Turning our daily lives into prayers

Mary’s Ark of Salvation
Five Ways of Spiritual Exercise for the Sanctification of our souls and the Acquisition of Perfect Virtues

In Naju, Korea, Our Lord and Our Lady have inspired Julia Kim to practice five ways of spiritual exercise in her daily lives for the purpose of the sanctification of her soul and the perfection of her virtues.

These five ways are closely and organically connected with one another and thus form one single spirituality, as the Father, the Son, and the Holy Spirit are Three Persons but One God. If we wholeheartedly accept and practice this spirituality regardless of our level of education and knowledge, the sanctification of our souls will be quickened and our ability of discernment will also increase so that we may be able to reach the perfection of virtues.

This spirituality of the five ways will help us lead a life of sincere repentance even to the extent that it may completely remove all of the penance made necessary by all our past
sins. Our Lord and Our Lady wish that all the children in the world practice this spirituality all the time in the same way as they breathe all the time so that they may enter Heaven as little souls even without passing through purgatory.

1. “Amen”

When the Angel announced the Coming of the Savior to Our Lady, 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 this humble and loving obedience of Our Lady to God.

It is a profession of total faith made without any calculation of inconvenience or loss to us, without any hesitation, and without any wondering about the consequences, but with total willingness and joyfulness. It is necessary, however, that we carefully discern with the help of the Holy Spirit whether the calling is really coming from Our Lord and Our Lady before we accept and follow it. (cf. “The Life Prepared by the Lord”, #261)
2. “It was my fault”

Even when we were hit with a flying rock while standing still or walking in the street, we do not blame the persons who threw the rock but practice charity toward them by realizing that it was my fault because I was hit by being there. If we practice this by blaming ourselves only, the devils of division will give up and run away. (cf. “The Way of Love for the Lord”, p.264 - Julia Kim’s Conversations with Our Lord)

3. 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, not ignoring even the most trivial and unimportant-looking matter, into a prayer, conforming it to God’s Will. We can also turn everything that occurred in our past into a prayer, whenever we remember what occurred in our past. Such prayers can quicken the sanctification of our souls and will reduce the penance that we need to do in purgatory.
This prayer will fill up the abysmal chasm that lies between the Lord’s infinite greatness and our nothingness and, thus, help us reach the perfection of virtues. (cf. “The Way of Love for the Lord”, p.21 - Julia Kim’s Conversations with Our Lord)

4. Offering Up to God all our joys, sorrows, and difficulties

If we only try to endure and put up with the wounds that we receive, our resentment and bitterness will remain and this make it impossible for us to practice true love. On the other hand, if we totally believe in and trust God, transform all our joys, sorrows, and difficulties into gracious prayers of gratitude and wishing God’s blessing on others, we will never blame others even when we are faced with trials or pains, never become depressed but always make a new start and lead a life of true love. (cf. “The Way of Love for the Lord”, p.47 - Julia Kim’s Conversations with Our Lord.)
5. “Sem-chi-go” (Self-denial for the love of others)

This spirituality is the most fundamental of all of the five ways of spiritual exercise and may be regarded as the mother of the other four ways. “Sem-chi-go” refers to the practice of self-denial, graciously offering up our inconveniences as little sacrifices to the Lord praying for the benefit and peace to others. For example, when we desire something for ourselves, we give it up for the sake of others as if we already received it; when we see some delicious food and feel like eating it, we give it up for the sake of others as if we already ate it; and when there is some work that is disliked by everyone, we do it willingly as if we really like it. (cf. “The Life Prepared by the Lord”, #36)
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What Our Lord Jesus had wished from all the children in the world since He suffered and died on the Cross and thus earned the unmeasurable merits for the salvation of human race two thousand years ago is that they reform their lives through sincere repentance, worship and praise God Who is the Father of the entire human race, and love, forgive, and reconcile with their fellow humans and thus all of them are saved.

In our own times, however, even most of those who are supposed to know the Lord and the Blessed Mother and have been chosen lack sincere repentance, love, and devoted hearts, 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 came to Naju, taught us through Julia Kim
how to turn our lives into prayers, which is a shortcut to the Lord, Who is our Way, Truth, and Life as well as the Alpha and the Omega, and, even at this time, repeatedly remind us of its importance. Our Lord and Our Lady willed to make this devotion known to all the children in the world through Julia Kim. Our Lord said:

"Pray and again pray. 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 truly how to turn your lives into prayers and offerings." (June 13, 2000)

"That is because the practice of turning the lives 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 Our Hearts); it pulls out the nails one after another which the children of the world drove into Me by offending Me; and it
becomes prayers of consolation that wipe away My Mother Mary’s tears and tears of blood." (November 2, 2000)

"Turning your lives into prayers with all your hearts and love is a weapon of love, humility, and virtues that can repel any devil. It is also a shortcut to quickening the virtues and perfecting them." (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.

When most of the lay faithful hear the word: prayers, they usually think of the invocative prayers which they offer using rosaries or reading particular prayers in the prayer books. Because of this, most of them say that they are too busy to find time to pray. However, if we pray from the moment we wake up until we fall asleep by entrusting our whole lives to the Lord through the Blessed Mother, we should be able to find so many reasons to pray at every moment.
For example, as soon as we wake up in the morning, either after getting up or still remaining in the bed, we can make the Sign of the Cross and pray as follows: "God the Father, God the Son, and God the Holy Spirit! And Blessed Mother! Be with me throughout this day so that I may remain in joy, love, and peace and achieve victory over the three enemies: my ego, the secular world, and the devils. Amen." After this, we can also pray for everyone whom we can remember. Then, while washing ourselves, we can pray: "I am washing dirt away from my body. I pray that the Lord and the Blessed Mother will thoroughly wash away all the dirt from my soul so that I may become a little soul who follows the Lord and the Blessed Mother."

On the contrary, if we just repeat washing our faces every day without any related thoughts, it will only remain as an act that cleans our faces and no more. Instead, while we wash ourselves, we simultaneously pray that God will wash and clean our souls and the souls of our priests and
religious, our parents, our husbands or wives, our mothers-in-law or daughters-in-law, our children, and our neighbors, the act of washing plus the prayers will bring about an enormous increase in value far beyond the value of the act of washing our physical bodies alone because such an act is offered up to the Lord.

Likewise, we can pray while we are in the bathroom: "Lord, I am now getting rid of wastes from my body, but please clean my soul of all the evil things and fill it with the burning love of You. Amen." This is an easy and good example of turning our lives into prayers.

The practice of turning our lives into prayers is possible not only in regard to our own acts but also in regard to others’. For example, when we see or hear someone sneeze, we can pray that the Lord let all the evil habits that have been hiding deep in my soul and the souls of the person who sneezed be expelled. We can also pray in the same way about what occurred a
while ago as soon as we remember them. What an amazing grace it is that even what occurred in the past can also be turned into valuable prayers!

Besides these few examples, there must be countless other occurrences and circumstances in our daily lives where we can think of a simple but appropriate prayer for myself and for others. This way, we can converse with the Lord and the Blessed Mother all the time and thus convert our entire life into prayers regardless of whether we are busy or not.

"I rejoice more over a heart filled with love and devotion than over flowers or deeds. Even the smallest thing can become a great good work for you, if it is done with love, and also become a great consolation to me." (The Blessed Mother’s message on May 8, 1991)
The Origin of the Devotion of Turning Our Daily Lives into Prayers

The devotion of turning our lives into prayers that Julia had been advocating along with the messages from the Lord and the Blessed Mother did not start suddenly but is a spirituality that has been prepared by the Lord Himself through Julia’s life since many years ago.

Hong-Sun Yoon (Julia’s full name before she became a Catholic in 1980) was born in a relatively well-to-do family in 1947 in Naju located in the southwest corner of the Korean peninsula and, until she was four years old, grew receiving intense love and care of many people around her, especially her father who was a well respected scholar in the Chinese literature.

Her happiness did not last for long, as the Korean War, an enormous tragedy for the Korean people, broke out on June 25, 1950 and lasted for three years. Her father suddenly was
forcefully taken by the North Korean soldiers and most likely killed by them. Her family tried to find the father with no success and, in doing so, lost the time to exchange the old money for the new money as the Korean government suddenly carried out a currently reform. Julia’s family also lost her grandfather and her young sister as well as all their money.

Since then, Hong-Sun had to do hard work while attending an elementary school. It was very difficult for her, as she had grown up in a well-to-do family. Nevertheless, she managed to continue the life without complaining and developed a habit of helping those who were even poorer than her and seeking peace among all the people around her. She accepted every difficulty and pain with a positive attitude and joy. This training of her during her early ages became a foundation and motive power for her difficult life during her adult years.

For example, Hong-Sun was hired by a factory, but her hands were soon damaged and bled by
the ammonia solution that she was handling without wearing rubber gloves. But she carried on working diligently and reminded herself that what she was touching were delicious cookies. When she was given a piece of greasy rice cake that looked so delicious, she did not eat it herself but put it in her pocket to give it to her mother later. On her way home, she saw a beggar who looked very hungry. Without hesitating, Julia gave the rice cake to the beggar, thinking to herself ‘How hungry is he?’ Through her generous gesture, she has practiced unconditional love in her life.

Difficulties continued after Hong-Sun’s marriage, but she derived her greatest joy from making her family and neighbors happy instead of taking care of herself. Several years after her marriage, she was diagnosed with a cancer that had already spread widely in her body. Lumps of the tumor grew between toes and protruded from the anus. She was already in the terminal stage of the cancer and was also suffering from complications. The doctors gave up and said,
"We have done our best. Go home and eat delicious foods." While waiting for her death, Hong-Sun’s husband took her to the Catholic church in Naju in 1980.

Three days after her visit to the Catholic church and talk with a priest, she was surprised to hear from Jesus: "Approach the Bible. The Bible is My living Words." Julia immediately opened the Bible and saw the story of a woman who had been suffering from hemorrhage for twelve years in Luke 40-56. At the moment when the woman touched the tassel on Jesus’ cloak with faith and trust, a 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." At the very moment Hong-Sun read these words of Jesus, the lumps of cancer that had been sticking out of her body disappeared instantly. Hong-Sun felt her body healthy and light. When she went to the hospital for confirmation of her healing, her blood pressure, that had been 50/40, returned to
the normal 120/80. All the organs in her body restored their functions. It was an amazing total healing!

Hong-Sun was healed and began living a new life of resurrection, because she believed what the Lord said in a simple way and responded to His Words with Amen! Since then, the Lord embraced her in His bosom and brought her up and guided her with His own hands and she began living with true joy and happiness day after day. In 1981, Hong-Sun, her husband (Man-Bok Kim), and their four children were baptized in the Naju Parish Church. Hong-Sun received the Church name of Julia and her husband became Julio.

When Julia recollected her past lives, she understood only in her adult years that she had been able to live a life of love for other people despite so many difficulties and pains not just because of her own willpower but the Lord’s plan to prepare her since her childhood for her future mission. Thus, she prayed, "Lord, how
happy I would be if I can make even a tiniest contribution to the Lord’s Work of Human Salvation by participating in the Lord’s suffering pains despite my lowliness and unworthiness!” and asked the Lord for a life of suffering.

Since then, Julia began the life of willingly offering up all the sufferings that the Lord allowed her. She prayed: "I belong to the Lord if I die; I belong to the Lord if I live. As I am the Lord’s, may the Lord’s Will be done." She entrusted everything in her life, even the tiniest things, to the Lord and became a living sacrificial offering for reparation. 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 her health through the grace of the Lord, Julia soon opened a beauty salon to financially take care of her parents-in-law and support the brothers-in-law. One day, a lady customer came and told Julia that she had decided to divorce her husband. Before cutting
her hair, Julia made the Sign of the Cross and prayed silently, "God the Father, God the Son, and God the Holy Spirit! Reveal the Lord’s glory through this unworthy and sinful one." While cutting her hair, Julia prayed, "Cut out all hatred and anger from her and all of us. Cut out her jealousy and envy and her pride and ego. Also cut out all the bad habits of her and her family and all the families in the world. Send down abundant grace that is enough for making the sinners as numerous as these hairs." In 1981, Hong-Sun and her family were baptized in the Naju Parish Church.

When Julia finished cutting her hair and was forming beautiful hair with a dryer, she prayed still with total faith and trust in the Lord, "Jesus! You cut out all the bad habits from our souls. Now, restore the order in the souls in her and her family as well as all the families in the world that are suffering from disorders. Restore love that had been obliterated and restore the beauty of their souls. Thus, liberate them from the devil who
tries to destroy their family and let them form a community overfilled with love for the glory to the Lord and the consolation to the Blessed Mother and also that our gratitude may never dry up. Amen." As Julia finished her prayer, she heard the voice of the Lord filled with joy whispering into Julia’s ear: "My little soul! This is it! This is the prayer of life that I have so ardently desired. This prayer is united with your love for Me and for your neighbors. This prayer that you offered is a gracious offering that flows from the meekness and humility originated from My Heart of Love. This also shows that I am present in you and live the life with you. For this reason, you are My little soul."

Through these Words, Jesus made it known to Julia that the prayers that she had been offering in connection with her daily life were the Prayer of Life.

Thus, the Prayer of Life may appear to be quite simplistic, 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 had decided to divorce her husband and was not even a Catholic, came back to Julia’s beauty salon together with her husband and thanked Julia and said that they would accept the Catholic Faith. There have been many others who have come to Julia’s beauty salon and were healed of their physical illnesses.

If we entrust the totality of our lives to the Lord and the Blessed Mother with total faith and trust and our hearts filled with devotion and love, thus become little and humble souls, and follow the Lord and the Blessed Mother as Julia does, we can receive the special right to pick and eat the fruits from the Tree of Eternal Life in the next life and enjoy the 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 filled only with love.

By converting every occurrence or circumstance that we encounter in our daily lives, we can always remain awake and pray.
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1. When awaking up from sleeping:
"God the Father, God the Son, and God the Holy Spirit! And Blessed Mother! Be with me all day today so that I may work for the Triumph of the Sacred Heart of Jesus and the Immaculate Heart of the Blessed Mother, achieve the victory over the war against the devil, my ego, and the secular world, and enjoy joy, love, and peace."

2. When I get up from the bed:
Dipping my finger in holy water and making the Sign of the Cross.
① "Lord! With this holy water, wash away my sins, drive out the devil, and remove evil thoughts. Amen." (It is good to say this prayer frequently.)
② "Lord! With this holy water, renew in me the grace of the Sacrament of Baptism, protect me from all evils and dangers, and grant me to walk closer to the Lord with a clean heart. Amen."
3. When breathing:
“Lord! Every time I breathe in, come and be present in me, and every time I breathe out, let all the evil thoughts in me be drained out.”

4. When sprinkling the holy water (It is good to do this frequently.):
"In the Name of the Father and of the Son and of the Holy Spirit, I command you, Satan, to go away from us now and go to under the feet of Jesus."

5. When making the Sign of the Cross on the forehead (3 times):
"Lord, please grant me the wisdom, discernment, and knowledge from the Holy Spirit and help me increase the Lord's Glory. Amen."

6. When making the Sign of the Cross on the eyes (3 times):
"Lord, please protect me from committing sins by being exposed to obscene images on the computer, TV, pictures, magazines, and books and help me open my spiritual eyes and see the beauty of everything with good discernment. Amen."
7. When making the Sign of the Cross on the lips (3 times) :
"Lord, bless my mouth so that I may control my tongue wisely and abstain from speaking ill of others, and let me praise the Lord always with my mouth. Amen."

8. When making the Sign of the Cross on the ears (3 times on each ear) :
① "Lord, prevent me from becoming instruments of the devils of division by mishearing, spreading falsehood, and cause misunderstandings. Let me always be awake spiritually, listen correctly and spread wisely. Amen."
② "Open my ears so that I may hear and understand correctly the Words of the Lord and the Blessed Mother and the good words of other people. Grant me the grace of discernment so that I may not join with those who criticize, slander, and say evil words about others and instead advise and awaken them with love and thus achieve victory over the devils of division. Amen."
9. When making the Sign of the Cross on the chest (3 times):  
① "Lord! Grant that my heart be cleaned and become a tabernacle, palace, and Kingdom of the Lord. Amen."  
② "Lord! Start a fire of love in my heart and work a miracle of love so that I may love the Lord and the Blessed Mother more fervently and love my neighbors as myself. Amen."

10. Lighting candles or watching the candlelight:  
① "Lord and Blessed Mother! Illuminate the darkness of my mind with your Light so that my heart can burn with shining flames of love. Amen!"  
② "Lord, Who came to us as light! Enlighten our family, Church, and this dark world. Amen!"  
③ "Lord! Shine the light from the Sacred Heart of Jesus and the Immaculate Heart of The Blessed Mother and a light of mercy upon all of your children in this world so that everyone can be saved without a single exception and can work for Your glory. Amen!"
11. Putting the pieces of candles, (the stump of a candle) which were cut to pieces into candlelight:
"Lord! Burn as many sins of those souls who were abandoning themselves to be deserted, as the number of these candles, let them be the children of the Light. Amen!"

12. Looking at the Crucifix:
"Lord! Let us always remember that we cannot acquire the holy virtues unless we go through the Cross. Let us be able to offer up everything graciously and carry the Cross willingly instead of refusing it."

13. Looking at a statue of the Blessed Mother or Her holy image:
"Lord! Let me become the handkerchief of love that wipes away the Blessed Mother's tears and tears of blood by repenting all of the sins that I committed. Amen."
14. Looking at religious articles:
① "Lord! Let all of our thoughts, words and deeds be united in the Sacred Heart of Jesus and the Immaculate Heart of The Blessed Mother, so that we may achieve victory in the war against the three enemies (the devil, the body, and the world), enjoying love and peace in the joy of being in harmony with the Saints. Amen!"
② "Lord! Let me stay awake in my thoughts, words, and deeds for facing, and looking at Our Lord and The Blessed Mother all the times. Amen!"

15. Before reading the Bible:
"Lord! You are alive in Your Words. Come to my heart in person, set the fire of love, and perform the miracle of love so that the Lord’s Words may be realized in me. Amen."

16. After reading the Bible:
"Lord! You are alive in Your Words. Rein over my soul which is unworthy so that I may breathe and live at every moment in Your Words and put into practice the Words in the Gospels. Amen."
17. When you don't feel like praying:
"Come Holy Spirit, kindle the fire of Your love in my heart, and make me become a little child who always rushes to Our Lord and The Blessed Mother. Amen."

18. Opening the curtain:
"Lord! Remove the thick curtain that is blocking my soul so that I may work for the glory of the Lord. Amen."

19. When opening doors, windows, and lids:
"Lord! Open wide the gates of my closed heart so that You and The Blessed Mother can dwell in me."

20. When closing doors, windows, lids, and drawing curtains:
"Lord! Protect my soul from all kinds of evil so that I will not lose the graces that I received from You and The Blessed Mother, and be my protective shield against the insidious devil attacking me. Amen."
21. Looking at the clock:
"Lord! As the hands of a clock turn around unceasingly, let my soul live following the Lord and the Blessed Mother unceasingly or unhesitatingly. Amen."

22. When I get up and take my first step in the morning:
“Lord and Blessed Mother! During this day, be with me and walk with me at every moment so that I may get closer to the perfect virtues.”

23. While squeezing dental paste out of a tube
(Squeezing dental paste carefully and neatly from the bottom of the tube)
"Lord! As this dental paste can help clean my teeth, let me help many souls by sacrificing myself. Amen."

24. Brushing my teeth:
"Lord! Remove dirty residues and foul odors from my soul so that I may keep my soul clean. Amen."
25. Washing my face, Taking bath, Washing hair, or Washing hands and feet
"Lord, wash away filthy stains from my soul so that I may become a clean, pure, and little soul and live the life of following the Will of the Lord and the Blessed Mother. Amen."

26. When looking at myself in a mirror
"Lord! Let me know my faults so that I may correct even the bad habits that have been hidden and I may become a useful and pleasing instrument for the Lord. Amen."

27. When shaving my face
"Lord! Shave off envy, jealousy, pride, selfishness, and all other bad habits that are rooted in me so that my soul may become beautiful."

28. While picking your ears:
① "Lord! Pick out all the bad things occupying my heart and soul from hearing slanderous, critical and evil words. Amen."
② "Lord! Take out every prejudice or critical & negative judgement and all bad things stored in my soul due to hearing evil words. Amen."

29. **Taking the sleep out of your eyes:**
"Lord! Remove all the beams and scales from my spiritual eyes completely so that I may humbly contemplate You and The Blessed Mother. Amen."

30. **Trimming fingernails and toenails**
"Lord! I am cutting out what is not needed in my body. Cut out everything that is not needed from my soul and the souls of ____________ (Unnecessary things like pride, selfishness, greed, sloth, hatred, anger, anxiety, etc.)"

31. **While putting on clothes**
① "Lord! Put the Armor of the Holy Spirit and the Mantle of the Blessed Mother on me so that, at every moment, I may win in the war against the three enemies of the devil, my self, and the world and enjoy joy, love, and peace. Amen."
② "Lord! Put the Armor of the Holy Spirit and the Mantle of the Blessed Mother on me so that none of the burning arrows may harm me. Amen."
③ "Lord! Keep watch on me so that I may not misuse my free will and take off the Armor of the Holy Spirit and the Mantle of the Blessed Mother. Amen."

32. While taking off clothes, socks, hat, and scarf:
"Lord! Remove all the faults, packaging, and hypocrisy from my soul that has been stained with sins. Amen."

33. Buttoning or zipping clothes or bags:
"Lord! Guard and protect us to not be taken away from the Armor of the Holy Spirit and the Mantle of The Blessed Mother that You put on our souls. Amen."

34. Opening buttons or zippers of clothes or bags:
"Lord! Open the closed door of my soul wide enough so that Our Lord and The Blessed Mother may enter and live within me. Amen."
35. Putting on glasses:
"Lord! Open my spiritual eyes. Amen."

36. Taking off glasses:
"Lord! Remove all the scales that cover my eyes. Amen."

37. Cleaning my glasses:
"Lord! Wipe away the dirt that cover my spiritual eyes so that I may see everything correctly and discern them well. Amen."

38. While turning on the water faucet and the showerhead:
"Lord and Blessed Mother! Send down the streams of the water of mercy with Your Love and let the water cascade down on me. Wash and wipe my soul and body clean, and break through what has been clogged. Amen."

39. While turning off the water faucet:
"Lord! Let us not to waste the streams of the water of mercy that You have sent down upon us with Your Love that is like a cascade. Amen."
40. When preparing food stuffs or using tap water, and etc.: (Offer up this prayer for the alienated and abandoned souls, trying not to waste even a drop of water, or a morsel of food, or various things.)
   "Lord! I offer up small sacrifices and penances for the alienated and abandoned souls. Amen."

41. When cooking meals:
   "Lord! I am always unworthy. I pray that the Lord and the Blessed Mother be with me so that I may cook the meals of love and let those who eat this food form unity in love. Amen."

42. While washing rice:
   "Lord! Wash away the dirt from my soul and the souls of the ones equal to as many grains of this rice so that we can be saved by Your grace for repentance. Amen."

43. When the rice is cooking:
   "Lord! Lead my soul into perfection through the way of humility and love so that I may surrender myself to everyone."
44. Crushing garlic, gingers, red peppers and etc.
"Lord! Crush my pride, ego, and all the bad habits in my soul so that I may be newly reborn in the love of Our Lord and The Blessed Mother."

45. When seasoning food with condiments
"Lord, make these condiments the condiments of love. Let all those who eat this food become reborn with love."

46. Shelling boiled beans, mung beans (type of beans) and so on:
"Lord! When the good heads of grain and the remnants of dry grass are being separated, let us be recognized as good grains and join in the eternal heavenly banquet. Amen."

47. Peeling onions, garlic, fruits and so on:
① "Lord! Take away all of the pretentiousness and hypocrisies that enwrap my soul, and make me a small and innocent soul. Amen."
② "Lord! Remove all the scales that cover my spiritual eyes, and let me see Our Lord and The Blessed Mother. Amen." (with which I would pick out splinters from other’s)

48. While kneading flour into dough:
As the flour and the water become dough, make us become completely dissolved in the Sacred Heart of Our Lord and The Immaculate Heart of The Blessed Mother and (to) be united in the Holy Trinity. Amen."

49. Making green vegetable juice:
"Lord! Let me be crushed for those who try to be united with the devil and the secular world so that I may be born again in the love of Our Lord and The Blessed Mother to become a benefactor of God to all people. Amen."

50. When taking baked fish off the grill:
"Lord! Like we enjoy fish, grilled to a beautiful brown, let us be transformed spiritually in the love of Our Lord and The Blessed Mother so that we may give joy to many souls."
51. When setting food on the table:
(Setting the table neatly & in order.)
"Lord! May those who eat this food become completely dissolved in the Sacred Heart of Jesus and The Immaculate Heart of The Blessed Mother. Amen."

52. When scooping rice from the pot:
① Making the Sign of the Cross on the rice, "Lord, bless this rice."
② Scooping rice three times from the pot into a bowl, "As the Father, the Son, and the Holy Spirit are one, let us form unity as we eat this rice. As Jesus resurrected in three days, let my family be healed and achieve the victory of resurrection."

53. Before the meal
"Lord! Bless this meal which You gave us. Change it into the Precious Blood from Your Five Stigmata and Seven Wounds and into the tears, tears of blood, fragrant oil, and Mother’s milk from the Blessed Mother and completely
heal our souls as we eat this meal so that we may become the instruments for the glory of the Lord and we may enjoy joy, love, and peace by practicing the prayer of life at every moment and achieve the victory over our three enemies of the devil, the ego, and the secular world. Amen."

54. Thanksgiving after a meal.
We give you thanks, almighty God, For all your benefits, Blessed be the name of Jesus. Now and forever shall be, world without end. (Amen.) And may the faithful Departed through the mercy of God rest in peace. (Amen.)

55. When mixing rice with other ingredients to make Bibimbap:
①"Lord! Like all the ingredients in this recipe I am harmoniously mixing now, let us be completely dissolved in the Sacred Heart of Our Lord and The Immaculate Heart of The Blessed Mother and be united with the Holy Trinity so that we may understand and love each other in unity. Amen."
②"Lord! Like all these ingredients are being
mixed with this rice producing a good tasting dish, help us be completely dissolved in Your Sacred Heart and The Immaculate Heart of The Blessed Mother and become one in the Holy Trinity with love and understanding for all. Amen.

56. Eating a meal
"Lord, I am eating this meal for my physical health. Feed the starved souls of ________. Make our souls healthy."

57. When eating leftover foods:
"Lord! As I eat this leftover food, I think about the poor people who are spiritually or physically starved, I entrust them to the Lord and pray that they will receive the spiritual and physical nutritions. Amen."

58. When we chew the foods:
“Lord, whenever I chew this food, crush my strong ego, pride, all the bad habit and melt my harden heart completely so that I may become a humble little soul."
59. When you ate to excess:
(Remembering the starving people) "Lord! I am sorry. From now on, I will be moderate in eating. I pray that the nutrients from the food that I ate today may turn into spiritual and physical grace and flow into those who are starving. Amen."

60. When feeling hungry:
"Lord! I offer up this hunger of mine for those people who are starving because they do not have foods. Send down grace on them so that they may be affluent spiritually and physically. Amen."

61. When I have a sour stomach:
"Lord! Let me mend the broken Hearts of Our Lord and The Blessed Mother whenever I have done any wrong. Amen."

62. Removing the bones from fish or meat:
① "Lord! Remove the spiritual poisons and the splinters hidden in me and fully fill me with Your Holy Spirit so that I may manifest the glory of Our Lord and The Blessed Mother. Amen."
② "Lord! Help me become the pliers of love that pull out the thorns and nails that we driven into the Sacred Heart of Our Lord and The Immaculate Heart of The Blessed Mother through my sinful life. Amen."

63. Removing a splinter which I have in me:
① "Lord! Pull out my bad habits by the roots which are deeply ingrained in my soul. Amen."
② "Lord! Help us become instruments of love that pull out the thorns that we have driven into the Sacred Heart of Our Lord and The Immaculate Heart of The Blessed Mother. Amen."

64. Removing the seeds from fruits:
"Lord! Remove all the chaff or empty heads of grain in my soul and make it beautiful, so that I may become a light for my neighbors. Amen."

65. When drinking water:
"With the Precious Blood of Jesus, with the Precious Blood of Jesus, heal the souls and bodies of all of us. Amen."
"Lord! You changed water into wine! Change this water into the Precious Blood from Your Five Stigmata and seven sounds and, with the Precious Blood clean and heal my soul and body. Amen"

a) Drink water three times, praying, "God the Father (Swallow water once), God the Son (Swallow water once), and God the Holy Spirit (Swallow water once)"

b) Drink water five times meditating on the Five Stigmata of Jesus and pray: "In the Name of (Swallow water once) God the Father (Swallow water once), God the Son (Swallow water once), God the Holy Spirit (Swallow water once). Amen (Swallow water once)"

c) You can also drink water seven times meditating on the Seven Sacraments, the Seven Wounds of Jesus, the Seven Joys of the Blessed Mother, or the Seven Sorrows of the Blessed Mother.
66. Using a toothpick (interdental brush or dental floss): "Lord! Remove all the bad habits from deep inside of my soul. Amen."

67. Making coffee:  
"Lord! Let all the people in the world, as many as these grains of coffee, be completely dissolved in the Sacred Hearts of the Lord and the Blessed Mother and be united to the Holy Trinity. Amen."

68. Doing dishes:  
"Lord, I am doing dishes now. Clean my soul and the souls of ________." 

69. Scrubbing burned containers:  
Oh, Lord of mercy! As You said, “Though your sins may be scarlet like, may they become white as snow”, and wash away all the hideous dirt of my soul and wipe it away completely. Amen."

70. When the dishes are cleaned:  
(When I've finished cleaning the dishes) I give you thanks, Lord of mercy, for you cleaned away all of the dirt on my soul like this. Praise, glory and adoration be to Our Lord forever and ever. Amen!
71. **When I break the dishes or things by mistake:** "Lord! Let me work for you as a more humble instrument through these mistakes without being disappointed or discouraged. Amen"

72. **When I see broken dishes or things:** "Lord! Let my soul never be shaken or broken (or perished). Amen."

73. **When I am doing a facial massage:** "Lord! Soften my hardened heart and make my soul beautiful so that I may be worthy of serving Our Lord. Amen."

74. **While removing my makeup with cleansing cream:** "Lord! Completely wipe away the stains which have defiled my soul. Amen."

75. **Beginning making up my face:** "Lord! You wiped my soul clean when I washed my face. Now help me to decorate it beautifully. Amen."

76. **When putting on makeup:** Put on makeup in the following order: "(1: the
(1) In the Name of (2: the nose) God the Father, (3: the chin) God the Son, and (4: the left cheek) God the Holy Spirit. (5: the right cheek) Amen." (The reason for doing this is that we cannot achieve victory without going through the Cross.)

77. When erasing the makeup:
① "Lord! Erase all the hardened dirt and evil habits from my soul and make my soul beautiful."
② "Lord! Remove all the affectations and hypocrisies that wrap my soul and let me work for the glory of the Lord and the Blessed Mother with a pure, simple, and little soul."

78. Pulling out grey hair:
"Lord! Pull out all unnecessary things from my soul and let as many sinners as the number of those things repent of their sins. Amen."

79. Spraying water before getting a haircut:
"Lord! Send down the sweet rain of the Holy Spirit upon my dry soul so that it will be revitalized. Amen."
80. When cutting hair  
"Lord! Every time I cut the hair, cut out all the bad habits in our souls (pride, envy, jealousy, miserliness, lust, anger, greed, gluttony, laziness, self-conceit, selfishness, and more) and make our souls beautiful. Also grant to as many people as the number of the cut hairs the grace of repentance of their sins and rushing to get closer to the Lord’s bosom. Amen."

81. Dying hair or fabrics:  
"Lord! Let my faded soul be resurrected again as new. Amen."

82. When combing my hair:  
① "Lord! Restore order to my disarrayed soul and tidy it up beautifully. Amen."  
② "Lord! May the Lord's Will be done by the order restored to my disarrayed soul and also restore the order to as many of the children in the world as the number of my hair. Amen."

83. While using the bathroom:  
"Lord and Blessed Mother! I am now discharging
what is not needed in my body any longer. Remove everything that is useless or harmful from my soul including my evil habits and fill my soul with the love of the Lord so that I may welcome the Lord to my clean soul. Amen."

84. While cleaning myself and flushing the toilet:
"Lord, make my soul be free from everything that is dirty or not needed

85. While flushing the toilet:
"Remove all the harmful wastes from my soul so that I may live the Life of Resurrection. Amen."

86. Polishing shoes:
"Wash away our bad thoughts and bad behaviors. Renew us and let us make a fresh new start for the Lord."

87. Putting on shoes and socks:
(Putting on shoes gently)
"Let me experience the Love of the Lord and the Blessed Mother wherever I go in these shoes."
88. Taking off shoes:
(Taking off shoes gently and arranging them neatly) "Restore order in us which has been lost and restore love in us which has been destroyed."

89. Tying strings:
"Lord! Tie me with the strings of the covenant of Our Lord and The Blessed Mother so that I won't be taken away from You. Amen."

90. Tying a shoelace or buckling a belt:
"Lord! Keep and protect me by tying up my soul with the strings of truth so that I may not wander away from the Love of Our Lord and The Blessed Mother. Amen."

91. Untying a belt or shoelace:
"Lord! Untie the strings that are tying me to the secular world so that I may become truly free in the Lord's truth. Amen."

92. When beginning the Visit to the Blessed Sacrament:
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! This sinner believes that the Lord is truly and really present in the Holy Eucharist with His Body, Blood, Soul, and Divinity. I praise, trust, and love. Amen."

93. Going to the Mass:
"Lord! Let us become the faithful children of the Lord who perpetuate the Paschal Mystery of the Last Supper and the Paschal Mystery of Resurrection. Amen."

94. After the Mass:
① "I received the Lord in me despite my unworthiness. From now on, let me never fall into sin again. Amen."
② "Lord! You came into me through the Holy Eucharist despite my unworthiness. Start a fire of love in me and perform the miracle of love so that I may become a humble instrument for making the Lord known. Amen."
95. When someone points out my mistakes or gives me advice:
(We always have to consider that the person who is giving me the advice of love is a benefactor.)
"Oh, thanks Lord! You love me so much as to send this person to correct my faults through him/her, so that I'll make more efforts to advance towards sanctity while correcting my faults. Amen."

96. When I receive praise or thanks from others:
(Attribute it immediately to Our Lord and The Blessed Mother.)
"Lord! I don't deserve this praise (or thanks). All the glory and thanks belong to Our Lord and The Blessed Mother. Amen."

97. When I see beautiful smiles on other's faces:
"Lord! Let me always give joy to everyone with a beautiful smile as I treat and or approach Our Lord and The Blessed Mother. Amen."
98. Seeing a frowning face:
"Lord! I will try not to lose the smile on my face. Amen."

99. Going to work:
"Lord and Blessed Mother! Be with me always and let me become a faithful child of Yours who witnesses for You by doing my best at the work place."

100. Locking with keys:
① "Lord! Lock the door of my heart, to the seduction of the devil, the body (ego), and the world so that I may be protected from evil. Amen."
② "Lord! Close my ears when someone blames and criticize others, and don't let my mouth open when I am inclined to judge others, and close my eyes and ears firmly to the sins caused by curiosity. Amen."

101. Unlocking the keys:
"Lord! Open wide the door of our hearts which became dull and firmly closed so that the gates of heaven may be opened with our sincere repentance. Amen."
102. While driving
"Lord and Blessed Mother! Hold the steering wheel and hold the steering wheel of my soul and lighten all the roads that I drive on. Guide me with St. Christopher. Amen."

① Opening the car’s door:
"Open wide the door of my mind so that the Lord and the Blessed Mother may live in it. Amen."

② Closing the car’s door:
"Lord! Be the shield that blocks the devil who harasses me, from entering my soul. Amen."

③ Sitting in the seat:
"Lord and Blessed Mother! Sit beside me always and protect me so that I may be freed from the secular world and sit in a seat in the Heavenly Kingdom. Amen."

④ Before holding the steering wheel, dip the finger in the holy water and pray:
"In the Name of the God the Father, God the Son, and God the Holy Spirit." Then, sprinkle Holy Water on the car and offer the prayer of exorcism
⑤ Wearing the safety belt, pray:
"Lord! Tie me with the Lord and the Blessed Mother with the chain of love and guard me so that I may never drift away. Amen."

⑥ Starting the engine:
"Lord! I start the engine to drive the car. I pray that the Lord will make me become an engine for spreading the messages of the Lord and the Blessed Mother so that I may enter the Heavenly Kingdom together with many other souls. Amen."

⑦ Starting to drive the car:
"Lord, Blessed Mother, St. Christopher, and all the Saints and Angels! I start driving toward (... my destination). Be with me always so that my soul may walk toward the Heavenly Kingdom. Amen.

⑧ Hitting the brake:
"Lord! Stop my spiritual pride so that I may become a humble instrument of yours. Amen."

⑨ Parking the car at the destination:
"Lord! Let my soul follow the Lord and the Blessed Mother and safely arrive at the Heavenly Kingdom. Amen."
10  **Waiting for the green light:**
"Let me become a little soul who obeys well the Words of the Lord and the Blessed Mother and observe well the spiritual orders. Amen."

11  **When caught in a traffic jam** (**not being irritated, complaining, or uttering abusive words)**
"As the Lord patiently waited for 30 years before the 3 years of public life, I also graciously offer up this time of waiting following the examples of the Lord and the Blessed Mother. Amen."

12  **When violated the traffic law(s):**
"Lord! Guide me not to deviate from the road that the Lord wants me to walk on. Amen."

13  **When driving on an unpaved, bumpy, or steep road:**
"Meditating that the road that the Lord walked was not a wide, comfortable, or flowery one but a thorny path that was narrow, rugged, and painful, I pray that I can humbly walk on the path that the Lord walked. Amen."

14  **When turning on the headlight:**
"Shine the light from the Sacred Heart of Jesus and
the Immaculate Heart of the Blessed Mother on us and repel the darkness that blocks us. Amen."

15. **When it is too warm:**
"Lord! As I offer up this warm weather as my atonement for the souls who are being tempered in the blazing fire in the purgatory, have mercy on them. Amen."

16. **When it is cold:**
"Lord! As I offer up this cold weather as my atonement for the homeless people who are poorly clothed, starving, and shaking with cold and also for the non-practicing Catholics, have mercy on them. Amen."

17. **Finishing the driving:**
"Lord and Blessed Mother! Thank You for looking after me so that I could arrive at my destination safely. Praise, gratitude, and glory to the Lord and the Blessed Mother forever and ever! Amen."

**103. While taking transportations:**
"Lord and Blessed Mother! & St. Christopher! Protect me and accompany me so that I may reach my destination without mishap. Amen."
104. Watching the scenery passing by the car window:
"Lord! This world goes by quickly just like the passing scenery, but the next world is eternal. So, let us become spiritual children following Our Lord and The Blessed Mother. Amen."

105. Walking up stairs:
(Thinking of the Lord who walked up the Way of the Cross) "Lord, help us walk up the Way of the Cross and, therefore, ascend to Heaven."

106. Walking down stairs:
(The Lord came to this world not to be served but to serve, even though He was God) "Lord, help us imitate you and lower ourselves."

107. When going up by an elevator:
"Lord! Let me become a little soul that can be embraced in the bosom of the Blessed Mother who guides us to the shortcut to the Lord and reach the Heavenly Kingdom. Amen."
108. When going down by an elevator:
"Lord! Following the examples of the Lord and the Blessed Mother who always choose the lower seat, make me a humble and little soul. Amen."

109. Walking along a road:
① "Lord! Let the souls who are rushing on the road of perdition turn around and come back to the bosom of the Lord and the Blessed Mother. Amen."

② "Lord! With every step that I take, trample on and crush the strong self-conceit, pride, and evil habits in my soul so that I may become a little, simple soul. Amen."

110. Walking barefoot on pebbles:
(Meditating on the Passion of Jesus Christ, who walked barefoot on the Way of the Cross.) "Lord! Grant graces to me and other sinners who are as numerous as the pebbles on which I am walking, as sacrifices and penances in reparation for all our sins and faults and for the conversion of sinners.
111. When I fall or stumble on my way:
(Offer this prayer instead of grumbling because of my bad luck.)
① "Lord! Remove all obstacles from the secular world, on my way towards You and The Blessed Mother. If I fall, because of my carelessness or mistakes, help me to bounce back up like a spring, not having any disappointment or frustration.
② "Lord! Even if I fall into mortal sin. I will stand again, meditating on YOU, who while exhausted and fell miserably, three times together with your Cross. But, YOU stood up again with all of your remaining energy, for the fulfillment of Your Father's Will. And I will continue to follow You, Our Lord. Amen!"

112. Starting the work
"Lord and Blessed Mother! Be with me always and guide me to begin my work in joy, love, and peace at every moment. Amen."

113. Using 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 let as many sinners as the number of the characters that I use on the computer repent their sins and be recorded in the Book of Eternal Life in the Heavenly Kingdom. Amen.

① **Turning on the computer:**
"Lord! Keep my soul awake so that I may always make a new start with a new body and mind and work for the glory of the Lord and the Blessed Mother as a clean soul. Amen."

② **Turning off the computer:**
"Lord! Turn off the fire of pleasure and lust in me and let me achieve victory over the flesh, secular world, and devil."

③ **Opening a file or program:**
"Lord! Let the hardened souls enter the Sacred Hearts of the Lord and the Blessed Mother and dissolve in them. Amen."

④ **Closing the file or program:**
"Lord! Let me manage well the grace that I have received, and block all evils from entering me so that the devil may not snatch away the grace from me. Amen."
⑤ Preparing to write something:
"Lord and The Blessed Mother, accompany me while I write so that it may not be used in vain. Amen."

⑥ While writing with a computer.
"Lord! I pray that as many sinners as the number of the letters I'm typing receive the grace of repentance so that they may live the Life of Resurrection. Amen."

⑦ Deleting typing errors, or erasing scratchy, scribbly writing:
"Lord! Delete my mistakes and the seduction for all kinds of sins situated in my soul, as well as all of my past bad memories. Amen"

⑧ Rewriting where I deleted typing errors:
"Lord! I believe that you deleted all the parts of my soul that were wrong to let me be newly reborn from now on, and grant the grace of repentance to as many sinners as the number of the letters that I‘m re-typing so that they may also be reborn. Amen."

⑨ Clicking a button on a mouse:
"Lord! I offer up as many sinners as how many times I click on the computer today. Let me achieve victory over the devil, flesh, and secular world that tempt me to commit sins. Amen."
Typing large and bold text: "The Lord and the Blessed Mother must increase in size & we must decrease in size to become humble, little souls so that we may be the instruments of God's work for the glory of Our Lord and The Blessed Mother. Amen."

Typing in small and regular fonts. "Lord! Let me always be as a little soul, a servant to all others. Amen"

Moving the scroll bar upward: "Lord! Let me not refuse the Cross given to me but let me walk well on the way that the Lord and the Blessed Mother walked so that holy virtues may be born in me and grow toward perfection. Amen."

Moving the scroll bar downward "Lord! Let me imitate the Lord Who lowered Himself and lower myself and become a humble and little soul. Amen."

Storing the file: "Lord! Store all the work and penance that I did for the Lord and the Blessed Mother in the treasure storehouse in the Heavenly Kingdom and, on the last day, let me receive the fruit of eternal life in the Heavenly Kingdom. Amen."
When loading on the Internet:
"Lord! Grant that my writing be a glory to the Lord, a consolation to the Blessed Mother, and a benefit to everyone who reads it and that the flower of love blossom and the fruit of the Holy Spirit be borne. Amen."

Logging in:
"Lord! Let me be awake always and enter through the wide-open door of the Sacred Hearts of the Lord and the Blessed Mother. Amen."

Logging out:
"Let me and even all the sinners who have betrayed and left the Lord and the Blessed Mother be extricated from the devils’ den. Amen."

Turning the page:
"Lord and Blessed Mother! Let all of us live in the Mystery of the Passover, that is the transition from death to resurrection. Amen."

Turning back to the previous page:
"Lord! Now I repent all my past sins to make a new start. Amen."

Searching on the Internet:
"Lord and Blessed Mother! Find the wrong parts of my soul and heal me. Amen."
114. Erasing the crooked letters and rewriting them straight:
"Lord! Straighten my distorted mind and soul. Amen."

115. Using a copier:
"Lord and Blessed Mother! Bless as many sinners as the number of the letters that are copied so that they may repent of their sins. Amen."

116. While printing from a printer or copier:
"Lord! I offer up as many sinners as the number of the letters of these papers that are now being printed so that they may leave the devil's den. Amen."

117. Washing clothes:
"Lord! Clean our souls, removing even the invisible dirts in our souls. Amen."

118. Hanging the laundry after shaking them to spread open:
"Lord! Even though my soul has been wrinkled and twisted, straighten it out completely burn it with the flames of passionate love towards Our Lord and The Blessed Mother. Amen."
119. Folding the cleaned clothes:
"Lord! Straighten every thing in my soul that is wrinkled because I have not lived in justice and let me become good examples to others with tidy and correct speaking and behaving. Amen."

120. While sewing clothes, blankets or sewing up a tear:
"Lord! Let as many sinners as the number of the stitches that I sew, now repent of their sins and live the Life of Resurrection and let them become the tailors of love who stitch up the Sacred Heart of Jesus and The Immaculate Heart of The Blessed Mother. Amen."

121. Quilting blankets or pillow covers:
"Lord! Be the quilted blanket that wraps my soul so that I can't drift away from the love of Our Lord and The Blessed Mother. Amen."

122. Ironing the clothes:
"Lord! Straighten completely even the hidden parts of my wrinkled and hardened soul so that I may live justly in the love of the Lord and the Blessed Mother. Amen."
123. Ventilating rooms through opened doors and windows:
"Lord! Remove the odor of my soul completely, and fill me up with the Fragrance of Christ."

124. Turning on the electric fan or the air conditioner:
① "Lord, You always become the cool shade in the middle of heat! Turn this wind from the electric fan and the air conditioner into the breath of the Holy Spirit so that we may live a life filled with the Holy Spirit and become a witness for the Lord. Amen."
② "Blow the spirit of the Holy Spirit all over the world so that everyone may repent and be saved. Amen."

125. Turning the heater on:
"Lord! Heat my tepid soul with the hot wind of the Holy Spirit so that I may love Our Lord and The Blessed Mother passionately, ardently and also love my neighbors."

126. Turning on the humidifier:
“Mother! Quench my arid soul with the streams of Water of Mercy, and Lord!, blow the breath of the Holy Spirit to me to be reborn with love. Amen."
127. Turning off the electric fan, air conditioner, heater, or humidifier:
"Lord! Completely calm all the winds of seduction from the devils who fill the sky and the earth who are continuously instigating to blow down upon the children of the Lord. Amen."

128. Warming myself at a stove:
"Lord! Heat my body and soul, which are stiff and tepid from the wounds from the fire of the Holy Spirit so that I may be the instrument that transmits warm love to everyone."

129. Hearing an ambulance siren:
"Have mercy on the patient in the ambulance so that his/her soul may be saved. Amen."

130. Performing an operation as a doctor:
"Lord! I perform this surgery with human medicine, but as You are the true doctor, operate with the Holy Spirit and manifest Your glory. Amen."
131. When I or someone else has surgery:
"Lord! As You are the Almighty God, nothing is impossible for You, I pray that You Yourself will perform this surgery through the doctors hands and with the Holy Spirit heal my, his, or her soul and body. Amen."

132. Taking bitter medicine:
"Lord! I meditate on the taste of vinegar and gall that Our Lord, Jesus Christ tasted on the Cross, and I join in Your sufferings and pains so that sinners may repent."

133. When taking a medicine or receiving an injection:
"Lord! Bless this medicine that the Lord granted, change it into the Lord’s Precious Blood flowing from the Five Wounds and the Seven Wounds and also into the Blessed Mother’s tears, tears of blood, fragrant oil, and milk so that this medicine may become a new medicine that heals the soul and the body. Amen."
134. When bleeding from the wounds:
(Meditating on the Precious Blood that Jesus shed from His Wounds)

① "Lord! I offer this pain without wasting even one drop in vain, so use my little offerings where needed."
② "Lord! I offer up this pain of shedding blood and uniting it with Your Precious Blood for the repentance of the sinners, so use it as You Will. Amen."
③ "Lord! Do not let me bleed in vain, but let it flow spiritually and beneficially into patients who need urgent blood transfusions during operations now, so that they may be healed. Amen."

135. Applying antiseptic to a wound:
"Lord! Heal the wounds of my soul and broken heart with spiritual disinfections."

136. Squeezing pimples or boils:
① "Lord! Remove completely harmful cancers
from my soul. Amen.

② "Lord! Heal my soul’s wounds completely and transform it to become a beautiful soul. Amen"

③ "Remove completely all bad things gnawing on my soul and make it pure. Amen."

137. When I rid my body of a corn:
"Lord! Remove the scales and beams completely from my heart and soul so that Our Lord and The Blessed Mother may dwell in me. Amen."

138. When I get burned:
"Lord! I offer up this pain for the souls in the Purgatory and for the repenting of sinners."

139. While bloodletting or applying a suction treatment:
"Lord! Remove all bad things and habits from my body and soul and perform a transfusion with Our Lord’s Precious Blood into me. Amen."
140. Getting or giving a massage or acupressure therapy by hand or a vibrator:
"Lord! Soften the stiff parts of my soul with the Holy Spirit so that I may become a gentle and little soul to follow in Your foot steps. Amen."

141. Tuning an instrument:
"Lord! Repair the deformed parts of my body and soul and let there be a beautiful echo praising Our Lord, so that I may work for the glory of Our Lord and The Blessed Mother. Amen."

142. Repairing a damaged car and not be irritated:
"Lord! Repair my unworthy soul and make it newly reborn. Amen."

143. Unblocking a drain:
"Lord! Break through what is clogged in my soul so that I may be a stream to spread the messages of love from Jesus Christ and The Blessed Mother. Amen."
144. Coughing or sneezing:
"Lord! Completely expel the bad habits hidden deep in my mind and soul. Amen"

145. Blowing my nose:
"Lord! Take all the bad habits out that are deep in my soul. Amen."

146. Spitting out phlegm:
"Lord! Get rid of all the bad habits that are tangled and stuck into my soul. Amen."

147. Expelling gas or burping:
"Lord, I am releasing unnecessary gas from my body. Take out all the unnecessary gas from our souls."

148. Expelling gas or burping with a bad odor: (Instead of trying to find out who did it):
① "Lord! Remove all the bad odors from my soul completely. Amen."
② "Oh, Lord! Thank You for expelling the unnecessary and bad odors from my soul. Amen."
149. Smelling bad odor:
"Oh, Lord! Remove bad odor from our souls and fill with the fragrance of The Lord and The Blessed Mother"

150. When vomiting: (and when using the toilet)
"Lord! Remove my selfishness, ego, and contradictions that I use to weigh theories, reasonings, and human calculations, while being not a simple soul, and empty my heart so that Our Lord and The Blessed Mother may live in me. Amen”
"Lord! Completely remove my bad thoughts so that the Lord and the Blessed Mother live in me. Amen."

151. Tidying up:
"Lord! Correct our disarrayed family, church, school, or community and restore our love so that we may all reunite. Amen."

152. When we encounter numbers:
(we can meditate on these numbers and offer up prayers in connection with those numbers)
1 - We worship one God.
2 - Meditate on the Sacred Heart of Jesus and the Immaculate Heart of Mary.
3 - Meditate on Jesus’ resurrection on the third day after His Death and also meditate on the Trinity praying for our unity with the Lord’s Resurrection and with the Trinity.
5 - Meditate on the Five Wounds of Jesus.
7 - Meditate on the Seven Sacraments, Jesus’ bleeding from His Seven Wounds, and also meditate on the Seven Sorrows and Seven Joys of the Blessed Mother.
10- Meditate on our goal: perfection.
12- Meditate on the Blessed Mother's crown of twelve stars and the 12 Apostles.
15- Meditate on the Fifteenth Station of the Stations of the Cross and Jesus’ Resurrection.
33- Meditate on the 33 years Jesus spent on earth.
72- Meditate on the 72 years the Blessed Mother lived on earth.
103- Remember the one hundred and three canonized martyrs of Korea.
153. Putting lead in a mechanical pencil :
"Lord! Inspire my soul with spirit so that I may always be renewed. Amen."

154. Sharpening pencils or planning boards :
(Meditating on how to offer up the pains of being cut down, peeled or carved up to be used as instruments of Our Lord and The Blessed Mother.)
"Lord! Remove all the covers that wrap my soul and smooth out the angled parts of it, as pencils or trees can only be used after being cut down, so that I may become a worthy instrument of Our Lord and The Blessed Mother. Amen."

155. Counting money :
(Arranging currency in same direction and denomination neatly)
① "Lord! Correct the disordered world, the church and the family, and let them be united. Amen."
② "Lord! Correct my troubled heart, and let this money be used according to Your Will. Amen."
156. Whenever insects bite me & while applying Holy Water:
"Lord! I offer up this small pain as a sacrifice and penance with the intention of removing one of the nails that I have driven into the Hearts of Our Lord or The Blessed Mother from the sins I have committed. Amen."

157. Catching flies and other harmful insects:
① "Lord! Do away with & punish all the devils of pride, envy, hatred, anger, and laziness so that we may live the life of Resurrection each and every moment of our daily lives, achieving victory in the war against the three enemies: the devil, the world, and our ego. Amen."
② "Lord! Let me become the handkerchief of Love that wipes away YOUR Sweat and Blood, and the Tears and Tears of Blood of The Blessed Mother. Also, transform me into a mop to clean souls so that Your Will may be fulfilled. Amen."

158. Sweeping the floor:
①"Lord, I am sweeping the floor. Sweep away all the useless debris from my soul so that You may live within me, Amen!"
② "Lord, let the sinners as the number of dusts I sweep repent and return to You and the Blessed Mother and make them lead a life of the resurrection and go 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. Let my soul always be clean from now on."

160. Mopping the floor:
① "Lord! Completely wipe off the dirt of my soul. Amen!
② "Lord! Let me become a handkerchief of love to wipe away The Blessed Mother’s Tears and Tears of Blood and let me become a mop to clean souls so that Your will be done. Amen!

161. Cleaning every corner with a mop & broom:
"Lord! Clean, scrub, and wipe up the old set-in stubborn stains which are invisible and hidden in the corners of my soul, with Your Precious Blood. Amen."
162. **While washing windows:**
"Lord! Wash my body and soul that have become filthy, with stains.

163. **Picking up or taking out garbage:**
"Lord! Clear away what are not useful in my soul one after another so that my soul may become clean. Amen."

164. ** Burning the garbage or useless things:**
"Lord! Burn away all of my bad habits and things that should be removed from my soul with the Fire of the Holy Spirit. Amen."

165. **Removing cobwebs:**
"Lord! Remove all the tangled up faults which I don’t recognize in my soul and the evil webs that devils have woven in it. Amen."

166. **When I made a mistake in speaking**
(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 mistakes again while speaking. Amen.”
167. When I made a mistake (Not becoming disappointed or frustrated)
When I make a mistake while speaking
(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 mistakes again while speaking. Amen."

168. When you see someone's faults:
(Decide to learn their good examples & deeds and decide not to repeat their mistakes.)
"Lord! Have mercy on them. As I also make mistakes and have done wrong, I rely on Our Lord and The Blessed Mother to lead me away from and not to commit sins, faults, or wrong deeds again. Amen"

169. When I am ignored:
①"Lord! Grant us graces so that we can graciously offer up our feelings when we are humiliated just as You offered up in silence when you were treated with contempt, disdain and disregard even though You are God. Amen."
② "Lord! Heal my wounded heart so that I may follow You and The Blessed Mother for the rest of my life. Amen."
③ "Lord! I offer up this pain of being ignored to Our Lord Who was betrayed by the beloved children of the world for the repentance of all sinners. Amen."

170. Hearing abusive language:
Do not join them. Control myself making the Sign of the Cross on my lips and praying, "Lord, forgive them."

171. When betrayed: (Meditating on Jesus on the Cross)
"Lord! How painful you must have felt when Peter, who vowed to follow you wherever you may go, denied you three times and Judas betrayed you for thirty pieces of silver. Give us graces that we may imitate you and offer up our pains well."
172. Being falsely accused and criticized:
The Lord prayed for those who were crucifying Him, "Father, forgive them, because they know not what they are doing." Let us humbly pray for those who are accusing and criticizing us.

173. When I get hit by a flying rock or something:
"Lord! It is all my fault for getting hit because I was here at this location. I offer it up for the repentance of sinners and for those whom I have not yet forgiven. Amen."

174. When I am beaten for no reason (it is my fault):
① "Lord! Who gives the rod of love to the beloved children! Let this become the rod of love so that I may be newly awakened. Amen."
② "Lord! Thank you for giving me grace so that I could participate in Our Lord's suffering's of pains. I am an unworthy sinner to be consoled and praised through my sufferings of pains. Amen. May You, Lord be consoled, and receive praise through the sufferings and pains of this unworthy sinner."
175. When feeling an impulse to criticize and judge others:
"Lord! How can I, who has a wooden beam in my eye, remove a splinter in others’ eyes? Let me remain awake so that I can remove the wooden beam in my eye first. Amen."

176. When I meet someone who I couldn't forgive:
"Lord! It's so hard for me to forgive her/him, but I am trying to forgive them as by Your words that we shall forgive others seventy times seven, so please give me the grace that I can forgive her/him and share love with each other. Amen."

177. When I meet relatives or friends:
"Lord! Break the high human barrier so that we may be united in the great love of Our Lord and The Blessed Mother, and enjoy the exultation, love and peace in the midst of overflowing graces. Amen."

178. While shaking or holding hands:
"Lord! Tie us together with your link of love so that we may rise up to Heaven, holding onto the hands of The Blessed Mother who is the string that connects Heaven and earth. Amen."
179. When lewd thoughts occur in our minds (after an exorcist prayer):
"Lord! May Your Mother’s words to me, "I will help you with My power that can crush the head of the serpent", be realized so that I may defeat the devil of lechery. Amen."

180. Looking at those who are using mass-media:
"Lord! Who converts Evil to Good! Have mercy on those so that they may have righteous knowledge and the discernment of the Holy Spirit, and lead them to the Good who are in line with the will of Our Lord and The Holy Mother. Amen."

181. While wallpapering:
"Lord! Enwrap our souls in the armor of the Holy Spirit and protect us from all evil. 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 the rice plant bends itself while growing
ripe, nourish us to be mature believers and little souls that humbly lower ourselves. Amen."

184. Seeing fruits or crops in time for harvest:
"Lord! Fill my soul with the Holy Spirit and help me give birth to holy virtues and reach perfection. Amen."

185. Repairing bent & damaged items:
"Lord! If I have something distorted and bent out of shape in my soul, please repair and straighten it out so that I may live righteously in the love of Our Lord and the Holy Mother. Amen."

186. Weeping:
"Lord! Let not a single drop of my tears be wasted but become united with the tears of the Lord and the Blessed Mother."

187. Wiping sweat away:
"Lord! Save as many souls as the number of beads of sweat that I drop, and though I am unworthy let me become the handkerchief of love that wipes away the blood and sweat of Our Lord. Amen."
188. Connecting the beads of a Rosary or the link of a chain etc.:
"Lord! Let not only my family, but all of Your children of this world be connected to one another in the chain of love and become one in the Holy Trinity. Amen."

189. Loosening tangled strings:
"Lord! Who came to give liberty to captives! Set me free from the chain of sin and set me free in the Holy Spirit. Amen."

190. While changing batteries:
① "Lord! Set a fire of the Holy Spirit in the old and exhausted things in my soul and newly rekindle it. Amen."
② "Lord! Recharge the exhausted faith in my soul so that I may be renewed once again. Amen."

191. When turning on the 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. When turning off the light:
"Lord! Turn off the lights of all the temptations that come from the devils, secular world, and carnal desires and protect us from giving in to temptations any more. Amen."

193. Plugging an electric cord into an outlet:
"Lord! Let me connect the current of grace and the combined Love of Our Lord and The Blessed Mother to others so that I, an unworthy sinner, may shine Your light to the ends of the earth by practicing love. Amen."

194. Pulling the plugs out:
"Lord! Completely pull out all the bad habits that are deeply embedded in my soul such as, an unforgiving mind, dislike, hatred, anger, lechery, and my serious private problems. Amen."

195. While lighting a lamp, a flashlight, a lighter, or matches, etc.:
"Lord! Eliminate the darkness in my soul so that it will blaze with the fire of the Holy Spirit. Amen."
196. When a fire breaks out or when I watch the news of a fire on TV: (Meditating on the souls in Purgatory)
"Lord! Let us remain awake and become little souls and enter into 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. Turning off lights, putting out candles, & turning off gas stoves, etc.:
① "Lord! Put out the fires of human desire and lust, and let me rush to Jesus and The Blessed Mother. Amen."
② "Lord! Extinguish the fire of jealousy, envy, dislike, anger, hatred, rage and temptation in my heart completely. Amen."

198. Looking at babies:
"Lord! Let me become a simple soul that doesn't calculate or figure things out in a human way and stay nestled in the bosoms of The Blessed Mother and Our Lord. Amen."
199. Taking care of young children or adoring them: (remembering the aborted babies)
"Lord! To the parents who have had an abortion not knowing if it is considered murder, to kill their babies, so let the aborted babies be loved in the bosoms of The Blessed Mother and Our Lord and concede the grace of repentance on their parents. Amen."

200. When it was a wrong number:
(not showing temper when hanging up the phone) Answer friendly, "I'm sorry, I think you dialed the wrong number. Amen."

201. Looking at cats or dogs:
"Lord! As the cats and dogs follow their owners, let me be a loyal child who always follows Our Lord and the Holy Mother who have become our real parents. Amen."

202. Looking at the flying birds:
"Lord! Though I live in the secular world, set me free from the three enemies: the world, the flesh, and the devil so that I may enjoy the true freedom in the truth of Our Lord. Amen."
203. While watching a building under construction:
"Lord! As the carpenters and construction workers begin laying a solid foundation first, and then completing the rest of the building, let me have a steadfast footing in faith like a building or a house on solid rock. Amen."

204. Hammering a nail while reflecting on whether I have nailed Our Lord to His cross:
"Lord! Let us never drive a nail into You again. Plant the Hearts of Our Lord and that of The Blessed Mother into my heart. Amen."

205. Pulling out a nail with pincers or pliers:
① "Lord! Never let me drive another nail into You again and help me to become the pincers or pliers of love that pull out all the nails that I have driven into You. Let it be done. Amen."
② "Lord! Let all the children of the earth, not just me, become pincers or pliers of love that pull out the nails that have driven deeply into the Sacred Hearts of Our Lord and of The Blessed Mother. Amen."
206. Tightening screws:
① "Lord! Let my soul be planted in the love of You and The Blessed Mother, and become united with them. Amen."
② "Lord! Embrace me tightly so that my thoughts, words and deeds may be worthy of the Hearts of You and The Blessed Mother. Amen."

207. Unscrewing screws & other things:
"Lord! Set my soul free from the earthly chains of sin, and help me to enjoy the freedom of the Holy Spirit, so that I may achieve victory in the war against the three enemies, the devil, the body, and the world. Amen."

208. While Stapling:
"Lord! Staple the high, profound and wide Love of Our Lord and The Blessed Mother deeply into my heart. Amen."

209. Removing staples:
"Lord! Let me be the pliers or pincers of love that remove all thorns, nails and staples that I have driven into the Sacred Heart of Jesus and the Immaculate Heart of The Blessed Mother. Amen."
210. **Breaking things with a hammer:**

"Lord! May the Lord and the Holy Mother annihilate all evil spirits that bother us. Amen."

211. **Taking a CD or tape from its case:**

"Lord! Take remove the poor souls that cannot escape the den of evil, so that they may live as the children of Light, dwelling in the Sacred Heart of Our Lord and the Immaculate Heart of The Blessed Mother. Amen."

212. **Removing stickers:**

① "Lord! Remove all pride, jealousy, envy, anger, selfishness, various greeds, lewd thoughts, etc., from my soul, so that I may become a clean, worthy child of Yours, where You, my Lord and The Blessed Mother may dwell. Amen.

② "Lord! Just as you removed the scales from the eye of Saint Paul, please remove the scales from my spiritual eyes, so that I may become an apostle of Our Lord and The Blessed Mother. Amen."
213. **Planting a flower or a tree:**
"Lord! As a tree grows to bloom flowers and bear fruit, let my soul grow strong and sprout buds of faith, yielding fruits of love. Amen."

214. **Trimming tree branches:**
"Lord! Trim all unnecessary parts within my soul, so that I may become a beautiful soul pleasing to You and The Blessed Mother. Amen."

215. **Seeing a beautiful flower:**
"Lord! Let my soul bloom like a beautiful flower, so that I may spread the fragrance of Our Lord and The Blessed Mother throughout the world. Amen."

216. **Removing dry petals and fruits or vegetables:**
"Lord! Remove all diseased and dry portions of my soul, so that I may be renewed."

217. **Sowing seeds:**
"Lord! May You and The Blessed Mother sow seeds of the Holy Spirit in me and protect me from the devil, so that they'll have good buds that grow to yield abundant fruits of the Holy Spirit. Amen."
218. Seeing sprouts shooting up:
① "Lord! As the plants start to sprout, let my soul be reborn as a simple, little child in the Holy Spirit, to blossom with love and to bear the fruit of the Holy Spirit. Amen."
② "Lord! Let the devastated souls of many brothers and sisters sprout with love once again."

219. Watering flowers
"Lord, I am watering flowers now. Water our dry souls with refreshing rain."

220. Seeing the fruits:
"Lord! Let me always remain awake to be recognized and chosen as a good head of grain, so that I possess the fruits from the tree of eternal life on the last day. Amen."

221. Removing weeds
"Lord, I am pulling out unnecessary weeds. Pull out all the useless weeds from our hearts. Give us graces to root out our evil habits."

222. Exercising or enjoying sports:
"Lord! Let me exercise with Our Lord so that I may become an instrument that works for
the Glory of Our Lord and the Triumph of the Immaculate Heart of The Blessed Mother with my healthy body and soul. Amen."

223. Bowling with the intention of defeating the devil: (When we knock all the pins down by rolling a strike we pray that Our Lord will defeat Satan. When we knock the remaining pins down, we pray that Our Lord will defeat the remaining little devils. When we successfully convert a split of the two pins which stand wide apart, we pray that Our Lord defeats the devils of division. When I throw the bowling ball down the alley and strike the pins which are hiding behind others in a row, we pray that Our Lord defeats the hidden sly devils. And we can offer up our soul to Our Lord with every step we take.) "Oh, Lord! As I throw the bowling ball down the alley, defeat all the devils who bother us. Amen."

224. Hearing the bells ringing or the clap of thunder:
"Lord! Let us listen carefully to the continuing warnings of Our Lord and The Blessed Mother and awake from our sleep so that we will all be saved. Amen."
225. **Looking one's last:**
“Oh, Lord who gained a glorious victory by defeating death and resurrected! Make us remain awake in order to respond always with "Amen" to Your Call and go forward. Amen."

226. **When the sun or the moon comes up or when the stars appear:**
"From sun up to sun down, let us practice and follow the messages of Our Lord and The Blessed Mother. Amen."

227. **When the sun is beating down:**
"Radiate the light of the Sacred Heart of Jesus and the Immaculate Heart of The Blessed Mother on us and drive out the darkness of my soul. Amen."

228. **When it is foggy:**
"My soul may lose the sense of direction and become lost, when falling into Satan's temptations, so I pray that Our Lord and the Holy Mother will defeat the darkness of my soul"
and light a pathway with the light of the Holy Spirit and lead me to Heaven. Amen.

229. When it is windy:
"Lord! The reeds are bent by the wind, but give us the breath of the Holy Spirit so that we may never be bent by the winds of temptation with faith and trust in You and The Blessed Mother. Amen."

230. Looking at the leaves swaying in the breeze:
"Lord! Take hold of as many souls as the number of swaying leaves that are shaken by the wind of temptation. Amen."

231. Looking at the falling leaves:
"Lord! Never let me wander away from the love of Our Lord and The Blessed Mother, and save all struggling souls with Your love. Amen."

232. Stepping on the fallen leaves:
"Lord! Let me tread and crush my pride, bad
habits, and the strong ego of my soul and become renewed in Your Love. Amen."

233. When it rains :
① "Lord! Send down a sweet rain of the Holy Spirit on my wilted and desolate soul. Amen."
② "Lord! Wash away the dirt of as many souls as the number of drops of rain that is falling, quench the arid souls with streams of the water of mercy, and grant them the grace of repentance to be saved. Amen."
③ "Lord! Turn this rain into Your Precious Blood that You have shed for us and wash away all the sins of the world and cleanse it to establish Our Lord's Kingdom on the Earth. Amen."

234. Seeing the rainbow :
"Lord! As a rainbow is Your sign of the covenant that God established with the world, let us all hold the hands of The Blessed Mother who is the string that ties Heaven and Earth together and advance toward Our Lord to share His eternal happiness. Amen."
235. When it is snowing:
① "Lord! Wash my dirty sins to make my soul clean and pure like snow."
② "Lord! Wash away my sins like scarlet and have my soul become clean as snow."

236. Looking at the clouds:
"Lord! Drive out the darkness in my mind and soul. Amen."

237. Seeing a flowing river or stream:
"Lord! As stagnant water is bound to rot, my soul will be rot if it is also stagnant. Please wash away my bad things without ceasing and help my soul to never remain stationary, but always become renewed and reborn in the Holy Spirit. Amen."

238. While fishing or looking at a fisherman:
"Lord! I am unworthy, but have mercy on me to become a fisher of men."

239. Crossing a bridge, a river, or a sea (ocean):
① "Lord! As the people of Israel crossed the
Red Sea, let me cross the river of the mundane world and safely reach Your heavenly harbor. Amen."Falling asleep:
② "Lord! Thank You for all the graces that I received today.

240. While I am sleeping:
guard and protect me from the devils so that I may rest well in the bosom of the Lord 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 when we cross from death to resurrection."

242. When I feel too sleepy to do an important work:
“Lord! and Blessed Mother! Let me overcome this sleepiness and remain awake so that I can complete this work.”
One word uttered carelessly
   can inflict wounds on 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 become a dagger that pierces others’ hearts,
One word impolite and uncourteous
   can make love cool off,
One word defending and justifying oneself
   is unwise and cowardly,
and One word slandering others
   can make the neighbors commit sins, too.
On the other hand,
One word gentle and joyful
   can give joy to others,
One word kind and considerate
   can give the 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 give birth to love,
and One word of love and grace
   can bring pleasant happiness into everyone’s heart.

Because of one word...  (by Julia Kim)
The Promises of Jesus and the Blessed Mother to those who put into practice the Prayer of the Life

Jesus: "My beloved daughter! Do not feel shy. You have totally offered up even your free will that God has allowed to everyone of the human race, become a sacrificial offering for Me, lead the life of offering with the love for the sinners and for their repentance, offer up the prayers of life unceasingly, and thus become a flower of consolation for My Sacred Heart. What can there be that I cannot do for you? From the deepest and hidden corners in your soul, a fragrant holocaust will be unceasingly offered up to God in His Palace."

(From the book: The Way of Love toward the Lord, "Julia’s Conversations with Jesus" April 22, 1986)

"My beloved little soul! Even when you groan because of the spiritual and inner dryness, make it known to all that I will always be with them when they offer up the prayers of the life with a constant loving heart and with all their hearts and strength so that they may make a
new start. I am always with you as you totally entrust everything to Me and have trust in Me. To the little souls who turn their entire life into prayers, I and My Mother will give blessing with unlimited love, mercy, and grace at every moment and give them the supernatural strength that transcends everything so that they may not lose joy, love, or peace at every moment."

(The Way of Love toward the Lord, 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."

(Message from the Blessed Mother, July 9, 2002)

"Children who have been called! And all the children in the world! Now, the night has become 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 squandering 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 disasters may occur, and you will escape from the calamity of fire flaming up with justice and will witness a new daybreak."

(Message from Jesus, 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 were specially called."

(Message from Jesus, August 15, 2002)

"At every moment, stitch up My Sacred Heart and the Immaculate Heart of My Mother that have been torn apart. The devils, who are filling the sky and land, will ceaselessly harass you, but My Mother and I will always guard and protect you and will also have the angels guard you."

(Message from Jesus, February 16, 2003)

"When you turn every moment of your remaining lifetime into prayers, offer up sacrifices and penances, live devoted lives, form unity in the Holy Trinity and in the joy of harmonizing with the Saints, and are totally devoted and faithful by displaying your power of love so that the world may be saved, the devils filling the sky and the land and trying to divide and defeat you will retreat and this world will face the time of my Immaculate Heart’s Triumph."

(Message from the Blessed Mother," February 16, 2003)
The Prayer of Life is, along with the Rosary Prayer, an extremely important prayer that guides us to perfection of the virtues.

"The Blessed Mother appeared wearing a blue mantle and holding a rosary in her right hand and a scapular in her left hand. This means that she wants us to wear the scapular, offer up lots of the Rosary prayers, and offer up our entire lives. What does ‘Offer up your entire life?’ Doesn’t it mean the prayer of the life? The prayer of life is, along with the Rosary Prayer, an extremely important prayer that guides us to perfection of the virtues."

We cannot sit down and pray all the time, but we can offer up our entire lives as prayers.

"From the moment we wake up to the moment we fall asleep, we can totally offer up everything
in our lives as prayers. There is nothing to waste or throw away, even our breathing and everything else that may appear to be trivial. If we practice this, there will be nothing in our lives to throw away."

"There is nothing that is to be thrown away in this world. Not even one thing. How wonderful this is! How good our Blessed Mother of Naju is! She loves us with such a thoughtful consideration and tells us with such a thoughtful consideration. How good our Blessed Mother of Naju is!"

"Of course, we should pray the rosary a lot. We should carry a rosary in our hand and pray frequently. However, if God created us as spirits, we would not need to eat three times a day, need not earn money, and need not endure so many hardships. We could just sit down and pray the rosary all the time. Isn’t it true? But because God created us as souls united with bodies, we need eat every day and educate our children, and for this we need to earn money and, in
doing so, are confronted with many difficulties. In order to graciously offer up all these, it is not possible to pray the rosary all the time. That is why the Lord and the Blessed Mother taught us the Prayer of the Life, which means we can turn all our lives into prayers." (April 1, 2006)

The Prayer of the Life enables us to repel the devils who fill the sky and the land, to approach closer to the perfect virtues, and to fill the abyss between the Lord and us

"Let us offer up the Prayer of the Life in order to repel the devils who fill the sky and the land. At every moment from the moment we awake from sleep to the moment we fall asleep, let us offer up the Prayer of the Life and thus enjoy joy, love, and peace. If we do that, the devils filling the sky and the land will retreat."

(December 03, 2005)

"The Prayer of the Life that we offer up with our love and whole heart is a weapon of love, humility and virtues that can repel any devils.
It can also quicken the holy virtues in us and is a shortcut that helps us advance toward the perfect virtues." (October 19, 2009)

"Even from now, if we take hold of our minds, practice the messages of love from the Lord and the Blessed Mother, and graciously offer up the Prayer of the Life by turning our entire lives into prayers from the moment we awake from sleep until the moment we fall asleep, we can cross the extremely deep abyss that lies between our unworthiness and the greatness of Jesus and can enter the Kingdom of Heaven."

(June 6, 2009)

**Besides what are recorded here, there are countless occasions that can prompt us to practice a Prayer of the Life**

"We must not neglect or pass by anything regardless of how trivial it may appear to be. This could sound filthy, but, if we get up in the morning and feel itchy in our eyes or feel a eye mucus, we can pray while removing the eye
mucus: ‘Jesus! Remove everything from me that is not necessary for my soul or body.’ Even when we pick the nose, we can pray, ‘Oh, Jesus! Tear off and remove all the evil habits that are hiding in us.’ There are countless things that can be an occasion for praying."

"The examples mentioned above are only a small part of what we can do. These examples were given to show how to offer up the Prayers of the Life. There are actually countless ways of offering up the Prayers of the Life from our lives. How good will it be if you can pray when you put on shoes, when you take off shoes, and when you walk with others with measured steps to promote unity!"

"Thus, we can turn everything in our life into a beautiful and loving prayer of the life. When you are in a car on the road and see somebody in another car throwing a cigarette butt out of his car window, you cannot stop your car and pick up the cigarette butt, but you can pray: ‘Lord! I cannot go out and pick up that cigarette
but pray that the person who threw it out will restore the order in his life, be freed from his bad habits, and become a law-abiding, little soul who works for the glory of the Lord.’”

"When we throw away wastepaper, we can also turn it into a prayer. Many people throw away many things, don’t they? If you forgot, you can pray when you remember that you threw away something. This is a strong point of the prayer of the life which other prayers cannot imitate. How good it is that we can offer up something that happened in the past but remembered now!” (During the Holy Hour on July 15, 2009, the Third Thursday)

"How can we pray when we wash our hands? ‘Jesus! Now I am washing my hands because they are dirty. I am washing my face, and washing my whole body. Lord, wash away all the evil things from our souls and erase all spots from our souls.’ When shaving, you can pray, ‘I am shaving the hair on my face, but, Jesus, cut away all our bad habits as well.’ If we offer up
our prayers of the life like this, Jesus will grant our prayers." (May16, 2009)

A strong point of the Prayer of the Life is that we can turn into a prayer anything that occurred in the past and is remembered now

"I really like the Prayer of the Life, because I can pray every time I remember something of the past that I forgot to turn into a prayer. Whatever we do, for example, when you score a strike during a bowling game, you can pray, ‘Thank you, Lord, for letting me knock down all of the devils who harass us.’ If one or two pins still remain standing, throw the bowl as if to knock down the devils that are still harassing us. If there is a pin that is hiding, take care of it as if you punish the devil that is hiding and waiting for the chance to attack us. This way, the sports can turn into prayers.

Even if you did not know God or the Prayer of the Life, now you know God and the Prayer of the Life. You can turn what happened in
the past into prayers now. This is why I like the Prayers of the Life so much. I like them enormously. Wah – ! How ardently I like them!"

“Turning your lives into prayers combined with the practice of love and the entrusting of your entire life to Me through prayers gives me far more joy than the prayers that are excessively adhered to form and than the self-restraining efforts that lack love.”

(Jesus' conversation with Julia on March 19, 1987)
Photo: Julia Kim and her husband Julio are planting trees with turning their lives into prayers in the Blessed Mother's Mountain.

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