

Turning Our Daily Lives Into Prayers



마리아의 구원방주
MARY'S ARK OF SALVATION



“Mary’s Ark of Salvation”
this is My bosom of love, greater than the universe.
(The Blessed Mother on May 8, 1991)



The late Pope, St. John Paul II was very surprised when he saw the changes in the Eucharistic species.



On Oct 31, 1995, after the late Pope, St. John Paul II witnessed the Eucharistic Miracle, he gave a blessing to Julia, made a cross on her forehead with his hand, touched her cheek and also blessed her family in Korea.



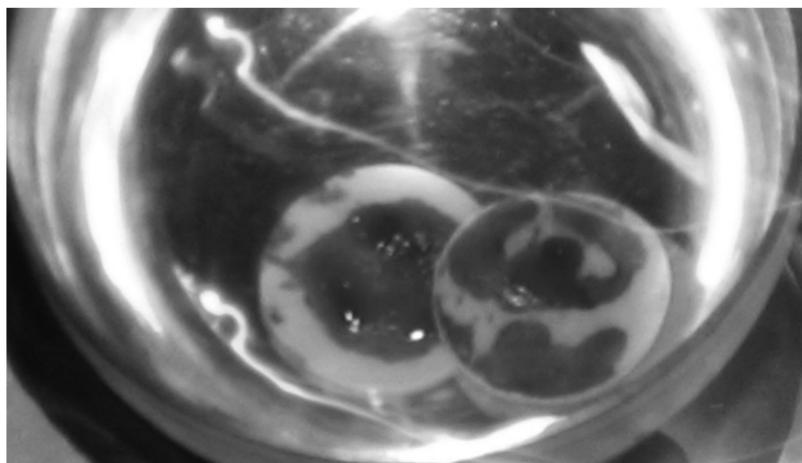
On Feb 28, 2010, during the Mass celebrated by the Archbishop Giovanni Bulaitis in the Chapel of the official residence in the Vatican, the Eucharist Julia received turned into Flesh and Blood of Our Lord on her tongue.



Jesus showed the miracle that the Precious Blood coming out of the Eucharist and gave Message to deliver It to the Pope. (This Eucharist was delivered to the former Pope Benedict XVI through Cardinal Ivan Dias.)



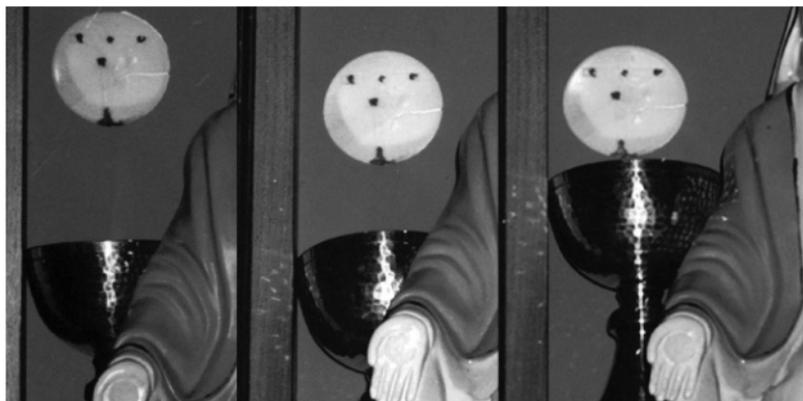
At night on April 16, 2005, during the Holy Mass attended by around 250 pilgrims at the Blessed Mother's Mountain, two Eucharists came down.



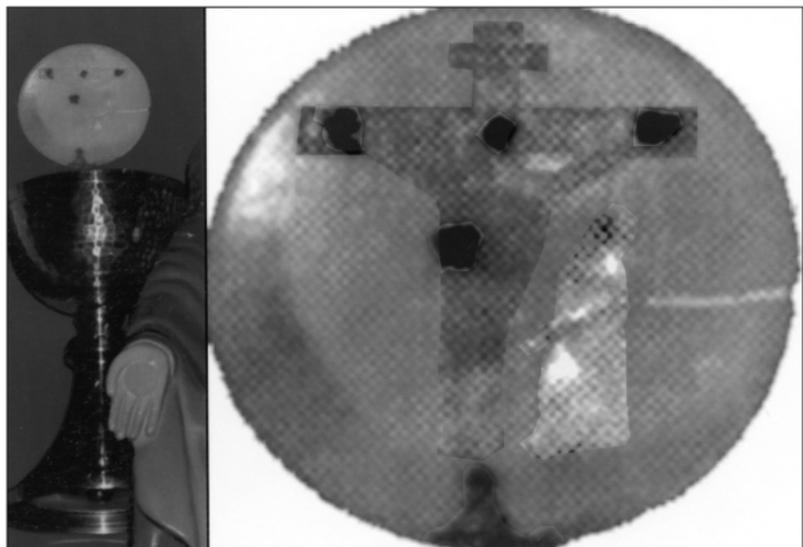
From the two Eucharists that came down during the Holy Mass celebrated in the vinyl tented Chapel at the Blessed Mother's Mountain on April 16, 2005, a large quantity of Precious Blood flowed out after 20 days, on May 6, 2005.



The Precious Blood that came down in the shape of a cross on a big rock in front of the 12th Station on Jan 18, 2002. (Our Lady's face shedding Tears of Blood appeared in the center of the cross-shaped blood.)



The Eucharist and chalice came closer together.



Dr. Tonsman, who discovered countless people within the eyes of Our Lady of Guadalupe's image, also magnified the picture of the Eucharist and chalice in the same way. To his surprise, he found an image of a lady wearing white traditional Korean clothing holding a baby in the Eucharist.

Turning Our Daily Lives Into Prayers (Prayers of Life)

Our Lord Jesus' suffering and death on the Cross earned the immeasurable merits for the salvation of humanity two-thousand years ago. He desires for all the children in the world to reform their lives through sincere repentance, worship, and praise of God, Who is the Father of the entire human race, and for us to love, forgive, and reconcile with our fellow brothers and sisters for our salvation.

In these times, however, many of those who are supposed to know the Lord and the Blessed Mother, and have been chosen by Them, lack sincere repentance, love, and devoted hearts. They offer up prayers superficially and fail to reform their lives. They praise God with their lips but are again nailing the Lord to the Cross, let alone giving Him joy.

Being keenly aware of such a deplorable situation, Our Lord and the Blessed Mother, Who have appeared in Naju, taught us through Julia

Kim how to turn our lives into prayers, which is a shortcut to the Lord, Who is the Way, the Truth, and the Life; the Alpha and the Omega. He, even at this time, repeatedly reminds us of its importance. Our Lord and the Blessed Mother willed to make this devotion known to all the children in the world through Julia Kim.

Jesus said, “Pray and pray again. Even if your thoughts are imperfect, offer up the totality of your lives to Me through My Mother as littler and littler persons. This is how to truly turn your lives into prayers and offerings.” (Message of Love from Jesus on June 13, 2000)

“That is because this practice of turning your lives into prayers, which you have imploring others to practice, is completed by totally offering up and turning everything into prayers from the moment you wake up to the moment you fall asleep, not neglecting even the little and trivial things. These prayers dissolve into My Sacred Heart and My Mother’s Immaculate Heart and becomes one

with Our Hearts. It pulls out the nails, one after another, which the children of the world have driven into Me by their offenses, and it becomes the prayers of consolation that wipe away My Mother Mary's tears and tears of blood.” (Message of Love from Jesus on November 2, 2000)

“Turning your lives into prayers with all your hearts and all your love is a weapon of love, humility, and virtue that can repel any devil. It is also a shortcut to quickening the virtues and perfecting them.” (Message of Love from Jesus on August 2, 2002) By this teaching, Our Lord made us realize that our prayers and our lives are not to be separated from each other.

Turning our daily lives into prayers is the way of living and communicating with Our Lord and the Blessed Mother at every moment, while also faithfully performing the tasks entrusted to each one of us, as it doesn't require us to set aside time for praying. It means to consecrate everything we do in our entire lives, without wasting even one thing.

Therefore, turning our daily lives into prayers is to consecrate everything we wear, eat, speak, and do at every moment, to Our Lord through the Blessed Mother. It makes us breathe, move, and live in the Lord and allows Him to dwell in us.

It seems simple, but it's the starting engine to help us be awake to every moment in our lives so that we may hold the lamp that does not go out and so that we may welcome the coming Lord joyfully, in response to God's love which is immensely high, deep, and wide.

Therefore, turning our daily lives into prayers is the easiest way to practice the Messages of Love, which is the shortcut to Heaven, the shortcut to Perfection, and the Spirituality of the Blessed Mother of Naju.

The Origin of Turning Our Daily Lives Into Prayers

The devotion of turning our lives into prayers, which Julia has been pleading to us along with the Messages of Love from the Lord and Blessed Mother, was not achieved overnight, but is a spirituality that has been prepared by the Lord Himself through Julia's life from the beginning.

Julia was born in a relatively well-to-do family in 1947. Until she was four years old, she grew up receiving much love and care from many people around her, especially her father who was a well-respected scholar of Chinese literature.

However, her happiness was short-lived. When the Korean War broke out on June 25, 1950, her father went missing suddenly.

At that time, the Korean government had a currency reform but her family members were busy looking for her father. As such, they did not go to exchange their old notes for new.

About the same time, Julia also lost her grandfather and a younger sister. Her family practically lost almost all of their possessions then.

Since then, Julia had to carry out many hard works from a very early age. The pains caused by these labors were even more terrible for her, as she was born in a well-to-do family.

Nevertheless, she managed to continue the life of ‘Semchigo’ by wishing for others to be in peace and harmony despite her own inconveniences. She lived this way ever since her childhood. She wouldn’t let resentment settle from all the difficulties, hardships, and pains, but accepted everything with a positive attitude and led an active life. So, her life of ‘Semchigo’ became a motivational power for her to always live a life of offering up with brightness and grace, even amid difficulties.

For example, when she was hired by a factory, her hands were damaged and bloodied by a poisonous ammonia solution that she handled with her bare hands without wearing rubber

gloves. But she carried on her work diligently with 'Semchigo' as if she was touching delicious cookies. Another time she was given a piece of delicious rice cake that she always wished to try, but she did not take it for herself and instead put it in her pocket while smacking her lips. She did this so that she could give it to her mother later, with 'Semchigo,' as if she had already eaten it. But on her way home, she encountered a beggar. Without hesitating, Julia willingly gave him her precious rice cake that she really wanted to eat, thinking to herself 'How hungry must he be?' In these ways, she has practiced unconditional love in her life.

Difficulties continued even after her marriage, but she continued living a life filled with love and joy for her neighbors without concern for her own needs. She sacrificed so much for her in-laws financial needs; even paid the debts of her parents-in-law who guaranteed to pay others' debts, came up with the money that her mother-in-law constantly required of her, and paid her brothers-in-laws' school expenses.

Because of that, she did not have enough money to eat properly nor afford to go to the hospital for her medication. Eventually, she became diagnosed with terminal cancer that already spread throughout her body.

Lumps of cancer grew between her toes and protruded from the anus. She was already in the terminal stage of the cancer and suffered from complications. Even the doctors gave up and said, “We have done our best. Go home and just eat delicious foods.” While waiting for death, her husband took her to the Catholic Church in Naju in 1980.

Three days after her visit to the Catholic Church, she was surprised to hear from Jesus: **“Approach the Bible. The Bible is My living Words.”** She immediately opened the Bible and saw the Words in the Gospel of Luke 8:40-56.

It was the moment when the woman who had been suffering from hemorrhages for twelve years touched the tassel on Jesus’ cloak with faith and trust, and the miracle of healing

occurred to her. Jesus said, **“Daughter, your faith has saved you. Go in peace.”** Also, Jesus said to Jairus, **“Do not be afraid. Just have faith and your daughter will be saved.”** As soon as Julia read these Words of Jesus, she was assured that they were spoken by Our Lord Himself and responded with “Amen”. Amazingly, at that very moment, the lumps of cancer which stuck out of her body disappeared instantly.

Julia felt her body become healthy and light. When she went to the hospital for confirmation of her healing, her blood pressure, which was 50/40, returned to the normal 120/80. All the organs in her body completely restored their functions. It was an amazing and total healing!

She was healed and began living a new life of resurrection, because she simply believed what the Lord said and responded to His Words with “Amen”! Since then, the Lord embraced her in His arms and brought her up and guided her with His own hands. She began living with true joy and happiness day after day.

When Julia recollected on the memories of her past, she realized that she was able to live a life of love for other people despite so many difficulties and pains, not by her own willpower, but by the Lord's plan to prepare her life since childhood.

In the meantime, Jesus showed her many aspects of this degenerated world. During Lent in 1982, she implored the Lord to grant her a share of His pains for the conversion of sinners, and to devote the rest of her life for the salvation of the world. She confessed, **“Lord! Even if I groan over this lowliest body of mine continuously suffering illnesses and pains, how happy I will be only if my suffering can be even a tiniest help to the Lord’s Work of Salvation!”**

Since then she has been offering herself up graciously and has suffered every pangs of life unto death. She prayed: **“I belong to the Lord if I die; I belong to the Lord if I live. May the Lord’s Will be done to me.”**

She entrusted everything in her life, even the smallest things, to the Lord and became a living sacrificial offering for reparations. She said, **“It is not I who lives but the Lord who lives in me,”** and began living the life of true offering, with joy and graciousness at every moment.

After recovering to health through the grace of the Lord, Julia soon after opened a beauty parlor to help her poor living conditions as she had faced financial troubles caused by having to take care of all her in-law family.

One day, a lady customer came to Julia’s beauty parlor and told Julia that she had decided to divorce her husband. Before cutting her hair, as she always did, Julia first made the Sign of the Cross and prayed silently, **“In the Name of the Father, and of the Son, and of the Holy Spirit! Lord, manifest Thy glory through this sinful servant. Amen.”** While cutting her hair, Julia prayed, **“Cut away the hatred and anger from her and all of us. Cut away jealousy and envy**

from her, her pride and ego as well. Also cut away all the bad habits from her, her family, and all the families in the world. Send down the abundant grace which is enough to make sinners repent as numerous as these hairs.”

When Julia finished cutting her hair and shaped her hair beautifully with a dryer by offering up various prayers, she prayed with total faith and trust in the Lord, **“Jesus! You have cut away every bad thing from her soul. Now, restore the order that has been lost in her soul and the souls of her family, as well as all the families in the world. Restore the love that has been destroyed to make their souls beautiful, thus liberating her family from the devil’s scheme to destroy them. Turn her family into a community that overflows with love so that the Lord will receive glory and the Blessed Mother will receive praise and consolation. We will sing praise and gratitude without end.”**

As Julia finished her prayer, she heard the

gentle and kind voice of the Lord filled with joy whispering into Julia's ear: **“Yes, My little soul! That's it. The prayers that you've just offered are the Prayers of Life that I desire. They are combined with your love for Me and for your neighbors. Therefore, to pray the Prayers of Life becomes a meek and gracious offering, which flows from the meekness and graciousness in My Heart of love. This also means that I am in you and live with you. That is why you are My little soul!”** (Jesus on August 27, 1980)

Through these Words, Jesus made it known to Julia that the prayers that she had been offering up to the Lord in connection with her daily life were the Prayers of Life. Thus, the Prayers of Life may appear to be quite simple, but it is actually a beautiful prayer offered up to the Lord with total faith and trust in Him. For this reason, the lady customer, who originally planned to divorce her husband and was not Catholic, reconciled with her husband and

came back to Julia's beauty parlor with him. They thanked Julia and said that they wanted to accept the Catholic faith. There have been many amazing testimonies like this by others who were healed of their illnesses after visiting Julia's beauty parlor.

If we entrust the totality of our lives to the Lord and Blessed Mother with total faith and trust, with hearts filled with devotion and love thus becoming little and humble souls, following the Lord and the Blessed Mother as Julia does, we can receive the special privilege to pick and eat the fruits from the Tree of Eternal Life in the next life and enjoy eternal joy, love, and peace at the Lord's table in His Kingdom where there is no death, hunger, thirst, sadness, pains, or lamentation, and is only filled with love.

How to Turn Our Daily Lives Into Prayers

When talking about praying, most of the faithful say that they are too busy and have no time to pray. This is because they have a strong inclination toward vocal prayers, such as the Rosary and other specific prayers in prayer books.

However, from the moment we wake up to the moment we fall asleep, if we consecrate our entire daily life to the Lord through the Blessed Mother, there is indeed more than enough time to pray with every moment.

For example, as soon as you wake up, make the Sign of the Cross while lying down in bed, or get up and pray, **“God the Father, the Son, and the Holy Spirit, and the Blessed Mother! Please be with me today to achieve victory over the war against the three enemies: the secular world, the flesh and the devil so that I may enjoy love, joy, and peace. Amen.”** (You

may pray this, recalling everyone whom you have in your mind.)

Also when you wash your face after getting up from bed, you can pray, **“I am washing the dirt from my body, but Lord and Blessed Mother, please wash away the filthiness from my soul and help me become a little soul following the Lord and Blessed Mother. Amen.”**

If you wash your face daily without thinking of anything, you only end up washing the body clean. However, if you pray while washing your face not only for yourself, but also for others, saying, **“Please wash away the filthiness of the souls of clergy, religious, my husband, my wife, my mother-in-law, my daughter-in-law, my parents, my children, and my neighbors,”** then it goes beyond the daily act of washing your face and becomes a prayer with valuable meaning dedicated to the Lord.

Likewise, when you relieve yourself, if you pray, **“Lord, I'm getting rid of the unnecessary**

wastes of my body, but please discharge all the bad things from my soul and fill me with Your burning and fervent love. Amen.” This indeed becomes a Prayer of Life.

In addition to your own actions, when you see the actions of others, you can offer the Prayers of Life in your mind. For example, when you see or hear someone sneeze, you can pray, **“Please expel all the evil habits that are hidden deep within their soul and my own. Amen.”**

And even if it is something from the past that you overlooked, you can still offer it up with the Prayers of Life the moment you remember it. What a wonderful grace it is to turn all our previous, meaningless acts into something beneficial!

In the Book of the Prayers of Life, the beginning part of the prayers which describes the actions, such as, **“Lord, now I am doing so and so, so Lord and Blessed Mother, please...”** will be

omitted. For example, when you relieve yourself, you may pray, **“Lord, I am discharging unnecessary wastes from my body, but Lord and Blessed Mother, take away all the bad things from my soul and fill me with the love from You and the Blessed Mother. Amen.”** The underlined part in this prayer will be omitted and simply written as, “Lord!” Therefore, when you offer the Prayers of Life, you can add the underlined part.

Furthermore, individual prayers can be also applied to pray for other people.

Also, even if “Amen” is not included at the end of the prayer in the text, you can add “Amen,” or **“I pray in the Name of Our Lord Jesus Christ through the Immaculate Heart of Mary. Amen.”** Based on the Prayers of Life contained in this book, you can take inspiration from them and apply them to yourself in various ways.

Additionally, there are many Prayers of Life

that have not been included in this book yet. If you offer the Prayers of Life according to your actions and circumstances, no matter how busy you may be, your life will be transformed into a life of prayer communicating with the Lord and Blessed Mother all day long.

“I rejoice more over a heart filled with love and devotion than over flowers and deeds. Even the smallest thing can become a great work for you and a great comfort for Me, if it is done with love.” (The Blessed Mother on May 8, 1991)

Turning Our Daily Lives Into Prayers

1. When awaking up from sleeping:

“God the Father, the Son, and the Holy Spirit!
Blessed Mother!

Be with me all day today and let me enjoy joy, love, and peace by achieving victory against the three enemies, who are the secular world, the flesh and the devil, so that I may work for the Triumph of the Sacred Heart of Jesus and the Immaculate Heart of the Blessed Mother. Amen.”

2. When getting up from the bed:

(Apply the Holy Water and make the Sign of the Cross)

① “Lord! With this Holy Water, wash away my sins, drive out the devil and take away my evil thoughts. Amen.”

② “Lord! With this Holy Water, renew the grace of the Sacrament of Baptism in me and protect me from all evils so that I may approach You with a clean heart. Amen.”

3. When breathing:

“Lord! Every time I breathe in, come into me, and every time I breathe out, let all the evil thoughts come out. Amen.”

4. When sprinkling Holy Water: (Good to say this prayer frequently)

“In the Name of the Father and of the Son and of the Holy Spirit. I command you Satan, the harasser, to leave now and go under the Feet of Our Lord Jesus Christ. Amen.”

5. When making the little cross on my forehead (3 times):

“Lord! Grant me the Wisdom, Discernment and Knowledge of the Holy Spirit so that I may reveal Your Glory. Amen.”

6. When making the little cross on my eyes (3 times each):

“Lord! Protect me from the sins that occur from viewing media and its obscenities. Let me open my spiritual eyes to see everything with a beautiful mind and have discernment. Amen.”

7. When making the little cross on my lips (3 times):

“Lord! Bless my mouth so that I may control my tongue wisely and avoid speaking ill of others. Make it holy to make You and the Blessed Mother known, and to praise You. Amen.”

8. When making the little cross on my ears (3 times each):

① “Lord, let me hear well and speak rightly by always remaining awake spiritually, so that I may not become an instrument of the devils of division, who cause misunderstandings by mishearing and misrepresentation. Amen.”

② “Lord, open my ears so that I may understand Your Words and the Blessed Mother’s. Grant me the grace of discernment so that I may not join those who judge, speak ill of others, or speak bad words. Instead let me achieve victory against the devils of division by awakening them with love. Amen.”

9. When making the little cross on my chest (3 times):

① “Lord! Let my heart be cleansed so that it may become a tabernacle, palace, and kingdom for You. Amen.”

② “Lord! Set the fire of love in my heart and perform the miracles of love in me so that I may love You and the Blessed Mother fervently and love my neighbors as myself. Amen.”

10. While Lighting candles or Meditating with Candlelight:

① “Lord and Blessed Mother! Illuminate the darkness in my heart with Your Light so that it may be enkindled with love. Amen.”

② “Lord, Who came to us as light! Illuminate my family, Church and this darkened world. Amen.”

③ “Lord! Shine the Light from Your Sacred Heart, from the Immaculate Heart of the Blessed Mother, and from Your Mercy upon all the children of the whole world. May everyone be saved without a single soul being left behind so that they can work for Your Glory. Amen.”

11. While putting the small pieces of candle into candlelight:

(After cutting leftover candle into small pieces and putting them into candlelight)

“Lord! Burn the sins of those souls who are going to hell. As the number of these small pieces of candles, may they become the children of the Light. Amen.”

12. While looking at the Crucifix:

“Lord! By remembering at all times that we cannot acquire any holy virtues unless we go through the Cross, make us carry the crosses given to us well. Let us not reject them while offering up everything graciously. Amen.”

13. While looking at a statue of the Blessed Mother or Her holy image:

“Lord! Let me become the Handkerchief of Love to wipe away the Blessed Mother's Tears and Tears of Blood by repenting all the sins that I have committed. Amen.”

14. While looking at religious articles:

① “Lord! Make all our thoughts, words and deeds be united with the Sacred Heart of Jesus and the Immaculate Heart of the Blessed Mother. Let me achieve victory in the war against the three enemies (the secular world, the flesh and the devil) so that I may enjoy the love, peace, and joy in harmony with the Saints. Amen.”

② “Lord! Let my thoughts, words and deeds remain awake toward You and the Blessed Mother at all times. Amen.”

15. Before reading the Bible: (after kissing the bible first) “Lord, Who is alive in Your Word, come to my heart personally. Set the fire of love and perform miracles of love so that Your Word may be fully realized in me. Amen.”

16. After reading the Bible:

“Lord, Who is alive in Your Word, reign over my unworthy soul so that I may live and breathe in Your Word at every moment and put the Gospel into practice. Amen.”

17. When you don't feel like praying:

“Come, Holy Spirit! Come to my heart which has cooled off. Set the fire of love so that I may be a child who always rushes to the Lord and Blessed Mother. Amen.”

18. While opening the curtain:

“Lord! Remove the dark curtains of my soul so that I may work for Your glory. Amen.”

19. While opening doors, windows, lids, etc:

“Lord! Open widely the door of my closed heart, so that You and the Blessed Mother may dwell there. Amen.”

20. While closing doors, windows, lids, curtains, etc:

“Lord! Protect my soul from all kinds of evil and protect the grace that I've received from the Lord and Blessed Mother, so that the devil may not deprive it from me. Be my shield so that the devil may not come into my soul. Amen.”

21. While looking at the clock:

“Lord! As the hands of a clock rotate continuously, help my soul live a life that only follows You and the Blessed Mother without hesitation or pause. Amen.”

22. When getting up in the morning and taking the first step of the day:

“Lord! Help me accompany You and the Blessed Mother every moment today to achieve perfection. Amen.”

23. While squeezing toothpaste (Squeeze carefully and neatly from the bottom of the tube): “Lord! As this toothpaste helps clean my teeth, let me benefit many souls by sacrificing myself. Amen.”

24. While brushing my teeth:

“Lord! Remove all the dirty residue and foul odors in my soul and keep my soul clean. Amen.”

25. While taking a bath or washing the face, hair, or hands and feet:

“Lord! Wash away the filthy stains in my soul so that I may become a clean, pure, and little soul to live my life according to Your Will and the Will of the Blessed Mother. Amen.”

26. While looking in the mirror:

“Lord! Show me the faults of my soul so that I may correct the hidden evil habits within it. Let me become an instrument pleasing to You. Amen.”

27. While shaving my face:

“Lord! Shave and cut off all the evil habits – envy, jealousy, pride, selfishness, etc. – that have settled in my heart and make my soul beautiful. Amen.”

28. While cleaning your ears:

① “Lord! Take out all the bad things settled in my heart and soul from hearing words of judgment, slander, and all sinful words. Amen.”

② “Lord! Take out every stereotype, criticizing

judgment, and all other bad things that have settled in my soul from hearing bad words. Amen.”

29. While rubbing your eyes:

“Lord! Completely remove the beams and scales from my spiritual eyes so that I may see You and the Blessed Mother spiritually. Amen.”

30. While cutting fingernails and toenails:

“Lord! Cut out everything (pride, selfishness, greed, sloth, hatred, anger, rage, etc.) that is not needed in my soul. Amen.”

31. While putting on clothes:

① “Lord! Put the Armor of the Holy Spirit on me as it is needed for my soul and body to win the battle against the three enemies (the secular world, the flesh and the devil) at every moment, so I may enjoy love, joy and peace. Amen.”

② “Lord! Be my shield by putting the Armor of the Holy Spirit and the Mantle of the Blessed Mother on me, so that the flaming arrows shot by the devils may not harm me. Amen.”

③ “Lord! Keep watch over me so that I may not

take off the Armor of the Holy Spirit that You put on me by misusing my free will. Amen.”

32. While taking off clothes, socks, hat, and scarves, etc.:

“Lord! Take off all the faults, exaggerations, and pretenses in my soul which has been stained by sins. Amen.”

33. While buttoning or zipping clothing or bags:

“Lord! Always protect and take care of us so that the Mantles of You and the Blessed Mother, along with the Armor of the Holy Spirit, which You have put on our souls, may not be taken off from us. Amen.”

34. While undoing buttons or zippers of clothing or bags:

“Lord! Widely open the closed door of my soul so that You and the Blessed Mother may dwell in me. Amen.”

35. While wearing glasses:

“Lord! Let my spiritual eyes be open. Amen.”

36. While taking off glasses:

“Lord! Take off all the scales that cover my spiritual eyes. Amen.”

37. While wiping the glasses:

“Lord! Wipe away the dirt staining my spiritual eyes so that I may see everything correctly and discern them well. Amen.”

38. While turning on the water faucet and shower:

“Lord and Blessed Mother! Send down the streams from the Water of Mercy on me, with Your Love that is like a waterfall that washes and wipes my soul and body clean, and break through what is clogged within me. Amen.”

39. While turning off the water faucet:

“Lord! Let us preserve and not waste the streams from the Water of Mercy which You

have sent down upon us with Your Love that is like a waterfall. Amen.”

40. While using tap water, food or stuffs:

(Remembering the souls who are going to hell, offer up this prayer trying not to waste or throw away even a single drop of water, food, and other things.)

“Lord! I offer up my small sacrifice and penance to help You save souls who are going to hell, so please receive my offering. Amen.”

41. While making food:

“Lord and Blessed Mother! I am always unworthy, so please be with me so that I may make the food of Love. Let those who eat this be united in love. Amen.”

42. While washing rice:

“Lord! Wash away the dirt of my soul and the dirt of as many souls as the number of grains of rice, so that we may be saved by the grace of repentance. Amen.”

43. While rice is being cooked:

“Lord! Let my soul reach perfection through humility and love so that I may become a giver to all. Amen.”

44. While chopping and crushing garlic, ginger, red peppers etc.:

“Lord! Crush my pride, selfishness, and all the evil habits settled in my soul so that I may die to myself and be born anew in the love of Our Lord and the Blessed Mother. Amen.”

45. While seasoning side dishes with condiments:

“Lord! Make the seasoning that I put into this food become the seasoning of Your Love so that all those who eat this food may be born again in love. Amen.”

46. While shelling boiled beans, mung beans and so on:

“Lord! When You separate the good grains from the chaff, help us be selected as the good grains so that we may join in the eternal banquet in Heaven. Amen.”

47. While peeling onions, garlic, fruits and so on:

① “Lord! Take off all the faults and hypocrisies surrounding my soul so that I may become a little and pure soul. Amen.”

② “Lord! Remove all the scales on my spiritual eyes, which cause me to neglect seeing the plank in my own eyes while trying to remove specks from others, so that I may open my spiritual eyes to see You and the Blessed Mother. Amen.”

48. While kneading flour (rice, buckwheat, etc.) into dough

“Lord! As the flour (rice, buckwheat, etc.) and water become one into dough, completely dissolve us in the Sacred Heart of Jesus and the Immaculate Heart of the Blessed Mother, and thus become one in the Holy Trinity. Amen.”

49. Making green vegetable juice:

“Lord! Let me completely grind and crush my ego, which tries to join forces with the secular world and the devils. Make me born again in the

Love of You and the Blessed Mother so that I may lay myself down for everyone. Amen.”

50. When taking roasted fish off the grill:

“Lord! As we enjoy fish when it’s roasted well, let our souls be mature in the Love of You and the Blessed Mother so that we may give joy to many souls. Amen.”

51. When setting the table with food:

(Arranging the spoon and chopsticks neatly)

“Lord! Let everyone who eats this food be completely dissolved in the Sacred Heart of Jesus and the Immaculate Heart of the Blessed Mother. Amen.”

52. When scooping rice or other food:

(Making the Sign of the Cross on the rice and scooping it 3 times from the pot into a bowl, meditating the Holy Trinity and the resurrection)

“Lord! As the Father, the Son, and the Holy Spirit are One, let my family also be united in love by eating this rice, so that all of us may be healed and achieve the victory of resurrection. Amen.”

53. Prayer before meal:

“Lord! Bless this food that You granted to us. Turn it into the Precious Blood from Your Five Wounds, the Wounds from Your Crown of Thorns, and Your burning Sacred Heart, and also into the Tears, Tears of Blood, Fragrant Oil and Mother’s Milk of the Blessed Mother, so that as we eat this food, our unworthy souls and bodies may be completely healed to become the instruments working for the glory of the Lord.

Let us achieve victory over the three enemies (the secular world, the flesh, and the devil) by practicing the Five Spiritualities so that we may enjoy love, joy and peace. Amen.”

54. Prayer after meals:

We give Thee thanks for all Thy benefits, O Almighty God, who lives and reigns world without end. Amen.

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

(Excerpts from Catholic Prayers)

55. When mixing ingredients of Bibimbap (Korean mixed Rice):

“Lord! As all the ingredients in this food are mixed harmoniously and become one, help us become one in the Holy Trinity by being completely dissolved in the Sacred Heart of Jesus and the Immaculate Heart of the Blessed Mother so that we may be united by understanding and loving one another. Amen.”

56. While eating food:

“Lord! While I am eating this food for my physical health, fill my spiritual hunger so that I may become an instrument that makes You and the Blessed Mother known. Amen.”

57. When eating leftover food (Eating it with offering up souls who are heading toward hell):

“Lord! As I eat this leftover food, offering up for the poor people starving spiritually and physically and for souls who are heading toward hell, let the nutrition from this food flow into them as the spiritual and physical grace they need. Amen.”

58. While chewing food:

“Lord, whenever I chew this food, crush my strong ego, pride, evil habits and every bad thing. Melt my heart which is completely hardened like a rock so that I may become a humble little soul. Amen.”

59. When having overeaten (Offering this prayer by remembering the starving people):

“Lord! I am sorry. From now on, I will eat moderately. I pray that the nutrients from the food which I overate today may turn into the spiritual and physical nutrients for those who are starving. Fill them and flow to them as grace. Amen.”

60. When feeling hungry:

“Lord! I offer up my hunger for those who are starving because they do not have food to eat. Grant Your grace upon them so that they may become affluent spiritually and physically. Amen.”

61. When having heartburn:

“Lord! Let me sew up at least a little bit the Hearts of You and the Blessed Mother, which have been burnt whenever I did wrong. Amen.”

62. While deboning a fish or meat:

① “Lord! Remove the spiritual poison and the thorns hidden inside me and fill me with Your Holy Spirit so that I may manifest the glory of You and the Blessed Mother. Amen.”

② “Lord! Let me become the pliers of love to pull out all the thorns and nails that I have driven into the Hearts of You and the Blessed Mother by living my life wrong. Amen.”

63. While removing a splinter stuck in the skin

① “Lord! Uproot the evil habits deeply ingrained in my soul. Amen.”

② “Lord! Let me become an instrument of love to pull out all the thorns that I have driven into the Hearts of You and the Blessed Mother. Amen.”

64. While removing seeds from fruits:

“Lord! Remove all the unnecessary dry grass, empty heads of grain, and chaff from my soul so that I may become a light to my neighbors as a beautiful soul. Amen.”

65. While drinking water:

“Blood of Jesus Christ My Lord, Blood of Jesus Christ My Lord, heal my body heal my soul, for you love me so. Amen.”

“Lord Who changed water into wine! Turn this water into the Precious Blood from the Five Wounds of Jesus, His Wounds from the Crown of Thorns, and His burning Sacred Heart, to clean and heal my soul and body. Amen.”

a) You can meditate on the resurrection and the Holy Trinity while drinking water

Swallow water 3 times praying, “God the Father (gulp), the Son (gulp), and the Holy Spirit (gulp), be with me. Amen.”

b) You can meditate on the Five Stigmata of Jesus while drinking water

Swallow water 5 times praying, “In the Name of (gulp) the Father (gulp), and of the Son (gulp), and of the Holy Spirit (gulp). Amen (gulp).”

c) You can also swallow water 7 times by praying the same as above with saying “Amen” two more times, meditating on the Seven Sacraments which the Lord established, the Precious Blood from the Seven Wounds of Jesus and the Triumph of the Lord, and the Seven Joys and Seven Sorrows of the Blessed Mother.

66. While using a toothpick (interdental brush or dental floss):

“Lord! Remove all my evil habits, even those that are hidden deep inside my soul. Amen.”

67. While making coffee:

“Lord! As many as the number of coffee grounds, let all the people in the world be completely dissolved in the Hearts of You and the Blessed Mother to be united in the Holy Trinity. Amen.”

68. While washing dishes (or vegetables and fruits): (You can offer up one soul whenever you wash a dish, vegetable or fruit)

“Lord and Blessed Mother! I wash away the dirt of secular things. Wash away the filthy dirt in my soul clean so that I may welcome You and the Blessed Mother with a clean soul free from flaws, blemishes, and wrinkles. Amen.”

69. When cleaning a burnt pot:

“Lord of Mercy, Who let the sins like scarlet become white as snow, wash and wipe away the filthy dirt in my sinful soul. Amen.”

70. After washing the dishes:

“Lord of Mercy, I give You thanks for wiping my dirty soul clean. Praise, glory and adoration to You forever and ever. Amen.”

71. When you break dishes or things by mistake:

“Oh, Lord! Let me work for You as a more humble instrument through this mistake that

I made, without becoming disappointed or despaired. Amen.”

72. When seeing broken dishes or things:

“Lord! Let my soul never be shaken or broken. Amen.”

73. While doing a facial massage:

“Lord! Soften my stubborn heart and make it beautiful so that my soul may become worthy of You. Amen.”

74. While removing makeup with cleanser:

“Lord! Please wipe clean the dirty stains in my soul. Amen.”

75. When beginning to apply makeup:

“Lord! You wiped my soul clean when I washed my face. Now adorn my soul beautifully. Amen.”

76. When putting on makeup:

(In order of ①the forehead ②the nose ③the chin ④the left cheek ⑤the right cheek) Apply

cosmetics on yourself making a cross and praying, “In the Name ①of the Father, ②and of the Son, ③and of the Holy Spirit. ④Amen ⑤Amen.” (The reason for doing this is to do everything through the Cross since we cannot achieve victory if we don’t go through the Cross)

77. When removing makeup:

① “Lord! Remove all the ingrained dirt and evil habits in my soul so that my soul may become beautiful. Amen.”

② “Lord! Take away every pretense and hypocrisy wrapped up in my soul so that I may work for the Glory of You and the Blessed Mother as a pure, simple and little soul. Amen.”

78. When pulling out premature gray hair:

“Lord! Pull out all unnecessary things from our souls, and as with each gray hair I pull out, let many more sinners repent of their sins. Amen.”

79. While spraying water before getting a haircut:

“Lord! Revitalize my parched soul by sending down the sweet rain of the Holy Spirit. Amen.”

80. While cutting hair:

“Lord! Every time I cut hair, cut out all the evil habits in my soul completely (pride, envy, jealousy, stinginess, lust, anger, greed, gluttony, sloth, hatred, self-conceit, selfishness, and so on) and make my soul beautiful. As each hair is cut, make many sinners repent and throw themselves into Your arms. Amen.”

81. While dying hair or clothes:

“Lord! Please let my faded soul be freshly resurrected again. Amen.”

82. While combing my hair:

① “Lord! Tidy up my disheveled and disordered soul and adorn it beautifully. Amen.”

② “Lord! Put my disheveled soul in order, and as with each hair, put order into as many of Your children in this world so that they may fulfill Your Will. Amen.”

83. While relieving myself:

① “Lord! Please discharge every bad thing from my soul so that I may become a child that receives You with a clean soul. Amen.”

② “Lord! Please discharge every evil habit in my soul and fill me up with Your love. Amen.”

84. While cleaning myself up after using the toilet:

“Lord, wipe away the unnecessary things in my soul; clean and renew me. Amen.”

85. While flushing the toilet:

“Lord! Completely discharge all the harmful residues in my soul and purify me as a clean soul so that I may live the life of resurrection. Amen.”

86. While polishing dress shoes and cleaning shoes:

“Lord! If I have gone astray in these shoes, completely clean all those faults and from now on, make me take new steps for You and the Blessed Mother. Amen.”

87. While putting on shoes and socks:

(Putting on them neatly)

“Lord! I am wearing shoes of the secular world, but let me put on the shoes and socks of the Holy Spirit so that You and the Blessed Mother will accompany me wherever I go. Amen.”

88. While taking off shoes:

(Taking them off neatly and beautifully)

“Lord! Correct the disorder in my soul. Amen.”

89. While tying strings:

“Lord! Tie me with the strings of Yours and the Blessed Mother’s covenant so that I may not fall away from You. Amen.”

90. While tying a belt, shoelaces or a knot:

“Lord! Tie up my soul with the strings of truth to keep and protect me so that I may not fall from Your love and the love of the Blessed Mother. Amen.”

91. While untying a belt, or shoelaces for running shoes and dress shoes:

“Lord! Untie the strings of restraint that bind me to the secular world so that I may be Your child who gains true freedom in Your truth. Amen.”

92. When starting the Eucharistic Adoration:

① “Lord! You are truly present in the Holy Eucharist while hiding Your Divinity, Humanity, and Dignity. Receive our praise, gratitude, glory, and adoration forever and ever. Amen.”

② “Lord! I, a sinner, believe that You are truly present in the Holy Eucharist with Your Flesh, Blood, Soul and Divinity. I praise, trust, and love You. Amen.”

93. While going to Mass:

“Lord! Let me become Your child who perpetuates the Paschal Mystery of the Last Supper and the Paschal Mystery of the Resurrection. Amen.”

94. After attending Mass:

① “Lord, I received You in my unworthy soul,

so from now on, let me never fall into sin again. Amen.”

② “Lord! You came into me through the Holy Eucharist even though I’m not worthy to receive You. Set the fire of love in me and perform the miracle of love so that I may become a humble instrument to make You known. Amen.”

95. When someone points out my faults or gives me advice:

(We should always consider that a person who gives loving advice is my benefactor.)

“Oh, Lord, thank You! You love me so much that You pointed out my faults through him/her to correct it. From now on, I will strive to advance towards holy virtues by correcting my faults. Amen.”

96. When I receive praise or thanks from others: (Attribute it immediately to the Lord and the Blessed Mother)

“Lord! I don’t deserve this praise (or thanks). All glory and gratitude belong to You and the Blessed Mother. Amen.”

97. While seeing beautiful smiles on other people's face:

“Lord! Let me always give joy to everyone with a beautiful smile just the way as I treat You and the Blessed Mother. Amen.”

98. While seeing a frowning face:

“Lord! I will try not to lose the smile on my face. Amen.”

99. While going to work:

“Lord and Blessed Mother! Be with me always so that I may become Your faithful child who witnesses You by doing the best at my work place. Amen.”

100. While locking a door:

① “Lord! Tightly lock the door of my heart which is open to all the temptations from the devils, the secular world, and my flesh, and protect me from them. Amen.”

② “Lord! Close our ears when someone gossips and judges others, don't let my mouth open when I am inclined to judge others, and tightly

shut my eyes and ears which are open to the sins led by curiosity. Amen.”

101. While unlocking a door:

“Lord! Open widely the doors of our hearts which are dull and firmly closed. Let the gate of Heaven be opened to us through our sincere repentance. Amen.”

102. While driving:

“Lord and Blessed Mother! Personally hold the steering wheel of my soul as well as the steering wheel of this car. Light every road we travel and guide us with St. Christopher. Amen.”

① While opening the car door:

“Lord! Open widely the door of my hardened heart so that You and the Blessed Mother may dwell in me. Amen.”

② While closing the car door:

“Lord! Be the shield that blocks the devil afflicting me so that it may not enter my soul. Amen.”

③ While sitting in the seat:

“Lord! Sit beside me and always protect me so that I may be freed from the secular world and sit in a heavenly place. Amen.”

④ Before holding a steering wheel:

(Dip your finger in holy water and offer the sign of the cross, then pray the exorcism prayer sprinkling the holy water.)

⑤ While wearing a seatbelt:

“Lord! Tie me to You and the Blessed Mother with the Chain of Love so that I may never be cut off from You. Amen.”

⑥ While starting the engine:

“Lord! I start the engine to drive. Make me become a starter for spreading the Messages of Love from You and the Blessed Mother so that I may enter Heaven with many other souls. Amen.”

⑦ While starting the car:

“Lord, Blessed Mother, St. Christopher, and all the Saints and Angels! I am heading toward [destination]. Be with me always so that my soul may head toward Heaven. Amen.”

⑧ While stepping on the brake:

“Lord! Step on my spiritual pride so that I may be Your humble instrument. Amen.”

⑨ While parking the car:

“Lord! Let my soul safely arrive to Heavenly paradise by following You and the Blessed Mother. Amen.”

⑩ While waiting for the light to change:

“Lord and Blessed Mother! Let me become a little soul who observes the spiritual order by obeying Your Words. Amen.”

⑪ While you're stuck in traffic: (Instead of being irritated, complaining, or uttering abusive words)

“Lord! As You patiently waited in silence for 30 years before starting Your 3-year public ministry, I will also graciously offer up this time by following You and the Blessed Mother. Amen.”

⑫ When you violated the traffic rules:

“Lord! Guide me to not deviate from the way You want me to walk. Amen.”

⑬ While driving on an unpaved road:

(winding or uphill road) “Lord, let me meditate on the fact that Your way was not a wide, comfortable or luxurious silk road, but a narrow thorny path, rough and painful. Help us to follow Your way well. Amen.”

⑭ While turning on headlights:

“Lord, shine the Lights of the Sacred Heart of Jesus and the Immaculate Heart of the Blessed Mother on us, and drive away the darkness that blocks us. Amen.”

⑮ When it is hot:

“Lord! I offer up this heat in penance for the souls who are being tempered in the blazing fire of purgatory. Have mercy on them. Amen.”

⑯ When it is cold:

“Lord! I offer up this coldness as a penance for the homeless souls who are poorly clothed, starving, and shivering in the cold, and for all lapsed Catholics whose hearts are cold and hard. Have mercy on them. Amen.”

⑰ On arriving at the destination after driving:

“Lord and Blessed Mother! Thank You for keeping me safe while driving. Praise, gratitude, and glory to You forever and ever. Amen.”

103. While taking transportations:

“Lord and Blessed Mother, and St. Christopher! Accompany and protect me so that I may reach my destination safely. Amen.”

104. While watching the sceneries passing by from the car window:

“Lord! Just like the scenery that passes by swiftly, the things of this world also go by quickly. Only the things of the next world are eternal. Help us become Your spiritual children who will follow You and the Blessed Mother. Amen.”

105. While going up stairs or escalators:

(By meditating on the Lord Who climbed Golgotha hill carrying the Cross) “Lord, help me follow the Way of the Cross that You walked well and help me ascend to Heaven. Amen.”

106. While descending stairs or escalators:

(By meditating on the Lord Who came into this world, not to be served but to serve, even though He is God) “Lord, help us to lower ourselves as little souls and to humbly descend lower and lower by imitating You and the Blessed Mother. Save one soul being tempered in purgatory whenever we descend each step of the stairs. Amen.”

107. While going up in an elevator:

“Lord! Let me become a little soul that can be embraced tightly in the bosom of the Blessed Mother Who guides us in the shortcut to You and let me be elevated to Heaven. Amen!”

108. While going down in an elevator:

“Lord! Make me become a humble little soul following You and the Blessed Mother Who always go down to the low places. Amen.”

109. While walking along the road:

① “Lord! Make the souls who are rushing on the way to perdition turn around and come back to Your arms and the Blessed Mother’s bosom. Amen.”

② “Lord! Every time I take a step, trample and crush my soul’s strong ego, pride and evil habits, so that I may become a little and simple soul. Amen.”

110. While walking barefoot on a gravel road (by meditating on the Lord Who walked barefoot on the Way of the Cross):

① “Lord, as the number of pebbles I tread on, grant the grace of repentance to me and sinners. I walk on the pebbles with a heart of sacrifice and repentance for the sins that I have committed and for the conversion of sinners. Amen.”

② “Lord and Blessed Mother! Through this prayer I offer up, please be comforted and praised. Amen.”

111. When I fall down while walking:

(Instead of grumbling)

① “Oh, praise and glory to the Lord! Clear away all the obstacles from the secular world on my way towards You and the Blessed Mother, and help me rise up again like a roly-poly without being disappointed or frustrated, even if I fall down due to my faults. Amen.”

② “Lord! Even if I fall down by falling into a mortal sin, I will rise up again and follow You, thinking of You who fell and got up three times while carrying the Cross. Amen.”

112. When I start working:

“Lord and Blessed Mother! Be with me always and guide me to begin my work with joy, love and peace at every moment. Amen.”

113. While starting a computer:

“Lord! I am unworthy, but make all the work that I do be used for the glory of the Lord and the Blessed Mother. And bless me so that sinners including myself, as many as the number of letters I’m typing on the computer, may repent and be recorded in the Book of Eternal Life in the Heavenly Kingdom. Amen.”

① While turning on the computer:

“Lord! Awaken my soul so that I may always begin my work with a fresh mind and body to work for the glory of You and the Blessed Mother as a clean soul. Amen.”

② While turning off the computer:

“Lord! Turn off the fire of pleasure and lust in me and let me achieve victory over the flesh, the secular world, and the devil. Amen.”

③ While opening a file or program:

“Lord and Blessed Mother! Help the hardened souls enter Your Hearts and be completely dissolved in You. Amen.”

④ While closing a file or program:

“Lord! Help us take care of the graces that we’ve received and block out all the evils from us so that we may not be deprived of those graces by the devils. Amen.”

⑤ While preparing to write something:

“Lord and Blessed Mother, guide me while I am writing so that my work may not be used in vain. Amen.”

⑥ While writing with a computer:

“Lord! I offer up to You the sinners as many as the number of letters I’m writing. Let them receive the grace of repentance to live the life of resurrection. Amen.”

⑦ While deleting misspelled words or erasing scribbles:

“Lord! Delete the errors of my soul, all temptations to sin that have settled into my soul, and all the bad memories of my past. Amen.”

⑧ While rewriting where I deleted mistakes:

“Lord! I believe that you deleted all the faults of my soul. Now let me resurrect anew and let

the souls, as many as the number of the letters that I'm rewriting, be born anew through the grace of repentance. Amen.”

⑨ While clicking a mouse:

“Lord! I offer up to You as many sinners as the number of times I click the mouse today. Let me achieve victory over the devil, the flesh, and the secular world which tempt me to sin. Amen.”

⑩ While writing in large and bold text:

“Lord and Blessed Mother! Let You get higher and we get lower so that we may become Your instruments working for Your glory and the Blessed Mother's, as humble and little souls. Amen!”

114. While erasing crooked letters and re-writing them to be straight:

“Lord! Correct my distorted soul and heart. Amen.”

115. While making copies using a copier:

“Lord and Blessed Mother! Grant as many blessings to sinners as the number of the letters within these copies so that they may repent of their sins. Amen.”

116. While using the printer or copier:

“Lord! I offer up as many sinners as the number of the letters in these printouts so that they may get out of the devil’s den. Amen.”

117. While doing the laundry:

“Lord! Wash away even the invisible filthiness of our souls. Amen.”

118. While hanging laundry after spreading it out:

“Lord! Even though my soul is wrinkled and twisted, stretch it out completely so that it may burn with passionate love towards You and the Blessed Mother. Amen.”

119. While folding the laundry:

(Folding neatly) “Lord! Straighten and tidy up all the wrinkled parts of my soul caused by my unrighteous living so that I may become a good example to others by my clean and correct words and actions. Amen.”

120. While sewing clothes, blankets or sewing up a tear:

“Lord! Grant as much grace of repentance to sinners as the number of stitches that I sew so that they may live the life of Resurrection. Let them become tailors of Love that stitch up the Sacred Heart of Jesus and the Immaculate Heart of the Blessed Mother from now on. Amen.”

121. While quilting blankets or pillow covers:

“Lord! Be a blanket that wraps around my soul and quilt it tight so that my soul may not be separated from the Love of You and the Blessed Mother. Amen.”

122. While ironing:

“Lord! Completely straighten out the hidden parts of my soul that are wrinkled and stained, so that I may live righteously in the Love of You and the Blessed Mother. Amen.”

123. While ventilating rooms by opening doors and windows:

“Lord! Completely remove the unpleasant odor from my soul and fill it with the Fragrance of You, Lord Jesus Christ. Amen.”

124. While turning on an electric fan or an air conditioner:

① “Lord, You are always the cooling shade amid the heat! Transform this air into the breaths of the Holy Spirit so that we may live the lives filled with the Holy Spirit. Amen.”

② “Please blow the air of the Holy Spirit over the entire world so that all may repent and be saved. Amen.”

125. While turning the heater on:

“Lord! Heat my tepid soul with the warmth from the Holy Spirit so that I may wholeheartedly love You, the Blessed Mother, and my neighbors. Amen.”

126. While turning on the humidifier:

“Lord, make my arid soul be reborn with love through the breath of Your Holy Spirit and through the streams of the Water of Mercy from the Blessed Mother. Amen.”

127. While turning off an electric fan, air conditioner, heater, or humidifier:

“Lord! Completely extinguish every wind of temptation sent by the devils that fill the sky and the earth trying to take down God’s children. Amen.”

128. While warming myself by the stove:

“Lord! Heat my body and soul which have become cold and hardened by wounds. With

the fire of the Holy Spirit, may I become Your instrument that transmits warmth and love to everyone. Amen.”

129. When hearing an ambulance siren:

“Lord and Blessed Mother, have mercy on the patient in the ambulance so that their soul may be saved. Amen.”

130. While a doctor is performing an operation:

“Lord! I perform this surgery by human methods, but since You are the true doctor, please let the Holy Spirit operate and manifest Your glory. Amen.”

131. When I or someone else is undergoing surgery:

“Lord, Almighty God, for Whom nothing is impossible, please personally perform this surgery through the doctor’s hands by Your Holy Spirit. Heal my/his/her soul and body. Amen.”

132. When taking bitter medicines:

“Lord! I participate in Your sufferings by meditating on the taste of vinegar and gall that You tasted on the Cross. May sinners repent. Amen.”

133. When taking a medicine or taking an injection:

“Lord! Bless this medicine that the Lord has granted. Change it into the Precious Blood from from Your Five Wounds, the Wounds from Your Crown of Thorns, and Your burning Sacred Heart. Also turn it into the Blessed Mother’s Tears, Tears of Blood, Fragrant Oil, and Milk so that this medicine may become the medicine that heals my soul and body. Amen.”

134. When bleeding from the wounds:

(Meditating on the Precious Blood that Jesus shed from His Wounds)

① “Lord! Prevent me from wasting even one drop of blood in vain, and use this little offering where You need. Amen.”

② “Lord! I unite my blood with Your Precious Blood, and offer this up for the repentance of sinners. Use it for Your Will. Amen.”

③ “Lord! To not waste this blood in vain, let it flow into patients who urgently need blood transfusions through Your grace so that they may be healed. Amen.”

135. While applying antiseptic to a wound:

“Lord! Sterilize and heal my soul which has been sick and torn apart. Recover the spiritual wounds in my heart. Amen.”

136. When squeezing pimples or boils:

① “Lord! Completely repair the harmful spiritual cancers in my soul. Amen.”

② “Lord! Completely heal the rotten and wounded parts of my soul, so that I may be transformed beautifully. Amen.”

③ “Lord! Completely remove all the bad things gnawing at my soul, and make me clean and pure. Amen.”

137. When getting rid of corns on one's body:

“Lord! Completely remove the specks and planks from my heart and soul so that You and the Blessed Mother may dwell in me. Amen.”

138. When getting burned:

“Lord! I offer up this pain for the souls in Purgatory and for the repentance of sinners. Amen.”

139. During bloodletting or cupping therapy:

“Lord! Draw out all the bad and evil habits from my body and soul, and perform a transfusion with Our Lord's Precious Blood into me. Amen.”

140. While getting or giving a massage, or acupressure therapy by hand or a massage device:

“Lord! Soften the stiff parts of my soul with the Holy Spirit so that I may become a gentle and little soul that follows Your footsteps well. Amen.”

141. While tuning instruments like a guitar or piano:

“Lord! Repair the wrong parts of my body and soul so that a beautiful melody praising You and the Blessed Mother may resound from me, and let me work for the glory of You and the Blessed Mother. Amen.”

142. While repairing a damaged car:

(Instead of feeling irritated, you may pray)

“Lord! Correct and repair my unworthy soul and make me newly reborn. Amen.”

143. While unblocking a drain:

“Lord! Break through what is clogging my soul so that I may become a channel to make the Lord and Blessed Mother known. Amen.”

144. While coughing or sneezing:

“Lord! Completely expel the evil habits hidden deep within my soul. Amen.”

145. While blowing my nose:

“Lord! Take out all the evil habits that have settled deeply into my soul. Amen.”

146. When spitting out phlegm:

“Lord! Get rid of all the evil habits that are tangled and stuck inside my soul. Amen.”

147. When farting or burping:

“Lord, take out all the unnecessary gas from my soul. Amen.”

148. When someone farts or burps with a bad odor (Pray this instead of trying to find out who did it):

① “Lord! Take out all the bad odors from my soul. Amen.”

② “Oh, Lord! Thank You for expelling the bad odors from my soul. Amen.”

149. When smelling a bad odor:

“Lord! Take out the bad odors from my soul and fill me with the fragrance of the Lord and Blessed Mother. Amen.”

150. When vomiting:

① “Lord! Take out my selfishness, self-conceit, and contradictions that I created by my own theories, reasonings, and human calculations, not being a simple soul. Please help me empty my heart so that You and the Blessed Mother may dwell in me. Amen.”

② “Lord! Take out all my bad thoughts so that You and the Blessed Mother may dwell in me. Amen.”

151. While tidying up:

“Lord! Correct the disorder in our families, churches, schools, and communities, and recover our lost love so that all of us may be united. Amen.”

152. About numbers :

1 is meant for adoration of one God.

2 is meant for meditating on the Sacred Heart of Jesus and the Immaculate Heart of the Blessed Mother.

- 3** is meant for meditating on Jesus who resurrected in 3 days, and the three persons in the Holy Trinity, while we pray for resurrected life and unity.
- 5** is meant for meditating on the Five Stigmata of Jesus.
- 7** is meant for meditating on the Seven Sacraments, the Precious Blood from the 7 Wounds of Jesus, and the Triumph, Seven Sorrows and Seven Joys of the Blessed Mother.
- 10** is meant for meditating on Perfection.
- 12** is meant for meditating on the twelve apostles and the twelve starred laurel crown of the Blessed Mother.
- 15** is meant for meditating on the resurrection through the death of Jesus on the Cross.
- 33** is meant for meditating on the lifetime of Jesus.
- 72** is meant for meditating on the lifetime of the Blessed Mother.
- 103** is meant for meditating on 103 Korean Martyr Saints.

154. When sharpening pencils or planing boards:

(Meditating on offering up the pains of being cut down, peeled and trimmed to be used as the instrument of Our Lord)

“Lord! As pencils and trees can only be used after being trimmed, please round off the edges of my soul and smoothen my distorted parts so that I may become Your worthy instrument. Amen.”

155. While counting money:

(Arranging currency symbols and numbers in proper order and counting the money neatly)

① “Lord! Correct the disordered world, Church, and families, and let them be united. Amen.”

② “Lord! Correct my disordered heart, and let this money be used appropriately according to the Will of You and the Blessed Mother. Amen.”

156. When bitten by mosquitos or insects :

(Applying Naju Miraculous Holy Water)

“Lord! I offer up this small pain as a sacrifice

and penance with the intention of removing at least one of the nails that I have driven into You and the Blessed Mother by the sins I have committed. Amen.”

157. While catching flies and other harmful insects:

“Lord! Do away with the devils of pride, selfishness, envy, hatred, anger, violent emotion, lust, laziness, etc. so that we may achieve victory in the war against the three enemies (the secular world, the flesh and the devil) every day and at every moment of our daily lives. May we live the life of resurrection. Amen.”

158. While sweeping the floor:

① “Lord, sweep away all the useless debris in my soul so that I may tend to You as a clean soul. Amen.”

② “Lord, let as many sinners as the number of trash and dust I sweep away, repent and return to You and the Blessed Mother so that they may be saved by living the life of resurrection and going up to Heaven on the last day. Amen.”

159. After sweeping the floor:

“Oh, Lord! Thank you for sweeping away all the useless debris from our souls. Please help our souls always be kept clean from now on. Amen.”

160. While mopping the floor:

① “Lord! Completely wipe away the filthy stains of my soul. Amen.”

② “Lord! Let me become a handkerchief of love to wipe away Your Bloody Sweat, the Blessed Mother’s Tears, and Her Tears of Blood. Let me become a mop to clean souls so that Your Will may be done. Amen.”

161. While sweeping and mopping every corner:

“Lord! By Your Precious Blood, clean and wipe up my old and stubborn stains, invisible and hidden deep in the corners of my soul. Amen.”

162. While wiping glass:

“Lord! Wipe my dirty soul clean. Amen.”

163. While picking up or taking out garbage:

“Lord! Clear away what is not useful in my soul, one after another, so that it may become clean. Amen.”

164. When burning garbage or useless things:

“Lord! Burn away all my evil habits, and get rid of the garbage in my soul by the Fire of the Holy Spirit. Amen.”

165. While removing cobwebs:

“Lord! Clear away all my tangled-up faults that I don’t recognize and also the webs of sins that the devils have woven within my soul. Amen.”

166. When making a mistake in speech:

(Making the Sign of the Cross on the lips) “Lord! I take back what I just said. Forgive me and bless my lips so that I may not make another mistake. Amen.”

167. When I made a mistake:

(Not becoming disappointed or despaired)

“Lord! You can perfect me but You also allow me to make mistakes in order to humble me. Remembering this, let me make a new start. Amen.”

168. While seeing someone’s faults:

(Decide to learn their good features & deeds and decide not to repeat their mistakes.)

“Lord! Have mercy on them. Since I also make mistakes, I rely on You and the Blessed Mother. Lead and take care of me so that I may not fall again. Amen.”

169. When feeling ignored:

“Lord! Grant us the grace to graciously offer up our humiliation, just as You offered it up in silence when you were treated with contempt, disdain, and disregard, even though You are the Son of God. Amen.”

170. When someone criticizes the other or uses abusive language:

(Do not join them but manage it with love, and ask the Lord for their forgiveness, making the Sign of the Cross on the lips.) “Lord, have mercy on them and forgive them so that they may reconcile and be united with each other. Amen.”

171. When betrayed by others:

(Meditating on Jesus on the Cross)

① “Lord! How painful it was when Peter, who swore to follow You wherever You went, denied You three times. How painful it was when Judas handed You over for thirty pieces of silver.

Let me only follow You and the Blessed Mother, offering up my pain graciously and seeking after only the heavenly things. Amen.”

② “Lord! Heal my wounded heart so that I may only follow You and the Blessed Mother for the rest of my life. Amen.”

③ “Lord! I offer to You this pain for the repentance of all sinners as You also have been betrayed countless times by Your beloved children of the world. Amen.”

172. When being insulted in all sorts of ways while making the Lord and the Blessed Mother known:

“Lord! You prayed, ‘Father, forgive them; they do not know what they are doing.’ Please grant them repentance so that they may become Your instruments to work for Your Glory. Amen.”

173. When getting hit by a rock or something else:

“Lord! It is all my fault for getting hit because I was here. I offer it up for the repentance of sinners and for those whom I have not yet forgiven. Amen.”

174. When getting beaten for no reason:

① “Lord, Who holds the rod of rebuke for Your beloved children! Let this become the rod of love so that I may be newly awakened. Amen.”

② “Lord! Thank You for allowing this sinner the grace to participate in Your suffering! Please be consoled and praised through this unworthy sinner’s pain. Amen.”

175. When feeling an impulse to criticize and judge others:

“Lord! How can I, who cannot see the plank in my own eye, remove the speck in others’ eyes? Let me remain awake so that I can remove the plank in my eye first. Amen.”

176. When running into someone you can’t forgive:

“Lord! It’s so difficult for me to possibly forgive that person, but I am trying to forgive as You have taught me. You said that we should forgive others seventy times seven (*As Seven is an infinite number in Christ, it means to forgive all the times.), so please give me the heart to forgive and share Your love. Amen.”

177. When meeting up relatives or friends:

“Lord! Fill our meeting with grace, so that joy, love, and peace may overflow in it. Break the high human barriers, and unite us in the great love of Jesus and the Blessed Mother. Amen.”

178. While shaking or holding hands:

“Lord! Tie us together with Your chain of love so that we may rise up to Heaven by tightly holding onto the hands of the Blessed Mother Who is the string that binds Heaven and earth. Amen.”

179. When obscene thoughts occur :

(After an exorcism prayer) “Lord! May Your Mother’s Words, ‘I will help you with My power that can crush the head of the serpent’, be realized in me so that I may gain victory against the devil of obscenity. Amen.”

180. While looking at those who are using media inappropriately:

“Lord Who converts evil into good! Have mercy on them so that they may gain knowledge and discernment. Lead them to Your Will which is the ultimate good. Amen.”

181. While putting up wallpaper:

“Lord! Clothe our souls with the armor of the Holy Spirit and protect us from all the devils. Amen.”

182. While painting:

“Lord! Decorate my soul beautifully and neatly so that I may live the life of resurrection. Amen.”

183. As rice or other grains ripen:

“Lord! As rice plants bow their heads when ripening, help us become little souls who always lower and humble themselves as mature believers. Amen.”

184. While seeing fruits or crops ready for harvest:

“Lord! Fill my soul with the Holy Spirit, give birth to holy virtues, and help me advance toward perfection. Amen.”

185. While flattening out or repairing something bent:

“Lord! If my soul has parts unstraightened, dented and bent down, repair it so that it may be straightened out, and let me live correctly in the love of You and the Blessed Mother. Amen.”

186. While crying :

“Lord! I don’t want even a single drop of my tears to be wasted. Let my tears be united with Your Tears and that of the Blessed Mother for the conversion of sinners and for our salvation instead of tears from resentment and/or sorrow. Amen.”

187. While wiping away sweat:

“Lord! Save as many sinners as the number of beads of sweat that I shed. Though I am unworthy, let me become the handkerchief of love that wipes away Your bloody sweat. Amen.”

188. While connecting the beads of a Rosary or the link of a chain etc.:

“Lord! Let not only my family, but all Your children in the world be connected to one another by the chain of love, becoming one in the Holy Trinity. Amen.”

189. While loosening entangled strings:

“Lord Who came to give liberty to captives! Set me free from the chain of every sin and let me be liberated in the Holy Spirit. Amen.”

190. While changing batteries:

① “Lord! Set the fire of the Holy Spirit in the old and exhausted parts of my soul and fill it anew. Amen.”

② “Lord! Recharge my exhausted faith in my soul so that I may be filled up once again. Amen.”

191. While switching on a light:

“Lord! Turn on the light in my heart that has been turned off, and let the fire of love flame up anew in my heart. Amen.”

192. While switching off a light:

“Lord! Turn off the lights of every temptation from the devils, the secular world, and my flesh. Protect me from falling into temptation ever again. Amen.”

193. While plugging an electric cord into an outlet:

“Lord! Let me connect the current of grace, combined with the Love of Our Lord and the Blessed Mother, to others so that I, an unworthy sinner, may shine the light from You and the Blessed Mother onto everyone in the world by practicing love. Amen.”

194. While pulling plugs out:

“Lord! Completely pull out all the bad habits deeply embedded within my soul: an unforgiving mind, dislike, hatred, anger, obscenity, and all the problems deep within me. Amen.”

195. While lighting a lamp, a flashlight, a lighter, matches, etc.:

“Lord! Eliminate the darkness in my soul and set it ablaze with the Fire of the Holy Spirit. Amen.”

196. When a fire breaks out or When watching a fire breaks out on TV :

(Meditating on the souls who are being purified and tempered in the fire of Purgatory) “Lord! Let us remain awake and become little souls. Let us be raised up to Heaven on the last day so that we may not suffer from the pains of the fires, not only in hell, but also in Purgatory. Amen.”

197. While turning off lights, putting out candles, turning off gas stoves, etc.:

① “Lord! Put out the fires of human desire and lust burning within my heart, and let me rush to You and the Blessed Mother only. Amen.”

② “Lord! Completely extinguish the fires of jealousy, envy, dislike, anger, hatred, rage and temptation within my heart. Amen.”

198. While looking at babies:

“Lord! Let me become a simple soul who doesn’t calculate or weigh with human thoughts. Let me never leave the arms of Jesus and the Blessed Mother. Amen.”

199. While taking care of children or showering them with love:

(Remembering the aborted babies) “Lord! People have abortions without knowing that abortion is murder of their own babies. Let their aborted babies who died miserably receive love in the arms of Jesus and the Blessed Mother. Let their parents be forgiven by the grace of repentance. Amen.”

200. When someone calls you with the wrong number:

(Do not hang up the phone in irritation but answer tenderly, by saying “I’m sorry, I think you dialed the wrong number.”) “Lord! I make mistakes at time too. Let us understand each other generously and treat others tenderly with the love of You and the Blessed Mother. Amen.”

201. While looking at cats or dogs:

“Lord! As cats and dogs follow their owners, let me be a loyal child who always lives according to Jesus and the Blessed Mother Who are our true parents. Amen.”

202. While looking at birds in the air:

“Lord! Even though I live in the secular world, set me free from the three enemies – the secular world, the flesh, and the devil – so that I may enjoy true freedom in Your truth. Amen.”

203. While watching an apartment or building being constructed:

“Lord! As the carpenters and construction workers build a foundation before completing the rest of the building, let me be rooted in a firm faith solid as rock, just as a building on solid foundation. Amen.”

204. While hammering a nail:

(Reflecting on whether I have nailed Our Lord to His Cross) “Lord! Let me never drive a nail into You again. Plant the Hearts of Jesus and the Blessed Mother into my heart. Amen.”

205. While pulling out a nail with pincers or pliers:

① “Lord! Never let me drive another nail into You again and help me become the plier of love

that pulls out all the nails that I have driven into You. Let this prayer be done to me. Amen.”

② “Lord! Let all Your children in this world, including me, become the pliers of love that pulls out the nails that we have driven deeply into the Sacred Heart of Jesus and the Immaculate Heart of the Blessed Mother. Amen.”

206. While tightening screws:

① “Lord! Let my soul be planted in the love of Jesus and the Blessed Mother, becoming united with You. Amen.”

② “Lord! Bring me into your tight embrace so that my thoughts, words and deeds may be worthy of the Hearts of Jesus and the Blessed Mother. Amen.”

207. While loosening screws & other things:

“Lord! Set my soul free from the chains of sin, bound by the secular world. Help me to enjoy freedom in the Holy Spirit so that I may achieve victory in the war against the three enemies: the secular world, the flesh and the devil. Amen.”

208. While Stapling:

“Lord! Drive the high, profound, and wide Love of You and the Blessed Mother deeply into my heart. Amen.”

209. While removing staples:

“Lord! Let me be the pliers of love which remove all the thorns, toxins, and cruelties that I have driven into the Sacred Heart of Jesus and the Immaculate Heart of the Blessed Mother. Amen.”

210. While breaking things with a hammer:

“Lord and Blessed Mother! Completely destroy the devils afflicting us. Amen.”

211. While taking a CD or tape from its case:

“Lord! Bring forth the poor souls that cannot escape the den of evil, so that they may live as children of light in the Sacred Heart of Jesus and the Immaculate Heart of the Blessed Mother. Amen.”

212. While removing stickers:

① “Lord! Remove all pride, jealousy, envy, anger, selfishness, greed, lewd thoughts, and all evil from my soul, so that I may become a worthy child attending to You as a clean soul. Amen.”

② “Lord! Just as You removed the scales from the eyes of Saint Paul, remove the scales from my spiritual eyes so that I may become an apostle of Jesus and the Blessed Mother. Amen.”

213. While planting a tree or a flower:

“Lord! As a plant blooms with flowers and bear fruit, let the sprout of faith grow within my soul to yield the fruits of love. Amen.”

214. While trimming tree branches:

“Lord! Trim every unnecessary part within my soul so that I may become a beautiful soul pleasing to You and the Blessed Mother. Amen.”

215. While seeing a beautiful flower:

“Lord! Let my soul bloom in love like a beautiful flower so that I may spread the fragrance of Jesus and the Blessed Mother throughout the world. Amen.”

216. While removing withering petals or spoiled parts of fruits or vegetables:

“Lord! Remove every diseased and withered part from my soul and renew it. Amen.”

217. While sowing seeds:

“Lord and Blessed Mother! Sow the seeds of the Holy Spirit in me and protect me from devils so that I may sprout good buds that bear the abundant fruits of the Holy Spirit. Amen.”

218. When new buds appear:

① “Lord! Like the plants that start to sprout, let my soul be reborn as a simple little child in the Holy Spirit, to bring forth the flowers of love and fruits of the Holy Spirit. Amen.”

② “Lord! Let the sprouts of love grow newly within the devastated souls of the world. Amen.”

219. While watering flowers or pots:

“Lord! Allow the sweet rain of the Holy Spirit and the streams of mercy to flow into my barren soul so that it may be refreshed. Amen.”

220. While seeing fruits:

“Lord! Let me always stay awake to be selected as a good grain, so that I may possess the fruits from the Tree of Eternal Life in Heaven on the last day. Amen.”

221. While removing weeds:

“Lord! Completely pull out the useless and evil habits in my heart. Take out the pride which spreads even toward my neighbors. Amen.”

222. While exercising (all kinds of exercises):

“Lord! Let me work out with You so that I may become an instrument that works for Your glory and the Triumph of the Immaculate Heart of the Blessed Mother with my healthy body and soul. Amen.”

223. While bowling (with the intention to defeat the devil):

(When you knock all the pins down by rolling a strike, pray for defeating Satan. When you knock the remaining pins down, pray for defeating the remaining little devils. When you knock down two pins that are wide apart, pray to defeat the devils of division. When you knock down the pins that are hiding side by side behind others, pray to defeat the hidden cunning devils. And offer up one soul each step you take while bowling.) “Oh, Lord! As the bowling ball knocks down the pins, defeat all the devils who afflict us. Amen.”

224. While hearing bells ringing or the clap of rolling thunder:

“Lord! Help us carefully listen to the continual warnings from You and the Blessed Mother. Let us be awakened from our spiritual slumber so that everyone may be saved. Amen.”

225. While thinking about one's death:

“Lord, Who defeated death and resurrected! Make us remain awake in order to always respond with “Amen” to Your Call and go toward You. Amen.”

226. When the sun or the moon comes up or when the stars appear:

“Lord and Blessed Mother! Please be with me so that I may live to practice and follow Your Messages of Love from the sun up (moon or stars) to the sun down (moon or stars). Amen.”

227. When the sun is beating down:

“Lord, radiate the Light of Your Sacred Heart and the Immaculate Heart of the Blessed Mother on me and drive out all the darkness from my soul. Amen.”

228. When it is foggy:

“Lord, my soul may lose all sense of direction and become lost when falling into Satan's temptations. So Lord and Blessed Mother,

defeat the darkness covering my soul with the Light of the Holy Spirit and brighten the pathway that leads me to Heaven. Amen.”

229. When it is windy:

“Lord! The reeds sway back and forth from the wind which blows the way it wants, but please blow the breath of the Holy Spirit into us so that we may never be swayed by any wind of temptation with faith and trust in You. Amen.”

230. While looking at the leaves swaying in the breeze:

“Lord! Take hold of as many souls as the number of leaves that are shaken by the wind of temptation. Amen.”

231. While looking at the falling leaves:

“Lord! Never let me wander away from the loving arms of You and the Blessed Mother, and save all the souls who have wandered away. Amen.”

232. While stepping on fallen leaves:

“Lord! Tread and crush the pride, evil habits, and strong ego within my soul so that I may be renewed. Amen.”

233. When it rains:

① “Lord! Send down the sweet rain of the Holy Spirit on my arid soul. Amen.”

② “Lord! Wash away the dirt of sinners’ souls, as many as the number of falling rain drops. Drench their arid souls so that everyone may be saved through the grace of repentance. Amen.”

③ “Lord! Turn this rain into Your Precious Blood shed for us. Wash away all the sins of the world and purify it to establish Your Kingdom on the whole world. Amen.”

234. While seeing a rainbow:

“Lord! As a rainbow is the sign of Your covenant established between Heaven and earth, let us all hold the hands of the Blessed Mother, Who is the string that ties Heaven and earth together. Let us advance toward You so that we may enjoy eternal happiness. Amen.”

235. When it is snowing:

① “Lord! Make my soul, which is stained with all kinds of sins, clean and pure like snow. Amen.”

② “Lord! Wash away my sins which are like scarlet drops, and let my soul become clean like snow. Amen.”

236. While looking at the clouds:

“Lord, personally drive out the darkness in my heart and my soul. Amen.”

237. While seeing a flowing river or stream:

“Lord! As stagnant water is bound to rot, my soul will rot if my soul is also stagnant. Please drive out the bad things from my soul unceasingly. Prevent my soul from becoming stationary and let it always be renewed and reborn with the Holy Spirit. Amen.”

238. While fishing or looking at a fisherman:

“Lord! I am so unworthy, but have mercy on me to become a fisher of men. Amen.”

239. While crossing a bridge, a river, or the sea:

“Lord! As the Israelites crossed the Red Sea, let me cross the river of this secular world by following You and the Blessed Mother to safely reach the Heavenly Harbor. Amen.”

240. While going to bed:

“Lord! Thank You for all the graces that You have bestowed on me. Guard and protect me from the devils so that I may rest well in the arms of You and the Blessed Mother. Amen.”

241. When it is difficult to fall asleep:

Pray with the intention of participating in the sufferings of the Blessed Mother Who said, “Pray with me at this time of transition from death to resurrection of My Son Jesus Christ.”

242. When feeling too sleepy despite having an obligation:

“Lord and Blessed Mother! Help me overcome this sleepiness and let me become awake so that I may complete my work. Amen.”



Tears of Blood on October 14, 1989

The Reason Why We Have to Turn Our Daily Lives Into Prayers

“My beloved little soul! When people practice the devotion of turning their lives into prayers at every moment as you do, giving love to their neighbors in meekness and humility, their love can become a brake that can suppress even God's wrath.” (Jesus on August 14, 1982)

“My Heart becomes filled with great joy whenever you give glory to Me without complaining about any of your sufferings and offer up all the moments of your life as bouquets of little flowers woven with sacrifices.” (Jesus on August 17, 1983)

“You are dedicating the Prayers of Life in order to sew up My torn Sacred Heart and for the conversion of sinners while meditating everyday and at every moment on the Cross that I am carrying. I'm greatly comforted and filled with joy.” (Jesus on July 28, 1986)

“The Prayers of Life, that you offer at every moment for the sake of My glory and for the repentance of sinners, console Me and My Mother Mary as well. The Prayers of Life also have the power to convert many souls and lead them to Heaven. So I am delighted because of you.” (Jesus on July 1, 1988)

“The way to defeat the devil is to practice the Prayers of Life and the Messages of Love without ceasing which My Mother and I are screaming until Our throats become sore and torn even showing numerous signs.” (Jesus on July 1, 1988)

“Tell all the children of the world. I want all of you to wear the scapular with the intention of being with me; pray the rosary fervently with all your body and mind and with love; live a completely consecrated life of prayers, sacrifices, and reparations; renew your life with the spirit of self-renunciation and poverty; and, thus, repel the violence of the devil.” (The Blessed Mother on April 21, 1991)

“My children who have been called! I bestow the light of love and mercy upon you. Pray and again pray. Even if your thoughts are imperfect, offer up your whole life to Me through My Mother as littler and littler persons. That is truly to turn life into prayers and offer yourselves up.” (Jesus on June 13, 2000)

“This Mother, Who wishes that not even one among the children in the world become lost, is consoled by your offerings filled with love and devotion as you try to turn your whole life including even the most trivial things into prayers according to this Mother’s wish.” (The Blessed Mother on June 18, 2000)

“That is because your turning your life into prayers, which you have been imploring (others to practice) and which is to totally offer up and turn into prayers everything from the moment you wake up to the moment you fall asleep, not neglecting even little and trivial things, becomes dissolved in My Sacred Heart and My Mother’s Immaculate Heart and becomes one (with Them); it pulls out the nails one

after another which the children of the world have driven into Me by offending (Me); and it becomes prayers of consolation that wipe away My Mother Mary's Tears and Tears of Blood.” (Jesus on November 2, 2000)

“Turn your lives into prayer. Doing that will become pliers that pull out thorns and nails which have been driven deeply into My Sacred Heart and that of My Mother and also become needles that mend the Sacred Hearts and the garment that have been torn apart. Thus, it will be a great comfort to My Mother and Me.” (Jesus on February 28, 2001)

“Bear in mind that this world has already fallen into a crisis of turning into ashes because of the extreme sins, but My Son Jesus gave you one more chance thanks to the fervent prayers, sacrifices and reparations by you, the little souls. At least you should become completely dissolved in the Sacred Heart of Jesus, Who has become the sacrificial victim for reconciliation, and My Immaculate Heart; and, by turning your lives into prayers, bind up the Lord's bleeding

wounds, stitch them up, and clean them.”(The Blessed Mother on November 9, 2001)

“Therefore, at least you, who have been called and know that the time of God the Father’s judgment is drawing near, should live a consecrated life with prayers, sacrifices, and reparations and strive hard to turn your lives at every moment into prayers so that the time (of chastisement) may turn into blessings.” (The Blessed Mother on February 2, 2002)

“If you join forces with the devil of division, you do not deserve to say that you truly know Me. Therefore, remain awake and pray at every moment so that you may not join forces with the devil of division. Make unceasing efforts to turn your lives into prayers and possess the fruits from the Tree of Eternal Life.” (Jesus on June 11, 2002)

The Purpose of the Prayers of Life

“My beloved little soul! To pray the Prayers of Life out of love for your neighbors becomes a meek and gracious offering. So, the Prayers of Life can even lift up the entire world. I hope you will make unceasing efforts to make this fact known to all people so that they can be saved.” (Jesus on June 29, 1986)

“When you offer up the Prayers of Life with all your heart and strength every day and at every moment in order to mend Our torn Hearts and for the conversion of sinners, it becomes a great consolation for Us, earning a merit for you. Make this fact known to all. Keep in mind that the Prayers of Life are the prayers of salvation that lead souls to Heaven, and say them ceaselessly so that many souls can escape from the mire of sins.” (Jesus on February 14, 1987)

“The Prayers of Life accompanied by love give Me much more joy than many prayers offered perfunctorily and mortification performed without love. Make this known over and over

throughout the rest of your life so that all the people of the world can turn their lives into prayers.” (Jesus on March 19, 1987)

“When you offer the Prayers of Life with all your heart and with all your might every day and at every moment accepting excruciating pain with love, they will become powerful prayers that transcend everything.” (Jesus on Lenten season of 1989)

“Wake up from sleep hurriedly and respond to this Mother’s pleas, which she makes to you shedding Tears and Tears of Blood, and turn your lives into prayers. Cry out to the children in the world so that the devils, who have been afflicting you, may be finished off and you may gain Heaven.” (The Blessed Mother on August 27, 1997)

“My beloved sons and daughters who have been chosen as my helpers in this age situated in danger! Make haste to become children and hold my hands without weighing with human calculation. Firmly holding the hands of me, your Heavenly Mother and the String that

ties Heaven and earth together, and without becoming discouraged or disappointed or looking back, hurriedly wake up, pray, do reparations, live a consecrated life, and make a constant effort to turn your whole life into prayers.” (The Blessed Mother on April 1, 2001)

“Tear down human walls with your whole life and with a stronger and warmer heart, and love one another generously. As I told you before, remember that even though I can make you perfect, I allow you to make mistakes so that you may be humble, and do not waste time with the devils but turn your lives into prayers, have a total faith and trust, achieve unity in the Holy Trinity relying on the divine source, and follow me. The purpose for doing this is to lead many souls to Heaven in the joy of achieving harmony with the Saints at every moment.” (The Blessed Mother on September 28, 2001)

“Keeping in mind that the Lord is giving you one more chance for repentance, because He loves you so much, give thanks at every moment and do not abandon even those souls,

who received graces but turned away from them. Instead, make haste to offer up prayers, sacrifices and reparations more humbly for their return. Thus, permanently connect your consecrated lives to the Paschal Mystery by turning your lives into prayers.” (The Blessed mother on January 3, 2002)

“I, Who was the Mother but was unable to do anything before the miserable condition (of the Lord), walked the Way of Calvary, which Jesus had walked shedding blood, day after day after that day, praying earnestly to God the Father for the conversion of sinners. Even now, two thousand years later, I am still walking together with you.

Therefore, my children who have been called because I love you extremely! I wish that at least you, who are supposed to know the Lord and Me, win victory over the devil, who distracts your minds, perpetuate the Paschal Mystery of the Last Supper and the Paschal Mystery of Resurrection, remain awake and pray by turning your life at every moment into prayers, display the power of love more vigorously, and offer up

your total loyalty in heroic ways so that all may be saved, and thus gain Heaven.” (The Blessed Mother on March 28, 2002)

“Make it known to all that the shortcut to arriving at sanctity and achieving unity is to turn your lives into prayers, and go forward bravely with the wisdom and courage of the young David so that every soul without exception may be saved in the joy of forming harmony with the Saints.” (Jesus on June 11, 2002)

“These souls who have been called and who have responded saying ‘Amen’ have received, together with you, contempt and scorn and have been falsely accused and persecuted with all kinds of groundless criticisms. Even though they experience difficulties and suffer pains in this world, they will enjoy glory, sing Alleluia, and be blessed with joy, love, and peace at the side of Me and My Mother in the next world. Therefore, in this urgent age, in order not to give any opportunity to the devil, help all the children in the world to turn their lives into prayers so that all may be saved.” (Jesus on August 15, 2002)

Words of Promise From Jesus and the Blessed Mother to Their Children Who Practice the Prayers of Life

“My beloved daughter! Do not feel shy. You have offered Me back even free will that God has granted humans. And you have become a victim soul for My sake, leading a life of love and consecration at every moment for the conversion of sinners and saying the Prayers of Life unceasingly. Thus you have become a flower of consolation for My Sacred Heart. What is there that I could not do for you? Now, from the deepest and hidden corners in your soul, a fragrant holocaust will be unceasingly offered before God’s throne.” (Jesus on April 22, 1986)

“My beloved little soul! I am always with you as you entrust everything to Me with complete trust. With unlimited love, mercy and grace, My Mother and I will bless the little souls who pray the Prayers of Life, and also give them the strength to transcend everything so that they may not lose joy, love or peace at every moment. Make it known to all that I will always be with

them if they offer the Prayers of Life with a persevering love and with all their hearts even when they groan because of the spiritual and inner dryness.” (Jesus on February 25, 1990)

“If all the children in the world turn their lives into prayers and follow me, becoming more awake, praying, and offering up sacrifices and reparations so that they may not get off the Ark of Salvation which I have prepared, they will possess the tree of eternal life in the next world and enjoy eternal joy, love and peace at the Lord’s table.” (The Blessed Mother on July 9, 2002)

“Children who have been called! Now, the night has grown deeper, thus signaling the approaching dawn. That the new heaven and the new earth may be realized, I want you to hurriedly awake from sleep; respond to this inestimable, sublime love revealed through the signs that I and My Mother have continuously manifested in order to save the world; accept the Messages of Love which (I and My Mother) have been screaming until Our throats begin bleeding; and graciously offer up even the trivial things, without squan-

dering even one of them or taking it lightly, by turning your lives into prayers.

Thus, if you rush to Me through My Mother humbly as little souls, I and My Mother will guard and protect you, whatever natural disaster may occur, and you will escape from the calamity of fire flaming up with justice and witness a new daybreak.” (Jesus on August 15, 2002)

“If you make known the love burning in My Sacred Heart, which words cannot adequately describe, so that all the children of the world may accept the messages of love from Me and My Mother, meditate deeply on the wounds in My torn Sacred Heart, and turn their lives into prayers, this will be a gift of great joy to Me and My Mother and become the pliers of love that pull out the sharp daggers that keep stabbing (My Heart) because of the unfaithfulness of My ministers and children who have been specially called.” (Jesus on August 15, 2002)

“Sew up the torn Hearts of My Mother and Me by turning your lives into prayers at every

moment. The devils, who fill the sky and the earth, will ceaselessly harass you who are working for My Mother and Me, but My Mother and I will always defend and protect you and have the angels guard you.” (Jesus on February 16, 2003)

“Now, if you turn every day and every moment in the remainder of your lives into prayers, offer up sacrifices and reparations, live a consecrated life, achieve unity in the Holy Trinity with the joy of uniting with the Saints, display the power of love more energetically, and offer up loyalty more heroically so that the world may be saved, the devils, who fill the sky and the earth in order to divide and topple you, will retreat and this world will face the time of the victory by the Sacred Heart of Jesus and my Immaculate Heart.” (The Blessed Mother on February 16, 2003)

The Five Spiritualities Fulfilled Through the Life of the Little Soul, Julia Kim of Naju, Korea

The Five Spiritualities are like spring water that has been drawn from a spring of love (the little soul's life) for God's purpose: to quench the thirst of all His children in the world.

The Five Spiritualities were already practiced by the little soul from her childhood days, which were filled with countless sufferings and hardships where she totally immersed herself to do her best in everything, practicing Semchigo as if she was loved. These subsequently blossomed into great accomplishments when she came to know God.

On Good Friday, April 18, 2014, God the Father told Julia, **“Go out to the world and fervently make known the Five Spiritualities which are exemplified by your life, a life which has been refined in the charcoal brazier of pains.”**

These five virtues are closely intertwined and

linked to each other. Thus, these virtues transform into a single spirituality as in the Holy Trinity: the Father, the Son, and the Holy Spirit, Three Divinities in One God.

When we wholeheartedly accept and practice the Five Spiritualities regardless of our status in life, the sanctification of our souls will be hastened. We will have a greater ability to discern, and hence, we attain the perfect virtues of life.

These five virtues of spirituality will help us lead a life of true repentance, resulting in complete atonement for our sins.

Our Lord and Blessed Mother wish that all Their children in the world will practice these Five Spiritualities constantly in the same manner as we breathe. In so doing, we may enter the Heavenly Kingdom as little souls.

The LAST WEAPON for our Salvation

“Propagate and widely spread the Five Spiritualities for all that you have been ex-

claiming in Naju so that all the children of this world may be perfectly armed with it. That alone is the Last Weapon with which they can be saved.” (Message of Love from God the Father received by Julia on April 18, 2014)

1. Turning Our Daily Lives Into Prayers

From the moment we wake up in the morning to the moment we fall asleep at night, we turn everything, even the most trivial and unimportant things, into prayers, conforming everything to God’s Will and offering them up graciously. We can also turn everything that occurred in our past into prayers whenever we remember them. Such prayers can hasten our sanctification, helping us to do penance on earth so that we may not need to do it in purgatory. This prayer will also fill up, again and again, the abyss that exists between the Lord’s Vast Greatness and our own lowliness, helping us to reach perfection.

2. SEMCHIGO

This spirituality is the most fundamental of the Five Spiritualities, and the sacrificial prayer of

practicing unconditional love by graciously offering up our inconveniences and discomforts to the Lord for the benefit and peace of others.

For example:

- When we desire something but are not able to receive it, we can offer it up with Semchigo as if we received it;
- when we want to eat delicious food but are not able to eat it, we can offer it up with Semchigo as if we already ate it;
- when we want to buy a nice dress, but have no money to buy it, we can offer it up with Semchigo as if we already owned and wore it;
- and when there is some chores or work that no one wants to do, we can do it willingly with Semchigo as if we truly enjoyed doing it.

(The Spirituality of Semchigo was completed first among the five, and it is the driving force that makes it possible to complete the other spiritualities.)

3. Life of Offering Up

If we only try to endure and put up with the

wounds that we receive, resentment remains in our hearts with bitterness, and this would make it impossible for us to have true love. However, when we totally trust and believe in God, sublimating all our joys, sorrows, and even our weaknesses into gracious offerings to God, we will never blame others or feel frustrated even when we face tribulations or pains.

Therefore, if we make an effort to always make a new start through the Life of Offering Up, we will obtain genuine love.

4. AMEN

When the Angel announced the coming of the Savior to the Blessed Mother, She humbly responded, **“Behold, the handmaid of the Lord. Be it done to me according to Thy word.”** (Luke 1:38)

The Spirituality of “Amen” is an imitation of the Blessed Mother’s humility. It is the profession of total faith, responding joyfully without hesitation to the calling of the Lord and Blessed

Mother, not calculating the inconveniences, profits, or losses, and not wondering about the consequences. However, it is necessary that we carefully discern, with the help of the Holy Spirit, whether the call truly comes from the Lord and Blessed Mother.

5. It is My fault

Even if we were hit by a stone while standing or walking on the street and the impact caused us to bleed, we do not blame the person who threw the stone, but practice charity towards that person by sincerely considering it as “My fault” because we were hit at a moment when we could have been somewhere else instead. Thus, when we accept every circumstance as “My fault”, the devils of division will give up and go away and we can live the resurrected lives filled with joy, love and peace.

Messages of Love regarding the Five Spiritualities

“When those who were purified with the Blood of the Lamb are perfectly armed with **the Five Spiritualities** and live according to the Words of God, they will cause fruit to be borne on the Tree of Life and their names will be recorded in the Book of Life. This means they will live in Heaven.” (Angel on April 18, 2014)

“As My Son and Mary have anxiously said, the prayers of life that are offered up with utmost devotion and with the perfect arming with **the Five Spiritualities** are the most sublime prayers that fill and fill again the abyss between My Greatness and your triviality that enable one to go to Heaven as a humble soul.” (God the Father on April 18, 2014)

“Now, the time of my triumph is approaching. If you totally arm yourselves with **the Five Spiritualities** and put into practice the Messages of Love, the mistakes and errors of the Gwangju Archdiocese, which had been forcing

others to accept as true what was not true and tried to deceive others with shallow tricks, will soon and surely be exposed; the greatest victory, which will lead to establishment of the glorious Kingdom of Christ, will be achieved in the fierce battle of these last times; and, instead of the cup of chastisement that was to descend on this world, the cup of God's blessing will come down." (The Blessed Mother on January 1, 2015)

"My extremely beloved little souls! Although you who come to me following My chosen little soul, who is not afraid of even the throes of double deaths for the conversion of sinners, will suffer preposterous misunderstandings, hatred and persecutions, you will not lose even one strand of your hair. Therefore, do not worry but make strenuous efforts to arm yourselves with **the Five Spiritualities** every day and every moment. Then, you will reach perfection by giving birth to holy virtues and gain eternal life. On the last day, you will stand beside My Mother and Me along with my little soul." (Jesus on Good Friday 2016)

“**The Five Spiritualities** will make people practice the messages with more fervent, open people's closed hearts, and become a precious gift that leads them to seek My Mother and Me.”
(Jesus on September 15, 2016)

“Even if the leaders of the Church do not accept My messages of love and result in raging waves that threaten to sweep away this world, those children who follow Me and My Mother to the end by arming yourselves with **the Five Spiritualities** will receive enthusiastic welcome from all the Saints (in Heaven) and will enjoy the eternal happiness with My little soul at the place I had prepared for them, by My side and My Mother’s.” (Jesus on September 29, 2017)

“If the number of souls who are nurtured by the little soul (Julia) increase exponentially by arming themselves with **the Five Spiritualities**, sufferings of the little soul will be relieved and “the devils who fill the sky and the earth,” who are always alert for an opportunity to kill the little soul in order to ruin the world, will be defeated and will decamp.” (The Blessed Mother on

the Memorial of St. Pope John Paul II 2017)

“Therefore, when you are in the state of Grace given by God, you must stay awake by practicing **the Five Spiritualities** at every moment of your life, keeping in mind the proverb: 舌斬身刀; ‘The tongue is a sword that can kill people.’ and also practicing the proverb: 律己制行; ‘Always be careful of your behavior and control your mind.’” (Jesus on August 4, 2018)

“When you follow My Mother Mary as humble and little souls led and brought up through My little soul (Julia) and practice **the Five Spiritualities** here in Naju shrine, this very Holy City of God, you will achieve victory in all your spiritual battles.” (Jesus on August 4, 2018)

“My little soul who always confesses that she is an unworthy sinner and participates in the Lord’s suffering regards everything as her fault although she is judged in complete unfairness through groundless malignant rumors and accusations, and she is praying earnestly for their

repentance, even though subjecting herself to being cruelly scorned, and insulted, offering up all the sufferings with **Five Spiritualities** even in the terrifying pains with her legs and arms being twisted and making her heart torn to tatters.” (The Blessed Mother on October 16, 2018)

“Therefore, remembering ‘Gujagwanya’ (口者關也 : Chinese idiom which means that a mouth is just like a gate way, so that we must not run loose with our mouths carelessly) not to make all the laborious accumulated good works collapse, as humble little souls like little babies, arm yourselves with **Five Spiritualities** simply and offer up everything more graciously.” (The Blessed Mother on October 16, 2018)

“It is because you graciously offer up your excruciating and dreadful sufferings by sublimating them into **the Five Spiritualities** so that even the most wicked sinners who deserve hell may repent and be saved.” (Jesus on April 19, 2019)

“Therefore, keep in mind that you should not be separated as the empty grains, but practice and

spread **the Five Spiritualities** by embracing the Messages of Love that My Mother and I have given to you so that even one more soul may repent and be saved as good grains.” (Jesus on August 25, 2020)

“Therefore, to My children who practice **the Five Spiritualities** conveyed through My little soul who is called to the great role of the salvation of everyone, and remain united with her, I will bless them with the Light of Mercy and Love emanating from the fullness of My Love through My Sacred Heart and I will save them all.” (Jesus on June 23, 2021)

“However, no matter how much grace you may have received, if you do not practice **the Five Spiritualities** but continue to indulge yourselves in doing evil; not repenting while ignoring the warning from God the Father, falling into the cunning devils who try to conquer the world and going along with them, much like Nineveh’s cruel destruction and collapse, the same will happen without exception.” (Jesus on June 23, 2021)

“According to your wish, I will fulfill the intentions of all those who practice **the Five Spiritualities** and ask for the Light of My Mercy in Glory and the Blessings of Love while praying before the Holy Image of My Mercy in Glory. The pains you have offered for them will never be in vain.” (Jesus on September 4, 2021)

“As I am alive and breathing, and I will work through My Holy Image, those who pray before My Holy Image and practice the **Five Spiritualities** will receive the graces I have promised, and on the last day, they will be brought up to Heaven escorted by angels and will enjoy eternal bliss.” (Jesus on November 7, 2021)

“There is no time to hesitate or procrastinate. The disasters with the bursts of flames, burning with stern justice of God are now continuously falling here and there. It is now the very important time to separate the good grains from dry grass, and you will be saved only when you practice **the Five Spiritualities** and stay awake at every moment.” (The Blessed Mother on December 23, 2021)

“Even My beloved clergy whom I can receive into My eyes without pain and the souls whom I have called are far from practicing the **Five Spiritualities** and insulting the Lord as they are receiving Holy Communion sacrilegiously despite them saying to have made Him known.”
(The Blessed Mother on December 23, 2021)

“However, if you follow My Son and Me by wearing the Armor of the **Five Spiritualities** and unite with My little soul in this simple truth: “Even objects as light as feathers, when gathered in abundance, can sink a ship” (that is, when many join forces together, they can do great things), you will gain victory in the spiritual battle, and you will be the selected grains among good grains.” (The Blessed Mother on December 23, 2021)

“Thus, My children! There is no time to hesitate and to procrastinate. Let all My children pray five more decades of Rosary, and practice **the Five Spiritualities** so that a Third World War may not occur and world peace be established. Turning your lives into Prayers

helps you stay awake all the time.” (The Blessed Mother on March 4, 2022)

“It might look insignificant initially but subsequently, it will manifest tremendous differences(毫釐千里), and you must cast away your stubbornness and ego and fully arm yourself with the Armor of **the Five Spiritualities.**” (The Blessed Mother on March 4, 2022)

“When the prayers of the little souls who practice **the Five Spiritualities** in unity with my little soul in one heart and strength for the salvation of the world will soar high into the sky, even in the face of the threat of a dreadful nuclear war which will generate fear, My immaculate Heart will surely triumph and the love and peace will come to the entire world.” (The Blessed Mother on March 4, 2022)

“Even if the world that provokes God, failed to repent, and thus the world becomes a sea of fire through a Third World War with raging waves threatening to sweep away the world, for the souls who are united with my little soul in

practicing **the Five Spiritualities** and spreading them and following my Son Jesus and Me, I will spread out my mantle and hide them in the safe refuge of My Immaculate Heart and will surely save them.” (The Blessed Mother on March 4, 2022)

“The souls who wear this Scapular and practice **the Five Spiritualities** will always be protected by My Son Jesus and Me, and their souls and bodies will be healed according to the earnest desire of My beloved daughter, My little soul.” (The Blessed Mother on March 20, 2022)

“When God sends a warning, sufferings will follow. However, if you repent, comply with My requests and practice **the Five Spiritualities**, you will see the day that your opponents and critics regret (晚時之歎), and the cup of God's blessings will descend on you instead of the cup of His wrath.” (The Blessed Mother on March 20, 2022)



Tears on August 11, 1985

Because of One Word...
(Reflection of Julia Kim of Naju, Korea)

One word uttered carelessly
can inflict wounds onto others,

One word harsh and rude
can make hatred bud and grow,

One word uttered without self-restraint
can cause confusion in others' hearts,

One word spat out cruelly
can be a dagger that pierces others' hearts,

One word impolite and discourteous
can make burning love ice-cold

One word to defend and justify oneself
is unwise and cowardly,

and One word
slandering others
can make a neighbor
commit sins.

On the other hand,

One word gentle and joyful
can give joy to others,

One word kind and considerate
can bring peace of mind to others,

One word of praise
can give others courage
and a surge of energy,

One word gentle and sincere
can plant peace in others,

One word that is wise
can help others overcome
a crisis prudently,

One word asking for
forgiveness and reconciliation
can transform into love

and One word loving and
graceful can bring pleasant
happiness into everyone's heart.

A Nameless Wildflower
(Reflection of Julia Kim of Naju, Korea)

I desire to be a nameless wildflower.

While the dewdrops
flow at every moment,
entirely offering up
for the repentance of sinners,

I desire to live as a nameless wildflower
that burns to ashes in silence.

I desire to live a hidden, nameless life.

Though I groan at the pains reaching me
at every moment, offering myself up
totally for the glory of God,

I desire to live as a nameless wildflower
that burns to ashes in silence.





Photo : Julia Kim and her husband Julio are planting trees with turning their lives into prayers at the Blessed Mother's Mountain.

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