

Jesus, Saviour and Friend

MY PERSONAL COVENANT WITH GOD

On my honour, I promise
that I will do my best
to be God’s glory-giver:-
a child of the Father,
a Cross-bearer with **Jesus** Christ,
my **Saviour and Friend**,
with the Holy Spirit as my Helper and Guide;
I reject Satan, sin and selfishness;
I will be a child of Mary and the Church,
a Good Samaritan to my neighbour
and faithful to the duties
of my vocation in life
to which it has pleased God to call me.

“SPEAK, LORD, Thy servant is listening”

Those who do not yet know The Lord “talk at Him” instead of “talking with Him”. So keep silent long enough to hear His whispered promptings and listen to His “still small voice” in your conscience.

1 Samuel 3:7,9,10; 1 Kings 19:12

HYMN for the HOLY NAME OF JESUS

For holy thoughts, inspiration and encouragement

JESUS, the very thought of Thee
With sweetness fills my breast;
But sweeter far Thy face to see,
And in Thy presence rest.
Nor voice can sing, nor heart can frame,
Nor can the memory find,
A sweeter sound than Thy blest Name,
O Saviour of mankind !
O Hope of every contrite heart,
O Joy of all the meek,
To those who fall, how kind Thou art!
How good to those who seek!
But what to those who find? Ah! this
Nor tongue nor pen can show:
The love of Jesus, what it is
None but His loved ones know.

Jesus, our only joy be Thou,
As Thou our prize wilt be;

Jesus, be Thou our glory now,
And through eternity.

O JESUS, King most wonderful
Thou conqueror renowned,
Thou sweetness most ineffable,
In whom all joys are found!

When once Thou visitest the heart,
Then truth begins to shine;
Then earthly vanities depart
Then kindles love Divine.

O Jesus, light of all below,
Thou fount of life and fire,
Surpassing all the joys we know,
And all we can desire:

May every heart confess Thy Name,
And ever Thee adore;
And, seeking Thee, itself inflame
To seek Thee more and more.

Thee may our tongues forever bless;
Thee may we love alone;
And ever in our lives express
The image of Thine own.

O JESUS, Thou the Beauty art
Of Angel-worlds above;
Thy Name is music to the heart,
Enchanting it with love.

Celestial Sweetness unalloyed!
Who eat Thee hunger still;
Who drink of Thee still feel a void,
Which naught but Thou can fill.

O my sweet Jesus! hear the sighs
Which unto Thee I send;
To Thee mine inmost spirit cries
My being’s hope and end!

Stay with us, Lord, and with Thy light
Illume the soul’s abyss;
Scatter the darkness of our night,
And fill the world with bliss.

O Jesus, spotless Virgin-flower,
Our life and joy; to Thee
Be praise, beatitude, and power,
Through all eternity.

PRAYING SLOWLY, MEDITATIVELY

Recite (not just read silently or aloud) the psalms. whether alone or in a group. Sometimes it helps when praying alone to mouth the words in a subliminal whisper. "Read, mark, learn and inwardly digest" Bible texts and other devotional reading, and do it slowly. Then Jesus will be friends with you.

JESUS IS MY FRIEND

Greater love has no man but this,
that a man lay down his life for his friends. (John 15:13)
You are My friends if you do what I command you (John 15:14).
No longer do I call you servants,
for the servant does not know what his master is doing;
but I have called you friends,
for all that I have heard from My Father
I have made known to you (John 15:15).

HEART SPEAKS TO HEART

Love from Father, to Jesus, to me, to others
As the Father has loved Me,
so I have loved you; abide in My love (John 15:9).
This is My commandment,
that you love one another as I have loved you (John 15:12).

MIND SPEAKS TO MIND

The humility of my Friend Jesus in His Incarnation,
and Paschal Mystery and the Blessed Sacrament
Have this mind among yourselves,
which is yours in Christ Jesus,
Who, though He was in the form of God,
did not count equality with God a thing to be grasped,
but emptied Himself, taking the form of a servant,
being born in the likeness of men.
And being found in human form, He humbled Himself
and became obedient unto death, even death on a cross.
Therefore God has highly exalted Him, and
bestowed on Him the Name which is above every name,
that at the Name of Jesus every knee should bow,
in heaven and on earth and under the earth,
and every tongue confess that Jesus Christ is Lord,
to the glory of God the Father. (Philippians 2:5-11)

WHO IS GOD? – "I Am Who Am! – He Who Is!"

I am the Alpha and the Omega, says the Lord God,
Who Is and Who was and Who is to come,
the Almighty (Apocalypse 1:8; cf. Exodus 3:14);
the beginning and the end (Apocalypse 21:6);
the first and the last (Apocalypse 22:13).

No one say that Jesus is Lord
except by the Holy Spirit (1 Corinthians 12:3).

If thou confess with thy lips that Jesus is Lord
and believe in thy heart
that God has raised Him from the dead,
thou shalt be saved (Romans 10:9).

BEWARE: SATAN hates the friends of Jesus

Be sober, be watchful. Your adversary the devil
prowls around like a roaring lion, seeking someone
to devour. Resist him, firm in your faith, knowing
the same experience of suffering is required of
your brotherhood throughout the world.

! Peter 5:8-9

HOLY NAME PLEDGE

I BELIEVE, O Jesus, that Thou art the Christ,
the Son of the Living God. (Matthew 16:16)

I believe all the truths
that the Holy Catholic Church believes and teaches.
I proclaim my love for Thy Vicar on earth, the Pope.
I promise to give good example
by the regular practice of my faith.
In honour of Thy Divine Name I pledge myself
against perjury, blasphemy,
profanity and obscene speech.
I pledge my support for all lawful authority,
both civil and religious.
I dedicate my manhood/womanhood
to Thy Sacred Name, O Jesus,
and beg that Thou keepst me faithful
to these pledges until death.

LAY APOSTOLATE

LORD JESUS, High Priest of our confession (Hebrews 3:1)
Land Apostle of the Father (ibid.)
obedient to Him Who sent Thee,
Who said to Thine apostles, "As the Father sent Me
so am I sending you: receive the Holy Spirit":
stir up in us the graces of our Confirmation
to make disciples of others,
for it is Thy Father's Will that all men should be saved
and come to the knowledge of the truth
for Thou livest and reignest forever and ever. Amen.

MODESTY

LORD, help me save my soul
by putting others before myself
– their safety, feelings, comfort –
and make me pure and humble,
truly manly/womanly,
modest and well-mannered
in gesture, deed and dress. speech and thinking,
never rude or crude, and, shunning pride and vanity,
or any vulgar display of my body, talents or successes;
may I always imitate Mary, Thy lowly handmaid,
the Living Catechism of Christ Thy Son
Who lives and reigns for ever and ever. Amen.
Clothes are for modesty and dignity, to suit climate,
work and weather, and to honour others.

PURITY

FATHER, keep me mindful that
all my powers of body and soul
belong to Thee Who created them, and that by His Cross
Christ paid the price to buy me back from sin
and to make me by my Baptism
a living temple of the Holy Spirit: (1 Corinthians 3:16; cf. 6:20)
grant me mastery of my passions, appetites and mental life,
respect for the opposite sex and esteem for my own;
grant me integrity in the virtues
for my Christian state of life,
to consecrate my body and soul to Thy service in all purity,
and may Mother Mary ever-Virgin watch over me,
through Christ our Lord. Amen.

Father James Tierney