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J.M.J.

PRAYER OF SAINT BENEDICT OF NURSIA

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O Lord, I place myself
in Your hands
and dedicate myself to You.
I pledge myself
to do Your will in all things:

To love the Lord God with
all my heart, all my soul,
all my strength.

Not to kill.

Not to steal.

Not to covet.

Not to bear false witness.

To honor all persons.

Not to do to another what
I would not wish done
to myself.

To chastise the body.

Not to seek after pleasures.

To love fasting.

To relieve the poor.

To clothe the naked.

To visit the sick.

To bury the dead.

To help in trouble.

To console the sorrowing.
To hold myself aloof
from worldly ways.

To prefer nothing
to the love of Christ.

Not to give way to anger.

Not to foster a desire
for revenge.

Not to entertain deceit
in the heart.

Not to make a false peace.

Not to forsake charity.

Not to swear,
lest I swear falsely.

To speak the truth
with heart and tongue.

Not to return evil for evil.

To do no injury:
yea, even
to bear patiently
any injury done to me.

To love my enemies.

Not to curse those
who curse me,
but rather to bless them.

To bear persecution
for justice' sake.
Not to be proud.
Not to be given
to intoxicating drink.
Not to be an over-eater.
Not to be lazy.
Not to be slothful.
Not to be a murmurer.
Not to be a detractor.
To put my trust in God.
To refer the good I see
in myself to God.
To refer any evil
in myself to myself.
To fear the Day of Judgment.
To be in dread of hell.
To desire eternal life
with spiritual longing.
To keep death
before my eyes daily.
To keep constant watch
over my actions.
To remember that God
sees me everywhere.

To call upon Christ
for defense
against evil thoughts
that arise in my heart.
To guard my tongue
against wicked speech.
To avoid much speaking.
To avoid idle talk.
To read only what is
good to read.
To look at only what is
good to see.
To pray often.
To ask forgiveness daily
for my sins,
and to seek ways
to amend my life.
To obey my superiors
in all things rightful.
Not to desire
to be thought holy,
but to seek holiness.
To fulfill the commandments
of God by good works.
To love chastity.

To hate no one.
Not to be jealous
or envious of anyone.
Not to love strife.
Not to love pride.
To honor the aged.
To pray for my enemies.
To make peace after a quarrel,
before the setting
of the sun.
Never to despair
of Your mercy,
O God of Mercy. Amen.

