

## 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.

## **October: Recollection and Silence**

Lord Jesus, Your delight is to be with us; to Your Apostles you did leave this desire of Your Sacred Heart: "Abide in me and I in you... I am the vine, you are the branches." Help me, dear Lord, for the love of You to practice continual recollection by the exercise of the presence of God, and by short but fervent ejaculatory prayers. For love of You I shall observe silence of the heart, the mind and the tongue. With Your help I shall be a lover of solitude and avoid useless talking with people of the world; I shall introduce some devout reflections into my conversation as prudence suggests; in thought and in love let me be close to You, Lord Jesus. Mary my Mother help me to love Jesus Christ and for His sake to bid farewell to all earthly things forever. Amen.