

Verbum Dei

GUIDELINES FOR PRAYER

*Let us walk
in the light
of the Lord”
(Is 2:5)*

Objective of the week:

Through the help of Mary may we intensify our life of prayer to be able to follow Jesus in the path He is leading us

ORIENTATION

“How important it is for our time to discover that God alone responds to the yearning present in the heart of every man and woman.” (Verbum Domini 23)

We are called to spend more frequent time in silent prayer “for only in silence can the Word of God find a home in us, as it did in Mary.”(Verbum Domini 66)

She will help us to seek God who is the light and so walk in His ways, to seek His guidance to have clarity in our decision making, to listen to his voice and act on it so we can have security and stability that we will not stumble in the darkness.

MONDAY

(St. Elizabeth Ann Seton, Religious)

Walk in His light.

He will instruct us in His ways.

In days to come the mountain where the Temple stands will be the highest one of all, towering above all the hills. Many nations will come streaming to it, and their people will say, Let us go up the hill of the Lord, to the Temple of Israel's God. He will teach us what he wants us to do; we will walk in the paths he has chosen. For the Lord's

teaching comes from Jerusalem; from Zion he speaks to his people. He will settle disputes among great nations. They will hammer their swords into plows and their spears into pruning knives. Nations will never again go to war, never prepare for battle again. Now, descendants of Jacob, let us walk in the light which the Lord gives us!

(Is 2:1-5)

TUESDAY

(St. John Neumann, Bishop)

Walk by faith

⁶So we are always confident; even though we know that while we are at home in the body we are away from the Lord—⁷for we walk by faith, not by sight. (**2 Cor. 5:6-7**)

WEDNESDAY

(St. Andre Bessette, Religious)

We yearn for meaning in life. When Jesus comes to the encounter of people, He opens a new horizon. In front of the LIGHT, we leave behind the little lights though it might have helped us.

⁵And there will be no more night; they need no light of lamp or sun, for the Lord God will be their light, and they will reign forever and ever. (Rev. 22:5)

THURSDAY

(St. Raymond of Penyafort, Priest)

Aspiring for security and stability, let us build our life in the solid foundation by seeking His words and acting on them.

**Darkness has not to prevail over us;
darkness has not to make us stumble.**

So then, anyone who hears these words of mine and obeys them is like a wise man who built his house on rock. The rain poured down, the rivers flooded over, and the wind blew hard against that house. But it did not fall, because it was built on rock. But anyone who hears these words of mine and does not obey them is like a foolish man who built his house on sand. The rain poured down, the rivers flooded over, the wind blew hard against that house, and it fell. And what a terrible fall that was! (Mt 7: 21,24-27)

FRIDAY

Our God is true to His promises. In our situations of darkness, we need to call and to seek Him immediately, and not hide nor remain in the dark.

Jesus left that place, and as he walked along, two blind men started following him. Have mercy on us, Son of David! they shouted. When Jesus had gone indoors, the two blind men came to him, and he asked them, Do you believe that I can heal you? Yes, sir! they answered. Then Jesus touched their eyes and said,

Let it happen, then, just as you believe! and their sight was restored.

(Mt 9:27-30)

SATURDAY

**Let us aspire in leading all to the Light. We are called to share the light to all so that God's dream will be fulfilled.
Let us spread the light.**

¹⁹Truly, O people in Zion, inhabitants of Jerusalem, you shall weep no more. He will surely be gracious to you at the sound of your cry; when he hears it, he will answer you. ²⁰Though the Lord may give you the

bread of adversity and the water of affliction, yet your Teacher will not hide himself any more, but your eyes shall see your Teacher. ²¹And when you turn to the right or when you turn to the left, your ears shall hear a word behind you, saying, "This is the way; walk in it." (Is 30:19-21)

The nations will walk by its light, and the kings of the earth will bring their glory into it.

(Rev.21:24)

SUNDAY

BAPTISM OF THE LORD

First Reading: Is 55:1-11

Psalm: Is 12:2-6

Second Reading: 1 JOHN 5, 1-9

Gospel: Mk 1:7-11

