

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.

Poverty

Lord Jesus Christ, who did find no room in the inn and for us and our salvation You were born in a stable, to flee into Egypt, dwell in Nazareth, labor as a carpenter, bid farewell to Your parents, choose poor fishermen as Your Apostles; You who did not have a place to lay Your head, but did promise blessings to the poor in spirit; You who was abandoned by Your disciples and friends, and at last allowed to die poor on a Cross.

Fill our hearts, we beseech You, with Your spirit of poverty, that thinking and feeling as You did think and feel, we may merit to live and die poor in spirit and in deed according to our vocation. Let us be crucified to the world and the world to us. Let us be not only satisfied but even pleased with frugal fare, and a simple life. By Your spirit let us abhor superficialities, willingly suffer the want of necessary things, never show ourselves greedy for money, never love possessions, promotions, work, parents, or friends with a mere natural love outside of You; may each one of us be animated by Your spirit and by a holy, apostolic love of the cross. Grant this dear Lord through the intercession of the Virgin Mother who lived a poor life, and whom I now lovingly welcome. Amen.