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J.M.J.

**UNIVERSAL PRAYER  
FOR ALL THINGS  
NECESSARY  
FOR SALVATION**  
—*Pope Clement XI*



O MY God, I believe in Thee;  
do Thou strengthen my faith.  
All my hopes are in Thee;  
do Thou secure them.  
I love Thee  
with my whole heart;  
teach me to love Thee  
daily more and more.  
I am sorry  
that I have offended Thee;  
do Thou increase my sorrow.

I adore Thee  
as my first beginning;  
I long for Thee  
as my last end.  
I give Thee thanks  
as my constant benefactor;  
I call upon Thee  
as my sovereign protector.

Vouchsafe, O my God,  
to conduct me by Thy wisdom,  
to restrain me by Thy justice,  
to comfort me by Thy mercy,  
to defend me by Thy power.

To Thee I desire to consecrate  
all my thoughts, words,

actions, and sufferings;  
that henceforward I may  
think of Thee,  
speak of Thee,  
constantly refer  
all my actions  
to Thy greater glory,  
and suffer willingly  
whatever Thou shall appoint.

Lord, I desire  
that in all things  
Thy will may be done,  
because it is Thy will,  
in the manner Thou willest,  
and as long as Thou willest.

I beg of Thee to enlighten  
my understanding,  
to inflame my will,  
to purify my body,  
and to sanctify my soul.

Grant that I be not  
puffed up with pride,  
moved by flattery,  
deceived by the world,  
or duped by the devil.

Give me grace  
to purify my memory,  
to bridle my tongue,  
to restrain my eyes,  
and to mortify my senses.

Give me strength, O my God,  
to expiate my offences,  
to overcome my temptations,  
to subdue my passions,  
and to acquire the virtues  
proper for my state.

Fill my heart with a tender  
affection for Thy goodness,  
a hatred for my faults,  
a love for my neighbour,  
and a contempt of the world.

Let me always remember  
to be submissive  
to those set over me,  
kindly to those under me,  
faithful to my friends,  
and charitable to my enemies.

Grant, O Jesus,  
that I may remember  
Thy precept and example,  
by loving my enemies,

bearing with injuries,  
doing good to those  
who persecute me,  
and praying for those  
who slander me.

Assist me to overcome  
sensuality by mortification,  
avarice by alms-deeds,  
anger by meekness,  
and tepidity by devotion.

O my God, make me  
prudent in my undertakings,  
courageous in dangers,  
patient in afflictions,  
and humble in prosperity.

Grant that I may be ever  
attentive at my prayers,  
temperate at my meals,  
diligent in my employments,  
and constant  
in my good resolutions.

Let my conscience be  
ever upright and pure,  
my exterior modest,  
my conversation edifying,  
and my life according to rule.

Assist me,  
that I may continually labour  
to overcome nature,  
to correspond with Thy grace,  
to keep Thy commandments,  
and to work out my salvation.

Help me to obtain holiness  
of life by a sincere  
confession of my sins,  
by a devout reception  
of the Body of Christ,  
by a continual  
recollection of mind,  
and by a pure  
intention of heart.

Discover to me, O my God,  
the nothingness of this world,  
the greatness of heaven,  
the shortness of time,  
and the length of eternity.

Grant that I may prepare  
for death, that I may  
fear Thy judgements,  
that I may escape hell,  
and in the end obtain heaven,  
through the merits of  
our Lord Jesus Christ. Amen.