

Prayers to Get Prepared for my Death



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Notre-Dame
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**Notre-Dame de
Montligeon Shrine**

*World Center of
Prayer for the
Deceased*

*Shrine of the
Christian Hope*

The outcome is now quite certain: my departure from this world is close. I am leaving some relatives, children and friends behind.

I will die in the coming weeks.

In addition to the pain caused by my coming death, there is sometimes another one, sometimes even harder to accept: the inability for me to see all my loved ones again and kiss those I have loved during this life; to take their hand one last time, express my love to them and tell them how important they are for me.

I would also like to ask some of them to forgive me. Or share some simple human gestures which will forever remain with us.

In those painful circumstances, I offer my suffering, I pray, I hold a vigil for those I am leaving behind.

I do this for myself as well, in order to entrust my life in God's hands. In faith I know that these are useful steps. My prayer is fruitful straight away.

The purpose of the following pages is to help restore prayer, based on suggestions by Father Daniel-Ange, as well as a few prayers I can recite on my own or with the persons who are with me.

Praying, Breathing

By *Father Daniel Ange*

Silent prayer or whispering a word of love

My starting point was Jesus' prayer, called the "Prayer of the Heart", which was very popular in the Middle East since the desert fathers. The traditional formula, "Lord Jesus Christ, have mercy on me sinner" is too long to be repeated comfortably as you breathe. So I simply say the name of Jesus. Alternatively, I may say very short phrases, no more than two or three words. For instance, "Jesus my love"; "Jesus my joy"; "Jesus my life"; "Jesus my beauty"; "You are great"; "You are beautiful"; "You are the merciful God"... And I may repeat them fifty times, a hundred times, three hundred times - I do not count. I keep saying this simple word of love for several hours. It is free, it is an offering. The heart speaks.

Interceding by listing your intentions

Then, the second part of my time of silent prayer is intercession, when I mention specific names. Something like: "Jesus, families." "Jesus, children." "Jesus, divorced people". "Jesus, Ukraine." "Jesus, Gaza..." You can say that prayer everywhere – as you are walking, traveling on the bus or on the tube. As you breathe in, you say "Jesus" and as you breathe out you mention the name of a person, a country or a situation. No need to explain the political or human complexities – He knows. For people, I would say : "Jesus, Vanessa, Jesus, Isabelle..." I may repeat it over and over again, perhaps a hundred times. And sometimes I receive an inner word that says to me: "That's alright, I'll deal with it. Move on." Then I switch to something else.

Trinitarian prayer: breathing the Name

There's one way of praying which is with me all the time. It's so simple and so easy to say. It reaches a summit when you combine it with your breath. As I breathe in I say: "Jesus" – or "Yeshuah; and as I breathe out I say: "Abba, Father". At that point, I am filled with immense joy.

You don't need to mention the Holy Spirit, since He is present in the breath itself. The Holy Ghost is that invisible breath, both discrete and cheerful. It unites the Son to the Father and links me to their love. Jesus. Abba, two names, two calls and one movement You enter peace, gentleness, silent praise. You penetrate the very heart of the Trinity. You stop being restless and instead you dwell.

Tears, a speechless prayer

Another form of prayer which is often overlooked is shedding tears. All our tears have already run through Jesus' eyes. He cries. He sobs before Lazarus' tomb. He weeps over Jerusalem on Palms Day – big, burning tears because the Holy City refuses love.

You also have the tears of joy. When Jesus says:

"I thank Thee, O Father, Lord of Heaven and earth, because Thou have hid these things from the wise and prudent, and have revealed them unto babes." According to the Gospel, Jesus is said to *exult*. Tears are an immense prayer. The Father sees Jesus' tears in our eyes, as well as Mary's tears. She too sobs over the world.

Tears are a eucharist. They save us as much as blood does.

Praying when you are suffering

When you pray, you enliven your time, you establish a connection between the present time and eternity.

In *Hail Mary*, when we say "Now and at the time of our death", it means that we make an immediate connection. The past is no longer mine and the future is in God's hands.

The present moment – the only one that belongs to me. One day will come which will be the day of my birth in Heaven. Therefore, that prayer connects us directly to eternity. The times I dedicate to prayer are moments of eternity: then I am no longer a slave to timers, even if I still need to watch the time, because I need to go to work for instance.

Praying for the departed

One part of yourself is already in Heaven with any deceased loved one, since they took your heart with them up there. Then, you may experience a new kind of relationship with them, no longer physical unfortunately but of spiritual nature.

When you receive Jesus in the Holy Communion, you are aware that that person is with Him. Which means that you may talk to them during your thanksgiving time.

They can hear you through Jesus. This is where praying for the souls in purgatory is so important. The more we intercede for them, the more they can intercede for us.

That is really extraordinary. To us who are still on this earth, Jesus gives a power equal to the power of saints in Heaven to accelerate their coming into glory.

This way, we have the power to “childbear” to heavenly life those we have loved and still love and introduce them to it. Indeed there is an ongoing connection between the Church in Heaven, the Church on earth and the Church of expectant hope – which is the Church of the souls on their way in purgatory. Your beloved departed person is not only in your past, she/he is in your future. That’s what hope is about, a certainty to meet again in the Kingdom. All saints are also in our future. Whether they were living in the last century or a thousand years ago, including François, Dominique, Louis-Marie Grignion de Montfort etc.—, we shall meet them. We are projected towards them.

*Let's meditate on
God's Word
I can meditate on the
Gospel when Jesus goes
to the Olive Garden and
encourages Peter, James
and John to keep watch
with him.*

*That particular moment
was called the "agony".
However, agony is not
only a slow descent
towards death, it is also
the struggle taking place
before it. It is the "yes"
uttered before death as it
is getting closer.*

God's Word: **Luke 22, 39-46**

"Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, 'Pray that you will not fall into temptation.' He withdrew about a stone's throw beyond them, knelt down and prayed, 'Father, if you are willing, take this cup from me; yet not my will, but yours be done'. An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. 'Why are you sleeping?' he asked them. 'Get up and pray so that you will not fall into temptation.'"

God's Word :
Luke 23, 39-43

One of the criminals who hung there hurled insults at him: "Aren't you the Messiah? Save yourself and us!"

But the other criminal rebuked him. "Don't you fear God," he said, "since you are under the same sentence? We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong." Then he said, "Jesus, remember me when you come into your kingdom. Jesus answered him, "Truly I tell you, today you will be with me in paradise."

God's Word :
Mt 27, 45-46

From noon until three in the afternoon darkness came over all the land. About three in the afternoon Jesus cried out in a loud voice, "*Eli, Eli, lema sabachthani?*" (which means "My God, my God, why have you forsaken me?")

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Amen.

Hail Mary

Hail Mary,
Full of Grace,
The Lord is with thee.
Blessed art thou among
women,
and blessed is the fruit
of thy womb, Jesus.
Holy Mary,
Mother of God,
pray for us sinners now,
and at the hour of our death.

Amen.

I Believe in God

This prayer is like a summary of the Christian faith .

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting.

Amen.

Prayer after the death of a loved one

Saints of God, come to his/her aid!

Come to meet him/her, angels of the Lord!

Receive his/her soul and present him/her to God the Most High.

May Christ, Who called you, take you to Himself; may angels lead you to Abraham's side.

Receive his/her soul and present him/her to God the Most High.

Give him/her eternal rest, O Lord, and may Your light shine upon him/her forever.

Receive his/her soul and present him/her to God the Most High.

Let us pray: We commend our brother/sister, (Name) to you, Lord.

Now that he/she has passed from this life, may he/she live on in Your presence.

In Your mercy and love, forgive whatever sins he/she may have committed through human weakness.

We ask this through Christ our Lord.

Amen.

Reading note :
You may replace 'N.' with the first name of your loved one

Some deaths are quick and sudden. Others drag on over time.

During that challenging period, let's find inspiration in the Psalms, which are God's word to support our faith and hope and to bring support to the person who is about to join the heavenly Father, in an invisible but very real manner

Psalms 130, which has often been set to music, is better known as its first Latin words: De Profundis. Rather than a lament song, it is a prayer expressing trust in God as Savior.

Psalm 130

Out of the depths I cry to you, Lord; Lord, hear my voice. Let your ears be attentive to my cry for mercy.

If you, Lord, kept a record of sins, Lord, who could stand? But with you there is forgiveness, so that we can, with reverence, serve you.

I wait for the Lord, my whole being waits, and in his word I put my hope.

I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning.

Israel, put your hope in the Lord, for with the Lord is unfailing love and with him is full redemption.

He himself will redeem Israel from all their sins.

Psalm 23

The Lord is my shepherd,
I lack nothing.

He makes me lie down in green
pastures,

he leads me beside quiet waters,
he refreshes my soul.

He guides me along the right paths
for his name's sake.
Even though I walk through the
valley of the shadow of death

I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.

Surely your goodness and love will
follow me all the days of my life,
and I will dwell in the house of the
Lord forever.

Psalm 22

My God, my God, why have you
forsaken me?

Why are you so far from saving me,
so far from my cries of anguish?
My God, I cry out by day, but you do
not answer,
by night, but I find no rest

Yet you are enthroned as the Holy
One;

you are the one Israel praises
In you our ancestors put their
trust;
they trusted and you delivered
them.

To you they cried out and
were saved;
in you they trusted and were not
put to shame.

But I am a worm and not a man,
scorned by everyone, despised by
the people.

All who see me mock me;
they hurl insults, shaking their
heads.

"He trusts in the Lord," they say,
"let the Lord rescue him. Let him
deliver him,
since he delights in him."

Yet you brought me out of the
womb; you made me trust in you,
even at my mother's breast.
From birth I was cast on you; from
my mother's womb you have been
my God.

Do not be far from me, for trouble
is near and there is no one to help.

Many bulls surround me;
strong bulls of Bashan encircle me.
Roaring lions that tear their prey
open their mouths wide against
me.

I am poured out like water,
and all my bones are out of joint.
My heart has turned to wax;
it has melted within me.
My mouth is dried up like a
potsherd,
and my tongue sticks to the roof of
my mouth;
you lay me in the dust of death.

Dogs surround me,
a pack of villains encircles me; they
pierce my hands and my feet.
All my bones are on display;
people stare and gloat over me.

They divide my clothes among
them
and cast lots for my garment.

But you, Lord, do not be far from
me.
You are my strength; come quickly
to help me.
Deliver me from the sword,
my precious life from the power of
the dogs.
Rescue me from the mouth of the
lions;
save me from the horns of the wild
oxen.

I will declare your name to my
people;
in the assembly I will praise you.
You who fear the Lord, praise him!

All you descendants of Jacob,
honor him!
Revere him, all you descendants of
Israel!
For he has not despised or scorned
the suffering of the afflicted one;
he has not hidden his face from
him
but has listened to his cry for help.

From you comes the theme of my
praise in the great assembly;
before those who fear you^[1] I will
fulfill my vows.
The poor will eat and be satisfied;
those who seek the Lord will praise
him—
may your hearts live forever!

All the ends of the earth
will remember and turn to the Lord,
and all the families of the nations
will bow down before him,
for dominion belongs to the Lord
and he rules over the nations.

All the rich of the earth will feast
and worship;
all who go down to the dust will
kneel before him—
those who cannot keep themselves
alive.
Posterity will serve him;
future generations will be told
about the Lord.
They will proclaim his
righteousness,
declaring to a people yet unborn:
He has done it!

The Song of Hezekiah, king of Juda, when he fell ill

I said, "In the prime of my life
must I go through the gates of
death
and be robbed of the rest of my
years?"

I said, "I will not again see the Lord
himself
in the land of the living;
no longer will I look on my fellow
man,
or be with those who now dwell in
this world.

Like a shepherd's tent my house
has been pulled down and taken
from me.

Like a weaver I have rolled up my
life,
and he has cut me off from the
loom;
day and night you made an end of
me.

I waited patiently till dawn,
but like a lion he broke all my
bones;

day and night you made an end of
me.

I cried like a swift or thrush,
I moaned like a mourning dove.
My eyes grew weak as I looked to
the heavens.

I am being threatened; Lord, come
to my aid!"

But what can I say?

He has spoken to me, and he
himself has done this.

I will walk humbly all my years
because of this anguish of my soul.
Lord, by such things people live;
and my spirit finds life in them too.
You restored me to health
and let me live.

Surely it was for my benefit
that I suffered such anguish.
In your love you kept me
from the pit of destruction;
you have put all my sins
behind your back.

For the grave cannot praise you,
death cannot sing your praise;
those who go down to the pit
cannot hope for your faithfulness.
The living, the living—they praise
you,
as I am doing today;
parents tell their children
about your faithfulness.

The Lord will save me,
and we will sing with stringed
instruments
all the days of our lives
in the temple of the Lord

The Song of Simeon Luke 2, 29-32

Luke the Evangelist tells us how, forty days after Jesus' birth, Mary and Joseph took Jesus to the Temple to present him to the Lord. In Jerusalem lived a man called Simeon. He had been warned by the Holy Spirit that he would not see death until he saw Christ, the Lord's Messiah. As he was present in the Temple, he took the child in his arms and blessed God. Monks, nuns, priests and some faithful repeat his prayer every evening at compline, before their nightly sleep. Those words uttered by Simeon can be put on the lips of anyone who is about to join the Heavenly Father. Although they have not had a physical encounter with the Lord, I believe that the Lord Jesus has met them personally sooner or later in their life.

"Sovereign Lord, as you have promised,
you may now dismiss your servant
in peace.
For my eyes have seen your
salvation,
which you have prepared in the
sight of all nations:
a light for revelation to the
Gentiles,
and the glory of your people Israel."

Saint Ambrose was the archbishop of Milan in IVth century.

St. Ambrose's Prayer

In Christ we are all things, He is everything for us

If you have wounds to heal, He is a physician;

if fever scorches you, He is a fountain.

Would you punish evil doing, He is justice.

If you need help, He is strength;

if you fear death, He is life;

if you hunger, He is food

Taste and see how good the Lord is; blessed the man who hopes in him!

St. Thérèse of Lisieux's Death

St. Thérèse of Lisieux's Last Conversations are an account of the last five months of the young Carmelite nun then aged 24. Those months of suffering are enlightened by boundless hope and great simplicity. In the small excerpt which follows, St. Thérèse's faith emerges in its utmost brightness, as she knows that after her death, she will be even closer to those she used to know and love.

*"I am not dying,
I am entering into Life."
(Letter 244)*

"I will not be fetched by death, I will be fetched by the good God! Death is not a ghost, an awful specter, as we see it pictured on some illustrations. The catechism says that 'death' is the separation of the soul and the body - it's only that!"

(Last Conversations)

Prayer to Saint Joseph

Hail, Joseph,

You whom God's grace has blessed. The Saviour rested in your arms and grew before your eyes.

You are blessed among all men and Jesus, the divine child of your virginal wife, is blessed.

St. Joseph, given as father to the Son of God, pray for us in our worries of family, health and work, until our last days, and deign to help us at the hour of our death.

Amen.

Prayer of the Heart

"Jesus, remember me when you come to your Kingdom."

"Lord Jesus, receive my spirit!"



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to the Fraternity of
de Montligeon*

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**Notre-Dame
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Prayer to our Lady of Montligeon

Our Lady Liberatrix,
have mercy on all our deceased loved ones,
especially those who are most in need of the
Lord's mercy.

Intercede for those who have left us and may the
purifying love of God lead them to full deliverance.
May our prayer, united with the prayer of the whole
Church, obtain for them a joy beyond all their
desires and bring consolation and relief to our
loved ones, in their suffering and distress.

Mother of the Church, help us, pilgrims on earth, to
make our life a time of interior liberation during
our journey towards the Resurrection. Heal our
wounds of heart and soul. Help us to become
witnesses of the Invisible, seeking the things that
the eye cannot see. Grant us the grace of
becoming apostles of Hope, like watchmen
awaiting the dawn.

Refuge of sinners and Queen of all saints, gather
us all, one day, in our Father's House For the
eternal Resurrection! Amen!

Our Lady of Montligeon, pray for the souls in
Purgatory.

Our Lady of Montligeon,
Pray for the Souls in Purgatory.

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