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J.M.J.

**PRAYER FOR  
ALL VIRTUES NEEDFUL  
TO A CHRISTIAN MAN**

*By St. Thomas Aquinas*



O merciful God, grant that  
I may eagerly desire,  
carefully search out,  
truthfully acknowledge,  
and ever perfectly fulfil  
all things which are pleasing  
unto Thee.

Order all my state  
for the glory and honour  
of Thy Name alone;  
and grant me to know  
what Thou dost require  
me to do,  
and give me to do it  
as is fitting,  
and profitable to my  
salvation.

Grant that I may not fail  
or swerve either in prosperity  
or in adversity:  
that I be not lifted up  
by the one, nor cast down  
by the other.

Let me joy in nothing  
but what leads to Thee,  
nor grieve for any thing  
but what leads  
away from Thee;  
let me neither seek to please,  
nor fear to displease,  
any but Thee alone.

May all transitory  
things grow vile in my eyes,  
O Lord, and may all  
that is Thine  
be dear to me for Thy sake,  
and Thou, O my God,  
dear above them all.  
May all joy be irksome to me  
that is without Thee,  
nor may I desire any thing  
that is apart from Thee.

May all labour and toil  
delight me which is for Thee,  
and all rest be weariness  
which is not in Thee.

Grant me, O Lord,  
continually to lift up  
my heart towards Thee,  
and to bring sorrowfully  
to my mind  
my many shortcomings,  
with full purpose of  
amendment.

Make me, O Lord,  
obedient without demur,  
poor without repining,  
chaste without stain,  
patient without murmur,  
humble without pretence,  
joyous without frivolity,  
fearful without abjectness,  
truthful without disguise,  
given to good works  
without presumption,  
faithful to rebuke my  
neighbour without arrogance,  
and ever careful to edify him  
both by word and example  
without pretension.

Give me, O Lord God,  
an ever-watchful heart,  
which no subtle speculation  
may lure from Thee;  
a noble heart,  
which no unworthy affection  
can draw downwards  
to the earth;  
an upright heart,  
which no insincere intention  
can warp aside;  
an unconquerable heart,  
which no tribulation  
can crush or quell;  
a free heart,  
which no perverted  
or impetuous affection  
can claim for its own.

Bestow on me,  
O Lord, my God,  
understanding to know Thee,  
diligence to seek Thee,  
wisdom to find Thee,  
a life and conversation

which may please Thee,  
perseverance in waiting  
patiently for Thee,  
and a hope which may  
embrace Thee  
at the last.

Grant me to be pierced with  
compunction by Thy sorrows  
through true repentance,  
to improve all Thy gifts  
and benefits during  
this my pilgrimage  
through Thy grace,  
and so at length  
to enter into Thy full  
and consummate  
joy in Thy glory.

Through our Lord Jesus  
Christ, who liveth and  
reigneth, with Thee, in the  
unity of the Holy Ghost,  
one God, world without end.  
Amen.