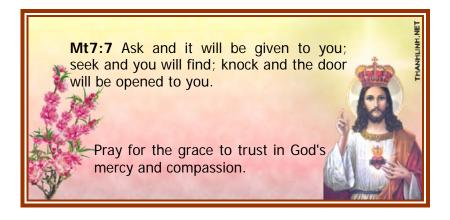
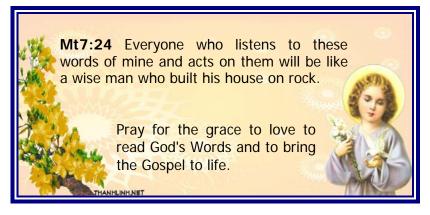


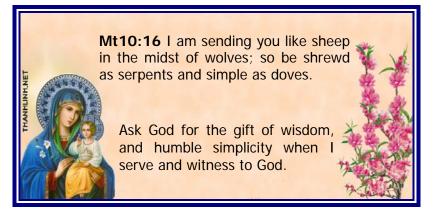
Mt6.31-32 Do not worry about your life, what you will eat (or drink), or about your body, what you will wear. Your heavenly Father knows that you need them all.

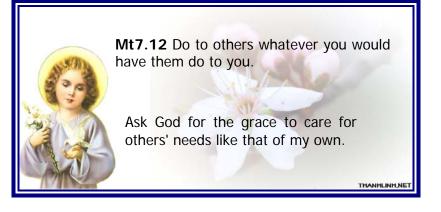
Pray for the grace to reject my overindulgence in food, drink or wastefulness in food.

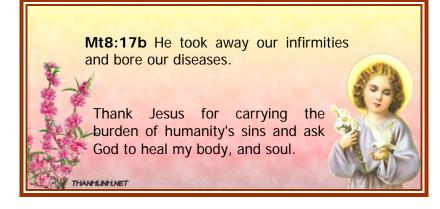


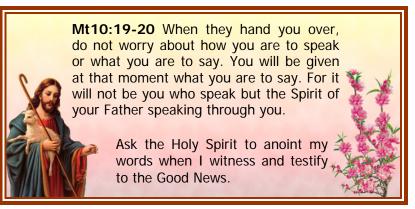


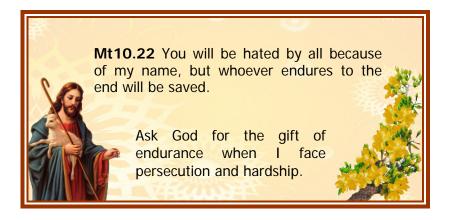


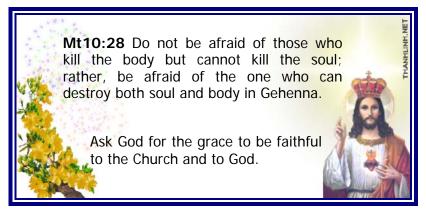


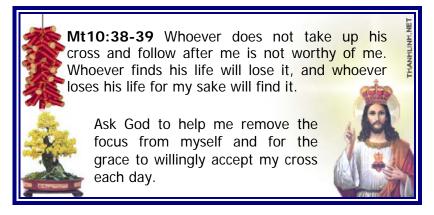


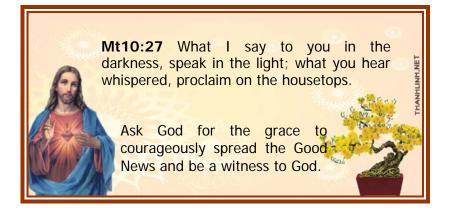


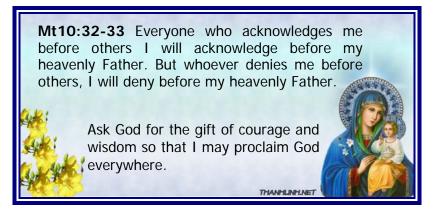


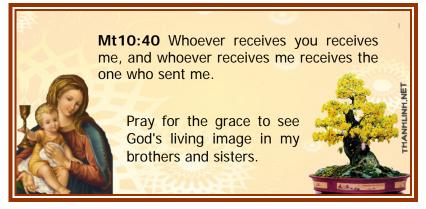


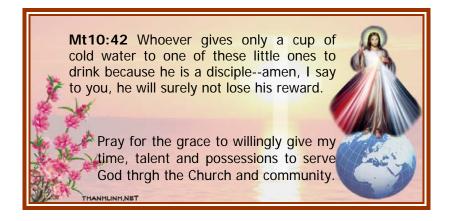




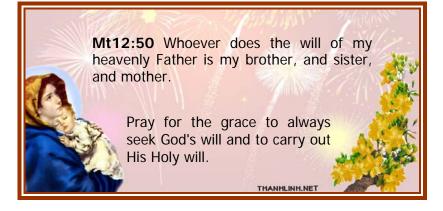


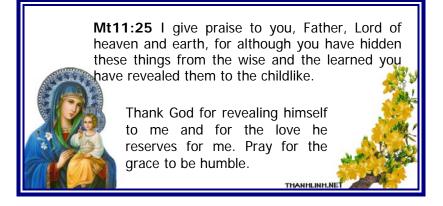


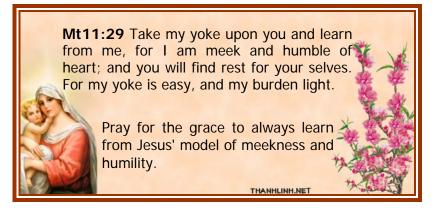


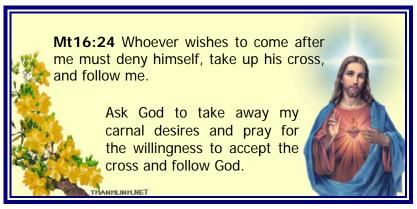


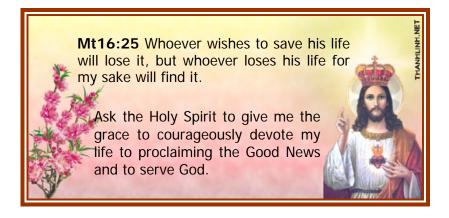


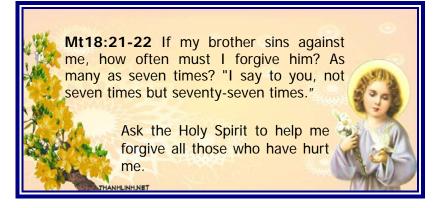


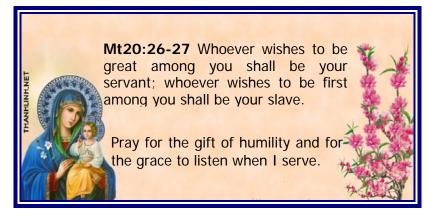


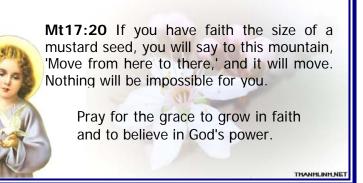


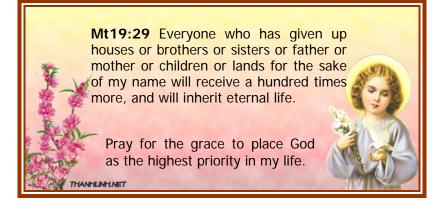


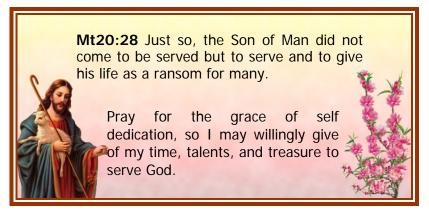


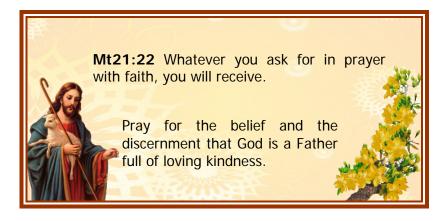


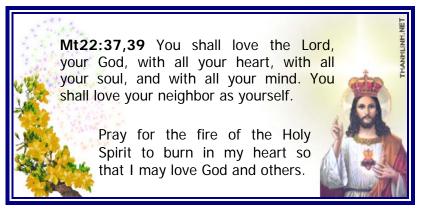


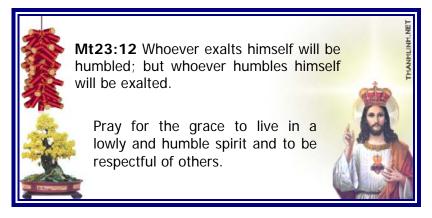


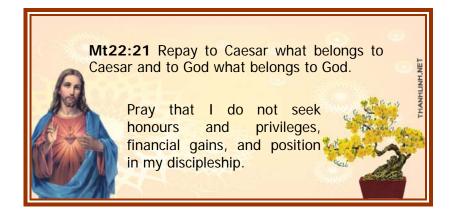


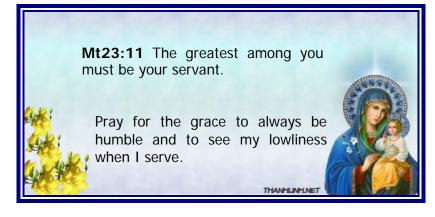


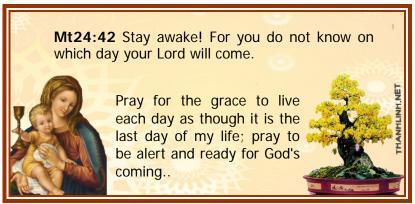


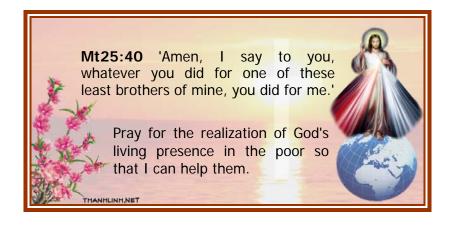




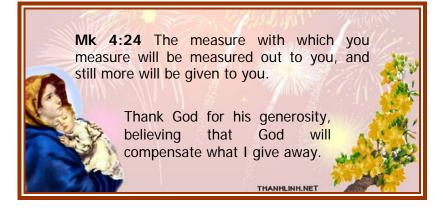


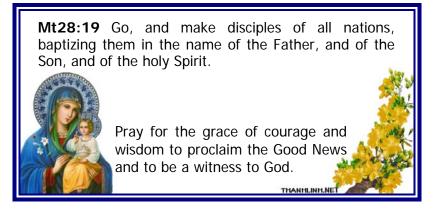


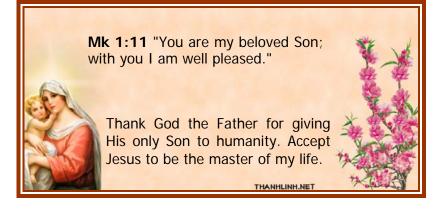




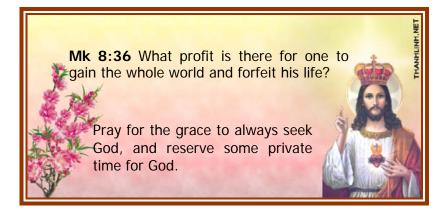


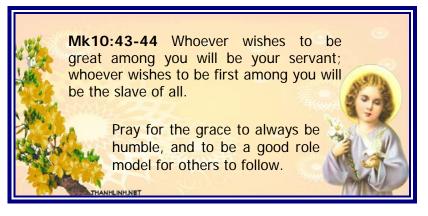


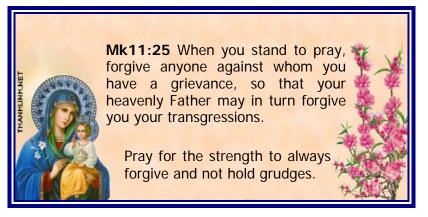














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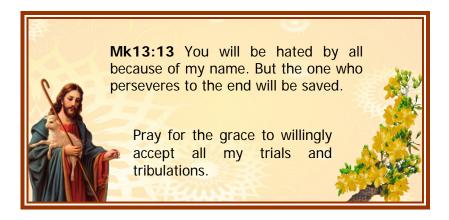
Mk9:41 Anyone who gives you a cup of water to drink because you belong to Christ, amen, I say to you, will surely not lose his reward.

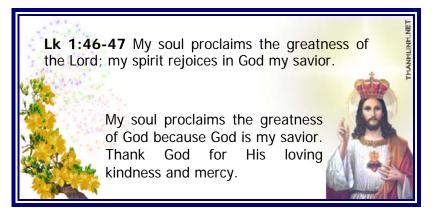
Pray for the grace to know to help the poor, and thank God for his generous heart.

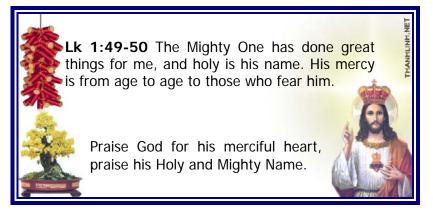
Mk11:23 Whoever says to this mountain, 'Be lifted up and thrown into the sea, and does not doubt in his heart but believes that what he says will happen, it shall be done for him. Pray for a strong faith in God and believe that God is living and exists.

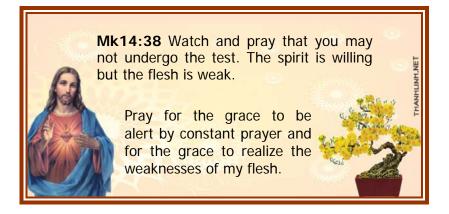
Mk13:11 When they lead you away and hand you over, do not worry beforehand about what you are to say. But say whatever will be given to you at that hour. For it will not be you who are speaking but the holy Spirit. Pray with the believe that God

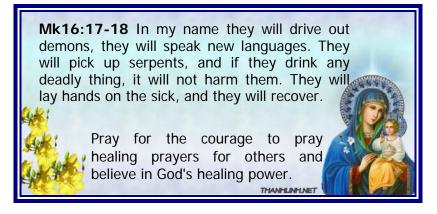
is by me when I'm tested.

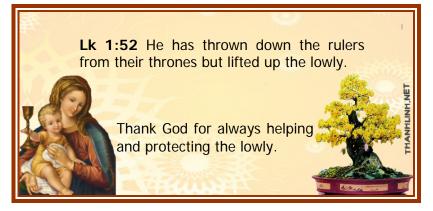


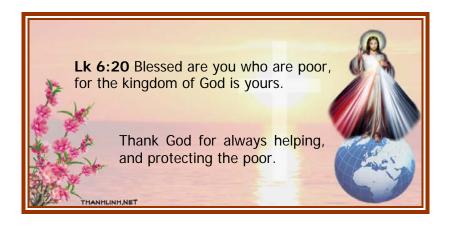


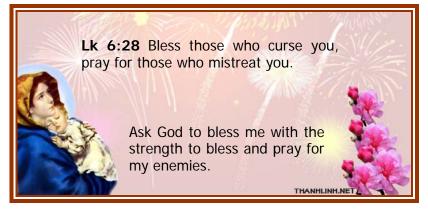


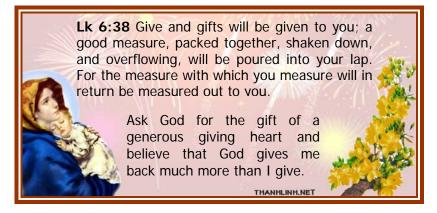


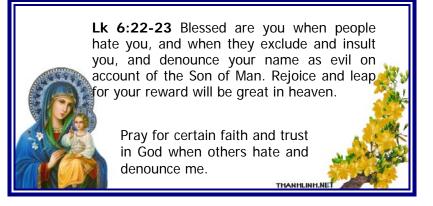


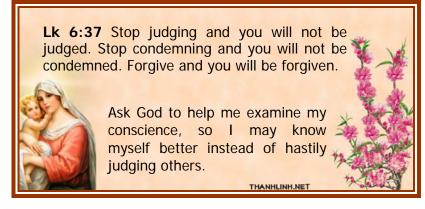


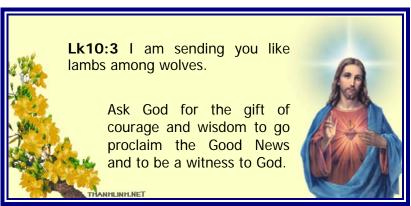


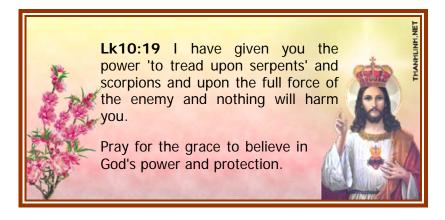




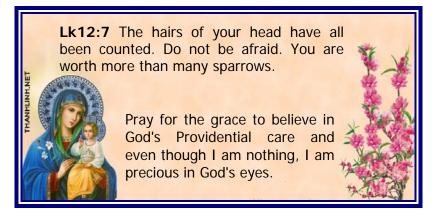












Lk11:9-10 I tell you, ask and you will receive; seek and you will find; knock and the door will be opened to you.

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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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.

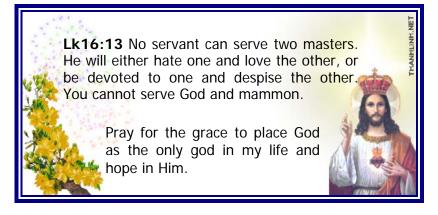
Pray for the grace to realize that material treasures and my flesh will return to dust, and believe that God will be the judge at the end of my life.

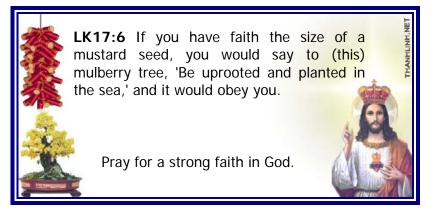
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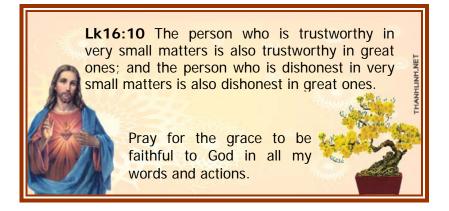
**Lk12:8-9** Everyone who acknowledges me before others the Son of Man will acknowledge before the angels of God. But whoever denies me before others will be denied before the angels of God.

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

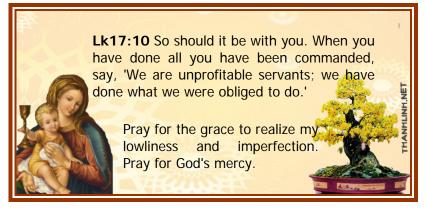


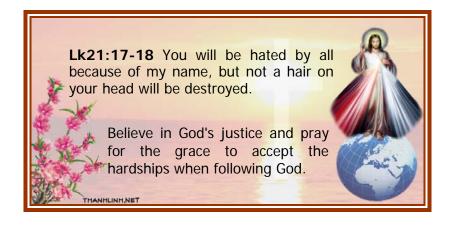


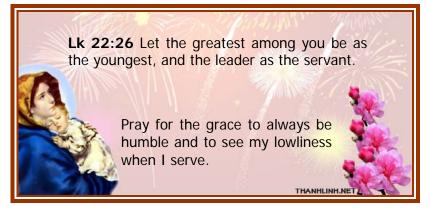




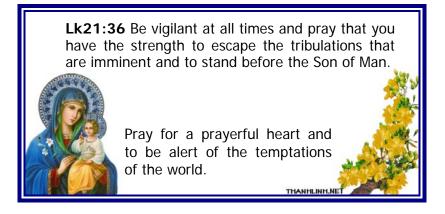


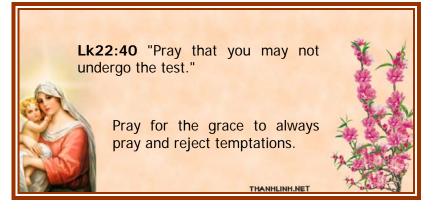


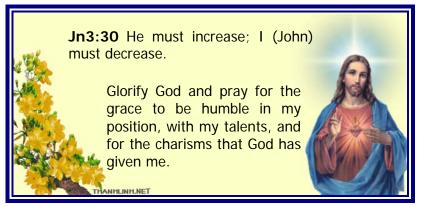


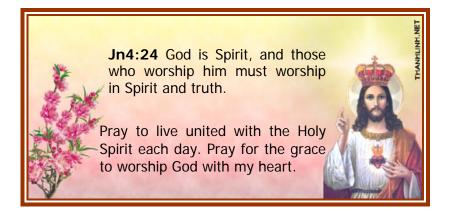


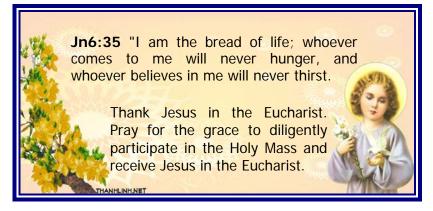


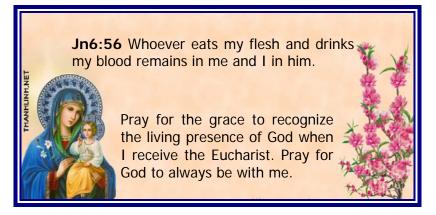














Jn4:13-14 Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life.

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.

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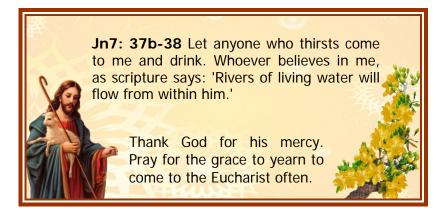
Jn6:51 I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.

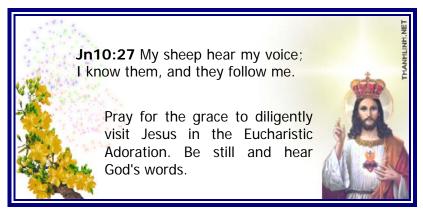
Thank God for his humility within the Holy Eucharist. Pray for the grace to long to receive the Body and Blood of Jesus in the Eucharist.

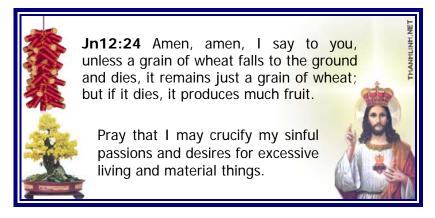
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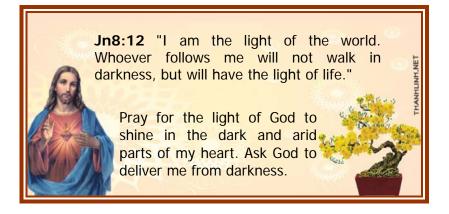
Jn6:63 It is the spirit that gives life, while the flesh is of no avail. The words I have spoken to you are spirit and life.

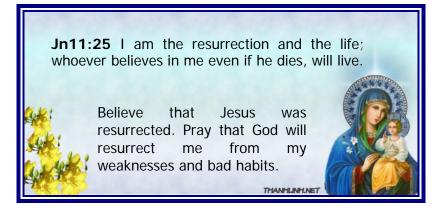
Believe and carry out God's Word. Pray for the determination to live according to God's Words.

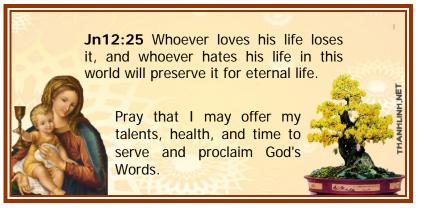


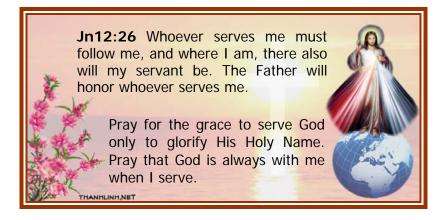






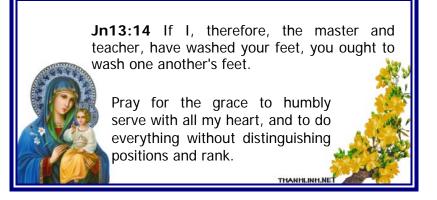


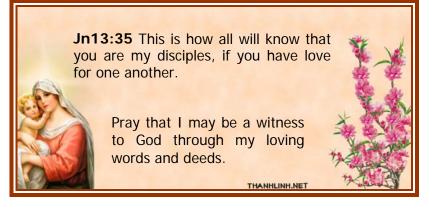


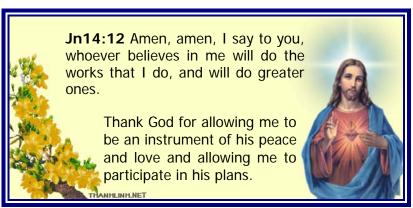


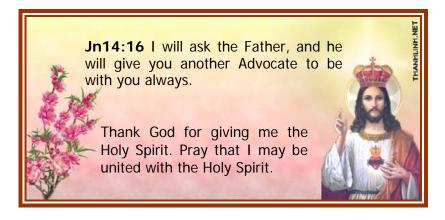




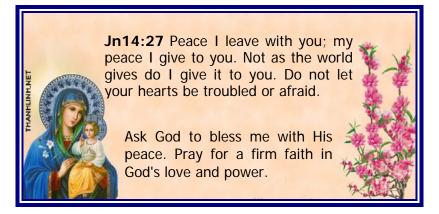


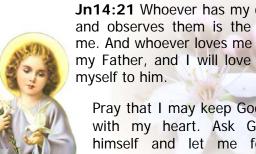












Jn14:21 Whoever has my commandments and observes them is the one who loves me. And whoever loves me will be loved by my Father, and I will love him and reveal

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.

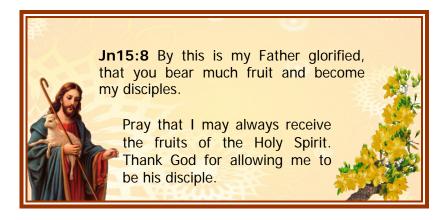
Jn14:26 The Advocate, the holy Spirit that the Father will send in my name-he will teach you everything and remind you of all that I told you.

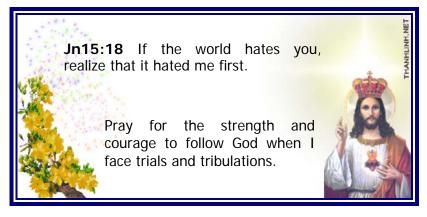
Thank God the Father for giving me the Holy Spirit and thank the Holy Spirit for enlightening me about God.

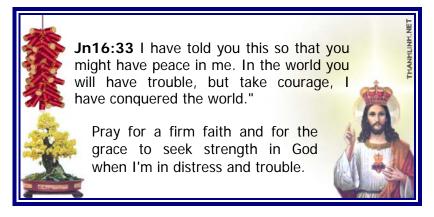
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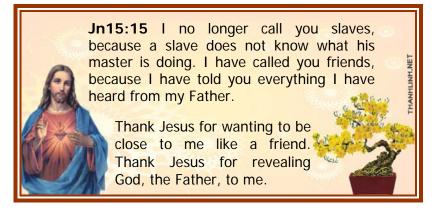
Jn15:5 I am the vine, you are the branches, Whoever remains in me and I in him will bear much fruit, because without me you can do nothing.

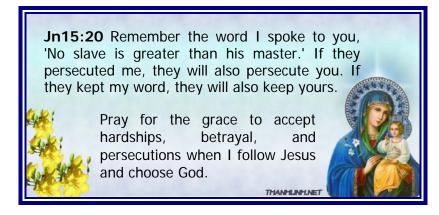
> Pray that I may be united with God when I receive the Eucharist. Pray that I may see my weaknesses God were not in my life.

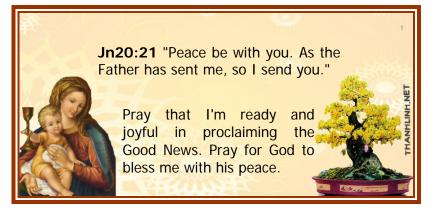




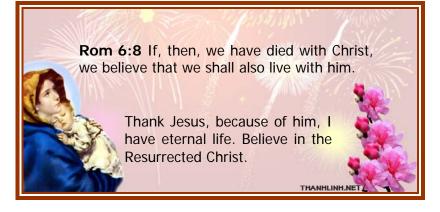


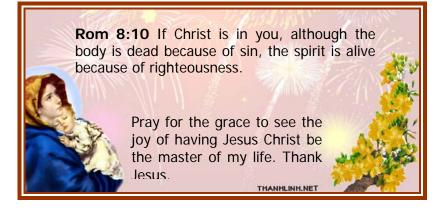


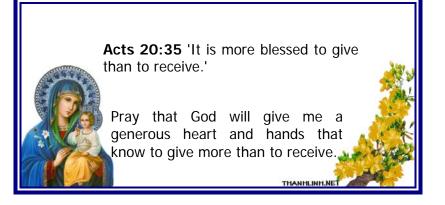


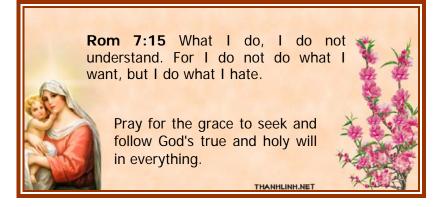


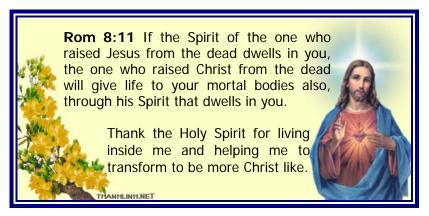


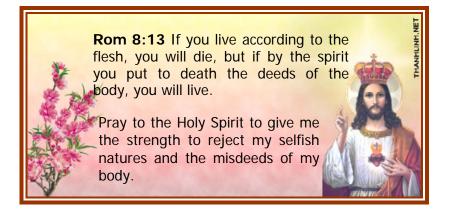


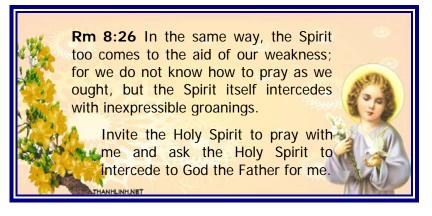


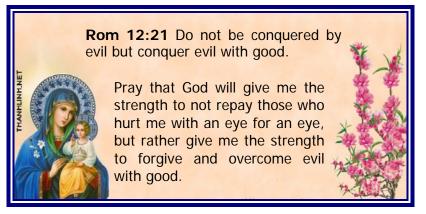


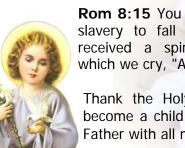












Rom 8:15 You did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption, through which we cry, "Abba, Father!"

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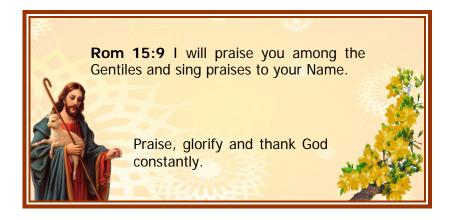
Rom 12:14-15 Bless those who persecute (you), bless and do not curse them. Rejoice with those who rejoice, weep with those who weep.

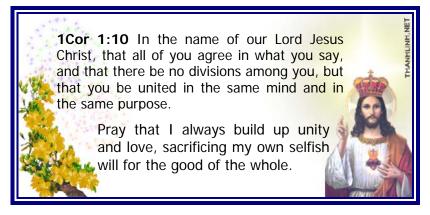
Pray for the grace to share the joys and sorrows with my brothers and sisters in a spirit of love.

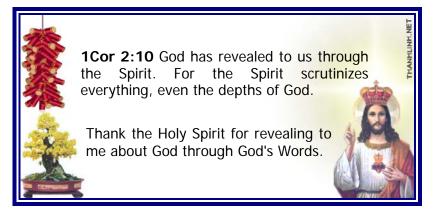
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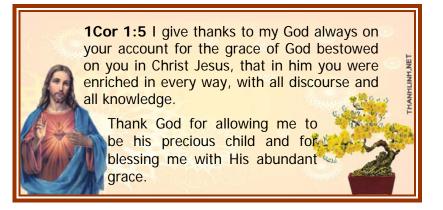
Rom 14:17 The kingdom of God is not a matter of food and drink, but of righteousness, peace, and joy in the holy Spirit.

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.

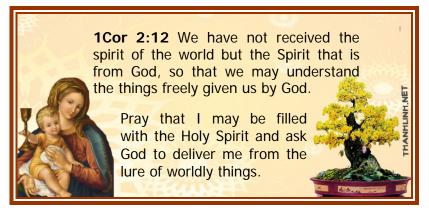


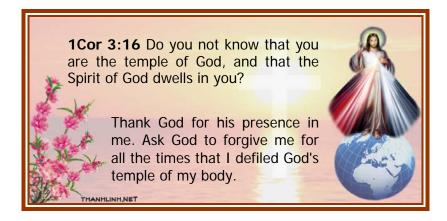


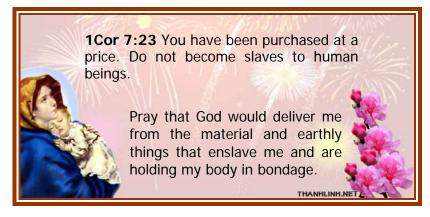




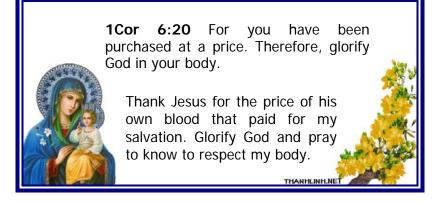


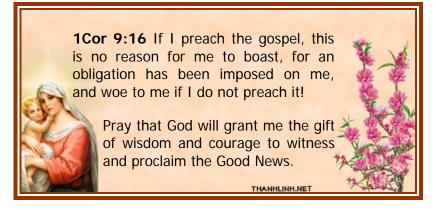


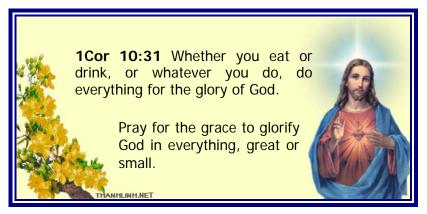


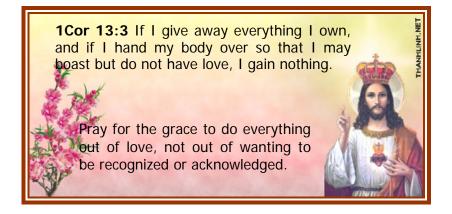


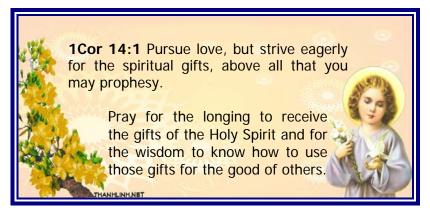


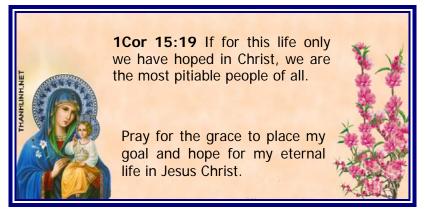


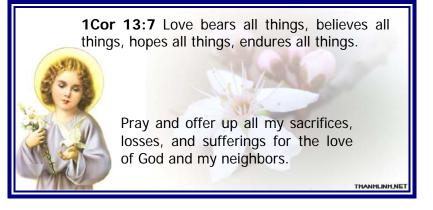


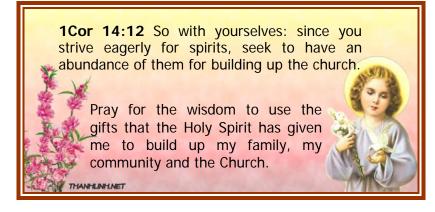


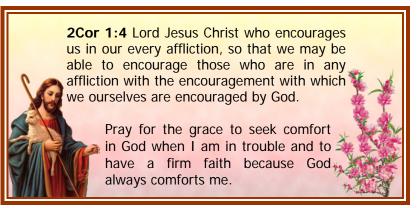


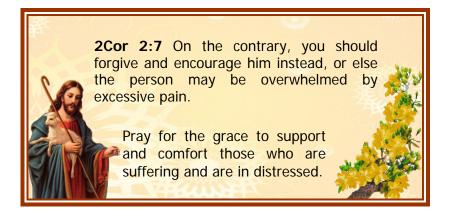


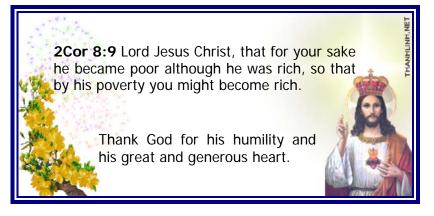


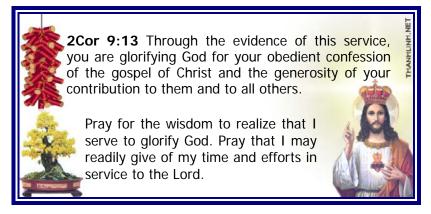


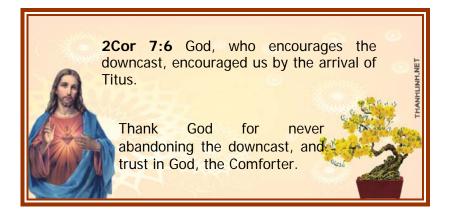


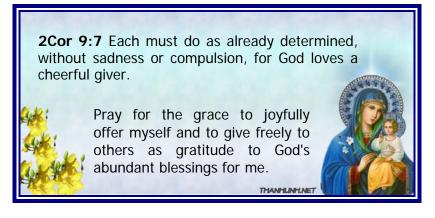


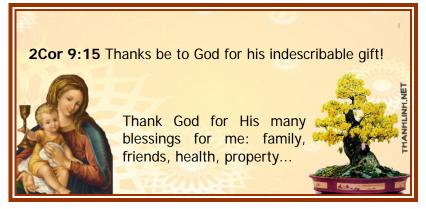




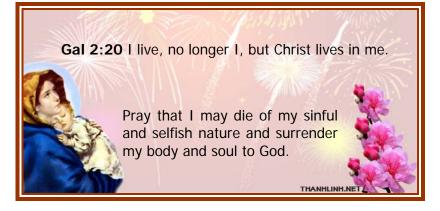




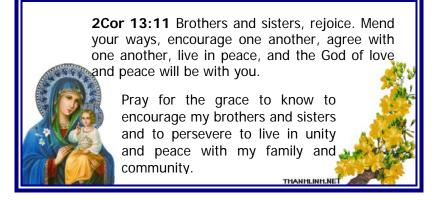


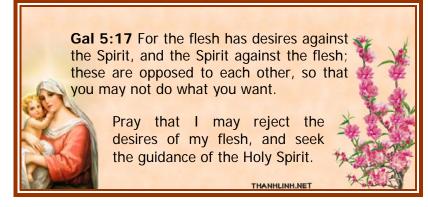


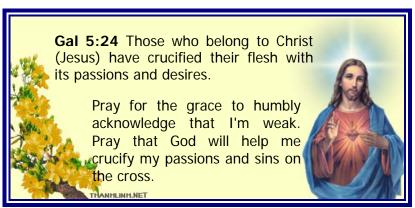


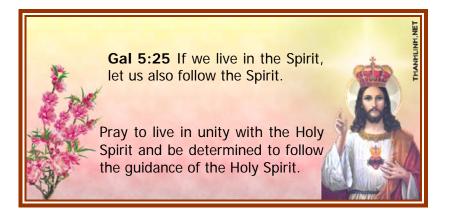


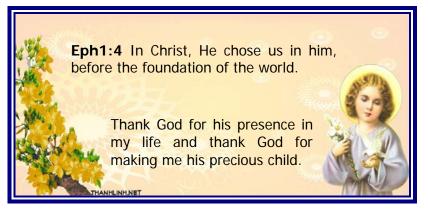


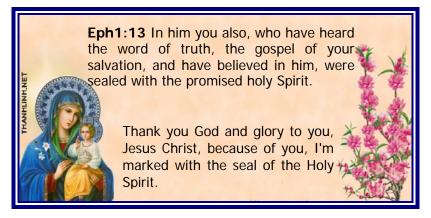


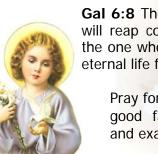












**Gal 6:8** The one who sows for his flesh will reap corruption from the flesh, but the one who sows for the spirit will reap eternal life from the spirit.

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

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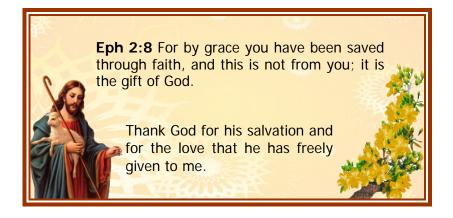
**Eph1:7** In him we have redemption by his blood, the forgiveness of transgressions, in accord with the riches of his grace.

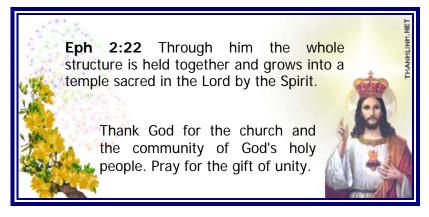
Thank you Jesus for the blood of salvation that you have poured out for me and thank you God for the greatness of your forgiveness.

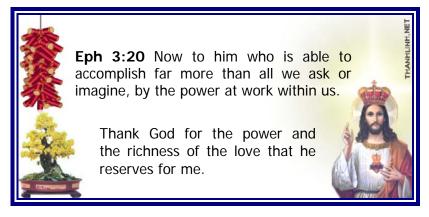
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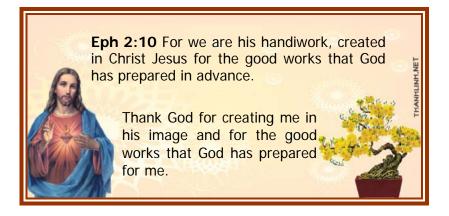
Eph 2:4-5 God, who is rich in mercy, because of the great love he had for us, even when we were dead in our transgressions, brought us to life with Christ (by grace you have been saved).

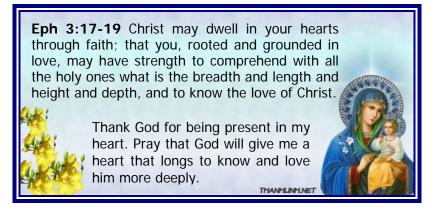
Thank you God for your mercy and for all the rich blessings that you have given me.



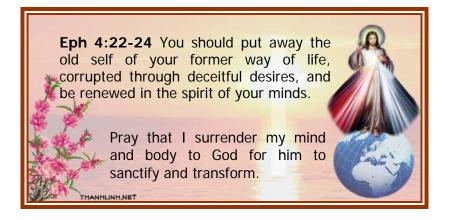








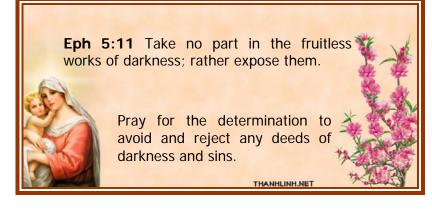


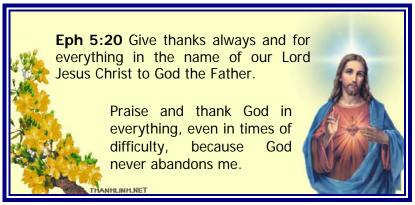


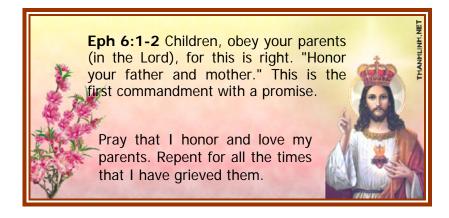


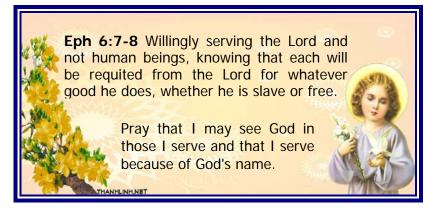


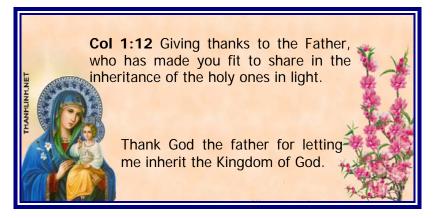






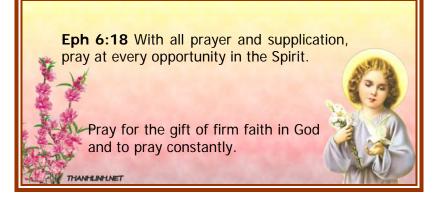


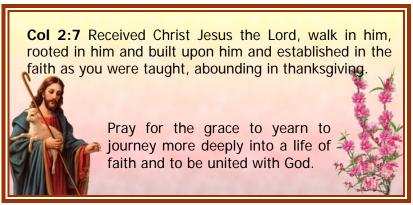


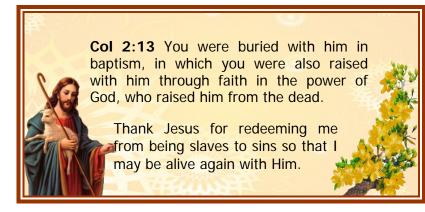


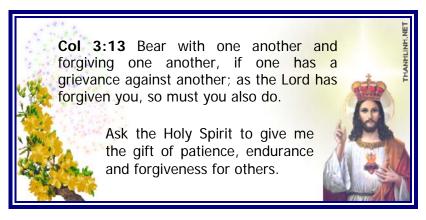
Eph 6:11-12A Put on the armor of God so that you may be able to stand firm against the tactics of the devil. For our struggle is not with flesh and blood but with the principalities, with the powers.

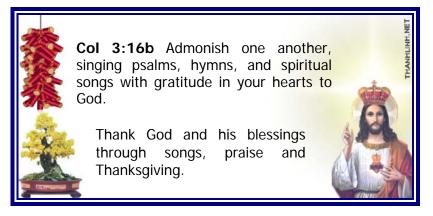
Pray that I will diligently receive the Sacrament of Reconciliation, read the Holy Bible, and actively participate in the Holy Mass. Pray for the gift to rely on the strength and the power of God's name when I face temptations.

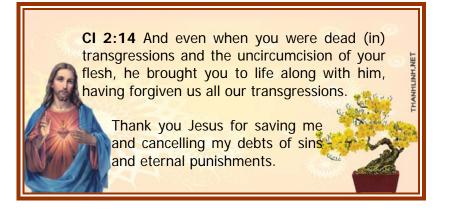


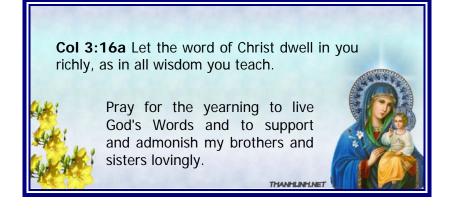


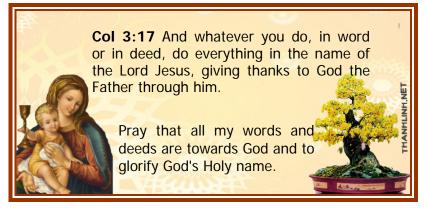




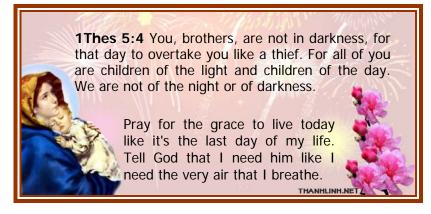




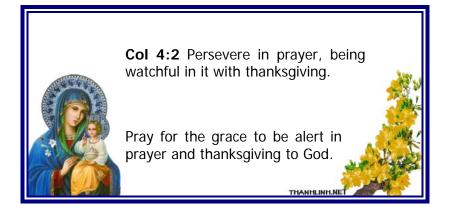


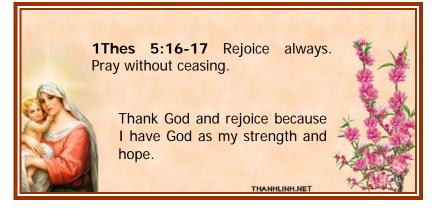


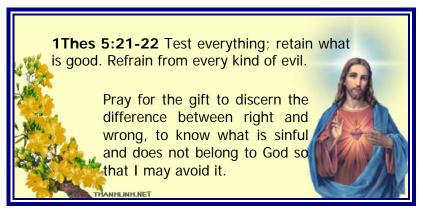


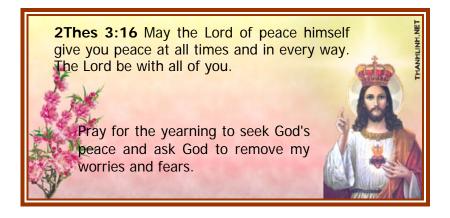




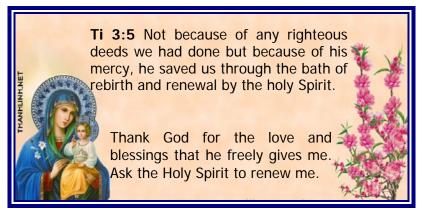












1Tm 1:12 I am grateful to him who has strengthened me, Christ Jesus our Lord, because he considered me trustworthy in appointing me to the ministry. Thank God for allowing me the opportunity to serve, and to be a small

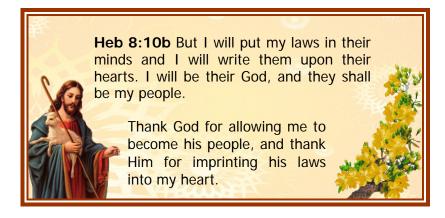
instrument for God.

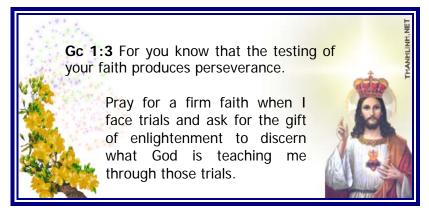
2Tm 4:2 Proclaim the word; be persistent whether it is convenient or inconvenient; convince, reprimand, encourage through all patience and teaching.

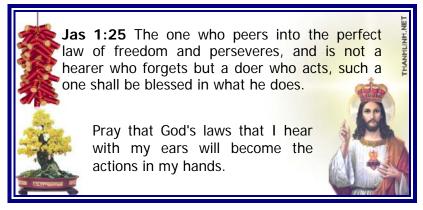
Pray for the wisdom to use every opportunity, talent, and position that I have to proclaim God's love.

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.

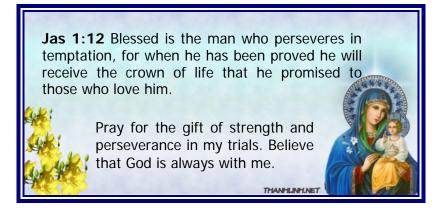
> Pray that I know to value and long for God's Words. Pray for the determination to read and live God's Words.

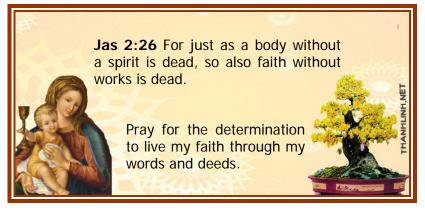


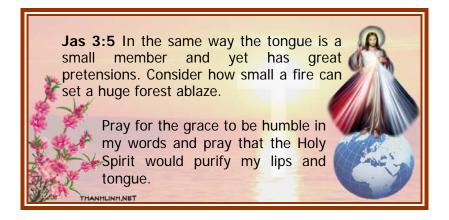


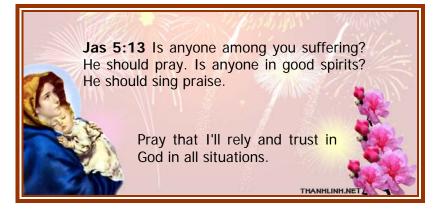


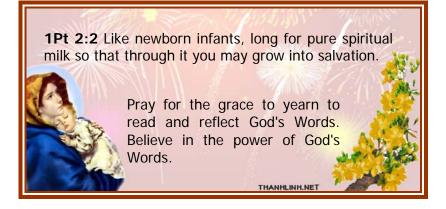


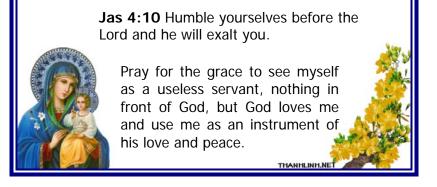


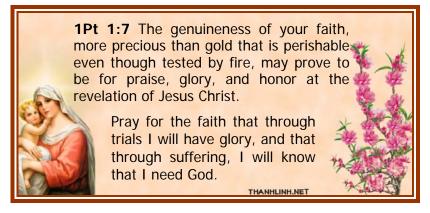


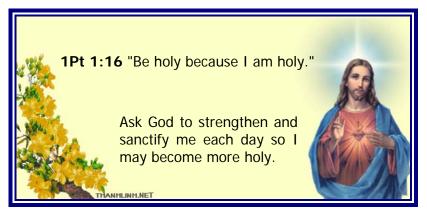


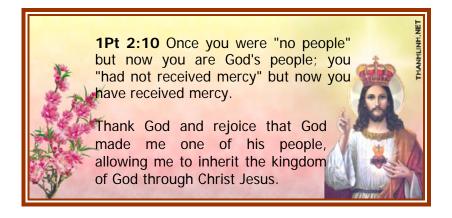


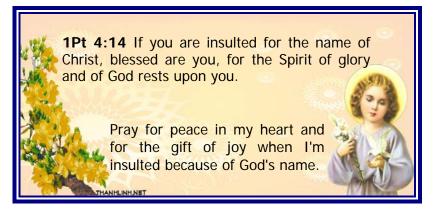


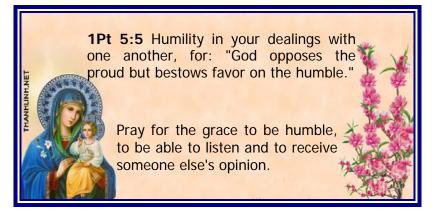














**1Pt 4:10** As each one has received a gift, use it to serve one another as good stewards of God's varied grace.

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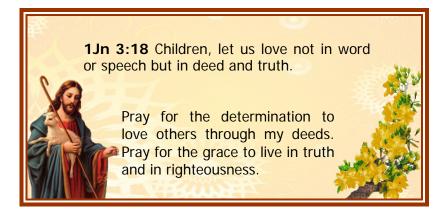
**1Pt 4:16** But whoever is made to suffer as a Christian should not be ashamed but glorify God because of the name.

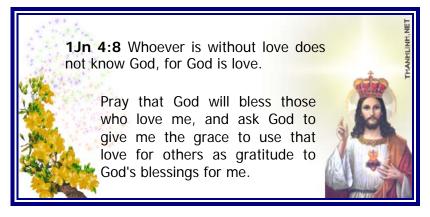
Pray that I'm not embarrassed when I proclaim Jesus Christ and when I make the sign of the cross. Pray for the gift of poverty of spirit in my Christian life.

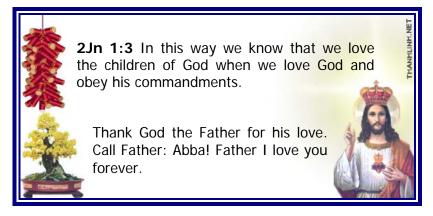
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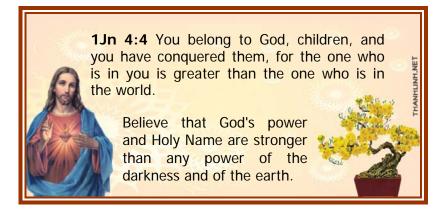
1Jn 1:9 If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing.

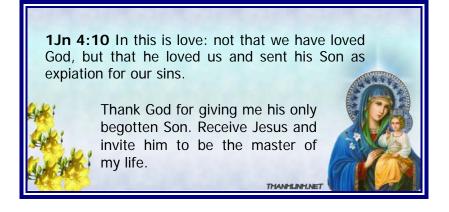
Pray for the diligence to go the Sacrament of Reconciliation. Pray for the grace to acknowledge that I'm a sinner and thank God for his merciful heart.



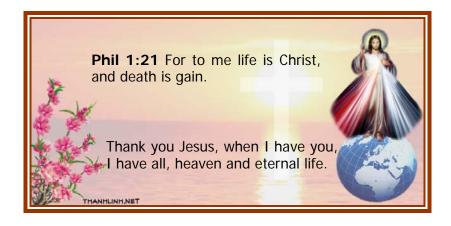


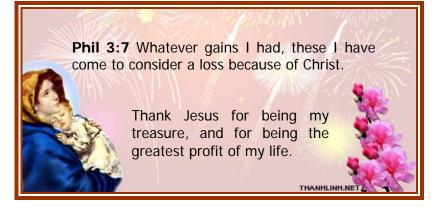














Phil 2:3-4 Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves, each looking out not for his own interests, but (also) everyone for those of others.

Ask God to remove my selfish and

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.

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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.

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