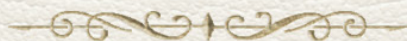


In Heaven's Words



Prayers
to Say

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Preface

“When you pray, you are always heard.”

[Excerpt of a Revelation from Saint Pius V](#)

Delivered Through Frances Marie Klug on November 8, 1996

The Miracle of Saint Joseph teaches us to communicate with God using personal prayers – by simply talking with Him throughout the day. Because our Soul is a Portion of God within us, He is available every moment of our lives. Heaven has explained that a prayer can be short and simple, formal or informal, silent or verbal, and that each of our thoughts, words or actions can be offered to God as a prayer.

Organized thematically, this booklet is a sampling of hundreds of beautiful prayers given through The Miracle of Saint Joseph. Whether you say one or more of the prayers in the booklet, these Words from Heaven can serve as a daily source of strength, hope and inspiration. Many more prayers are [available online](#).





Daily Prayers

“I give you a prayer on this night for you to say as you live each day in the human way:

‘Heavenly Father, bless me today. Heavenly Mother, don’t let me stray. Son of God, teach me like You did other men, and please, Dear Spirit of God, keep my Soul pure in all I am.’”

Saint Joseph, The Holy Spirit
[View Online](#) January 5, 1983

“Let Me give you a prayer to follow every day to Here:

‘Dear Trinity of Love, guide me in all things. Teach me how You want me to be. Let my weakness leave me and let only strength in Your Way be seen from me. Let my love be as You want it to be, a giving love, in the Name of The Trinity.’”

God The Father
[View Online](#) February 24, 1971

“I ask each child here to say a special prayer that I am about to give you. I ask you to say it each day from here on in. And when I say, ‘From here on in,’ I mean into Eternity with Me.

Dear God, help me to love You just Your Way.

Dear God, help me to know what You want of me each day.

Dear God, bless me with just a thought from You and help me be example to everyone I know.

Help me to see how to serve You.

Help me to have Faith in all I must do.

Help me to love when it is difficult.

Help me to extend my hand to serve only Divine Plan. Amen.”

The Sacred Heart
[View Online](#) November 4, 1973

“Make it a point each day to offer God your way. Nothing is too small, nothing too large. Be sure you offer it with love. Tell Him you love Him and be sure you thank Him for all you have, all you are.”

Saint Joseph
[View Online](#) June 30, 1971

“Every day say:

‘Oh, God, I thank You for this day. I love You.

Please help me to be a Saint.’”

Saint Columbkille
[View Online](#) March 22, 1972

“I love You, God. Just let me sit with You for awhile, at the quiet of Your House. Give me peace. Let the strength of Your Power give me hope, and let the joy of Your Presence give me the desire to go on, Your Way.’

This prayer, My children, should be said by every man, every day, in every way, for this prayer I just gave you was direct from Heaven Where I am. It was a prayer to give you all the things to say so that you can say this little prayer every moment of the day.”

Saint Alphonsus Liguori
[View Online](#) June 17, 1972



“How much do you love God today? Did you care enough to say a prayer? Did you care enough to say, ‘I love You, God; thank You for the life here, thank You for the air’? Did you, in your little way, say to Him privately, ‘I hope I’m better than I was yesterday’? Did you, no matter what your age, say, ‘Help me to hold Your Hand?’”

Saint Matthias

[View Online](#) August 8, 1973

“I will give you a prayer, a prayer for you to say every day of your life, a prayer for you to extend your love and to seek the Light.

‘Dear Father, help me on the road to You. Help me to see what is right for me. Help me to not sin against You. Help me to reach for purity. I commend my whole self in Your Way. Please be my eyes, be my ears, and be in everything I say. I love You, God. Help me to understand, not the Mystery You are, but the privilege it is to be man. Help me to recognize why I was born and help me to seek the Goal for which I was born. Help me to be example to every man I meet. Help me to pray at moments when I am weak. Help me to love with charity, those whom I dislike. Help me, dear God, to see Your Light. Amen.’”

Saint Joseph

[View Online](#) April 6, 1975

“People should talk to their Souls. When was the last time you talked to your Soul? It’s a Part of you. You talk to your Guardian Angel once in awhile. You should talk to your Soul, It’s a Part of God that is to be with Him for All Eternity, and assure this Soul that you will do everything you can to make It a Saint.”

Saint Athanasius

[View Online](#) February 10, 1982

“You will find it difficult to perform an impure act or speak impurely when the habit you have is to say:

‘I love You, God.’

‘Thank You, God.’

‘I’m sorry, God.’

‘Please help me, God.’

‘Don’t let me do anything wrong, God.’

‘God, help me to obey Your Commandments.’

‘God, help me to be a better human being.’

‘God, help me to be just.’

‘God, help me to know what Your Will is for me.’

‘God, remember to give me the strength to walk away from impurities.’

‘God, never let me alone, be with me please.’

All these things, such small statements, but constant reminders Who He Is.”

“Sainthood - One Step At A Time, Sainthood - My Goal”

[View Online](#) June 3, 1980



“Have a personal communication with Me. Talk to Me. I love to hear you. Say, ‘Good morning,’ say ‘Good night,’ say ‘I love You,’ say ‘God, hold me tight.’ Say, ‘God, help me to know what to say in this hour of need, in this time when I have no words to say.’ If I am not there One of The Saints will come to your aid, for I, though I am present at all times, allow The Saints to guide you, intercede.”

God The Father

[View Online](#) March 26, 1986

“God waits every moment of every day for a child to say, ‘Hello, God, don’t leave me alone today.’ And then later on He remembers to watch out for the child who remembered to think about Him in a little way.”

Our Heavenly Mother
[View Online](#) April 21, 1982

“You must remember to say it every day.

‘Heavenly Father, bless all I do. Help me to concentrate on returning my Soul to You. Teach me how to help It grow brighter in every way.

Heavenly Mother, guide me so I will never stray.

Saint Michael, protect all I do so when I walk, I walk with You, for I know in my way, You, in protection of Heaven, will protect me the same way.

Remind me to pray, Saint Michael, for protection every way, every day, so others will see in me, through me, love for God and beauty Our Heavenly Mother’s Way. When I forget to say the prayers She loves to hear, tap me on the shoulder, Saint Michael, and show me the Rosary. I promise You I will obey when You direct my thoughts Their Way, for I know that Your Love for Them wants my Soul to return to Them first-class in total Beauty one day.’”

Saint Therese of Lisieux
[View Online](#) January 26, 1983



“I will give you a prayer. It will be short and if you say this prayer each day, it will help you better understand the beauty of prayer and the closeness that prayer affords you when you communicate with prayer at any time of the day or night, and the prayer is this:

‘God, help me to recognize all things that are good. Help me to reject all that displeases You. Help me to understand the Gift of life. Help me to do all things Your Way with my will.’”

Saint Margaret Mary
[View Online](#) September 26, 1990



“Mankind can say a simple phrase such as: ‘God, help me.’ ‘Please God, I am in need.’ ‘God, please bless this one I love.’ ‘God, thank You for everything.’ ‘God, give me courage to endure what I must.’ ‘God, give me strength to accept what I must.’ ‘God, give me hope for I need it right now.’ ‘God, help me to not sin for it is truly You I love.’

A few words at a time during the day, any time during the day, even the night, alerting Him to your thoughts, and believe it or not, to Him it is a delight.”

Saint Benedict
[View Online](#) May 28, 1992

“As each day passes, ask yourself:

‘Have I pleased You today, my God? I hope I have. Please give me the strength, the courage to please You each day that I am allowed to live, because in my love for You I oftentimes forget the Closeness You are to me, so please help me be more watchful in my actions, my thoughts, my deeds.’”

Saint Charles Borromeo and Saint Robert Bellarmine
[View Online](#) October 4, 1999

"It is important to never allow one day to go without saying several times:

"Thank You, God, for giving me life. Thank You, God, for giving me the responsibility to return my Soul to You, because in this responsibility You give me courage, strength, hope, love, that nothing else has the capability to do."

Saint Martin de Porres
[View Online](#) November 8, 1999

"There are so many men, women and children throughout the world who place all importance on how they feel, how they react to others, and/or to other occurrences, but few daily say to their Soul:

"I love You. As You are a Portion of The Creator, please help me to be pure in my thoughts, my words, my deeds, my actions, my hopes, my caring, my devotion."

Saint Alphonsus Liguori
[View Online](#) January 4, 2000



"Daily do you say:

"God, please forgive me for what I have permitted to occur impurely. God, forgive me for acting unkind, losing my temper, when all I wanted was self-satisfaction, thus ignoring the other individual's time, thinking and opinion."

Saint Jude Thaddeus
[View Online](#) April 24, 2001

"I beseech you: let no day pass that you do not thank The Creator of All Things for that Portion of you that is a Portion of Him, called 'the Soul.'"

Saint Alphonsus Liguori
[View Online](#) August 13, 2001

DUTY

"My duties always tire me, they are not what I want them to be. I have to serve a family. I have to work at other things. I feel the stress, I feel the strain on the demands of me.

Dear God, please help me to finish the day, offering all the things I feel, the things I am, in the service of You Who allowed Your Son to walk as man for me. In sacrifice, in service and in love, help me to know that my duties will be as reparation for my sins I have caused against Thee. Amen."

"Duty"
[View Online](#) 1977



MY DAILY WAY (To Be Said Morning And Night)

"Saint Therese, be my guide today. Help me to speak only pure words. Help me to think clean thoughts, and please guide my every mood so that no sin will pass through me. Help me to know God's Will. Show me the way He showed you. Help me to reach for purity, for I want perfection as soon as it can be. Help me to know what path I must take. Help me to be example for my Soul's sake. Help me to gather in the world, others, so they too will see the beauty of God's Love for every Soul to be returned to The Holy Trinity. Help me to be an instrument every day of my life. Help me to teach where it is needed. Help me to grow in God's Light. Amen."

"My Daily Way"
[View Online](#) 1977

I'M MOODY

"I'm moody, God, I know this. I shout with anger, cry with fear and treat others as enemies, not friends. My personality expresses itself when my mood says it must. But take my moods, oh Heavenly Father, and change them into flowers, so I can use each mood I have to be a beautiful thing, a beautiful way for others to see the beauty in me. Amen."

"I'm Moody"
[View Online](#) 1977

A PRAYER FOR SAINTHOOD

"I know that I am little. I know that I am small. I know that every move I make can be example to all. I know that I have been given a chance to use the will I have, to express to everyone I meet the beauty for which I live. I want to be a Saint. I want to be with God. I want to walk a path of love to one day be with Him Above. Please help me in everything I do, to keep in mind, my Purpose upon the earth, which is for me to return to God, Who is Divine. Amen."

"A Prayer For Sainthood"
[View Online](#) 1977



"I bless you with My Love and I say, 'Repeat often during the day:

I love You, God. Keep me close to You. Dear Heart of Jesus, let Your Heart entwine Itself with mine. Oh, Holy Ghost, be my Light to The Divine. So be it."

Our Lord
[View Online](#) November 26, 1971

"I bless you, My little ones, not only today, but each time you offer a prayer My Way. And I give you a prayer now to say for all time:

'Heavenly Father, allow me to know Your Will for me and let it show. Heavenly Mother, hold me tight, enfold me in Your Mantle day and night. Beloved Saint Joseph, protect me in the physical life so I might enjoy the Beauty of Eternal Light.'

Our Heavenly Mother
[View Online](#) May 11, 1975



"Remember to always say:

'Heavenly Father, give me the strength to follow all that is right, good, clean, and how You expect me to be, because I want to return to You my Soul as a Saint, bearing my name for All Eternity. So be it.'

Saint Polycarp
[View Online](#) February 23, 2000

"As you accept your daily way, I am ever protecting you, ever waiting for you to say, 'Mother, help me today,' and when you least expect to see openly a sign of My answering you, God permits it, for He knows exactly when it is best for you."

Our Heavenly Mother
[View Online](#) September 20, 1971



Morning Prayers

“After the Cross, your sign of love, say these words:

‘I offer You this day, my God, for a very special purpose.
Please place each act, each word I say, each step I do take in the way,
to help another that You choose today.
Let every breath that I do breathe be for the things You want.
Do not let me sin today and cause anyone hurt.
I love You, God, please know this, and help me love You more,
for the happiness I know is waiting for all men.
I ask You, God, to help me each day from now on. Amen.’”

Saint Not Named

[View Online](#) March 12, 1970

“Say to Him as you awaken in the morning: ‘Thy Will, my God, today,
not mine. Teach me to do Your Will in all things.’”

Saint Francis of Assisi

[View Online](#) April 18, 1972

“When you awaken in the morning, offer quiet prayers to The One
Who made you, and as you do this, be sure you thank Him
for the privilege of the day. Do not become so sure of your intelligence,
your knowledge, yourself, that you forget to look to Him first each day.”

Our Blessed Mother

[View Online](#) March 22, 1972

“You are to begin each day with a prayer to The Father, saying:

‘I love You, God. Please help me through this day.
I thank You for the privilege of living the human way.
And above all things, please, God, see that I come Your Way.’”

Saint Francis of Assisi

[View Online](#) August 9, 1972

“Good morning, God, I love You. I know You know my name.
But please, do not let one moment today pass without Your Hand
holding me tightly, for I do not want to stray.”

Saint Alphonsus Liguori

[View Online](#) October 27, 1972

“There is no better way to start the day than to say:

‘Good morning, God. I love You. Please be with me all day,
and do not allow me in any way to stray. Please let all that I am
and all that I will do show to everyone my love for You. Help me
to grow so I will never falter or fail in my obedience to Your Rules.’”

“Why Wait”

[View Online](#) December 8, 1981

“On the morrow, when you awaken, say this prayer:

‘Dear God, let me be humble today. Let me show tolerance.
Let me give to other men, hope. Let me extend my hand.
Let my face radiate the Beauty of Divine Way. Teach me to trust.
Teach me the dignity that should be man’s.’”

Saint Mary Magdalene

[View Online](#) August 29, 1973



“The moment I awake, I must say to Him:

‘I offer You this day, my God, in everything I do and say, so that everything I am will reflect Your Will today. Help me to grow in Graces that I could not gain alone. Help me to reach for purity, so I will one day see You on Your Throne.’”

“Time”

[View Online](#) September 27, 1978



“When you awaken in the morning He loves to hear you say:

‘Good morning, God, help me today.’

‘Good morning, God, I’m awake now, I’ll talk to You later.’

‘Good morning, God, help me to hurry, I’m late again.’

‘Good morning, God, today is going to be a special day.’

‘Good morning, God, I’m in a hurry, don’t let me be argumentative today.’

‘Good morning, God, help me through the rough spots, I feel irritable today.’

‘Good morning, God, I’ll talk to You later.’”

Our Heavenly Mother

[View Online](#) April 21, 1982



“In the morning when you arise, make it a habit to say:

‘Good morning, God, I love You, stay with me today. Good morning, Blessed Mother, please do not forget, if I stray today even a little bit, grab me by the shoulder, turn me another way, for I do not want to scar my Soul another time, another way.’

And never forget to add to this little prayer:

‘Saint Joseph, hold me close to the Wisdom of God, to the Will of God, and help me to learn to share the burden of the day and the love God expects me to give to others, the way He Wills it to be given through me today.’”

Saint Therese of Lisieux

[View Online](#) March 23, 1983

“It would be strengthening if you were to say, as you awaken in the morning:

‘Good morning, God, thank You for this day. I will do all I can to make You proud of me. I will do all I can to make You feel good about me. God, give me the strength to endure anything that comes my way, but also, give me the hope and the desire to pray.’”

Saint Alphonsus Liguori

[View Online](#) April 17, 1991



“Be sure that you open the day with a prayer, requesting a Blessing for yourselves and for others.”

Saint Anastasia

[View Online](#) October 12, 1992

“How many men, women and children awaken in the morning, and immediately make ‘The Sign of The Cross’, with a silent prayer that The Father will give them the strength to use that day not just productively but spiritually, moral, loving, giving, and serving in many ways?”

Saint Francis of Assisi

[View Online](#) August 12, 1998

“Ask yourself:

‘Upon awakening on this day: Was my first thought to pray, asking The Father to bless the day, or was it what I was to do according to how I live, what I am bound to morally, physically? Was prayer the first thing I thought of, asking The Creator to bless my day?’”

Saint Therese of Lisieux

[View Online](#) March 4, 1999

“I love You, God, let Your Will be my way. Let everything I do today be in Your Honor, to show love Your Way. Let my whole being be in such a way that others will see You through my eyes, through my work, through my walk, through my deeds, and through everything I say.”

Our Heavenly Mother

[View Online](#) January 5, 1973

“Be sure that when you see the responsibility when you wake, responsibility to say to The Father, ‘I love You, help me today,’ and then I am always overjoyed when a child turns and says, ‘Mother, guide me on my way’; and of course, The Son Who walked the earth loves to hear a child pray, He loves to hear that beautiful prayer, ‘Our Father’, Who sent the way.”

Our Heavenly Mother

[View Online](#) November 13, 1985

“Children must be taught that prayer is not just to be said while in bed. Teach them to say: ‘Good morning, God. I love You. Help me through the day.’ Teach them to silently ask His Help. They do not need to say what they feel inside, out loud.”

Saint Bernadette

[View Online](#) August 6, 1992

“When you awaken after a night’s sleep, make your first words a ‘Thank You’ to The Father’s Love for giving you the Gift of human life, because it is the only living matter or thing that has a Soul, a Portion of The Creator of All Things within it.”

Saint Alphonsus Liguori

[View Online](#) January 31, 2001

“Each day when you awaken, a small prayer would comfort you. Maybe it would take awhile to do this, but it would be nice to say: ‘Good morning, God, I love You. Please help me in everything I do today, for the good of my Soul, and also that in doing this, I will prove my love for You for Another Time, Another Way.’”

Saint Margaret Mary Alacoque

[View Online](#) August 7, 2001





Nighttime Prayers

“Tonight, before you lay your head, I ask you, children, to look up to the sky He made and say a prayer like this:

‘I know You’re in all things, my God, for I see it in this glance. Please help me more to understand and not to take a chance on ever turning from Your Way, for I do love You, God.

Thank You for the life You gave me and for those that I do love. Help me, God, to walk tomorrow and grow more in love with You. Help me see the things I need to see so I will help others gather around You. Don’t let my life be one alone but let me use it well. Help me to know the things I should and the thoughts on which I should dwell.

Help me let tonight be the beginning, my God, to strive for higher things in the Realm of Heaven. I love You, God, good night for now, and never leave my side, for each moment that I breathe, I need You, God, You’re mine.’”

Saint Not Named
[View Online](#) March 2, 1970

“The most beautiful prayer in the world is simple:

‘God, thank You for today. I hope I did something to please You, in my own way. Help me tomorrow, God, to be a better man. Help me to be example so that others will learn from me the beauty of morals in the way of man. I love You, God, goodnight for now. Help me to remember You tomorrow morning before I go my way.’”

Saint Thomas Aquinas
[View Online](#) August 3, 1988

“On the morrow, perhaps even tonight you will remember to say, ‘I love You, God, good night.’ And then on the morrow when you awaken for the day, say, ‘Good morning, God, I love You; stay with me today.’

It is a treasure of a prayer and it is a prayer that is easy to say. It is also a prayer that He loves to hear for He knows then that you are thinking of Him in your little way.”

Saint Catherine Laboure
[View Online](#) April 5, 1989

“Say These Words tonight and every night:

‘I love You, God. Thank You for this life. Help me, God, to return to Thee.’”

God The Father
[View Online](#) April 8, 1970

“Tonight, when you lay your head, say a prayer to Me and offer sacrifice, offer love, give penance, and make a promise that you will love Me more. It will be easy to do and I will hear you; and remember, My children, the act will bear much fruit.”

Our Lord
[View Online](#) February 26, 1971

“As you lay your head on a soft place, remember the time My Head, full of thorns, was pressed against a wooden frame that bore My Bones. It will make it easier for you to say, ‘I love You, God, help me to grow each day.’”

Our Lord
[View Online](#) February 26, 1971



“Before you lay your head at night, say:

“Thank You, God, for another day. Give me the privilege of tomorrow for I promise You, in it and through it, I will extend to You Honor, always hoping to get closer, always desiring to do Your Will, and yes, always remember that my time is Yours.”

Saint Margaret Mary Alacoque
[View Online](#) September 9, 1974

“My children, say before you retire on this night:

‘Dear God, Sainthood is truly my Goal. Let me be inspired with love, hope, charity and humility. Let me feel the Light of Your Love, and the inspiration You have delivered to me. Give me the strength to be example to all men. Help me to know what I must do for the good of my Soul, as I walk in the world with men.’”

Saint Alphonsus Liguori
[View Online](#) January 11, 1978

“Be sure, My children, when you pray tonight, kneel and say the words just right. And as you pray, look up to Him, and then bow your head and nod again. And do not forget, when you are through and you say, ‘Amen,’ whisper a little note of thanksgiving and of love, for He will hear all of them.”

Saint Teresa of Avila
[View Online](#) June 10, 1981



“Tonight, before you lay your head, it would be wise to kneel by your bed and say a prayer asking for forgiveness for all the mistakes, all the errors, all the weaknesses displayed during the day. It would also be wise to ask God to help you tomorrow be a better man.”

Saint Joseph, The Holy Spirit
[View Online](#) February 17, 1982

“Never forget to say at night, before you lay your head, a special little prayer asking forgiveness for all the things you have done that could have scarred your Soul even a little bit.”

Saint Therese of Lisieux
[View Online](#) March 23, 1983

“Never forget to thank The Father for the privilege of human life, and never forget to say, before you shut your eyes at night:

‘Heavenly Father, teach me to take good care of my Soul, so when It one day stands before You, It will glow and glow and glow with a brightness far beyond what I could imagine, for I truly love You, God, and I do not always show it, but inside me there is Some Part of me that makes me want to be special in Your Eyes for All Eternity.’”

Saint Teresa of Avila
[View Online](#) October 9, 1990



“When you lie your head at night and you say,
‘God, help me to have no fear in what I am about,
help me to understand that I must do certain things,’ He hears you.”

Saint John Vianney

[View Online](#) August 13, 1986

“Be sure you close the day as you say ‘Goodnight’ or ‘God bless you,’
to those with whom you live, but remember to say to The Father:

‘I love You, God. Thank You for today. I hope tomorrow I will show,
in every way, more expression of my love for You, more example
to everyone I am with, or who sees me and I do not see them.
Thank You, God, for the ability to pray. Thank You for giving me
the strength to know that You Exist, and that I can one day be
with You again for All Eternity.’”

Saint Anastasia

[View Online](#) October 12, 1992



“Every night, every human being should say:

‘Thank You, Heavenly Father; thank You, Heavenly Mother,
for helping me be a Saint, because it is the only Goal I see that
will return me to from Where I came, and that is to return as a Saint.’”

Saint Alphonsus Liguori

[View Online](#) April 7, 2006



“Do not forget to say you are sorry. Do not forget to apologize,
and do not forget to ask God to bless you tonight for the errors you
made, for in the errors, you could have delayed another child going
to God today.”

Saint Alphonsus Liguori

[View Online](#) August 17, 1973



“Can you say before you lay your head at night,
‘I’ve walked for You today, my God, in every step I took,
every thought I had, every act I performed, and yes, every word I said’?
It is important for you to make this examination of conscience,
examination of your way of life, every night before you lay your head.”

Saint Alphonsus Liguori

[View Online](#) March 23, 1994

“How many men, women and children throughout the world greet
each other with a ‘Good morning,’ or a ‘Good night’?
Would it not be wise to use this same advantage of speech to greet
The Father and The Heavenly Mother with a short recognition that
you are aware of Their Presence? And then when night falls it would
be so easy to say:

‘I love You for giving me this day, and as I say good night to You, I pray
You will be with me all through the night.’”

Our Heavenly Mother

[View Online](#) February 18, 2000





Asking for Help

“Just say to Him, ‘God, help me.’ What is more simple than this, and what is more pleasing to Him than this? ‘God, help me.’”

Saint Mary Magdalene
[View Online](#) April 22, 1973

“I love You, Blessed Mother, in a very special way. Help me to understand the things I’m to do today. Do not let the evil one enter in any way but help me every step I take on this day.”

Our Blessed Mother
[View Online](#) April 21, 1970

“You quietly say, ‘Please, God, take my hand.’ I smile and say, ‘It has been ready for you to use all the way. You have it.’”

God The Father
[View Online](#) February 8, 1971

“Dear God, let my eyes show Your Love, let my words express only the Truth You are. Let my actions be example to all mankind and let my heart beat only with The Divine. Let me give to the world what You Decree. Let my love extend to all men only to show the Beauty of Your Grace and the love of my Soul. Dear God, help me to know what You Will for me. Help me to feel only the desire to work accordingly. I love You, God. Help me to work only for You, to live only for You and to desire to be only in the Sight of You. So be it.”

Saint Alphonsus Liguori
[View Online](#) January 4, 1975

“If you do not feel well, offer it, but serve with it, in it, through it, and yes, use it to the best advantage you can. If, mentally, you are low, say, ‘God, help me grow in Your Way alone.’”

Saint Junipero Serra
[View Online](#) January 5, 1975

“Please, God, help me in all things and help me on a road to You, for I know man cannot do this for me.”

Saint Francis of Assisi
[View Online](#) April 18, 1972

“So many children forget to ask The Beloved Father to help them make decisions. They are so self-willed, they are so in love with themselves that they omit this one small thing:

‘Please, God, help me make the correct decision.’”

Saint Anne
[View Online](#) May 2, 1972

“I, on this night, give you a prayer to say. Keep it in mind as you go your way:

‘Dear God, let my body act as You Will it to act. Let my mind think how You Will it to think. Let my tasks be Your Way, Your Desire for me, and let my Soul reach You in Eternity.’”

Saint Francis of Assisi
[View Online](#) May 31, 1972

“Remember it as well as you can and say it as often as you can.

‘Dear Father in Heaven, bless my way. Take care of those who I love, and as You do, direct their Souls to You and never let them stray. And as You do this, oh, my God, please keep my love in mind, and help me do Your Will all the time.’”

Saint Martin de Porres
[View Online](#) May 31, 1972

“I accept today, my God, totally Your Way. I accept what You want me to do for You, totally Your Way.

Help me to love You as You Will it to be.
Help me to seek You and Your Way for me.
Help me to know what is best for me.
Help me to love as You Will it to be.
Hold my hand. Do not let go.
Remember God, I am slow to know what is best for me.”

God The Father
[View Online](#) January 2, 1973



“Dear God, I hold You dear. I love You with my whole being. I thank You for this life. Please protect me every moment and help me to know what is right. Help me to express to others, whom I love and whom I know, the beauty of the privilege of the human role. Let me be example, let it show; and let the world not give me acclaim, but let me be example for You in Your Name. Let this small prayer, The Sign of The Cross, be such an open way that all men who see me do it will think of You right away. Let me, in this small act of love, express fully my love for You each day. Dear God, I love You.’

That is all you have to say; He will do the rest.”

Saint Joseph
[View Online](#) February 8, 1974

“Do not ask others to lead you, but turn to The Father and say:

‘I have sinned, please help me.
I am concerned, please help me.
I walk in doubt, please guide me.
Oh God, help me be a Saint.’”

Saint Mary Magdalene
[View Online](#) November 25, 1972

“God, help me to walk in purity each day. God, help me to know what I must do, what I must say to help others walk Your Way. Dear God, help me to become so pure that my time of reparation is short before I enter the Kingdom with You.’

For you see, My children, All Things that enter the Kingdom of Heaven must be purified before they see the Face of Him.”

Saint Anthony Mary Claret
[View Online](#) November 27, 1974

“Thank You, God, for the time You have given me, to walk in a light of hope, not misery. Help me to know if I’m doing right. Help me to grow in Divine Light. Help me to use my time productively for the good of my Soul, as example to others in Honor of The Holy Trinity.”

“Time”
[View Online](#) September 27, 1978





“I will give you a verse for you to remember for all days; hold it dear, keep it close, say it often:

‘Heavenly Father, Beloved Mother, never let me stray. Hold me close to Your Hearts every day. When I am despondent, help me to understand it will pass away. When I am fearful, help me to grow more in Faith. Help me to be strong, to be a warrior each day, for the good of my Soul and other men’s Souls to return to You, one day. I love You with the beat of my heart; and my littleness is all Yours; for whatever You Will it to be, to do, I ask You to let it be done, Your Way.’”

The Sacred Heart
[View Online](#) July 26, 1975



“Forsake me not, my Heavenly Father. Forgive me for all things I do against Thee. Help me to strive for Sainthood. Allow me to be a warrior in Your Name. Teach me to extend to all mankind Your Love, Your Mercy, in Your Name. Help my Faith grow in what is good. Help me to know what I am to do. Help me to see, not beyond my capabilities, but to the degree best for me.”

Saint Catherine of Siena
[View Online](#) July 27, 1975

“God, take everything I do today, and please, let it be to help a Soul of someone that I love, someone that You want to help, and God, do not forget me.”

Saint Not Named
[View Online](#) November 3, 1978



“Oh God, give me the privilege to serve You. Oh God, allow my will to be forever with You. Oh God, give me the strength to endure the suffering only human, for the Souls throughout the world. Oh God, make me an instrument to help each one I meet, to enlighten them with Your Own Words, for the good of every man I meet. Dear God, help me to reach out for You and give each one I meet the food of life, the food of thought, to give the hope each man does seek.”

Saint Not Named
[View Online](#) January 4, 1977

“Prayer is unlimited. It says, ‘Please, Thank You, I hope so, I need, I will.’ Prayer says:

‘Help me, God, to be stronger than I am. Help me, God, to understand. Help me, God, to be a better man. Help me, God, to be good example. Help me, God, to attain what I need. Help me, God, in all my troubles. Help me, God, to correct all my errors. Help me, God, to face adversities. Help me, God, to seek Your Way, so I may one day understand what it meant to reach for purity.’”

Saint Therese of Lisieux
[View Online](#) May 20, 1977

“It would be better if I were to, under all stress, despite all my problems, hold first and above all things, *the needs of my Soul*.

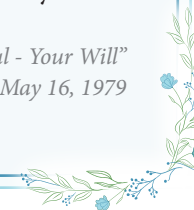
A prayer to be used each day should be this:



‘Help me to grow, God, through the human flesh, to be a Saint with You forever because I purely faced every test. Help me to be example to all other men so they will feel the beauty of my Soul, and in this I will teach them.

Grant me the Grace to always hold first the good of my Soul, in spite of my own distastes.’”

“You - Your Soul - Your Will”
[View Online](#) May 16, 1979



"I give you a prayer to say in My Honor. I give you the Words right now: 'Heavenly Father, help me to feel Your Love that I know is truly real. Let my heart beat with Yours every moment of the day. Let my Faith grow in purity Your Way. Help me to feel the necessity to strive for purity in everything I do, in everything I say, in how I dress, how I work, how I live and how I pray.'"

The Sacred Heart
[View Online](#) July 11, 1979



PRAYER FOR PURITY

"Dear God, help me to think pure and act in only pure ways. Give me the Spiritual strength to sincerely commend my whole life to serving You. Help me to always be in a state of Your Grace. Help me to live offering everything to You for the benefit of my Soul. Help me to always remember Your Will for me, so in all I am and all I do, I must keep Sainthood My Goal. Amen."

"Prayer For Purity"
[View Online](#) February 22, 1980

"Through my prayers, help me to reach purity. Through my prayers, help me to be example of purity. Through my prayers, help me to teach others purity. Through my prayers, let all things I am become pure."

"Prayer Leads To Purity"
[View Online](#) November 13, 1979

"Dear Saint Joseph, teach me the way You want me to be. Give me the strength to walk in purity. Stop me before an impure thought controls me. Make me think of what an impure act will do to The Father. Help me to be example of Faith, Hope and Charity. Help me to be the protector that You want me to be. Give me the strength to provide what is necessary for my family, for my Soul, so I will be with God for All Eternity."

Saint Joseph, The Holy Spirit
[View Online](#) March 19, 1980



"Dear Saints In Heaven, I want to become a Saint. I know I fall short of many Blessings, but please guide my efforts, direct my will, and never let me fall short of good example. I need Your help in so many ways. I am asking for it, in hopes that You will hear my plea, and guide my way so I will be with God and You for All Eternity."

"Dear Saints In Heaven"
[View Online](#) January 26, 1981



A PRAYER TO MY SOUL

“Dear Soul that God has given to me, to live with me, and to abide within me from the moment of my conception until the moment that God decides to take me. There are so many times I forget about You in my selfish moods and/or in my human weaknesses, and I ask You now to help me remember the responsibility I have for You, to return You to God one day forever.

I cannot see You, I cannot feel You, but God's Love for me helps me to know that You exist within me. I have no doubt, because many times when I feel I want to be close to God, I want to change my weaknesses into strengths, it seems innate in me to know I have a Soul that will help me.

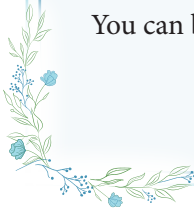
I pray on this night that You will never despair because of my actions in human life, and I ask You tonight to never feel that Sainthood for You is hopeless, for I promise You tonight I will strive to correct my ways, my errors, and return You to God as He Wills it to be, a Saint Who will bear my name for All Eternity.”

“A Prayer To My Soul”
[View Online](#) February 12, 1982



“When you're tired, all you have to say is, ‘Stay with me, God, I don't want to be alone at this time.’ When you're in fear, call His Name. You can be sure that He will hear.”

Our Heavenly Mother
[View Online](#) April 21, 1982



“Remember to say the prayer:

‘Our Lady of All Light and All Purity, be with me.
Do not leave me and do not allow me to stray.’
And then do not forget to kneel, bow your head or genuflect.”

Saint Athanasius
[View Online](#) May 5, 1982

“Never forget to add to this little prayer:

‘Saint Joseph, hold me close to the Wisdom of God, to the Will of God, and help me to learn to share the burden of the day and the love God expects me to give to others, the way He Wills it to be given through me today.’”

Saint Therese of Lisieux
[View Online](#) March 23, 1983

“I give you a prayer tonight for you to say, for in this prayer you will find a Ray of Hope and a bit of Light to help you through each day:

‘Saint Joseph, give me the strength to be the Way You were, the Provider, the Protector and the Guide, so that everyone who sees me will find the example that is necessary for them to follow, that will give their life more hope.’”

Saint Joseph, The Holy Spirit
[View Online](#) June 19, 1985

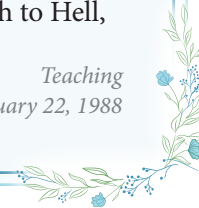


“We love to hear a child say: ‘Please, bless me. Help me. Be with me. Stay close to me. Don't leave me. I need You.’ This is like music to Our Ears.”

Our Heavenly Mother
[View Online](#) May 20, 1987

“Thank You, God, for giving me the courage and the strength to be able to even think of what temptation can do to me, and help me to not look at temptation as a momentary thing nor as a time of pleasure that I need, but help me to see temptation as a path to Hell, not Glory, for I want to be with You for All Eternity.”

Teaching
[View Online](#) February 22, 1988



“God, I love You, help me to be better today, help me to know the path of Truth, of Light, of Hope, so when the time comes that We will meet Face to face, I know that You will not send me away.”

Saint Thomas Aquinas
[View Online](#) August 3, 1988



“Heavenly Father, I want to live. I know my Soul is with me at all times, but if I die, my Soul will leave what I am.

Please, Heavenly Father, let me live so I can enjoy having more understanding regarding what life has been created for.”

Saint Margaret Mary Alacoque
[View Online](#) July 15, 2004

“The Father enjoys hearing short phrases:

‘Thank You, God.’

‘Please help me, God.’

‘I love You, God.’

‘I’m sorry, God.’

‘Please forgive me, God; it won’t happen again.’

‘Help me to be good example.’

‘Help me to be the strength needed.’

‘Please, God, help me to be better.’”

Saint Peter Canisius
[View Online](#) November 2, 1992

“It is so nice to hear someone say: ‘God, walk with me’; ‘God, help me’; ‘God, remember, I’m not too sure of what I am about to do or what I am about to say.’”

Saint Teresa of Avila
[View Online](#) December 9, 1992

“When a child says, ‘God, please help me save my Soul, so one day It will be returned to You in a state of purity that will please You,’ The Father, in His Joy at this request, blesses the child abundantly and says, ‘I will do all I can to give you the strength.’”

Saint Anne
[View Online](#) September 8, 1993



“Help me, Dear God, for I am not loved. I have no way of learning what love is to be. I want to know because it pleases Thee.”

Saint Agnes
[View Online](#) July 21, 2000

“Bless me today, oh Heavenly Mother. Bless all in our house, bless all our friends, and please be sure to keep all in a pure way; and if they decide to stray, go after them, Blessed Mother, and please walk with them their way.”

Saint Alphonsus Liguori
[View Online](#) April 22, 1992



“It does not take much to greet a Saint. All you say is:

‘Heavenly Mother, or Heavenly Father, please bless me on this day. Please give me the strength to endure things that I do not understand. Please help me to pray in ways You know will benefit me, and of course, my Soul.

Please, Dear Heavenly Mother, don't cast me aside, but always remember, I love You, and I look to You for Your Help of me, so when the time comes and The Father beckons my way openly, I will be able to walk it in a pure way.’”

Our Heavenly Mother
Saint Joseph, The Holy Spirit, Saint Augustine and Several Saints
[View Online](#) August 21, 2006



“When you feel you're faltering, come to Me and say: ‘I tripped and fell a little. Help me up, my Mother, so I will grow so strong that tomorrow I'll be better.’ A beautiful way to live, My daughters. Try it one full day. Let criticism, doubts, disturbance, fall away.”

Our Heavenly Mother
[View Online](#) April 20, 1970

“Once he [satan] grabs ahold, whether it be through materialism or a selfish goal, he does not let go until the child screams to God, ‘I love You, God, don't let me go.’”

Saint Michael
[View Online](#) May 20, 1970



“Look to His Heart and say to Him this:

‘Let my heart beat with Yours through the life that You give. When a Soul such as mine is weak and disheartened, let the Love of Your Heart help mine be enlightened.’”

Saint Margaret Mary Alacoque
[View Online](#) May 20, 1970

“Please, God, come with me today. I will be lonesome if You do not.”

Saint Joseph
[View Online](#) May 24, 1972

“Dear God, help me to accept the trials, the hurts, the envies, the disappointments.
Help me to know what is just weakness in other men.
Help me to stand for truth.
Help me to spread much love to You.
Help me to be obedient and practice what I teach others to follow.
Help me to receive the Beloved Host with love and with honor.
Help me to honor my Heavenly Mother by being obedient to Her Request to say the Holy Rosary.
Help me, my God, to dedicate my life to what is best.
I love You, give me the strength to pass all tests.”

Saint Bernadette
[View Online](#) July 27, 1971





Asking for Forgiveness

“Daily do you say:

‘God, please forgive me for what I have permitted to occur impurely. God, forgive me for acting unkind, losing my temper, when all I wanted was self-satisfaction, thus ignoring the other individual’s time, thinking and opinion.’”

Saint Jude Thaddeus
[View Online](#) April 24, 2001

“I, your Heavenly Grandmother, love to hear a child say:

‘God, I’m sorry. I won’t do it again.’ Keep in mind, when you say this, it is loved by The Divine, and then We in turn say, ‘God, did You hear the child?’ He says, ‘Yes.’ And then I very lovingly say, ‘Through this act of humility, may I share in the Grace the child’s way?’ He never refuses Me a thing, for you see, I hand out cookies in the form of Grace that men cannot see.”

Saint Anne
[View Online](#) November 25, 1973

“Do not forget to say you are sorry. Do not forget to apologize, and do not forget to ask God to bless you tonight for the errors you made, for in the errors, you could have delayed another child going to God today.”

Saint Alphonsus Liguori
[View Online](#) August 17, 1973

“God is forgiving; but keep this in mind, that once you say, ‘I am sorry, God, help me today,’ be sure you mean it, for there is no merit to not meaning it, for He knows your heart and your Soul.”

Saint Mary Magdalene
[View Online](#) March 16, 1972

“We must say again and again, ‘I’m sorry, God,’ and be sure we mean it when we say it, and be sure, too, that in our mind we are determined to cause fewer offenses against Him.”

“I’m Sorry, God”
[View Online](#) March 22, 1980

“If I failed You today, God, give me another chance tomorrow, because I truly felt I was listening to everything You wanted. If I displeased You, tell me gently, for I could not bear to have You be harsh with me.”

Teaching
[View Online](#) June 27, 1976

“Before we lay our head we should say:

‘Have I offended You, God, today, or have I caused anyone else to offend You, by my attitude or any other thing that I might have done?’”

Teaching
[View Online](#) January 5, 1979

“So many times The Father hears, ‘Have mercy on me, God,’ but how many times does man say: ‘I will repent. I will seek only Your Will in my daily way of living, in all my example. God, help me to be merciful to others. God, help me to be a strength of sound morality to others. God, help me, through my example, to help the Souls of others become Great Saints?’”

Saint Tobias
[View Online](#) October 21, 1992

In Heaven's Words: Prayers to Say

“When you make a mistake apologize to Him, say: ‘I’m sorry, God, I should have known better. I should not have done that. I will try harder to please You and to show my love for You in my own private ways.’”

Saint John Vianney

[View Online](#) February 18, 1987

“Whenever you are in need, speak to Us.
Whenever you forget to pray, turn to Us and say,
‘I’m sorry, I will remember to do it better on another day.’”

Saint Teresa of Avila

[View Online](#) November 1, 1992



“Do not ask others to lead you, but turn to The Father and say:
‘I have sinned, please help me.
I am concerned, please help me.
I walk in doubt, please guide me.
Oh God, help me be a Saint.’”

Saint Mary Magdalene

[View Online](#) November 25, 1972

“God, I am sorry for the offenses I have given You through
my weaknesses, in my way.’ An Act of Contrition, man calls it;
and then I would suggest you say an Act of Faith, Hope, Charity, Love.”

Saint Joseph

[View Online](#) March 14, 1973

Asking for Forgiveness

“The day will come, and as you stand before Him the Blessings
will be so many, and the Love He will extend to you,
far beyond your knowledge, and you will say:

‘Oh, my God, I am so sorry I neglected You so much of the time.
Teach those I love to love You more.’

A chance yet for you to teach them yourselves.

A beautiful beginning for a beautiful end,
which will be the true beginning.”

Saint Joseph

[View Online](#) March 30, 1970

“My beloved children, there are some
of you who have scruples; you do not
know what to do. There are some of you
who are placing so much emphasis on
things you have done and the things you
want to do. Oh, My children, say to God,
‘Please forgive me, God, and let me
better understand what You want of me,
what You have planned my way.’”

Saint Mary Magdalene

[View Online](#) November 25, 1972



“Ask forgiveness on the way to Him. Say to yourself:

‘Forgive me for my sins.

Help me to better understand The Commandments You gave.’”

Saint Augustine

[View Online](#) November 25, 1973

“We should always ask forgiveness for our offending God in any way.

Man expects us to say, ‘I’m sorry,’ ‘Excuse me.’

Is not God more worthy than man to hear us say,

‘I’m sorry,’ and mean it?”

“Sorrow”

[View Online](#) March 15, 1981

"I realize that I am not reaching for the purity
You intended for my Soul.
At this moment, Dear God, I want You to accept my love,
because I am truly sorry for all my past offenses against each
of Your Ten Commandments, and I beg of You to give me
the strength to never offend You again.
If I do, please Dear God, show me some sign
that I must not offend You again."

Teaching

[View Online](#) March 20, 1984



"A good place to start as of right now, would be to begin the habit of
apologizing to God for the slightest act, thought or deed, that would be
done in a lack of charity, an act of impurity and/or an act of self-love.
We apologize to people for small offenses; why not God?"

"Nicene Creed - Profession Of Faith"

[View Online](#) March 1, 1987

"Every man should, before he lays his head at night, say,
'Oh my God, forgive me for my weaknesses today,
for all the things that did not show right.'"

Saint Peter Canisius

[View Online](#) September 24, 1972

ACT OF CONTRITION

"Oh my God,
I am heartily sorry
For having offended Thee.
I detest all my sins
Because I dread the loss of Heaven
And the pains of Hell,
But most of all
Because they offend Thee, my God,
Who art All Good
And deserving of all my love.
I firmly resolve
With the Help of Thy Grace
To 'CORRECT' my sins,
To do penance,
And to amend my life. Amen."

"Logic tells us that to 'CORRECT' something takes much more
sincerity, understanding its importance, than to just '*confess*' it, because
it is easier to confess a wrong than to 'RIGHT IT' by 'CORRECTING IT'."

"Can One Word Make It More Applicable - Meaningful And Understanding - Plus Correct?"

[View Online](#) January 5, 1997





Offering Love to God

“I love You, God. Help me to turn to You often through the day, so I will grow in strength and love Your Way.”

Saint Joseph
[View Online](#) June 2, 1970

“The Purpose of the physical life is to one day be a Saint. The Purpose of the physical way is God’s Love for each of you. No man is teaching of this time, the beautiful way of the physical for The Divine. So as you walk, truly say, ‘God, make me walk Your Way.’”

Saint Mary Magdalene
[View Online](#) November 25, 1972

“When you pray with words of love to Him, the Gift of Grace is yours. Be aware of it each time you pray the words He loves to hear: ‘I love You, God, I hold You dear.’”

Saint Anne
[View Online](#) May 17, 1971



“Dear God, I dedicate my life to Your service. Let me kneel each day and offer You prayers in the manner in which You love so much to receive them.

Let me also, my God, serve You in my daily life, in my daily acts, and teach me to release Souls from bondage so that They, too, can serve You in the Heavens.

I beseech You, my God, to favor me with Your Love. Accept my wickedness, my weakness, and help me turn these things into all acts of love.

Teach me, my God, to follow the way Our Blessed Mother wants us to follow. Help me to teach all men of Your Love for them. Let our very presence show only You. So be it.”

Saint Joseph
[View Online](#) June 12, 1969

“Prayer, when presented to God in the form of acts, must carry the thought to God: ‘God, I offer You this task, for Your Will to be done.’ This is what man must learn to do.”

Saint Matthew
[View Online](#) April 4, 1972

“Promise yourself, promise God, that you will desire to find His Light through your eyes, through your means, through your way, on the morrow, so you do not have to struggle for a long time in the pits of Purgatory, mixed with lime.”

Saint Catherine of Siena
[View Online](#) January 12, 1973

“Cling to His garment as a child does, and as you cling, say to Him, ‘I am here, God, I’m hanging on,’ for do not forget, He never lets go of you; it is you who lets go of Him.”

Saint Mary Magdalene
[View Online](#) January 5, 1975



"I will give You a degree of time. I will spend more time with You, my God, so I will get to better know You and so I will be better able to serve You, in my way."

Saint Catherine of Siena
[View Online](#) July 27, 1975

"Thy Will, My God, not Mine."

Saint Alphonsus Liguori
[View Online](#) August 14, 1974



DAILY PRAYER

"Bless me, God, with your Love today. Keep my love with Yours. Bend my will to do Your Will. Help me to serve You in my little way. My littleness is as a grain of sand. Move me wherever You know is best. Allow each little thought, little act, little word and little deed to serve You alone in Your Great Plan."

Saint Therese of Lisieux
[View Online](#) May 20, 1977

"For You, my God, I give my heart. To You, my God, I give my love. For Your Will to be done, I offer my whole way. I know, my God, You will give me the strength I will need in every way. Bless me, God, when I feel despair. Encourage me to always be fair. I love You, God. Help me to know what You want of me for the good of my Soul."

Saint Joan of Arc
[View Online](#) November 17, 1979



"I speak to the whole world with These Words, and I want you to say:
'Heavenly Father, I promise You today I will give You my heart, I will do Your Will, I will work to fulfill Your Wish for me — I will become a Saint.'"

Our Heavenly Mother
[View Online](#) January 28, 1981

"When you work with your hands, offer the labor to Him.
When you work with your mind, offer the labor to Him.
When you work, giving to others, sacrifice, love, hope, offer it to Him."

Saint Athanasius
[View Online](#) July 15, 1981

"When you walk in to work, into a store, into your home, from room to room, make it a habit to say a prayer. Communicate constantly with God. All you have to say is, 'I love You, God.' All you have to do is think the prayer. He'll know you're there."

Our Heavenly Mother
[View Online](#) April 21, 1982



"Reach for purity in all ways and means, and never forget to say, 'God, I love You.'"

Saint Thomas Aquinas
[View Online](#) August 3, 1988



MY PROMISES TO GOD

"I promise to obey Your Ten Commandments.
I promise to be charitable in my thoughts, words and deeds.
I promise to give hope everywhere I go.
I promise to extend my respect in a dignified way.
I promise to always be good example.
I promise to remember to pray.
I promise to perform my responsibilities to the fullest.
I promise to remind others that All You gave to mankind, was to aid,
to direct, to instruct the physical, mental and Spiritual privileges
for the Ultimate Goal You intended,
for the Goal of each man's Soul — Sainthood."

"My Promises To God"
[View Online](#) June 11, 1984

"Please God, I want You to know,
that though my thoughts, my prayers
seem to wander, my sincerity and love
is truly there.

There is not a day that goes by,
that I do not recognize in my heart,
in my thoughts, and in my eyes,
what I am surrounded with
and the course my life is on has
to depend upon You
for the Purpose of my life to be 'won.'"

Teaching
[View Online](#) March 6, 1985



"Never forget, you were created because of the Love of The Divine.
So, remember to turn to Him and say:
'I love you, God, thank You for today. Help me to be a Saint one day.
I love You, God. Please remember me.'"

Our Heavenly Father
[View Online](#) July 11, 2005



"Through the beat of my heart, through the strength in my hand,
through the sight in my eye, through the sound of my voice,
through the ability of my ears,
I praise You, God, where I am."

Saint Alphonsus Liguori
[View Online](#) May 18, 1974

"The love for The Father, and for Anyone Here
Where I Am, is a love that is never forgotten,
never passed over without Us remembering
the one who expressed love through a small act,
through a prayer, through the open words,
saying: 'I love You, please help me. I have
no one to turn to, but I know You will answer
my prayer.' No One Here can resist such an act
of love, such dependence, so much humility, and
the innocence in it We understand."

The Sacred Heart
[View Online](#) January 18, 1996



"When an individual says to another one, 'God bless you,'
or 'God be with you,' in many ways this short prayer is heard
by All of Us."

Saint John of The Cross
[View Online](#) March 17, 1999

"On this day, seek out your God through prayer and say:
'God, love me so much. I want You to care,' and you will be surprised
how you will feel after this first word this way."

Saint Francis of Assisi
[View Online](#) April 25, 1972

"Do not pretend to look into His Eyes, for He knows what you are
about every day, but truly look and say: 'I love You, God, in every way.
Do not omit me from Your Love.'"

Saint Mary Magdalene
[View Online](#) January 5, 1975



“The sadnesses of your way through the physical life,
gather these and say to Him:
‘I offer them to You, my God, to be dispersed in the manner
You desire them to be. Let all these things that disturb me
help the Souls You desire to gather around Thee.’”

Saint Martin de Porres
[View Online](#) July 12, 1972



“I am little, God. I must repeat it often so You will hear me when
I pray. Remember, God, I know so few words, so I must repeat the ones
I know each day. Take my prayer, God, and help others with it,
and teach me the way, for I know that Your Light shines forth
to the world when I express my Faith in You in my little way.”

Saint Therese of Lisieux
[View Online](#) October 8, 1980

“The Light of Heaven is everywhere you are,
when you have the courage and the strength to say to The Father:

‘I believe What You Are.
I know You Are All Things.
I know I am blessed by the mere thought from You.
I love You, God, hold me close to You.’”

Saint Aloysius
[View Online](#) March 11, 1987



“Oh, My children, it is difficult sometimes to say to Him:

‘Your Will I trust in. Take my will, God, and do with it what You Will.’”

Saint Therese of Lisieux
[View Online](#) January 2, 1985

“Tonight can be a beginning of you turning each day into hope,
into strength, into energy you did not know you were capable of.
Tonight can be the beginning of saying:

‘I realize, God, that my small sacrifices are not enough.
I want to do more to serve You, to grow in Grace,
so that my Soul will one day have Its rightful Place
back with You for All Eternity.’”

Saint Alphonsus Liguori
[View Online](#) February 17, 1988



“The Father’s Love and the Love of The Saints knows all things,
so as you pray, remember to say:

‘Father, I accept Your Will, and I love You, because You,
as The Father of All Things, know what is best in every facet
of human life, every degree for the Soul of a human being.’”

Saint Joseph, The Holy Spirit
[View Online](#) August 9, 2004



MY PLEDGE TO GOD

"I pledge to You Dear God my time.
I pledge to You my will to serve The Divine.
I pledge to You my dedication to follow
through in what I know is best
for my Soul.
I pledge my total commitment to never
think an act too small or unimportant
to offer it to You for the good of my Soul.
I pledge to You my sincere loyalty
to show honor, dignity and sincerity
in everything I do.
I pledge to You my service
in following 'The Little Way'
of Saint Therese of Lisieux."



"My Pledge To God"

[View Online](#) September 3, 1980

"I beseech you to remind others, in the right way of course,
to remember to say, 'I love You, God; thank You for this day.'"

Saint Sebastian

[View Online](#) August 8, 2002

"Heavenly Father, grant me the Grace and the strength to always feel
Your Presence, because when I do, it is through my understanding
purity over impurity, hope over hate, truth over untruth,
and an awareness of Your Presence in my Soul
that never leaves me any moment of the day or night."

Our Heavenly Mother

[View Online](#) September 4, 2003

"When you pray, be sure that you, in your own way,
ask The Father's Love, because He loves to hear it when you say:

'I love You, God. Thank You for the day.'"

Saint Alphonsus Liguori

[View Online](#) October 5, 2004



"A prayer to The Sacred Heart is easy
to say:

'Heavenly Father, I love You, and in this
love for You, please return Your Love
to me through The Heart that I know
is Sacred. Please do not forget me.'

A short prayer, but there are many
versions of it that an individual can
make up in a personal way, extending
their own feelings, own words,
remembering that the heart is a show
of love, a show of union in thinking."

Saint Margaret Mary Alacoque

[View Online](#) October 20, 1995



"Say this prayer each day and walk in love.

'Dear God, I love You in my way. I know it is not much,
but help me grow in knowledge and let me know peace in love.
Help me walk each step I take, direct my thoughts to You.
Help me be the man You want so I'll return to You.'"

Saint Joseph

[View Online](#) April 25, 1970

"Every day from now on, offer Me a prayer.

Say, 'Saint Joseph, I do love You. Please walk with me today.'

I will if you will ask Me, and I'll protect you all the way,
for you are children of The Father and He loves you every day."

Saint Joseph

[View Online](#) May 22, 1970

"Learn to pray to Him each day and always say to Him,
'I love You, God. Be with me today in a special way.'

Remember to say these words and say them from your heart —

'I love You, God. I love You, God.'"

Saint Joseph

[View Online](#) May 22, 1970



"I offer You my life as You want it.
I offer You my love as You desire it.
I offer You my way. Let it be Your Way.
I offer You my family to lead, guide, guard, direct and love. So be it."

Saint Joseph

[View Online](#) October 29, 1969

"There are so many times in a human life that are times that
a response could be made, such as: 'Thank You, God, I love You.'"

Saint Not Named

[View Online](#) February 18, 2006

"Dear God, I offer You my heart today. Do with it what You Will
so I may act according to how You desire me to be.
Dear God, help me to know how You want my heart to be,
what You want my heart to show to all I meet."

Saint Margaret Mary

[View Online](#) April 2, 1975



"To return His Love to Him, you must say to Him once in awhile:

'God, I love You. Please, help me decide what to do here.
Please help me, God, in this way.'"

Saint Padre Pio

[View Online](#) July 19, 1972

"When the morrow breaks, and you awaken to the day,
greet it as the beginning. Do not close your eyes to it.
Offer it to God; use your will to do His Will.
Tell Him you love Him, tell Our Lady you love Her, and lean on Me.
I am there."

Saint Joseph

[View Online](#) October 10, 1969

"I love You, God; I know this, and I also know I must be responsible
for all I do, all I say and all I am, for I cannot forget the privilege
of the physical life, its ultimate Purpose, and the dignity of my free will
that Your Divine Love so generously gave to me."

Teaching

[View Online](#) March 20, 1984





Thanksgiving

“Heavenly Father, please give me the courage, the understanding and the will to see things in the manner, way and degree that will not harm my Soul.

Thank You, Father, for this day that I have learned to remember to ask Your Advice, even when I do not pray.”

Saint Andrew

[View Online](#) August 19, 2003

“When you are in your daily work, offer this work to God. When you finish the day, give thanks for all the things that came your way. Good or bad, be sure you say, ‘Thank You, God,’ for you see, My children, sometimes an unhappiness is allowed to give you strength.”

Saint Joseph

[View Online](#) March 19, 1972

“Please remember to say, ‘Thank You, God, for the strength to have lived one more day.’”

God The Father

[View Online](#) March 21, 1972

“Say to Him on the waking hours, ‘I thank You, my God, for this time, for this way.’ And as you pass through the day, keep in mind, a thought for Him will grant you Grace from The Divine.”

Saint Martin de Porres

[View Online](#) July 12, 1972

“Men say, ‘Why was I born?’ Men say, ‘Oh why, God, do I have all these troubles today?’ What men should be saying is this:

“Thank You, God, for the privilege of living the physical way.
Thank You, God, for the privilege of serving in my little way.
Thank You for giving me the time.
Thank You for divulging to me the path to The Divine.
Thank You for allowing me to be a Saint.
Thank You for giving me The Commandments,
for without Them I would have no Rules to live by, no Way.”
Thank You for my neighbor, not so much to love my neighbor
but to teach my neighbor love for You.”

Saint Alphonsus Liguori

[View Online](#) July 8, 1973

“It is your will that will one day hand a Pure Soul to God,
and you will say:

‘It was difficult, God, for so many times men tried to draw me away. But I understood in a moment of truth that my will was my way, and You gave it to me in a quiet way at the moment of my conception as a human being, to one day live in the world.
Thank You, God, for the privilege.
Thank You, God, for the time.
Thank You, God, for the strength that I learned to have,
that I worked at, so I could one day live with You in the Divine.’”

Saint Teresa of Avila

[View Online](#) September 11, 1985

“Thank You, God, for the privilege of learning What You are teaching today through The Saints Who have walked before, through the Love You have shown to the entire world for all time, in all ways, all days.”

Saint Alphonsus Liguori
[View Online](#) July 8, 1973



“I beseech you to thank The Father for allowing you the freedom of how you think and what you do, because through your freedom, you have been gifted to be the protector of your Soul, allowing no one else to cause harm to It.

You are Blessed in many ways, and when you say a prayer, a request, or a ‘Thank You,’ it is heard in a beautiful way.”

The Sacred Heart
[View Online](#) November 8, 2000

“Thank You, God, for the Care, the Love, the Mercy, the Direction and the Faith You gave me and showed me, so I might know that I should not fear life, but be thankful for the privilege of it, and the Goal, to become a Saint.”

“My Letter To God”
[View Online](#) January 5, 1979

“When you are alone, or even when you are with others, train yourself to think His Way, and every once in awhile it wouldn’t hurt if you would say, ‘I love You, God; thank You for today.’”

Our Heavenly Mother
[View Online](#) August 26, 1992

“Thank You, God, I love You.”

Saint Not Named
[View Online](#) February 18, 2006

“My Blessing is this: Wisdom comes in full measure when an individual can say:

I love You, God, thank You for making me who I am, and the Treasure of the Soul that is within me.

Thank You, God, for the Faith that gives me strength to endure all obstacles, and thank You, God, for the time in every day.”

Saint Andrew
[View Online](#) September 1, 1995



“We want everyone who lives in the human way to one day return to Heaven and be able to say:

‘Thank You, God, for helping me, because I want to be a Saint, but You are The Only One Who can give me the strength to endure what I am to endure for my Soul’s sake.

Please, God, help me. I love You and I want to follow Your Will in every way. Please, Heavenly Father, say that my prayers are acceptable to You, and my will is what You want it to be in what I think, do and say.

Thank You, God, for the privilege to be a human being and know what prayer means. It is a communication between Heaven and me.”

Many Saints
[View Online](#) January 9, 2007



Traditional Prayers and Variations

“Saint Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray,
And do Thou, Oh Prince of the Heavenly Host,
By the Power of God, thrust into hell, satan and all evil spirits,
who wander through the world seeking the ruin of Souls. Amen.”

Saint Michael

[View Online](#) March 30, 1970

“Another prayer that is being cast aside in many ways is a prayer saying,
‘I believe in God, The Father Almighty, Creator of Heaven and earth...’
Everyone who reads These Words that I speak today, should ask
themselves how many times they say this short sentence and feel
the greatness of it, the strength in it, the dependence on it.”

Our Heavenly Mother

[View Online](#) May 1, 1997

ACT OF CONTRITION

“Oh my God,
I am heartily sorry
For having offended Thee.
I detest all my sins
Because I dread the loss of Heaven
And the pains of Hell,
But most of all
Because they offend Thee, my God,
Who art All Good
And deserving of all my love.
I firmly resolve
With the Help of Thy Grace
To ‘CORRECT’ my sins,
To do penance,
And to amend my life. Amen.”

“Logic tells us that to ‘CORRECT’ something takes much more
sincerity, understanding its importance, than to just ‘confess’ it, because
it is easier to confess a wrong than to ‘RIGHT IT’ by ‘CORRECTING IT’”

“Can One Word Make It More Applicable - Meaningful And Understanding - Plus Correct?”

[View Online](#) January 5, 1997

“I want you to know that as you pray to Me and you remind Me,
through the prayer called ‘The Memorare’, that I will listen to you
and give you what you want. So now, if you will all say with Me,
the prayer I love to hear, besides the ones you pray ordinarily,
it will give Me much happiness Where I am, for though I am Here
in the Heavens, I am also with you every moment of every day.

‘Remember, oh most Gracious Virgin Mary, that never was it known
that anyone who fled to Thy Protection, implored Thy Help,
or sought Thy Intercession, was left unaided.

Inspired with this confidence I fly unto Thee,
oh Virgin of virgins, my Mother.

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

Oh Mother of the Word Incarnate, despise not my petition,
but in Thy Mercy hear and answer me. Amen.”

Our Blessed Mother

[View Online](#) June 12, 1985

“When a child says, ‘Hail Mary, full of Grace, The Lord is with Thee...’ does the child of any age understand this in its fullness? I have to say ‘No,’ because prayers are spoken so rapidly that the meaning of them is no longer an important part of the prayer.”

Our Heavenly Mother
[View Online](#) May 1, 1997

“When we say the *Our Father*, I hear many of you say it as it really should be said — ‘*Let us not be led into temptation*’. God would never lead us into temptation. ... God has no imperfection in Him and God would not allow this to happen.”

Teaching
[View Online](#) October 3, 1981



THE SIGN OF THE CROSS

IN THE NAME OF THE FATHER

Who Created All Things, Who Will Judge All Souls.

AND OF THE SON

Who was sacrificed for many things, allowed by The Father, submitted to by The Son, for mankind's understanding of Sacrifice in the Name of Love, so that mankind would not feel alone in the sacrifices to be made for the benefit of his or her Soul, all things based on purity of mind and body, so the Soul would return to The Father.

AND THE HOLY GHOST

The Divine Light, Wisdom, Hope and Love of The Father, to be the Connecting Link between God and Man's Soul.”

“The Sign Of The Cross”
[View Online](#) September 9, 1992



“I bless you with the Cross I bore and I do say to you, ‘Make The Sign of The Cross again and again and keep it close to you.’ It is a small prayer for man to say, but the meaning of this prayer is the greatest prayer of your day, for it says to God The Father a greeting of love, for when you say, ‘In the Name of The Father’, you express recognition to Him Who is Above; and when you touch your breast, I hold you close to My Heart, for when you call My Name, I look to see which way your ‘will’ will take you on this day; and as you cross your shoulders left to right, The Holy Ghost gives you Grace, showers Light. So this is not just a prayer or just a few words. This act of recognition says to God, ‘I am Yours.’”

Our Lord
[View Online](#) January 13, 1972

“I raise My hand in a Blessing and I say, ‘As you greet each day, never forget to cross yourself and say the words openly:

‘In The Name of The Father Who Created me,

In The Name of my Heavenly Mother Who always watches over me,

In The Name of The Son Who was Sacrificed for me, and Who Sacrificed much so I would live with God for All Eternity, and

In The Name of The Holy Spirit of God, thank You for giving me the Enlightenment through This Miracle that bears Your Name, for since I have learned so much, I promise I will do all I can to lead and live a life of purity.”

Saint John Vianney
[View Online](#) August 29, 1995

“As you cross yourself on this night, do not forget, each time you do this, The Father sees a Light. Just as you see a light you turn on, your communication is a Light, beyond what you understand it to be, but never forget, every word you address is immediately heard and seen.”

Many Saints

[View Online](#) June 29, 2005

“I smile when I hear you practicing this short prayer. It is a delight to Me now that this time has come, because I am always Present, and even though there is much dissension regarding a Word defining My Place as Part of The Divine, I do not expect mankind to fully understand this at first, but logic will eventually take over.

I am sure of this. The prayer of course, is this, a Salute to All of Us:

‘In the Name of The Father and The Holy Mother, in the Name of The Son and The Holy Spirit of The Father. Amen.’”

Our Heavenly Mother

[View Online](#) May 10, 1995



“I bless you from the Heavens. I bless you in a way you will understand, for I say, ‘In the Name of The Heavenly One, The Creator of all mankind; in the Name of The Father and in the Name of The Son, Who gave to the world a Portion of Him, Who gave to the world the Way to Him.’ And then I say, ‘As you cross from one shoulder to the next, My Light will remain with you.’ You must remember this.”

Saint Joseph, The Holy Spirit

[View Online](#) November 4, 1981

“I beseech you to never stop making *The Sign Of The Cross* as you awaken in the morning, or as you lay your head to rest. It helps you to remember the Importance of the True Existence of The Holy Trinity.”

Saint John of The Cross

[View Online](#) July 7, 2000



“Remember, when you cross yourself and you call upon ‘The Father’, reminding Him that you exist and you know about Him, and then you bring your hand down, you call upon ‘The Son’ Who walked the earth noticeably, obviously in a human manner, way, purpose, and then you cross from one shoulder to the next and you call upon ‘The Holy Spirit’, or as you call It, ‘The Holy Ghost’, and you know within your heart, within your mind, that you are addressing a Gift of your love for The Divine; but also remember, when you say ‘Amen’, you are not just closing the prayer or the wish, you are acting out of respect for the Beauty, the Dignity and the Magnitude of what you have just said.

Saint Joseph, The Holy Spirit

[View Online](#) November 30, 2004

“As you awaken each day, remember to make ‘The Sign of The Cross’, and before you decide it is time to close your eyes at night, you repeat this Act of Recognition to The Holy Trinity.”

Saint Alphonsus Liguori

Saint Aloysius

Saint Padre Pio

[View Online](#) December 19, 2002



Mealtime Prayers

THE BLESSING BEFORE MEALS

In the Name of The Father,
and of The Son,
and of The Holy Ghost. Amen.

“Dear God, please bless this food
I am about to eat.

Allow it to give me the strength
to persevere in all You expect of me. Amen.”

In the Name of The Father,
and of The Son,
and of The Holy Ghost. Amen.

Teaching

[*View Online*](#) November 17, 1979



THANKSGIVING AFTER MEALS

In the Name of The Father,
and of The Son,
and of The Holy Ghost. Amen.

“Thank You, God,
for providing me with food for my physical life.
In Thanksgiving for all You have given me,
I promise to work for purity,
in my mind, my body,
and my Soul. Amen.”

In the Name of The Father,
and of The Son,
and of The Holy Ghost. Amen.

Teaching

[*View Online*](#) November 17, 1979





Prayers for Children to Say

A PRAYER FOR SAINTHOOD

"I know that I am little. I know that I am small. I know that every move I make can be example to all. I know that I have been given a chance to use the will I have, to express to everyone I meet the beauty for which I live. I want to be a Saint. I want to be with God. I want to walk a path of love to one day be with Him Above. Please help me in everything I do, to keep in mind, my Purpose upon the earth, which is for me to return to God, Who is Divine. Amen."

"A Prayer For Sainthood"
[View Online](#) 1977

"Children must be taught that prayer is not just to be said while in bed. Teach them to say: 'Good morning, God. I love You. Help me through the day.' Teach them to silently ask His Help. They do not need to say what they feel inside, out loud."

Saint Bernadette
[View Online](#) August 6, 1992

"I give you a prayer on this night for you to say as you live each day in the human way:

'Heavenly Father, bless me today. Heavenly Mother, don't let me stray. Son of God, teach me like You did other men, and please, Dear Spirit of God, keep my Soul pure in all I am.'"

Saint Joseph, The Holy Spirit
[View Online](#) January 5, 1983

"The moment I awake, I must say to Him:

'I offer You this day, my God, in everything I do and say, so that everything I am will reflect Your Will today. Help me to grow in Graces that I could not gain alone. Help me to reach for purity, so I will one day see You on Your Throne.'"

"Time"
[View Online](#) September 27, 1978

"It would be strengthening if you were to say, as you awaken in the morning:

'Good morning, God, thank You for this day. I will do all I can to make You proud of me. I will do all I can to make You feel good about me. God, give me the strength to endure anything that comes my way, but also, give me the hope and the desire to pray.'"

Saint Alphonsus Liguori
[View Online](#) April 17, 1991

"You must begin to learn to pray, and children must begin with each prayer this way: 'I love You, God. Help me to walk Your Way.'"

Saint Francis of Assisi
[View Online](#) August 9, 1972

"I love You, God, let Your Will be my way. Let everything I do today be in Your Honor, to show love Your Way. Let my whole being be in such a way that others will see You through my eyes, through my work, through my walk, through my deeds, and through everything I say."

Our Heavenly Mother
[View Online](#) January 5, 1973



“Remember to say the prayer:

‘Our Lady of All Light and All Purity, be with me.
Do not leave me and do not allow me to stray.’

And then do not forget to kneel, bow your head or genuflect.”

Saint Athanasius

[View Online](#) May 5, 1982

“Remember every day, to kneel upon your knees and say the prayer
that I do give you today.

I love You, God.

Help me to know how I should walk today.

Keep me good.

Help me know what You want me to do today.

Please, tell Our Blessed Mother that I do love Her too,
and tell Saint Joseph to protect me
when my daddy's not around to do it.

Please, help me love You more and more, so one day,
if I am asked how much I love You,
there'll be no delay in what I say.

I love You, God.

Thank You for this life and thank You for this day.”

Saint Not Named

[View Online](#) April 22, 1970

“I will give you a prayer for little ones, and I would like this prayer
to be spread where little ones are, because you see, in their innocence
they will appreciate this prayer, understand this prayer,
and say it when they please:

‘God, I cannot see You, but I know that Something inside of me tells me
I love You. I also know that You created me and when You did,
it was through Your Love for me.

God, help me to be so good, that one day when I return to You,
You will be so happy to see me, because I did everything I could
to please You, by being good. So be it.”

Saint Agnes

[View Online](#) August 29, 1995

“It would be good to learn to pray for the good of one's Soul
and ignore prayer for other things. It would be good to understand,
it would be enlightening to begin to practice kneeling by your bed,
saying, ‘God, I love You; thank You for the day.’”

Saint Alphonsus Liguori

[View Online](#) April 17, 1991

“I will give you a special little prayer
for you alone to say. Before you lay your
head at night, bow your head and say:

‘I love You, God, in a very special way.
I love You, Blessed Mother,
for God did choose You in a special way.
Teach me to be like You were —
obedient in all things.
Please guide and guard me
through the night until I awake again.’”

Note:

This Revelation was given to a small girl.

Saint Anne

[View Online](#) April 20, 1970





For Holy Communion

“Ask forgiveness on the way to Him. Say to yourself:
‘Forgive me for my sins.
Help me to better understand The Commandments You gave.’”

Saint Augustine
[View Online](#) November 25, 1973

“It is not too late to have sorrow for sin, to ask forgiveness.
Keep this in mind. So on the morrow when you walk for this
Great Sacrament, say:

‘God, please forgive me my sins. Make me know what You Will of me.
Make me follow Your Commands. Help me to do Your Will.
Help me to help others know what You want of them.
Help me to have the strength to teach others the beauty of Penance,
the Magnitude of The Holy Eucharist and the privilege it is.’”

Saint Augustine
[View Online](#) November 25, 1973



PRAYER AFTER HOLY COMMUNION

“Dear God, I dedicate my life to Your service. Let me kneel each day
and offer You prayers in the manner in which You love so much
to receive them.

Let me also, my God, serve You in my daily life, in my daily acts,
and teach me to release Souls from bondage so that They, too,
can serve You in the Heavens.

I beseech You, my God, to favor me with Your Love.
Accept my wickedness, my weakness,
and help me turn these things into all acts of love.

Teach me, my God, to follow the way Our Blessed Mother wants us
to follow. Help me to teach all men of Your Love for them.
Let our very presence show only You. So be it.”

Saint Joseph
[View Online](#) June 12, 1969

“Have you accepted The Divine One in your little way?
Have you walked up to the railing, or have you stood
in a scrupulous way? Have you walked up to the railing to say,
‘Oh, God, come to me today and let me feel the Truth You are;
give me the strength to follow every step of the way’?”

Saint Bernard
[View Online](#) October 4, 1972

“It is truly He Who stands in this small Particle for each of thee.
Hold It in your breast and as you have Him there, say:

‘God, help me to walk in purity each day.
God, help me to know what I must do,
what I must say to help others walk Your Way.
Dear God, help me to become so pure that my time of reparation
is short before I enter the Kingdom with You.’

For you see, My children, All Things that enter the Kingdom of Heaven
must be purified before they see the Face of Him.”

Saint Anthony Mary Claret
[View Online](#) November 27, 1974





Preparing for the End of Life

“The day will come, and as you stand before Him the Blessings will be so many, and the Love He will extend to you, far beyond your knowledge, and you will say:
‘Oh, my God, I am so sorry I neglected You so much of the time. Teach those I love to love You more.’
A chance yet for you to teach them yourselves.
A beautiful beginning for a beautiful end,
which will be the true beginning.”

Saint Joseph
[View Online](#) March 30, 1970

“Use everything you are and everything you have,
to return to God the Soul, so you can say to God: I did my best
with what You gave me. I hope, dear God, that You will say to me,
‘All the effort you put forth, your Soul will be with Me for All Eternity.’”

“Something To Think About”
[View Online](#) August 1, 1980

“God, I love You, help me to be better today,
help me to know the path of Truth, of Light, of Hope,
so when the time comes that We will meet Face to face,
I know that You will not send me away.”

Saint Thomas Aquinas
[View Online](#) August 3, 1988

“It is your will that will one day hand a Pure Soul to God,
and you will say: ‘It was difficult, God, for so many times men tried
to draw me away. But I understood in a moment of truth that my will
was my way, and You gave it to me in a quiet way at the moment
of my conception as a human being, to one day live in the world.
Thank You, God, for the privilege. Thank You, God, for the time.
Thank You, God, for the strength that I learned to have,
that I worked at, so I could one day live with You in the Divine.’”

Saint Teresa of Avila
[View Online](#) September 11, 1985

“Many times I say, ‘Thank You, Father, for the ability to have the strong
will and the ability to use it properly, and the ability to understand the
decisions that I would make at that moment would definitely
be important for the final end,’ but then I would always want to add:
‘As one life ended, a More Beautiful One began.’”

Saint Therese of Lisieux
[View Online](#) July 11, 1990

“One day when you stand Face to face with The Holy Trinity,
you will remember this night and you will say:

‘Thank You, Father, for telling me, through a Saint, how I was made
unto Your Likeness. And the best part of it all is that on that night
I realized I could become a Saint.
So now, as I stand before You at Judgment Time,
and looking into Your Face, please God, I stand in Grace.
And in Your Judgment, I know that Justice will certainly take place.’”

Saint Aloysius
[View Online](#) August 3, 1973



“As you stand before Me one day, be prepared in such a way to say:
‘I sought You, God, upon the earth. I failed so many times,
but in my love and in my Faith, I hoped that I would reach You Here.’
And be prepared, when you do this and when you stand this way,
to accept My Judgment, for you will know it will be Just in every way.”

God The Father
[View Online](#) September 9, 1974

“Though my life to the world appears to have been in vain,
I secretly look into my heart's loves and ways, and I say to God:
‘Though in man's ways I have failed, I feel that You, and only You,
know what direction was meant by every move I made.
Please, God, do not feel I want praise, but I want You to know that
everything I did, everything I said, was hopefully to please only You,
to be a credit to Your Gift of life and become a Saint,
in spite of my weaknesses man's way.

I love You, God; I want You to know this.
I write and say it so there can be no doubt between Us,
that though man may say and feel my life was in vain,
Our Closeness deepened because of my little ways;
not for the great things men would recognize, but for the little things
I did and gave in Your Name and Your Name alone.”

Teaching
[View Online](#) June 11, 1984



“The words at the end, when I knew I could no longer fight
for what I knew was right, have never been given to the world correctly.
I am Saint Joan of Arc. My words were these:
‘If I have failed You, my God, forgive me.
If I have done one impure thing that was my own fault, forgive me.
And now that man has judged me and I go to Your Judgment,
have mercy on me, for in my littleness, if I have failed You,
I ask Your Forgiveness. Do not let the evil one touch me.
I could not bear the stench of his place.
Please God, take me to Where You are, for my Soul's sake.”

Saint Joan of Arc
[View Online](#) March 13, 1985

A DAILY REMINDER

“As a child goes to a mother
for comfort, understanding,
teaching, direction and support,
we must go to Our Blessed
Mother for these things, for there
is no greater way to show Her
our love than to say to Her:

‘Please help me, Dear Mother,
to follow God's Rules until the
physical ends, so when I return
to Heaven with You and with Him,
the Graces I earned will please
the Both of You, according
to Divine Plan.’”

“A Daily Reminder”
[View Online](#) May 1, 1978



“Use your weaknesses as a crown of thorns,
and as you wear that crown each day, say to God,
‘When I meet You Face to face, I will trade this crown
for a Beautiful One that You make for me one day.’”

Saint Peter
[View Online](#) September 17, 1986



“One day you can hold tight to that Faith,
and when you breathe your last breath you can say to Him quietly:

“Thank You, God, for giving me the days I lived,
for now I know that at this time You are so close to me and I am close
to You. What would I have done without my Faith in all that You have
given me? I would not have become a Saint, I know; but I will reach
further as I walk from this spot to Where You are. God, hold my hand,
take care of me, do not let me fall in this last part of life.”

Saint Alphonsus Liguori
[View Online](#) June 4, 1991

“No human being wants to be ill. Well, always remember, My children,
that the Soul I have given you does not want a blemish, a gray spot, a
scar, a dimness, because of you. Your Soul is loyal to you in many, many
ways, and yet your Soul yearns to be with Me for All Days.

Remember These Words tonight and remember Them in a little Light,
and when you do, be assured that your Soul, in knowing that you are
remembering These Words, will turn to Me and say,

‘Heavenly Father, Heavenly One, oh, King of All Creation,
bless the child and help the child return Me to You for All Eternity.’”

God The Father
[View Online](#) October 14, 1981



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