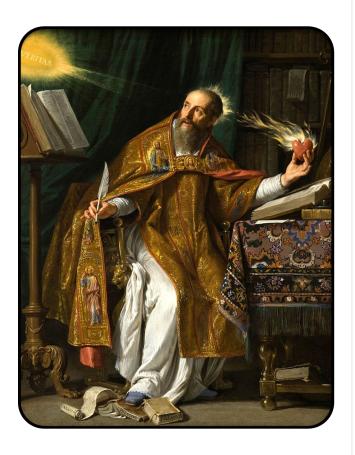
† J.M.J.

SAINT AUGUSTIN'S PRAYER FOR ALL VIRTUES



My God and my Lord, grant that my heart may aspire to Thee; that, aspiring to Thee, it may seek Thee; that, seeking Thee, it may find Thee; that, having found Thee, it may love Thee; and that its love for Thee may produce sorrow, and sorrow pardon for all my sins; and, being once pardoned, grant, oh grant that I may never offend Thee more.

Grant me sorrow,
my Lord and my God,
for having sinned against Thee;
grant me contrition
and the gift of tears;
and grant me that charity
towards Thee and
towards the poor
which may avail to cover
the multitude of my sins.

O divine Sovereign, quench within me, I beseech Thee, every impure passion and inclination; and kindle in my soul the holy fire of Thy love.

Drive far from me the spirit of pride; and grant me the grace of holy humility.

Restrain, dear Saviour,
I beseech Thee,
every violent outburst of anger,
and endow me with patience
and gentle forbearance.

Remove all sullen moroseness
and captiousness
from my mind;
and give me that confiding
kindness of heart,
which may lead me
to have a good opinion
of all.

Grant, oh grant me,
I implore Thee,
my dear Lord
and loving Father,
an immoveable faith,

a strong hope, and a lasting charity.

O Thou who art the guardian of my life, save me from lightness and vanity of disposition; from uncertainty of mind; from a dissipated heart; from gluttony and sensuality; from backbiting, from curiosity, and from covetousness: keep me from all vain glory; from all hypocrisy; from all treacherous flattery of others; from avarice, envy, and blasphemy.

Oh cleanse my nature from worldly anxiety, idleness, sloth, presumption, hardness of heart, and obstinacy; appease the violence of my temper; make my judgment ever yield to the dictates of reason; and my heart open to receive Thy holy inspirations.

Check the unruly freedom
of my speech.
Let me never oppress the poor,
never use violence
towards the weak,
nor calumniate even the wicked.
Let me never neglect
the salvation of those who
are dependent upon me.

Remove from my manner all bitterness and rudeness towards my servants: make me ever remember that their souls were the equals of mine when we came into this world, and that we shall be again equal after we shall have fulfilled our different parts in this fleeting life.

Let my friends never have cause to complain of my untruthfulness; and may none ever perceive arrogance in my conduct towards them.

Thus, O my God I beseech Thee by Thy tender love for us; by the merits of Thy beloved Son, I thus implore Thee to enable me to fulfil all the corporal and spiritual works of mercy which

Thou mayest demand of me.
Let me comfort the sorrowful,
instruct the ignorant,
relieve the poor,
visit and cheer the suffering
and those who are sick at heart.
May I willingly forgive injuries,
bear wrongs patiently,
love those who hate,
and do good to those
who injure me.

Let me not despise any one, but respect all; imitate the good, and avoid the wicked. Let me love virtue as much as I abhor vice.

O my Lord, may Thy grace uphold me in sorrow, and restrain me in joy; may it teach me to despise the fleeting interests of this life; and in all things, and above all things, may it prompt me fervently to aspire to the everlasting bliss of heaven, through Jesus my Lord and Saviour, who with Thee and the Holy Ghost, liveth and reigneth for ever.

Amen.