

ADORING THE MOST HOLY NAME OF GOD
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ADORING THE MOST HOLY NAME OF GOD

Contemplations and prayers to the Father

INTRODUCTION

I present this collection of adoration prayers to the Most Holy Name of God to help the many who seek by prayers a more intense and intimate union with God.

This book of prayers is the fruit of a personal journey of adoration of the Name of God I have made these years by interior call. I felt attracted by the Spirit to cultivate almost exclusively a devotion, which I have named "Adoration of the most holy Name". The centre of this devotion rather than Jesus, to whom I am very devout and of whom I am an apostle, is the Father, the God of Jesus Christ, perceived in his infinite glory. Hence an attitude towards Him made of adoration and continuous raising of the soul towards his infinite greatness. Putting at the heart of a religious devotion the Father or, as I often call him - "The most Holy Name", has driven me to better know his Son, Jesus, his highest and most mystical aspects, regarding Jesus' divinity and son-ship with the Father. Thus I have discovered Jesus not only as Lord and Saviour of each man, but also the one revealing the Father. He leads us to have a knowledge and an inner relationship with the Father similar to his. To the believers, who follow Jesus to the end, is given to live the same life in the Trinity as Jesus did. One enters into a personal relationships with the Three Divine Persons, experimented as inhabitants of the soul of the believer, become temple and dwelling of God. In his gospel, St. John insists on declaring that the mission of Jesus towards men, apart from being their Saviour, is to reveal them the Father, whose Name is known by Jesus only. Jesus declared expressly: "For this is eternal life: to know you, the only true God, and the One you sent, Jesus Christ" (Jn 17,3). According to the ancient Hebrews, who experienced God personally, knowing God in his Name is as much as to have a personal relationship with Him, which is fulfilled according to a covenant with God. By knowing the Name of God, believers enter the life of the Living God, sharing with Him his own life and glory.

The glory typical of the Father is to be the source of the Son and the Holy Spirit. While the infinite divine attributes are common to the Father, the Son and the Holy Spirit, it is only of the Father being the source of the Son and the Holy Spirit. For this reason worshipping

God the Father extends naturally to the worship of the most Holy Trinity, full manifestation on the Father. The Name of God fully revealed is, therefore, the Name of the most Holy Trinity, from whom we receive salvation and participation in the divine son-ship. When we know these things, thanks to the inner experience of these realities that Spirit gives us, we are at the heights of the knowledge of God and sharing of the same life with Him.

These adorations are, therefore, a testimony of the fertility and richness that are in the adoration of the most holy Name of God. They are a little testimony, because what the Father reveals about himself in adoring His most holy Name, which is ineffable, inexpressible, it is impossible to put it down in writing. The adorations I present are like a seed destined to arouse within the Christian people a great number of adorers of the most holy Name of God, who may live the same life with the Father through Jesus Christ in the Holy Spirit.

In this day and age the adoration of God is as rare as the love for God. We live indeed against a cultural background dominated by the absence or forgetfulness of God such extent that this absence and this forgetfulness are not perceived any more as a sin which drives to the eternal death, but people are convinced to be normal and civilized, living without God. People do not think that the cause of all evil which torment mankind is just the absence and forgetfulness of God in the way of thinking and in daily choices. We can say that atheist humanism is in our secularized European nation mentality, which controls the formation of a European citizen, having no Christian religious identity any more.

Thank God, mystical love for God never dies even through the centuries and is alive also these days dominated by the absence of God. People like Padre Pio and Mother Theresa of Calcutta testify the great spiritual heights to which nowadays the mystical love for God can lead.

The numberless martyrs of the 20th century are another example of mystical love for God in times of persecution of faith. What is that drove these martyrs to suffer so much for God if not their immense love for Him together with the hope in the eternal God's promises to those who love Him?

The text of adoration of the Father present in this small book were in an atmosphere of deep mystical love God and the purpose of helping the Holy Spirit burn the adoring love for God in the hearts of

Christians. I am not suggesting to say prayers of adoration, but to elevate our soul to God in a deep adoration, expressing it in ways which are well beyond the ones written here, suggested directly by the Holy Spirit. This is not difficult if, through the meditation and contemplation of God, of his glorious attributes and immense works, the praying person enters the dimensions of the ABSOLUTE of God, forgetful of the littleness and mean things of man, full of the perception of the greatneses of God.

These elevations of mine want to help realize an exhortation of the Scripture, which arises from a deep mystical love for God: "Let your praise exalt the Lord as best you can, he is greater than you could even express. Honour him with all your strength and do not tire, for you can never praise him enough" (Sir 43,30). Let's adore and glorify THE ONE who created everything contemplating his immense glory - it is the greatest joy on earth, similar to that of the angels and saints of heaven, who already enjoy his countenance.

This way, through the charismas of wisdom and spiritual devotion, we are abled by the Spirit to take part, even though imperfectly, in the contemplation and adoration of the Father and his Glory, typical of the inhabitants of heaven.

Many of these elevations have been conceived for personal meditation, contemplation and adoration, but can be used also for community moments of contemplation and adoration of God. To educate the faithful in the devotion to the most holy Name of God, I have inserted in these elevations simple well-structured devotional practices, because the faithful generally need a guide to elevate their souls to God while praying. I tell you, however, that what is a pattern in prayer made by others in a personal way is only an external help which does not want to replace the interior prayer of a believer, aroused in him/her by the inner inspiration of the Spirit, but only to help, so that this inspiration might be born and will work. The experience of the adoration of God teaches that it finds expression in free manners with the guide of adorers, able to let God guide them in inspired ways of adoration, according to the Spirit of the Lord.

The song is very useful for the adoration and praise of God. Today in the charismatic renewal movement, there are excellent songs for the praise and adoration of God, which can be used in the times of adoration of the Name of God. For my part, I have composed songs for the adoration and praise of the Name of God belonging to the popular mystical type.

Finally I want to thank those who shared with me over these a path of adoration of the most holy Name of God. With their testimony they made me more and more aware of the goodness and spiritual richness present in this devotional practice.

In the heaven of saints as a figure of perfect adorer of the most holy Name of God there shines for us modern men the Blessed Elisabeth of the Trinity (1880-1906), Carmelite, died at 26 years of age at Dijon Carmelite convent in France after only 6 years' monastic life. This saint felt, as a special vocation, the call to live the inhabitation of the most Holy Trinity and to be "in praise of his glory", expression that Elisabeth takes from St. Paul (Eph 1), making of it the plan of her life.

Elisabeth's call to be "in praise of the glory of the most Holy Trinity" belong to all Christians. The Holy Spirit wanted to show us, in this daughter of his, to what sublime spiritual height he elevates this vocation. I wanted to insert in this prayer book of mine some of her teachings about the spirituality of the adoration of the most Holy Trinity, and end it with her famous elevation to the most Holy Trinity, titled - "My God, Trinity I adore". Elisabeth of the Trinity's testimony will be a powerful stimulus for everybody to guard and cultivate the Christian's most peculiar treasure, which is "the adoration of the most holy Name of God".

Carlo Colonna s.j.

FIRST PART: SPIRITUAL TEACHINGS

DIRECTING OUR LIVES IN THE MOST HOLY NAME OF GOD

I am offering two texts, one from St Ignatius of Loyola and the other from St Bonaventure, which instruct us on how to direct our own lives towards God who is the ultimate goal of our existence. St Ignatius underlines the strong and wisdom-guided aspects that we should give to our existence and to our daily choices. This means that praise and service of God is the true wisdom which will take us to him but it needs to be lived concretely, taking us directly to God. St Bonaventure stresses the affective-devotional approach towards God. It is only by means of an intense warmth for and ardent devotion to God that we can reach him and live in communion with him.

Principle and Foundation of St Ignatius (Spiritual Exercises)

Man is created to praise, reverence and serve God Our Lord, and by this means to save his soul and other things on the face of this earth that are created for man and that they may help him in pursuing the end for which he is created. From this it follows that man is to use them as much as they help him for his purpose and ought to rid himself of them if they hinder him to reach the purpose. For this it is necessary to become free to all created things in all that is allowed to the choice of our free will and is not prohibited to it, so that, on our part, we want not health rather than sickness, riches rather than poverty, honour rather than dishonour, long rather than short life, and so in all the rest desiring and choosing only what is most conducive for us to the end for which we are created.

The mind's journey to God by St. Bonaventure (no. 4)

Therefore to the cry of prayer
through Christ crucified,
by Whose blood we are purged of the filth of vice,
do I first invite the reader,
lest he should believe that it is sufficient
to read without unction,
speculate without devotion,
investigate without wonder,
examine without exultation,
work without piety,
know without love,
understand without humility,
be zealous without divine grace,
see without wisdom divinely inspired.
Therefore to those predisposed by divine grace,
to the humble and the pious,
to those filled with compunction and devotion,
anointed with the oil of gladness,
to the lovers of divine wisdom,
inflamed with desire for it,
to those wishing to give themselves
over to praising God,
to wondering over Him and to delighting in Him,
do I propose the following reflections,
hinting that the outer mirror is little or nothing
unless the mirror of the mind is clear and polished.

CONTEMPLATION TO ADORE AND LOVE GOD IN EVERY THING

by Saint Ignatius of Loyola

The apostle Paul states that God “is not far from any one of us. For in him we live and move and have our being” (Acts 17,18). He is the LIVING GOD from whom every living thing receives its existence, in whom we live and towards whom we are going. Faith in and contemplation of the LIVING GOD will help us to acquire a lively and tangible perception of his presence and of his activity around and within us. St. Ignatius of Loyola, in his Spiritual Exercises, presents this programme of contemplation in order to direct our intelligence and our hearts to see the LIVING GOD present in every living thing and to respond to his love with our love. That programme of contemplation which St. Ignatius offers us is the foundation on which to build all further raising of minds and hearts to THE HOLYNAME OF GOD.

First prelude: Composition. Here I need to see my state in relation to God our Lord, and my state in relation to the angels and saints who intercede for me.

Second prelude: To ask for what I want. Here the need will be to ask for an internal awareness of the good I have received so that, recognising this within myself I can love him in all things and serve his divine Majesty.

First point: Recall the benefits received in creation, in redemption and, in particular, the benefits received as my personal gifts, pondering with great gratitude all that God has done for me and all that he has given me from what he has; and therefore to realise that that same Lord wants to give himself to me in accordance with his divine plan. And with this, to reflect and consider rightly, justly and appropriately that which I, for my part, must do to offer back to his divine Majesty. That is to give all I have and my whole self, as one who offers with great love.

Take, Lord, and receive
all my liberty
my mind
my intelligence

and all my will,
all that I have and possess;
you have given it all to me
and to you I return it,
everything is yours,
do with all of it
what you will,
give me your love and your grace:
that is all I need.

Second point: To observe how God lives in created beings: in the elements which give life, in plants which vegetate, in animals, giving them their senses, in human beings giving meaning and thus in me, giving me being, life, senses and meaning, in this way making me a temple, having been created in the image and likeness of God's divine Majesty. To reflect in the same way as in the first point or in any other way which may seem preferable. Repeat this reflection in each of the following points.

Third point: To consider how God labours and works for me in all created things on the face of the earth, how he behaves as one who works - in the heavens, in the elements, in plants, fruit, animals, etc., giving life, preserving, making fruitful, giving senses, etc. Then reflect as above.

Fourth point: To consider all these benefits and gifts coming down from on high, for example my own limited power from the height and infinity of heaven and so justice, goodness, holiness, mercy, etc., as with the sun's rays coming down from the sun, water from its course, etc. After a time of personal reflection as indicated, finish by having a conversation with the Lord and by reciting the Our Father.

AN INVITATION: TO LIVE SUNDAY AS THE DAY OF ADORATION OF THE MOST HOLY NAME OF GOD

The Christian Sunday has many values of which the principal is that of adoring the name of God. Sunday is the day on which Christians enter into adoration of their God on their own day of rest and celebrate the covenant or communion with him in the Eucharist. I would like to suggest some ways in which to live a Christian Sunday. They are suggestions which reflect a total commitment to God that can gradually be put into effect, akin to the climbing of a mountain which allows you to reach the summit bit by bit. I can assure you, though, that the more a person's soul is filled with God and is completely turned towards him on that day, the more he/she will experience the blessings of the Kingdom of God, as promised in the Gospel.

1. Sunday is the day to adore the infinite and eternal God, the creator of heaven and earth and of everything which exists, our Father who is in the heavens as in his own sanctuary. Don't say: "I go to Mass and I'm O.K." but from the moment you wake up, fall down in adoration before him, being aware with great gratitude and joy that he has created you, has saved you and prepared the glory of heaven for you in his own house. Adore him because he is the Lord not only of the present world but of the world to come and of all that exists, moves and has its being by virtue of him and of his goodness. Spend as long as you can in prayers of adoration and praise of his MOST HOLY NAME because then, uniting yourself with all the prayers which rise up to God from every creature - heavenly and earthly - you will receive an abundance of blessings from the Father, which will make your life ever more perfect.

2. On Sundays live as a priest of the most High God, uniting yourself by faith to the high priest of all humanity, Jesus Christ, Son of God who is in heaven. Together with him, giving thanks for everything, offer the Father the victim, who has atoned for your sins and those of the whole world, who is the spotless Lamb sacrificed for us on the cross; sit at the spiritual banquet prepared by God the Father, nourishing you with his Word and with the Body of Christ; receive the ineffable grace of union with him, who is the beginning and the end of human existence. Before participating the Mass, so rich in all

these heavenly realities, stir in yourself again the desire for them and the will to participate in the Mass in the best possible way, becoming more aware of the divine mysteries therein. In assisting at Mass be humble and full of love, without judging your brothers and sisters but seeing yourself as part of them, with them united in faith and love with them. This way you will come to the Father in the unity of the Body of Christ - the Church - and not as one single member of the faithful.

3. As a prisoner frees himself from his chains so, on a Sunday you should free yourself from your sins if you have had the misfortune to have committed any; you should also free yourself from anxieties and worries which tie you to the things of this world, thus preparing your soul to be worthy of the dwelling place of the Most High, where God is pleased to live. You have, in fact, been created and redeemed in order to become “the abode of God in the Holy Spirit” and that abode of God must be pure, shining and rich in grace. Sunday is a gift to you from God so that you can rediscover your true dignity and a true sense of life, leaving behind everything that threatens your spiritual life and dedicate yourself to God with all your heart. Be sure that if you do this God will take care of you – and the whole world - far better than you could ever provide for with all your own anxieties.

4. On Sundays give yourself more fully to meditation and contemplation of heavenly things in the same way as Moses ascended the mountain to be in conversation with God. You will find more consolation in God than in the things of the world. In addition, you should dedicate yourself to some good work and healthy relaxation. Be happy and cheerful, careful not to fall into sin and ready to do something good. If anyone asks you why you are choosing to live this way you will be able to reply: “It’s Sunday, the Lord’s day. So we need to honour him because this is the day which is dedicated to him. How great an honour it is for me, poor mortal that I am, to be able to sit at table with the all Powerful One and enjoy his friendship and presence. Or are you so much without faith that you consider the things of the world more important than God?”.

5. If you practise these things you will be on the right road, the one which will lead you into possession of as yet unknown, marvellous

and ineffable blessings which God prepares for those who love him sincerely.

John Paul II From "Dies Domini", pg. 14-15

The day of the Lord is so, first of all because it is the day "blessed" by God and by him "sanctified", that is separated from the other days, to be, among all of them, "the day of the Lord". The whole life of man and the whole time of man must be lived as praise and thanksgiving towards the Creator. But the relationship of man with God needs moments of explicit prayer, in which the relationship becomes an intense dialogue involving every dimension of a person. The "Day of the Lords" is, par excellence, the day of this relationship, in which man elevates to God his song, making himself voice of the whole creation.

QUALITIES FOR GOOD PRAYER TIME

It is one thing to recite prayers and another actually to pray. At times we can pray well, reciting prayers already well established; at others, however, we only pray with our lips (lip-service) while our hearts are far from God. We become men and women of prayer gradually – by means of the union of our own souls (heart, mind and body) with God, who is the head of the soul. Since many of the prayers in this booklet are intended to be recited aloud, either in private or with a community, and to be meditated upon as an introduction to a period of contemplation, it is important to bear in mind the qualities necessary for good prayer time so that it is real prayer raised gradually, under grace, to union with God. The following are some suggestions to help make prayer time better.

To pray well make sure that the prayers come out of your heart, out of your mind and body as from a single source and be single-minded in your intention, in your attention and your activity.

1. Praying with all your heart, with all your mind and with all your strength.

The person who prays well prays with all his heart, with all his mind and with all his strength - spiritual as well as physical strength. It isn't easy to achieve this highest goal of unity of heart, mind and body when one prays. A person's heart is often divided in itself. It wishes to pray but then it thinks of something else and after a while becomes aware of reciting prayers without paying any attention to them. There are various ways of praying either privately or in community. Some of these are specifically silent; others are mixed, silent/aloud. In each method we need to hold firmly to the goal of our prayer with our own heart, mind and strength. With this goal in view, follow these suggestions.

Let the heart be turned towards God with one single desire for him. It is the one true foundation of all good prayer time. Sometimes we enter into prayer with many imperfections towards this desire but the sure sign that our prayer is becoming deeper and more conformed to God is this: that which doesn't concern God goes away and what remains is an intense desire for him. We have to work hard towards this end, knowing that it is in prayer that a person goes in search of -

that precious pearl, that is the Kingdom of God, and it is worth all the trouble of using all our strength to find it.

The mind is the actual place of meeting between God and man. In fact, the word of God and the word of man meet each other and develop precisely in the mind; but this can be separated either from God (above) or from the heart (below) and become sterile. For this, you must put yourself into God's orbit and into his word, putting these in contact with the deep well of your heart turned to God by the desire for him. A miracle of union will then happen: heart, mind and body will all be directed the same way and will communicate with each other. But you are also physical body; lips, hands, posture, gestures. Let your body be pervaded by the heart and mind which pray and let it express externally that which your heart and mind are living interiorly in relationship with God. Also, when the body is still and silent, it takes part in the prayer and so is an excellent way to participate in the prayer. At other times, though, you need to pray with your lips, with the position of your body and with gestures. Make the effort to ensure that all this is an authentic expression of your heart and mind in prayer.

2. For pure prayer.

Purity of intention: pray in order to raise yourself up to God, not wishing to achieve anything other than union with God by means of prayer, for his glorification, your personal sanctification and that of others. In your prayer look for God and for that which belongs to his Kingdom: "Set your heart first on the kingdom and justice of God and all these things will also be given to you" (Mt 6,33). As St Paul says, "if you are risen with Christ, seek the things that are above, where Christ is seated at the right hand of God. Set your mind on the things that are above, not on earthly things" (Col 3,1-2). Your prayer will have the quality of gold and will enrich you with heavenly treasures.

Purity of attention: In prayer be attentive only to the presence of God and to those interior experiences of thoughts and feelings, where he allows himself to meet you and to be met by you. You may have some difficulty at the beginning in finding that experience of God, but once you have found it, stay with it and don't distance yourself from it; then you will find devotion and spiritual fruit. Resist with all your energy any voluntary distractions; they can kill that

unique attention to God. Be patient with involuntary distractions. Just rekindle that sole attention to God and the things of God when you become aware that you have been distracted without wishing to be. People usually fix their attention on what is worrying them, saddening them or even what they are aspiring to achieve in life as something important. What is needed here, in order to pray well, is to cultivate a good relationship of faith and love of God and to learn how to put into God's hands all that worries and saddens you, hoping that he will relieve and help you. So you will be able, more easily, to persevere in this attention to God and to reach the point of being alone with him when you pray. Your prayer, then, will be the source of great interior change in you and the vehicle for powerful broadening of grace. With care and attention your prayer can develop, under God, your understanding of the things of God. Gradually you will be introduced to that knowledge of the truth which will set you free in accordance with the promise of Jesus: "You will be my true disciples if you keep my word. Then you will know the truth and the truth will make you free" (Joh 8:31-32).

Purity in action: In prayer a person acts - be it interiorly, be it exteriorly. It is important then that our prayer be made with great care and commitment and not just superficially. We must think that this way of acting is directed towards honouring God and our own and others' sanctification, the most important action a person can do. Vocal prayer (praying aloud) is well done when it comes from fervour of the heart and attention of the mind. The strength of such prayer lies in the purity of mind and heart which is expressed in it. Praying aloud should be calm and unhurried because good personal or community recitation gathers up and raises our prayers into the presence of God. Hymns too are most useful as a way of praying as, when well sung, with purity of intention and attention they go up to God. Sometimes it can be good to breathe rhythm into vocal prayer. Each expression of prayer follows the timing of a deep breath. This method can help to bring closer to the one who is praying the things he is saying.

SECOND PART: SPIRITUAL ELEVATIONS

ELEVATION TO THE VERY HOLY NAME OF GOD BY THE SIGN OF THE CROSS

1. Usually the sign of the cross is a gesture that accompanies the begin of the prayer and liturgical rites. It is made by a sign of the cross upon oneself and pronouncing the words: In the name of the FATHER (crossing oneself on the forehead), of the Son (crossing oneself at the centre of chest, corresponding to the solar plexus), and of the Holy Spirit (crossing oneself on the shoulders). Sometimes the sign of the cross is made without pronouncing the words, as people do before eating or passing before a church or a funeral, but this is an imperfect way to make the sign of the cross, because its principal meaning is in the words, that are pronounced, while we make the sign of the cross.

2. Why is it so much important to pronounce the name of the Father, of the Son and of the holy Spirit, while we make the sign of the cross? Because with these words we show a deep communion with God Father, Son and Holy Spirit, and we feel close to him, which is between us believers and God. This deep communion and closeness are given by the fact that the Christian, if he really lives in grace of God, as it should be, is the temple of God, where God resides. For that the three Divine persons live in the Christian as in his temple with all the wealth and splendour of Divinity and of his works. The presence of the very Holy Trinity is given by the “name”, in the same way it happens when I shout: “Mario”, in order to call a person passing in the street , who has this name. This turns towards me, hearing his name. So invoking the name of the Father, of the Son and of the Holy Spirit, making a sign of cross, calls for the presence and the power of God, that is inside us, in our mind, in our heart and in our strengths.

3. In fact, when I make the sign of the cross on the forehead, saying: “In the name of the Father”, I show the place where the Father, source of Divinity and of all his attributes, has put his residence: inside my mind, of which the forehead shows the physical place. The mind is positioned on the highest place of the human to show his most important part. It is like the crown of a king, that, put on his

head, shows his royalty. The mind is the part that makes the man king of the creation, submitted only to the supreme Mind, that created every thing, the Father. Making the sign of the cross, while we say: "In the name of the Father", means that our mind is submitted to God and wishes to operate in his light. In this way it becomes the residence of the supreme Mind, the Father.

4. When I make the sign of the cross at the center of my chest, I show that in that place is the residence of the Son, pronouncing his Name. The center of the chest is the symbol of the "heart" of a man, of his "womb", where all the vital energies of the man, mental, psychic and physical, are collected. The heart of man is like an abyss, that has the same wideness, height, width and deepness of the mind. Together with the mind the heart realizes the man in his interior essence, while the body represents the exterior man. In the very Holy Trinity the Son is he who is generated from the "womb" of the Father, where he lives, as his picture perfect image. For this reason the womb of man, equivalent to his heart, reminds the place where the Word of God, his Son, has put his residence in the man.

5. Going down, we say "and of the Holy Spirit". We indicate the Holy Spirit around our shoulders. Why do we do this sign? Because the shoulders are symbol of activity and of strength. The arms, by which man work, starts from the shoulders. Even from the shoulders the wings of the Holy Spirit begin, symbol of spiritual forces, that move us when we are guided by the Holy Spirit. These wings are two and show the adoration and love of God, which are the most important activities for the Holy Spirit, by which we are united to the Father and the Son.

6. So the sign of the cross, is the symbolic expression of the state of covenant, by which God is united to men, believers in his Name and obedient to Him, and, in the same time, by which the believers are united to Him. The Christians are the temple of God and God is He who lives in them.

7. Here is one of the secrets of the sign of the cross, understanding of which will help us to enter the presence of God in his own temple, that we are, and to elevate ourselves in communion with Him.

PRACTICAL EXERCISE

1. Be silent in yourself and around you. Close your eyes to be more absorbed and keep attention in your inner self. Sign yourself on your forehead with your right hand and say aloud: "In the name of the Father". Then be in a meditative silence state for a while, remain in that position. Contemplate the presence of the Father in your mind and cling to Him.
2. Cross yourself on your chest, saying: "...of the Son". Silence, contemplating the Father.
3. Cross yourself on your shoulders, saying: "...and of the Holy Spirit". Silence, contemplating as for the Father.
4. You can then express spontaneous prayers or adoration and praising song, relying on the very holy Name of God, as the Spirit will suggest you.

INVOCATION

Come now, my soul,
let go of all the things of the earth,
creatures visible and invisible,
ranks of angels and saints,
lift yourself up to the contemplation
of the one and only eternal God and Saviour of all,
to whom for ever and ever is
all holiness and goodness,
majesty and beauty,
love and justice.
It is the heavenly Father who has
given us new birth in Christ
as his dearest children,
so that we might praise his glory.
He desires so much
to be known and loved by us.
His love for us is immense
as he himself is immense.
He created us because he wants us to be happy
filled to overflowing with his light,
with his love and his most holy gifts.
Go up then to his throne
with praise and adoration,
with spiritual fervour and with love.
Proclaim with all your strength his great name,
so that he will be for ever greater with every praise.
Then his glory will embrace you
and you will be seated with him in heaven.
Eternal Son of God,
Jesus Christ,
eternal wisdom who alone knows the Father,
thank you for having revealed the Father to me
thank you for having given me his son!
Send now a ray
of your most brilliant light
into my mind,
so that I can know the Father more
and thus adore and love him

with all the ardour of my heart.
Holy Spirit, you
who know the face of the Father
raise me to your heights
and grant that in you, with you and through you
I can adore the Father in the light of his face.
[Amen.](#)

CONTEMPLATION OF THE MOST HOLY NAME OF GOD.

a. In order to lift yourself up to the glory of the Father, you have to rise up on the wings of faith and contemplation towards the holiest name, seeking to understand the depth and the sublime nature of this in which resides the fullness of God. For ever, and without beginning, the glory of the divinity shines in the Father and is reflected in the Son and the Holy Spirit. Outside God the whole of creation exists “in the name of the Father and of the Son and of the Holy Spirit” participating in the richness of the HOLY TRINITY OF GOD.

b. The following are two texts which I have written on the most holy name of God. One concerns his very mystery while the other his self-revelation and his working in the world. I invite you to use them as a basis for meditation and contemplation, giving support to faith and adoration. The texts may help to enter into the grace of God, into the mysterious depths of God always so much higher than our own understanding. They are intended for faith and adoration and so are best meditated upon in the silence of the heart, but can be accompanied by meditation with gestures which will direct us towards deeper faith such as raising the arms, prostration, genuflection, bowing – or any other way which would best lead to an expression of a prayerful relationship with God.

I. CONTEMPLATION OF THE NAME OF GOD

I adore the most holy name of God,
Father, Son and Holy Spirit
with all my heart, with all my mind, with all my strength.

I AM THE MOST HOLY GOD
THE INFINITE, INTELLIGIBLE AND ETERNAL LIGHT
THE ALL POWERFUL
BEGINNING AND END OF ALL THINGS
HOLY IS MY NAME.
Most holy Light,
Most holy Splendour,
Most holy Wisdom,
Most holy Intelligence,

Most holy Power,
Most holy Majesty,
Most holy Love,
Most holy Mercy
Most holy Justice
Most holy King.

“All the surrounding area on top of the mountain is a most holy area. Such is the charter of the Temple.”
(Ezek. 43:12)

THE SPIRIT

infinite, without beginning, eternal,
omnipotent, omnipresent, all-seeing
above every creature
in existence, living, thinking,
untiring, incorruptible, immortal,
always active, always resting,
unique, simple,
formless, limitless,
holding all, supporting all,
pervading all, dominating all,
incomprehensible in your being,
even to those spirits nearest to you in heaven,
marvellous, ineffable, sweetest,
most beautiful, most blessed, light-filled.

“Exalt the Lord in your praises as high as you may - still he surpasses you.

Exert all your strength when you exalt him, do not grow tired - you will never come to the end.” (Eccl. 43:30)

“In his palace everything cries, “Glory!” (Ps. 29:9)

II. CONTEMPLATION OF THE NAME OF GOD FROM HIS REVELATIONS TO THE WORLD

In the beginning
THE MOST HOLY GOD
revealed his glory by
creating heaven and earth

in his WISDOM and his Spirit

In the fullness of time
THE MOST HOLY GOD
revealed his glory even more by
giving us Jesus Christ, his Son
as our Lord and Saviour
and the Holy Spirit as our Sanctifier.

Now
THE MOST HOLY GOD
dwells with his glory
within the believing Church, his temple
and brings salvation and holiness to the world
with the unity of mankind with him in Christ.

At the end of time
THE MOST HOLY GOD
will reveal himself as he is
in the glorious coming of HIS SON, JESUS CHRIST
who will come in splendour
manifested by the HOLY SPIRIT.
He will be for us the resurrection of the dead, the judgement of the
nations
of the earth, the separation of the just from the unjust. The just will
be
taken into heaven where they will be for ever with the Lord; while the
unjust will go their eternal death.
THE MOST HOLY GOD
will be all in all
and will reign for ever with the saints
who will see him and will adore him
in the joy and splendour of his Kingdom.
Amen.

CONTEMPLATIVE ANNOUNCES ABOUT THE NAME OF GOD

By reciting and meditating in your heart, you can reach the point of raising yourself into direct contact with the name of God, who is loved and contemplated in various aspects of his ineffable mystery. The contemplative announces I am suggesting can be made privately or with others, in front of the Blessed Sacrament (exposed or within the tabernacle). If prayed with other people one person should say the short announce aloud and the others present should then repeat it with respect and devotion. There should then follow a short or longer period of silence in order that the prayer and contemplation can be internalised. The fact that we address God, to whom our prayer is directed, familiarly (as YOU) allows us to be open to him immediately and in the way that expresses that familiar intimacy.

First announce series: ETERNAL ONE

From the beginning and for ever YOU ARE GOD
From the beginning and for ever YOU ARE INFINITE
From the beginning and for ever YOU ARE PERFECTION
From the beginning and for ever YOU ARE HOLINESS
From the beginning and for ever YOU ARE LIGHT
From the beginning and for ever YOU ARE LIFE
From the beginning and for ever YOU ARE WISDOM
From the beginning and for ever YOU ARE POWER
From the beginning and for ever YOU ARE BEAUTY
From the beginning and for ever YOU ARE KING

(continue with any other titles you wish)

Second announce series: THE MOST HOLY

You alone are THE MOST HOLY LIGHT
You alone are THE MOST HOLY GOODNESS
You alone are THE MOST HOLY BEAUTY
You alone are THE MOST HOLY LOVE
You alone are THE MOST HOLY TRUTH
You alone are THE MOST HOLY WISDOM
You alone are THE MOST HOLY PEACE

You alone are THE MOST HOLY POWER
You alone are THE MOST HOLY MAJESTY
You alone are THE MOST HOLY KING

(continue with any other titles you wish)

Third announce series: SUPREME

You alone are THE SUPREME NAME
You alone are SUPREME WISDOM
You alone are THE SUPREME INTELLECT
You alone are SUPREME GOODNESS
You alone are SUPREME BEAUTY
You alone are SUPREME JUSTICE
You alone are SUPREME GLORY
You alone are OUR SUPREME FOUNDATION
You alone are OUR SUPREME VICTORY
You alone are THE SUPREME KINGDOM

(continue with any other titles you wish)

Fourth announce series: PRESENCE

You alone are the most HOLY PRESENCE
You alone are the most PRECIOUS PRESENCE
You alone are the STRONGEST PRESENCE
You alone are the SWEETEST PRESENCE
You alone are the most CONSTANT PRESENCE
You alone are the most HIDDEN PRESENCE
Yours alone is the PRESENCE which penetrates all things
Yours alone is the PRESENCE which is known to all
Yours alone is the PRESENCE which is loved by all
Yours alone is the PRESENCE which judges all

(continue with any other titles you wish)

Fifth announce series: SPLENDOUR

You alone are WONDERFUL SPLENDOUR
You alone are MOST HOLY SPLENDOUR

You alone are MOST BLESSED SPLENDOUR
You alone are MOST PEACEFUL SPLENDOUR
You alone are SWEETEST SPLENDOUR
You alone are MOST RESTFUL SPLENDOUR
You alone are MOST DAZZLING SPLENDOUR
You alone are INFINITE SPLENDOUR
You alone are MOST JOYFUL SPLENDOUR
You alone are MOST GENTLE SPLENDOUR

(continue with any other titles you wish)

Sixth announce series: PERFECTION

You alone are PERFECT light
You alone are FOUNT OF ALL PERFECTION
You alone are PERFECT GOODNESS
You alone are PERFECT LOVE
You alone are PERFECT JUSTICE
You alone are PERFECT MERCY
You alone are PERFECT HARMONY
You alone are PERFECT WISDOM
You alone are PERFECT RULER

(continue with any other titles you wish)

LET 'S GLORIFY THE FATHER FOR HIS DIVINITY AND TRINITY

The Father is that who owns in a primary way the Divinity and is the source of Trinity. For that the worship of the very holy Name of God is turned mainly to the Father both in the Liturgy of the Church and in private prayer of believers. All the Eucharistic prayers of Liturgy are preceded by solemn prayer of adoration, glorification and thanks giving to God for what He is and for his great works in favour of humanity. They end by an angelic hymn of adoration to God: Holy, Holy, Holy... The liturgical conventional phrase of introduction to this glorification is solemn and official: ...Under the influence of the Spirit every Christian may elevate himself to the contemplation and adoration of Divinity and Trinity of The Father. Expressing in the prayer, sometimes silent, sometimes by the language of wisdom, the unutterable contact with the mystery of the Divinity and Trinity of the Father.

Glorifying the Father for his Divinity

I glorify You, Father,
for the glory of your Divinity.
From ever and for ever You are,
infinite, eternal, almighty,
inscrutable in your Essence,
wonderful in your very holy Light.
I kneel before you and I worship You.
You are God, infinite Splendour,
from where all things begin
and where all things find
their beauty, goodness and truth.
Nothing exists beyond You,
because only You are.
To You the glory of being
From ever and for ever God.
For that I kneel before You
And adore You in absolute silence.

Glorifying the Father for his Trinity

I Glorify You, Father, for the glory of your Son,

born from You as your Word,
your Wisdom and your eternal Image,
in the same Divinity,
in the same honour and glory.

I glorify You, Father,
for the glory of your Holy Spirit,
who comes from You
as the Spirit of truth
and of unity in love with your Son,
in the same Divinity,
in the same honour and glory.

I fall down before You, Father;
I fall down before You, Son,
I fall down before You, Holy Spirit
And I adore the glorious splendour of Divinity,
present in the same way,
wonderful, in the Divine Three Persons.

Raise me to your unceasing adoration
Of the very holy Trinity,
so that I may sing
together with angels and saints
the eternal hymn of your glory:
Holy, holy, holy,
the Lord Almighty God,
Father, Son and Holy Spirit,
the only God of the heaven and the earth.

Prayer to the Father

O infinite Creator of life,
I thank You for having created me.
You made me as a miracle.
In the womb of my mother You interweaved me
And every day You renew to me the gift of life.
Let me glorify your Name today and for ever,
let me live in your presence,
let me do your will,

without walking in the ways of the evil one.
Grant me the perfect knowledge
Of what is right and holy for You
And the grace to do it,
so that all I am,
mind, heart and body,
be the praise to your glory.
through Jesus Christ, your Son. Amen.

WORSHIP GOD'S NAME IN ALL ITS SPLENDOUR

I recommend this method in order to devote more time to simple adoration of the Name of God, worshipping His splendours and attributes. Each individual act of adoration can be read once or repeated several times and accompanied by moments of silence, songs or spontaneous prayers as prompted by the Spirit. Remember that the experience of the adoration of God teaches that it finds expression in free manners with the guide of adorers, able to let God guide them in inspired ways of adoration, according to the Spirit of the Lord.

I worship your most holy Name
Father, Son and Holy Spirit (3 times).
I worship your omnipotent Name
Father, Son and Holy Spirit (3 times).
I worship your infinite Name
Father, Son and Holy Spirit (3 times).
I worship your almighty Name
Father, Son and Holy Spirit (3 times).
I worship your sublime Name
Father, Son and Holy Spirit (3 times).
I worship your Name as Lord
Father, Son and Holy Spirit (3 times).
I worship your Name as Light
Father, Son and Holy Spirit (3 times).
I worship your Name as Love
Father, Son and Holy Spirit (3 times).
I worship your Merciful Name
Father, Son and Holy Spirit (3 times).

I worship your Name as Truth
Father, Son and Holy Spirit (3 times).
I worship your Name as Beauty
Father, Son and Holy Spirit (3 times).
I worship your Name as Justice
Father, Son and Holy Spirit (3 times).
I worship your Name as Providence
Father, Son and Holy Spirit (3 times).

PRAYER OF CONSECRATION OF THE CALENDAR YEAR TO THE MOST HOLY NAME OF GOD

The beginning of every calendar year is a holy event, because it brings us back to the very first of all events, the origin of time: God's act of creation when He said "Let there be light. And there was light... There was evening and there was morning: the first day" (Gen 1,3-5). Time began with the Creation. It denotes the evolution of creation, in which God continues to work in order that Man may achieve the purpose of creation - eternal life. Consecrating the new calendar year to God is the expression of enlightened intelligence regarding the beginning of time and its true meaning, which gives true life to Man living his existence in time. Such an act of consecration is in drastic contrast with the darkened mentality of Men today, who do not recognise the Creator of time nor seek communion with Him as the most precious asset of life over time.

Omnipotent Lord,
Creator of time and eternity
for mankind,
we receive from Your hands
the gift of this year.....
and as we receive it
we wish to consecrate it to You.

We wish to consecrate it
to your Divine Omnipotence,
in order that the time of this year
might glorify your Name
and spread the gift of salvation throughout humanity.

We wish to fill our days
with Your Will,
for the coming of Your Kingdom
making good and holy works,
to please You.
We offer You all the goodness
that you give us to carry out
because it comes from You
and shall return to You

in glory of Your name.

Lord God, Holy Father,
draw us to the living knowledge of Jesus Christ,
whom You sent into the world
as the way, the truth and the life for all men.
Open our minds and hearts
to the knowledge and love of Your Word,
contained in the Holy Scripture
and preached by the Church,
so that we may dwell with You
in holy and sanctifying prayer.
Give us the zeal to seek with all our hearts
And before all other things,
Your kingdom and justice,
certain that You will take care
of our human problems.
Amen.

ACT OF TRUST IN THE FATHER

This "Act of Trust" expresses the relationship of communion between the Holy Spirit, God and His faithful ones. "The Lord's poor confide in the Lord": this statement with its Biblical flavour encapsulates the quintessential act of trust in the HOLY NAME OF GOD, presented below.

Beloved Father in heaven,
all Light and Splendour,
Creator of all things
and our Father in Jesus Christ Your Son,
I entrust my life
to Your holy, omnipotent and eternal Name,
so immensely good and merciful,
that I may become like You in glory.
Created by You for love,
saved by You for love,
You desire my sanctification and glory
in which You may manifest
Your sanctity and glory.
For this reason I entrust myself wholly to You
and the power of Your glory,
with which You effect all things
in heaven and on earth.
I entrust my sinful self
to Your Mercy and Sanctity;
my weak self to Your Power;
my ignorant self to Your Wisdom;
my human projects to Your Counsel;
my selfish being to Your Love,
so that I may learn to love as You do;
all my limitations and inabilities
to Your unlimited Ability in all things.
In the shade of Your wings
guided by You towards good and only good,
and nothing but good,
in the most absolute conformity
to Your holy Will.
In this way I shall glorify Your holy Name

and be recognised in eternity
as Your son in Your Son Jesus Christ,
who lives and reigns with You
forever and ever.
Amen.

HYMN TO GOD CREATOR

a. While glorifying our Creator and Father, we live the most sublime aspect of man's dignity, which is in his vocation to the communion with God: "Since his birth man has been invited to a dialogue with God. The reason why man exists, indeed, is the fact that God created for thanks to his love and, for love, continuously he is giving him his existence; and man does not live fully according to truth if he does not accept that love freely and surrender to his Creator" (II Vatican Council, Gaudium et Spes, no 19).

b. This hymn is born from the careful contemplation of God's presence and activity in every thing existing in the creation. Everything speaks about Him and leads the contemplative soul to the knowledge and love of God. However the creation introduces us only to the threshold of the MYSTERY, because in all its parts it is only a footprint of God. The mystery of the most holy Name, author of any thing, remains hidden and the soul, singing and contemplating the great works by God, full of love and gratitude, elevates itself towards higher communion with the Father.

1. When I wake up in the morning
and my strengths rises to life,
I worship and thank God who created me
and I praise Him with all my heart:

Glory to your Name, Living God, who called me to life
Glory to your unlimited Goodness
Glory to your Providence
Glory to your merciful Love
Glory to your Power, which created me from nothing
Glory to your Light, shining on me
Glory to your Peace, which fulfils my heart
Glory to your Splendour, that leads my life
Glory to your Sweetness, which levels my paths
Glory to your Strength, which helps in my difficulties,
Glory to You, Almighty God, Creator of the heavens and the earth.

2. When I look at the majestic sky above me
in a clear night, I see it full of stars,

wrapped in a quiet silence.

Then my heart rises and I think of you, Almighty God,
who disposed the imposing scenery of the starred sky:

Praise to Your Name, o supreme Architect of the vault of heaven
Praise to You, o mysterious Majesty, extending from side to side of
the hole sky

Praise to You, powerful God, who makes the stars exist to show the
overabundance of your power

Praise to You, Wisdom, You know their indefinite number
immediately

Praise to You, Greatness, before You all stars are nothing

Praise to You, silent God, You speak to us through the silence of the
stars

Praise to You, Beauty, who express yourself with the admirable
harmony of the heavenly powers

Praise to You, Splendour, revealing your hidden presence through
the brightness of the stars

Praise to You, infinite Ocean of the Being, going over and over the
unlimited sky

Praise to You, Almighty, who makes the stars steady as a sign of
your kingdom every time

Praise to You, Almighty God, Creator of the heavens and the earth.

3. Whenever I watch and gaze up the expanse of the ocean
and the mystery of the waters on the seashore,
I rise to You, o Heavenly Wisdom,
who created everything,
and I announce the greatness of your wonderful works:

I bless You, Living God, Creator of the sea and all kinds of waters

I bless You, Wisdom, who put in the waters the vital energy of the
earth

I bless You, Power, who created the numberless waters

I bless You, Life, who give life to men, animals and plants through
water

I bless You, Providence, who grant water also to the wicked in order
to show your Goodness

I bless You, Mystery, hidden more than the unknown abysses of the
oceans

I bless You, supernatural Sea of the Being, full of endless judgements like a deep sea
I bless You, Ocean of Knowledge, who satisfy our souls as the water quenches the thirst of our bodies
I bless You, Father of human beings, who give us a clear sign of your simplicity in the limpidity of water
I bless You, Author of the water, miracle of your intelligence
I bless You, Almighty God, Creator of the heavens and the earth

4. Whenever the sun light dazzles me,
and the fire alights me in the night,
I think of You, Almighty God,
who created every thing
for the life and the refreshment of man:

I glorify You, eternal Light, who gave us a sign of your spiritual Nature with the sun light
I glorify You, burning Fire, who make us fall in love and warm us more than any fire
I glorify You, endless Source of every energies in heaven and earth
I glorify You, Living Sun, shining infinitely more than the beings You created
I glorify You, Love, who burn the heart more than any other love
I glorify You, eternal Justice, who with the strength of fire make justice where there is none
I glorify You, irresistible Power more than all fires
I glorify You, unpredictable and sudden God, as a lightning in the night
I glorify You, wonderful Splendour more than any star light
I glorify You, creative Light, who give existence, life and movement with your apparition
I glorify You, Almighty God, Creator of the heavens and the earth.

5. Whenever I look at the fields abundant of harvests
and trees full of fruit, I rise to You, Creator of every thing;
I feel in my heart a voice whispering: Thank him,
who provides the life of man with such an abundance:

I thank You, Providence of men
I thank You, Dispenser of the daily bread, which supports us

I thank You, unlimited Fantasy, that dispose such a great variety of goods, necessary for our life

I thank You, Father, who take care of the our poor earth, making it fertile of life for man

I thank You, supreme Good, reflecting your face on the humble good, given us by the bread we eat

I thank You, great Architect, who dispose wide spaces and open fields for the growing of food necessary to our life

I thank You, Giver of work to man, by which You make him cooperate to the development of your creation

I thank You, Power always active in every human work right and honest

I thank You, heavenly Table, full of all goods for man

I thank You, Almighty God, Creator of the heavens and the earth.

6. When I feel hungry and thirsty,
I look for the goods necessary for life,
but more than any goods,
for me it's precious the hunger and the thirst of You,
because without You our existence is nothing:

I worship You, highest and infinite Good, who satisfy all human hearts

I worship You, infinite Wisdom, answer to the mind that looks for the supreme truth

I worship You, eternal Love, who can only fill the hunger of love of mankind

I worship You, endless vital Power, who make incorruptible the man who trusts You

I worship You, ever shining Beauty, who fulfils all wishes of beauty existing in our hearts

I worship You, perfect Justice, who satisfy our hunger and thirst of justice with unspeakable goods

I worship You, infinite Mercy, who help us sinners in our needs of redemption which satisfy beyond all our wishes

I worship You, incomparable Holiness, who rise to the dignity of saints the sons of men, coming from sins

I worship You, deep and permanent Peace, who satisfy our hearts, longing for peace in unconceivable ways

I worship You, indescribable Joy, who realize the wishes of joy and

happiness of the righteous, every day suffocated by the human malice

I worship You, Almighty God, Creator of the heavens and the earth.

7. When I consider my dignity of God's son,
I see myself at once complex and simple,
supernatural and natural, spirit and flesh,
a miracle of unity between the divine and the human:
I worship You in myself, made and though in all my parts
as a masterpiece of your creation:

Glory to You, very high Creator of man

Glory to You, who have redeemed me from the sin with the blood of your Son

Glory to You, who have infused me your vital Spirit

Glory to You, who have raised my intelligence to the knowledge of You, Almighty God

Glory to You, who filled my heart with the love for You, supreme Good

Glory to You, who give me great and wonderful promises of goodness and happiness

Glory to You, who give me commandments of justice to let me follow them in my life

Glory to You, who make the sublime angels of heaven my friends

Glory to You, who make me victorious against the powers of hell

Glory to You, Almighty God, Creator of the heavens and the earth.

Glory to the Father

CELEBRATION OF GOD AS CREATOR OF THE HEAVEN AND THE EARTH

Many people today are affected by a severe mental blindness that causes them to miss the creatural meaning and nature of all things including mankind. They are unable to rise from visible things to God the Creator, the creator of all things, including mankind. This perception is the foundation of religion, wherein a connection is established between Man the creation and his Lord and Creator. Here is a little prayer exercise inspired by the first chapter of Genesis, which is useful for developing in Man the consciousness of his dependence on God in all things and raising the human mind to communion with the Creator. With this prayer we bless God for his creation and are blessed by Him with renewed expressions of blessings for our life. The exercise can be carried out alone or with others, and enriched with songs and other moments of spontaneous prayer.

1.

Leader: *(reading Genesis 1,1-2)* **In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.**

Let us glorify THE NAME OF GOD, who created heaven and earth and all things from nothing.

All: ~~*(dove c'è ; si fa una pausa)*~~ Glory, glory, glory to God, Father:, Son: and Holy Spirit:, who created the heavens and the earth. (5 times)

Singing : Alleluia!

2.

Leader: *(reading Genesis 1, 3-5)* **And God said, Let there be light: and there was light. And God saw the light, that it was good: and God divided the light from the darkness. And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day.**

Let us glorify THE NAME OF GOD, who on the first day of creation created light and separated the darkness, and called the light day and the darkness night.

All: ~~(dove c'è ; si fa una pausa)~~ Glory, glory, glory to God, Father, Son: and Holy Spirit:, who created light (5 times)

Singing: Alleluia!

3.

Leader: *(reading Genesis 1,6-8)* **And God said, Let there be a firmament in the midst of the waters, and let it divide the waters from the waters. And God made the firmament, and divided the waters which were under the firmament from the waters which were above the firmament: and it was so. And God called the firmament Heaven. And the evening and the morning were the second day.**

Let us glorify THE NAME OF GOD, who on the second day of creation created the firmament, separating the waters above from the waters below the firmament, and called the firmament sky.

All: ~~(dove c'è ; si fa una pausa)~~ Glory, glory, glory to God, Father:, Son: and Holy Spirit:, who created the firmament. (5 times)

Singing : Alleluia!

4.

Leader: *(reading Genesis 1,9-13)* **And God said, Let the waters under the heaven be gathered together unto one place, and let the dry land appear: and it was so. And God called the dry land Earth; and the gathering together of the waters called he Seas: and God saw that it was good. And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so. And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good. And the evening and the morning were the third day.**

Let us glorify THE NAME OF GOD, who on the third day of creation created the dry land with its vegetation and separated it from the waters above, and called the separated waters "sea".

All: Blessing, Blessing, Blessing to God, + Father, Son and Holy Spirit, who created the land and the sea. (5 times)

Singing : Alleluia!

5.

Leader: *(reading Genesis 1,14-19)* **And God said, Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years. And let them be for lights in the firmament of the heaven to give light upon the earth: and it was so. And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also. And God set them in the firmament of the heaven to give light upon the earth, and to rule over the day and over the night, and to divide the light from the darkness: and God saw that it was good. And the evening and the morning were the fourth day.**

Let us glorify THE NAME OF GOD, who on the fourth day of creation created the sun, moon and stars to separate times and seasons.

All: Thanks, Thanks, Thanks to God, + Father, Son and Holy Spirit, who created the sun, moon and stars. (5 times)

Singing : Alleluia!

6.

Leader: *(reading Genesis 1,20-23)* **And God said, Let the waters bring forth abundantly the moving creature that hath life, and fowl that may fly above the earth in the open firmament of heaven. And God created great whales, and every living creature that moves, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good. And God blessed them, saying, Be fruitful, and multiply, and fill the waters in the seas, and let fowl multiply in the earth. And the evening and the morning were the fifth day.**

Leader: Let us glorify THE NAME OF GOD, who on the fifth day of creation created the birds in the air and the fish in the sea.

All: Acclamation, Acclamation, Acclamation to God, + Father, Son and Holy Spirit, who created the birds and the fish. (5 times)

Glory to the Father.

7.

Leader: *(reading Genesis 1,24-31)* **And God said, Let the earth bring forth the living creature after his kind, cattle, and creeping thing, and beast of the earth after his kind: and it was so. And God made the beast of the earth after his kind, and cattle after**

their kind, and every thing that creepeth upon the earth after his kind: and God saw that it was good. And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth. And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so. And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day.

Let us glorify THE NAME OF GOD, who on the sixth day of creation created first the animals and then man in his image and likeness.

All: Alleluia, Alleluia, Alleluia, + Father, Son and Holy Spirit, who create animals and men in his image and likeness. (5 times)

Glory to the Father.

8.

Leader: (reading Genesis 2,1-3) Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made. These are the generations of the heavens and of the earth when they were created, in the day that the LORD God made the earth and the heavens,

Let us glorify THE NAME OF GOD, who on the seventh day of creation finished creating and rested. He blessed the seventh day and made it holy and called man to keep it holy and on this day enter into communion with Him and be blessed with Rest.

All: Worship, Worship, Worship to God + Father, Son and Holy Spirit,
who made the seventh day holy. (5 times)
Glory to the Father.

BLESS THE NAME OF GOD

As you pronounce these blessings of the most holy Name with a spirit of faith and worship, they will raise you up to union with God. If you are alone and have time, take a moment to savour and repeat the blessings you find most striking. If you are in company, recite them slowly and rhythmically, pausing occasionally.

FOR ALL THAT HE IS

1. Blessed be God, + Father, Son and Holy Spirit, Most Holy King,
2. Blessed be God, + Father, Son and Holy Spirit, Most Holy Wisdom
3. Blessed be God, + Father, Son and Holy Spirit, Most Holy Intelligence
4. Blessed be God, + Father, Son and Holy Spirit, Most Holy Goodness
5. Blessed be God, + Father, Son and Holy Spirit, Most Holy Beauty
6. Blessed be God, + Father, Son and Holy Spirit, Most Holy Justice
7. Blessed be God, + Father, Son and Holy Spirit, Most Holy Glory
8. Blessed be God, + Father, Son and Holy Spirit, Most Holy Foundation
9. Blessed be God, + Father, Son and Holy Spirit, Most Holy Winner
10. Blessed be God, + Father, Son and Holy Spirit, Most Holy Kingdom

FOR HIS RELATIONSHIP WITH US

1. Blessed be God, + Father, Son and Holy Spirit, our Light
2. Blessed be God, + Father, Son and Holy Spirit, our Salvation
3. Blessed be God, + Father, Son and Holy Spirit, our Liberator
4. Blessed be God, + Father, Son and Holy Spirit, our Saviour
5. Blessed be God, + Father, Son and Holy Spirit, our Refuge
6. Blessed be God, + Father, Son and Holy Spirit, our Rest
7. Blessed be God, + Father, Son and Holy Spirit, our Strength
8. Blessed be God, + Father, Son and Holy Spirit, our Goodness
9. Blessed be God, + Father, Son and Holy Spirit, our Peace

10. Blessed be God, + Father, Son and Holy Spirit, our Joy

Glory to the Father....

11. Blessed be God, + Father, Son and Holy Spirit, my Hope
12. Blessed be God, + Father, Son and Holy Spirit, my Love
13. Blessed be God, + Father, Son and Holy Spirit, my Comforter
14. Blessed be God, + Father, Son and Holy Spirit, my Providence
15. Blessed be God, + Father, Son and Holy Spirit, my Counsellor
16. Blessed be God, + Father, Son and Holy Spirit, my Justice
17. Blessed be God, + Father, Son and Holy Spirit, my Holiness
18. Blessed be God, + Father, Son and Holy Spirit, my Reconciliation
19. Blessed be God, + Father, Son and Holy Spirit, my Helper
20. Blessed be God, + Father, Son and Holy Spirit, my Help

Glory to the Father....

21. Blessed be God, + Father, Son and Holy Spirit, my Guide
22. Blessed be God, + Father, Son and Holy Spirit, my Protector
23. Blessed be God, + Father, Son and Holy Spirit, my Shepherd
24. Blessed be God, + Father, Son and Holy Spirit, my Mercy
25. Blessed be God, + Father, Son and Holy Spirit, my Inspiration
26. Blessed be God, + Father, Son and Holy Spirit, my Beatitude
27. Blessed be God, + Father, Son and Holy Spirit, my Forgiveness
29. Blessed be God, + Father, Son and Holy Spirit, my Wisdom
30. Blessed be God, + Father, Son and Holy Spirit, my Clothing

Glory to the Father....

31. Blessed be God, + Father, Son and Holy Spirit, my Delight
32. Blessed be God, + Father, Son and Holy Spirit, my Judge
33. Blessed be God, + Father, Son and Holy Spirit, my King
34. Blessed be God, + Father, Son and Holy Spirit, my Lord
35. Blessed be God, + Father, Son and Holy Spirit, my Bridegroom
36. Blessed be God, + Father, Son and Holy Spirit, my Father
37. Blessed be God, + Father, Son and Holy Spirit, my Mother
38. Blessed be God, + Father, Son and Holy Spirit, my Direction
39. Blessed be God, + Father, Son and Holy Spirit, my Breath
40. Blessed be God, + Father, Son and Holy Spirit, my Host

Glory to the Father....

41. Blessed be God, + Father, Son and Holy Spirit, my Companion
42. Blessed be God, + Father, Son and Holy Spirit, my Blessing
43. Blessed be God, + Father, Son and Holy Spirit, my Life
44. Blessed be God, + Father, Son and Holy Spirit, my Eternity
45. Blessed be God, + Father, Son and Holy Spirit, my Bread
46. Blessed be God, + Father, Son and Holy Spirit, my Water
47. Blessed be God, + Father, Son and Holy Spirit, my Path
48. Blessed be God, + Father, Son and Holy Spirit, my Perfection
49. Blessed be God, + Father, Son and Holy Spirit, my Virtue
50. Blessed be God, + Father, Son and Holy Spirit, my Everything

Glory to the Father....

WORSHIP OF THE SUBLIME HOLINESS OF THE FATHER

Holiness is the ineffable mystery surrounding the nature of God. The holiness of the angels and men is participation by grace in God's holiness. They may lose it but God Himself is Holy by nature. Holiness in God is as incomprehensible as God is incomprehensible. It expresses all that separates God from creatures. The holiness of God is manifest in the Purity and Light of His Nature, emanating atmospheres of Peace and irradiating Holiness. Peace, the fullness of all good things, is the emanation of God's holiness. The heavenly Jerusalem, God's city, is the city of Peace because it is filled with the holiness of God. We have God's peace in our hearts which overcomes all other feelings when the thrice holy God dwells in us.

Only dazzling Splendour
is the vision of Your Holiness.
Nothing impure dwells in it,
only pure white, peaceful Light.
In this ineffable Peace
the angels of heaven
bow down in worship.
Enfolded in the Holy Spirit
they sing praise to its Holy Splendour.
Holy, Holy, Holy,
fills the kingdom of heaven.
Everyone everywhere sings:
Holy, Holy, Holy
is the Father of heaven.
With singing, Father, I worship
by Your grace,
Your wonderful Holiness
and I am filled with ineffable peace.
The Rainbow of peace that surrounds You
is the reflection of Your Holiness
and I too am enfolded
when I worship You with songs of peace.
I bow down before Your Holiness
and in absolute silence
I allow Your Light to penetrate me.

How great, O Father, is the gift of Your worship,
which transports me to the mountain of Your Holiness.
Then I see where I came from
and where You are calling me to:
I come from Your Holiness
and You call me to be
the image of Your Holiness.
Seven colours shine in Your Rainbow of peace:
grace and truth, goodness and loyalty,
justice and forgiveness,
and lastly mutual love,
the seal of the sacred alliance
between You in us, and us in You.
Everlasting outpourings of goodness
flow from Your rainbow of peace,
which will fill the future world.
Hallowed be Your Name, Father,
because it is truly Holy
and may we receive Your peace.
Amen.

ELEVATION TO THE EVERLASTING FATHER'S MAJESTY

On the base of these elevation there is saint John's vision in the Revelation: "After this, I looked up to the wall of the sky and saw an open door. The voice which I had first heard speaking to me like a trumpet said: "Come up here and I will show you what will come in the future". Immediately I was seized by the Spirit. There, in heaven, was a throne and one sitting on it. He who sat there looked like jasper and carnelian and round the throne was a rainbow resembling an emerald" (Rev 4, 1-3). The throne is symbol of the Father as Head of all heaven and earthly realities, that came from Him and on which He has an absolute power.

I glorify You, Father,
for your holy throne, which is in heaven.
You sit on the heavenly throne
as the Head of all heavenly and earthly creatures
and rule everything by incomparable strength, wisdom and love.
In the uncreated order You are
The Head of your Son, Jesus,
who sits on your throne,
and of the seven Spirits,
who are before your throne,
the Holy Ghost,
who comes from You.
You are sitting as a sovereign on all the created order,
God of your angels and saints, Lord of all kings,
Revealer of mysteries.
All the world is before You
Is like powder on the balance.
Nothing is impossible to You.
You speak and what You say is created.
The four living creatures,
supreme worshippers of your Regality
and bearers of your throne,
proclaim unceasingly your Name:
Holy, Holy, Holy is the Lord God,
The master of the universe,
who was, and is and is to come (Rev 4,8).
The twenty-four elders,

who are before the throne,
lay their crowns in front of You,
fall down and proclaim your Royalty:
Our Lord and God, worthy are You
to receive glory, honour and power!
For You have created all things:
by your will they came to be and were made (Rev 4,11).
We also, earthly creatures,
believers in your Name,
dressed up with your regal and priestly dignity,
lay our crowns before You
fall down in front of your throne
and proclaim your immense Glory:
Yours is the greatness, the power, splendour,
length of days, glory,
for all that is in the heavens and on the earth is yours.
Yours is the sovereignty forever.
You are supreme ruler over all.
Riches and honour go before you,
You are ruler of all, in your hand lie strength and power.
You are the one who gives greatness
and strength to all (1 Chr 29, 10-12).
Amen.

ELEVATION TO THE DIVINE BEAUTY OF THE FATHER

When Peter saw the Divinity of Jesus on mount Tabor, he said: "Master, it is good that we are here" (Mt 17,4). To see God is to see the Beauty, because the utmost Being is also the utmost Beauty. The Divine Beauty is present in all beautiful and good things, made by God, as a sign that everything comes from Him who is the supreme Beauty and Goodness.

I glorify You, Father, for your Divine Beauty,
which You make it shine on your creatures
and mainly in the purity and splendour
of your angels and saints,
your sons for grace.
But your Divine Beauty shines mainly
on your son Jesus,
whom You gave us to be contemplated on mount Tabor,
when He transfigures himself before his apostles.
Your Beauty, Father, is your Divinity,
which never fades, but shines unchangeable for ever,
source of everlasting life and beauty
for all your creatures.
Falls of harmonious and splendid colours
Come from You endlessly,
creating dazzling visions of
ever new and extraordinary beauties.
Your extremely beautiful Divinity, Father,
is unutterable joy
for the spiritual eyes contemplating it.
For this I pray: Shower me with kisses of your mouth (Song 1,1).
Not to be kissed by the creature, but by your Divinity.
So I'll shine of your beauty too
And I'll be able to say: I am sunburned yet lovely,
sunburned for humanity, lovely for your divinity,
because You shower me with kisses of your mouth.
Lure me to You, let us fly!
Bring me into your rooms,
the rooms of your divine Beauty, o Father,
I'll enjoy and be happy for You,
reminding your beauties,

inebriating more than wine.
Amen.

Becoming beautiful in God

Most Holy Father, make me an image
of the Divine Goodness, of the Divine Purity,
of the Divine Beauty, of the Divine Love,
of the Divine Mercy, of the Divine Justice,
of the Divine Power, of the Divine Wisdom,
of the Divine Peace, of the Divine Joy,
of Your ineffable Name.

Most Holy Father, make me an image
of the One who is above all other names,
Jesus Christ, Your Son and our Lord,
who lives and reigns with You in the inaccessible light
of unity with the Holy Spirit
for ever and ever.

Amen.

ELEVATION TO THE DIVINE ALMIGHTY OF THE FATHER

The glorious and splendid Name, by which God revealed himself in a personal way to Abraham and prophets, has its roots in the Divine Almightyness. It is the name of the "Almighty". God grants to the humble as Abraham, Job and Mary, raising themselves to the contemplation and knowledge of Divine Might that created everything. May God grant us too, through humility, to know his name of Almighty for our exaltation and not for our ruin, as it happens to the arrogant and the proud of heart.

I glorify You, Father, for your divine Might,
present, mysterious and invisible,
in the greatest of your creatures
as in the smallest.
Unutterable is your Might, Father,
unknown to scientists and powerful men
of this world, who know only
limited and unsteady powers,
even if they can appear strong in their eyes.
Your Might, instead, is unlimited and steady,
always at the service of the justice and truth,
as guide and supporter of the righteous,
so that they may arrive to your final glorification,
and for the last fall of those who become proud
in their thoughts and follow the ways of evil.
Enlightened on your Almighty,
I worship your glorious and wonderful Name,
that You revealed to Abraham:
"I am God Almighty".
I submit to You my nullity.
By your Almighty You created me
from the nothing of the existence, where I was;
by your Almighty You drew me
out of the abyss of darkness and sin,
where the world lies and where I fell for my sins;
by Your Might You support me every day
by the light of your grace;
by your Almighty You'll rise me to
the participation of your infinite glory

with a glorious and resurrected body
in the highest of the heaven.
Your Almighty, Father, is my safety,
my comfort, my refuge,
my rest, my strength, my hope now and the hour of my death.
Bring me more and more, Father,
to the personal and intimate knowledge
of your Divine Almighty,
in an inner contact with it,
from spirit to spirit,
so that I may say with Job:
I know that You are all powerful
and nothing is impossible to you.
My ears had heard of you,
but now my eyes have seen you (Job 42,2.5).
Amen.

ELEVATION TO THE DIVINE PRESENCE OF THE FATHER

Today's secular man is blind and deaf before the Divine Presence. The man of faith and pure heart sees Him everywhere. From this came this elevation to Divine Presence of God.

I glorify You, Father, for your Divine Presence
Among us men.

O Father, how wonderful, hidden and mysterious
is Your Divine Presence!

You reveal it to the children,
and hide it to the wise and the intelligent men
of this world.

Give me simple and immaterial eyes
So that I may contemplate, adore and taste it
in my deepest spirit.

Your Divine Presence is revealed to my heart
In your Holy Name,
that the Holy Ghost causes me to believe and adore
in the temple of my heart.

It is revealed by your Word and Sacrament,
by which personally you work
for our safety and sanctification.

It is revealed by the splendour of your creation,
that exists and is moved only by the light of your glory,
present in all things.

I glorify your Divine Presence

In the mysterious rule always full of grace,
by which You direct the life of those who love You
and in the severe judgements, but always right,
by which You punish and correct the sinners.

I contemplate, Father, your Divine Presence
in the living saints and in the wonderful works of good,

by your Almighty You drew me
out of the abyss of darkness and sin,
where the world lies and where I fell for my sins;
by Your Might You support me every day
by the light of your grace;
by your Almighty You'll rise me to

the participation of your infinite glory
with a glorious and resurrected body
in the highest of the heaven.
Your Almighty, Father, is my safety,
my comfort, my refuge,
my rest, my strength, my hope now and the hour of my death.
Bring me more and more, Father,
to the personal and intimate knowledge
of your Divine Almighty,
in an inner contact with it,
from spirit to spirit,
so that I may say with Job:
I know that You are all powerful
and nothing is impossible to you.
My ears had heard of you,
but now my eyes have seen you (Job 42,2.5).
Amen.

ELEVATION TO THE BURNED LOVE OF THE FATHER

God is love: all the saving revelation of God happens in the world because God is love. Saint John declares it clearly: "This is the love: not that we loved God but that he first loved us and sent his Son's atoning sacrifice for our sins" 1 Jn 4,10). But just before the work of safety the fired love of God is operating in the creation, as the book of Wisdom says: " You love everything that exists and hate nothing that you have made; had you hated anything, you would not have formed it" (Wis 11,24). For this God, in revealing himself to Moses on the mount Sinai, declare himself "full of pity and mercy, slow to anger and abounding in truth and loving kindness" (Ex 34,6). Let us elevate, then, to the burned love of Father, that the Spirit make us feel alive and burning in our hearths.

I glorify You, Father, for your burned love,
by which you have created everything
and work for the safety of every man.
You revealed yourself to Moses in a burning bush,
to show him your nature of burning Spirit,
that expresses himself in a burned love.
Nobody can be in union with You
if not through your love
with all his heart, all his mind,
and all his forces.
For this, in the Pentecost, You revealed yourself
in the hearth and body of your disciples
by flames that make them burning of love for You
and the mission You entrusted them.
Your Love, Father, makes You completely creative,
because loving for You is giving life without being never tired,
even when the infidelity of those who are loved
might extinguish the flames of your love.
Loving for You, Father, is to look for the perfect union
with those You love in order to be one spirit with them.
For this the faithful souls test You as Bridegroom
and celebrate, out of themselves, the living flames of your nuptial
love.
As blood gives life, running through the veins,
so your love , running in our hearts,

give us eternal life, so that, burnt by you love,
test your same vitality
so we put wings like eagles,
run without toil,
walk without being tired.
Fill me, Father, more and more,
with your burned love,
so that, as your Son,
who lived only for this,
also I, as a branch united to your Son,
may offer always the sweet fragrance of your love.
Amen.

PRAISE THE FATHER WHO GAVE HIS SON TO THE WORLD AS THE SAVIOUR AND JUDGE OF MANKIND

The Father's infinite glory was manifest in Bethlehem when the angels appeared to the shepherds and announced the birth of the saviour of the world, Jesus Christ, God's gift to humanity, so that whomever believes in the Son shall not die but shall have eternal life (Jn 3:16). From this moment on the glorification of the Father passes through the welcome we give to Jesus in our hearts and our lives. If we want to glorify the Father we must welcome Jesus.

Praise to the Father for Jesus

I praise You, Father, for the ineffable gift
of Your Son to the world.

Yes Father, You so loved the world
that You gave us Your Son,
equal to You in divinity and Glory,
so that whomever believes in him
shall not die but will receive
absolution of his sins,
the life of the Son of God,
the resurrection of the flesh
and eternal life.

Thank You Father for illuminating
the darkness of my existence
with the immense light of Your Son Jesus.

Your same most holy Light,
illuminates my life and makes me
a part, here on earth,
of Your divinity and Holiness.

Thus clothed in Christ

I can live as Your true son
and await Your vision
in which I will take on Your likeness in Glory.

Increase in me, Father, the zeal and desire
to know Your Son,
sharing that ardent love
with which You gave him to us
and give him to us every day

in the most holy sacrament of the Eucharist.
I thank You for Jesus Your Son
and my hunger and thirst for him
and to be more like him in life.
Amen.

Prayer to the Father for a deeper knowledge of Jesus Christ

O Father of our Lord Jesus Christ
and our Father, I turn to You
with all the affection in my heart
and beg You to reveal to me Your Son Jesus Christ,
as You revealed him to the apostle Paul
on the road to Damascus,
so that I may be so deeply rooted in the love of Christ
that I may understand the marvellous hope
to which You call me,
the glorious treasure You prepare for Your holy ones
and lastly, I may experience Your extraordinary power,
a believer in the name of Your Son
whom You have placed above all the powers
of heaven, man and hell,
and whose Name is blessed for all time.
Amen.

PRAISE THE FATHER FOR HE HAS GIVEN THE HOLY SPIRIT TO BELIEVERS

The infinite glory of the Father has been shown to man also through the gift of the Holy Spirit, which guides and upholds Christians and the Church at all times. God the Father gave the world this gift forever at Pentecost. Let us therefore praise the Father for the gift of the Holy Spirit.

I praise You, Father,
for the gift of the Holy Spirit,
the Comforter who comes from You
as Jesus promised and which You give us
through Jesus himself.
Thank You, Father,
for giving us the Holy Spirit
as the Spirit of truth
to lead us to the whole inner Truth.
Thank You, Father,
for giving us the Holy Spirit
as a Spirit of unity in love,
to find in Christ unity with You
and all men loved by You.
Beneath the wings of the Holy Spirit
I am and work as a new creature,
no longer stammering and weak
with human nature,
but empowered by the divine Nature
communicated by the Holy Spirit.
Wisdom, knowledge, intellect,
counsel, strength, pity, awe of God,
are the seven fiery torches
lighting my existence and
strengthening me against enemies,
preparing me for good works.
Thank You, Father,
for this wonderful Comforter
who comes from You and Your Son.
He really is the Comforter we needed
in order to truly become Your children.

Make me ever more pliable
to his gentle yet firm and steadfast inspiration
and may all that I do, think and feel
rise up to You as a pleasant fragrance
combining with the perfume of the Holy Spirit
who is present and active in my deeds,
my thoughts and my feelings.
Amen.

INVOKING THE BLESSINGS OF THE FATHER AND PRAISING HIM FOR THEM

a. Through the gift of the Son and the Holy Spirit, God the Father has blessed the nations of the earth and brought forth a “chosen race, a community of priests-king, a consecrated nation, a people God had made his own to proclaim his wonders. For he called you from your darkness to his wonderful light” (1 Pt 2:9). Christians form this people, adults in the faith who celebrate their heavenly Father in perfect unity of faith and love with the words of the apostle Paul I present below. The blessings of the Father are beautifully summarised by St. Paul in the first chapter of the Letter to the Ephesians.

b. The blessings of the Father make it possible for sinful men to return to being and living in the true image of God, clothed in His divine likeness. This is God’s plan for His chosen ones. Asking for the grace of divine likeness is not an act of pride but of courage and faith in God’s plans and the new possibilities of sanctification, which are opened up to believers in Jesus Christ. We therefore pray to become more like our heavenly Father. God’s blessings on the chosen ones

Acclamation: Blessed be God, Father of Christ Jesus our Lord,
Who in Christ has blessed us from heaven
With every spiritual blessing.

First Blessing: Chosen for sanctity and redemption

God chose us in Christ before the creation of the world,
to be holy and without sins in his presence.
From eternity he destined us in love
to be his sons and daughters through Christ Jesus,
The goal suited him:
that his livening-kindness which he granted us in his Beloved
might finally receive all glory and praise.
For in Christ we obtain freedom, sealed by his blood,
and have the forgiveness of sins.
In this appears the greatness of his grace,
which he lavished on us. [Accl.](#)

Second Blessing: Knowledge of God's plan

In all wisdom and understanding,
God has made known to us his mysterious design,
in accordance with his livening-kindness in Christ.
In him and under him God wanted to unite,
when the fullness of time had come,
everything in heaven and on earth. [Accl.](#)

Third Blessing: Heavenly inheritance

By a decree of Him who disposed all things
according to his own plan and decision
we, the Jews, have been chosen and called
and we were awaiting the Messiah,
for the praise of his glory. [Accl.](#)

Fourth Blessing: The gift of the Holy Spirit

You, on hearing the word of truth,
the Gospel that saves you,
have believed in him. And, as promised, you were sealed with
the Holy Spirit,
the first pledge of what we shall receive,
on the way to our deliverance as a people of God,
for the praise of his glory. [Accl.](#)

Invocation of St Paul that the blessings of God may be fully manifest in believers

I have heard of your faith and your affection towards all the believers,
so I always give thanks to God, remembering you in my prayers.
May the God of Christ Jesus our Lord, the Father of Glory,
reveal himself to you and give you a spirit of wisdom,
that you may know him. [Accl.](#)

May you know how great is the inheritance, the glory, God sets apart
for his saints;
may you understand with extraordinary power he acts in favour of us
who believe.
He revealed his almighty power in Christ

when he raised him from the dead and had him sit at his right hand
in heaven,
for above all rule, power, authority, dominion,
or any other supernatural force that could be named,
non only in this world but in the world to come as well. [Accl.](#)

Thus God put all things under the feet of Christ
and set him above all things, as head of the Church which is his
body.
He who fills in all unfolds his fullness in the Church. [Accl.](#)

PRAISE THE FATHER FOR THE GIFT OF HIS WORD

God's word is His revelation to the world and to the hearts of believers. Without the gift of God's Word, we would be in complete darkness about the only God of the universe and His plans for mankind. The Word with which God did and continues to reveal Himself is fully realized in Jesus Christ. God's teaching to mankind is His Son. Those who listen to and welcome the Son, listen to and welcome the Father. The Father also gave us the holy Book, inspired by Him, the Bible, considered by the church to be the Word of God. It is God's word written down, in order to arouse and nourish faith in the living Word of God, who is the Son. Alongside the written Word in the Church there is the living preaching of the Word of God through the Holy Spirit and the various ministers of preaching, who are receptive to the Spirit. God continues to give the world the gift of His Word so that the world will believe and be saved or disbelieve and be judged. We praise God the Father for His Word.

Thank you, Father, for Your Word.

Your Word is more precious than any riches.

Your Word is sweeter and more nourishing than honey.

Your Word is more pure and rapid than light.

Your Word is stronger and more powerful than thunder.

Thank you, Father, for Your Word.

I hold the Bible close to my heart,
as a sign of my full adhesion to Your Word.

I believe what is written in the Bible
as Your revelation.

This your Word leads me by
the light of the Holy Spirit
to the sacred mountain
of full knowledge of Your Name,
where all veils vanish
and the splendid light of Your Face
shines before my eyes.

Father, make me an attentive
listener of Your Word,
so that I may experience the promised beatitude
of those who meditate on Your Word night and day
and stay far from the ways of evil.

I will be like an evergreen tree,
which bears fruit in time,
because it is planted along the river of living water
of Your Word (cf. Ps. 1)
I bless Your Word, Father.
I exalt Your Word, Father.
I proclaim without shame Your Word, Father.
Every day I listen to Your Word, Father.
May Your holy Name and Your Word
always be for me
my life's rock and stronghold
against the perils of evil.
Amen.

PRAISE THE FATHER FOR THE GIFT OF THE EUCHARIST

The Eucharist is a wonderful sign of the Father's infinite glory. The simple, humble ritual of the Eucharist is filled with the infinite nature of God, Father, Son and Holy Spirit. There are no words or concepts adequate to express the ineffably great sacrament of the altar, which is the Body and Blood of Jesus present in the consecrated bread and wine. Only ecstatic worship can enter the Holy of Holies and understand a little of its ineffable mystery. Our ordinary attitude before the Eucharist is a fact of living faith in the presence of Jesus, the desire to feed on him, the awareness and piety of taking part in Mass. Let us pray to the Father and to Lord Jesus with prayers that express our appreciation of the gift of the Eucharist.

To the Father, in thanks for the Eucharist

O Father of infinite wisdom,
love and power,
I prostrate myself before You.
I bless and thank You
for the incredible treasures of Your grace
which You give us each day
through the miracle of the Eucharist.
A humble, simple miracle,
which hides Your infinite glory,
making You all things to all men
in Your Son, Jesus.
I ask You, Father,
that I may always participate in the Eucharist
with the same fervent desire
for communion with You
that You show to us
every time You come among us
in the holy Mass,
giving us the wonderful sign of the
New and Eternal Covenant
in memory of the sacrifice of Your Son
who is a true and living presence in the Eucharist.
[Amen.](#)

To Jesus in the Eucharist

Open my eyes, Lord Jesus,
that I may see the wonder of the Eucharist
and the depths of wisdom, power and
love of God hidden within it.
May my heart burn with love
for this soft bread full of grace,
that is You, as you give yourself to me in the Eucharist.
Give me the praise of the Angels,
the purity of the Cherubim,
the passionate love of the Seraphim,
with me as I stand before your altar,
Lord Jesus.
Just as the sparrow has a nest,
so may my spiritual home
be at your altars,
where you, day and night,
exercise your eternal Priesthood
with the Father to save all men.
Amen.

PRAISE THE FATHER FOR THE ANGELS AND SAINTS

The most important part of our worship and veneration of the Angels and Saints is praising God for them. Just as the glory of the Father shines in the only Son Jesus, the Father's glory also shines through in the angels and saints, who are like the Son. God shows His holiness in them in different levels. The Virgin Mary occupies the first place among the angels and saints for her holiness and wonderful gifts of grace, with which God has clothed her. In Church liturgy honouring the angels and saints we solemnly praise God for them but at a popular level ignorance of God and superstition may easily obscure the ultimate purpose of worshipping the angels and saints, which is the edification of Christians in God's love and the elevation of His holy Name among the people. So let us raise our thoughts to the glory of the Father, contemplating the angels and saints and all God has achieved through them.

Wonderful is Your glory, Father,
which shines in all the angels and saints of heaven.
Praise and glory to You
and thanks for Your loving work
fulfilled in them.
You, Father, have raised them
to bear Your holy and ineffable Name,
made them Your children
like You in holiness and light,
in praise of Your glory.
Having made them righteous in Your Son,
You have also glorified them
making them Your heirs with Christ in heaven.
In the time of salvation, Father,
You have raised them
to be part of Your designs
and to carry out Your works.
How much grace You have poured out
on the whole of humanity
through Your best loved children,
filled with grace!
You have thought of them
in order to extend Your glory

to the farthest confines of the earth,
which You have made subject to the
lordship of the saints of the Almighty.
I especially wish to praise you, Father,
for the masterpiece of Your glory,
the Virgin Mary.

There are no words to glorify
Your work in her when she was on the earth,
and now that she is with You in heaven.
She is the new Eve,
in whom the new Woman is manifest,
clothed in light and coming from heaven,
the bride of the New Adam, Jesus Christ Your Son.
I praise You, Father, for giving us
Mary as the mother of Your children.
In You we have the omnipotent God, the Father,
and in Mary the Mother,
who in all things and through all things
manifests herself to us
with Your same divine and marvellous characteristics.
When we gaze on this sublime Mother,
we learn to know You, Father,
and live as she lived,
as Your children in the worship
and love of Your holy Name,
as we wait to see with her
Your infinitely glorious Face
in the eternity of the blessed life that awaits us. [Amen.](#)

GLORY TO THE FATHER FOR EVERYTHING

Pronounce these blessings of God with faith, conviction and fervour. You can do a pause of silent meditation every four strophes, reminding what you have proclaimed: that shall promote interior communion with the Father.

Be glorified, most Holy Father,
for your Name extremely holy,
that shines for eternity.

Be glorified, most Holy Father,
for the wonders of creation,
shining before our eyes
as a sign of your perfection.

Be glorified, most Holy Father,
for your Divine Providence,
by which You surround those loving You.

Be glorified, most Holy Father,
for the infinite benefits,
by which You grant good things
even to ungrateful and bad men.

Be glorified, most Holy Father,
for your right judgements,
by which You establish your kingdom of justice and peace
and knock down every power of the impious.

Be glorified, most Holy Father,
for your call of repentance.

Be glorified, most Holy Father,
because, as a father educate his sons,
so You train us to holiness and eternal life.

Be glorified, most Holy Father,
for heavenly supper of your Word
and body and blood of Christ,

that You give us every day.

Be glorified, most Holy Father,
who let even the forces of evil cooperate
to the accomplishment of your design of safety to the elected.

Be glorified, most Holy Father,
for your angels and saints of heaven,
who help us to salvations in many ways.

Be glorified, most Holy Father,
for the saints living on earth,
who bless your Name every day.

Be glorified, most Holy Father,
for the holy mother Church,
that You have erected as a wall and defence for our safety.

Be glorified, most Holy Father,
for the good of marriage and family,
lived in your Name.

Be glorified, most Holy Father,
for the vocations of special consecration to You
and of ministry to the safety of men.

Be glorified, most Holy Father,
for the Divine Incarnation of your Son,
by which You have exalted our human nature.

Be glorified, most Holy Father,
for the Divine Cross of your Son,
by which You have humiliated Satan
and all the power of evil for our safety.

Be glorified, most Holy Father,
for the Divine exaltation of your Son on the cross,
from which shines the safety of the whole believing world.

Be glorified, most Holy Father,

because by an action of infinite and Inexplicable love
You have destroyed all our sins
because of the cross of your Son.

Be glorified, most Holy Father,
for the Divine resurrection of Your Son,
that will shine for eternity before our eyes.

Be glorified, most Holy Father,
for eternal glorification of your elected,
among which we hope to be accepted
because of your immense goodness.

Be glorified, most Holy Father,
for sending of your holy Spirit into our hearts.

Be glorified, most Holy Father,
for all kinds of gift, virtue and charism,
that we receive from the Holy Spirit.

Be glorified, most Holy Father,
for the wonderful leadership of your Church,
entrusted by your Holy Spirit.

Be glorified, most Holy Father,
who take care of our body,
destining it to the eternal glorification.

Be glorified, most Holy Father,
for every moment of life
and for all your blessings.
Amen.

EXERCISE OF THE “GLORY TO THE FATHER”: PRAISE GOD AT ALL TIMES

The Psalmist declares: “I will bless the Lord all my days; his praise will be ever on my lips” (Ps. 34:2). We might say that every deed or moment in Christian life begins with “in the Name of the Father” and finishes with “Glory to the Father”, with which we give praise, glory and thanks to God for that deed or moment. That means living every moment and deed in the Divine Presence. We must educate ourselves to this spirituality. We can do this with simple expressions of praise and blessing, giving glory to the Father for every thing. In the morning and in the evening it is useful and right to give praise to God for all the things of the day that has begun or ended, both ordinary and extraordinary things, for natural and supernatural things, as God is the beginning and end of all things. We can educate ourselves to this angelic exercise using the formula “Glory to You, Father”... and following the expressions of glory with requests for grace.

Glory to You, Father,
for You have given me this new day of life...
fill it with Your blessings...

Glory to You, Father,
for the work You give me to complete...
be at my side as I work...

Glory to You, Father,
for the grace You give me this day...
may I keep Your commandments during today...

Glory to You, Father,
for the daily food...
let me serve You better
with the health You grant me...

Glory to You, Father, for the good people I meet
thanks to You

Glory to You, Father, for the good You make me do...

Glory to You, Father, for providential meetings....
Glory to You, Father, for the tests You arrange for me...
Glory to You, Father, for the cross You give me to carry...
Glory to You, Father, for the moments of prayer You give me to
experience...
Glory to You, Father, for the light I receive from your Word...
Glory to You, Father, for Your Spirit that dwells in me...
Glory to You, Father, for all things...
Glory to You, Father, for all events...

*When we glorify the Father for things that have happened or will
happen, we can better consolidate the prayer by naming the people,
things and facts we are thanking God for.*

Glorification of God for the family

The husband thanks God for his wife: Glory to You, Father, for the wife You have given me as the companion of my life... (continue with requests for grace for the wife).

The wife does the same for the husband and together they can glorify God for every deed and moment in their life, as suggested in the prayer above.

Parents glorify God for their children: Glory to You, Father, giver of life, for the children You have given us... (continue with requests for grace to be good parents and children).

Children glorify God for their parents: Glory to You, Father, that You have brought me into existence through the parents You have given me... (continue with requests for grace for parents and for self, to grow in age, grace and wisdom as Jesus grew).

Parents and children can glorify the Father together for all the graces and moments in life concerning the family, society and the Church.

These blessings may also be given by employers for their employees and vice versa, by politicians for the people they govern and vice versa, by teachers for their pupils and vice versa.

Each one, according to the Spirit, shall pray in this way to join heaven and earth through Jesus Christ, who in himself joins the Father with mankind.

INTERCESSIONS

Those who worship the Father are also called to intercede for humanity's salvation and life in general and in particular. Abraham, Moses, Elias and Samuel are Old Testament examples of sublime intercession with God, who obtained from the Father many graces for God's people. According to their example, we too can approach the throne of grace with confidence to receive mercy and find grace to help us at the time of need (Heb. 4:16). Below are some particular intentions for universal intercession. You can create others as promoted by the Spirit. The important thing is to pray with fervour and conviction of the spirit.

A) For evangelization

St. Paul to the Ephesians: *"Pray all times as the Spirit inspires you. Keep watch, together with sustained prayer and supplication for all the holy ones. Pray also for me, so that when I speak, I may be given words to proclaim bravely the mystery of the Gospel. Even when in chains I am an ambassador of God; may he give me the strength to speak as I should"* (Eph.6,18-20).

Most holy Father, source of all holiness
who so loved the world that You gave
Your eternal Son for its salvation,
we pray to You with the cries of the Spirit
for the salvation of humanity.
Renew the grace of evangelization
For our generation.
Grant those who listen to the Gospel
ears to hear and eyes to see
all that You have give towards human salvation
and the burning desire to say "yes"
to Your will.
Grant those who announce the Gospel
the power and conviction
necessary to reach hearts.
Increase the possibilities for
announcing the Gospel for only in this
exists the salvation of mankind and the world
in praise and glory of Your Majesty.

Amen.

B) For the righteous government of the nations

St. Paul to Timothy: *“First of all I urge that petitions, prayers, intercessions and thanksgiving be made for everyone. For rules of states and all in authority, that we may enjoy a quiet and peaceful life in godliness and respect ...I want the men in every place to lift pure hands in prayer to heaven without anger and dissension”* (1 Tim 2,1-2, 8)

Almighty Father, infinite Majesty,
You who reign and govern the people of the earth,
we humbly pray with the cries of the Spirit,
for wise and prudent rulers,
who shall govern in respect of Your holy laws
promoting the common good and wellbeing of the poor.
Detach them from wealth and
the desire for power,
and let them find sublime reward in
serving the multitudes in goodness
as You govern the universe.
Keep the rulers from pride,
because they are common mortals
who will be judged by You,
the supreme Judge of human actions,
regarding the justness of their rule.
We sustain them with our prayers,
while You, the supreme ruler of human affairs,
inspire them to sustain us
with the example of their life
and the wisdom of their rule.
Amen.

C) For a renewal of the glory of God among the nations

Psalm 115: *“Not to us, O Lord, not to us, but to your Name be the glory, for the sake of your love and faithfulness. Why should the pagans say: “Where is their God?” There in heaven is our God; whatever he wishes, he does”* (vv.1-3)

Lord God, holy Father,
sovereign of heaven and earth,
You have built your Church
as Your dwelling among the nations of the earth,
a place where Your Glory shines,
for all to be saved.
Do not distance us from Your Dwelling,
so that the unfaithful nations
and peoples may not be abandoned
into Satan's hands and their perdition.
Show in Your mercy
Your glorious presence among
the nations of the earth.
Renew the signs and miraculous deeds,
glorify Your hand and Your right arm.
May all those who live on earth
know that You are the Lord, the God of the ages,
who dwells in the Church as
the highest sovereign of the people and the nations.
The people may say:
"Come, let us go up to the mountain of the Lord,
to the house of the God of Jacob.
He will teach us His ways
so that we may walk in His paths" (Is 2:3).
May he be proclaimed and glorified evermore,
whom You sent to save and rule the nations,
Your Son, Jesus Christ,
who was put to death for our sins
and resurrected for our justification.
All praise and glory to he who is with You
and the Holy Spirit,
for ever and ever.
Amen.

D) For the enlightenment of Israel

St Paul to the Romans: *"I have great sadness and constant anguish for the Jews. I would even desire that I myself suffer the curse of being cut off from Christ, instead of my brethren: I mean my own people, my kin ...I wish with all my heart that the Jews be saved and I pray to God for them. I can testify that they are zealous for God, but*

this is not the way...I want you to understand the mysterious decree of God, lest you be too confident: a part of Israel will remain hardened until the majority of pagans have entered. Then the whole of Israel will be saved” (Rom 9,2-3;10,1-2;11,25-26).

Lord, holy Father,
who chose Abraham
as primogenitor of Your believers
in all generations,
in Christ, Abraham’s son and Your son,
You have manifested Your will
to make Jews and pagans one single people
justified by the blood of Your Son
and sanctified by the Holy Spirit.
Reveal this mystery to the heart of the Jews,
our brothers in faith in You.
May we share with them
our faith in Jesus Christ
and receive from their new witness of Christ
the exhortation and grace to
fulfil our vocation to sanctity
and communion with You.
We ask that the time may draw near
for the restoration of all things
and that the Scriptures may be fulfilled
that speak of Israel’s conversion to Your
Messiah, Jesus Christ,
who lives and reigns with You for ever and ever.
[Amen.](#)

E) For restored unity among Christians
So Jesus prayed: *“I pray not only for these but also for those who through their word will believe in me. May they all be one as you Father are in me and I am in you. May they be one in us; so the world may believe that you have sent me” (Jn 17,20-21)*
Almighty Father,
beginning and source of all unity
in heaven and earth,
unite those You have regenerated in Christ

as Your beloved children
in one love and one will
through the gift of true faith and baptism.
Restore unity among all Christians
in the one true Church You have founded
destined to gather all Your children
together in unity.
Forgive, Lord, the sins and errors
of past generations of Christians,
who have caused divisions among Christianity.
Come to the aid of those who today
work to restore the unity of Your people.
Let all Christian hearts,
of whatever profession of faith,
burn with the intense desire to return to live
in the unity of one body and one spirit,
one hope and one vocation,
one Lord and one faith, and one baptism,
so that all may recognise in You
one God, Father of all,
above all, acting for all and
present in all.
Through Christ our Lord and leader with You,
who lives and reigns for ever and ever.
Amen.

F) For all necessities

St Paul to the Philippians: *“Rejoice in the Lord always. I say it again: rejoice and may everyone experience your gentle and understanding heart. The lord is near: do not be anxious about anything. In every thing resort to prayer and supplication together with thanksgiving and bring your requests before God. Then the peace of God, which surpasses all understanding, will keep your hearts and minds in Christ Jesus”* (Phil 4,4-7)

O Lord, our God,
You are our refuge
throughout the generations.
The source of life is in You,
we see the light in Your light.

We pray for those who
live with a troubled soul and suffering in the body.
Have mercy on the poor, raise those who have fallen,
meet the needs of the needy, heal the sick,
bring together those of Your people who are led astray.
Feed the hungry, free prisoners,
sustain the weak, give courage to those who are depressed.
Make us merciful and caring for the good of our brothers,
so that we may help them in their needs
and they might recognise your presence
and Your love beside them
through our merciful and caring love.
Amen.

PRAYER TO THE HOLY TRINITY
by Saint Elisabeth of Trinity

O my God, Trinity whom I adore;
help me to forget myself
entirely that I may be established in You
as still and as peaceful
as if my soul were already in eternity.
May nothing trouble my
peace or make me leave You, o my Unchanging One,
but may each minute carry me further
into the depths of Your mystery.
Give peace to my soul; make it Your heaven,
Your beloved dwelling and Your resting place.
May I never leave You there
alone but be wholly present,
my faith wholly vigilant,
wholly adoring, and wholly surrendered to Your creative Action.

O my beloved Christ, crucified by love,
I wish to be a bride for Your Heart;
I wish to cover You with glory;
I wish to love You...even unto death!
But I feel my weakness,
and I ask You to "clothe me with Yourself,"
to identify my soul with all the movements of Your Soul,
to overwhelm me, to possess me,
to substitute yourself for me
that my life may be but a radiance of Your Life.
Come into me as Adorer, as Restorer, as Saviour.
O Eternal Word, Word of my God,
I want to spend my life in listening to You,
to become wholly teachable
that I may learn all from You.
Then, through all nights, all voids, all helplessness,
I want to gaze on You always and remain in Your great light.
O my beloved Star, so fascinate me
that I may not withdraw from Your radiance.

O consuming Fire, Spirit of Love,
“come upon me,” and create in my soul
kind of incarnation of the Word:
that I may be another humanity for Him
in which He can renew His whole Mystery.
And You, O Father, bend lovingly over Your poor little creature;
“cover her with Your shadow,”
seeing in her only the “Beloved in whom You are well pleased.”