

Turning our daily lives into prayers



Mary's Ark of Salvation

Five Ways of Spiritual Exercise for the Sanctification of our souls and the Acquirement 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)

Turning our daily lives into prayers

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 every one 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 currency 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 cookie- and rice cake-making company, but her hands were soon damaged and bled by ammonia solution that she was handling without wearing rubber gloves. But she worked diligently reminding herself that what she was touching were the ingredients of the delicious cookies. When she was given a piece of rice cake that was greased and looked so delicious, but did not eat it but put it in her pocket to give it to her mother. On the way home, she saw a beggar who looked very hungry. Without hesitating, Julia gave the rice cake to the beggar.

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. 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.

Examples of the Prayer of Life

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.

a. *"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.)

b. *"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 eye (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)
 - a. *"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."*
 - b. *"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)
 - a. *"Lord! Grant that my heart be cleaned and become a tabernacle, palace, and Kingdom of the Lord. Amen."*
 - b. *"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. 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."

11. 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."

12. While cleaning myself and flushing the toilet
"Lord, make my soul be free from everything that is dirty or not needed; remove all the harmful wastes from my soul so that I may live the Life of Resurrection. Amen."

13. Expelling gas
"Lord, I am releasing unnecessary gas from my body. Take out all the unnecessary gas from our souls."

14. Smelling gas with bad odor
(Instead of trying to find out who did it) *"Oh, Lord! We remove bad-smelling gas. Remove bad odor from our souls."*

15. 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."*
16. Brushing my teeth
"Lord! Remove dirty residues and foul odors from my soul so that I may keep my soul clean. Amen."
17. While turning on the water faucet
"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."
18. 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."
19. When turning on the showerhead
"I pray that the Lord and the Blessed Mother send down the water of mercy like a waterfall of love, wash and wipe thoroughly my soul and body, and open what is blocked in me. Amen."
20. 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."

21. 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."
22. 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."
23. When combing my hair
- a. *"Lord! Restore order to my disarrayed soul and tidy it up beautifully. Amen."*
 - b. *"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."*
24. When putting on makeup
Put on makeup in the following order: *"(1: the forehead) 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.
25. When erasing the makeup
"Lord! Erase all the hardened dirt and evil habits from my soul and make my soul beautiful."
"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."

26. 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.)"

27. 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."

28. While putting on clothes

- a. *"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."*
- b. *"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."*
- c. *"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."*

29. 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."

30. Putting on glasses:

"Lord! Open my spiritual eyes. Amen."

31. Taking off glasses:

"Lord! Remove all the scales that cover my eyes. Amen."

32. Cleaning my glasses:

"Lord! Wipe away the dirt that covers my spiritual eyes so that I may see everything correctly and discern them well. Amen."

33. 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."

34. 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."

35. 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."

36. 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."

37. When seasoning food with condiments

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

38. When scooping rice from the pot
- a. Making the Sign of the Cross on the rice,
"Lord, bless this rice."
 - b. 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."
39. 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"

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)" or 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)".

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.

40. 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."

41. 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."

42. 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."

43. Eating a meal

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

"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."

44. 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 nutritions from the food that I ate today may turn into spiritual and physical grace and flow into those who are starving. Amen."*

45. 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."

46. 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."

47. Washing fruits and other items:

"Lord! Remove from my soul bits of dry grass, empty heads of grain, and weeds that I do not need so that my soul may become beautiful and a shining light for my neighbors. Amen."

48. Doing dishes

"Lord, I am doing dishes now. Clean my soul and the souls of _____."

49. Polishing shoes

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

50. Putting on shoes (Putting on shoes gently)

"Let me experience the Love of the Lord and the Blessed Mother wherever I go in these shoes."

51. 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."

52. Walking along a road:

- a. *"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."*
- b. *"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."*

53. 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."

54. 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."

55. 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."

56. 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."

57. 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."

- a. 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."*
- b. Closing the car's door: *"Lord! Be the shield that blocks the devil who harasses me, from entering my soul. Amen."*
- c. 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."*
- d. 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.
- e. 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."*

- f. 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."*
- g. 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."*
- h. Hitting the brake: *"Lord! Stop my spiritual pride so that I may become a humble instrument of yours. Amen."*
- i. 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."*
- j. 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."*
- k. 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."*
- l. When violated the traffic law(s): *"Lord! Guide me not to deviate from the road that the Lord wants me to walk on. Amen."*
- m. 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."

- n. 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."*
- o. 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."*
- p. 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."*
- q. 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."*

58. 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."

59. 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."

60. 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."

- a. 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."*
- b. 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."*
- c. 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."*
- d. 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."*
- e. 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."*
- f. 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."*

- g. 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."*
 - h. 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."*
 - i. 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."*
 - j. 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."*
 - k. 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."*
61. 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."
62. 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."

63. Turning on the electric fan or the air conditioner:
- a. *"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."*
 - b. *"Blow the spirit of the Holy Spirit all over the world so that everyone may repent and be saved. Amen."*

64. 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."

65. Sweeping the floor
"Lord, I am sweeping the floor. Sweep away all the useless debris from our souls."

66. After sweeping the floor
"Oh, Lord! Thank you for sweeping away all the useless debris from our souls."

67. Mopping the floor
"Lord, I am mopping this floor. Mop away dirty stains from our souls. Also mop away dirty stains from the souls of _____."

68. 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."

69. Watering flowers
"Lord, I am watering flowers now. Water our dry souls with refreshing rain."
70. Washing clothes:
"Lord! Clean our souls, removing even the invisible dirt in our souls. Amen."
71. 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."
72. 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."
73. 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."
74. 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 help me not to make the same mistake again."

75. When I made a mistake

(Not becoming disappointed or frustrated)

"Lord! Let me, a sinner, make a new start remembering that the Lord can make me perfect but allows my mistakes in order to make me humble."

76. When criticized for a mistake or hearing an advice:

(Remembering that the person who frequently gives me advices of love is a benefactor for me)

"Lord! Thank you. You love me so much that you let me know about my mistake through _____ in order to correct me. I will try hard to correct my mistakes and advance in the holy virtues."

77. 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."

78. Hearing abusive language

Do not join them. Control myself making the Sign of the Cross on my lips and praying, ***"Lord, forgive them."***

79. 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."

80. 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.
81. Being treated badly
The Lord kept silent when He was mistreated, despised, and insulted, even though He was God.
"Lord, give us graces to gracefully offer up our sacrifices."
82. When beginning the Visit to the Blessed Sacrament:
- a. ***"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."***
 - b. ***"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."***
83. 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."
84. After the Mass:
- a. ***"I received the Lord in me despite my unworthiness. From now on, let me never fall into sin again. Amen."***

b. *"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."*

85. 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."

86. 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."

87. Falling asleep:

"Lord! Thank You for all the graces that I received today. 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."

88. 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."*

89. 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."

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)

Comments by Mrs. Julia Kim on Turning Our Lives into Prayers

*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 butt 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."

(May 16, 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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