

*“Sanctify yourselves,
for tomorrow the Lord will perform
wonders among you” (Jos 3:5)*

“Dear Children ! Also today I call you to prayer. Renew your personal prayer, and in a special way pray to the Holy Spirit to help you pray with the heart.”
(Medjugorje May 25th 2006)

Personal Prayer



**for
Spiritual
Power**

“But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you”
(Mt 6:6)

“So you could not keep watch with me for one hour? Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak”
(Mt 26:40, 41)

This is the prayer that changed my life miraculously and keeps on strengthening me spiritually everyday. In this prayer we pray to the indwelling Holy Trinity. I recommend everybody to do this prayer for a peaceful family life, to overcome all tensions in the business life and to get more spiritual power.

If possible kindly take more copies of this prayer and distribute free of cost.
(Thomas Paul)



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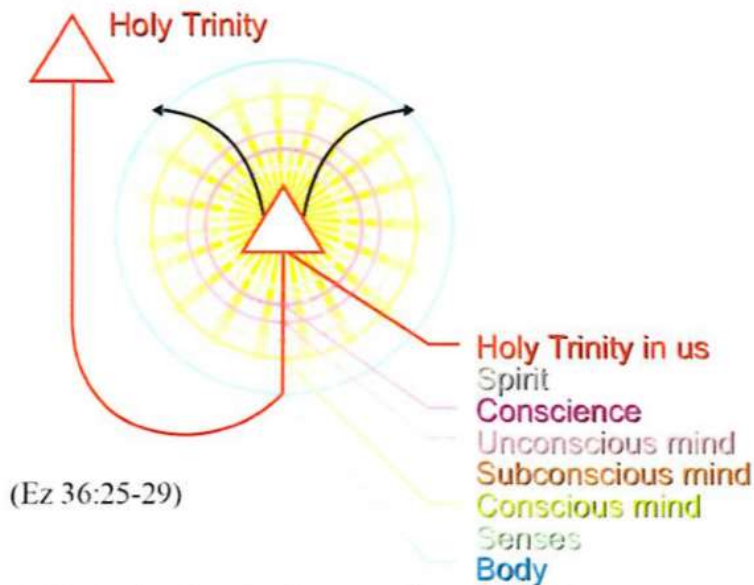


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*“Do you not know that you are the temple of God,
and that the Spirit of God dwells in you?” (1 Cor 3:16)*



“My Lord and my God, remove from me all that can prevent me from going to You. My Lord my God, give me all that can draw me to You” (St. Nicholas Flue)

1. Praise be to the Triune God, who fills heaven and earth.

“Our Father in heaven hallowed be your name”

(Mt 6:9)

Oh! God, the Creator, I praise and glorify you.

Oh! Holy Trinity, the abode of love, I praise you.

Halleluya, Halleluya ... (Praise spontaneously)

2. Praise the indwelling Holy Trinity

(Keep both hands on your chest, close the eyes and pray fervently)

I praise you Loving Father, dwelling in me

I praise you Lord Jesus, living in me

I praise you Holy Spirit, my helper, who lives in me,

Halleluya, Halleluya... (Praise spontaneously)

3. Worship the Holy Trinity dwelling in our hearts

(Keep both hands on your chest, close the eyes and pray fervently)

I worship you Father, dwelling in me,

I worship you Jesus, dwelling in me,

I worship you, Holy Spirit, my helper, dwelling in me,

Halleluya, Halleluya ... (Praise spontaneously)

4. Total surrender to God

"Your Kingdom come.." (Mt 6:10)

Surrender your spirit, soul and body to the Holy Trinity dwelling in you.

Spirit: I surrender my spirit. I submit all the wounds and impurities that is a barrier to the intervention of the Holy Spirit into my spirit.

Conscience: Oh! indwelling Holy Spirit, I surrender my conscience with all its wrong convictions.

Mind: To the Holy Trinity I surrender all the inner areas of my mind. Holy Spirit, living in me, I surrender my unconscious mind, subconscious mind and conscious mind. I submit all the wounds imbibed when I was in my mother's womb, wounds due to the lack of parental love. I surrender all other wounds caused by dejection, grief, anxiety, worry, inferiority complex, hatred, contempt, pride, anger, jealousy, lust, greed, weakness and other bad habits.

Senses: Surrender your sense organs to the indwelling Holy Trinity.

Eyes: I submit all the impurities that I have seen through my eyes. (The films, frightening scenes, pornographical films and impure literature I have read ,etc.)

Ears: I submit all the impure conversations, songs, stories, careless talks and hurting words that I have heard.

Tongue: I submit all the hurting words which have come from my mouth and all impure conversations I have made, etc.

Nose: I surrender all the impure senses of smell that got into me. The smell of cigarettes, alcohol, perfumes, which I crave or use to intoxicate me and the moments when I have enjoyed them.

Skin: I submit all the blemishes that have come through my senses of touch. We should submit the moments when we have touched others or others have touched us with lust or impure thoughts. Also, the moments if we have made our own body impure by impure deeds.

Thoughts and imaginations: To the Holy Trinity dwelling in me; I surrender all the zones of impure

thoughts and imaginations.

Body: Holy Spirit abiding in me, I surrender my physical body, each of my organs, muscles, blood vessels, germs, blood, each and every cell of my body, the sinful desires of the flesh and its weaknesses.

Sexuality: Oh! Holy Spirit in me, I submit my sexuality, with all its impurities and weaknesses.

Sickness: Oh! God I surrender all my sickness of my body and mind.

Sufferings: Oh! Holy Trinity dwelling in me, I surrender all my just and unjust sufferings.

"Yet it was our infirmities that he bore, our sufferings that he endured, while we thought of him as stricken, as one smitten by God and afflicted"
(Is 53:4)

Other areas: Oh! God, I submit all other areas concerning me. Financial problems, difficulties in my career, anxieties of the future, all my personal relationships, parents, brothers and sisters, life partner, married life and its associated problems, children and worries about them, co-workers, etc.

5. Sanctification

"Your will be done, on earth as in heaven." (Mt 6:10).
"This is the will of God, your holiness: that you refrain from immorality," (1Thes4:3)

Pray to the Holy Spirit, dwelling in you to reveal all the wounds and impurities in the submitted zones.

Oh! Holy Spirit abiding in me, reveal all the blemishes of my inner areas i.e. spirit, soul, conscience, unconscious mind, subconscious mind, conscious mind and all inner senses (Pray in your heart). According to the revelation of incidents (impurities, hurts and wounds), pray to Jesus to cleanse you with His Precious Blood.

Oh Jesus! dwelling in my heart, cleanse me by your holy blood.... cleanse this particular sin ... and purify me. Kindly wash the stains of my sins and debts in the ocean of thy grace and purify me. Sanctify me. (Pray in this manner for some time and you will experience the cleansing process)

6. Empowerment / Grace

"Gives us today our daily bread" (Mt 6:11)

I pray to you God, to fill me with the fruit, gifts and charisms of the spirit.

Fruit of the spirit (Gal 5:22): Fill me with the fruit of the Holy Spirit; love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, humility and self control.

The gifts of the Holy Spirit: (Is 11:2-3) Wisdom, intelligence, knowledge, understanding, counsel, fortitude, godliness, fear of the Lord, devotion and reverence to God.

The charisms of the Holy Spirit : (1 Cor 12:7-10) Fill me with your charisms, Word of wisdom, Word of knowledge, gift of discerning spirits, gift of tongues, gift of interpreting tongues, gift of prophecy, gift of faith, gift of healing, gift of performing miracles, gift of ministry, gift of preaching the Gospel, and gift of intercession.

Your grace is sufficient for me. Fill me, with your grace. (Pray repeatedly)

7. Forgive and Love (Jn 13:34)

"... And forgive us our debts, as we forgive our debtors: (Mt. 6:12)

Submit your unconscious mind and subconscious mind to the Holy Spirit dwelling in you and pray to reveal the persons whom you hate and those who hate you.

Prayer: Indwelling Holy Spirit I humbly beg you to reveal all the persons who hate me and others whom I hate, and all the incidents which led to it. According to the revelation of the incidents and persons, visualize them in your mind and forgive them in the name of Jesus Christ. Free them from the bondage of hatred. Accept forgiveness from them and love them.

Brother/Sister, in the name of Jesus, forgive me. Free me of all bondages, in the name of the Saviour, I forgive. I free you from all bondages. In the name of Jesus, I love you. Holy Spirit abiding in my heart, Spirit of unity, unite us.

8. Repentance of sin

Oh! Holy Trinity living in me, kindly reveal all my sins. Give me the realization and repentance of sin.

Have mercy on me, a sinner. Kindly give me complete remission of sins.

9. Listen to the Word of God

Loving Father, speak to me through the Word of God. (Jn 8:31; Mk 12:24) (Prayerfully open the Bible and read a part from the New Testament).

10. Communicate to the Holy Trinity living in you

"But when he comes, the Spirit of Truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming" (Jn 16:13)
(Place both your hands on your chest, close your eyes, with full concentration, speak to the God dwelling in you)

Prayer: Oh! God abiding in me, speak to me. Thy humble servant listens.

11. Intercessory Prayer

"And do not subject us to the final test, but deliver us from the evil one." (Mt 6:13)

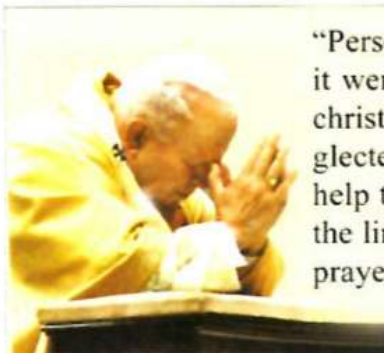
Pray for others according to the inspirations of the spirit, for the Church, for priests, parish, Gospel preachers, workers of God's ministry, for the sick; for relatives, friends and those who have requested your prayers.

12. Thanksgiving

"In all circumstances give thanks for this is the will of God for you in Christ Jesus" (1 Thes 5:17)

Give thanks to the Lord, for all the blessings you have received. Accept our daily cross from the hands of Lord and give thanks for it.

"Without Good Friday there is no Easter."



"Personal Prayer, which is as it were the very breath of the christian, should never be neglected. There is also a need to help the faithful to rediscover the link between this personal prayer and liturgical prayer."
(Ecclesia in Europa 78)