

Lord

!Teach us how to
preserve our faith!



AN INITIAL WORD

May the grace and peace of the Holy Spirit be with us forever!

I wish everyone is in good health. This time, I want to share with you some prayer resources. During this quarantine, it is important to continue to nurture our faith, the faith of our family and of other people who might run the risk of losing it.

The prayer outlines I share with you are designed to be prayed every week so that we can meditate and reflect on their content.

They can also be a resource that you can use at your Local Cenacles and share the fruits of your reflection through social media or other means of communication.

At this time, it is important that we remain together in prayer sharing our faith, hopes, fears and insecurities. These materials are designed to help us reflect on those aspects.

May the Holy Trinity continue to protect us and give us the strength we need in these difficult times

Fr. Arturo Quezada ST

International Spiritual Guide

WEEK #1

Opening prayer: Novena to Mary, queen of the Missionary Cenacle (Appendix)

The grace I seek: To be aware of my fears and take them before the presence of God with faith.

Scripture: "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41, 10

Sacred silence to let the Word of God speak to me. (1 minute)

Reflection questions: What are my main fears at this moment? How is helpful to me being aware of them? How do I rekindle my faith before the experience of my fears?

Thanking God: Petitions

Suggestion: This week name all the blessings that are around your life even amid your fears and thank for them.

At the end of your day: Ask God for the grace to be able to embrace your fears, place them in his hands and trust in the process you are living.

Closing prayer:

Blessed be God the Father, who has created us.

Blessed be God the Son, who has redeemed us.

Blessed be God the Holy Spirit, who sanctifies us.

Blessed be the Holy and Undivided Trinity now and forever. Amen

WEEK #2

Opening prayer: Novena to Mary, queen of the Missionary Cenacle (Appendix)

The grace I seek: To be more open to the word which God speaks in my daily life.

Scripture: "When a large crowd was coming together, and those from the various cities were journeying to Him, He spoke by way of a parable: "The sower went out to sow his seed; and as he sowed, some fell beside the road, and it was trampled under foot and the birds of the air ate it up. Other seed fell on rocky soil, and as soon as it grew up, it withered away, because it had no moisture. Other seed fell among the thorns; and the thorns grew up with it and choked it out. Other seed fell into the good soil, and grew up, and produced a crop a hundred times as great." As He said these things, He would call out, "He who has ears to hear, let him hear." Luke 8, 4-8

Sacred silence to let the Word of God speak to me. (1 minute)

Reflection questions: What happens in me when I listen attentively to others? What helps me to recognize the presence and action of God around me? What steps help me to slow down enough to attend God's presence and action?

Thanking God: Petitions

Suggestion: This week read a psalm slowly and reflectively. Psalms which you may find helpful are: Psalm 23; Psalm 63; Psalm 103; Psalm 139.

At the end of your day: Pray in gratitude for the awareness of God's faithful word spoken to you that day.

Closing prayer:

Blessed be God the Father, who has created us.

Blessed be God the Son, who has redeemed us.

Blessed be God the Holy Spirit, who sanctifies us.

Blessed be the Holy and Undivided Trinity now and forever. Amen

WEEK #3

Opening prayer: Novena to Mary, queen of the Missionary Cenacle (Appendix)

The grace I seek: To grow in my awareness of how I have been loved by God.

Scripture: "But now, thus says the Lord, your Creator, O Jacob, and He who formed you, O Israel, Do not fear, for I have redeemed you; I have called you by name; you are Mine! When you pass through the waters, I will be with you; And through the rivers, they will not overflow you. When you walk through the fire, you will not be scorched, Nor will the flame burn you. For I am the Lord your God, The Holy One of Israel, your Savior; I have given Egypt as your ransom, Cush and Seba in your place. Since you are precious in My sight, Since you are honored and I love you, I will give *other* men in your place and *other* peoples in exchange for your life. Do not fear, for I am with you; I will bring your offspring from the east, And gather you from the west." Isaiah 43, 1-5

Sacred silence to let the Word of God speak to me. (1 minute)

Reflection questions: What are my memories of being loved and cared for throughout my life? What happens inside me when I try to imagine a God who is crazy and passionate about me? How does the gift of being loved by God and others have a spill-over effect on every area of my life?

Thanking God: Petitions

Suggestion: This week as you read or watch news, notice the diverse ways in which God's love is shown in the world.

At the end of your day: After asking for the light of the Spirit, pray in reverence and gratitude for the constant flood of God's gifts upon you and the world.

Closing prayer:

Blessed be God the Father, who has created us.

Blessed be God the Son, who has redeemed us.

Blessed be God the Holy Spirit, who sanctifies us.

Blessed be the Holy and Undivided Trinity now and forever. Amen

WEEK #4

Opening prayer: Novena to Mary, queen of the Missionary Cenacle (Appendix)

The grace I seek: To grow in the interior freedom needed to orient my life to God.

Scripture: "Consider the lilies, how they grow: they neither toil nor spin; but I tell you, not even Solomon in all his glory clothed himself like one of these. But if God so clothes the grass in the field, which is *alive* today and tomorrow is thrown into the furnace, how much more *will He clothe you?* You men of little faith! And do not seek what you will eat and what you will drink, and do not keep worrying. For all these things the nations of the world eagerly seek; but your Father knows that you need these things. But seek His kingdom, and these things will be added to you." Luke 12, 27-31

Sacred silence to let the Word of God speak to me. (1 minute)

Reflection questions: In what ways I tend to control my life and treat it as my possession rather than to embrace it freely as God's gift to me? What signals to me that I am either unfree or losing my freedom in a situation? In what areas of my life can I be tempted to hold on, to resist change, to act compulsively, or to worry without a real cause?

Thanking God: Petitions

Suggestion: This week in conversations notice what you do and what you say when you are feeling unfree or attached to an idea, a project, a person, or an approach to a task.

At the end of your day: After asking for the light of the Spirit and praying in gratitude for the many gifts of the day, pray about the response which you gave to God during this day.

Closing prayer:

Blessed be God the Father, who has created us.

Blessed be God the Son, who has redeemed us.

Blessed be God the Holy Spirit, who sanctifies us. Blessed be the Holy and Undivided Trinity now and forever. Amen

WEEK #5

Opening prayer: Novena to Mary, queen of the Missionary Cenacle (Appendix)

The grace I seek: Re-order and re-direct all aspects of my life to the praise and service of God.

Scripture: "But whatever things were gain to me, those things I have counted as loss for the sake of Christ. More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ, and may be found in Him, not having a righteousness of my own derived from *the Law*, but that which is through faith in Christ, the righteousness which comes from God on the basis of faith," Philippians 3, 7-9

Sacred silence to let the Word of God speak to me. (1 minute)

Reflection questions: How do prayer and reflection help me to maintain order and priorities in my life? In what areas of my life do I need to become more indifferent or free enough to want only what God wants for me? What personal habits of the heart turn me back to God when fatigue or over-extension tend to throw me off balance?

Thanking God: Petitions

Suggestion: This week at the beginning of each day, look at the items in your schedule for that day and consider how those events will offer you the opportunity to praise and serve God.

At the end of your day: After asking for the light of the Spirit and praying in gratitude for the many gifts of the day, pray about the response which you gave to God during this day.

Closing prayer:

Blessed be God the Father, who has created us.

Blessed be God the Son, who has redeemed us.

Blessed be God the Holy Spirit, who sanctifies us.

Blessed be the Holy and Undivided Trinity now and forever. Amen

WEEK #6

Opening prayer: Novena to Mary, queen of the Missionary Cenacle (Appendix)

The grace I seek: To appreciate more fully the identity of Jesus as God's beloved son.

Scripture: "Therefore as you have received Christ Jesus the Lord, so walk in Him, having been firmly rooted *and* now being built up in Him and established in your faith, just as you were instructed, *and* overflowing with gratitude. See to it that no one takes you captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ." Colossians 2, 6-8

Sacred silence to let the Word of God speak to me. (1 minute)

Reflection questions: What does my baptismal identity mean to me? How do I experience temptations to ignore or compromise my personal and Christian identity? What has been the fruit of my struggles to live in a way that is true to my identity?

Thanking God: Petitions

Suggestion: This week reflect on the significance for your identity of the name of you were given and the titles you may have.

At the end of your day: As you review God's gifts to you and your response, notice they are helping to shape your personal and Christian identity.

Closing prayer:

Blessed be God the Father, who has created us.

Blessed be God the Son, who has redeemed us.

Blessed be God the Holy Spirit, who sanctifies us.

Blessed be the Holy and Undivided Trinity now and forever. Amen

WEEK #7

Opening prayer: Novena to Mary, queen of the Missionary Cenacle (Appendix)

The grace I seek: To experience the call of God to be a disciple who loves Jesus intimately and follows him closely.

Scripture: "As He was going along by the Sea of Galilee, He saw Simon and Andrew, the brother of Simon, casting a net in the sea; for they were fishermen. And Jesus said to them, "Follow Me, and I will make you become fishers of men. Immediately they left their nets and followed Him. Going on a little farther, He saw James the son of Zebedee, and John his brother, who were also in the boat mending the nets. Immediately He called them; and they left their father Zebedee in the boat with the hired servants, and went away to follow Him." Mark 1, 16-20

Sacred silence to let the Word of God speak to me. (1 minute)

Reflection questions: When have I known or experienced God's invitation or call? In the key relationships active now in my life, how am I being asked to be more like the person of Jesus? What do I learn by reflecting on those times in my life when I have experienced full as well as empty nets?

Thanking God: Petitions

Suggestion: This week read the Gospel of Mark to refresh your memory about the person and mission of Jesus.

At the end of your day: As you ask for God's help in the coming day, ask for a deeper fidelity in the relationships of your life.

Closing prayer:

Blessed be God the Father, who has created us.

Blessed be God the Son, who has redeemed us.

Blessed be God the Holy Spirit, who sanctifies us.

Blessed be the Holy and Undivided Trinity now and forever. Amen

WEEK #8

Opening prayer: Novena to Mary, queen of the Missionary Cenacle (Appendix)

The grace I seek: To reverence the unique invitations of God which have given shape and form to my life and decisions.

Scripture: "For this reason also, since the day we heard of *it*, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, so that you will walk in a manner worthy of the Lord, to please *Him* in all respects, bearing fruit in every good work and increasing in the knowledge of God; strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience; joyously giving thanks to the Father, who has qualified us to share in the inheritance of the saints in Light." Colossians 1, 9-12

Sacred silence to let the Word of God speak to me. (1 minute)

Reflection questions: What does my personal history reveal to me of the particular ways in which I have been called by God? How does my understanding of the meaning of my life change when I view it in terms of a personal vocation? How does my personal vocation reveal to me the way in which I am meant to be a disciple?

Thanking God: Petitions

Suggestion: This week do a simple timeline of your own life, noting events and people which, in God's providence, have been a significant part of your entire life.

At the end of your day: Focus your gratitude upon the events which show God's faithful and provident call to you.

Closing prayer:

Blessed be God the Father, who has created us.

Blessed be God the Son, who has redeemed us.

Blessed be God the Holy Spirit, who sanctifies us.

Blessed be the Holy and Undivided Trinity now and forever. Amen

WEEK #9

Opening prayer: Novena to Mary, queen of the Missionary Cenacle (Appendix)

The grace I seek: To grow in my ability to make good choices when faced with important decisions in my life.

Scripture: "And He has said to me, -My grace is sufficient for you, for power is perfected in weakness.- Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore, I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong." 2 Corinthians 12, 9-10

Sacred silence to let the Word of God speak to me. (1 minute)

Reflection questions: What do I need to do to be ready to make an important decision? How do I check out my motivations as I move into decision-making? What can I learn when I consider how my decision may affect others with whom I live or am close to?

Thanking God: Petitions

Suggestion: This week make a list of the decisions you anticipate you will have to make in the next six months.

At the end of your day: As you consider your daily responses, pay particular attention to the motivation within you as you made the response.

Closing prayer:

Blessed be God the Father, who has created us.

Blessed be God the Son, who has redeemed us.

Blessed be God the Holy Spirit, who sanctifies us.

Blessed be the Holy and Undivided Trinity now and forever. Amen

WEEK #10

Opening prayer: Novena to Mary, queen of the Missionary Cenacle (Appendix)

The grace I seek: To encounter Christ as one who consoles me in my sadness and discouragement.

Scripture: ““But you, Israel, My servant, Jacob whom I have chosen, Descendant of Abraham My friend, You whom I have taken from the ends of the earth, And called from its remotest parts And said to you, ‘You are My servant, I have chosen you and not rejected you. ‘Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.’” Isaiah 41, 8-10

Sacred silence to let the Word of God speak to me. (1 minute)

Reflection questions: What disappointments or hurts or failures are preventing me from moving on with my life? What are comforting or consoling activities for me? We walk through life's struggles and joys not alone, but with other people. Who are my mentors in times of consolation and desolation?

Thanking God: Petitions

Suggestion: This week telephone or send an encouraging note or email to a friend who has been having a hard time recently.

At the end of your day: Pray in gratitude for the people who have been consolors to you in your life.

Closing prayer:

Blessed be God the Father, who has created us.

Blessed be God the Son, who has redeemed us.

Blessed be God the Holy Spirit, who sanctifies us.

Blessed be the Holy and Undivided Trinity now and forever. Amen

APPENDIX

NOVENA TO MARY, QUEEN OF THE MISSIONARY CENACLE



The Lord constantly invites us to the intimacy of dialogue with him. Through this novena we want to respond to the invitation of Jesus who says, "here is your mother". The Missionary Cenacle Family loves Mary and honors her with the title of Queen of the Missionary Cenacle. May the life of the Missionary Cenacle Apostolate be also blessed by the protection and intercession of Mary.

Father Judge: "For the love and pleasure of the Mother of Jesus, let us do something to please this gracious Queen of heaven and earth. Let us have a greater love for the Mother of God, our lovely Queen."

"Mary was His Mother, truly the Mother of God. All of you know what a mother is, though speech finds it difficult to explain.... Who is it that clings so closely to a child as a mother? Upon whom is the child more dependent than upon his mother? What today is the great, wonderful inspiring power of the world, but the mother? Mary was His Mother." MCM 7

Prayer: Mary, you were in the Upper Room with the apostles during their fear, their pain, their despair and helplessness. Your heart beat next to theirs and that's why you understand well the suffering of your children. Mary, Tabernacle of the Holy Trinity, we come to you as the troubled little one in search of his mother's arms. Lady of love, make us feel the beat of your heart as we rest on your lap to rest, embrace our fear, disease, uncertainty, confusion, doubt and pain. Mary, Queen of the Missionary Cenacle, we ask

for your loving intercession before your son, the naked and abandoned Jesus of Calvary, for peace, health and the good of our world. Amen

Mary, Queen of the Missionary Cenacle, also called Health of the sick, who have accompanied Jesus on the road to Calvary and have remained next to the cross in which your Son died, participating intimately in his sorrows, welcome our sufferings and unite them to His. Merciful mother, with faith we turn to You. Ask to your Son that we can return soon, fully restored, to our occupations, to make us useful to our neighbor with our work. In the meantime, stay with us at the time of the trial and help us to repeat our "yes" with you every day, sure that God knows how to extract a greater good from all evil. Amen (Saint John Paul II)

- **Silent moment**
- **Petition:** We ask for the well-being of all members of the Missionary Cenacle Family, especially the General Custodians.
- Hail Mary and glory
- *Mary, Queen of the Missionary Cenacle, (everyone responds) pray for us.*

Mary, Queen of the Missionary Cenacle, humble woman, who for the love of your son Jesus Christ was preserved from original sin at the moment when your mother conceived you and for that reason you are called Immaculate. Grant us the grace to be able to preserve our lives from everything that dehumanizes us, disintegrates our interior and deforms the image of God in us. Amen

- **Silent moment**
- **Petition:** We ask for the welfare of the members of the Missionary Cenacle Apostolate of the Incarnation Region.
- Hail Mary and glory
- *Mary, Queen of the Missionary Cenacle, (everyone responds) pray for us.*

Mary, Queen of the Missionary Cenacle, you are the good mother who cares for the sick child with care. Comfort us mother in our illnesses, pains and moments of trial. Make us feel your tender hand that leads us in the dark and

takes us to the light of your risen son. That in the walk of pain and disease we feel your presence that comforts and gives peace. Amen

- **Silent moment**
- **Petition:** We ask for the well-being of the members of the Missionary Cenacle Apostolate of the Holy Trinity Region.
- Hail Mary and glory
- *Mary Queen of the Missionary Cenacle, (everyone responds) pray for us.*

Mary, Queen of the Missionary Cenacle, you are our refuge and our help. Given the confusion of life, the lack of assurances and the lack of answers. We come to you in pain for our sin. Help us admirable mother to trust in God's plan as you did. May we accept what we do not understand, trusting as you do, that the hand of God will sustain us in times of difficulty. Amen

- **Silent moment**
- **Petition:** We ask for the welfare of the members of the Missionary Cenacle Apostolate of the Holy Spirit Region.
- Hail Mary and glory
- *Mary Queen of the Missionary Cenacle, (everyone responds) pray for us.*

Mary, Queen of the Missionary Cenacle, you inspired Father Judge with zeal and love for the poor and the abandoned. Give us the clarity of mind and heart so that even during the storm we can be attentive to the least favored and we can come to their aid. Gentle mother grant us the grace to be tireless missionaries in building the kingdom of God. Amen

- **Silent moment**
- **Petition:** We ask for the welfare of the members of the Missionary Cenacle Apostolate of the Saint John the Baptist Region.
- Hail Mary and glory
- *Mary, Queen of the Missionary Cenacle, (everyone responds) pray for us.*

Mary, Queen of the Missionary Cenacle, you are the mother of good go counsel. We come to you to ask for the grace to see, hear and act in the providence of our daily life. May we feel with the one who suffers and with

the one who rejoices, that our missionary dedication has no reservations and that, like you, we can be the bridge through which God continues to reach those who need him. Amen

- **Silent moment**
- **Petition:** We ask for the welfare of the members of the Missionary Cenacle Apostolate of the Our Lady of Guadalupe Region.
- Hail Mary and glory
- *Mary Queen of the Missionary Cenacle, (everyone responds) pray for us.*

Mary, Queen of the Missionary Cenacle, also called virgin most prudent. Teach us to imitate your prudence, especially in the face of difficult, challenging and uncomfortable events in our lives. Give us the grace to know how to be silent and to know how to speak, always for the greater glory and honor of your beloved son. Amen.

- **Silent moment**
- **Petition:** We ask for the welfare of the members of the Missionary Cenacle Apostolate of the Central America Region.
- Hail Mary and glory
- *Mary Queen of the Missionary Cenacle, (everyone responds) pray for us.*

Mary, Queen of the Missionary Cenacle, with the yes you gave to the plan of salvation you taught us the greatness that is in embracing the will of God and fulfilling it. Gate of heaven, your example opens us to a new life and to continue walking to reach eternal life. May we be missionaries with an open mind and heart, gates always open to the will of the Father. Amen.

- **Silent moment**
- **Petition:** We ask for the eternal rest of all deceased members of the Missionary Cenacle Family.
- Hail Mary and glory
- *Mary, Queen of the Missionary Cenacle, (everyone responds) pray for us.*

"Mary is a mother and a mother cares above all about the health of her children. The Virgin guards our health. What does this mean? I think above all in three aspects: it helps us to grow, to face life, to be free" Pope Francis

Mary, mother of divine love

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick.

At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of the Peoples, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.