

## **Bless yourself and others with these 4 powerful prayers!**

These prayers can be used to get rid of your own troubles (*either by saying the prayers yourself or by listening to a person who recites them*) and those of your relatives and friends. You can use them to bless several people at the same time. You can also use them on the phone to help your children at home.

- (1) Ask your friend, “May I share with you four very powerful prayers?” If he/she says yes, you say, “Before saying the prayers, you have to decide to be good. If you have done something bad (e.g. wearing indecent clothes), decide to **REPENT** now.”
  
- (2) If your friend says he/she can do it, then you say, “The first prayer is **‘THANK YOU, LORD! PRAISE YOU, LORD!’** Let’s say the prayer for all the bad things that have happened to us.”

You should explain to your friend why we should we thank the Lord for the bad things. “Everything that happens to us, whether it is good or bad, must be allowed by God. Since God is love, everything He allows must do us good. Of course, we may not understand why bad things are good for us, just as little kids don’t understand why going to kindergarten is good for them. Although we don’t understand His plan, it is our duty to thank and praise Him for “the Lord is good” (Ps 145:9).”

### **● What will happen if we keep thanking and praising the Lord ?**

When bad things happen to us, we tend to complain to God about them. But when we keep thanking and praising Him wholeheartedly for the bad things we encounter, the complaints in our hearts will miraculously disappear. If we can thank Him for the bad things, we can thank Him for everything. If we are grateful to the Lord in all circumstances, it won’t be difficult for us to love Him.

“I will say the prayer 20 times. You listen carefully and pray to God in your heart very sincerely. Remember, if you are not sincere, the prayer will be nonsense.” Then you trust in God and say the prayer sincerely. Clearly and clearly: **“THANK YOU, LORD! PRAISE YOU, LORD!”** After saying it 20 times,

you ask your friend, “Is this prayer helpful?” If he/she says yes, you say, “The purpose of this prayer is to remove the complaints in your heart. I will continue to say the prayer until all the complaints in your heart have disappeared. When this happens, please tell me to stop.”

- (3) “The second prayer is **‘JESUS, BLESS THEM!’** or **‘LORD, BLESS THEM!’**  
Let’s say the prayer for all the people who do not love us or have hurt us.”

● **Why should we pray for our enemies ?**

The Bible tells us to do so. Our Lord Jesus said, “Pray for those who persecute you.” (Mt 5:44) and St. Paul said, “Bless those who persecute you, bless and do not curse them.” (Rom 12:14)

● **What will happen if we keep blessing our enemies ?**

If we keep blessing our enemies earnestly, the hatred and anger in our hearts will gradually disappear. If we can bless our enemies, is there anyone that we can’t bless? None! If we can bless all people, it won’t be difficult for us to love them.

● If we love God and love all people, there are no obstacles between God and us. When we ask God for graces, He will grant us.

“I will say the prayer 20 times. You listen carefully and pray to God in your heart.” Then you say the prayer sincerely, slowly and clearly: **“JESUS, BLESS THEM!”** or **“LORD, BLESS THEM!”** After saying it 20 times, you ask your friend, “Is this prayer helpful?” If he/she says yes, you say, “The purpose of this prayer is to remove the hatred and anger in your heart. I will continue to say the prayer until all the hatred and anger in your heart have disappeared. When this happens, please tell me to stop.

- (4) “The third prayer is **‘JESUS, I TRUST IN YOU. I SURRENDER ALL TO YOU. YOU TAKE CARE OF THEM!’** ” Then you read to your friend the following paragraph sincerely, slowly and clearly **3 times:** (You can help your friend to say the prayer from the bottom of his/her heart by reading slowly and repeatedly.)  
**“Jesus, I trust in you. Jesus, I trust in you. Jesus, I trust in you. I surrender all to You. You take care of them! I surrender all to You. You take care of them! I surrender all to You. You take care of them!”**

After that, you ask your friend, “Is this prayer helpful?” If he/she says yes, you say, “The purpose of this prayer is to remove the worries in your heart. I will continue to say the prayer until all the worries in your heart have disappeared. When this happens, please tell me to stop.”

- (5) “The Lord has already removed the complaints, hatred, anger and worries in your heart. Right? Now, let’s say the fourth prayer. **(IN THE NAME OF OUR LORD JESUS AND THROUGH THE INTERCESSION OF MAMA MARY, OH HEAVENLY FATHER, PLEASE BIND ALL THE FORCES OF DARKNESS IN MY HEART AND DRIVE THEM AWAY TO THE FOOT OF THE CROSS OF JESUS. GIVE ME LOVE, JOY AND PEACE.)** You listen carefully and pray to God in your heart sincerely. Remember, God does not listen to insincere prayers.”

Then you say the following paragraph sincerely, slowly and clearly **3 times**:  
**“In the name of our Lord Jesus, in the name of our Lord Jesus, in the name of our Lord Jesus, and through the intercession of Mama Mary, and through the intercession of Mama Mary, and through the intercession of Mama Mary, oh heavenly Father, oh heavenly Father, oh heavenly Father, please bind all the forces of darkness in my heart, please bind all the forces of darkness in my heart, please bind all the forces of darkness in my heart, and drive them away to the foot of the cross of Jesus, and drive them away to the foot of the cross of Jesus, and drive them away to the foot of the cross of Jesus. Give me love, joy and peace. Give me love, joy and peace. Give me love, joy and peace.”**

After that, you ask your friend, “Is this prayer helpful?” If he/she says yes, you say, “The purpose of this prayer is to remove all the troubles in your heart. I will continue to say the prayer until all the troubles in your heart have disappeared. When this happens, please tell me to stop.”

- If your friend have worries and fears in his/her heart, the prayer can be changed in this way: **“In the name of our Lord Jesus .....please bind all the forces of darkness, worries and fears in my heart and drive them away to the foot of the cross of Jesus. Give me love, joy and peace and help me trust in You.”**
- If your friend is sick or worries about his/her health, the prayer can be changed in this way: **“In the name of our Lord Jesus..... please bind the sickness and all the forces of darkness in my body and**

**my heart and drive them away to the foot of the cross of Jesus. Give me love, joy, peace and health."**

- If your child hates or fears some school subjects (e.g. mathematics) and truly wants to kick his/her bad habits (e.g. computer game addiction), the prayer can be changed in this way: **"In the name of our Lord Jesus..... please bind all the forces of darkness, the bad habits and the hatred (and/or fear) of all subjects in my heart and drive them away to the foot of the cross of Jesus. Give me love, joy, peace, the enthusiasm for studying all the subjects and the power to kick the bad habits.**

When your friend asks you to stop, you say, "If '**100 marks**' means complete happiness and no troubles in your heart, how many marks do you get now?" If he/she says, "70/80/90", you say, "Not high enough! I will continue to say the prayer until you get 105 marks." When he/she reaches 105 marks, you say, "Now let's say 5 times: **'THANK YOU, LORD! PRAISE YOU, LORD!'**"

- (6) Say the following to your friend, "Since these prayers can prevent negative emotions, please say them **every day** until you reach 105 marks, and don't forget to bless others **every week** with the prayers by praying together with them, either face-to-face or on the phone."

## **What should I do before I pray with my friends?**

It is a good idea to ask the Precious Blood of Jesus to protect you because Satan hates these 4 prayers. Before praying with your friends, say at least 5 times: **"PRECIOUS BLOOD OF JESUS, COVER AND PROTECT US."** After praying with your friends, say at least 5 times: **"PRECIOUS BLOOD OF JESUS, DELIVER US."**

## **If the prayer fails to help my friends, what should I do?**

Try to find out the cause.

- Did they doubt the existence or the power/mercy of God?
- Did they complain about God?
- Are there sins (e.g. not going to church on Sundays) they have not repented of?
- Are there people they have not forgiven?
- Did they pray earnestly and attentively?