

Watch and Pray!



Watch and Pray!

Prayers
of
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la esclava del Señor

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Oraciones de *la esclava del Señor* [the slave of the Lord]

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«Watch and pray...
because you know not
when the Lord will come»
(Mk 13:33-35)



Prayer and sacrifice are the oil and wick
that keep your lamp ever burning
so that you may see the path you are treading.
la esclava del Señor

Prayers
for various occasions

Here we are,
Father, Mother and Lord,
one and only Being of all that exists,
of each and every one.
Grant us the grace
to come to the consciousness
of Your Presence and Assistance
in each one of us,
in all our acts: thoughts, words and deeds.
Conscious of our weaknesses,
may we not get detained in ourselves.
May we let You BE and ACT
in our human being,
after the example of Jesus Christ,
so that only Your Will
may always be fulfilled
and You may make “all things new”
in us and in all Creation.

We consciously reject,
with all the strength of our being,
any entity, inside and outside of ourselves,
where You do not reign,
You who are Love, Truth and Life.
To You be all honor and glory
forever and ever!
Amen.

We are not worthy,
O Lord,
yet we surrender our liberty to You
unconditionally;
take it day by day,
moment by moment,
for even though we are ready and willing,
and do not want to have any other desire
than that of fulfilling Your Divine Will,
only You, in us,
can make our desire a reality.
Here we are.

May we, O Lord,
though living in the dimension
of time and space,
always direct our gaze to what is eternal,
and seek, in all the circumstances
that life presents to us,
the “Will” and good pleasure of the Father.
May we live out with all our heart and soul
your words:
«My food is to do the will of my Father
and to accomplish His Work.»
May they be the only “food”
to strengthen us
in our moments of weakness.
May we never forget
that all our doing will be in vain
if we do not let the Father
fulfill His Work in us.

It is not our works
but the Father's Work in each one of us
that will give life
to everything that surrounds us,
and this Work will not be a reality
as long as our "self"
continues to come between Him and us,
because His Work
will always rest on the "ashes"
of the conscious death of our "self."

We give thanks to You,
Father, Mother and Lord,
for all You give us
in this Your Home
to ease the burden
of our pilgrimage in this world.

May the egocentric spirit of the world
detain us not in ourselves,
nor in the things and gifts
we receive from You.

Being ever more conscious
that all this “is” not,
and keeping our sights and hearts
on Your Divine Will,
may we orient
all our efforts and actions to You
who are the only reason for our life

and in whom we must establish ourselves
definitively,
so that You may manifest Yourself in us,
as You have decreed
since the beginning of Creation.
So be it.

O Lord,
may all I do at every moment
be a prayer, soaring up to You,
and may I always say,
even in the most insignificant acts
of my life:
“Here I am, Lord,
not my will but Yours be done.”

Mary, Mother of Jesus,
and our Mother,
teach us to be truly faithful,
so that we may become pure and humble,
and that there be accomplished in us
the “annunciation”
we have received from God:
that we should have no other Home
but His Divine Will.

Grant us, O Mother,
the grace
to learn how to live our lives
in the here and now.
May our cares and concerns
not go beyond what we have to do
in the present moment.
May our minds and hearts be renewed
in the course of each succeeding day.

O Holy Spirit,
enable us to call upon You
with an open heart,
so that You may progressively transform us
in the little time that is left to us.
May we live intensely
every instant of our lives,
offering ourselves in body and soul
to the Will of the Father.

Bless us, O Mother,
on this new day.

Teach us, O Lord,
to plunge into Your Light
at every moment of our life,
even though to all appearance
we seem to be arid and devoid of You.

It is Your Light that will guide us
in every situation,
so that we may remain open to Your Grace,
until we lose ourselves totally in You
and become, with You,
perennial Light, Love and Life,
a bottomless and shoreless Ocean
of Light, Love and Life.

Grant us,
O Lord,
the humility to be still,
with our eyes and hearts set on You,
so that Your Light may always be present
in our moments of darkness,
showing us the way of the Cross
that Your Will disposes for us,
and we may learn to embrace it with love.
Amen.

O Divine Purity!
reign in our hearts,
so that we may never defile,
with our thoughts, words and deeds,
the manifestations of God's Working
in us and around us.

May Your Will,
O Lord,
be the Living Ark
that protects us
from the turbulent waters
of unconsciousness
and of the egoistic-self,
where temptations lie in wait for us.

Here we are,
O Father!

We offer You

our body, soul, blood and liberty,
in the Body, Soul, Blood and Divinity
of Your Son,
so that He may accomplish in us
Your Will.

Amen.

Mary, our Mother,
may your love
bind us to the cross of your Son;
may we not lack the faith,
nor the courage, nor the boldness
to fulfill the Will of our Lord.
Amen.

O Lord,
give us light,
clarity of understanding
and fortitude,
so that at the time of testing
we may be faithful
to Your Divine Will.

Give me,
O Mother,
a heart like unto yours,
steadfast in its affections,
unshakeable in its fidelity;
a grateful heart
that would not forget any good,
nor bear a grudge for any evil,
nor think evil of others;
a humble heart
that would make me see my own defects
before the defects of others;
a simple heart
that would not prefer itself to others;
a great heart
that would not grow weary
before the indifference of others;

a generous heart
that would enjoy giving
more than receiving;
a chaste heart
that would love
without becoming attached;
a joyful heart
that would not dwell in sorrows;
an obedient heart
that would accept with love
all the circumstances not depending on me;
a heart free of any sentimental attachment
that, at each and every moment,
would seek to be faithful to God
above all affections and above all things.

Help me,
O Lord,
to die to myself,
renouncing all that is opposed to Your Will,
even though I may like or desire it.

May I learn to accept
with joy and love
all the circumstances
that come from Your Will
although they oppose my likes and desires.

May each and every act
of my daily life
be done always in Your Presence.

Deliver us, Lord,
from making judgments
and false suppositions,
which most of the time
are not in accordance with the truth,
for You alone know the hearts of men
and the intentions of each person.
Amen.

Eternal Father,
let me not deceive myself
with falsehood,
nor ever doubt the Truth.

May I not get stuck in myself,
but rather be always oriented
to the fulfillment of Your Will.
Amen.

O Mother and Lord,
may neither our things,
nor our land,
nor any creature,
nor our human feelings
detain us on our journey.

Beyond the things,
beyond the land,
beyond the creatures,
beyond the human,
the Divine is our goal,
until we definitively establish ourselves
in the Divine Will.

Thanks be to You,
O Mother and Lord,
for everything You give us!
May the plenitude
that now overwhelms us
remain impressed in our hearts,
and may we, in the moments of testing,
always be firm in the conviction
that it is from You that we have received
the Light and the necessary teachings
to confront life with a living faith,
a faith that knows
that You will always provide us
with what we need for our awakening:
pleasure or pain,
peace or adversity,
joy or sorrow;
all of which, if lived in You,
will elevate our souls
and give glory to You alone.
Here we are!

O Mother,
no matter how beautiful
the things You give us may be,
may our hearts
be always with You.

Our Father,
give us this day our daily bread,
nourishment for our body and soul.
Teach us to forgive
those who trespass against us,
as You forgive us.
Lead us not into temptation,
but deliver us from evil.
Amen.

Holy Mary,
Immaculate Mother
identified with the Will of God,
pray for us sinners
so that we may be pure, chaste, meek
and humble of heart,
and may identify ourselves with you
in the Will of God.
Amen.

Father, Son and Holy Spirit,
Thought, Word and Action,
grant us the grace to renounce,
in every act,
all forms of egoism
in order to orient ourselves irreversibly
to Your Divine Will.

Deliver us, Lord,
from every temptation
that may detain us in ourselves
and from every feeling
contrary to Your Divine Will.

O Holy Spirit,
Action of the Father and of the
Son,
deliver us from the “spirit of the world,”
which keeps us detained in ourselves.
Enlighten our minds and hearts
in order to reject our egoism
and every action
that does not come directly from You.

Our Lord Jesus Christ,
deliver us from the disorder
and imbalance of our passions,
so that temptation
may not take us unawares,
and we may be faithful
according to Your Will.

Our Lord Jesus Christ,
grant each one of us the grace
to free ourselves from our own egoism
and not look at the egoism of others,
so that You may free us all
from its root.

Eternal Father,
grant us the grace
to be truthful and authentic,
acting always in Your Presence
so that we may receive Your Assistance.

O Holy Spirit,
grant us the grace to be submissive
and obedient to Your inspirations,
accepting with humility
the advice and warnings
that come to us from others,
neither judging their intentions
nor letting ourselves
be conditioned by their manner.

O Mary, Immaculate Conception,
cover us with your mantle,
keep us in your Heart,
identify us with your life
in the Will of God.
Amen.

Jesus Christ,
our Lord and Redeemer,
grant us the grace
to be faithful to the end,
embracing our cross with love
in the Will of the Father,
as You did.

Father, Mother and Lord,
One and only Being of all that exists,
of everything, of each and every one,
grant us the grace
not to accept useless thoughts,
least of all the thoughts
that go against our faith, truth and purity.
Let us not judge anyone,
conscious of the fact
that judgment belongs to God alone.
Let us not detain ourselves in suppositions
that come from our mind,
where the spirit contrary to Your Divine Will
is working.

Father, Mother and Lord,
strengthen our love and our faith,
so that in all our acts
we may always be oriented
to Your Divine Will.

Father, Mother and Lord,
let us not get detained in ourselves.
Let us always keep in mind
the life, passion and death
of our Lord Jesus Christ,
in order to be one with Him
in His Kingdom of Love
in Your Divine Will.

Father, Son and Holy Spirit,
we reject,
with all the strength of our being,
any entity, inside and outside of ourselves,
where You do not reign,
You who are Love, Truth and Life.
To You be all honor and glory
forever and ever.

O God,
Father, Son and Holy Spirit,
deliver me from all the egocentric energy
that keeps me stuck in myself
and in others,
impeding the manifestation of Your Action,
which is Love, Peace and Goodness
for each and every one.

Grant us, O Lord,
Your Grace
so that we may truly renounce
every egoistic orientation
that separates us from You
and impedes us from forming part
of Your Holy and Sacred Body.
To You be all honor and glory!

May our Mother bless us;
may She show us her Countenance
and grant us her Peace;
may She look upon us graciously
and have mercy on us,
filling us with her ardent Charity
and guiding us,
in the interior of her Heart,
to the Will of the Father.

Eternal Father,
do with me as You will,
for I want to keep Your commands
and, with Your grace,
to follow You without wavering.

May Your Holy Will
always be fulfilled,
in me and in all!
Amen.

O Mother,
may I always keep the conscious-
ness
that this my child belongs to You,
and that I must love You in him.
May I not appropriate him
and be ready to surrender him to You,
in the way You dispose,
and as You may request.

O Father,
we give thanks to You
for our daily bread,
the material food,
and, above all,
for the spiritual food,
which is our love
for Your Divine Will.

Bless, O Lord,
this food that we receive
from Your generous hand;
may we never lack the daily bread,
the bread of Your Divine Will,
and may You also give it
to those who do not have it.
Amen.

Y ou, O Lord,
created my nature
through the course of countless ages,
and for its sake the whole Universe,
fashioning it in the depths of the waters.
You formed this body of mine
in my mother's womb.
You know all my organs
and each one of my bones.
You molded my flesh
and covered me with skin;
You gave me eyes, a nose, a tongue, ears
and a sensitive skin,
so that my bodily senses
may be manifested through them,
and, above all,
You gave me a heart to love You.
You know me thoroughly, O Lord,

to You I must entrust my whole body,
my life and my liberty.

In my pain, O Lord, I want to praise You,
for nothing can happen to me
apart from the designs of Your Will.

To this Will I trustingly abandon myself
in every situation,

no matter how painful it may be.

In You, O Lord, there is no evil.

In You I find Life, Love and Peace.

May Your Will be done!

Here we are,
Father, Mother and Lord,
the Being and Acting of all that exists.
Today, in our Reflection Encounters,
we want to receive in our hearts,
directly from You,
the pure Truth of Your teachings,
so that we may obtain
what each one of us needs
in order to attain the Unity
and Realization of all in You.

May we not get caught up in ourselves,
in the pride of seeking to be “knowers”;
rather, may we strive to be humble
and renounce every form of egoism
in order to get to “be,”
not just to “know,”

putting into practice
what we are going to receive from You.

Here we are!

We want “today,”
through the words of Your teachings,
to listen to You from within.

Amen.

Here we are, O Lord,
at Your disposal.

Grant us Your light,
grace and inspiration.

We want to be disciples of Love,
living a life of renunciation and self-denial.

To You we surrender our being and liberty.
We want to be with You in the Unity,
living from now on in the Truth
in order to be confirmed in Your Will.

O Lord,
may the purity of the Message
penetrate our hearts and abide therein.
May our life truly correspond
to what we have received and are to receive
in our Reflections.
Carry us as little children
who are being led by You
and who only trust what comes from You.
Protect us and enlighten us!
Here we are!

May we, O Lord,
gradually discover,
through our Reflections,
the hidden message of Your working
in the whole Creation and in ourselves,
while, at the same time,
You bring about in our souls
the hidden miracle of a real transformation
inasmuch as these new understandings
become the very life of our life.

Here we are,
Father, Mother and Lord.
Grant us the grace
to humbly acknowledge the errors
that are a product of our pride and egoism
more than of our human limitations,
because they are the consequence
of our conscious acceptance,
in defense of the “self,”
of the egocentric energy
that impels it
and which has always tried
to separate us from You.
But today,
conscious as we are that this energy
can only lean on our egoistic self,
we renounce the “self”
in order to affirm ourselves definitively
in You who are our true and only Being.
Amen.

Grant us, O Lord,
the grace of Your Peace,
Love and Meekness,
so that we may work together
harmoniously
in Your Home.

Y ou are present, O Lord,
in every circumstance of our life,
waiting for us to hearken to Your call.

Let nothing separate us from You,
not any creature,
nor any kind of feeling.

Over and above our likes and desires,
may Your Presence be always there,
pointing out the way for us.

Our deepest yearning
is to respond to Your Presence
so that all of us
may become One with You.

O Lord,
it does not matter
whether I do great or small things;
what's important
is that I faithfully fulfill my duty
in the place You have assigned me,
and that Your Love may find me attentive
when You call my name.

May Your grace, O Lord,
assist us at every moment,
in order for us to be faithful to You,
for we can expect nothing from ourselves.
The only thing we can do
is surrender our liberty to You
in all our actions,
making the renunciation
of all forms of egoism
a reality in our lives,
so that only Your Divine Will
may always be done.
Amen.

Y our Will be done,
O God!

Father, Son and Holy Spirit,
Thought, Word and Action,
Manifestation of the Being who “IS,”
the One true God,
from Whom all things come,
and to Whom all things must return,
to You belongs all honor and Glory!

Manifest Your Justice, O God!,
in each and every one,
and in all things,
according to Your Will,
so that every liberty may affirm itself
in Your Will,
and You may make all things new
as Your Will determines,

putting an end to every Creation,
permitted because of the misuse
of the liberty opposed to Your Will,
thus allowing the manifestation
of Your Kingdom of Love,
Peace, Justice and Truth.

To You, and only to You,
be all honor and Glory!
Amen.

O Holy Spirit,
grant us the grace
to accept with humility
the events and circumstances
that do not depend on us
and that occur
inside and outside of ourselves,
be they positive or negative,
without making judgments of good or evil,
in the conviction that You are acting
in each one of us
and that all this is necessary
so that we may come to the consciousness
of Your Presence and Assistance
and You may make all things new
according to the Will of the Father.
Everything depends on His Justice,
which is Love, Peace and Goodness
for everyone,

a Justice that destroys and builds
at the same time.

To You, Lord, be all honor and glory!

Amen.

Prayers for Children

Immaculate Mother,
take me in your hands,
keep me in your Heart,
guide my steps,
watch over my dreams,
so that I may not be tempted
by any spirit
that is contrary to your Will.

O my Jesus,
I trust in You,
identify me with Your Will.
Amen.

Being with You,
my Jesus,
I shall not be afraid,
for no one can hurt me,
neither wild beasts
nor wicked men
nor evil spirits,
because the living Christ,
present in me, as in You,
will be my protection,
my bulwark and my shield.

May I never separate myself from You;
may I make of Your Life my own life,
fulfilling the Will of the Father,
so that He may complete in me His Work,
totally identifying my human nature
with Your Divine Nature.
O living Christ!

O Holy Spirit,
be You my guide.
Do not forsake me,
either by day or by night.
Do not leave me alone,
for otherwise I will surely go astray.
Enlighten my thoughts,
my words and my deeds;
guide all my steps
so that they may always be taken
in accordance with the Divine Will.
Amen.

Dear Immaculate Mother,
Be you my guide;
do not leave me alone,
either by day or by night.

Watch over my dreams;
let me only dream of you and what is yours;
do not allow the “enemy” to approach me.

Bless me and keep me in your Heart
at every moment of my life.

Let me not do anything
apart from your Will.

Bless me in the name of the Father,
of the Son and of the Holy Spirit.
Amen.

O Blessed Mother,
be you our Teacher.
May we learn from you
love, humility and purity.

Ejaculatory Prayers

Here I am,
O Lord.
No one knows more than You.
I know less than anyone.

What do You want of me today,
O Lord,
so that I may continue
on my journey?

Lord Jesus Christ,
be my protector.
In You I trust.

Immaculate Heart of Mary,
keep me in your Heart,
be the salvation of my soul.

O sweet Virgin Mary,
grant us the virtue of Purity.

Here we are,
O Lord!
Holy Spirit,
come quickly!
We need You.

Prayer of Thanksgiving

of the slave of the Lord

and of those who, denying all egoism,
strive to form part of the “new man” in the “New Earth”

My soul magnifies the Lord
and my spirit rejoices
in God my Savior,
for He has regarded
the lowliness of His slave;
for behold,
henceforth all generations
shall call us blessed,
because He who is Mighty
has done great things in us:

By disclosing to us
the hidden mysteries of the Scriptures
and the fulfillment of His Promises,
He gives us the opportunity
to consummate our choice:
either to renounce the “self”
so that the Being
may take the place of the “self,”

accomplishing His Will,
or to affirm the “self”
so that the “self” may do its own will,
taking the place of the Being.

In this way,
we have been and continue to be witnesses
of His Presence and Assistance
in the human being,
even in the smallest acts of his life,
while leaving in each one his free will,
so that each one may choose
to BE in Him, or to be in the “self.”

May we, O Lord,
always choose Your Will
above anything else we might desire.
Amen.

Universal Prayer

*(uttered in a moment of ecstatic rapture,
in Bethlehem, the Holy Land,
on January 19, 1975)*

Peace to you, who are far off, and peace
to those who are near!...

Peace be with all of you!

Peace to all!... To all the souls!... To all
those who by their word have brought other
souls to this path of God's Will!

To all persons of good will!

To all our brothers and sisters..., to each
and all, big and small, may they receive
Peace at this moment!

To all the families, to all the children,
to all those little ones, the grownups, the

youngsters, the elderly.

To all those who in one way or another have approached us in the past, in the present, and will approach us in the future, may Peace reach unto them!

And if it is possible, O Lord, may Your Peace also reach those who persecute us... Lord, they do not know what they are doing!... Give them Your Peace! Give them Your Love! May they come to know You alive, may they know You alive, Lord! Give them Your Spirit, let not evil overcome! May Your Will be done!... Only Your Will!

Through You, O Lord, may we all be integrated into one Spirit and have access to the Father.

O Lord, if it is possible, let not a single one be left out. I offer myself according to Your Will, as You want and in whatever way You dispose! May all be saved!

If it is possible, O Lord, let not a single one be lost..., may all reach You, Lord! May all know You as we have known You.

O Jesus, You have given us an example with Your life; it is difficult to come to know You if You do not manifest Yourself. O Lord, I would never have known You if You had not come forth to meet me! This grace that You have given me, Lord, which I do not deserve, I am asking it of You for each and all! Even for those who persecute us, Lord!

You can do anything...! You can do everything, Lord! You can cast down the mountains of hatred..., of misunderstanding!

If it is possible, O Lord, save them all, those who believe and those who do not believe! If they do not believe, Lord, look..., it is because they have not seen You! If they

see You..., they cannot help but believe!

O Lord..., O Jesus..., the “enemy” has played around with You, playing with Your Name and with Your words, Lord! He has set before them a caricature that he himself has made with the help of unconscious men! Use this same caricature which the “enemy” has wanted them to make of You and show Yourself Alive before them, Lord! Cast them down, as You cast Saul to the ground on his way to Damascus! Was he any better than they, Lord?... Wasn't Saul persecuting You, and You cast him down? Cast them down, Lord! They too are on the way... on a way! They have not yet arrived! There is a WAY! You can do it, Lord, ...there is still time! It is necessary, O my Christ! It is necessary that You cast them down so that they may be able to enter that Heart which is still waiting for them!

O Lord..., do not delay!

You have remained here in a piece of bread..., what for, Lord, if not in order to identify us all in one Body? How are You going to present Yourself before the Father with a BODY that does not contain all the particles of Thought? Gather them up, Lord! You alone can do it!

We are giving You the only thing... our liberty! A mere nothingness! Grant the Light to all of us, Lord, in order to come to the consciousness of this “nothingness” and be able, like You, to orient our liberty to the Will of the Father who resides in You.

O Lord, it is Your Spirit who puts these words on my lips on this day!... This day is wonderful! I don't know why..., but it is! You certainly know why!... Receive this prayer, and turn it into a reality!

O Lord, those who have had contact with us, with Your Message, have borne something like a thread... like a channel..., so that through them You may gather up many souls, all the families, all those people who approach them in one way or another! Make them feel Your Living Force, Lord!... First cast them down, and little by little, You will see! You'll see, Lord, that all of us, as You requested, will be ONE! I believe it, and on this day I ask You once more that no one be missing, let not a single one be missing, Lord!

Take me over completely! Do with me whatever You want..., as You wish! I only ask You that I may not be lacking Your Love in the hour of "testing," and that I may be able, at that moment, to say like You: "Not my will but Your Will be done." Affirm, O Lord, at that moment, my liber-

ty in the Will. May You affirm it, because I am not capable of anything! Of this I am convinced, I am nothing and I can do nothing, but You in me can do everything! Take me completely!

Look, O Lord, I beseech You especially for those who, desiring to follow You, are imprisoned by their reasonings, and as a consequence they imprison others. Take their hearts..., they love You..., they are confused! Give them the Light, Lord, now or later, but let them receive it!

For those who do not now understand us..., for all, O Lord! All those who have had some contact, even if it has been in a negative way, ...it is positive, Lord! Who can stumble upon You and not receive the Light in one way or another? Lord..., wake them up Yourself, they are asleep! Breathe into their mouths and give them the Life! They

are blind! Give them the Light!

For all priests!... Especially for all Your anointed ones! May they wake up in this definitive hour!

For all the consecrated souls of all religions! O Lord, You are the Living Christ! You are the Life of all those who seek You in different ways! Show Yourself to them!

It seems that up to now, O Lord, You have been in a sopor... wake up! Come on! One by one..., they are Yours..., they are Yours, all of them, from all eternity! Let not a single one be left out, now or later, as Your Divine Will disposes, but let no one be lost!

For this People..., for these two peoples who represent humanity! O Lord, may the UNITY become a reality, like the two sticks that You told the prophet would someday become ONE in Your hand! This is the

moment, Lord, unite them in Your hand! Introduce them into one Heart, so that Your Love may reign in them! You alone can bring Peace and Unity! This is the moment, Lord!

After You have taken all things, let Satan reign according to Your Divine Justice! Or rather, let his kingdom manifest itself according to Your Will. Once You have gathered up all things, Lord, and You are reigning in every heart, if it is possible..., may he, too, the angel, rejecting his egocentric action, come to consciousness, even if it be in the last particle that is to be saved! You are LOVE... LOVE is Life, and death cannot reign!

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