



## KEEP CALM, SAYS THE LORD

*Scriptural Reading:*  
*Ex. 14: 13-26*

MONDAY  
**17<sup>TH</sup>**  
AUGUST  
2020

**I**n Exodus, as the children of Israel were leaving Egypt, they saw the Red Sea before them, and the Egyptian army coming behind them. They were terrified and called on Moses and his God. In response, Moses told them, “Fear not, stand firm, and see the salvation of the Lord, which he will work for you today; for the Egyptians whom you see today, you shall never see again” (Exodus 14:13). It is indeed important to constantly remind ourselves that the troubles we see today will not last forever. God is on the throne, and His omnipotence will handle every matter that comes up. So we must keep calm and refuse to worry. According to St John Mary Vianney, when Christ tells us not to worry, it is not just an advice; it is a command. Very often, it is precisely because we have no faith that we worry over every trouble we encounter.



### **MEDITATION:**

Do I trust God enough to handle my situation? Does faith lead me to be calm and quiet in every situation?



### **STRATEGIC PRAYER POINTS**

1. Pray for the peace of Christ which surpasses all understanding.
2. Tell God: Lord, I am casting all my burdens upon you.
3. Pray that every worry and anxiety in your life will pass away.
4. Ask God that, everything in your life that is robbing you of your peace should disappear
5. Pray for the leaders of the Church and of the Charismatic Renewal for the grace of humility in service.
5. Pay now against the spread of corona virus pandemic
6. Say the prayers to St. Michael and St. Jude in pages 101 and 103
7. Present your private intentions to God
8. Say your daily prophetic prayers (page 6).

### **DAILY PROPHETIC PRAYERS**

Oh Lord God of power and might we praise and thank you for your goodness and mercy in my life. I acknowledge that you are the only one true God and the Almighty who can do all things, who knows all things and who is everywhere at the same time.

I beseech you Lord to show me your mercy and forgiveness, I have sinned against you through my thoughts, words and actions. Through your sacrificial death on the cross I receive mercy and boldness to approach your throne of grace.

Let the precious blood of Jesus wash me and make me whiter than snow. Heal me oh Lord by your wounds that I may be totally restored.

I receive your Grace to rise above every limitation.

I receive your Grace to move from Glory to Glory. I proclaim my total freedom in the mighty name of Jesus.

I shall testify the goodness of God in the land of the living in the most powerful name of Jesus.

I shall not die but live to declare the goodness of God I shall not be put to shame for the Lord is by my side. I shall glorify the Lord all the days of my life.

### **PRAYER TO ST MICHAEL THE ARCHANGEL AGAINST THE FORCES BEHIND COVID - 19.**

Holy Michael, the Archangel, defend us in battle. Be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do you, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who wander through the world seeking the ruin of souls.

Amen.

### **WE PRAY WITH ST JUDE THE PATRON OF DIFFICULT CASES AGAINST THE SPREAD OF CORONA VIRUS**

O most holy apostle, Saint Jude, faithful servant and friend of Jesus, the Church honoureth and invoketh thee universally, as the patron of hopeless cases, and of things almost despaired of. Pray for me, who am so miserable. Make use, I implore thee, of that particular privilege accorded to thee, to bring visible and speedy help where help was almost despaired of. Come to mine assistance in this great need, that I may receive the consolation and succor of Heaven in all my necessities, tribulations, and sufferings, particularly... (insert your prayer request here, especially the menace of COVID - 19 Pandemic) ...and that I may praise God with thee and all the elect throughout eternity.

I promise thee, O blessed Jude, to be ever mindful of this great favour, to always honour thee as my special and powerful patron, and to gratefully encourage devotion to thee.  
Amen.

