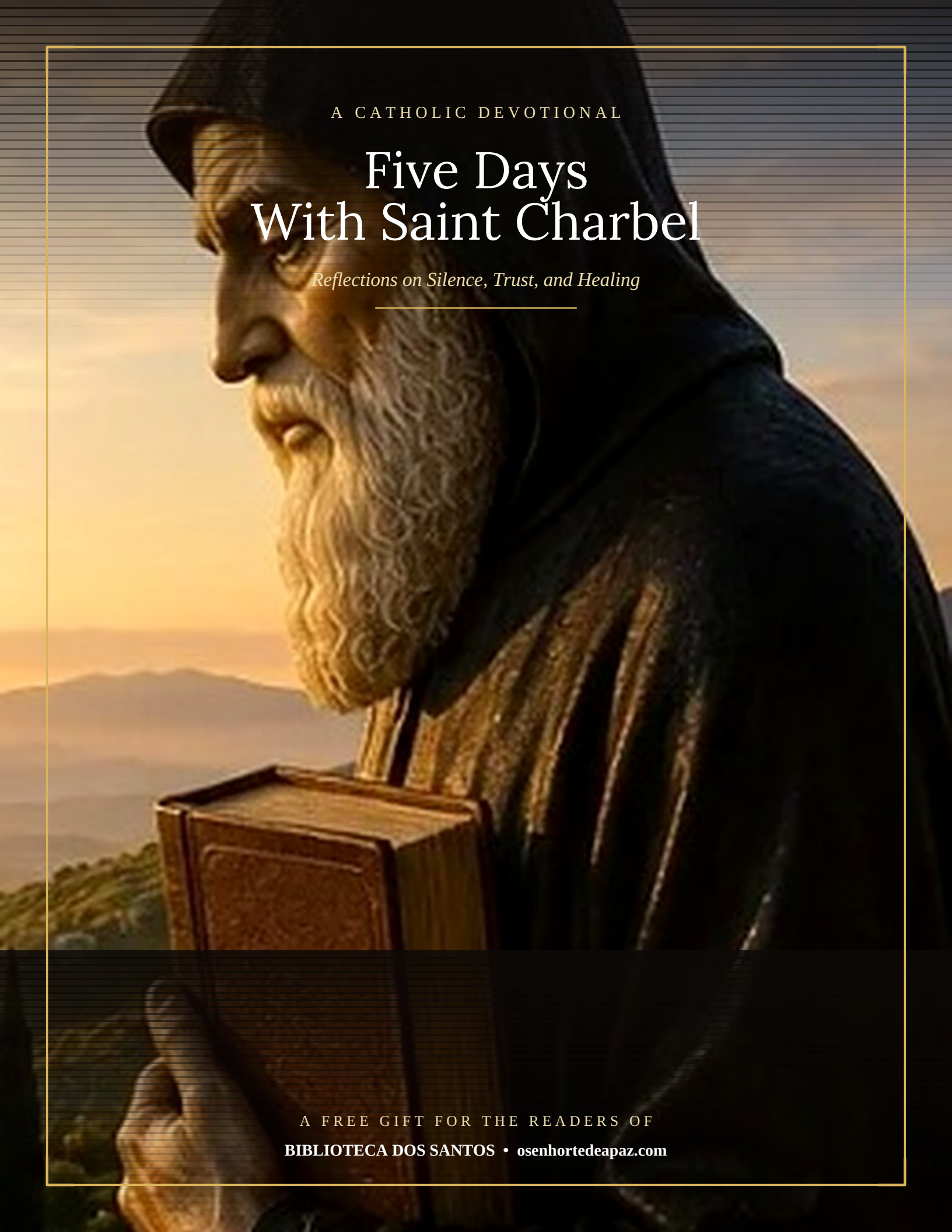




A CATHOLIC DEVOTIONAL

# Five Days With Saint Charbel

*Reflections on Silence, Trust, and Healing*

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# Contents

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|                                                 |    |
|-------------------------------------------------|----|
| Welcome .....                                   | 3  |
| Day One — A Life Hidden in God .....            | 4  |
| Day Two — Trust in Divine Providence .....      | 5  |
| Day Three — The Power of the Eucharist .....    | 6  |
| Day Four — Healing and Hope .....               | 7  |
| Day Five — Perseverance in the Little Way ..... | 8  |
| A Closing Word .....                            | 9  |
| Continue Your Journey with Saint Charbel .....  | 10 |

WELCOME

# Welcome

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Thank you for joining the Biblioteca dos Santos family. This short devotional invites you to spend five days walking alongside Saint Charbel Makhlouf — the Lebanese monk and hermit whose hidden, prayerful life continues to draw pilgrims and bring comfort to the suffering more than a century after his death.

Each day offers a short reflection and a prayer. There is no need to rush — read one entry per day, sit quietly with it, and let it lead you into your own conversation with God.

If this devotional speaks to your heart, you will find a much fuller companion at the end of this booklet — a complete guide to Saint Charbel's life, miracles, and prayers.

*“Saint Charbel, pray for us.”*

## DAY ONE

# A Life Hidden in God

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**REFLECTION**

Saint Charbel Makhlouf left the world's noise behind to seek God in silence. Born in Lebanon in 1828, he entered monastic life as a young man and spent his final twenty-three years as a hermit, praying, fasting, and offering the Holy Mass in solitude. He teaches us that a hidden life, lived faithfully for God alone, is never wasted — it becomes a quiet light for others. Today, consider one small way you can step back from distraction and give God a few unhurried minutes.

**PRAYER**

*Saint Charbel, hermit of Lebanon, you found in silence the voice of God. Teach me to quiet my heart amid the noise of daily life, and to trust that time given to prayer is never time lost. Amen.*

## DAY TWO

# Trust in Divine Providence

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**REFLECTION**

Saint Charbel lived with almost nothing, relying each day on God's provision. He did not store up comforts for tomorrow, but received each day as a gift already measured out in love. In a world that urges us to secure and control everything, his example invites a different posture: open hands, a trusting heart, and gratitude for what is given rather than anxiety for what is lacking.

**PRAYER**

*Saint Charbel, you trusted the Father for your daily bread and never doubted His care. Help me release my worries about tomorrow, and to trust that God provides for those who seek Him first. Amen.*

## DAY THREE

# The Power of the Eucharist

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**REFLECTION**

At the center of Saint Charbel's hidden life was the Holy Mass, which he often prolonged for hours in adoration. For him, the Eucharist was not a ritual to complete, but a real encounter with Christ that transformed every other hour of his day. Consider how you approach the Eucharist — as habit, or as the living heart of your week.

**PRAYER**

*Lord Jesus, through the intercession of Saint Charbel, deepen my love for the Eucharist.  
May I never receive You out of routine, but always as the truest encounter of my day.  
Amen.*

## DAY FOUR

# Healing and Hope

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**REFLECTION**

After his death in 1898, countless healings were reported at Saint Charbel's tomb, so many that he became known across Lebanon and beyond as a saint of hope for the sick and the suffering. The deeper gift he offers is this: that no wound, physical or spiritual, is beyond the reach of God's mercy. Bring to prayer today whatever burden — in body, mind, or family — you have been carrying alone.

**PRAYER**

*Saint Charbel, present before God the needs of my body, mind, and heart. Obtain for me the healing that is according to His will, and the grace to trust Him even in what remains unhealed. Amen.*

## DAY FIVE

# Perseverance in the Little Way

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**REFLECTION**

Saint Charbel's holiness was not built on dramatic gestures but on decades of small, repeated faithfulness — the same prayers, the same fasting, the same silence, offered again and again until they became sanctity. Most of us will not become hermits, but every one of us can choose, today, to be faithful in something small: a decade of the rosary, a kind word withheld from complaint, a returned phone call put off too long.

**PRAYER**

*Saint Charbel, patron of perseverance, help me to be faithful in small things, trusting that God's grace is at work even in the hidden and ordinary parts of my day. Amen.*



# A Closing Word

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Saint Charbel spent a lifetime in silence so that his life might speak louder than words. May these five days leave you with a little more stillness, a little more trust, and the quiet confidence that God is near — even, and especially, in what is hidden.

*“Saint Charbel, pray for us.”*

# Continue Your Journey

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This booklet is only a first step. If you would like to go deeper into the life of Saint Charbel — his childhood, his monastic vocation, the miracles attributed to his intercession, his incorrupt body, his novena, and the most loved prayers dedicated to him — the complete guide below brings it all together in one place.

Everything About St. Charbel Makhlouf: Complete Biography, Miracles, Prayers, Novena, Incorrupt Body, Powerful Intercession, and His Path to Holiness

**Read it now → [osenhortedeapaz.com/en/st-charbel-makhlouf-biography-miracles-prayers](https://osenhortedeapaz.com/en/st-charbel-makhlouf-biography-miracles-prayers)**

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