



GOD IS

He is the First and Last, the Beginning and the End!
He is the keeper of Creation and the Creator of all!
He is the Architect of the universe and
The Manager of all times.
He always was, He always is, and He always will be...
Unmoved, Unchanged, Undefeated, and never Undone!
He was bruised and brought healing!
He was pierced and eased pain!
He was persecuted and brought freedom!
He was dead and brought life!
He is risen and brings power!
He reigns and brings Peace!
The world can't understand him,
The armies can't defeat Him,
The schools can't explain Him, and
The leaders can't ignore Him.
Herod couldn't kill Him,
The Pharisees couldn't confuse Him, and
The people couldn't hold Him!
Nero couldn't crush Him,
Hitler couldn't silence Him,
The New Age can't replace Him, and
Donahue can't explain Him away!
He is light, love, longevity, and Lord.
He is goodness, Kindness, Gentleness, and God.
He is Holy, Righteous, mighty, powerful, and pure.
His ways are right,
His word is eternal,
His will is unchanging, and
His mind is on me.
He is my Redeemer,
He is my Savior,
He is my guide, and
He is my peace!
He is my Joy,
He is my comfort,
He is my Lord, and
He rules my life!
I serve Him because His bond is love,
His burden is light, and
His goal for me is abundant life.
I follow Him because He is the wisdom of the wise,

The power of the powerful,
 The ancient of days, the ruler of rulers,
 The leader of leaders, the overseer of the overcomers, and
 The sovereign Lord of all that was and is and is to come.
 And if that seems impressive to you, try this for size.
 His goal is a relationship with ME!
 He will never leave me,
 Never forsake me,
 Never mislead me,
 Never forget me,
 Never overlook me, and
 Never cancel my appointment in His appointment book!
 When I fall, He lifts me up!
 When I fail, He forgives!
 When I am weak, He is strong!
 When I am lost, He is the way!
 When I am afraid, He is my courage!
 When I stumble, He steadies me!
 When I am hurt, He heals me!
 When I am broken, He mends me!
 When I am blind, He leads me!
 When I am hungry, He feeds me!
 When I face trials, He is with me!
 When I face persecution, He shields me!
 When I face problems, He comforts me!
 When I face loss, He provides for me!
 When I face Death, He carries me Home!
 He is everything for everybody, everywhere,
 Every time, and every way.
 He is God, He is faithful.
 I am His, and He is mine!
 My Father in heaven can whip the father of this world.
 So, if you're wondering why I feel so secure, understand this...
 He said it and that settles it.
 God is in control, I am on His side, and
 That means all is well with my soul.
 Everyday is a blessing for GOD Is!

The 17 Evidences of Lack of Humility -St John Mary Vianney-

Always to want to get your own way.
 Not to look on your gifts and abilities as lent.
 To think that what one says or does is better than what others say or do.
 To argue with stubbornness and bad manners whether you are right or wrong.
 To give your opinion when it has not been requested or when Charity does not demand it.
 To look down on another's point of view.
 To use yourself as an example in conversation.
 To speak badly of yourself so that others will think well of you or contradict you.
 To excuse yourself, when you are corrected.

To take pleasure in praise and compliments.
To be saddened because others are held in higher esteem.
To refuse to perform inferior tasks.
To seek to stand out.
To refer in conversation to your honesty, genius, dexterity, or professional prestige.
To be ashamed because you lack certain goods.
To hide humiliating faults from your spiritual director, so that he will not change the impression he has of you.
Not to recognize that you are unworthy of all honors and esteem, not even of the earth you walk on and the things you possess.

Litany of Humility by Cardinal Merry del Val

O Jesus! meek and humble of heart, hear me. From the desire of being esteemed, Deliver me, Jesus. From the desire of being loved, Deliver me, Jesus. From the desire of being praised, Deliver me, Jesus. From the desire of being preferred to others, Deliver me, Jesus. From the desire of being approved, Deliver me, Jesus. From the fear of being humiliated, Deliver me, Jesus. From the fear of being despised, Deliver me, Jesus. From the fear of suffering rebuke, Deliver me, Jesus. From the fear of being calumniated, Deliver me, Jesus. From the fear of being forgotten, Deliver me, Jesus. From the fear of being ridiculed, Deliver me, Jesus. From the fear of being wronged, Deliver me, Jesus. From the fear of being suspected, Deliver me, Jesus. That others may be loved more than I, Jesus grant me the grace to desire it. That in the opinion of the world, others may increase and that I may decrease, Jesus grant me the grace to desire it. That others may be chosen and I set aside, Jesus, grant me the grace to desire it. That others may be praised and I unnoticed, Jesus, grant me the grace to desire it. That others may be preferred to me in every way, Jesus grant me the grace to desire it. That others become holier than I, provided that I may become as holy as I should, Jesus grant me the grace to desire it.

This Litany is followed by words of a beautiful Spiritual Communion by Cardinal del Val:

Spiritual Communion

At thy feet, O my Jesus, I prostrate myself and offer Thee the sorrow of my contrite heart, sunk in the abyss of its own nothingness and in Thy holy presence. I adore Thee in the Sacrament of Thy love, the ineffable Eucharist. I desire to receive Thee into the poor dwelling that my soul offers Thee. Awaiting the happiness of a Sacramental Communion, I wish to receive Thee in spirit. Come to me, for I come to Thee, O my Jesus, and may Thy love inflame my whole being for life and for death. I believe in Thee, I hope in Thee, I love Thee. (3 years indulgence for each recitation. A plenary indulgence, on the usual conditions, once a month if recited each day of the month.) (S. Apostolic Penitentiary. February 25, 1933.)

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