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J.M.J.

## PRAYERS OF SAINT GERTRUDE THE GREAT



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HOW PLEASING IT IS TO  
OUR LORD TO PRAY WITH  
HANDS OUTSTRETCHED  
IN FORM OF THE CROSS.

*St. Gertrude said to our Lord: Teach me, O Thou best Teacher, some one way at least in which we may most specially set forth the memory of Thy holy Passion.*

*Our Lord answered her thus:*

*When you pray, spread forth your hands so as to represent to God the Father the memory of My Passion, in union with that love with which I stretched out My hands on the cross; and if you do this habitually, without fear of ridicule or reproach, you will pay Me an honour as great as is shown to a king when he is solemnly enthroned.*

WHEN THE CLOCK STRIKES.

O Most sweet Jesus, I commend to Thy Divine Heart all that I have done in the hour that is gone, to be cleansed and purified, and offered to God the Father for his eternal praise.

And whatsoever I shall do in the hour that is beginning, I resolve to do simply and purely for the

glory of God and for the salvation of all mankind, in union with Thy Passion. Amen.

BEFORE WORK.

*Our Lord directed St. Gertrude to tell a certain person to form the following intention before beginning any work:*

O Lord Jesus, in union with Thy most perfect actions I commend to thee this my work, to be directed according to Thy adorable will, for the salvation of all mankind. Amen.

AFTER WORK.

O Lord Jesus, in union with Thy most perfect actions I offer Thee this my work, to be amended and cleansed, and presented as is fit to God the Father, to His eternal praise. Amen.

BEFORE EATING.

*Our Lord said to St. Gertrude:*

*He who takes care to eat and drink, &c. with the intention expressed in the following prayer, holds as it were a buckler before Me, to defend Me from the insults and injuries of the worldly.*

O Lord Jesus, I take this food in that same love wherewith Thou hast sanctified it, when in Thy most holy Humanity Thou didst deign to eat and to drink to the glory of God the Father, and for the salvation of the whole human race; beseeching Thee that, in union with Thy divine love, it may tend to the increase of glory, and salvation of all Thine elect in heaven, on earth, or in purgatory.

#### WHILE EATING.

*St. Gertrude was accustomed to say frequently while eating:*

MAY the virtue of Thy divine love incorporate me wholly into Thee, O my most loving Jesus!

*And while drinking:*

O MOST loving Jesus, pour into my heart and preserve within me the energy of Thine own most glowing charity; may it pervade all my substance, and flow evermore through every faculty of my body and soul, to Thine eternal praise and glory! Amen.

*She asked our Lord whether He would accept a like devotion from all who might offer it to Him and*

*received this reply:*

*Whenever any one eats or drinks with this intention and devotion, I will acknowledge in presence of my Father that I have eaten with him, and that he has given Me to drink; and I will show to him in due time the utmost tenderness of My love.*

#### AFTER FALLING INTO SIN.

*St Gertrude said to our Lord: Teach me, O best of Teachers, how to efface the stains of sin which I contract from time to time. She received this answer:*

*Never allow these stains to remain upon thy conscience; but as soon as thou feelest thyself defiled by any fault, say to Me with a devout heart:*

O Christ Jesus, my only Salvation and Hope, grant that all my transgressions may be blotted out by Thy most efficacious death. Amen.

#### INTENTION BEFORE SLEEP.

*Taught to St. Gertrude by our Lord.*

OLORD JESUS, I accept this sleep in the love with which Thou didst

sanctify it when Thou didst deign to sleep in Thy most sacred Humanity, to the glory of God the Father, and for the salvation of all the whole human race; beseeching thee that, in union with Thy divine Son, it may tend to the increase in grace and glory of all Thine elect, in heaven, on earth, and in purgatory. Amen

#### PRAYER FOR SLEEP.

*On one occasion when St. Gertrude could not sleep, she learned this prayer from Christ Himself.*

By Thine own eternal and unruffled repose in the bosom of God the Father, by Thy most peaceful rest in the womb of the Blessed Virgin, by the most ecstatic rapture with which Thou didst ever take Thy delight in the hearts of those who love Thee, I beseech Thee, O most loving Lord, deign to grant me needful sleep, not for my pleasure or advantage, but that the weary members of my body may be refreshed to labour for Thy eternal praise and glory. Amen.