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J.M.J.

## SAINT 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 immovable 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.