

# **I LOVE YOU, LORD**

**A Book of Prayers**



Prepared by Fr Habib Jajou  
London 2011



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## **A Book of Prayers**

Printed by Mrs Yasamin Philip for the Soul of the  
Martyrs: her brother Faris Najeeb Hannawi & her  
mother Fefeen Nasir Marrow who were killed at  
the Our Lady of Deliverance Syro-Catholic  
Church/ Baghdad 31/10/2010

**Please, remember them in your prayer.**  
Thank You

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## COME, HOLY SPIRIT

Come, Holy Spirit, and from heaven send, a ray of  
your light

Father of the poor, draw near

Giver of all gifts, be here

Come, light of our hearts

Come, of comforters the best of the soul the  
gentlest guest

Come, in toil refreshingly

You who in work give rest

You who provide shadow in the heat

You who are comfort in adversity,

O Light, most blessed, shine within the hearts of  
your Faithful Friends

Without your spirit, we are nothing, nothing  
within us pure.

Heal our wounds, Our strength renew;

On our dryness pour your dew.

Wash the stains of guilt away; bend the stubborn  
heart and will; Melt the Frozen, warm the chill;

Guide the steps that go astray

Give to those who are Faithful, and trusting in  
you, your seven Fold gifts.

Give us now the help of your strength, Salvation  
in the end and happiness For ever.

### **MORNING PRAYER:**

In the name of our Lord Jesus Christ I will begin  
this day. I thank you, Lord, for having preserved  
me during the night. I will do my best to make all  
I do today pleasing to You and in accordance with  
Your will. My dear mother Mary, watch over me  
this day. My Guardian Angel, take care of me. St.  
Joseph and all you saints of God, pray for me...  
(followed by Daily Offering)

### **Psalm 91**

1 You who dwell in the shelter of the Most High,  
who abide in the shadow of the Almighty,  
2 Say to the LORD, "My refuge and fortress, my  
God in whom I trust."  
3 God will rescue you from the fowler's snare,  
from the destroying plague,  
4 Will shelter you with pinions, spread wings that  
you may take refuge; God's faithfulness is a  
protecting shield.

5 You shall not fear the terror of the night nor the arrow that flies by day,

6 Nor the pestilence that roams in darkness, nor the plague that ravages at noon.

7 Though a thousand fall at your side, ten thousand at your right hand, near you it shall not come.

8 You need simply watch; the punishment of the wicked you will see.

9 You have the LORD for your refuge; you have made the Most High your stronghold.

10 No evil shall befall you, no affliction come near your tent.

11 For God commands the angels to guard you in all your ways.

12 With their hands they shall support you, lest you strike your foot against a stone.

13 You shall tread upon the asp and the viper, trample the lion and the dragon.

14 Whoever clings to me I will deliver; whoever knows my name I will set on high.

15 All who call upon me I will answer; I will be with them in distress; I will deliver them and give them honor.

16 With length of days I will satisfy them and show them my saving power.

Glory be to the Father and to the Son and to the Holy Spirit, From the ages unto the ages. Amen and Amen

### **DAILY OFFERING:**

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your sacred heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father Pope John Paul II this month

### **The Song of the Three Young Men**

‘Bless the Lord, all you works of the Lord;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, you heavens;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, you angels of the Lord;

sing praise to him and highly exalt him  
forever.

Bless the Lord, all you waters above the heavens;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, all you powers of the Lord;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, sun and moon;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, stars of heaven;  
sing praise to him and highly exalt him  
forever.

“Bless the Lord, all rain and dew;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, all you winds;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, fire and heat;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, winter cold and summer heat;  
sing praise to him and highly exalt him

forever.

Bless the Lord, dews and falling snow;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, nights and days;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, light and darkness;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, ice and cold;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, frosts and snows;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, lightnings and clouds;  
sing praise to him and highly exalt him  
forever.

“Let the earth bless the Lord;  
let it sing praise to him and highly exalt him  
forever.

Bless the Lord, mountains and hills;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, all that grows in the ground;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, seas and rivers;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, you springs;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, you whales and all that swim in  
the waters;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, all birds of the air;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, all wild animals and cattle;  
sing praise to him and highly exalt him  
forever.

“Bless the Lord, all people on earth;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, O Israel;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, you priests of the Lord;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, you servants of the Lord;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, spirits and souls of the righteous;  
sing praise to him and highly exalt him  
forever.

Bless the Lord, you who are holy and humble in  
heart;  
sing praise to him and highly exalt him  
forever.

“Bless the Lord, Hananiah, Azariah, and Mishael;  
sing praise to him and highly exalt him forever.  
For he has rescued us from Hades and saved us  
from the power of death, and delivered us from  
the midst of the burning fiery furnace; from the  
midst of the fire he has delivered us.  
Give thanks to the Lord, for he is good, for his  
mercy endures forever.

All who worship the Lord, bless the God of  
gods, sing praise to him and give thanks to him,  
for his mercy endures forever.”

## **Psalm 51**

3 **Have mercy on me**, God, in your goodness; in your abundant compassion blot out my offense.

4 Wash away all my guilt; from my sin cleanse me.

5 For I know my offense; my sin is always before me.

6 Against you alone have I sinned; I have done such evil in your sight That you are just in your sentence, blameless when you condemn.

7 True, I was born guilty, a sinner, even as my mother conceived me.

8 Still, you insist on sincerity of heart; in my inmost being teach me wisdom.

9 Cleanse me with hyssop, that I may be pure; wash me, make me whiter than snow.

10 Let me hear sounds of joy and gladness; let the bones you have crushed rejoice.

11 Turn away your face from my sins; blot out all my guilt.

12 A clean heart create for me, God; renew in me a steadfast spirit.

13 Do not drive me from your presence, nor take from me your holy spirit.

14 Restore my joy in your salvation; sustain in me a willing spirit.

15 I will teach the wicked your ways, that sinners may return to you.

16 Rescue me from death, God, my saving God, that my tongue may praise your healing power.

17 Lord, open my lips; my mouth will proclaim your praise.

18 For you do not desire sacrifice; a burnt offering you would not accept.

19 My sacrifice, God, is a broken spirit; God, do not spurn a broken, humbled heart.

Glory be to the Father and to the Son and to the Holy Spirit, From the ages unto the ages. Amen and Amen

### **EVENING PRAYER:**

O my God, at the end of this day I thank You most heartily for all the graces I have received from You. I am sorry that I have not made a better use of them. I am sorry for all the sins I have committed against You. Forgive me, O my God, and graciously protect me this night. Blessed Virgin Mary, my dear heavenly mother, take me under your protection. St. Joseph, my dear

Guardian Angel, and all you saints of God, pray for me. Sweet Jesus, have pity on all poor sinners, and save them from hell. Have mercy on the suffering souls in purgatory... (followed by an Act of Contrition)

## **Psalm 141 and 142**

1 LORD, I call to you; come quickly to help me; listen to my plea when I call.

2 Let my prayer be incense before you; my uplifted hands an evening sacrifice.

3 Set a guard, LORD, before my mouth, a gatekeeper at my lips.

4 Do not let my heart incline to evil, or yield to any sin. I will never feast upon the fine food of evildoers.

5 Let the just strike me; that is kindness; let them rebuke me; that is oil for my head. All this I shall not refuse, but will pray despite these trials.

6 When their leaders are cast over the cliff, all will learn that my prayers were heard.

7 As when a farmer plows a field into broken clods, so their bones will be strewn at the mouth of *Sheol*.

8 My eyes are upon you, O GOD, my Lord; in you I take refuge; do not strip me of life.

9 Guard me from the trap they have set for me, from the snares of evildoers.

10 Into their own nets let all the wicked fall, while I make good my own escape.

2 With full voice I cry to the LORD; with full voice I beseech the LORD.

3 Before God I pour out my complaint, lay bare my distress.

4 My spirit is faint within me, but you know my path. Along the way I walk they have hidden a trap for me.

5 I look to my right hand, but no friend is there. There is no escape for me; no one cares for me.

6 I cry out to you, LORD, I say, You are my refuge, my portion in the land of the living.

7 Listen to my cry for help, for I am brought very low. Rescue me from my pursuers, for they are too strong for me.

8 Lead me out of my prison, that I may give thanks to your name. Then the just shall gather around me because you have been good to me.

**AN ALTERNATIVE PASSAGE FROM  
SCRIPTURE, PERSONAL PRAYERS, AND A  
SUITABLE HYMN MAY BE INCLUDED**

**ACT OF CONTRITION:**

O my God, I am heartily sorry for having offended You and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance, to amend my life by avoiding the near occasions of sin.

**ACT OF FAITH:**

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit; I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because you revealed them, who can neither deceive nor be deceived.

### **ACT OF HOPE:**

O my God, relying on your infinite goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

### **ACT OF LOVE:**

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured.

**ANGELUS:** The Angel of the Lord declared unto Mary. And she conceived of the Holy Spirit. (Hail Mary....) Behold the handmaid of the Lord. Be it done unto me according to thy word. (Hail Mary....) And the Word was made Flesh. And dwelt among us. (Hail Mary....) Pray for us, O Holy Mother of God. That we may be made worthy of the promises of Christ.

### **LET US PRAY:**

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that, we to whom the Incarnation

of Christ, Thy Son, was made known by the message of an Angel, may by His Passion and Cross, be brought to the glory of His Resurrection. Through the same Christ our Lord. Amen. (Traditionally, the Angelus is said at 6 - 12 - 6. )

### **APOSTLE'S CREED:**

I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord: Who was conceived by the Holy Spirit, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven, is seated at the right hand of God the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

### **DIVINE PRAISES:**

Blessed be God. Blessed be His Holy Name.  
Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus. Blessed be His Most Sacred Heart. Blessed be Jesus in the Most Holy Sacrament of the Altar. Blessed be the great Mother of God, Mary most Holy. Blessed be her Holy and Immaculate Conception. Blessed be her Glorious Assumption. Blessed be the Name of Mary, Virgin and Mother. Blessed be St. Joseph, her most chaste spouse. Blessed be God in His Angels and in His Saints.

### **GUARDIAN ANGEL:**

Angel of God, my guardian dear, To whom God's love commits me here, Ever this day, be at my side, To light and guard, Rule and guide. Amen.

### **GLORY BE TO THE FATHER:**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now, and ever shall be, world without end. Amen.

### **HAIL MARY:**

Hail Mary full of Grace, the Lord is with thee. Blessed are thou among women and blessed is the

fruit of thy womb Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of our death Amen.

### **OUR FATHER:**

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

### **PRAYER BEFORE A CRUCIFIX:**

Behold, O Kind and most sweet Jesus, before Thy face I humbly kneel, and with the most fervent desire of soul, I pray and beseech Thee to impress upon my heart lively sentiments of faith, hope and charity, true contrition for my sins and a firm purpose of amendment. With deep affection and grief of soul, I ponder within myself, mentally contemplating Thy five wounds, having before my eyes the words which David the Prophet spoke concerning Thee: "They have pierced my hands and my feet, they have numbered all my bones."

## **PRAYER BEFORE MEALS:**

Bless us Oh Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ, Our Lord. Amen.

## **PRAYER FOR THE SICK:**

Father of goodness and love, hear our prayers for the sick members of our community and for all who are in need. Amid mental and physical suffering may they find consolation in your healing presence. Show your mercy as you close wounds, cure illness, make broken bodies whole and free downcast spirits. May these special people find lasting health and deliverance, and so join us in thanking you for all your gifts. We ask this through the Lord Jesus who healed those who believed. Amen

## **PRAYER TO OUR LADY:**

Remember, O most loving Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with this

confidence, we turn to you, O Virgins of virgins, our Mother. To you we come, before you we stand, sinful and sorrowful. O Mother of the Word Incarnate, do not despise our petitions, but in your mercy hear us and answer us. Amen.

### **PRAYER TO THE HOLY SPIRIT:**

Breathe into me Holy Spirit, That all my thoughts may be holy. Move in me, Holy Spirit, that my work, too, may be holy. Attract my heart, Holy Spirit, that I may love only what is holy. Strengthen me, Holy Spirit that I may defend all that is holy. Protect me, Holy Spirit, that I always may be holy.

: Spirit of wisdom and understanding, enlighten our minds to perceive the mysteries of the universe in relation to eternity. Spirit of right judgment and courage, guide us and make us firm in our baptismal decision to follow Jesus' way of love. Spirit of knowledge and reverence, help us to see the lasting value of justice and mercy in our everyday dealings with one another. May we respect life as we work to solve problems of family and nation, economy and ecology. Spirit of God, spark our faith, hope and love into new

action each day. Fill our lives with wonder and awe in your presence which penetrates all creation. Amen.

## **Prayer to the Sacred Heart of Jesus**

O Sacred Heart of Jesus,  
filled with infinite love,  
broken by my ingratitude,  
pierced by my sins,  
yet loving me still;  
accept the consecration  
that I make to You  
of all that I am  
and all that I have.  
Take every faculty  
of my soul and body  
and draw me,  
day by day,  
nearer and nearer  
to Your Sacred Heart,  
and there,  
as I can understand the lesson,  
teach me Your blessed ways. Amen.

## **LORD**

**Lord** makes me an instrument of your peace.

Where there is hatred, let me sow Love;

Where there is injury-Pardon;

Where there is doubt-Faith;

Where there is despair-Hope;

Where there is darkness-Light;

And where there is sadness-Joy.

Lord, grant that I may seek rather

to Comfort than to be comforted,

to Understand rather than to be understood,

to Love than to be loved.

For it is by Giving that one receives,

by Forgiving that one is forgiven,

and by Dying that one awakens to Eternal Life.

Saint Francis of Assisi

## **STAY WITH ME, LORD**

Stay with me, Lord, for it is necessary to have  
You present so that I do not forget You.

You know how easily I abandon You.

Stay with me, Lord, because I am weak and I  
need Your strength, that I may not fall so often.

Stay with me, Lord, for You are my life, and  
without You, I am without fervor.

Stay with me, Lord, for You are my light, and  
without You, I am in darkness.

Stay with me, Lord, to show me Your will.

Stay with me, Lord, so that I hear Your voice  
and follow You.

Stay with me, Lord, for I desire to love You  
very much, and always be in Your company.

Stay with me, Lord, if You wish me to be faithful  
to You.

Stay with me, Lord, for as poor as my soul is,  
I want it to be a place of consolation for You, a  
nest of love.

Stay with me, Jesus, for it is getting late and the  
day is coming to a close, and life passes; death,  
judgment, eternity approaches. It is necessary to  
renew my strength, so that I will not stop along the  
way and for that, I need You.

It is getting late and death approaches, I fear the darkness, the temptations, the dryness, the cross, the sorrows. O how I need You, my Jesus, in this night of exile!

Stay with me tonight, Jesus, in life with all its dangers. I need You.

Let me recognize You as Your disciples did at the breaking of the bread, so that the Eucharistic Communion be the Light which disperses the darkness, the force which sustains me, the unique joy of my heart.

Stay with me, Lord, because at the hour of my death, I want to remain united to You, if not by communion, at least by grace and love.

Stay with me, Jesus, I do not ask for divine consolation, because I do not merit it, but the gift of Your Presence, oh yes, I ask this of You!

Stay with me, Lord, for it is You alone I look for, Your Love, Your Grace, Your Will, Your Heart, Your Spirit, because I love You and ask no other reward but to love You more and more.

With a firm love, I will love You with all my heart while on earth and continue to love You perfectly during all eternity. Amen

St. Pio of Pietrelcina

## **DEAR JESUS**

Dear Jesus, help me to spread Thy fragrance everywhere I go.

Flood my soul with Thy spirit and love.

Penetrate and possess my whole being so utterly that all my life may only be a radiance of Thine.

Shine through me and be so in me that every soul I come in contact with may feel Thy presence in my soul.

Let them look up and see no longer me but only Jesus.

Stay with me and then I shall begin to shine as you shine, so to shine as to be a light to others.

Blessed Teresa of Calcutta

## **A Gift for God:**

### **PRAYERS AND MEDITATIONS**

Lord, help us to see in your crucifixion and resurrection an example of how to endure and seemingly to die in the agony and conflict of daily life, so that we may live more fully and creatively.

You accepted patiently and humbly the rebuffs of human life, as well as the tortures of your crucifixion and passion.

Help us to accept the pains and conflicts that come to us each day as opportunities to grow as people and become more like you.

Enable us to go through them patiently and bravely, trusting that you will support us.

Make us realize that it is only by frequent deaths of ourselves and our self-centred desires that we can come to live more fully; for it is only by dying with you that we can rise with you.

Blessed Teresa of Calcutta

## **PRAYER OF ABONDONMENT**

Father, I abandon myself into your hands;  
do with me what you will.  
Whatever you may do, I thank you:  
I am ready for all, I accept all.  
Let only your will be done in me, and in all  
Your creatures -  
I wish no more than this, O Lord.

Into your hands I commend my soul;  
I offer it to you with all the love of my heart,  
for I love you Lord, and so need to give  
myself,  
to surrender myself into your hands,  
without reserve, and with boundless  
confidence,

For you are my Father.

Prayer of abandonment - Charles de Foucauld

## **Psalm 8**

LORD, our Lord, how awesome is your name through all the earth! You have set your majesty above the heavens!

Out of the mouths of babes and infants you have drawn a defense against your foes, to silence enemy and avenger.

When I see your heavens, the work of your fingers, the moon and stars that you set in place--  
What are humans that you are mindful of them, mere mortals that you care for them?

Yet you have made them little less than a god, crowned them with glory and honor.

You have given them rule over the works of your hands, put all things at their feet:

All sheep and oxen, even the beasts of the field,  
The birds of the air, the fish of the sea, and whatever swims the paths of the seas.

O LORD, our Lord, how awesome is your name through all the earth!

## **Psalm 13**

How long, LORD? Will you utterly forget me?  
How long will you hide your face from me?

How long must I carry sorrow in my soul, grief in my heart day after day? How long will my enemy triumph over me?

Look upon me, answer me, LORD, my God!  
Give light to my eyes lest I sleep in death,

Lest my enemy say, "I have prevailed," lest my foes rejoice at my downfall.

I trust in your faithfulness. Grant my heart joy in your help, That I may sing of the LORD, "How good our God has been to me!"

## **Psalm 31**

Happy the sinner whose fault is removed, whose sin is forgiven.

Happy those to whom the LORD imputes no guilt, in whose spirit is no deceit.

As long as I kept silent, my bones wasted away; I groaned all the day.

For day and night your hand was heavy upon me; my strength withered as in dry summer heat. Selah

Then I declared my sin to you; my guilt I did not hide. I said, "I confess my faults to the LORD," and you took away the guilt of my sin. Selah

Thus should all your faithful pray in time of distress. Though flood waters threaten, they will never reach them.

You are my shelter; from distress you keep me; with safety you ring me round. Selah

I will instruct you and show you the way you should walk, give you counsel and watch over you.

Do not be senseless like horses or mules; with bit and bridle their temper is curbed, else they will not come to you.

Many are the sorrows of the wicked, but love surrounds those who trust in the LORD.

Be glad in the LORD and rejoice, you just; exult, all you upright of heart.

## **Psalm 37**

LORD, punish me no more in your anger; in your wrath do not chastise me!

Your arrows have sunk deep in me; your hand has come down upon me.

My flesh is afflicted because of your anger; my frame aches because of my sin.

My iniquities overwhelm me, a burden beyond my strength.

Foul and festering are my sores because of my folly.

I am stooped and deeply bowed; all day I go about mourning.

My loins burn with fever; my flesh is afflicted.

I am numb and utterly crushed; I wail with anguish of heart.

My Lord, my deepest yearning is before you; my groaning is not hidden from you.

My heart shudders, my strength forsakes me; the very light of my eyes has failed.

Friends and companions shun my pain; my neighbors stand far off.

Those who seek my life lay snares for me; they seek my misfortune, they speak of ruin; they plot treachery all the day.

But I am like the deaf, hearing nothing, like the dumb, saying nothing,

Like someone who does not hear, who has no answer ready.

LORD, I wait for you; O Lord, my God, answer me.

For I fear they will gloat, exult over me if I stumble.

I am very near to falling; my pain is with me always.

I acknowledge my guilt and grieve over my sin.  
But many are my foes without cause, a multitude  
of enemies without reason,  
Repaying me evil for good, harassing me for  
pursuing good.  
Forsake me not, O LORD; my God, be not far  
from me!  
Come quickly to help me, my Lord and my  
salvation!

## **Psalm 101**

LORD, hear my prayer; let my cry come to you.  
Do not hide your face from me now that I am in  
distress. Turn your ear to me; when I call, answer  
me quickly.  
For my days vanish like smoke; my bones burn  
away as in a furnace.  
I am withered, dried up like grass, too wasted to  
eat my food.  
From my loud groaning I become just skin and  
bones.  
I am like a desert owl, like an owl among the  
ruins.  
I lie awake and moan, like a lone sparrow on the  
roof.

All day long my enemies taunt me; in their rage,  
they make my name a curse.

I eat ashes like bread, mingle my drink with tears.  
Because of your furious wrath, you lifted me up  
just to cast me down.

My days are like a lengthening shadow; I wither  
like the grass.

But you, LORD, are enthroned forever; your  
renown is for all generations.

You will again show mercy to Zion; now is the  
time for pity; the appointed time has come.

Its stones are dear to your servants; its dust moves  
them to pity.

The nations shall revere your name, LORD, all the  
kings of the earth, your glory,

Once the LORD has rebuilt Zion and appeared in  
glory,

Heeding the plea of the lowly, not scorning their  
prayer.

Let this be written for the next generation, for a  
people not yet born, that they may praise the  
LORD:

"The LORD looked down from the holy heights,  
viewed the earth from heaven,

To attend to the groaning of the prisoners, to  
release those doomed to die."

Then the LORD'S name will be declared on Zion,  
the praise of God in Jerusalem,

When all peoples and kingdoms gather to worship  
the LORD.

God has shattered my strength in mid-course, has  
cut short my days.

I plead, O my God, do not take me in the midst of  
my days. Your years last through all generations.

Of old you laid the earth's foundations; the  
heavens are the work of your hands.

They perish, but you remain; they all wear out like  
a garment; Like clothing you change them and  
they are changed,

but you are the same, your years have no end.

May the children of your servants live on; may  
their descendants live in your presence.

## **Psalm 130**

Out of the depths I call to you, LORD;

Lord, hear my cry! May your ears be attentive to  
my cry for mercy.

If you, LORD, mark our sins, Lord, who can  
stand?

But with you is forgiveness and so you are  
revered.

I wait with longing for the LORD, my soul waits for his word.

My soul looks for the Lord more than sentinels for daybreak. More than sentinels for daybreak, let Israel look for the LORD, For with the LORD is kindness, with him is full redemption, And God will redeem Israel from all their sins.

### **Psalm 143**

LORD, hear my prayer; in your faithfulness listen to my pleading; answer me in your justice.

Do not enter into judgment with your servant; before you no living being can be just.

The enemy has pursued me; they have crushed my life to the ground. They have left me in darkness like those long dead.

My spirit is faint within me; my heart is dismayed. I remember the days of old; I ponder all your deeds; the works of your hands I recall.

I stretch out my hands to you; I thirst for you like a parched land. Selah

Hasten to answer me, LORD; for my spirit fails me. Do not hide your face from me, lest I become like those descending to the pit.

At dawn let me hear of your kindness, for in you I trust. Show me the path I should walk, for to you I entrust my life.

Rescue me, LORD, from my foes, for in you I hope.

Teach me to do your will, for you are my God. May your kind spirit guide me on ground that is level.

For your name's sake, LORD, give me life; in your justice lead me out of distress.

In your kindness put an end to my foes; destroy all who attack me, for I am your servant.

## **Litany of the Blessed Virgin Mary**

Lord, have mercy on us. Christ, have mercy on us.

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

Christ, graciously hear us.

God the Father of Heaven, Have mercy on us.

God the Son, Redeemer of the world,

Have mercy on us.

God the Holy Ghost, Have mercy on us.

Holy Trinity, one God, Have mercy on us.

Holy Mary, pray for us.

Holy Mother of God, pray for us.

Holy Virgin of virgins, pray for us.

Mother of Christ, pray for us.

Mother of divine grace, pray for us.  
Mother most pure, pray for us.  
Mother most chaste, pray for us.  
Mother inviolate, pray for us.  
Mother undefiled, pray for us.  
Mother most amiable, pray for us.  
Mother most admirable, pray for us.  
Mother of good counsel, pray for us.  
Mother of our Creator, pray for us.  
Mother of our Savior, pray for us.  
Virgin most prudent, pray for us.  
Virgin most venerable, pray for us.  
Virgin most renowned, pray for us.  
Virgin most powerful, pray for us.  
Virgin most merciful, pray for us.  
Virgin most faithful, pray for us.  
Mirror of justice, pray for us.  
Seat of wisdom, pray for us.  
Cause of our joy, pray for us.  
Spiritual vessel, pray for us.  
Vessel of honor, pray for us.  
Singular vessel of devotion, pray for us.  
Mystical rose, pray for us. Tower of David, pray for us.  
Tower of ivory, pray for us. House of gold, pray for us.  
Ark of the Covenant, pray for us.  
Gate of Heaven, pray for us. Morning star, pray for us.  
Health of the sick, pray for us.  
Refuge of sinners, pray for us.

Comforter of the afflicted, pray for us.  
Help of Christians, pray for us.  
Queen of angels, pray for us.  
Queen of patriarchs, pray for us.  
Queen of prophets, pray for us.  
Queen of apostles, pray for us.  
Queen of martyrs, pray for us.  
Queen of confessors, pray for us.  
Queen of virgins, pray for us.  
Queen of all saints, pray for us.  
Queen conceived without Original Sin, pray for us.  
Queen assumed into Heaven, pray for us.  
Queen of the most holy Rosary, pray for us.  
Queen of peace, pray for us.  
Lamb of God, who takes away the sins of the world,  
Spare us, O Lord.  
Lamb of God, ... Graciously hear us, O Lord.  
Lamb of God, .... Have mercy on us.  
Pray for us, O Holy Mother of God, That we may be  
made worthy of the promises of Christ.

Grant, we beseech Thee, O Lord God, that we Thy  
Servants may enjoy perpetual health of mind and body  
and by the glorious intercession of the Blessed Mary,  
ever Virgin, be delivered from present sorrow and  
enjoy eternal happiness. Through Christ Our Lord.  
*Amen. Approved by Pope Sixtus V in 1587*

**“They will expel you from the synagogues; in fact, the hour is coming when everyone who kills you will think he is offering worship to God 3They will do this because they have not known either the Father or me 4I have told you this so that when their hour comes you may remember that I told you”**

**(John 16)**

**Dear Lord, help all the people who suffered in the church. Let the light shine on the world, and let the world be peaceful.**

**Amen.**

By Fadi John Al sabbagh



The Martyrs Faris Najib Hanawy & His mother  
Veven Nasir Maro