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J.M.J.

**ST. AUGUSTIN'S
PRAYER FOR ALL
VIRTUES**

My God and my Lord,
grant that my heart
may aspire to Thee;
that, aspiring to Thee,
it may seek Thee;
that, seeking Thee,
it may find Thee;
that, having found Thee,
it may love Thee;
and that its love for Thee
may produce sorrow,
and sorrow
pardon for all my sins;
and, being once pardoned,
grant, oh grant that I may
never offend Thee more.

Grant me sorrow,
my Lord and my God,
for having sinned against Thee;

grant me contrition
and the gift of tears;
and grant me that charity
towards Thee and
towards the poor
which may avail to cover
the multitude of my sins.

O divine Sovereign,
quench within me,
I beseech Thee,
every impure passion
and inclination;
and kindle in my soul
the holy fire of Thy love.

Drive far from me
the spirit of pride;
and grant me the grace
of holy humility.

Restrain, dear Saviour,
I beseech Thee,
every violent outburst
of anger,
and endow me
with patience
and gentle forbearance.

Remove all sullen moroseness
and captiousness from my mind;
and give me that confiding
kindness of heart,
which may lead me
to have a good opinion of all.

Grant, oh grant me,
I implore Thee,
my dear Lord and loving Father,
an immoveable faith,
a strong hope,
and a lasting charity.

O Thou who art
the guardian of my life,
save me from lightness and
vanity of disposition;
from uncertainty of mind;
from a dissipated heart;
from gluttony and sensuality;
from backbiting,
from curiosity,
and from covetousness;
keep me from all vain glory;
from all hypocrisy;
from all treacherous
flattery of others;

from avarice,
envy, and blasphemy.

Oh cleanse my nature
from worldly anxiety,
idleness, sloth, presumption,
hardness of heart,
and obstinacy;
appease the violence
of my temper;
make my judgment ever yield
to the dictates of reason;
and my heart open to receive
Thy holy inspirations.

Check the unruly freedom
of my speech,
let me never oppress the poor,
never use violence
towards the weak,
nor calumniate even the wicked.

Let me never neglect
the salvation of those who
are dependent upon me.
Remove from my manner
all bitterness and rudeness
towards my servants:

make me ever remember that
their souls were the equals of
mine when we came into this
world, and that we shall be again
equal after we shall have
fulfilled our different parts
in this fleeting life.

Let my friends never have
cause to complain
of my untruthfulness;
and may none ever perceive
arrogance in my conduct
towards them.

Thus, O my God I beseech Thee
by Thy tender love for us;
by the merits
of Thy beloved Son,
I thus implore Thee to enable me
to fulfil all the corporal and
spiritual works of mercy which
Thou mayest demand of me.

Let me comfort the sorrowful,
instruct the ignorant,
relieve the poor,
visit and cheer the suffering
and those who are sick at heart:

may I willingly forgive injuries,
bear wrongs patiently,
love those who hate,
and do good to those
who injure me.

Let me not despise any one,
but respect all;
imitate the good,
and avoid the wicked.
Let me love virtue
as much as I abhor vice.

O my Lord, may Thy grace
uphold me in sorrow,
and restrain me in joy;
may it teach me to despise
the fleeting interests of this life;
and in all things,
and above all things,
may it prompt me fervently
to aspire to the everlasting
bliss of heaven,
through Jesus my Lord and
Saviour, who with Thee
and the Holy Ghost,
liveth and reigneth for ever.
Amen.