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Prayer Guide



APRIL 2020

Prayers To Learn In April

The Jesus Prayer

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

An Act of Spiritual Communion

My Jesus,
I believe that You
are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally,
come at least spiritually into my heart. I embrace You
as if You were already there and unite myself wholly to You.
Never permit me to be separated from You.
Amen.

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me.

Saints To Get To Know In April



St. John of the Cross

Patronage: Contemplative Life, Mystics

Feast Day: December 14

Quote: "Strive to preserve your heart in peace; let no event of this world disturb it."

Living Flame of Love by St. John of the Cross

O living flame of love
that tenderly wounds my soul
in its deepest center! Since
now you are not oppressive,
now consummate! if it be your will:
tear through the veil of this sweet encounter!
O sweet cautery,
O delightful wound!
O gentle hand! O delicate touch
that tastes of eternal life
and pays every debt!
In killing you changed death to life.
O lamps of fire! in whose splendors
the deep caverns of feeling,
once obscure and blind,
now give forth, so rarely, so exquisitely,
both warmth and light to their Beloved.
How gently and lovingly
you wake in my heart,
where in secret you dwell alone;
and in your sweet breathing,
filled with good and glory,
how tenderly you swell my heart with love.



St. Mary Magdalene de Pazzi

Patronage: Against Bodily Ills, Against Sexual Temptation, Against Sickness, Sick People

Feast Day: May 25

Quote: "Prayer ought to be humble, fervent, resigned, persevering, and accompanied with great reverence. One should consider that he stands in the presence of a God, and speaks with a Lord before whom the angels tremble from awe and fear."

A Prayer Before Praying by St. Mary Magdalene de Pazzi

"Almighty Father,
I place the Precious Blood of Jesus
before my lips before I pray,
that my prayers may be purified
before they ascend to Your divine altar."

Spiritual Goals For April

1. List any spiritual goals you have for April:
2. List any prayer intentions you have for April:
3. Who will you pray for this month?
4. What will your weekly prayer schedule look like?
5. How will you serve others in April?
6. What traditions will you practice during Holy Week?
7. How will you celebrate Easter Sunday?
8. In what ways will you continue to celebrate and live the joy of the Easter season until Pentecost?

The Sayings of the Desert Fathers

Reflections on St. Anthony the Great

1. What is accidie? Have you experienced this in your own spiritual life?
2. “Whoever has not experienced temptation cannot enter into the Kingdom of Heaven. Without temptations no-one can be saved.” Why do you think St. Anthony says temptations are necessary for salvation?
3. “God does not allow the same warfare and temptations to this generation as he did formerly, for men are weaker now and cannot bear so much.” What temptations are unique to this generation?
4. What virtues do you admire in St. Anthony?
5. What lessons have you learned from the life of this Desert Father?

Memorable Quotes:

Notes:

The Sayings of the Desert Fathers

Reflections on St. Arsenius

1. “O God, do not leave me. I have done nothing good in your sight, but according to your goodness, let me now make a beginning of good.” What is something you can begin again in your own life?
2. What advice did St. Arsenius give to overcome exterior passions?
3. What characteristics do you admire about St. Arsenius?
4. What lessons have you learned from the life of this Desert Father?

Memorable Quotes:

Notes:

The Sayings of the Desert Fathers

Reflections on St. John the Dwarf

1. How have you experienced this in your own life, “ if a man goes about fasting and hungry the enemies of his soul grow weak”?
2. “It is just the same with me; I sit in my cell and I am aware of evil thoughts coming against me, and when I have no more strength against them, I take refuge in God by prayer and I am saved from the enemy.” Many have been alone more than usual over this past month. Have you struggled with evil thoughts? How did you handle them?
3. What virtues did St. John the Dwarf view as the most important?
4. What virtues do you admire about St. John the Dwarf?
5. What lessons have you learned from the life of this Desert Father?

Memorable Quotes:

Notes:

The Sayings of the Desert Fathers

Reflections on Abba Isidore The Priest

1. Why were the demons afraid of St. Isidore?
2. What virtues do you admire about Abba Isidore?
3. What lessons have you learned from the life of this Desert Father?

Memorable Quotes:

Notes:

The Sayings of the Desert Fathers

Reflections on St. Macarius the Great

1. What advice did St. Macarius give to overcome the spirit of fornication?
2. How does God want the soul to be?
3. “If you reprove someone, you yourself get carried away by anger and you are satisfying your own passion; do not lose yourself, therefore, in order to save another.” Do you find this to be true in your own life?
4. What advice did St. Marcarius give on prayer?
5. “... so you too if you wish to be saved must do the same and become a dead man. Like the dead, take no account of either the scorn of men or their praises, and you can be saved.” Do you put too much stock in what others say about you?
6. What virtues do you admire about St. Macarius the Great ?
7. What lessons have you learned from the life of this Desert Father?

Memorable Quotes:

Notes:

The Sayings of the Desert Fathers

Reflections on St. Moses

1. St. Moses' life story is one of conversion. List those you know who are far from God and commit to praying for them.
2. St. Moses found it difficult to embrace the spiritual disciplines. What spiritual disciplines do you struggle with the most?
3. What virtues do you admire about St. Moses ?
4. What lessons have you learned from the life of this Desert Father?

Memorable Quotes:

Notes:

The Sayings of the Desert Fathers

Reflections on St. Serapion

1. “When the soldiers of the emperor are standing at attention, they cannot look to the right or left; it is the same for the man who stands before God and looks towards him in fear at all times; he cannot then fear anything from the enemy.” What are some of the things that you fear? How can you turn to God?
2. What advice did St. Serapion give to become humble?
3. What virtues do you admire about St. Serapion?
4. What lessons have you learned from the life of this Desert Father?

Memorable Quotes:

Notes:

Thank you for joining CatholicMonth.ly in prayer this month. We look forward to sharing next month's resources with you!

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