
PONDER PRAYERS

Vincent A. Salamoni
Society of the Missionaries of the Holy Apostles (MSA)

GOD EXISTS

How could it be?

How could it be that God exists?

How could it be to even think it?

How did the universe begin?

Because, it has to be!

How could it be that God is not?

If not, what all is there?

God exists:

I AM. I AM WHO I AM.

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I AM. I am.

The ancient sayings, "thy know yourself."

God's name:

I AM. I AM WHO I AM.

(Exodus 3:14)

“We know what we are, but know not what we may be.”

(William Shakespeare; Hamlet: Act 4, Scene 5)

“The Word became flesh to make us
partakers of the divine nature.”

(Catechism of the Catholic Church, paragraph 460; 2 Peter 1:4)

Your conscience when in the state of grace,
unites your conscious into God’s essence.

The person, a master in classical virtue, answers

"You know yourself?"

This person, shares the divine nature says,

I am. I am who I am.

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Silence: I AM.

Silence is no sound.

Silence is not transmitting.

Silence prayer: no thoughts, no words.

Silence. Receive.

Silence: “*I AM. I AM WHO I AM.*”

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SUFPATSIL

Suffering.

Patience.

Silence.

In time.

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“In suffering, I must be patient and quiet, knowing that everything passes in time” (St. *Faustina*; Diary 253).

“A time to keep silence/silent and a time to speak” (Ecclesiastes 3:7).

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Jesus, I trust in You.¹

Jesus, I hope in you.²

Jesus, I love in You.

**Jesus,
I trust, hope, love in You.³**

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¹ **Diary of Saint *Maria Faustina Kowalska*: Divine Mercy in My Soul (47).**

² **Reflecting on the Serenity Prayer: *Philip St. Romain*, Chapter Twelve.**

³ **United these three theological statements.**

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*Hail Mary,
full of grace, the Lord is with you!
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.*

(Litany)

HOLY MARY

MOTHER OF GOD,

IMMACULATE HEART,

MOTHER OF MERCY,

STAR OF THE SEA,

QUEEN OF THE HOLY APOSTLES,

QUEEN OF ALL SAINTS,

QUEEN OF THE UNIVERSE,

PRAY FOR US

sinners, now and at the hour of our death.

Amen.

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