

PRAYERS AND THOUGHTS OF SAINT FRANCIS DE SALES



Be at Peace

Be at peace.
Do not look forward in fear
to the changes of life;
rather look to them
with full hope as they arise.
God, whose very own you are,
will deliver you
from out of them.
He has kept you hitherto, and
He will lead you safely
through all things;
and when you cannot stand it,
God will bury you in his arms.

Do not fear what
may happen tomorrow;
the same everlasting Father
who cares for you today
will take care of you then
and every day.
He will either shield you from
suffering, or give you unfailing
strength to bear it.
Be at peace,
and put aside
all anxious thoughts
and imagination.

— *St. Francis de Sales* 1567-1622

Blessed Virgin Mary

O Blessed Virgin, dear mother of
mine, I salute you, and revere
you with all my heart. Mother of
Mercy, pray for me. Queen of
Heaven, I commend my soul to
you. O my tender Mother,
obtain that I may be loved by
your Son. Sweet hope with
Jesus, sweet refuge of sinners, I
throw myself at your feet. Cause
me to experience the effect of the
power which you possess with
the Holy Trinity, O glorious
Virgin Mary. Amen

Special Need

Say not, merciful Virgin, that
you cannot help me; for your
beloved Son has given you all
power in heaven and on earth.
Say not that you ought not assist
me, for you are the mother of all
the poor children of Adam, and
mine in particular. Since then,
merciful Virgin, you are my
mother and you are all-
powerful, what excuse can you
offer if you do not lend your
assistance? See. my mother, see,

you are obliged to grant me what I ask, and to yield to my entreaties.

An Act of Abandonment

O my God, I thank you and I praise you for accomplishing Your holy and all-lovable will without any regard for mine.

With my whole heart,
in spite of my heart,
do I receive this cross
I feared so much!

It is the cross of Your choice,
the cross of Your love.
I venerate it;
nor for anything in the world
would I wish that
it had not come,
since You willed it.

I keep it with gratitude
and with joy,
as I do everything that comes
from Your hand;
and I shall strive to carry it
without letting it drag,
with all the respect
and all the affection
which Your works deserve.
Amen.

Direction of Intention

My God, I give you this day. I offer you, now, all of the good that I shall do and I promise to accept, for love of you, all of the difficulty that I shall meet. Help me to conduct myself during this day in a manner pleasing to you. Amen.

Confidence in God

It is good to mistrust ourselves, but how would that advantage us were we not to throw all our confidence on God, and to wait on His mercy? If you feel no such confidence, cease not on that account from making these acts and from saying to Our Lord: "Yet, O Lord, though I have no feeling of confidence in You, nevertheless, I know that You are my God, that I am all Yours, and that I have no hope but in Your goodness; so, I abandon myself entirely into Your Hands." It is always in our power to make these acts; although we have difficulty in performing them, still there is

no impossibility. Thus we testify faithfulness to our Lord.

My Cross

The everlasting God has in His wisdom foreseen from eternity the cross that He now presents to you as a gift from His inmost heart. This cross He now sends you He has considered with His all-knowing eyes, understood with His divine mind, tested with His wise justice, warmed with loving arms and weighed with His own hands to see that it be not one inch too large and not one ounce too heavy for you. He has blessed it with His holy Name, anointed it with His consolation, taken one last glance at you and your courage, and then sent it to you from heaven, a special greeting from God to you, an alms of the all-merciful love of God.

Source:

<https://www.daily-prayers.org/angels-and-saints/prayers-of-saint-francis-de-sales/>