



## Prayer for Healing

Most Sacred Heart of Jesus, like a watchful shepherd, you care for us and provide us with all that we need. You shower us with your love and send people into our lives to help care for us, especially in time of sickness or pain.

I pray for healing for myself and for all who suffer because of illness or advanced age. I pray especially for \_\_\_\_\_.

In the midst of our pain and weakness, strengthen our faith that we might be filled with hope in you. In the midst of our frustration and discouragement, give us patience that we might accept our own limitations. In the midst of our loneliness and fears, help us know we are not alone, that you walk with us each moment of our lives.

Be with us, Lord, in our time of need. Heal us in body, soul and spirit that we may rejoice in your grace and blessings in this world and come to enjoy the fullness of your presence in the life to come.

We make this prayer in your name, for you are our Risen Lord, Jesus. Amen.

*"Today is the tomorrow you worried about yesterday."*

—sign outside a church in Hagerstown, Maryland, submitted by GUIDEPPOSTS reader Jone Mader of Scotland, Pennsylvania



*"Gossip is like a nasty virus. If you learn to cover your mouth you won't spread the germs."*

*"Perhaps suffering is the yeast God uses to make us rise as individuals."*

*"The only true foundation there can be for anything in this world is solid faith."*



## Psalm 23

The Lord is my shepherd; I shall not want. In verdant pastures, he gives me repose; beside restful waters he leads me; he refreshes my soul.

He guides me in right paths for his name's sake. Even though I walk in the dark valley I fear no evil; for you are at my side, with your rod and staff that give me courage.

You spread the table before me in the sight of my foes; you anoint my head with oil; my cup overflows.

Only goodness and kindness follow me all the days of my life; and I shall dwell in the house of the Lord for years to come.

## The Jesus Prayer

Lord, Jesus Christ, Son of the Living God, have mercy on me, a sinner!

*I am the good shepherd,  
and I know mine and mine know me,  
just as the Father knows me  
and I know the Father*

—John 10:14-15

The Book of Revelation (1:8) tells us: "I am the Alpha and the Omega," says the Lord, "the one who is and who was and who is to come, the almighty!"

The truth of the matter is that God can be different in the minds of every person. For many of us, the concept of God seems to evolve—changing and growing as we change and grow.

Someone once said it isn't necessary to understand what electricity is or can do. All that is needed is to turn on the switch.

The switch that opens our hearts and minds to God is always readily at hand. God is within each of us! We need only to *believe* in order to turn on the current, the flow of His grace and His love.



## Observations

If we try to do too many things at one time, we are bound to neglect some of them.

A person's good deeds may cover up the bad for awhile, but those affected never forget the unkindness or harm done by anyone.

Why overdo a good work? We can overdo most anything, and make a mess of it. Even charity, if you neglect your health, your family and your obligations.

Some people go to church and sing praises to God and feel that will take them right into heaven, while many people nearby are hungry and in rags?

Think before trying to give some people good advice—they have to learn the hard way.

**HABIT**—The value of any habit that you may have, is its helpfulness to you in your life.

If we think and don't act, what good is our thinking? There must be work.

## Giving

A home is where there is respect and love for one another and it is shown. Then there is Happiness.

Why do I go around looking for books old and new? Because I want to learn the TRUTH about things with an open mind.

At the end of life if we are interested in life to its fullest, we will feel like we have just gotten started, and we really have. Those who feel this way and are in an honest, worthwhile work, don't have to worry about their place in Heaven if they have practiced Brotherly Love.

Things really boil down to Imagination—Ambition—Work, with Honesty—Truth and Love—for whatever you do.

When you do good for someone, with thought and feeling, it does you just as much good and more, and you feel it inside every time you think of it. It has made a permanent stamp within you and for your good.

We must work to live and to help others less fortunate. We must not try to live on a one-way street.

No one can give anyone happiness; you have to work for it in some way.

## Observations

Always remember, anything we purchase or obtain in any way, we have to take care of, as long as we have it. Be sure you have a need, even if you can get things for nothing.

For every loss there is a gain usually; and if we are wise enough to see it, and take advantage of it. We can learn from all of life.

It is easy to make a slip in most things we do, so it is wise to be as careful as we can, even in little things.

Children grow up under the influence of their families and friends, and many don't try to change; they just follow along without looking to see if there is a better way. We should live with an open mind, always, know the TRUTH—and live the TRUTH.

Life is worth living, if we can serve those who need and deserve help.

The things that you feel you should do in life; you should do them as soon as you can, without delay; even if it means going to the end of the world—go.

We should learn to choose wisely what we should do in our spare time each day;

## Values

You don't have to have a good formal education. But you do need to associate with people who do have, and learn from them. If you have good common sense, use it and copy the people who use the best words and express themselves well. Also check your dictionary often and read helpful books.

It has been said that the hardest thing for human beings to do is to know themselves and change themselves. Be aware that God will give us anything within reason, if we work hard enough and long enough to deserve it.

Don't ever take anything from anyone that you can't replace, especially things of one's life.

A person's lack of good judgement and action at the right time can and does cost a lot in many ways.

Whatever you do in life, don't be a selfish person—it doesn't pay.

I can't stand waste in any form.

If we go through life seeing only the things we are looking for, we won't find much more. But Oh! How much we will overlook of great value.

