

HAPPY EASTER

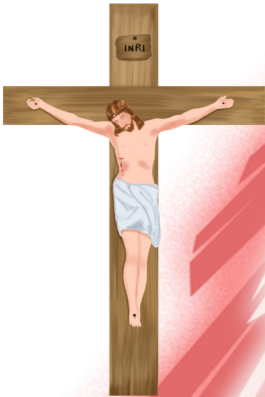


SUNDAY MASSES
APRIL 2026



4TH ARTICLE OF FAITH

SUFFERED UNDER
PONTIUS PILATE,
WAS CRUCIFIED, DIED
AND WAS BURIED



5TH ARTICLE OF FAITH

HE DESCENDED TO
THE DEAD,
ON THE THIRD DAY
HE ROSE AGAIN



FROM DEATH TO LIFE

"And this gospel of the kingdom will be preached throughout the whole world, as a testimony to all nations; and then the end will come." - Matthew 24:14

PRAYER BEFORE MASS



Almighty and ever-living God,
I approach the sacrament
of Your only-begotten Son
Our Lord Jesus Christ,
I come sick to the Doctor of life,
unclean to the fountain of mercy,
blind to the radiance of eternal light,
and poor and needy to the Lord
of heaven and earth.

Lord, in your great generosity,
heal my sickness,
wash away my defilement,
enlighten my blindness, enrich my poverty,
and clothe my nakedness.

May I receive the Bread of angels,
the King of kings and Lord of lords,
with humble reverence,
with the purity and faith,
the repentance and love,
and the determined purpose
that will help to bring me to salvation.

May I receive the sacrament
of the Lord's Body and Blood,
and its reality and power.

Kind God,
may I receive the Body
of Your only-begotten Son,
our Lord Jesus Christ,
born from the womb of the Virgin Mary,
and so be received into His mystical body
and numbered among His members.

Loving Father,
as on my earthly pilgrimage
I now receive Your beloved Son
under the veil of a sacrament,
may I one day see him face to face in glory,
who lives and reigns with You for ever.

Amen.

- *Saint Thomas Aquinas*



02 April 2026

Maundy Thursday



The Last Supper of our LORD

1st Reading:

Exodus 12:1-8, 11-14

God instructed Moses and Aaron and all the children of Israel to observe the Passover meal. They were to kill a one-year old spotless lamb, and put the blood of the lamb over their doorposts and lintels. They were to roast the lamb and eat its flesh with unleavened bread and bitter herbs. God saved the Israelites from Egypt.

Responsorial Psalm:

Psalms 116:12-13, 15-18

Our blessing-cup is a communion with the Blood of Christ.

How shall I make a return to the LORD
for all the good he has done for me?
The cup of salvation I will take up,
and I will call upon the name of the LORD.

2nd Reading:

1 Corinthians 11:23-26

"I received from the Lord what I passed on to you, that the Lord Jesus, on the night he was betrayed, took bread, and, after he had given thanks, broke it and said, "This is my body given for you. Do this in remembrance of me."
He did the same with the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."

Gospel:

John 13:1-15

At the Last Supper with His disciples, Jesus washed their feet. After this, He said to them, "You call me 'teacher' and 'master,' and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do."





3 APRIL 2026
GOOD FRIDAY
OF THE LORD'S PASSION

John 19:23-30

When the soldiers had crucified Jesus, they took his clothes and divided them into four shares, a share for each soldier. They also took his tunic, but the tunic was seamless, woven in one piece from the top down.

So they said to one another, "Let us not tear it, but cast lots for it to see whose it shall be."

This was to fulfill the Scripture which says, "They divided my garments among them, and for my clothing they cast lots."

So the soldiers did these things.

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala.

When Jesus saw his mother and the disciple there whom he loved he said to his mother, "Woman, behold, your son."

Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home.

After this, aware that everything was now finished, in order that the Scripture might be fulfilled, Jesus said, "I thirst."

There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth.

When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the spirit.

First Reading - Isaiah 52:13-53:12

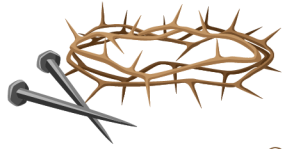
Responsorial Psalm - Psalm 31:2, 6, 12-13, 15-17, 25

Second Reading - Hebrews 4:14-16; 5:7-9

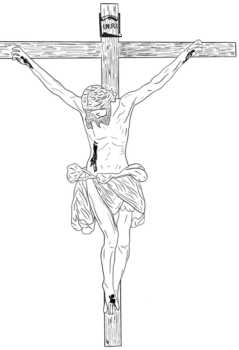


3 APRIL 2026
GOOD FRIDAY

God of Mercy



Our God is rich in mercy!
Imagine how much Jesus suffered.
Walk through His Passion and Death.
He was in agony in the garden of Gethsamane and His sweat and tears became like blood.
He was betrayed by Judas, His close friend.
His disciples abandoned Him and fled.
He was falsely accused by the Sanhedrin.
He was sentenced to death by Pilate.
He was scourged with whips at the Pillar.
He was crowned with thorns that pierced His head.
He carried the heaviest Cross imaginable to Calvary.
He was stripped of all His garments.
He was crucified and mocked.
He died on the Cross.
And He did this for you. He did this for me.



Come Holy Spirit



“When I survey, the wondrous Cross on which the King of glory died, my richest gain, I count as loss, and I am so ashamed of all my pride.” Thank You Jesus!

John 19:30
“It is finished.”



Intentions for each day

- Day 1 All mankind, especially sinners.
- Day 2 The souls of priests and religious.
- Day 3 All devout and faithful souls.
- Day 4 Those who do not believe in God and those who do not yet know Jesus.
- Day 5 The souls who have separated themselves from the Church.
- Day 6 The meek and humble souls and the souls of little children.
- Day 7 The souls who especially venerate and glorify His mercy.
- Day 8 The souls detained in purgatory.
- Day 9 Souls who have become lukewarm.



Jesus appeared to St. Faustina Kowalska and asked that we pray the Divine Mercy Novena from Good Friday to the Sunday after Easter.

DIVINE MERCY NOVENA

Good Friday to Divine Mercy Sunday

To join the Church in this novena, you can pray the chaplet of Divine Mercy. We use the rosary for this.



You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in you!
(Pray 3 times)

(Pray this section with 5 decades of the rosary)

Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.

For the sake of His sorrowful Passion, have mercy on us and on the whole world.
(Pray 10 times)

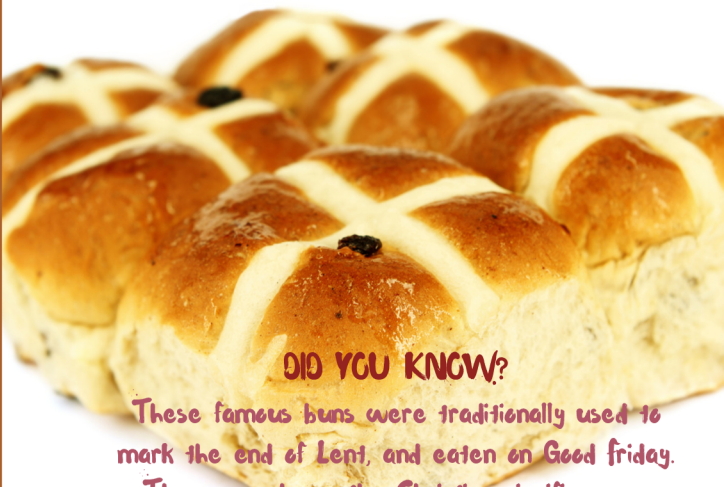
CELEBRATING EASTER

Ingredients

- 75g Caster Sugar
- 500g Flour
- 50g Butter
- 1 Egg
- 300ml Milk
- 125g Currants
- 1/2 tsp. ground Cinnamon
- 1/4 tsp. ground Nutmeg
- 1 tsp. Salt
- 7g sachet Yeast

Options for the glaze

- Lemon Zest (for syrup)
- Apricot Jam



DID YOU KNOW?

These famous buns were traditionally used to mark the end of Lent, and eaten on Good Friday. The cross shows the Christian significance.



Hot Cross Buns

1.

Mix warm milk, yeast, a pinch of sugar in a bowl and leave it for 10mins.

Whisk egg yolk, with butter into the mixture.

4.

Shape the dough into a rectangle and cut portions with a table knife.

Roll each portion into a ball. Place closely into a buttered baking pan or baking sheet.

2.

Mix flour, sugar, salt, nutmeg cinnamon and nutmeg in another bowl.

Make a hole then add the yeast mixture and currants. Stir until the mixture gets thick.

5.

Allow the dough to rest in a warm place for 45mins.

Brush with egg white. Make a smooth, thick paste with flour and water. Put the paste in a piping bag. Pipe a cross over each bun.

3.

On a flat surface, sprinkle flour. Knead the dough for about 10mins, until it is stretchy.

Put the dough into a large bowl, cover with cling film and allow it to rise for 1hr.

6.

Bake in a preheated oven at 200C for 20-25mins until golden.

For the sweet glaze, coat with apricot jam or syrup of caster sugar, milk and lemon zest, immediately after baking.

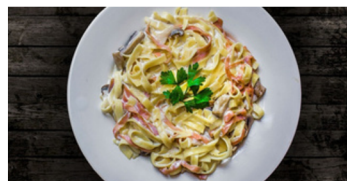
Allow to cool and enjoy!



CELEBRATING EASTER

Lunch & Dinner

MENU



1 ROAST LAMB

Lamb is the star of our Easter meal. Season to taste (herbs like rosemary, garlic, pepper, salt). Marinade in the fridge overnight. Roast on the day before the meal. Leave to rest for 20mins before serving.

2 STEWED CHICKEN

This is such a yummy dish, you'll want to make extra! Season chicken parts with salt, tomatoes (optional) and spices. Add maple syrup or orange juice! Leave to marinade for few hours. Roast until sticky and golden.

3 VEGETABLE RICE

Rice makes a great side dish. Wash and cook until tender. Stir fry vegetables in oil in another pan. Mix the rice and vegetables and simmer together with seasoning (or meat stock).

4 PASTA CARBONARA

Fry ham (pancetta) or bacon in a little butter. Whisk eggs in a bowl. Shave parmesan cheese. Boil spaghetti and once its ready, take it out and stir into the ham. Add the whisked eggs and parmesan cheese.

CREAMY TOMATO SOUP, BREAD, SALAD

starter and extra side dishes



EASTER SUNDAY

THE LORD IS RISEN! ALLELUIA!!!

"The disciples were glad, when they saw the LORD."

- John 20:20



5 APRIL 2026 EASTER SUNDAY



John 20:1-9

On the first day of the week, Mary of Magdala came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb.

So she ran and went to Simon Peter and to the other disciple whom Jesus loved, and told them,

“They have taken the Lord from the tomb, and we don’t know where they put him.”

So Peter and the other disciple went out and came to the tomb. They both ran, but the other disciple ran faster than Peter and arrived at the tomb first; he bent down and saw the burial cloths there, but did not go in.

When Simon Peter arrived after him, he went into the tomb and saw the burial cloths there, and the cloth that had covered his head, not with the burial cloths but rolled up in a separate place.

Then the other disciple also went in, the one who had arrived at the tomb first,

and he saw and believed.



First Reading - Acts 10:34a, 37-43

Responsorial Psalm - Psalm 118:1-2, 16-17, 22-23

Second Reading - Colossians 3:1-4



5 APRIL 2026 EASTER SUNDAY



Christ is Risen! Alleluia!!!

Imagine the joy of the disciples on this first Easter day! They had witnessed the terrible passion and death of Jesus, and now three days later, His body is missing! The attitude of Mary gives us so much to think about. She still believed that Jesus was her LORD even though she didn't know that He had been raised from the dead. John saw and believed, even without seeing Jesus. Peter did not allow the shame he felt from denying Jesus, stop him from running to see the empty tomb. The love of these disciples for Christ is so beautiful. How about you? How do you feel this Easter? We too have also received the greatest gift of God's love for us. Let us rejoice! Alleluia!!!



Come Holy Spirit



LORD Jesus Christ, You have won the battle over sin and death. Alleluia!!! Thank You for this beautiful day of Your Resurrection. Fill us with Your love as Your disciples loved You. Help us walk in this new life with You and proclaim that You have risen from the dead! Alleluia!!!

John 20:9

He saw and believed.



Word Search

Find each word below in the puzzle.



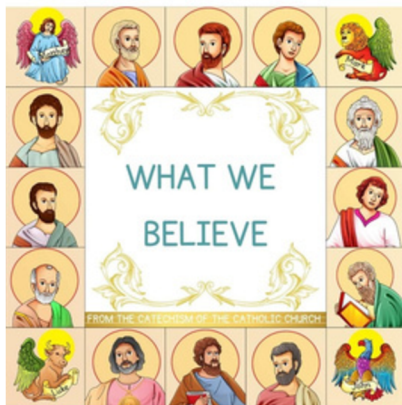
M	V	A	F	I	D	I	Z	Q	U	B	W	W	N
I	M	J	N	A	X	S	Q	M	M	L	V	I	R
W	A	A	A	G	W	Z	Z	O	I	A	I	E	R
Y	G	I	E	H	E	O	T	J	O	Y	S	J	I
U	D	U	Q	C	T	L	P	D	N	U	S	Y	S
V	A	L	Y	V	U	N	S	F	R	S	D	W	E
W	L	E	M	O	B	W	G	R	E	A	D	R	N
H	E	L	N	G	Q	V	E	L	N	R	W	W	L
O	N	L	R	E	M	C	T	R	D	V	P	W	P
Y	E	A	L	Q	T	S	V	N	E	B	T	W	Q
X	E	Y	F	I	O	Z	K	G	E	T	P	A	G
U	U	T	O	P	X	C	X	M	O	B	S	J	X
X	T	N	A	I	J	P	Y	S	U	N	D	A	Y
F	Z	L	P	I	B	X	J	Z	K	H	Q	K	E

Risen, Tomb, Alleluia, Easter, Joy, Sunday
Angels, Resurrection, Magdalene, Apostles





12 Months of Grace



SAPHERALD ENTERS ITS THIRD YEAR!

Since the first Mass booklet in April 2024, we are grateful for all the support that we've received from our parish priests and parishioners that make our booklets freely available in their parishes, every month!

Thank you!

To all children that read Sappherald. **Thank you for being a Herald of God's Throne!**

As we enter our third year, please keep us in prayers, as we do for you.

Apart from our free Sunday Mass booklets, we've published few books that can be used for individual or parish catechesis or given as gifts.

These are available on Amazon.

For bulk orders, email:

hello@sappherald.com

The Tree with its 12 Fruits



Celebrate the great gift of the Holy Spirit by helping children to welcome Him into their hearts. The 12 fruits of the Holy Spirit are delightfully described and combined as God's 7-day recipe.

The Tree with its 12 Fruits

Review by Oma Obioha - Mother, Clinical Nurse Advisor

Linda uses innovative models to effectively educate while enhancing the traditional teaching format understood by children. An actual work of art.

12 Months of Grace - What We Believe

Review by Lauretta Ofulue - Wife, Mother, Catechist.

“

I am very blessed by this book. I love the design and the thoughtfulness behind it. I am so inspired by your work. I love the pictures and the simplicity of the words. Your resources are wonderful. They are innocent and captivating. They always target our Catholic foundations and help us deliver our faith in a friendly way to not just our children but to everyone. Thank you Sappherald.

”¹³

12 APRIL 2026 2ND SUNDAY OF EASTER



John 20:19-31

On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews,

Jesus came and stood in their midst and said to them, “Peace be with you.” When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord.

Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” And when he had said this, he breathed on them and said to them, “Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.”

Thomas, called Didymus, one of the Twelve, was not with them when Jesus came. So the other disciples said to him, “We have seen the Lord.”

But he said to them, “Unless I see the mark of the nails in his hands and put my finger into the nailmarks and put my hand into his side, I will not believe.”

Now a week later his disciples were again inside and Thomas was with them. Jesus came, although the doors were locked, and stood in their midst and said, “Peace be with you.”

Then he said to Thomas, “Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe.”

Thomas answered and said to him, “My Lord and my God!”

Jesus said to him, “Have you come to believe because you have seen me? Blessed are those who have not seen and have believed.”

First Reading - Acts 2:42-47

Responsorial Psalm - Psalm 118:2-4, 13-15, 22-24

Second Reading - 1 Peter 1:3-9



12 APRIL 2026 2ND SUNDAY OF EASTER



Divine Mercy

On 30 April 2000, St. Pope John Paul II, declared the second Sunday of Easter, Divine Mercy Sunday. He also made Faustina Kowalska, a saint of the Church. She was a polish nun, whom Jesus had appeared to and asked to spread the message of His mercy.

From the gospel, we also see God's mercy to Thomas who doubted that Jesus had risen from the dead. Instead of being upset or scolding him, Jesus simply reassured him by showing him the evidence of His crucifixion that Thomas had asked for.

Jesus wants us to trust in His mercy.

This is why He died on the Cross for our sins.



Come Holy Spirit



Eternal Father, I offer You the Body and Blood, Soul and Divinity, of Your dearly Beloved Son, our LORD Jesus Christ; in atonement for our sins and those of the whole world. For the sake of His sorrowful Passion, have mercy on us and on the whole world. Jesus, I trust in You! Amen!

John 20:28

My Lord and my God.





The Apostles' Creed

Our Catholic faith is summarised in the Apostles' Creed which is divided into 12 parts or Articles. Tradition holds that each apostle of Christ declared an Article. The 4th Article is linked to St John. He's the only apostle who witnessed Jesus' death and burial.

*"HE SUFFERED UNDER PONTIUS PILATE, WAS
CRUCIFIED, DIED AND WAS BURIED"*

- ARTICLE 4 OF THE APOSTLES' CREED

WHAT WE BELIEVE

"JESUS IS THE SUFFERING SERVANT WHO SILENTLY ALLOWS HIMSELF TO BE LED TO DEATH AND WHO BEARS THE SIN OF THE MULTITUDE, AS THE PASCHAL LAMB." - CCC 608

Because of the sin of Adam and Eve, our first parents, humans could no longer fully experience life as children of God.

So Jesus came to save us and bring us back to the fullness of life that we should have as God's children.

On the cross, Jesus prayed to the Father for us, asking the Father to forgive us all our sins. He gave us the Virgin Mary as our Mother.

After His death, a soldier pierced His side with a spear and Blood and Water poured out. The Blood was the price of our salvation and the water was a sign of Baptism which makes us God's children.





19 APRIL 2026 3RD SUNDAY OF EASTER

Luke 24:13-31

Two of Jesus' disciples were going to a village...called Emmaus. Jesus drew near and walked with them, but their eyes were prevented from recognising him. He asked them, "What are you discussing as you walk along?"

One of them, Cleopas, said in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?" Jesus replied, "What sort of things?"

They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him.

It is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body.

They came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women said, but they did not see him."

And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Christ should suffer and enter into his glory?" Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures.

As they got to the village to which they were going, Jesus was going on farther. But they urged him, "Stay with us, for it is nearly evening and the day is almost over."

So he went in to stay with them. While he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognised him, but he vanished from their sight.

First Reading - Acts 2:14, 22-33

Responsorial Psalm - Psalm 16:1-2, 5, 7-11

Second Reading - 1 Peter 1:17-21



19 APRIL 2026 3RD SUNDAY OF EASTER



They recognised Him

Do you recognise Jesus in your daily life?

A Christian's life should be similar to the experience of these disciples. We are called to walk with Jesus.

Jesus is always walking with us and never leaves us.

But, we fail to recognise Him, just as the disciples failed to recognise Him.

Sometimes we too are confused about the events of life. Imagine Jesus being crucified! It seemed unexplainable. Yet, by walking with Jesus and discussing the mysteries of His life, they came to a deeper understanding of God's plans. And their eyes were opened to recognise Jesus at the breaking of bread.



Come Holy Spirit

Heavenly Father, Jesus said that no one can come to Him unless you draw the person near. So Father, draw me near to Jesus Your Son. Open my eyes to recognise Him in my daily walk. Open my heart to burn with an understanding of His word. Open my mouth to testify to others that Jesus is truly alive and risen from the dead! Amen!

Luke 24:31

Their eyes were opened.



The Apostles' Creed

Our Catholic faith is summarised in the Apostles' Creed, which is divided into 12 parts or Articles. Tradition holds that every apostle of Christ declared an Article. The 5th Article is linked to St. Thomas, who doubted that Jesus had risen until he saw His wounds.

"HE DESCENDED TO THE DEAD. ON THE THIRD DAY, HE ROSE FROM THE DEAD."

- ARTICLE 5 OF THE APOSTLES' CREED

Jesus rose from the dead on the third day. This is the day of Christ's Resurrection, which we celebrate as Easter Sunday. What a glorious day! Alleluia!

We always celebrate Jesus' Resurrection on Sundays. This is why as Catholics, we are required to go to Mass on Sundays.

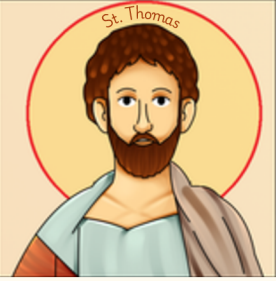
Jesus rose from the dead with a new, glorious Body that can never die again.

Jesus' resurrection shows us that He alone, is God who gives us fullness of life forever.



WHAT WE BELIEVE

"THE MYSTERY OF CHRIST'S RESURRECTION IS A REAL EVENT, WITH HISTORICAL RECORDS." - CCC 639



Saint of the week

Mark the Evangelist

April 25th



About Me

I am one of the four evangelists who wrote the Gospels. I was a close disciple of Simon Peter, the apostle. My account of the Gospel comes from Peter's witness among others.

Fun facts

The Gospel I wrote is often depicted as a winged lion in Christian tradition. This is from the prophetic visions in Revelation 4:7, which shows four living creatures (symbols of the evangelists) around God's Throne.

My Encounters

I wrote the second Gospel, boldly proclaiming Jesus as the Son of God. I travelled with St. Paul and Barnabas on some of their missionary trips. I am referred to as John Mark in the Book of Acts.

Martyrdom

In 68 AD, I was martyred for preaching about Jesus in Alexandria, Egypt. My relics were taken to Venice, Italy. They are now kept in the city's Basilica di San Marco. I am the patron saint of Venice.

St Mark the Evangelist,
Pray for us.



26 APRIL 2026 4TH SUNDAY OF EASTER

John 10:1-10

Jesus said:

"Amen, amen, I say to you,
whoever does not enter the sheepfold
through the gate but climbs over
elsewhere is a thief and a robber.

But whoever enters through the gate is
the shepherd of the sheep.
The gatekeeper opens it for him, and
the sheep hear his voice,
as the shepherd calls his own sheep
by name and leads them out.

When he has driven out all his own,
he walks ahead of them, and the
sheep follow him,
because they recognise his voice.

But they will not follow a stranger;
they will run away from him,
because they do not recognise the
voice of strangers."

Although Jesus used this figure of
speech, the Pharisees did not realise
what he was trying to tell them.

So Jesus said again,
"Amen, amen, I say to you,
I am the gate for the sheep.

All who came before me are thieves
and robbers, but the sheep did not
listen to them.

I am the gate.

Whoever enters through me will be
saved, and will come in and go out and
find pasture.

A thief comes only to steal and kill and
destroy;

I came so that they might have life and
have it more abundantly."

First Reading - Acts 2:14a, 36-41
Responsorial Psalm - Psalm 23: 1-6
Second Reading - 1 Peter 2:20b-25



26 APRIL 2026 4TH SUNDAY OF EASTER



I Am the Gate

Jesus has so many beautiful promises for us in His word. He has come that we might have life and have it to the full! He is the gate to eternal joy and gladness.

We might think that eternal joy is only for Heaven, but Jesus wants us to live in this joy even here on earth.

And He can help us live this way if we turn to Him like His little sheep.

Nothing else in this life can satisfy our hearts.

Jesus alone can open this path of eternal joy to us.

He is the Gate through Whom all blessings flow from the Father to us.

And He is the Gate through Whom we must return at all times, back to the Father.



Come Holy Spirit



LORD Jesus, I humbly come to You and ask for Your joy! Fill me with Your gladness and never let it depart from my heart. Let me treasure Your love for me and know that I can always turn to You in everything. Thank You for being the gate through which I receive every blessing from our Father Amen!

John 10:10

That they may have life and have it more abundantly. 22



4 STEPS TO GROWING GOD'S WORD

Jesus said, "Listen! A sower went out to sow.

Some seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty." - Matthew 13:3, 8

"The good soil... are the ones who, when they hear the word, hold it fast in an honest and good heart, and bear fruit with patient endurance." - Luke 8:15



READ

1. A SEED IS PLANTED IN SOIL.



MEDITATE

2. THE SEED STARTS TO GROW AND A SPROUT COMES OUT OF THE SOIL.



PRAY

3. THE SPROUT GROWS INTO A PLANT WITH FLOWER BUDS.



ACT

4. THE FLOWER BUDS TURN INTO FRUITS WITH NEW SEEDS FOR NEW PLANTS TO GROW.

OUR SOULS SHOULD BE LIKE GOOD SOIL WHICH GROWS THE SEED OF GOD'S WORD.

EACH WEEK, WRITE DOWN (IN A BOX BELOW) A VERSE FROM GOD'S WORD THAT YOU WOULD LIKE TO GROW.

ASK THE HOLY SPIRIT TO INSPIRE YOU.

Four empty rounded rectangular boxes with dashed outlines, intended for writing a Bible verse each week.

APRIL 2026



My Prayer Journey

Prayer After Mass

Soul of Christ, sanctify me.
 Body of Christ, save me.
 Blood of Christ, inebriate me.
 Water from the side of Christ, wash me.
 Passion of Christ, strengthen me.
 O good Jesus, hear me.
 Within Your wounds hide me.
 Permit me never to be separated from
 You. From the malignant enemy, defend
 me. At the hour of death, call me.
 And bid me come to You, that with Your
 saints I may praise You, forever. Amen.

This Month, I learnt

.....

Write down what
 you want to pray
 for each week:

Apr 2 - 4: Easter Triduum

.....

Apr 5 - 11:

.....

Apr 12 - 18:

.....

Apr 19 - 25:

.....

Apr 26 - May 2:

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"And this gospel of the kingdom will be preached throughout the whole world, as a testimony to all nations; and then the end will come." - Matthew 24:14

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