

## 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.

## **September: Mortification Prayer**

Lord Jesus Christ who to redeem humanity, did crucify Yourself with such great love, and did commend mortification to Your disciples, make me remember that I can have no fruit of virtue unless like the grain of wheat falling to the ground, I die and am buried. Look, Lord, upon my infirmity and pour into my soul and body Your strength that I may conquer my passions, crucify my senses, lose my life, become a true lover of the crucified, bear about with me the mortification of Jesus Christ, and in this manner of life persevere to the end. O Mary, my Mother, obtain for me this holy strength so that for the love of Jesus Christ and my eternal welfare I may not cease to mortify my soul and body until the day of my death. Amen.