

Prayer of Self-Surrender

By St. Ignatius of Loyola

Take, Lord, and receive all my liberty,
my memory, my understanding, and my entire will.
All I have and call my own.
Whatever I have or hold You have given me.
I restore it all to You and surrender it wholly
to be governed by Your will.
Give me only Your love and grace
and I am rich enough and ask for nothing more.

Prayer for Generosity

By St. Ignatius of Loyola

Lord, teach me to be generous.
Teach me to serve You as You deserve;
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labor and not to ask for reward,
save that of knowing that I do Your will.

The Prayer of Saint Francis

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.
O Divine Master,
grant that I may not so much seek
to be consoled, as to console;
to be understood, as to understand;
to be loved, as to love.
For it is in giving that we receive.
It is in pardoning that we are pardoned,
and it is in dying
that we are born to Eternal Life.

The Serenity Prayer

By Reinhold Niebuhr

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world as it is,
not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him forever in the next.

Anima Christi

By St. Ignatius of Loyola
Contemporary Translation

Jesus, may all that is You flow into me.
May Your Body and Blood be my food and drink.
May Your passion and death be my strength and life.
Jesus, with You by my side, enough has been given.
May the shelter I seek be the shadow Your cross.
Let me not run from the love which You offer,
But hold me safe from the forces of evil.
On each my dyings shed Your light and Your love.
Keep calling to me until that day comes, when, with
Your saints, I may praise You forever. Amen.

The Litany of Humility

By Cardinal Merry del Val

O Jesus, meek and humble of heart,

hear me.

From the desire of being esteemed,

deliver me, Jesus.

From the desire of being loved,

From the desire of being extolled,

From the desire of being honored,

From the desire of being praised,

From the desire of being preferred to others,

From the desire of being consulted,

From the desire of being approved,

From the fear of being humiliated,

deliver me, Jesus.

From the fear of being despised,

From the fear of suffering rebukes,

From the fear of being calumniated,

From the fear of being forgotten,

From the fear of being ridiculed,

From the fear of being wronged,

From the fear of being suspected,

That others may be loved more than I,

Jesus, grant me the grace to desire it.

That others may be esteemed more than I,

That, in the opinion of the world, others

may increase and I may decrease,

That others may be chosen and I set aside,

That others may be praised and I unnoticed,

That others may be preferred to me in everything,

That others may become holier than I, provided

that I become as holy as I should,

Jesus, grant me the grace to desire it.

Prayer of Thomas Merton

My Lord God,

I have no idea where I am going.

I do not see the road ahead of me.

I cannot know for certain where it will end.

Nor do I really know myself,

and the fact that I think that I am following your will
does not mean that I am actually doing so.

But I believe that the desire to please you

does in fact please you.

And I hope I have that desire in all that I am doing.

I hope that I will never do anything
apart from that desire.

And I know that if I do this
you will lead me by the right road
though I may know nothing about it.

Therefore will I trust you always
though I may seem to be lost
and in the shadow of death.

I will not fear, for you are ever with me,
and you will never leave me to face my perils alone.

Prayer by John Henry Newman

Dear Jesus, help me to spread Your fragrance
everywhere I go.

Flood my soul with Your spirit and life.

Penetrate and possess my whole being so utterly,
that my life may only be a radiance of Yours.

Shine through me, and be so in me
that every soul I come in contact with may feel
Your presence in my soul.

Let them look up and see no longer me,
but only Jesus!

Stay with me and then I shall begin
to shine as you shine,
so to shine as to be a light to others;

the light, O Jesus will be all from You;
none of it will be mine;

it will be you, shining on others through me.

Let me thus praise You the way You love best,
by shining on those around me.

Let me preach You without preaching,
not by words but by my example,
by the catching force

of the sympathetic influence of what I do,
the evident fullness of the love
my heart bears to You. Amen.