

Murray, Albert A.  
— My favorite prayers  
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# My Favorite Prayers





MY  
FAVORITE PRAYERS



*Compiled by*  
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*of the*  
**PAULIST FATHERS**

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**Deacidified**

## Morning Prayer

O my God; I offer Thee all my actions of this day for the intentions and for the glory of the Sacred Heart of Jesus. I desire to sanctify every beat of my heart, my every thought, my simplest works, by uniting them to Its infinite merits; and I wish to make reparation for my sins by casting them into the furnace of Its merciful love.

O my God! I ask of Thee for myself and for those whom I hold dear, the grace to fulfil perfectly Thy Holy Will, to accept for love of Thee the joys and sorrows of this passing life, so that we may one day be united in Heaven for all Eternity. Amen.

*The Little Flower.*

## The Memorare

Remember, O most gracious Virgin Mary, that never was it known that any one who fled to thy protection, implored thy help or sought thy intercession, was ever left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

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## Morning Prayers

Sweet Jesus, lay Your wounded Hand upon my head and bless me. Stretch forth that same dear Hand and bless each one at home. (*Name them*) And now give me Your Crook, I will return it to You tonight, and help me to go around in Your Fold, just for today, doing Your work in Your way.

Do not let the human in me spoil anything You give me to do. Push me back when I would go wrong and make me go forward when I am afraid to do right. Be with me in my dealings with each soul with whom I come in contact and grant each may know, love and serve You better for having passed me by.

One favor more. You will not think me presumptuous for You understand me. I want to know, love and serve You better than anyone else on earth and when life's little day is ended and its task complete, give me a place at Your Feet to rest for all eternity.

My dearest Lord, what wilt Thou send me today? Humiliations, contradictions, physical sufferings, painful intelligence which I do not expect; an aching heart, a failure? Shall I see myself misjudged, wrongly suspected, despised? All that Thou wishest, O my God, I accept it all in advance, and if I weep through weakness, oh, regard it not; if I murmur, check me; if I am forgetful, punish me; if I am discouraged, raise me up. But through it all, teach me to say, "Thy Will be done."

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## Daily Offering

O my Jesus, I include myself in all the Holy Masses which are celebrated this day throughout the world, and offering them to Thee in union with the intentions of Thy Sacred Heart, I implore Thee to preserve for me, from each Holy Mass, one drop of Thy most Precious Blood to atone for my sins and their punishment.

Grant me also the grace of obtaining, through the merits of every Holy Sacrifice, the release of one poor soul from the pains of Purgatory, the conversion of one sinner, and also that one soul in the agony of death may obtain mercy, and that one mortal sin, which is so painful to Thy Sacred Heart, may be prevented. Amen.

## Jesus, Living In Mary

O Jesus, living in Mary! come and live in Thy servants, in the spirit of Thy holiness, in the fulness of Thy might, in the truth of Thy virtues, in the perfection of Thy ways, in the communion of Thy mysteries; subdue every hostile power, in Thy spirit for the glory of the Father. Amen.

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## Today

Lord, for tomorrow and its needs, I do not pray;  
Keep me, my God, from stain of sin, just for  
today.

Let me both diligently work, and duly pray;  
Let me be kind in word and deed, just for  
today.

Let me be slow to do my will, prompt to obey;  
Help me to mortify my flesh, just for today.

Let me no wrong or idle word, unthinking say;  
Set thou a seal upon my lips, just for today.

Let me in season, Lord, be grave, in season  
gay;

Let me be faithful to thy grace, just for today.

And if today, my tide of life should ebb away,  
Give me Thy Sacraments divine, Sweet Lord,  
today.

In Purgatory's cleansing fires brief be my stay;  
O bid me, if today I die, come home today.

So for tomorrow and its needs I do not pray;  
But guide me, guard me, keep me, Lord, just  
for today.

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## Learning Christ

Teach me, my Lord, to be sweet and gentle in all the events of life; in disappointments, in the thoughtlessness of others, in the insincerity of those I trusted, in the unfaithfulness of those on whom I relied.

Let me put myself aside, to think of the happiness of others, to hide my little pains and heartaches, so that I may be the only one to suffer from them.

Teach me to profit by the suffering that comes across my path.

Let me so use it that it may mellow me, not harden nor embitter me; that it may make me patient, not irritable; that it may make me broad in my forgiveness, not narrow, haughty and overbearing.

May no one be less good for having come within my influence. No one less pure, less kind, less noble for having been a fellow-traveler in our journey toward Eternal Life.

As I go my rounds from one distraction to another, let me whisper, from time to time, a word of love to Thee. May my life be lived in the supernatural, full of power for good, and strong in its purpose of sanctity.

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## Daily Offerings—

### AT MORNING

My God, I offer Thee  
All thou appointest me;  
    All that the day may bring  
    Of joy or suffering;  
All that Thou givest to-day;  
    All that Thou takest away;  
    All Thou would'st have me be;  
    My God, I offer Thee.

### AT NOON

Lord, in Thy pierced hands  
    I lay my heart:  
    Lord, at Thy pierced feet  
    I choose my part;  
    Lord in Thy wounded side  
    Let me abide.

### AT NIGHT

Now that the day doth end,  
My spirit I commend  
    To Thee, my Lord, my Friend.  
    In Thy hands, yea, Thine,  
    Those glorious hands benign,  
    Those human hands divine,  
    My spirit I resign.

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## Evening Prayers

O Divine Jesus! lonely tonight in so many Tabernacles, without visitor or worshipper, I offer Thee my loving heart, and may its every pulsation be a prayer of love to Thee. Thou art ever watching under the Sacramental Veil; in Thy love Thou never sleepest, and Thou art never weary of Thy vigils for sinners.

O lovely Jesus! O lonely Jesus! may my heart be a lamp, the light of which shall burn and beam for Thee alone.

O My Lord and Saviour, support me in my last hour by the strong arms of Thy sacraments, and the fragrance of Thy consolations. Let Thy absolving words be said over me, and the holy oil sign and seal me; and let Thine own Body be my food, and Thy Blood my sprinkling; and let Thy Mother Mary come to me, and Thy glorious saints and my own dear patrons smile on me, that in and through them all I may die as I desire to live, in Thy Church, in Thy Faith, and in Thy love. Amen.

O Lord, support us all the day long of this troublous life, until the shades lengthen and the evening comes, and the busy world is hushed, the fever of life is over, and our work is done. Then, Lord, in Thy mercy, grant us a safe lodging, a holy rest, and peace at the last, through Jesus Christ our Lord. Amen.

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## To My Guardian Angel

Good night, my Guardian Angel dear!  
I thank thee, spirit bright,  
For thy sweet love and constant care  
Thy guidance and thy light.  
From sin and harm preserve me still  
Nor let vain fears affright;  
Conform my heart to God's dear will  
Sweet Angel mine, good night!

## Abide With Me

Abide with me, fast falls the eventide,  
The darkness deepens; Lord, with me abide;  
When other helpers fail, and comforts flee,  
Help of the helpless, O abide with me.

Swift to its close ebbs out life's little day,  
Earth's joys grow dim, its glories pass away;  
Change and decay in all around I see,  
O Thou, Who changest not, abide with me.

I need Thy presence every passing hour,  
What but Thy grace can foil the tempter's  
power?  
Who like Thyself my guide and star can be?  
Through cloud and sunshine, Lord abide with  
me.

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## De Profundis

Out of the depths have I cried unto Thee, O Lord; Lord, hear my voice.

Let Thine ears be attentive to the voice of my supplication.

If Thou, O Lord, wilt mark iniquities; Lord, who shall stand it?

For with Thee there is merciful forgiveness: and by reason of Thy law, I have waited for Thee, O Lord.

My soul hath relied on His word; my soul hath hoped in the Lord.

From the morning watch even until night: let Israel hope in the Lord.

Because with the Lord there is mercy: and with Him plenteous redemption.

And He shall redeem Israel from all his iniquities.

Eternal rest grant unto them, O Lord.

And let perpetual light shine upon them.

May they rest in peace. Amen.

\* \* \* \* \*

O gentlest Heart of Jesus, ever present in the Blessed Sacrament, ever consumed with burning love for the poor souls in Purgatory, have mercy on the souls of Thy servants, bring them from the shadows of exile to the bright home of Heaven, where we trust, Thou and Thy Blessed Mother have woven for them a crown of unfading bliss. Amen.

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## Prayer For a Happy Death

Jesus, My Divine Saviour, Thou didst choose to pay the penalty of death upon the cross for the sins of mankind. I now welcome death as the just punishment of all the sins of my life, and I accept calmly and gladly from the hand of God whatever manner of death it may please Him to send me, together with all its pains, anguish, and suffering. May I, O Lord, through Thy grace, turn to Thee with perfect contrition now and at the dread moment of death.

Mary, Blessed Mother, I beseech thee to pray for me now and at the hour of death. May thy prayer win for me the grace to prepare daily for death, and to be filled with the desire to be dissolved and to be with Christ.

Saint Joseph, Patron of a happy death, whose blessed privilege it was to die in the arms of Jesus and Mary, obtain for me the grace that I, too, may die in Their holy presence.

\* \* \* \* \*

Grant me grace, O merciful God, to desire ardently all that is pleasing to Thee, to examine it prudently, to acknowledge it truthfully, and to accomplish it perfectly, for the praise and glory of Thy name. Amen.

*St. Thomas.*

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## My Lesson

Only to rest where He puts me,  
Only to do His Will;  
Only to be what He made me,  
Though I be nothing still,  
Never to look beyond me,  
Out of my little sphere,  
If I could fill another,  
God would not keep me here.

Only take what He gives me,  
Meek as a little child;  
Questioning nought of the reason,  
Joyful or reconciled.  
Only to take what He gives me,  
Patiently — gladly — today;  
With never a thought of tomorrow,  
Leaning on Him all the way,

Only to watch in the working,  
Lest I should miss His smile,  
Striving to still earth's voices,  
Listening for His all the while.  
Only to look to Him ever,  
Only to rest at His Feet,  
All that He sayeth, to do it,  
Then shall my life be complete.

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## To Our Lady

Mary, our Mother, Queen of Heaven, teach us to bless the name of thy Divine Son. Help us to extend His Kingdom on earth. Obtain for us the grace that we, even as the Blessed in heaven, may welcome the holy Will of God. Help us to seek our daily bread, which will nourish both soul and body. Beg for us full measure of forgiveness, and obtain for us the grace to forgive in like manner. Guide us, that we enter not into temptation. O Blessed Mother, beseech our Divine Savior that we may be delivered from the evils that beset us now and until the moment of our death. Amen.

Mary, Mother of Mercy, I beseech thee to obtain for me the grace to avoid all grievous sins, every deliberate venial sin, and the near occasions of sin. I ask that, through a holy life, I may save my own soul and, by my zeal and good example, help to save the souls of many others.

I beg of thee, Mother of Mercy, to obtain for me the precious grace to receive worthily the last Sacraments in the full possession of all my faculties and thus through a good life and a happy death I may glorify God through Christ, forever. Amen.

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## Prayer For All In Trouble

Holy Virgin, in the midst of your glorious days, do not forget the sadness of earth. Cast a look of goodness on those who are suffering, who are fighting against difficulties.

Have Pity on those who love one another and who have been separated.

Have pity on the loneliness of our hearts.

Have pity on the weakness of our faith.

Have pity on the objects of our love.

Have pity on those who are weeping, on those who are praying, on those who are seized with fear.

Give to all of us hope and peace with Victory!

Amen.

O most Merciful Jesus, Lover of souls. I pray Thee, by the agony of Thy most Sacred Heart, and by the sorrows of Thine Immaculate Mother, cleanse in Thine Own Blood the sinners of the whole world who are now in their agony and who are to die this day. Amen.

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## Prayers to St. Joseph

To thee O blessed Joseph, we have recourse in our affliction, and having implored the help of thy thrice holy Spouse, we now with hearts filled with confidence earnestly beg thee also to take us under thy protection. By that charity wherewith thou wert united to the Immaculate Virgin, mother of God, and by that fatherly love, with which thou didst cherish the Child Jesus, we beseech thee and we humbly pray that thou wilt look down with gracious eye upon that inheritance which Jesus Christ purchased by His blood, and wilt succor us in our need by thy power and strength.

Defend, O most watchful guardian of the Holy Family, the chosen offspring of Jesus Christ. Keep from us, O most loving Father, all blight of error and corruption. Aid us from on high, most valiant defender, in this conflict with the powers of darkness. And even as of old thou didst rescue the Child Jesus from the peril of His life, so now defend God's Holy Church from the snares of the enemy and from all adversity. Shield us ever under thy patronage, that, imitating thy example and strengthened by thy help, we may live a holy life, die a happy death and attain everlasting bliss in heaven. Amen.

*Pope Leo XIII.*

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O Blessed St. Joseph, tenderhearted father, faithful guardian of Jesus, chaste spouse of the Mother of God, I pray and beseech thee to offer to God the Father, His divine Son, bathed in blood on the cross for sinners, and through the thrice holy Name of Jesus obtain for us of the eternal Father the favor we implore.

Appease the Divine anger so justly inflamed by our crimes, beg of Jesus mercy for thy children. Amid the splendors of eternity forget not the sorrows of those who suffer, those who pray, those who weep, stay the Almighty arm which smites us, that by thy prayers and those of thy most holy Spouse the Heart of Jesus may be moved to pity and to pardon. Amen.

Saint Joseph, pray for us.

\* \* \* \* \*

Lord Jesus, animate and vivify all in me, my soul, my body, my senses, my powers, and all my members direct them, bend them to Thy desires alone. Govern my tongue that it may know how to pray and to speak of Thy benefits; my eyes that they may see Thy marvels; my ears that they may listen to Thy voice, Thy precepts and Thy counsels; my heart that it may love Thee; my members that all may work in harmony for Thy glory and the salvation of my brethren. Amen.

*Elizabeth of the Trinity.*

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## An Act of Trust

My Lord and my God, I believe all that Thou hast ever taught.

There is nothing harder for me to believe than Thy personal love for one so sinful and so worthless as I am, but I do believe it, Lord, and therefore, O Sacred Heart of Jesus, I place my trust in Thee.

I believe that Thy love for me is not an affair of yesterday. "Thou hast loved with an everlasting love," and therefore O Sacred Heart of Jesus, I place all my trust in Thee.

I believe Thy love for me is as tender as a mother's love, and therefore, O Sacred Heart, I place all my trust in Thee.

I believe Thou hast planned everything that shall ever happen to me, lovingly and wisely, and therefore, O Sacred Heart of Jesus I place all my trust in Thee.

I will never seek pleasure forbidden by Thee, because Thou knowest what is bad for me and what is good, and I trust in Thee O Sacred Heart of Jesus.

I will always pray, "Thy Will be done" because I trust in Thee, O Sacred Heart of Jesus.

I will accept the crosses of life, as I accept the joys, with a grateful heart, because I trust in Thee O Sacred Heart.

I will not be worried or anxious about anything, because I trust Thee O Sacred Heart.

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I will never lose heart in my efforts to be good, because I trust Thee O Sacred Heart.

However weak or sinful I may be, I will never doubt Thy mercy, because O Sacred Heart of Jesus I place my trust in Thee.

In all my temptations,  
In all my weakness,  
In all my difficulties,  
In all my trials,  
In all my sorrows,  
In every failure,  
In every discouragement,  
In all my undertakings,  
In life and in death,  
In time and eternity,

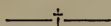
I place my trust in Thee O Sacred Heart.

May the grace and blessing of the Sacred Heart of Jesus be with me; may the peace of the Sacred Heart encompass me; may the merits of the Sacred Heart plead for me; may the love of the Sacred Heart inflame me; may the sorrows of the Sacred Heart console me; may the zeal of the Sacred Heart animate me; may the virtues of the Sacred Heart shine forth in my every word and every work; and may the joys of the Beatific Vision be my eternal recompense. Amen.

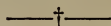
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## Prayers Before Communion

My God, help me to make a good Communion. To Thy glory and for the good of my soul I wish to receive the Most Holy Sacrament. Mary, my Mother, pray to Jesus for me. My good angel guardian, lead me to the altar of God. My patron saints, pray for me that I may receive the Lord with a heart that is pleasing to Him and with great profit to my soul.



Dear Jesus, Thou art here present with Thy angels. My heart and thoughts are known to Thee; I am soon to receive Thee. My good angel, now at my side, help me; teach me how to speak to Jesus when He comes to me.



Dear Jesus, I firmly believe Thou art truly and really present in the Blessed Sacrament. Oh make me realize that Thou art coming to me; let me think how great Thou art, and how great it is for You to come to me. I believe all the Catholic Church teaches and I want to live up to these teachings; of myself I can do nothing but in Thee I can do all things; help Thou me.

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## Prayers After Communion

My God, enable me to bear Thee, for Thou alone canst.

Cleanse my heart and my mind from all that is past.

Wipe out clean all my recollections of evil.

Rid me from all languor and sickliness, from all irritability and feebleness of soul.

Give me a true perception of things unseen.

Make me truly practically, and in the details of life, prefer Thee to anything on earth and the future world to the present.

Give me courage, and a true instinct determining between right and wrong.

Give me humility in all things and a tender, longing love of Thee!

—*Cardinal Newman*

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O Holy Spirit of God, take me as Thy disciple; guide me, illuminate me, sanctify me. Bind my hands, that they may do no evil; cover my eyes, that they may see it no more; sanctify my heart, that evil may not dwell within me. Be Thou my God; be Thou my guide. Whithersoever Thou leadest me I will go; whatsoever Thou forbiddest me I will renounce; and whatsoever Thou commandest me, in Thy strength I will do. Lead me, then, unto the fullness of Thy truth. Amen.

*Cardinal Manning.*

## Thanksgiving

I give Thee thanks, eternal Father, for having, out of Thy pure mercy, without any deserts of mine, been pleased to feed my soul with the body and blood of Thy only Son, Our Lord Jesus Christ. I beseech Thee that this holy communion may not be to my condemnation, but prove an effectual remission of all my sins. May it strengthen my faith; encourage me in all that is good; deliver me from my vicious customs; remove all concupiscence; perfect me in charity, patience, humility, and obedience, and in all other virtues. May it secure me against all the snares of my enemies, both visible and invisible; perfectly moderate all my inclinations, closely unite me to Thee, the true and only good, and happily settle me in unchangeable bliss. I now make it my hearty request, that Thou wilt one day admit me, though an unworthy sinner, to be a guest at Thy divine Banquet where Thou, with Thy Son and the Holy Ghost, art to Thy saints true light, the fulfilling of their every desire, their everlasting gladness, their treasure beyond price, and their utter happiness. Through the same Christ our Lord. Amen.

*St. Thomas Aquinas*

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## For Patience

**P**ATIENCE today, my Soul; tomorrow will bring whatever God wills; meanwhile let us do the will of the Lord. Yesterday is past, and nothing more remains of its sufferings; the merit of it would remain had I offered it to God. Today I will merit by my sufferings. Today is only one day, and does not signify much. My God! can I do less than offer Thee the troubles, the sufferings, the fatigues of a single day? May those of this day be all for Thy love; I offer them to Thee for the Heart of Jesus, and in thanksgiving for all Thy benefits.

## Contrition

**C**AN you resist the mercy of the Lord? Come hither to the cross of Christ. Press your forehead against the hard wood of it. Let His blood trickle down on your hair. Kiss those feet and say: Dear feet that walked so far and wearily for me and now are pierced for me, I love you. Dear arms of Christ outstretched, embrace me. Dear blood of Christ, flowing for me, cleanse me. Dear heart of Christ, broken for me, forgive me. I am yours. Your Cross has conquered me. I am sorry for my sins, I wish I had never committed them. If I had it to do over again I would do otherwise. By Thy love and Thy grace I will never, never sin again.

—Robert Kane, S. J.

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## For Courage

DEAR GOD, give me courage, for perhaps I lack it more than anything else. I need courage before men against their threats and against their seductions. I need courage to bear unkindness, mockery, contradiction. I need courage to fight against the devil, against terrors and troubles, temptations, attractions, darkness and false lights, against fears, depression, and above all fear. I need your help dear God. Strengthen me with Thy love and Thy grace. Console me with Thy blessed Presence and I will try to go on and be brave.

## For Peace

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, and 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.

*St. Francis of Assisi.*

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## For Purity

O JESUS, through frequent union with Thy Sacred Humanity in Holy Communion, may my mind be pure, my body chaste, my words and manner modest. May the Sacrament of Thy Body and Blood keep the laxity of the times out of my life. Cleanse my mind of the memory of evil that begets so many temptations. Keep me from the occasions of sin, and be with me in the hour of temptation. I am sorry for my recklessness in the past, when I plunged headlong into danger. Help me guard my eyes and to give no time to dangerous reading. Free my ears from all contaminating influences, especially during my working hours. Never let me forget Thy spotless Presence no matter where I may be.

Come, O Holy Ghost and Creator, come and breathe Thy spirit of life and of beauty into worldly, sensual, sickly man, transform him utterly, pluck him from the midst of his narrow, petty intellectual existence, from the stupid insignificance of his daily life, and teach him instead to live after the pattern of Christ.

O Holy Spirit, Spirit of Truth, come into our hearts; shed the brightness of Thy light on all nations, that they may be one in Faith and pleasing to Thee.

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## Petitions of St. Augustine

Lord Jesus, let me know myself, let me know  
Thee,

And desire nothing else but Thee.

Let me hate myself and love Thee,  
And do all things for the sake of Thee.

Let me humble myself and exalt Thee,  
And think of nothing else but Thee.

Let me die to myself and live in Thee,  
And take whatever happens as coming from  
Thee.

Let me forsake myself and walk after Thee,  
And ever desire to follow Thee.

Let me flee from myself, and turn to Thee,  
That so I may merit to be defended by Thee.

Let me fear for myself, let me fear Thee,  
And be amongst those who are chosen by  
Thee.

Let me distrust myself, and trust in Thee.  
And ever obey for the love of Thee.

Let me cleave to nothing but only to Thee,  
And ever be poor for the sake of Thee.

Look upon me, that I may love Thee.

Call me, that I may see Thee

And forever possess Thee. Amen.

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## Jesus, Help Me!

In every need let me come to Thee with humble trust, saying, Jesus, help me! In all my doubts, perplexities, and temptations, Jesus, help me!

In hours of loneliness, weariness and trials, Jesus, help me!

In the failure of my plans and hopes; in disappointments, troubles and sorrows, Jesus, help me!

When others fail me, and Thy Grace alone can assist me, Jesus, help me!

When I throw myself on Thy Tender Love as a Father and Saviour, Jesus, help me!

When my heart is cast down by failure at seeing no good come from my efforts, Jesus, help me!

When I feel impatient, and my cross irritates me, Jesus, help me!

When I am ill, and my head and hands cannot work and I am lonely, Jesus, help me!

Always, always, in spite of weakness, falls and shortcomings of every kind, Jesus, help me and never forsake me!

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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 Thy wounds hide me.  
Suffer me not to be separated from Thee.  
From the evil enemy defend me.  
In the hour of my death call me.  
And bid me come unto Thee.  
That with all Thy saints I may praise Thee  
For all eternity. Amen.

\* \* \* \* \*

Praise, adoration, love and thanksgiving be every moment given to the Eucharistic Heart of Jesus in all the tabernacles of the world, even unto the end of time. Amen.

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Keep us, O God, from pettiness: let us be large in thought, in word, in deed.

Let us be done with fault-finding, and leave off self-seeking.

May we put away all pretense and meet each other face to face — without self-pity and without prejudice.

May we never be hasty in judgment and always generous.

Let us take time for all things: make us to grow calm, serene, gentle.

Teach us to put into action our better impulses, straightforward and unafraid.

Grant that we may realize it is the little things that create differences; that in the big things of life we are at one.

And may we strive to touch and to know the great, common, human heart of us all — and —

O Lord God, let us forget not, to be kind.

\* \* \* \* \*

Lord Jesus, infuse into us the spirit of Thy love, that, in the hour of our death we may conquer the enemy and attain the eternal crown. Who livest and reignest forever. Amen.

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## To My Crucifix

O Cross of Jesus, Supreme Consoler  
I will never forget what Thou didst do  
To calm the waves of despair  
And transform blinding tears  
Into tears of peace and gladness.

May my last look be upon the Sacred  
Image of my Saviour.  
May a friendly hand place it in mine,  
Raise it to my dimming vision,  
Press it to my lips.

And when the last moment is come  
And I am too weak to utter a prayer,  
My eyes fixed on Thee shall bear  
To my soul the succor of Thy Presence.  
Blessed shall I be  
Dying in a look of love.

\* \* \* \* \*

O God, Who wert pleased that Thy Son  
should undergo for us the torments of death  
upon the cross, that Thou mightest drive away  
from us the power of the enemy; grant unto  
us Thy servants that we may attain to the  
grace of the Resurrection. Through the same  
Christ our Lord. Amen.

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## Jesus, Gentle Saviour

Jesus, gentle Saviour,  
God of might and power,  
Thou Thyself are dwelling  
In me at this hour.

Multiply Thy graces,  
Chiefly love and fear,  
And, dear Lord, the chiefest,  
Grace to persevere.

When my heart Thou leavest,  
Lord, worthless though it be,  
Give it to Thy Mother  
To be kept for Thee.

\* \* \* \* \*

Teach us, good Lord, to serve Thee as Thou deservest; 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 any reward, save that of knowing that we do Thy will; through Jesus Christ our Lord. Amen.

Take, O Lord, all my liberty. Receive my memory, understanding, and entire will. Thou hast bestowed on me whatever I have or possess; I give all back to Thee, and deliver it to Thee to be entirely subject to Thy will. Only grant me Thy love and Thy grace, and I am rich enough and ask for nothing more.

*St. Ignatius.*

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## A Rule of Life

Be careful to recite your morning and evening prayers. Even if you have no time to recite longer prayers or even to kneel down, be sure to raise your mind and heart to God, reciting some short prayer known by heart. Never go to your rest at night without thinking of God and offering yourself to Him.

Review the day's faults. Resolve to do better.

On Sundays and Holydays of Obligation be careful to assist at Holy Mass.

Go to Confession frequently. Receive Holy Communion as often as possible.

A man is known by his company. Don't associate with evil-minded men and women.

Avoid listening to or telling bad stories; looking at indecent pictures; reading improper magazines or books. Control every immodest desire.

Respect the name of God and of His Son Jesus Christ.

Beware of the idle hour; use it well.

Now and again during the day raise your thoughts to God. Offer a prayer for those at home.

When you have unfortunately committed sin, be not discouraged. Ask God's pardon; resolve never to sin again and seek the sacrament of penance.

Remember it is appointed for you once to die. Pray that you may die worthily.

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