

# **Mini-Workshop on the Most Holy Rosary of the Blessed Virgin Mary**

## **1. My story: How I became a “prisoner” of the Rosary.**

- **My grandmother’s influence**
- Falling away, coming back to Christ
- **Coming back to the catholic faith**
- A series of coincidences
  - o from broke and broken to becoming a productive member of society
- **Tears of reconciliation at St. Joseph’s Church, Hong Kong**
- Rescued by Our Lady – and making a commitment
- **The Rosary as a lifetime devotion**
  - o What I have learned from Buddhist teachers – start now and practice!

## **2. The Rosary is a both a tool and a spiritual weapon.**

The Rosary is a **tool** in that it facilitates **meditation** upon sacred teaching, especially about the life of Jesus. The vast majority of the Rosary is a Bible-based prayer, much of which is direct quotation from the Bible. It is primarily about Jesus Christ (Our Lord), throughout. The Rosary is a tool that reminds us about God.

The Rosary is a spiritual **weapon** in that both the Rosary itself and the Word of God are powerful revealers of Truth, antidotes for vice and in the words of Sister Evangelica of the EWTN TV network, “satan hates the Hail Mary.” We will learn about someone else who called the Rosary a weapon shortly.

With devotion to the Rosary come great **promises** directly from Our Lady who resides in heaven, and is sometimes named ‘the Queen of Heaven’ among other venerable names, like ‘Queen of the Most Holy Rosary’, ‘Refuge of Sinners’, ‘Mother of Divine Wisdom’ and which we remember during the Litany of Loreto.

**St Louis de Monfort wrote:** the Rosary is a blessed blending of mental and vocal prayer by which we honor and learn to imitate the mysteries and virtues of the life, death, passion and glory of Jesus and Mary.

Confessor, [Marian](#) devotee, and founder of the Sisters of Divine [Wisdom](#) He was born Louis Maie Grignon in Montfort, France, in 1673. Educated at Rennes, he was ordained there in 1700, becoming a [chaplain](#) in a hospital in Poitiers. His congregation, also called the Daughters of Divine Wisdom, started there. As his missions and sermons raised complaints, Louis went to Rome, where Pope Clement XI appointed him as a missionary apostolic. Louis is famous for fostering devotion to the Blessed Virgin [Mary](#) and the Rosary. In 1715, he also founded the Missionaries of the Company of Mary. His True Devotion to the Blessed Virgin remains popular. Louis died at Saint-Laurent-sur-Sevre. He was canonized in 1947.

From <http://www.santorosario.net/english/medjugorje.htm>

### 3. St John Paul II on the Rosary

The Rosary of the Virgin Mary, which gradually took form in the second millennium under the guidance of the Spirit of God, is a prayer loved by countless Saints and encouraged by the Magisterium [Church's teaching authority]. Simple yet profound, it still remains, at the dawn of this third millennium, a prayer of great significance, destined to bring forth a harvest of holiness. It blends easily into the spiritual journey of the Christian life, which, after two thousand years, has lost none of the freshness of its beginnings and feels drawn by the Spirit of God to "set out into the deep" (*duc in altum!*) in order once more to proclaim, and even cry out, before the world that Jesus Christ is Lord and Saviour, "the way, and the truth and the life" (Jn 14:6), "the goal of human history and the point on which the desires of history and civilization turn".<sup>1</sup>...With the Rosary, the Christian people *sits at the school of Mary* and is led to contemplate the beauty on the face of Christ and to experience the depths of his love. Through the Rosary the faithful receive abundant grace, as though from the very hands of the Mother of the Redeemer.

### Popes Benedict and Francis on the Rosary

Pope Benedict XVI in [2008](#) stated "*... the Rosary is experiencing a new Springtime. Without a doubt, this is one of the most eloquent signs of love that the young generation nourish for Jesus and his Mother, Mary. In the current world, so dispersive, this prayer helps to put Christ at the center....*"

Pope Francis [says](#) "*The Rosary is a prayer that always accompanies me; it is also the prayer of the ordinary people and the saints ... it is a prayer from my heart.*"

### Saint Padre Pio and the Rosary

From <http://infallible-catholic.blogspot.co.uk/2012/05/padre-pio-on-blessed-virgin-mary-and.html>

Father Tarcisio Zullo asked Padre Pio: "Father, is the Madonna at this moment in this room?" Padre Pio's answer: "**Wrong formulation. You should have asked 'Did the Madonna ever leave this room?'**"

Our Lady herself said to Padre Pio: "**With this weapon you will win.**" Convinced of the power of the Rosary, Padre Pio always held the

Rosary in his hands. When his death was approaching, he recommended the Rosary to his spiritual children by saying: **"Love Our Lady and make her loved. Always recite the Rosary."**

Padre Pio always wore the Rosary around his arm at night. A few days before his death, as Padre Pio was getting into bed, he said to the friars who were in his room, **"Give me my weapon!"** And the friars, surprised and curious, asked him: "Where is the weapon? We cannot see anything!" Padre Pio replied, **"It is in my habit, which you have just hung up!"** After having gone through the pockets of his religious habit, the friars said to him: "Padre, there is no weapon in your habit! . . . we can only find your rosary beads there!" Padre Pio immediately said, **"And is this not a weapon? . . . the true weapon?!"**

Padre Pio instructed: **"Recite the Rosary and recite it always and as much as you can."**

To Padre Onorato Marcucci, grabbing the Rosary that he had put few seconds on the nightstand: **"With this, one wins the battles."**

#### **4. MARTIN LUTHER ON THE ROSARY & SOME INTERESTING STATISTICS – from catholicbridge.com**

The words of the 'first protestant':

"Our prayer should include the Mother of God . . . What the Hail Mary says is that all glory should be given to God, using these words: "Hail Mary, full of grace. The Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus Christ. Amen!" You see that these words are not concerned with prayer but purely with giving praise and honor . . . We can use the Hail Mary as a meditation in which we recite what grace God has given her. Second, we should add a wish that everyone may know and respect her " (Martin Luther. Personal Prayer Book, 1522).

Further words from Martin Luther – addressing Mary:

No woman is like you. You are more than Eve or Sarah, blessed above all nobility, wisdom, and sanctity. (Martin Luther Sermon - Feast of the Visitation, 1537)

**Is the Rosary about Jesus or is it about Mary, is it 'Biblical'?**

Out of 20 meditation decades (5 are done each day) 18 of them follow Jesus through the Bible and two are related to Mary (Assumption and Coronation). All of the meditation decades are Biblical except 2.

65% of the Rosary prayers are addressed to Jesus.

35% are addressed to Mary, requesting her intercession.

88% of the Rosary is from the scriptures, with 67% actual textual excerpts from the Bible.

## **5. THE ROSARY PROMISES**

**The Blessed Virgin Mary promised to Saint Dominic and to all who follow that "Whatever you ask in the Rosary will be granted." She left for all Christians Fifteen Promises to those who recite the Holy Rosary.**

### **Imparted to Saint Dominic and Blessed Alan**

1. Whoever shall faithfully serve me by the recitation of the Rosary, shall **receive signal graces.**
2. I promise my **special protection** and the **greatest graces** to all those who shall recite the Rosary.
3. The Rosary shall be a **powerful armor against hell**, it will **destroy vice, decrease sin**, and **defeat heresies.**
4. The Rosary will **cause virtue** and good works to flourish; it will obtain for souls the **abundant mercy of God**; it will **withdraw the hearts of men from the love of the world and its vanities**, and will **lift them to the desire for eternal things.** Oh, that souls would sanctify themselves by this means.
5. The soul which recommends itself to me by the recitation of the Rosary, **shall not perish.**
6. Whoever shall recite the Rosary devoutly, applying himself to the consideration of its sacred mysteries shall **never be conquered by misfortune.** God will not chastise him in His justice, he shall not perish by an unprovided death; if he be just **he shall remain in the grace of God**, and become **worthy of eternal life.**
7. Whoever shall have a true devotion for the Rosary **shall not die without the sacraments** of the Church.
8. Those who are faithful to recite the Rosary shall have **during their life and at their death the light of God** and the **plenitude of His graces**; at the moment of death they **shall participate in the merits of the saints** in paradise.
9. I shall **deliver from Purgatory** those **who have been devoted to the Rosary.**
10. The faithful children of the Rosary shall **merit a high degree of glory in Heaven.**
11. You shall **obtain all you ask** of me **by the recitation of the Rosary.**
12. All those who **propagate the Holy Rosary** shall be **aided by me in their necessities.**
13. I have obtained from my Divine Son that all the **advocates of the Rosary shall have for intercessors the entire celestial court during their life and at the hour of death.**
14. All **who recite the Rosary** are my sons and daughters, and brothers and sisters of my only Son Jesus Christ.
15. Devotion of my Rosary is a **great sign of predestination.** From <http://www.themostholYROsary.com/15promises.htm>

## **Our Lady of Lourdes – St Bernadette Apparition**

**A rosary, whose beads were white and whose cross and chain were of gold, hung from her right arm. Her hands were open, and her arms outstretched slightly in front. In her apparitions our Lady appealed for penance and prayers for sinners.**

## **6. The Miracles at Fatima – a short summary, taken from <http://www.theholynosary.org/fatimaapparitions>**

Around 1917, Several appearances of a Great Angel and of Mary, imparting knowledge and secrets to the three shepherd children in a small village in Portugal. Led to the prophecy of a public miracle, at which large crowds witnessed the dancing of the sun, the colours of the sun and of people and scenery around them changing between colours, and finally the episode of the sun coming out of the sky and towards them. Two of the three children passed away at an early age, the third became a consecrated religious (nun). The children were:

Little Fransisco Marto – Jesus' great friend, we will remember and invoke Fransisco's intercession later.

His sister, Jacinta Marto.

Both passed away in their childhoods, And their friend, Lucia Dos Santos

The Angel: **"Fear not! I am the Angel of Peace. Pray with me!**

**"Recite the rosary every day to obtain the peace for the world and the end of the war."** (Mary – the 1<sup>st</sup> Apparition)

***"I wish you to come here the 13th of next month; that you say the Rosary every day... (Mary – the second Apparition at Fatima)***

**that you continue to recite the Rosary every day to our Lady of the Rosary to obtain peace in the world and the end of the war, because only She will be able to aid you. (from the Third Apparition at Fatima)**

**"When you recite the Rosary, say at the end of each decade: Oh My Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Your Mercy." (from the third Apparition at Fatima)**

**that you continue to say the Rosary every day. I, in the last month will make the miracle that all will believe (Fifth Apparition)**

**"I am the Lady of the Rosary, I desire here a chapel in my honor to be built, that people continue to recite the Rosary every day. (Sixth Apparition)**

- recite the Rosary
- and keep Me company for 15 minutes while meditating on the fifteen mysteries of the Rosary, in a spirit of reparation,  
(to Sister Lucia in her convent cell, during 1925)

## **7. ST DOMINIC AND THE CONFRATERNITY OF THE ROSARY**

### **How the Rosary was Revealed to St Dominic**

We read that at the time when he was preaching to the Albigenses, St. Dominic at first obtained but scanty success: and that one day, complaining of this in pious prayer to our Blessed Lady, she deigned to reply to him, saying: 'Wonder not that you have obtained so little fruit by your labors, you have spent them on barren soil, not yet watered with the dew of Divine grace. When God willed to renew the face of the earth, He began by sending down on it the fertilizing rain of the Angelic Salutation. Therefore preach my Psalter composed of 150 Angelic Salutations and 15 Our Fathers, and you will obtain an abundant harvest.'

The place of the revelation was the church of Prouille and the time was 1208. The claim of place and time are most strongly supported by the tradition of the Dominican Order. Pope Leo XIII affirmed over and over the Dominican origin of the Rosary and in a letter to the Bishop of Carcassone (1889), he accepts the tradition of Prouille as the place where the Blessed Virgin Mary appeared to St. Dominic, revealing this devotion. The tradition that Mary first revealed the Rosary devotion to St. Dominic is supported by 13 popes.

...

The Confraternity of the Rosary was first started by St. Dominic in Palencia in 1218. It's members pray the 15 decades of the Rosary during the course of each week. Mary has confirmed the value of the Confraternity in her well-known Rosary promises: "I have obtained from my Son that all the members of the Confraternity have in life and in death all the Blessed as their associates." Pope Clement VIII declared that St. Dominic established the Confraternity of the Rosary in the Church of St. Sixtus in Rome. Pope Alexander VI in 1495, addressed St. Dominic as "the renowned preacher long ago of the Confraternity of the Rosary, and through his merits, the whole world was preserved from universal ruin." The Confraternity retained its first fervor for 100 years after it was instituted by St. Dominic. After this, it was forgotten. Divine Providence assigned the restoration of it to the eminent French Dominican theologian and preacher, Alan de la Roche. During the 15th century, this son of St. Dominic restored the Rosary to its former vitality.

(from [http://www.catholic-pages.com/prayers/rosary\\_dominic.asp](http://www.catholic-pages.com/prayers/rosary_dominic.asp))

## The Confraternity of the Rosary Today and How to Join the Dominican Confraternity

<http://www.rosary-center.org/>

**The words of Our Lady to the child Lucia at Fatima would also apply: "I will never leave you; my Immaculate Heart will be your refuge, and the way that will lead you to God."**

As Pope Leo XIII said in his apostolic constitution on the Confraternity, *"whenever a person fulfills his obligation of reciting the Rosary according to the rule of the Confraternity, he includes in his intentions all its members, and they in turn render him the same service many times over."* (*Ubi Primum* (1898), n1)

### THE ROSARY CONFRATERNITY'S BENEFITS

1. The special protection of the mother of God.
2. A share in the prayer of countless thousands of members the world over, and this even after death.
3. A share in the prayers, Masses and apostolic works of the entire Dominican Order.
4. The intercession of the entire heavenly court.
5. Various plenary and partial indulgences.
6. Six times a year the Rosary Center publication [THE ROSARY, LIGHT AND LIFE](#) is sent to those members who wish it. Its purpose is to provide sound doctrine and spiritual guidance for readers everywhere.

## 8) The Glorious Mysteries from <http://www.how-to-pray-the-rosary-everyday.com/scriptural-glorious-mysteries.html>

### THE RESURRECTION

*"You need not be amazed! You are looking for Jesus of Nazareth, the one who was crucified. He has been raised up; he is not here. See the place where they laid him."*

**-Mark 16:6**

"And behold there was a great earthquake. For an angel of the Lord descended from heaven, and coming, rolled back the stone, and sat upon it. And his countenance was as lightning, and his raiment as snow. And for fear of him, the guards were struck with terror, and became as dead men.

And the angel answering, said to the women: Fear not you; for I know that you seek Jesus who was crucified.

He is not here, for he is risen, as he said. Come, and see the place where the Lord was laid. And going quickly, tell ye his disciples that he is risen: and behold he will go before you into Galilee; there you shall see him. Lo, I have foretold it to you. And they went out quickly from the sepulchre with fear and great joy, running to tell his disciples. And behold Jesus met them, saying: All hail. But they came up and took hold of his feet, and adored him." **-Matthew 28:2-9**

### THE ASCENSION

*"Then, after speaking to them, the Lord Jesus was taken up into Heaven and took his seat at God's right hand."*

**-Mark 16:19**

- And he led them out as far as Bethania: and lifting up his hands, he blessed them.
- And it came to pass, whilst he blessed them, he departed from them, and was carried up to heaven. **-Luke 24:50-51**
- And when he had said these things, while they looked on, he was raised up: and a cloud received him out of their sight. And while they were beholding him going up to heaven, behold two men stood by them in white garments.

## THE DESCENT OF THE HOLY SPIRIT

*"All were filled with the Holy Spirit. They began to express themselves in foreign tongues and make bold proclamation as the Spirit prompted them."*

### **-Acts 2:4**

- Now there were dwelling at Jerusalem, Jews, devout men, out of every nation under heaven.
- And when this was noised abroad, the multitude came together, and were confounded in mind, because that every man heard them speak in his own tongue. And they were all amazed, and wondered, saying: Behold, are not all these, that speak, Galileans? And how have we heard, every man our own tongue wherein we were born?" **-Acts 2:3-8**

## THE ASSUMPTION

The **Assumption** is a dogma of the Catholic faith and it can be deduced from Scriptures.

Below are some verses to use to enhance your Rosary prayers and meditations on the Marys Assumption.

- "Behold my beloved speaketh to me: Arise, make haste, my love, my dove, my beautiful one, and come.
- For winter is now past, the rain is over and gone. The flowers have appeared in our land, the time of pruning is come: the voice of the turtle is heard in our land: The fig tree hath put forth her green figs: the vines in flower yield their sweet smell. Arise, my love, my beautiful one, and come" **-Canticles of Canticles 2:10-13**
- "And Mary said: My soul doth magnify the Lord. And my spirit hath rejoiced in God my Saviour. Because he hath regarded the humility of his handmaid; for behold from henceforth all generations shall call me blessed. Because he that is mighty, hath done great things to me; and holy is his name. And his mercy is from generation unto generations, to them that fear him." **-Luke 1:46-50**
- "Who is this that cometh up from the desert, flowing with delights, leaning upon her beloved?" **-Canticles of Canticles 8:5**

## THE CORONATION

- "And a great sign appeared in heaven: A woman clothed with the sun, and the moon under her feet, and on her head a crown of twelve stars" **-Apocalypse 12:1**
- "Who is she that cometh forth as the morning rising, fair as the moon, bright as the sun, terrible as an army set in array?" **-Canticle of Canticles 6:9**

- "All the glory of the king's daughter is within in golden borders, Clothed round about with varieties. After her shall virgins be brought to the king: her neighbours shall be brought to thee. They shall be brought with gladness and rejoicing: they shall be brought into the temple of the king." **-Psalm 44:14-16**
- "Thou art the glory of Jerusalem, thou art the joy of Israel, thou art the honour of our people" **-Judith 15:10**

## **9) SELECTED ROSARY MESSAGES FROM MEDJUGORJE**

August 14, 1984

I would like the people to pray with me in these days. And as much as possible! And to fast strictly on Wednesdays and Fridays; to pray every day at least the Rosary: the Joyful, Sorrowful and Glorious Mysteries.

September 27, 1984

I ask the families of the parish to pray the family Rosary.

June 25, 1985

In reply to Marija Pavlovic's question: "Our Lady, what do you wish to say to the priests?" Our Lady said:

"I ask you to ask everyone to pray the Rosary. With the Rosary you will overcome all the difficulties that Satan now wants to cause for the Catholic Church! All of you, priests, pray the Rosary! Give time to the Rosary!"

June 12, 1986

Dear children! Today I ask you to begin to pray the Rosary with living faith. That way I will be able to help you. You, dear children, wish to receive graces, but you do not pray. I cannot help you because you do not wish to act. Dear children, I ask you to pray the Rosary. May the Rosary be a commitment for you to carry out with joy. That way you will understand why I have been with you for such a long time. I wish to teach you to pray. Thank you for having responded to my call.

From <http://www.santorosario.net/english/medjugorje.htm>

## **10) ROSARY TIPS**

- PRAY THE ROSARY DAILY – no excuses, make it a priority – it is worth the investment

"The Rosary is a powerful weapon to put the demons to flight and to keep oneself from sin...If you desire peace in your hearts, in your homes, and in your country, assemble each evening to recite the Rosary. Let not even one day pass without saying it, no matter how burdened you may be with many cares and labors." **Pope Pius XI**

*Pray, and let the Rosary always be in your hands as a sign to satan that you belong to me.* (Vision at Medjugorje, February 25, 1989)

Pope John XXIII said, "My day must be one long day of prayer. Prayer is the breath of life. I propose to recite all fifteen mysteries of the rosary everyday, if possible in the chapel before The Blessed Sacrament."

- In the hardest of times, REACH FOR THE ROSARY – you will not finish reciting it before receiving great hope and peace
- JOIN THE CONFRATERNITY OF THE ROSARY – and receive your certificate through the website mentioned

St. Alphonsus said: "After Holy Mass the best means of relieving the souls in Purgatory is to join the Confraternity."

- KEEP A ROSARY ON YOUR PERSON – you can pray a decade on the bus, on the train, walking along, you can also give your rosary away to a homeless person, especially homeless catholics, instead of money they might use for the wrong things.
- HAVE YOUR ROSARY BLESSED BY A PRIEST (or by multiple priests!) – This is part of a priest's job and they will not hesitate to do this for you.
- PRAY A FULL ROSARY! – Challenge – Pray all 4 Types of Mystery x 5 decades and follow Jesus from before birth, through to the end of time! Our Lady delights in such a devotion.

The word Rosary means "Crown of Roses," that is to say that ever time people say the Rosary devoutly they place a crown of one hundred and fifty three red roses sixteen white roses upon the heads of Jesus and Mary. Being heavenly flowers these roses will never fade or lose their exquisite beauty.

- St Louis de Monfort

## 56 Bible Verses that mention MEDITATION

**Joshua 1:8**: This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

**Psalms 1:2**: But his delight is in the law of the Lord, and on his law he meditates day and night.

**Psalms 19:14**: Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.

**Psalms 119:15**: I will meditate on your precepts and fix my eyes on your ways.

**Psalms 104:34**: May my meditation be pleasing to him, for I rejoice in the Lord.

**Philippians 4:8**: Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

**Proverbs 4:20-22**: My son, be attentive to my words; incline your ear to my sayings. Let them not escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh.

**Psalms 119:97**: Oh how I love your law! It is my meditation all the day.

**Isaiah 26:3**: You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

**Psalms 49:3**: My mouth shall speak wisdom; the meditation of my heart shall be understanding.

**Matthew 6:6**: But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

**Psalms 119:148**: My eyes are awake before the watches of the night, that I may meditate on your promise.

**Psalms 1:1-6**: Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff that the wind drives away. Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous.

**Psalms 119:48**: I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes.

**Psalms 119:11**: I have stored up your word in my heart, that I might not sin against you.

**Psalm 63:6**: When I remember you upon my bed, and meditate on you in the watches of the night;

**Psalm 119:1-176**: Blessed are those whose way is blameless, who walk in the law of the Lord! Blessed are those who keep his testimonies, who seek him with their whole heart, who also do no wrong, but walk in his ways! You have commanded your precepts to be kept diligently. Oh that my ways may be steadfast in keeping your statutes! ...

**Psalm 119:97-99**: Oh how I love your law! It is my meditation all the day. Your commandment makes me wiser than my enemies, for it is ever with me. I have more understanding than all my teachers, for your testimonies are my meditation.

**Psalm 143:5**: I remember the days of old; I meditate on all that you have done; I ponder the work of your hands.

**Psalm 77:10-12**: Then I said, "I will appeal to this, to the years of the right hand of the Most High." I will remember the deeds of the Lord; yes, I will remember your wonders of old. I will ponder all your work, and meditate on your mighty deeds.

**Psalm 119:9-11**: How can a young man keep his way pure? By guarding it according to your word. With my whole heart I seek you; let me not wander from your commandments! I have stored up your word in my heart, that I might not sin against you.

**Psalm 46:10**: "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"

**Genesis 24:63**: And Isaac went out to meditate in the field toward evening. And he lifted up his eyes and saw, and behold, there were camels coming.

**2 Timothy 3:16-17**: All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work.

**1 Timothy 4:13-15**: Until I come, devote yourself to the public reading of Scripture, to exhortation, to teaching. Do not neglect the gift you have, which was given you by prophecy when the council of elders laid their hands on you. Practice these things, immerse yourself in them, so that all may see your progress.

**Psalm 139:17**: How precious to me are your thoughts, O God! How vast is the sum of them!

**Psalm 4:4**: Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. Selah

**Psalm 119:59**: When I think on my ways, I turn my feet to your testimonies;

**1 Timothy 4:15**: Practice these things, immerse yourself in them, so that all may see your progress.

**Philippians 4:13**: I can do all things through him who strengthens me.

**Psalm 119:16**: I will delight in your statutes; I will not forget your word.

**Psalm 23:1-6**: A Psalm of David. The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. ...Sure goodness and mercy shall follow me all the days of my life, and I shall dwell in the House of the Lord forever.

**Psalm 119:78**: Let the insolent be put to shame, because they have wronged me with falsehood; as for me, I will meditate on your precepts.

**Psalm 119:23**: Even though princes sit plotting against me, your servant will meditate on your statutes.

**James 4:8**: Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.

**John 10:27-30**: My sheep hear my voice, and I know them, and they follow me. I give them eternal life, and they will never perish, and no one will snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand. I and the Father are one.”

**Psalm 119:55**: I remember your name in the night, O Lord, and keep your law.

**Matthew 6:22**: “The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light,

**Psalm 145:5**: On the glorious splendor of your majesty, and on your wondrous works, I will meditate.

**Psalm 39:3**: My heart became hot within me. As I mused, the fire burned; then I spoke with my tongue:

**John 3:16-17**: “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.

**Psalm 77:11**: I will remember the deeds of the Lord; yes, I will remember your wonders of old.

**Psalm 63:5**: My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips,

**Ezra 7:10**: For Ezra had set his heart to study the Law of the Lord, and to do it and to teach his statutes and rules in Israel.

**Psalm 19:7**: The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple;

**1 John 2:3**: And by this we know that we have come to know him, if we keep his commandments.

**2 Timothy 3:16**: All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness,

**John 1:14**: And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.

**Titus 1:15**: To the pure, all things are pure, but to the defiled and unbelieving, nothing is pure; but both their minds and their consciences are defiled.

**Ephesians 1:3**: Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places,

**John 14:16**: And I will ask the Father, and he will give you another Helper, to be with you forever,

**John 13:1-38**: Now before the Feast of the Passover, when Jesus knew that his hour had come to depart out of this world to the Father, having loved his own who were in the world, he loved them to the end. During supper, when the devil had already put it into the heart of Judas Iscariot, Simon's son, to betray him, Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going back to God, rose from supper. He laid aside his outer garments, and taking a towel, tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was wrapped around him. ...

**Luke 17:21**: Nor will they say, 'Look, here it is!' or 'There!' for behold, the kingdom of God is in the midst of you."

**Jeremiah 8:11**: They have healed the wound of my people lightly, saying, 'Peace, peace,' when there is no peace.

**Revelation 20:10**: And the devil who had deceived them was thrown into the lake of fire and sulfur where the beast and the false prophet were, and they will be tormented day and night forever and ever.

**Matthew 26:40-41**: And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."

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