

AND THE SOLUTION IS JESUS

Remember the spiritual warfare prayer? “Spirit of _____, in the name of Jesus, I command you to depart.” Is there some sin or spirit you would like to break from? Pray this prayer in the authority of Jesus.

Open your Bible and reread Isaiah 46:1-4. What one promise or image touched your heart from today’s Scripture and why?

How do you need God’s help right now? Tell Him about that situation or relationship.

How will you accept the Church’s help? Confession, sacramentals, the Rosary, St. Michael prayer, or something else?