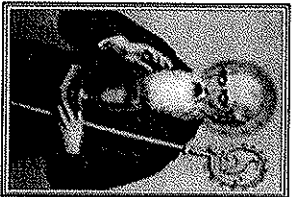




*Sts. Augustine, Monica*



*St. Benedict*



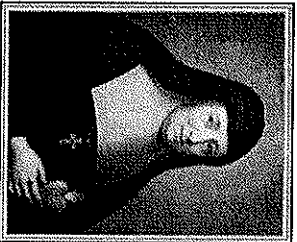
*St. Bernard*



*St. Catherine*



*St. Francis de Sales*



*St. Jane de Chantal*



*St. Ignatius of Loyola*



*St. Clare*



*St. Teresa of Avila*



*St. John of the Cross*



*St. Francis of Assisi*

**PRAYERS**  
*of the*  
**SAINTS**

## **Prayers of the Saints**

### **The Jesus Prayer**

“Lord Jesus Christ,  
Son of the Living God,  
Have mercy on me, a sinner.

### **Didache**

“Teaching of the Apostles” (1<sup>st</sup> - 2<sup>nd</sup> Century)

“We thank You, Father, for Your holy name, which You have caused to dwell in our hearts, and for the knowledge and faith and immortality which You have made known to us through Jesus Christ, Your Son; to You be glory forever.

You, Lord Almighty, have created all things for Your Name’s sake, and have given food and drink and eternal life through Your Son. For all things we render You thanks, because You are mighty. To You be glory forever.

Remember, O Lord, Your Church; deliver it from all evil make it perfect in Your love, and gather it from the four winds, sanctified for Your Kingdom which You have prepared for it, for Yours is the power and the glory forever.

Let grace come and this world pass away, ‘Hosanna to the God of David.’ if anyone is holy let him come; if any one is not, let him repent. Maranatha. Amen.

### **St. Hippolytus: An Evening Prayer (2<sup>nd</sup> - 3<sup>rd</sup> Century)**

We praise and thank You, O God, Through Your Son, Jesus Christ, our Lord, through whom You have enlightened us, by

My gifts are all unworthy, and so I offer You my very soul, O most loving Savior. I fear only one thing, my God, to keep my own will. Take it, therefore, for I choose all that You choose.

It is confidence and nothing else that leads one to Love. And what offends Jesus, what wounds His Heart, is lack of trust in Him.

If souls, who are as feeble and as imperfect as I, could feel as I feel, no one would despair of reaching the summit of the mountain of love. Jesus, indeed, does not demand great deeds, but only self-surrender and gratitude.

O my Beloved, I offer myself to You, that You may perfectly accomplish in me Your holy designs, and I will not allow anything created to be an obstacle to their accomplishment.

### **Charles de Foucauld (19th-20th Century) Prayer of Abandonment**

Father, I abandon myself into your hands;  
do with me what you will.

I am ready for all, I accept all. Let only your will be done in me,  
and in all your creatures. I wish no more than this, O Lord.

Into your hands I comment my soul;

I offer it to you with all the love in my heart,  
for I love you, Lord, and so need to give myself,  
to surrender myself into your hands,  
without reserve, and with boundless confidence,  
for you are my Father. Amen.

**Saint Louis-Marie Grignon de Montfort**  
(17<sup>th</sup> - 18<sup>th</sup> Century)

Our Father who art in heaven -  
You completely fill heaven and earth  
with the immensity of Your being,  
You are present everywhere;  
You are in the saints by your glory,  
In the damned by Your justice,  
In the good by Your grace,  
Even in sinners, by Your patience,  
tolerating them.  
Grant that we may always remember that we come from You  
and that we may live as Your true children.  
Grant that we may use our every power, our hearts and  
souls and strength to tend toward You, and You alone.

**Cardinal John Henry Newman (19<sup>th</sup> Century)**  
Meditation

God has created me to do Him some definite service; He has  
committed some work to me which He has not committed to  
another. I have my mission - I never may know it in this life,  
but I shall be told it in the next ... Therefore I will trust Him.  
Whatever, wherever, I am, I can never be thrown away. If I am  
in sickness, my sickness may serve Him; in perplexity, my  
perplexity may serve Him; if I am in sorrow, my sorrow may  
serve Him.

**Saint Therese of Lisieux (19<sup>th</sup> Century)**  
Abandonment to God

I consider that "all is vanity but to love God and serve Him  
alone." The grace which I especially ask, O Jesus, is never to  
offend You.

revealing the light that never fades.  
Night is falling and day's allotted span draws to a close.  
The daylight which You created for your pleasure has fully  
satisfied us; and yet, of Your own free gift, now the evening  
lights do no fail us.  
We praise You and glorify You through Your Son, Jesus  
Christ, Our Lord. Amen.

**St. Gregory Thaumaturgus - "The Wonder Worker"**  
(3<sup>rd</sup> Century)

Mary, you are the vessel and tabernacle containing all  
masteries. You know what the patriarchs never knew, you  
have experienced what was never revealed to the angels; you  
have heard what the prophets never heard.  
In a word, all that was hidden from preceding generations was  
made known to you; even more, most of these wonders  
depended on you. Amen.

**St. Athanasius (3<sup>rd</sup> Century)**

It is becoming to you to be mindful of us as you stand near  
Him who granted you all graces, for you are the Mother of  
God, Queen, Lady and Mistress. Do so for the King, the Lord  
God and Master who was born of you.

For this reason you are called "full of grace." Remember us,  
most holy Virgin, and bestow on us gifts from the riches of  
your graces, O Virgin full of grace. Amen.

**St. Basil the Great (4<sup>th</sup> Century)**

O Lord our God, teach us, we beseech You, to ask for the gift we need. Steer the ship of our life to Yourself, the quiet harbor of all storm-stressed souls.

Show us the course which we are to take. Renew in us the spirit of docility. Let Your Spirit curb our fickleness; guide and strengthen us to perform what is for our own good, to keep Your commandments and ever to rejoice in Your glorious and vivifying presence. Yours is the glory and praise for all eternity. Amen.

**St. Gregory Nazianzen (4<sup>th</sup> Century)**

Lord Jesus, You want us to become a living force for all humankind, lights shining in the world. You want us to become radiant lights as we stand beside You, the great light, bathed in Your glory, O Light of Heaven.

Let us enjoy more and more the pure and dazzling light of the Holy Trinity, as now we have received, though not in its fullness, a ray of its splendor, proceeding from the one true God, in Christ Jesus our Lord, to whom be glory and power for ever and ever. Amen.

**St. Ambrose (4<sup>th</sup> Century)**

O Lord, You are all merciful; take away my sins from me, and enkindle within me the fire of your Holy Spirit. Take away this heart of stone and give me a heart of flesh and blood, a heart to love and adore You, a heart which may delight in You, love You and please You, for Jesus' sake. Amen.

by this desire.

But I will restrain myself and peacefully await the hour which the divine Savior has destined for me, to overwhelm me with that bliss. In the meantime let us have only one desire, to please Him by doing His holy will in all things.

What God wishes for us, let it be done; we are His for time and eternity. Amen.

**Saint Mary Magdalen dei Pazzi (16<sup>th</sup> - 17<sup>th</sup> Century)**

Come Holy Spirit. Let the precious pearl of the Father and the Word's delight come. Spirit of truth, you are the reward of the saints, the comforter of souls, light in the darkness, riches to the poor, treasure to lovers, food for the hungry, comfort to the wanderer; to sum up, You are the one in whom all treasures are contained.

Come! As You descended on Mary, that the Word might become flesh, work in us through grace as You worked in her through nature and grace.

Come! Food of every chaste thought, fountain of all mercy, sum of all purity.

Come! Consume in us whatever prevents us from being consumed in You.

**Saint Alphonsus Liguori (17<sup>th</sup> - 18<sup>th</sup> Century)  
Spiritual Communion**

My Jesus, I believe that You are present in the Blessed Sacrament. I love You above all things and I desire You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You were already there, I embrace You and unite myself wholly to You. Do not permit that I should ever be separated from You.

may be.

You alone know the number and the extent of their sufferings and trials. Look down, Father of mercies, at those unhappy families suffering from war and slaughter; from hunger and illness and other severe troubles.

Spare them, O Lord, for it is truly a time of mercy. Amen

**Saint Francis de Sales (16<sup>th</sup> - 17<sup>th</sup> Century)**

Most blessed Virgin, worthy to be made Mother of God, faithful dispenser of the graces which your Son deigns to bestow on us in this life, I beg you, by the love of our divine Son, my Savior, Jesus Christ, to obtain for me of the Holy Spirit, your heavenly Spouse, celestial light and good counsel, by which I may know all I ought to do and how I ought to conform myself for the glory of God and furtherance of my own salvation.

Most sacred Virgin, I hope to receive this favor of heaven through your intercession; for next to God himself, I place my trust in you. Amen.

Do not fear what may happen to you tomorrow.  
The same Father who cares for you today,  
will care for you tomorrow and every other day.

Either He will shield you from suffering

or He will give you unfailing strength to bear it.

Be at peace, then and put aside all anxious thoughts and imaginings.

**Saint Jane Frances de Chantal (16<sup>th</sup> - 17<sup>th</sup> Century)**

O Holy Mother of the children of God! When shall I rest in your immortal arms? Our souls should be wholly consumed

**St. Jerome (4<sup>th</sup> Century)**

Show me, O Lord, Your mercy and delight my heart with it. Let me find You, since I seek You with such great longing.

Behold, here is the man whom the robbers seized, mishandled and left half dead on the road to Jericho. O kind-hearted Samaritan! Come to my aid.

I am the sheep who wandered into the wilderness; seek after me and bring me back to Your fold. Do with me according to Your will that I may abide with You all the days of my life and praise You with all those who are now with You in heaven, for all eternity. Amen.

**Saint Augustine of Hippo (4<sup>th</sup> - 5<sup>th</sup> Century)**

God, always the same, let me know myself, let me know you. I have prayed ... God our Father who exhort us to pray, who make it possible for us to pray, our entreaty is made to you, for when we pray to you we live better and we are better. Hear my groping in these glooms, and stretch forth your right hand to me. Shed your light on me, call me back from my wanderings. Bring yourself into me so that I may in the same way return to you. Amen. *Soliloquies 2,i, 1, 9*

Too late did I love you, O beauty of ancient days, yet ever new! Too late did I love you. And behold, you were within me and I was always away from home, and there I searched for you, deformed, plunging, absorbed in those beautiful forms which you had made. You were with me, but I was not with you. Things held me far from you, things which would not

have existed at all except for you. You called, you shouted, and burst in on my deafness. You flared into light and gleamed brightly at me and dispersed my blindness. You breathed forth fragrances and I drew in my breath, and still I pant for you. I tasted much, and still I hunger and thirst. You touched me, and I burned with desire for your peace. *Confessions 10, xxvii, 38*

Love, and do what you will. If you hold your peace, of love hold your peace; if you cry out, of love cry out. If you correct, of love correct. If you spare, through love do you spare. Let the root of love be within. Of this root nothing can spring but what is good. *On the 1<sup>st</sup> Epistle of John 7,8*

#### Christ be with Me

Saint Patrick (4<sup>th</sup> - 5<sup>th</sup> century)

Christ with me, Christ before me,  
Christ behind me, Christ in me,  
Christ beneath me, Christ above me,  
Christ on my right, Christ on my left,  
Christ where I lie, Christ where I sit, Christ where I arise,  
Christ in the heart of everyone who thinks of me,  
Christ in the mouth of everyone who speaks to me,  
Christ in every eye that sees me,  
Christ in every ear that hears me,  
Salvation is of the Christ.  
May your salvation, Lord, be ever with us.

be Your trustworthy instrument for Your honor.

May Your will be done in time and in eternity - by me, in and through me. Amen.

Christ has no body now on earth, but yours,

No hands but yours, No feet but yours.

Yours are the eyes through which the compassion of Christ must look out on the world.

Yours are the feet with which He is to go about doing good.

Yours are the hands with which He is to bless His people.

Let nothing disturb you, Let nothing frighten you.

All things pass. God does not change.

Patience achieves everything.

Whoever has God lacks nothing. God alone suffices.

Saint Charles Borromeo (16<sup>th</sup> Century)

Prayer for Priests

O Holy Mother of God, pray for the priests Your Son has chosen to serve the Church. Help them, by your intercession, to be holy, zealous and chaste. Make them models of virtue in the service of God's people.

Help them be pious in meditation, efficacious in preaching and zealous daily offering of the Holy Sacrifice of the Mass. Help them administer the Sacraments with joy. Amen.

Saint Peter Canisius (16<sup>th</sup> Century)

Prayer in Time of War and Suffering

O God, the refuge of the poor, the strength of those who toil, and the Comforter of all who sorrow, we commend to Your mercy the unfortunate and the needy in whatever land they

**Saint Ignatius of Loyola (16<sup>th</sup> Century)**

Teach us, good Lord, to serve You as You deserve; to give and not to count the cost; to fight and not to heed the wounds; to toil and not to seek for rest; to labor and not to ask for any reward, save that of knowing that we do Your will.

Take, O Lord, and receive my entire liberty, my memory, my understanding and my whole will.

All that I am, all that I have, You have given to me, and I will give it back to You

to be disposed of according to Your good pleasure.

Give me only Your love and Your grace; with You I am rich enough,

nor do I ask for anything besides.

Behold, O supreme King and Lord of all, I, though most unworthy, yet relying on Your grace and help, offer myself entirely to You, and submit all that I have to Your will, declaring before Your Infinite goodness, and in the sight of the glorious Virgin, Your Mother, and all the heavenly court, that this is my mind, my desire and my decree: to follow You as nearly as I can, and to imitate You in bearing insults and adversities with true patience, both interior and exterior. Amen

**Teresa of Avila (16<sup>th</sup> Century)**

Lord, grant that I may always allow myself to be guided by You, always follow Your plans and perfectly accomplish Your holy will.

Grant that in all things, great and small, today and all the days of my life, I may do whatever You require of me. Help me respond to the slightest prompting of Your grace so that I may

**St. Columban (6<sup>th</sup> - 7<sup>th</sup> Century)**

Merciful God, good Lord, I wish You would unite me to that fountain from which I might drink of the living spring of water of life with those others who thirst after You.

There in that heavenly region may I ever dwell, delighted with abundant goodness, and say, 'How sweet is the fountain of living water which never fails, the water welling up into eternal life.'

O God, You Yourself are that fountain, ever to be desired, ever to be consumed. Lord Christ, always give us this water to be for us the source of life. I ask You for Your great benefits.

You are our all: our life and our light, our food and our drink, our salvation and our God. Amen.

**Prayer for a Good Lent  
St. Gregory the Great (6<sup>th</sup> - 7<sup>th</sup> Century)**

Hear our prayers, O loving Creator, poured forth with our tears during this sacred forty-day fast.

Loving searcher of hearts, You know our weakness. You know our strength; grant the grace of pardon to those of us who have turned back to You.

Much indeed have we sinned, but spare us as we confess our misdeeds; for the glory of Your name, grant a remedy to the weak.

Grant that through abstinence our bodies may be brought into subjection, so that our hearts, being free from sin, may abandon the food of sin.

Grant, O Blessed Trinity and simple Unity, that the rewards of fasting may be profitable to Your servants. Amen.

**Saint Bede the Venerable (7<sup>th</sup> - 8<sup>th</sup> Century)**  
**Prayer for Aged and Dying**

If it so please my Maker, it is time for me to return to Him who created me and formed me out of nothing when I did not exist. I have lived a long time, and the righteous Judge has taken good care of me during my whole life.

The time has come for my departure, and I long to die and be with Christ. My soul yearns to see Christ, my king, in all His glory.

Glory be to the Father, and to the Son and to the Holy Spirit. Amen.

**The Memorare**  
**Saint Bernard of Clairvaux (11<sup>th</sup> - 12<sup>th</sup> Century)**

Remember, O most gracious virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession was left unaided.

Inspired by this confidence I fly unto you, O Virgin of virgins, my Mother; to you do I come, before you I stand, sinful and sorrowful; O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me. Amen

**Prayer to the Most Holy Name of Jesus**  
**Saint Bernard of Clairvaux (11<sup>th</sup> - 12<sup>th</sup> Century)**

Jesus, the very thought of You  
With sweetness fills the breast!  
Yet sweeter far Your face to see,  
And in Your presence rest.  
No voice can sing, no heart can frame,  
Nor can the memory find,

You are a mystery as deep as the sea; the more I search, the more I find, and the more I find the more I search for You.

I can never be satisfied; what I receive will ever leave me desiring more. When You fill my soul I have an even greater hunger and I grow more famished for Your light. I desire above all else to see You, the true light, as You really are.

You are my Creator, Eternal Trinity, and I am Your creature. You have made me a new creation in the blood of Your Son, and I know that You are moved with love at the beauty of Your creation.

I know that You are beauty and wisdom itself. The food of angels, You gave Yourself to us in the fire of Your love, O Triune God!

O Tender Father, You gave me more, much more than I ever thought to ask for. I realize that our human desires can never really match what You long to give us.

Thanks, and again thanks, O Father, for having granted my petitions, and that which I never realized I needed or petitioned. Amen

**Saint Vincent Ferrer (14<sup>th</sup> Century)**

Lord Jesus Christ, who wills that no one should perish and to whom supplication is never made without the hope of mercy - for You said with Your own holy and blessed lips: All things whatsoever you ask in My name will be done to you - I ask You, O Lord, for the sake of Your holy name, to grant me at the hour of death full consciousness and the power of speech, sincere contrition for my sins, true faith, firm hope and perfect charity, that I may be able to say to You with a clean heart: Into Your hands, O Lord, I commend my spirit.

You have redeemed me, O God of truth, You who are blessed forever. Amen.



You who know all things and can do all things, You who feed us mortals here below, let us share one day in Your banquet as co-heirs and partners of Your saints. Amen

Grant me grace, O merciful God, to desire ardently all that is pleasing to You, to examine it prudently, to acknowledge it truthfully and to accomplish it perfectly for the praise and glory of Your name. Amen.

**Saint Thomas Aquinas (13<sup>th</sup> Century)**  
**Prayer for Chaste Living**

The Cross is my sure salvation.  
The Cross it is that I honor evermore.  
The Cross of Our Lord is with me.  
The Cross is my refuge.

O Good Jesus, I know that every perfect gift and above all others, that of chastity depends on the powerful action of Your divine Providence; I know that without You, a creature can do nothing.

This is why I beg You to defend, by Your grace, the purity of my soul and of my body. And, if I have ever received any impression whatsoever of a sentiment capable of soiling this ineffable virtue, O Supreme Master of my faculties, blot it out from my soul, that with a clean hart I may advance in Your love and in Your service, offering myself chaste all the days of my life on the most pure altar of Your divinity.

It is the Cross that I cherish. The Cross of the Lord is with me. The Cross is my refuge. Amen.

**Saint Catherine of Siena (14<sup>th</sup> Century)**

Eternal God, eternal Trinity, You have made the Blood of Christ so precious through His sharing in Your divine nature.

A sweeter sound than Jesus' name,  
the Savior of mankind.  
O hope of every contrite heart!  
O joy of all the meek!  
To those who fall, how kind You are!  
How good to those who seek!  
But what to those who find? Ah! This  
Nor tongue nor pen can show.  
Jesus! Our only hope be You,  
As You our prize shall be;  
In You be all our glory now,  
And through eternity. Amen.

**Prayer Before a Crucifix**  
**Saint Francis of Assisi (12<sup>th</sup> - 13<sup>th</sup> Century)**

Most High, glorious God,  
enlighten the darkness of my heart  
and give me true faith,  
certain hope,  
and perfect charity,  
sense and knowledge, Lord,

that I may carry out Your holy and true command. Amen

**Canticle of Brother Sun**  
**Saint Francis of Assisi (12<sup>th</sup> - 13<sup>th</sup> Century)**

O Most high, almighty Lord, God,  
To You belong praise, glory, honor and all blessings.  
Praise to my Lord God with all His creatures,  
And especially our brother the sun,  
who brings us the day and who brings us the light;  
Fair is he who shines with such great splendor;  
O Lord, he signifies You to us!

Praise to my Lord for our sister the moon,  
and for the stars,

Which He has set clear and lovely in heaven.  
Praise to my Lord for our brother the wind,  
for air and clouds, calms and all weather  
by which You sustain life in all creatures.

Praise to my Lord for all those who pardon one another  
for His love's sake,

And who endure weakness and tribulation;  
Blessed are they who peaceably shall endure;

For You, O God shall give them a crown!

Praise to my Lord for our sister, the death of the body  
from which no man escapes.

Woe to him who dies in mortal sin!

Blessed are they who are found walking  
in Your most holy will,

for the second death shall have no power to do them harm.

Praise and bless the Lord and give Him thanks,

And serve Him with great humility.

I believe that You are present in the Blessed Sacrament,  
O Jesus. I love You and desire You. Come into my heart.

I embrace You; O never leave me. I beg You, O Lord Jesus,  
that the burning and most sweet power of Your love absorb  
my mind, that I may die through love of Your love, since You  
graciously died for love of my love.

**Saint Clare of Assisi (12<sup>th</sup> - 13<sup>th</sup> Century)**

Praise and glory be to You, O loving Jesus Christ for the  
most sacred wound in Your side, and by that adorable wound  
and by Your infinite mercy which You made known to us in the  
opening of Your breast to the soldier Longinus, and so to us  
all. I pray You, O most gentle Jesus, having redeemed me by

baptism from original sin, so now by Your Precious Blood,  
which is offered and received throughout the world, deliver me  
from all evils, past, present and to come.

And, by Your most bitter death give me a lively faith, a firm  
hope and a perfect charity, so that I may love You with all my  
heart and all my soul and all my strength; make me firm and  
steadfast in good works and grant me perseverance in Your  
service, so that I may be able to please You always. Amen.

**Saint Clare of Assisi's words on Contemplation**

Behold him,

Consider Him,

Contemplate Him and

Desire to imitate Him.

**Saint Bonaventure (13<sup>th</sup> Century)**

O Holy Lord, Father Almighty, everlasting God, for Your  
sake and that of Your Son who suffered and died for me;  
through the merits of the Virgin Mary and all the saints,  
grant that I may love You above all else, acknowledging my  
unworthiness and complaining of nothing but my faults.

**O Sacred Banquet**

**Saint Thomas Aquinas (13<sup>th</sup> Century)**

O Sacred Banquet, in which Christ is received, the memory  
of His Passion is recalled, the soul is filled with Grace, and  
there is given to us the pledge of future glory!

O Jesus our Good Shepherd, Living Bread, have mercy on  
us; feed and guide us; grant that we may see the good things  
in the land of the living.