

St. Mary's Lyndon Station

125th Jubilee of the Church

Spiritual Preparation

- This is a five-day prayer guide for the preparation for the 125th Jubilee of St. Mary's Church.
- Pray the rosary as a family or individually. (at least a decade per day)
- Pray and reflect the prayers given for each day.
- Pray for you, the parish, Our nation & for the universal church.

Jubilee Prayer

Gracious Lord,

Open our hearts, to reflect the love of Your Son, Jesus Christ and to be thankful for the many Blessings Bestowed on our Parish.

Open our eyes, to recognize and be compassionate to the needs of others. May you hear their prayers.

Open our minds, to discern the truth as we move forward in our life journey.

Strengthen our hands and hearts, to serve You with spirit-filled gratitude & commitment in this Jubilee Year.

We ask in the name of Jesus your son, the Holy Spirit and through the intercession of Ever blessed Virgin Mary.

Amen.

Monday

Day of Praise and Thanksgiving

Spend time praising God for who He is. Tell Him what you love about His character. Voice to Him what makes you in awe of Him as your God and King. Thank for every Blessings received.

- Pray the Rosary (Joyful Mystery)
- Read and reflect the following song)

Mary's Song of Praise: The Magnificat

“My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has looked on the humble estate of his servant. For behold, from now on all generations will call me blessed; for he who is mighty has done great things for me, and holy is his name.

And his mercy is for those who fear him from generation to generation.

He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts; he has brought down the mighty from their thrones and exalted those of humble estate; he has filled the hungry with good things, and the rich he has sent away empty.

He has helped his servant Israel, in remembrance of his mercy, as he spoke to our fathers, to Abraham and to his offspring forever.”

- Jubilee Prayer

Tuesday

Day of Healing

Make things right with God. Surrender your attitude, desires, and heart to Him. Ask God to break open your heart to Him. Sometimes ministry can make our hearts hard toward people and God. Give God your cynicism, criticism, lust, pride, and fears. Ask Him to give you a new heart by His Spirit.

- Pray the Rosary (Sorrowful Mystery)
- Pray and reflect the powerful prayer)

Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O Good Jesus, hear me.

Within your wounds hide me.

Permit me not to be separated from you.

From the wicked foe, defend me.

At the hour of my death, call me and bid me come to you

That with your saints I may praise you for ever and ever.

Amen.

- Jubilee Prayer

Wednesday

Day of Mercy

- Pray the Rosary (Glorious Mystery)

Prayer of St. Faustina to be Merciful

Help me, O Lord, that my eyes may be merciful, so that I may never suspect or judge from appearances, but look for what is beautiful in my neighbors' souls and come to their rescue.

Help me, O Lord, that my ears may be merciful, so that I may give heed to my neighbors' needs and not be indifferent to their pains and meanings.

Help me, O Lord, that my tongue may be merciful, so that I should never speak negatively of my neighbor, but have a word of comfort and forgiveness for all.

Help me, O Lord, that my hands may be merciful and filled with good deeds, so that I may do only good to my neighbors and take upon myself the most difficult and toilsome tasks.

Help me, O Lord, that my feet may be merciful, so that I may hurry to assist my neighbor, overcoming my own fatigue and weariness (...) Help me, O Lord, that my heart may be merciful so that I myself may feel all the sufferings of my neighbor. (...)

May Your mercy, O Lord, rest upon me.
Amen.

- Jubilee Prayer

Thursday

Day of Peace

List your life roles (for example, a disciple of Christ, spouse, parent, son, daughter, grandparent, neighbor, friend, minister, administrator, leader, etc.). Review your roles with God and what is happening in these roles right now. Ask God what He thinks needs to change in each of your roles. And be faithful to what He has entrusted to you.

- Pray the Rosary (Luminous Mystery)

Prayer of St. Francis of Assisi

Lord, make 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;
where there is sadness, joy.

O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

- Jubilee Prayer

Friday

Day of discerning God's Plan

Ask God for spiritual eyes to see and ears to listen to His perfect and pleasing will.

- Pray the Divine Mercy Chaplet

1. Make the Sign of the Cross
2. (Repeat three times)
O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!
3. Our Father,
4. Hail Mary,
5. The Apostles' Creed
6. The Eternal Father
Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.
7. On the 10 Small Beads of Each Decade
For the sake of His sorrowful Passion, have mercy on us and on the whole world.
8. Repeat for the remaining decades
Saying the "Eternal Father"
9. Conclude with Holy God (Repeat three times)
Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.
10. Make the sign of the Cross

- Jubilee Prayer