the kingdom.

Ask God to remove my fears and worries. Trust in God to care for me.



Lk16:13 No servant can serve two masters. He will either hate one and love the other, or be devoted to one and despise the other. You cannot serve God and mammon.

Pray for the grace to place God as the only god in my life and hope in Him.

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LK17:6 If you have faith the size of a mustard seed, you would say to (this) mulberry tree, 'Be uprooted and planted in the sea,' and it would obey you.

Pray for a strong faith in God.



Lk17:10 So should it be with you. When you have done all you have been commanded, say, 'We are unprofitable servants; we have done what we were obliged to do.'

Pray for the grace to realize my lowliness and imperfection. Pray for God's mercy.

THANHLINH.NET

Lk21:36 Be vigilant at all times and pray that you have the strength to escape the tribulations that are imminent and to stand before the Son of Man.

Pray for a prayerful heart and to be alert of the temptations of the world.



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Lk22:40 "Pray that you may not undergo the test."

Pray for the grace to always pray and reject temptations.

Lk21:17-18 You will be hated by all because of my name, but not a hair on your head will be destroyed.



Believe in God's justice and pray for the grace to accept the hardships when following God.

Lk 22:26 Let the greatest among you be as the youngest, and the leader as the servant.

Pray for the grace to always be humble and to see my lowliness when I serve.



Jn3:30 He must increase; I (John) must decrease.

Glorify God and pray for the grace to be humble in my position, with my talents, and for the charisms that God has given me.





Jn4:24 God is Spirit, and those who worship him must worship in Spirit and truth.

Pray to live united with the Holy Spirit each day. Pray for the grace to worship God with my heart.

Jn6:56 Whoever eats my flesh and drinks my blood remains in me and I in him.

Pray for the grace to recognize the living presence of God when I receive the Eucharist. Pray for God to always be with me.



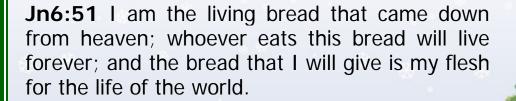
Jn4:13-14 Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life.

Pray for the yearning to be filled with the Holy Spirit and the longing to receive the body and blood of Jesus in the Eucharist.

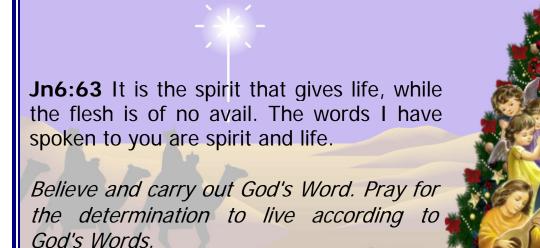


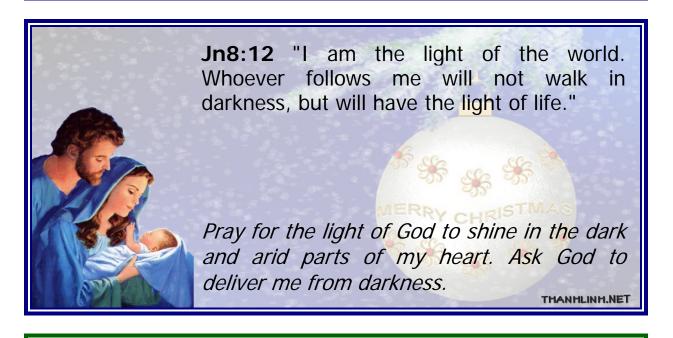
Jn6:35 I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.

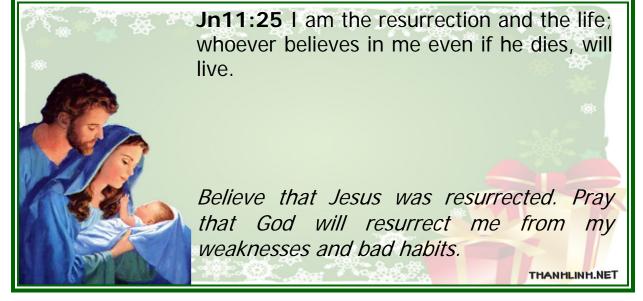
Thank Jesus in the Eucharist. Pray for the grace to diligently participate in the Holy Mass and receive Jesus in the Fucharist.



Thank God for his humility within the Holy Eucharist. Pray for the grace to long to receive the Body and Blood of Jesus in the Eucharist.









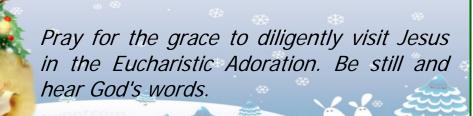
Jn7: 37b-38 Let anyone who thirsts come to me and drink. Whoever believes in me, as scripture says: 'Rivers of living water will flow from within him.'

Thank God for his mercy. Pray for the grace to yearn to come to the Eucharist often.

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Jn10:27 My sheep hear my voice; I know them, and they follow me.



Jn12:24 Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit.

Pray that I may crucify my sinful passions and desires for excessive living and material things.



Jn12:25 Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life.

Pray that I may offer my talents, health, and time to serve and proclaim God's Words.

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Jn12:26 Whoever serves me must follow me, and where I am, there also will my servant be. The Father will honor whoever serves me.



Pray for the grace to serve God only to glorify His Holy Name. Pray that God is always with me when I serve.

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Jn13:35 This is how all will know that you are my disciples, if you have love for one another.

Pray that I may be a witness to God through my loving words and deeds.



Jn13:34 I give you a new commandment: love one another. As I have loved you, so you also should love one another.

Ask God to give me a loving and generous heart for everyone.



Menny Mennas!

Jn13:14 If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet.

Pray for the grace to humbly serve with all my heart, and to do everything without distinguishing positions and rank.

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Jn14:1 Do not let your hearts be troubled. You have faith in God; have faith also in me.

Pray for the grace to firmly believe in God when I face worries and trials, and fall into temptations.



Jn14:12 Amen, amen, I say to you, whoever believes in me will do the works that I do, and will do greater ones.

Thank God for allowing me to be an instrument of his peace and love and allowing me to participate in his plans.

THANHLINH.NET

Jn14:21 Whoever has my commandments and observes them is the one who loves me. And whoever loves me will be loved by my Father, and I will love him and reveal myself to him.

Pray that I may keep God's commands with my heart. Ask God to reveal himself and let me feel His Holy presence in my life.



THANHLINH.NET



Jn14:26 The Advocate, the holy Spirit that the Father will send in my name--he will teach you everything and remind you of all that I told you.

Thank God the Father for giving me the Holy Spirit and thank the Holy Spirit for enlightening me about God.



Jn14:16 I will ask the Father, and he will give you another Advocate to be with you always.

Thank God for giving me the Holy Spirit. Pray that I may be united with the Holy Spirit.

Jn14:23 Whoever loves me will keep my word, and my Father will love him, and we will come to him and make our dwelling with him.

Ask God to help me read, understand and keep His Words. Pray that God will imprint His words in my heart.

Jn14:27 Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid.

Ask God to bless me with His peace. Pray for a firm faith in God's love and power.

Jn15:5 I am the vine, you are the branches, Whoever remains in me and I in him will bear much fruit, because without me you can do nothing.

Pray that I may be united with God when I receive the Eucharist. Pray that I may see my weaknesses if God were not in my life.





Jn15:15 I no longer call you slaves, because a slave does not know what his master is doing. I have called you friends, because I have told you everything I have heard from my Father.

Thank Jesus for wanting to be close to me like a friend. Thank Jesus for revealing God, the Father, to me.

Jn15:20 Remember the word I spoke to you, 'No slave is greater than his master.' If they persecuted me, they will also persecute you. If they kept my word, they will also keep yours.

Pray for the grace to accept hardships, betrayal, and persecutions when I follow Jesus and choose God.

Jn15:8 By this is my Father glorified, that you bear much fruit and become my disciples.

Pray that I may always receive the fruits

of the Holy Spirit. Thank God for

allowing me to be his disciple.

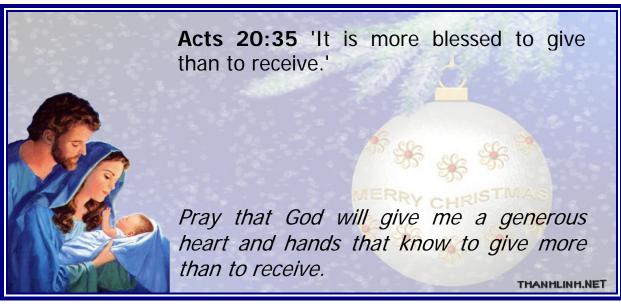
Jn15:18 If the world hates you, realize that it hated me first.

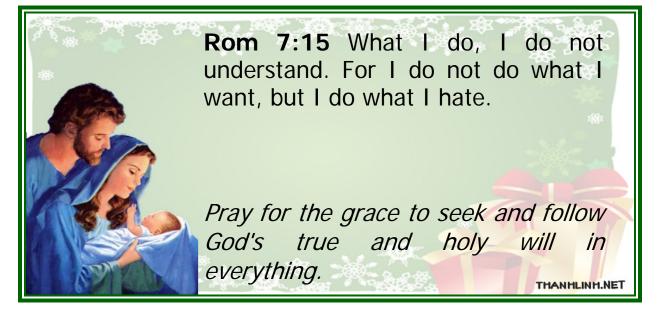
Pray for the strength and courage to follow God when I face trials and tribulations.

Jn16:33 I have told you this so that you might have peace in me. In the world you will have trouble, but take courage, I have conquered the world."

Pray for a firm faith and for the grace to seek strength in God when I'm in distress and trouble.









Acts 20:19 I served the Lord with all humility and with the tears and trials that came to me because of the plots of the Jews.

Pray that I may serve God humbly and to be ready to accept the sufferings that I may experience.

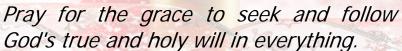
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Rom 6:8 If, then, we have died with Christ, we believe that we shall also live with him.

Thank Jesus, because of him, I have eternal life. Believe in the Resurrected Christ.

Rom 7:15 What I do, I do not understand. For I do not do what I want, but I do what I hate.



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Rom 8:11 If the Spirit of the one who raised Jesus from the dead dwells in you, the one who raised Christ from the dead will give life to your mortal bodies also, through his Spirit that dwells in you.

Thank the Holy Spirit for living inside me and helping me to transform to be more Christ like.

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Rom 8:15 You did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption, through which we cry, "Abba, Father!"

Thank the Holy Spirit for making me become a child of God. Call to God the Father with all my heart: Abba! Father!

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Rom 12:14-15 Bless those who persecute (you), bless and do not curse them. Rejoice with those who rejoice, weep with those who weep.

Pray for the grace to share the joys and sorrows with my brothers and sisters in a spirit of love.





Rom 8:13 If you live according to the flesh, you will die, but if by the spirit you put to death the deeds of the body, you will live.

Pray to the Holy Spirit to give me the strength to reject my selfish natures and the misdeeds of my body.





Rm 8:26 In the same way, the Spirit too comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit itself intercedes with inexpressible groanings.

Invite the Holy Spirit to pray with me and ask the Holy Spirit to intercede to God the Father for me.

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Rom 12:21 Do not be conquered by evil but conquer evil with good.

Pray that God will give me the strength to not repay those who hurt me with an eye for an eye, but rather give me the strength to forgive and overcome evil with good.



Rom 14:17 The kingdom of God is not a matter of food and drink, but of righteousness, peace, and joy in the holy Spirit.

Pray for the grace to not be consumed by eating and drinking, and to not let eating and drinking be my highest priority, taking my time away from God.

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1Cor 1:5 I give thanks to my God always on your account for the grace of God bestowed on you in Christ Jesus, that in him you were enriched in every way, with all discourse and all knowledge.

Thank God for allowing me to be his precious child and for blessing me with His abundant grace.



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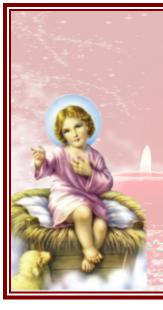
1Cor 1:18 The message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

Pray that I may readily accept life's crosses and pray that I always seek strength in God to help me carry my crosses.



Rom 15:9 I will praise you among the Gentiles and sing praises to your Name.

Praise, glorify and thank God constantly.



1Cor 1:10 In the name of our Lord Jesus Christ, that all of you agree in what you say, and that there be no divisions among you, but that you be united in the same mind and in the same purpose.

Pray that I always build up unity and love, sacrificing my own selfish will for the good of the whole.

1Cor 2:10 God has revealed to us through the Spirit. For the Spirit scrutinizes everything, even the depths of God.

Thank the Holy Spirit for revealing to me about God through God's Words.

1Cor 2:12 We have not received the spirit of the world but the Spirit that is from God, so that we may understand the things freely given us by God.

Pray that I may be filled with the Holy Spirit and ask God to deliver me from the lure of worldly things.





1Cor 6:20 For you have been purchased at a price. Therefore, glorify God in your body.

Thank Jesus for the price of his own blood that paid for my salvation. Glorify God and pray to know to respect my body.

1Cor 10:13 No trial has come to you but what is human. God is faithful and will not let you be tried beyond your strength; but with the trial he will also provide a way out, so that you may be able to bear it.

Thank God for being present with me when I'm in distress and pray for the grace to trust that God's plans will result in good.

1Cor 3:16 Do you not know that you are the temple of God, and that the Spirit of God dwells in you?

Thank God for his presence in me. Ask God to forgive me for all the times that I defiled God's temple of my body.



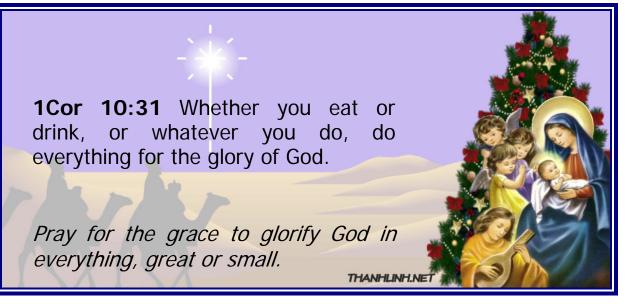
1Cor 7:23 You have been purchased at a price. Do not become slaves to human beings.

Pray that God would deliver me from the material and earthly things that enslave me and are holding my body in bondage.



1Cor 9:16 If I preach the gospel, this is no reason for me to boast, for an obligation has been imposed on me, and woe to me if I do not preach it!

Pray that God will grant me the gift of wisdom and courage to witness and proclaim the Good News.









1Cor 13:3 If I give away everything I own, and if I hand my body over so that I may boast but do not have love, I gain nothing.

Pray for the grace to do everything out of love, not out of wanting to be recognized or acknowledged.

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1Cor 14:1 Pursue love, but strive eagerly for the spiritual gifts, above all that you may prophesy.

Pray for the longing to receive the gifts of the Holy Spirit and for the wisdom to know how to use those gifts for the good of others.

1Cor 15:19 If for this life only we have hoped in Christ, we are the most pitiable people of all.

Pray for the grace to place my goal and hope for my eternal life in Jesus Christ.



2Cor 1:4 Lord Jesus Christ who encourages us in our every affliction, so that we may be able to encourage those who are in any affliction with the encouragement with which we ourselves are encouraged by God.

Pray for the grace to seek comfort in God when I am in trouble and to have a firm faith because God always comforts me.

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2Cor 7:6 God, who encourages the downcast, encouraged us by the arrival of Titus.



Thank God for never abandoning the downcast, and trust in God, the Comforter.

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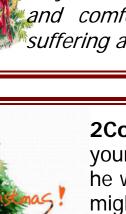
2Cor 8:9 Lord Jesus Christ, that for your sake he became poor although he was rich, so that by his poverty you might become rich.

Thank God for his humility and his great and generous heart.

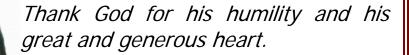


2Cor 2:7 On the contrary, you should forgive and encourage him instead, or else the person may be overwhelmed by excessive pain.

Pray for the grace to support and comfort those who are suffering and are in distressed.



2Cor 8:9 Lord Jesus Christ, that for your sake he became poor although he was rich, so that by his poverty you might become rich.



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2Cor 9:13 Through the evidence of this service, you are glorifying God for your obedient confession of the gospel of Christ and the generosity of your contribution to them and to all others.

Pray for the wisdom to realize that I serve to glorify God. Pray that I may readily give of my time and efforts in service to the Lord.



2Cor 9:15 Thanks be to God for his indescribable gift!

Thank God for His many blessings for me: family, friends, health, property, ...

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2Cor 13:11 Brothers and sisters, rejoice. Mend your ways, encourage one another, agree with one another, live in peace, and the God of love and peace will be with you.

Pray for the grace to know to encourage my brothers and sisters and to persevere to live in unity and peace with my family and community.

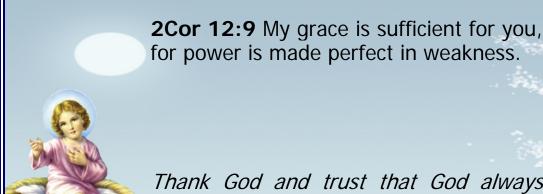


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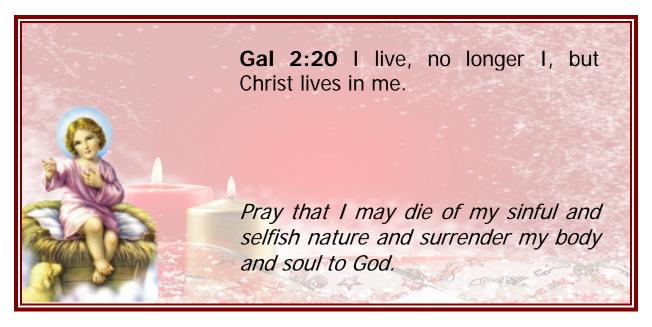


Gal 5:17 For the flesh has desires against the Spirit, and the Spirit against the flesh; these are opposed to each other, so that you may not do what you want.

Pray that I may reject the desires of my flesh, and seek the guidance of the Holy Spirit.



Thank God and trust that God always blesses me and protects me when I face trials and temptations.





Gal 5:24 Those who belong to Christ (Jesus) have crucified their flesh with its passions and desires.

Pray for the grace to humbly acknowledge that I'm weak. Pray that God will help me crucify my passions and sins on the cross.

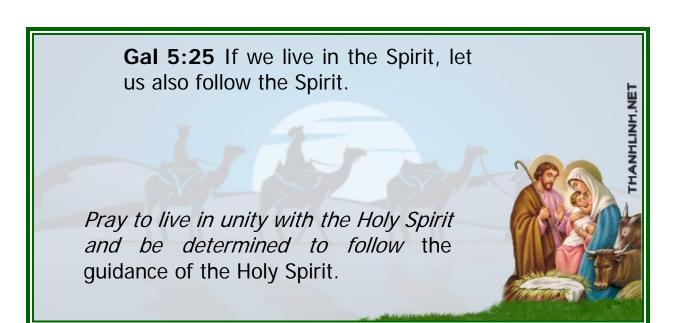


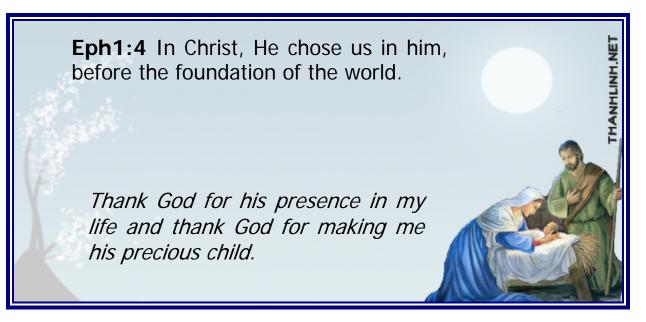
Gal 6:8 The one who sows for his flesh will reap corruption from the flesh, but the one who sows for the spirit will reap eternal life from the spirit.

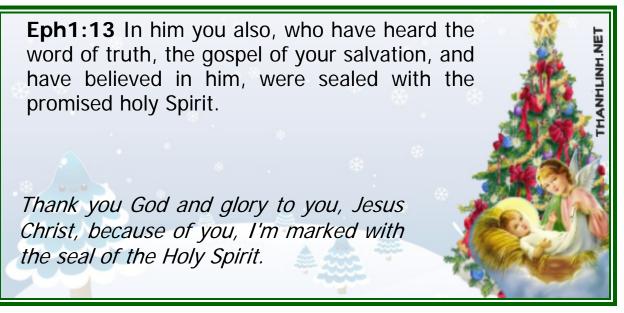
Pray for the grace to sow seeds of good faith through good works and examples.

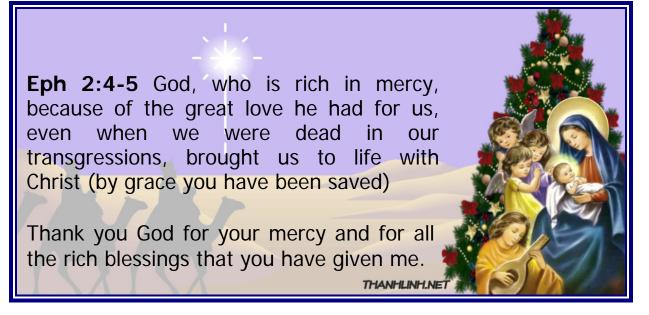
Eph1:7 In him we have redemption by his blood, the forgiveness of transgressions, in accord with the riches of his grace.

Thank you Jesus for the blood of salvation that you have poured out for me and thank you God for the greatness of your forgiveness.

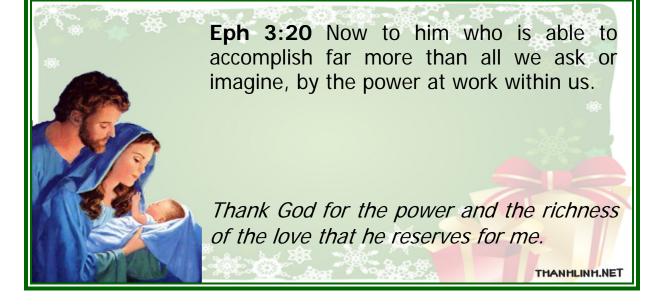














Eph 2:8 For by grace you have been saved through faith, and this is not from you; it is the gift of God.

Thank God for his salvation and for the love that he has freely given to me.

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Eph 2:22 Through him the whole structure is held together and grows into a temple sacred in the Lord by the Spirit.

Thank God for the church and the community of God's holy people. Pray for the gift of unity.

Eph 3:17-19 Christ may dwell in your hearts through faith; that you, rooted and grounded in love, may have strength to comprehend with all the holy ones what is the breadth and length and height and depth, and to know the love of Christ.

Thank God for being present in my heart.

Pray that God will give me a heart that longs to know and love him more deeply.



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Eph 4:3 Strive to preserve the unity of the spirit through the bond of peace.

Pray that I always create an environment of unity in my family and community.

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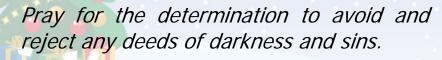
Eph 4:22-24 You should put away the old self of your former way of life, corrupted through deceitful desires, and be renewed in the spirit of your minds.



Pray that I surrender my mind and body to God for him to sanctify and transform.

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Eph 5:11 Take no part in the fruitless works of darkness; rather expose them.







Eph 4:32 Be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.

Pray for the strength to forgive those who have hurt me.



Eph 5:2 Live in love, as Christ loved us and handed himself over for us as a sacrificial offering to God for a fragrant aroma.

Pray that God will give me a compassionate heart and loving hands that I may love and serve everyone.

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Eph 5:19 Addressing one another (in) psalms and hymns and spiritual songs, singing and playing to the Lord in your hearts.

Pray that God will give me a heart that knows to glorify and praise him instead of grumbling and complaining to him.



Eph 5:20 Give thanks always and for everything in the name of our Lord Jesus Christ to God the Father.

Praise and thank God in everything, even in times of difficulty, because God never abandons me.

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Eph 6:7-8 Willingly serving the Lord and not human beings, knowing that each will be requited from the Lord for whatever good he does, whether he is slave or free.



Pray that I may see God in those I serve and that I serve because of God's name.

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Eph 6:18 With all prayer and supplication, pray at every opportunity in the Spirit.

Pray for the gift of firm faith in God and to pray constantly.

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Eph 6:1-2 Children, obey your parents (in the Lord), for this is right. "Honor your father and mother." This is the first commandment with a promise.

Pray that I honor and love my parents. Repent for all the times that I have grieved them.

Eph 6:11-12A Put on the armor of God so that you may be able to stand firm against the tactics of the devil. For our struggle is not with flesh and blood but with the principalities, with the powers.

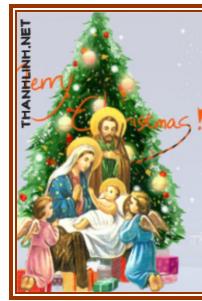
Pray that I will diligently receive the Sacrament of Reconciliation, read the Holy Bible, and actively participate in the Holy Mass. Pray for the gift to rely on the strength and the power of God's name when I face temptations.



Col 2:7 Received Christ Jesus the Lord, walk in him, rooted in him and built upon him and established in the faith as you were taught, abounding in thanksgiving.

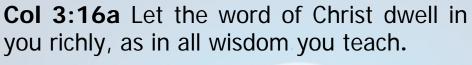
Pray for the grace to yearn to journey more deeply into a life of faith and to be united with God.





CI 2:14 And even when you were dead (in) transgressions and the uncircumcision of your flesh, he brought you to life along with him, having forgiven us all our transgressions.

Thank you Jesus for saving me and cancelling my debts of sins and eternal punishments.



Pray for the yearning to live God's Words and to support and admonish my brothers and sisters lovingly.



Col 2:13 You were buried with him in baptism, in which you were also raised with him through faith in the power of God, who raised him from the dead.

Thank Jesus for redeeming me from being slaves to sins so that I may be alive again with Him.



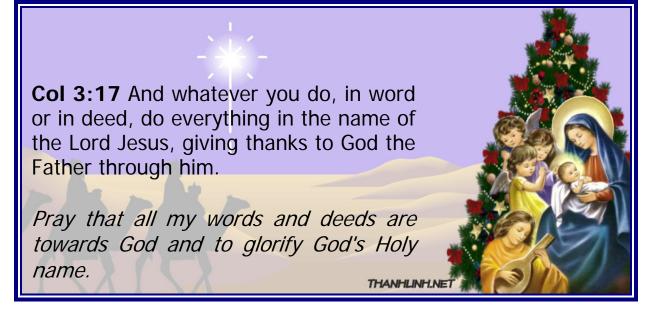
Col 3:13 Bear with one another and forgiving one another, if one has a grievance against another; as the Lord has forgiven you, so must you also do.

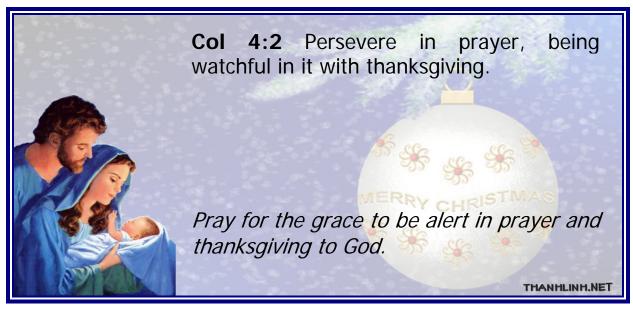
Ask the Holy Spirit to give me the gift of patience, endurance and forgiveness for others.

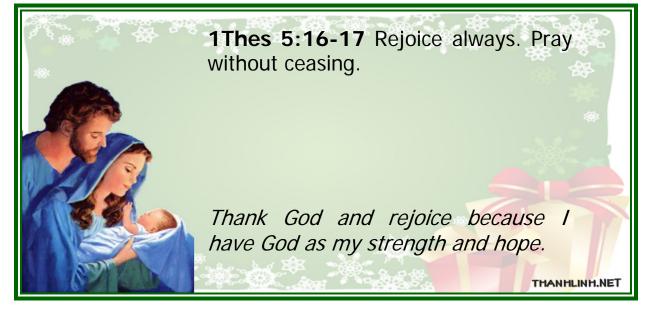


Col 3:16b Admonish one another, singing psalms, hymns, and spiritual songs with gratitude in your hearts to God.

Thank God and his blessings through songs, praise and Thanksgiving.









Col 3:20 Children, obey your parents in everything, for this is pleasing to the Lord.

Pray for the gift of obedience to my parents, authority or leader.

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1Thes 5:4 You, brothers, are not in darkness, for that day to overtake you like a thief. For all of you are children of the light ¹ and children of the day. We are not of the night or of darkness.

Pray for the grace to live today like it's the last day of my life. Tell God that I need him like I need the very air that I breathe.

1Thes 5:16-18 In all circumstances give thanks, for this is the will of God for you in Christ Jesus.

Pray for the grace to give thanks to God in every situation, especially when I face trials and tribulations.



1Thes 5:21-22 Test everything; retain what is good. Refrain from every kind of evil.

Pray for the gift to discern the difference between right and wrong, to know what is sinful and does not belong to God so that I may avoid it.

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1Tm 1:12 I am grateful to him who has strengthened me, Christ Jesus our Lord, because he considered me trustworthy in appointing me to the ministry.

Thank God for allowing me the opportunity to serve, and to be a small instrument for God.

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2Tm 4:2 Proclaim the word; be persistent whether it is convenient or inconvenient; convince, reprimand, encourage through all patience and teaching.

Pray for the wisdom to use every opportunity, talent, and position that I have to proclaim God's love.





2Thes 3:16 May the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.

Pray for the yearning to seek God's peace and ask God to remove my worries and fears.



2Tm 1:7 For God did not give us a spirit of cowardice but rather of power and love and self-control.

Pray for the courage to witness and proclaim God's love to everyone.

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Ti 3:5 Not because of any righteous deeds we had done but because of his mercy, he saved us through the bath of rebirth and renewal by the holy Spirit.

Thank God for the love and blessings that he freely gives me. Ask the Holy Spirit to renew me.

Heb 4:12 Indeed, the word of God is living and effective, sharper than any two-edged sword, penetrating even between soul and spirit, joints and marrow, and able to discern reflections and thoughts of the heart.

Pray that I know to value and long for God's Words. Pray for the determination to read and live God's Words.

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Heb 12:6 Whom the Lord loves, he disciplines; he scourges every son he acknowledges.

Believe that God is a kind and loving father. Repent of my sins.



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Jas 1:12 Blessed is the man who perseveres in temptation, for when he has been proved he will receive the crown of life that he promised to those who love him.

Pray for the gift of strength and perseverance in my trials. Believe that God is always with me.



Heb 8:10b But I will put my laws in their minds and I will write them upon their hearts. I will be their God, and they shall be my people.

Thank God for allowing me to become his people, and thank Him for imprinting his laws into my heart.

Gc 1:3 For you know that the testing of your faith produces perseverance.



Pray for a firm faith when I face trials and ask for the gift of enlightenment to discern what God is teaching me through those trials.

Jas 1:25 The one who peers into the perfect law of freedom and perseveres, and is not a hearer who forgets but a doer who acts, such a one shall be blessed in what he does.

Pray that God's laws that I hear with my ears will become the actions in my hands.

with my hands.

Jas 2:26 For just as a body without a spirit is dead, so also faith without works is dead.

Pray for the determination to live my faith through my words and deeds.



Jas 4:10 Humble yourselves before the Lord and he will exalt you.

Pray for the grace to see myself as a useless servant, nothing in front of God, but God loves me and use me as an instrument of his love and peace.

1Pt 1:7 The genuineness of your faith, more precious than gold that is perishable even though tested by fire, may prove to be for praise, glory, and honor at the revelation of Jesus Christ.

Pray for the faith that through trials I will have glory, and that through suffering, I will know that I need God.

Jas 3:5 In the same way the tongue is a small member and yet has great pretensions. Consider how small a fire can set a huge forest ablaze.

Pray for the grace to be humble in my words and pray that the Holy Spirit would purify my lips and tongue.



Jas 5:13 Is anyone among you suffering? He should pray. Is anyone in good spirits? He should sing praise.

Pray that I'll rely and trust in God in all situations.



1Pt 1:16 "Be holy because I am holy."

Ask God to strengthen and sanctify me each day so I may become more holy.



1Pt 2:2 Like newborn infants, long for pure spiritual milk so that through it you may grow into salvation.

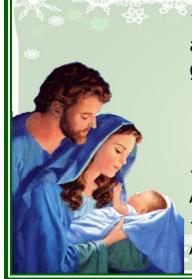
Pray for the grace to yearn to read and reflect God's Words. Believe in the power of God's Words.



1Pt 4:10 As each one has received a gift, use it to serve one another as good stewards of God's varied grace.

Thank God for the gifts that I have and pray that I know to use it for the good of the community.

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1Pt 4:16 But whoever is made to suffer as a Christian should not be ashamed but glorify God because of the name.

Pray that I'm not embarrassed when I proclaim Jesus Christ and when I make the sign of the cross. Pray for the gift of poverty of spirit in my Christian life.



1Pt 2:10 Once you were "no people" but now you are God's people; you "had not received mercy" but now you have received mercy.

Thank God and rejoice that God made me one of his people, allowing me to inherit the kingdom of God through Christ Jesus.

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1Pt 4:14 If you are insulted for the name of Christ, blessed are you, for the Spirit of glory and of God rests upon you.

Pray for peace in my heart and for the gift of joy when I'm insulted because of God's name.

1Pt 5:5 Humility in your dealings with one another, for: "God opposes the proud but bestows favor on the humble."

Pray for the grace to be humble, to be able to listen and to receive someone else's opinion.



1Jn 1:9 If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing.

Pray for the diligence to go the Sacrament of Reconciliation. Pray for the grace to acknowledge that I'm a sinner and thank God for his merciful heart.

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1Jn 4:4 You belong to God, children, and you have conquered them, for the one who is in you is greater than the one who is in the world.



Believe that God's power and Holy Name are stronger than any power of the darkness and of the earth.

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1Jn 4:10 In this is love: not that we have loved God, but that he loved us and sent his Son as expiation for our sins.

Thank God for giving me his only begotten Son. Receive Jesus and invite him to be the master of my life.





1Jn 3:18 Children, let us love not in word or speech but in deed and truth.

Pray for the determination to love others through my deeds. Pray for the grace to live in truth and in righteousness.



1Jn 4:8 Whoever is without love does not know God, for God is love.

Pray that God will bless those who love me, and ask God to give me the grace to use that love for others as gratitude to God's blessings for me.

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2Jn 1:3 In this way we know that we love the children of God when we love God and obey his commandments.

Thank God the Father for his love. Call Father: Abba! Father I love you forever.



Phil 2:3-4 Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves, each looking out not for his own interests, but (also) everyone for those of others.

Ask God to remove my selfish and proud nature. Pray for the ability to sacrifice my own selfish ways for the good of the community.

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Phil 3:8 I even consider everything as a loss because of the supreme good of knowing Christ Jesus my Lord. For his sake I have accepted the loss of all things and I consider them so much rubbish, that I may gain Christ.

Be joyful to have God as the Master of my life. Pray for the grace to sacrifice everything to have God.



Phil 1:21 For to me life is Christ, and death is gain.

Thank you Jesus, when I have you, I have all, heaven and eternal life.

Phil 3:7 Whatever gains I had, these I have come to consider a loss because of Christ.



Thank Jesus for being my treasure, and for being the greatest profit of my life.

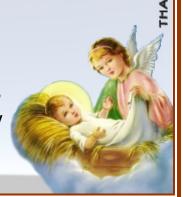
Phil 4:6 Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God.

Offer all my plans, proposed schedules, hardships and needs up to God. Ask God for his idea on them.



Phil 4:19 My God will fully supply whatever you need, in accord with his glorious riches in Christ Jesus.

Believe that God knows all my needs and in God's loving and providential care, God will do what is best for my spiritual being.





Rv 5:9 They sang a new hymn: "Worthy are you to receive the scroll and to break open its seals, for you were slain and with your blood you purchased for God those from every tribe and tongue, people and nation".

Thank you, Lord! My soul praises you Lord. My soul loves you Lord.

1Jn 1:9 If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing.

Thank God for his mercifulness. Trust in God's love and generosity. Ask God for a faithful heart.

Rv 3:3 Remember then how you accepted and heard; keep it, and repent. If you are not watchful, I will come like a thief, and you will never know at what hour I will come upon you.

Pray for the grace to be alert through constant prayers and to always examine my conscience and repent of my sins each night before I go to sleep.



2Pt 3:9b God is patient with you, not wishing that any should perish but that all should come to repentance.

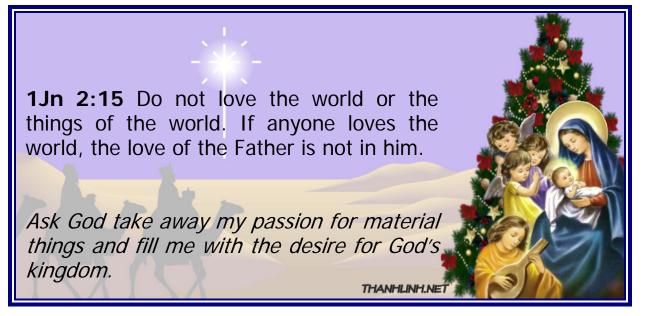
Pray for the grace to be patient with others' mistakes and always repent of my sins.



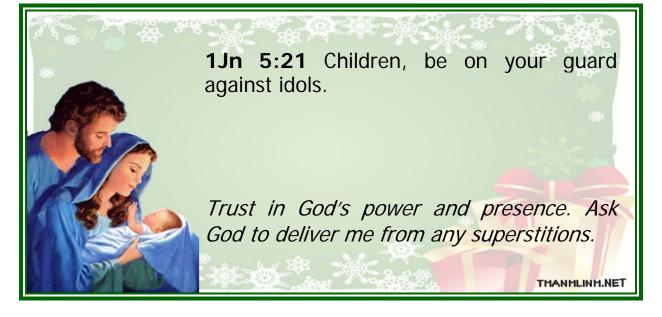
1Jn 2:9 Whoever says he is in the light, yet hates his brother, is still in the darkness.

Pray for the grace to be able to love and forgive others. Ask God to remove any hatred that I may have.











1Jn 3:17 If someone who has worldly means sees a brother in need and refuses him compassion, how can the love of God remain in him?

Ask for the grace to have compassion for the needy.

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1Jn 4:9 In this way the love of God was revealed to us: God sent his only Son into the world so that we might have life through him.

Thank God, the Father for He had given his only Son so that I may have life.

Jn 3:5 Jesus answered, Amen, amen, I say to you, no one can enter the kingdom of God without being born of water and Spirit.

Surrender myself (body, soul and spirit) to God, and let Him to transform my life.

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Acts 2:18 Indeed, upon my servants and my handmaids I will pour out a portion of my Spirit in those days, and they shall prophesy.

Thank God, the Father for his promise to pour out his Spirit. Open myself to receive God's Spirit.

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Rom 8:27 The one who searches hearts knows what is the intention of the Spirit, because it intercedes for the holy ones according to God's will.

Invite the Holy Spirit to assist me in my prayers. Thank the Holy Spirit for He always be at my side.

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1Cor14:1 Pursue love, but strive eagerly for the spiritual gifts, above all that you may prophesy.

Recognize the spiritual gifts that I have, and use them for the benefit of others.







Jn 20:22 He breathed on them and said to them, "Receive the holy Spirit".

Ask for the grace to yearn to be filled with the Holy Spirit.



1Cor3:16 Do you not know that you are the temple of God, and that the Spirit of God dwells in you?

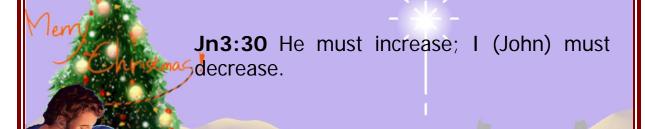
Thank God for his humbleness to reside in my heart. Respect and take care of my body.

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2Cor1:22 He has also put his seal upon us and given the Spirit in our hearts as a first installment.

Thanks for being God' children. Thanks to the Holy Spirit for his work in and through me.



Glorify God and pray for the grace to be humble in my position, with my talents, and for the charisms that God has given me.

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Jn4:24 God is Spirit, and those who worship him must worship in Spirit and truth.

Pray to live united with the Holy Spirit each day. Pray for the grace to worship God with my heart.





Jn6:51 I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.

Thank God for his humility within the Holy Eucharist. Pray for the grace to long to receive the Body and Blood of Jesus in the Eucharist.



Jn4:13-14 Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life.

Pray for the yearning to be filled with the Holy Spirit and the longing to receive the body and blood of Jesus in the Eucharist.



Jn6:35 I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.

Thank Jesus in the Eucharist. Pray for the grace to diligently participate in the Holy Mass and receive Jesus in the Eucharist.

Jn6:56 Whoever eats my flesh and drinks my blood remains in me and I in him.

Pray for the grace to recognize the living presence of God when I receive the Eucharist. Pray for God to always be with me.

