

SERVANTS OF THE UPPER ROOM

**Battle Plan
for the
Sacerdotal Pentecost
and the
Healing of All Hearts**



**The Divine Love
of the
Holy Trinity**

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INDIVIDUAL BATTLE PLAN FORMAT

- Pray Prayers on pages 4-7
- Enter into Battle on page 8
- Take a few moments of silence to hear who to lift up in prayer
- Pray Prayers to Heal Hearts for each intention
- Close with Three Hearts Prayers, Our Father, Joy and Peace

GROUP BATTLE PLAN FORMAT

- Leader: regular print All: bold print (optional)
- Pray Prayers on pages 4-7
- Enter into Battle on page 8
- Sing “Holy God We Praise Thy Name” (optional)
- Take a few moments of silence to hear who to lift up in prayer
- Share insights from the silence (optional)
- Share names of individuals or groups to lift up in prayer (optional)
- Pray “Prayers to Heal Hearts” for each or for all intentions
- Close with “Three Hearts Prayers, Our Father, Joy and Peace”

7 DAY NOVENA TO HEAL HEARTS

- For 6 days: Battle to Heal Hearts page 8-9
- 7th day: Chaplet to Heal Hearts pages 10-11

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Information on Prayer Imprimaturs and Elizabeth Kindelmann at:
<https://flameoflove.us>

The book is an answer to a prayer asking Our Lady:

“through your Immaculate Heart and the most Sacred and Eucharistic Heart of your Divine Son, our prayers of love will create a spark, that will become a flame, that will create a fire of Divine Love and fanned by your love, will spread like a wildfire to produce an army of renewed and holy shepherds for your flock and soldiers for your Church.” (Prayer on page 7)

It is a Battle Plan to help:

- heal hearts by combating the war raging around us
- as we live in the midst of an epidemic of woundedness

Our Special Mission is to:

- hold our bishops, priests, seminarians, and those called to the priesthood up in prayer so they may receive the graces they need to remain in or be drawn back to the truth and light of God
- pray for the healing of marriages and families, the Domestic Church
- pray for those who struggle with the spirit of complacency
- pray for our country to return to the values we were founded on as “One Nation under God”
- pray for a restoration of purity through the Immaculate Heart of Mary
- pray for the healing and salvation of souls at every moment in time

The Call to Arms is for Prayer Warriors to:

- join the Servants of the Upper Room
- enlist by simply praying the prayers...

“Thank you for your work on ‘Servants of the Upper Room’. I believe it will be a benefit to many... I encourage you to share this prayer booklet broadly and I truly appreciate your desire to pray for priests and bishops, we need your prayers and the prayers of many in these challenging times.”

Most Reverend Joseph E. Strickland
Bishop of Tyler, Texas

For copies of the book or more information:

- website: servantsoftheupperroom.com
- email: servantsoftheupperroom@gmail.com

The prayers were compiled:

- through the grace of God by the Servants of the Upper Room

In loving memory of:

- Jim and Terry Wright, Chris Wright, Magdalen Jakubik, Lyla York, Flo Piano, Paul and Adrienne Breaux, Greg Murphy, Carol Koss, and Harrison Patrick Lenahan



**In the Name of the Father,
and of the Son, and of the Holy Spirit**

We offer our prayers through
the Sacred Heart of Jesus, united with
the Immaculate Heart of Mary, and
the Pure Heart of St. Joseph as

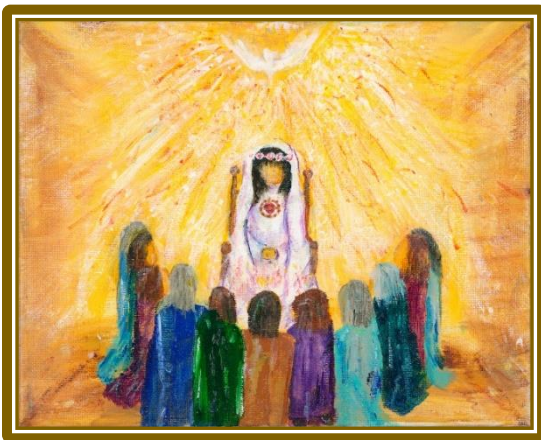
Servants of the Upper Room

*And now, Lord,
look upon their threats, and grant to your
servants to speak your word with all boldness,
while you stretch out your hand to heal,
and signs and wonders are performed
through the name of your holy servant, Jesus.
And when they had prayed, the place in which
they were gathered together was shaken;
and they were all filled with the Holy Spirit
and spoke the word of God with all boldness.*

Acts 4:29-31

Come Holy Spirit

**Fill the Hearts of Your Faithful
Enkindle in us the Fire of Your Love**



**Send forth Your Spirit and we shall be created
and You shall renew the face of the earth**

**God's love has been poured into our hearts
through the Holy Spirit who has been given to us.**

Romans 5:5

*And when Jesus had been baptized,
just as he came up from the water,
suddenly the heavens were opened to him and
he saw the Spirit of God descending like a dove
and alighting on him. And a voice from heaven said,
"This is my Son, the Beloved, with whom I am well pleased."*

Matthew 3:16-17



*Repent and be baptized, every one of you,
in the name of Jesus Christ for the forgiveness of your sins.
And you will receive the gift of the Holy Spirit.*

Acts 2:38

Come Holy Spirit

Clothe us in the Armor of God with the

Helmet of Salvation: Bless our minds with pure thoughts
Breastplate of Righteousness: Keep our hearts virtuous
Belt of Truth: Bind us to the Way, the Truth, and the Life
Shield of Faith: Protect us from the arrows of the evil one
Sword of the Spirit: Arm us with the Holy Word of God
Shoes of Peace: Direct us to walk where God leads us

Based on Ephesians 6:10-18

Thus says the LORD, he who created you...

"Fear not, for I have redeemed you;

I have called you by name, you are mine.

*When you pass through the waters, I will be with you;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.*

For I am the LORD your God, the Holy One.

*You are my witnesses, says the LORD,
and my servant whom I have chosen."*

Isaiah 43:1-3, 10

THE UNITY PRAYER

My Adorable Jesus,

May our feet journey together. May our hands gather in unity.
May our hearts beat in unison. May our souls be in harmony.
May our thoughts be as one. May our ears listen to the silence
together. May our glances profoundly penetrate each other.
May our lips pray together to gain mercy from the Eternal Father.

Jesus told Elizabeth Kindelmann that this prayer would blind Satan.
We prepare for battle with this prayer of protection. (flameoflove.us)

*O righteous Father, the world has not known you,
but I have known you, and these know that you have sent me.
I made known to them your name, and I will make it known that the
love with which you have loved me may be in them and I in them.*

John 17:25-26



PRAYING IN THE DIVINE WILL AND LOVE OF THE HOLY TRINITY

Here I am Lord, I come to do Your will.

I humbly ask for You to assist me and to be one with me always.

Father, work Your miracle of love in us so we will be a glory to the Divine Love between the Father and the Son, which is the Holy Spirit. We ask all of Heaven to help us and to pray with and for us, as well as the Holy Souls in Purgatory as we pray for them. We ask for pure hearts and the Indwelling of the Holy Trinity to guide us.

PRAYER OF SAINT PAUL

Because I have heard of your faith in the Lord Jesus and your love toward all the saints, I do not cease to give thanks for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and of revelation in the knowledge of him, having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power in us who believe.

Ephesians 1:15-19



PRAYER TO OUR LADY OF DIVINE LIGHT, LIFE, AND LOVE

O Holy Virgin Mary, you are Daughter of Light, Mother of Life, and Spouse of Love. We wholeheartedly want to enlist with you in this great battle against evil. Create in us pure, humble, and courageous hearts so they will be the perfect abode for the Indwelling of the Holy Trinity and totally united to the Divine Will. Set our hearts on fire with a zeal for the glory of God and a love for saving souls.

O Immaculate Mother, with your Son Jesus Christ, lead the prayers of your soldiers at every moment in time to renew our Pope, Cardinals, Bishops, Priests, Deacons, Seminarians, those called to the priesthood, our families, and the people of our diocese, city, country, and the world at every moment in time, so through your Immaculate Heart and the most Sacred and Eucharistic Heart of your Divine Son, our prayers of love will create a spark, that will become a flame, that will create a fire of Divine Love and fanned by your love, will spread like a wildfire to produce an army of renewed and holy shepherds for your flock and soldiers for your Church.

O Mary, Mother of the Church, with your courageous spouse Saint Joseph, Protector of the Church, with Saint Michael, Saint Raphael, Saint Gabriel, and the whole Heavenly Army of Holy Angels and Saints, continue to help us through our loving prayers in renewing the face of the earth. Guard all from complacency, confusion, and division. Keep us always in the love and truth of God so we may share in the glory of the Holy Trinity as we follow you in this great battle to save souls. Amen

BATTLE TO HEAL HEARTS

Holy God We Praise Thy Name

PRAYER TO OPEN THE HEAVENLY COURTS

O righteous Father, we offer You everything, at every moment in time and even before time began, from Your most Precious Son our Lord, Savior, and King, in union with that glorious high point at Mass when the Heavenly Courts are opened so that through Him and with Him and in Him in the unity of the Holy Spirit, we offer You love, praise, glory, and honor for sending the gift of Your Son for the forgiveness of our sins so we could become sharers in Your Divine Light, Life, and Love. In this ceaseless heavenly offering, we lift up our prayers, for every one and every need at every moment in time, for the sick, the dying, and Holy Souls in Purgatory, for the complacent and sinners everywhere in the Universal Church, our country, and families, and for those You have laid on our hearts.

Speak LORD, your servant is listening...

Take a moment of silence to hear who we should lift up in prayer



Then God's temple in heaven was opened, and the ark of his covenant was seen within his temple. A great sign appeared in Heaven, a woman clothed with the sun with the moon under her feet. Rev 11:19,12:1

The LORD said to Joshua, *"I have given into your hand Jericho.*

You shall march around the city, once...for six days

with seven priests... before the ark of the covenant.

On the seventh day...march around the city seven times, the priests blowing the trumpets...and the wall will fall down." Joshua 6:2-5

Elisha's Message to Naaman *"Go, wash in the Jordan seven times, and your flesh shall be restored and you shall be clean."* 2 Kings 5:10

PRAYERS TO HEAL HEARTS

In the name of Jesus, we ask for the Indwelling of the Holy Trinity to accompany us as we look upon _____ with Your Divine Love (pause)

Father, we love You; we praise You; we thank You for _____

Jesus, we love You; we praise You; we thank You for _____

Holy Spirit, we love You; we praise You; we thank You for _____

In the Name of the Father, and of the Son, and of the Holy Spirit

Through Jesus, our High Priest

with Mary, Ark of the New Covenant

and Saint Joseph, Terror of Demons

7x's: Crush the walls around *his/her/their* heart(s) in the Blood of Jesus.

Wash *him/her/them*. Restore *him/her/them*.

Fill *him/her/them* with Divine Light, Life, and Love.



CLOSING PRAYERS
THREE HEARTS PRAYER

Most Sacred Heart of Jesus, through Your Most Precious Blood,
open the hearts and minds of sinners everywhere
at every moment in time, to the truth and light of God.

Most Immaculate Heart of Mary, through your motherly compassion,
deliver us from evil. Heal the hearts of your beloved children.
Set us on fire and make us pure.

Most Pure Heart of St. Joseph, through the hidden sufferings of
your heart, teach us to be obedient and united to the Divine Will.
Guide us and protect us in truth!



MEMORARE TO THE THREE HEARTS OF THE HOLY FAMILY

Remember, O most Sacred Heart of Jesus, united with the
Immaculate Heart of Mary, and the Pure Heart of Saint Joseph,
that never was it known that anyone who fled to Thy protection,
implored Thy help, or sought Thy intercession was left unaided.
Inspired by this confidence, we fly unto Thee, O Blessed Holy Family.

To Thee we come, before Thee we stand, sinful and sorrowful.

Despise not our petitions, but in Thy great mercy
hear and answer us. Amen

Pray one OUR FATHER
JOY AND PEACE

*Rejoice in the Lord always. I shall say it again: rejoice!
Your kindness should be known to all. The Lord is near.
Have no anxiety at all, but in everything, by prayer and petition,
with thanksgiving, make your requests known to God.*

*Then the peace of God that surpasses all understanding
will guard your hearts and minds in Christ Jesus.*

*Finally, brothers, whatever is true, whatever is honorable,
whatever is just, whatever is pure, whatever is lovely,
whatever is gracious, if there is any excellence and if there
is anything worthy of praise, think about these things.*

...then the God of peace will be with you.

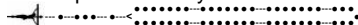
Philippians 4:4-9 (NAB)

GLORY BE

3x's: 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

CHAPLET TO HEAL HEARTS

Prayed on the Chaplet or Rosary of the Seven Sorrows of Mary



Then God's temple in heaven was opened, and the ark of his covenant was seen within his temple. A great sign appeared in Heaven,

a woman clothed with the sun with the moon under her feet. Rev 11:19, 12:1

The LORD said to Joshua, "I have given into your hand Jericho. You shall march around the city, once...for six days with seven priests... before the ark of the covenant. On the seventh day you shall march around the city seven times, the priests blowing the trumpets...and the wall will fall down." Joshua 6:2-5

Elisha's Message to Naaman "Go, wash in the Jordan seven times, and your flesh shall be restored and you shall be clean." 2 Kings 5:10

In the Name of the Father, and of the Son, and of the Holy Spirit

Holy God We Praise Thy Name

PRAYER TO OPEN THE HEAVENLY COURTS

O righteous Father, we offer You everything, at every moment in time and even before time began, from Your most Precious Son our Lord, Savior, and King, in union with that glorious high point at Mass when the Heavenly Courts are opened so that through Him and with Him and in Him in the unity of the Holy Spirit, we offer You love, praise, glory, and honor for sending the gift of Your Son for the forgiveness of our sins so we could become sharers in Your Divine Light, Life, and Love. *In this ceaseless heavenly offering, we lift up our prayers, for every one and every need at every moment in time, for the sick, the dying, and Holy Souls in Purgatory, for the complacent and sinners everywhere in the Universal Church, our country, and families, and for those You have laid on our hearts.*

PRAYERS TO HEAL HEARTS

In the name of Jesus, we ask for the Indwelling of the Holy Trinity to accompany us as we look upon the world
at every moment in time with Your Divine Love

On the Three Beads: (prayed once)

Father, we love You; we praise You; we thank You *for everyone*
Jesus, we love You; we praise You; we thank You *for everyone*
Holy Spirit, we love You; we praise You; we thank You *for everyone*

On First of the Seven Single Beads:

In the Name of the Father and of the Son and of the Holy Spirit
Through Jesus, our High Priest
with Mary, Ark of the New Covenant
and Saint Joseph, Terror of Demons

On all Seven Groups of Seven Beads:

Crush the walls around all hearts in the Blood of Jesus.

Wash us. Restore us. Fill us with Divine Light, Life, and Love.

On the remaining Six Single Beads:

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*

CLOSING PRAYERS
THREE HEARTS PRAYER

Most Sacred Heart of Jesus, through Your Most Precious Blood,
open the hearts and minds of sinners everywhere
at every moment in time, to the truth and light of God.

Most Immaculate Heart of Mary, through your motherly compassion,
deliver us from evil. Heal the hearts of your beloved children.

Set us on fire and make us pure.

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Guide us and protect us in truth!



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Pray one OUR FATHER

JOY AND PEACE

*Rejoice in the Lord always. I shall say it again: rejoice!
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Finally, brothers, whatever is true, whatever is honorable,
whatever is just, whatever is pure, whatever is lovely,
whatever is gracious, if there is any excellence and if there
is anything worthy of praise, think about these things.*

...then the God of peace will be with you.

Philippians 4:4-9 (NAB)

GLORY BE

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



**WEEKLY ROSARY FOR OUR POPE, CARDINALS,
BISHOPS, PRIESTS, DEACONS, AND SEMINARIANS**

We offer ourselves to the Heavenly Father through all the wounds of our Savior, Jesus Christ (flameoflove.us)

*We kiss the wound of Your Sacred Left Hand + (+ with sorrow
We kiss the wound of Your Sacred Right Hand + deep and
We kiss the wound of Your Sacred Left Foot + true)
We kiss the wound of Your Sacred Right Foot+
We kiss the wound of Your Sacred Side +*

The Apostles 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, and 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, forgiveness of sins, the resurrection of the body, and life everlasting. Amen

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

Hail Mary, full of grace; the Lord is with thee, blessed art 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.

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.

1st LUMINOUS MYSTERY – THE BAPTISM IN THE JORDAN

The Spirit of God descended like a dove upon Him. A voice from the heavens, said, *“This is my Son, the Beloved, with whom I am well pleased.”* Matthew 3:17 At our Baptism, we became the beloved sons and daughters of our Father and we were filled with the grace of the Holy Spirit which is the love between the Father and the Son.

1 OUR FATHER, 10 HAIL MARYS, 1 GLORY BE

O My Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those most in need of Thy Mercy

Come Holy Spirit! Come by means of the power of the Flame of Love of the Immaculate Heart of Mary.

Sing: Ave, Ave, Ave Maria. Ave, Ave, Ave Maria

2nd LUMINOUS MYSTERY – THE WEDDING AT CANA

Mary told the servers, *“Do whatever he tells you.”* Jesus told them, *“Fill the jars.”* John 2:5, 7 Now, we are the jars to be filled to the brim with new wine. Jesus said, *“I am the vine: you are the branches: he who abides in me, and I in him, he it is that bears much fruit: for apart from me you can do nothing.”* John 15:5

3rd LUMINOUS MYSTERY – PROCLAIMING THE KINGDOM

“The Kingdom of Heaven is at hand. Heal the sick, raise the dead, cleanse lepers, cast out demons. You have received without pay, give without pay.” Matthew 10:7-8 Armed with the grace of our Baptism and filled with the Wine of the new Covenant, we are to proclaim, *“Thy kingdom come, Thy will be done on earth as it is in heaven.”* Matthew 6:9

4th LUMINOUS MYSTERY – THE TRANSFIGURATION

“A voice came out of the cloud saying: ‘This is my Son, my Chosen; listen to him!’” Luke 9:35 As we increase our time spent listening to the voice of God through prayer, we will more and more become His glorious reflection to this hurting world. And under the Mantle of Mary, we will be His humble servants.

5th LUMINOUS MYSTERY – INSTITUTION OF THE EUCHARIST

“This is my body, which is given for you. Do this in remembrance of me” Luke 22:19 The Eucharist is our Manna for the journey. Since Jesus shares His body with us, we must be willing to be blessed and broken to share ourselves with others. Through His Sacred and Eucharistic Heart, we receive His love to go forth in His name.

Hail, Holy Queen, Mother of Mercy! Our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious Advocate, thine eyes of mercy toward us; and after this our exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Pray for us, O Holy Mother of God,

That we may be worthy of the promises of Christ.

O God, whose only begotten Son, by his life, death, and resurrection, has purchased for us the rewards of eternal life. Grant, we beseech you, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen

St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

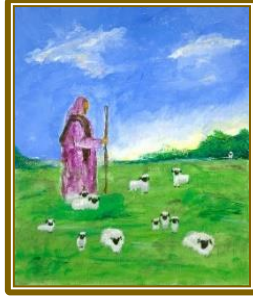
MORNING MEDITATION

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

Here I am Lord, I come to do Your will.

I ask for You to assist me and to be one with me.

I humbly ask for the Indwelling of the Holy Trinity and all of Heaven to guide me this day and always.



The Good Shepherd

Teach me the way I should go, for to thee I lift up my soul.

Psalm 143:8

O righteous Father, I offer You everything, at every moment in time and even before time began, from Your most Precious Son our Lord, Savior, and King, in union with that glorious high point at Mass when the Heavenly Courts are opened so that through Him and with Him and in Him in the unity of the Holy Spirit, I offer You love, praise, glory, and honor for sending the gift of Your Son for the forgiveness of my sins so I could become a sharer in Your Divine Light, Life, and Love. In this ceaseless heavenly offering, I consecrate myself to the Holy Trinity through the Three Hearts of the Holy Family and I lift up this day my will, prayers, works, joys, and sorrows for the sick, the dying, and the Holy Souls in Purgatory, for the complacent and sinners everywhere in the Universal Church, our country, and families, and for those You have laid on my heart.

PRAY THE OUR FATHER SLOWLY

*Bless the LORD, all works of the LORD;
sing praise to him and highly exalt him forever.*

Daniel 3:58

THE GOLDEN ARROW PRAYER

May the most holy, most sacred, most adorable, most incomprehensible and ineffable Name of God be forever praised, blessed, loved, adored, and glorified in Heaven, on earth, and under the earth, by all the creatures of God, and by the Sacred Heart of our Lord Jesus Christ, in the Most Holy Sacrament of the Altar.

(at every moment in time)

given by Our Lord to Sister Marie of St Peter, March 16, 1844: "This Golden Arrow will wound My Heart delightfully and heal the wounds inflicted by blasphemy."

GUARDIAN ANGEL PRAYER

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.

A PRAYER FOR SEEKERS OF FAITH

Gracious and Holy Father, give me the wisdom to perceive You,
the intelligence to understand You, the diligence to seek You,
the patience to wait for You, eyes to behold You,
a heart to meditate on You, and a life to proclaim You,
through the power of the Spirit of Jesus, our Lord.

St. Benedict of Nursia

*At the name of Jesus every knee should bow,
in heaven and on earth and under the earth,
and every tongue confess that Jesus Christ is Lord,
to the glory of God the Father.*

Philippians 2:10-11



Thy Kingdom Come

*The time is fulfilled and the kingdom of God is at hand:
repent, and believe in the gospel.*

Mark 1:15

THE PURPOSE OF MY EXISTENCE

God made me to know Him and to love Him and to serve Him in this world, and to be happy with Him forever in the next.

He created me in His own image with a soul that is an immortal spirit. I must take care of my soul. *“For what will it profit a man, if he gains the whole world, and forfeits his soul?”* Matthew 16:26

To save my soul, I must worship God by Faith, Hope, and Charity and believe in Him, trust in Him, and love Him with my whole heart. He offers the Fruit of His Spirit: *love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.* Galatians 5:22

I humbly ask for the grace to accept these gifts and to lavishly share them with others. (based on Baltimore Catechism and Catechism of the Catholic Church)

O Jesus, King of Love,

I put my trust in Thy Merciful Goodness

given by Our Lord to Mother Yvonne-Aimée of Jesus, August 17, 1922
to be said every morning and evening

NIGHT MEDITATION

*In this the love of God was made manifest among us,
that God sent his only begotten Son into the world,
so that we might live through him.*

*In this is love,
not that we loved God,
but that he loved us and sent his Son
to be the expiation for our sins.*

1 John 4:9-10

Secret Rescue Mission



MEMORARE TO THE THREE HEARTS OF THE HOLY FAMILY

Remember, O most Sacred Heart of Jesus,
united with the Immaculate Heart of Mary,
and the Pure Heart of Saint Joseph,
that never was it known that anyone who fled to Thy protection,
implored Thy help, or sought Thy intercession was left unaided.
Inspired by this confidence, we fly unto Thee, O Blessed Holy
Family. To Thee we come, before Thee we stand, sinful and
sorrowful. Despise not our petitions, but in Thy great mercy
hear and answer us. Amen

***Help me discern how I am
using the Gifts of the Holy Spirit***

<u>Gifts</u>	<u>Virtues</u>	<u>Vices</u>
Wisdom	Diligence	Sloth
Understanding	Generosity	Greed
Counsel	Patience	Anger
Fortitude	Temperance	Gluttony
Knowledge	Chastity	Lust
Piety	Kindness	Envy
Fear of the Lord	Humility	Pride

THE DAILY EXAMEN

1. **Rejoice:** have gratitude for the day's gifts of Divine Love
2. **Request:** ask for grace to gain insight from this Examen
3. **Reflect:** were my thoughts, words, or deeds Godly or not
4. **Restore:** admit failures; seek God's healing forgiveness
5. **Rest:** *I have called you by name, you are mine.* Isaiah 43:1

PRAYER FOR GENEROSITY

Lord, teach me to be generous;
to serve you as you deserve,
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labor and not to seek reward,
except that of knowing that I do your will.

St. Ignatius of Loyola

Let Your Heart Keep Seeking



The star guided them and upon entering,
they saw Mary and Joseph with the child Jesus.

They fell down and worshiped him.

Then opening their treasures, they offered him gifts.

Matthew 2:11

ALL IS WELL

O Holy Trinity, make me Thy dwelling place
and fill my heart with Thy love and grace.
Forgive my sins, accept the good I have done,
and protect me from the snares of the evil one.
All is well, with Thy Angels around me,
O Holy Trinity, I humbly adore Thee!

**O Jesus, King of Love,
I put my trust in Thy Merciful Goodness**

given by Our Lord to Mother Yvonne-Aimée of Jesus, August 17, 1922
to be said every morning and evening

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

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for more copies and information

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*no eye has seen, nor ear heard,
nor the heart of man conceived,
what God has prepared for those who love him.*

1 Corinthians 2:9