

A Prayer to Acquire the Virtues

“O God, all-powerful and all-knowing, without beginning and without end, You Who are the source, the sustainer, and the rewarder of all virtues,

Grant that [we] may abide on the firm ground of faith, be sheltered by an impregnable shield of hope, and be adorned in the bridal garment of charity.

Grant that [we] may through justice be subject to You, through prudence avoid the beguilements of the devil, through temperance exercise restraint, and through fortitude endure adversity with patience.

Grant that whatever good things [we] have, [we] may share generously with those who have not and that whatever good things [we] do not have, [we] may request humbly from those who do.

Grant that [we] may judge rightly the evil of the wrongs [we] have done and bear calmly the punishments [we] have brought upon [ourselves], and that [we] may never envy [our] neighbor’s possessions and ever give thanks for Your good things.

Grant that [we] may always observe modesty in the way [we] dress, the way [we] walk, and the gestures [we] use, restrain [our] tongue[s] from frivolous talk, prevent [our] feet from leading [us] astray, keep [our] eyes from wandering glances, shelter [our] ears from rumors, lower [our] gaze in humility, lift [our] mind[s] to thoughts of heaven, condemn all that will pass away, and love You only.

Grant that [we] may subdue [our] flesh and cleanse [our] conscience, honor the saints and praise You worthily, advance in goodness, and end a life of good works with a holy death.

Plant deep in [us], Lord, all the virtues, that [we] might be devout in divine matters, discerning in human affairs, and burdensome to no one in fulfilling [our] own bodily needs.

Grant to [us], Lord, fervent contrition, pure confession, and complete reparation.

Order [us] inwardly through a good life, that [we] might do what is right and what will be meritorious for [us] and a good example for others.

Grant that [we] may never crave to do things impulsively, nor disdain to do what is burdensome, lest [we] begin things before [we] should or abandon them before finishing.”
Amen.

Prayer for Purity

Jesus, Lover of chastity, Mary, Mother most pure, and Joseph, chaste guardian of the Virgin, to you I come at this hour, begging you to plead with God for me. I earnestly wish to be pure in thought, word and deed in imitation of your own holy purity.

Obtain for me, then, a deep sense of modesty which will be reflected in my external conduct. Protect my eyes, the windows of my soul, from anything that might dim the luster of a heart that must mirror only Christlike purity.

And when the "Bread of Angels becomes the Bread of me" in my heart at Holy Communion, seal it forever against the suggestions of sinful pleasures.

Heart of Jesus, Fount of all purity, have mercy on us.