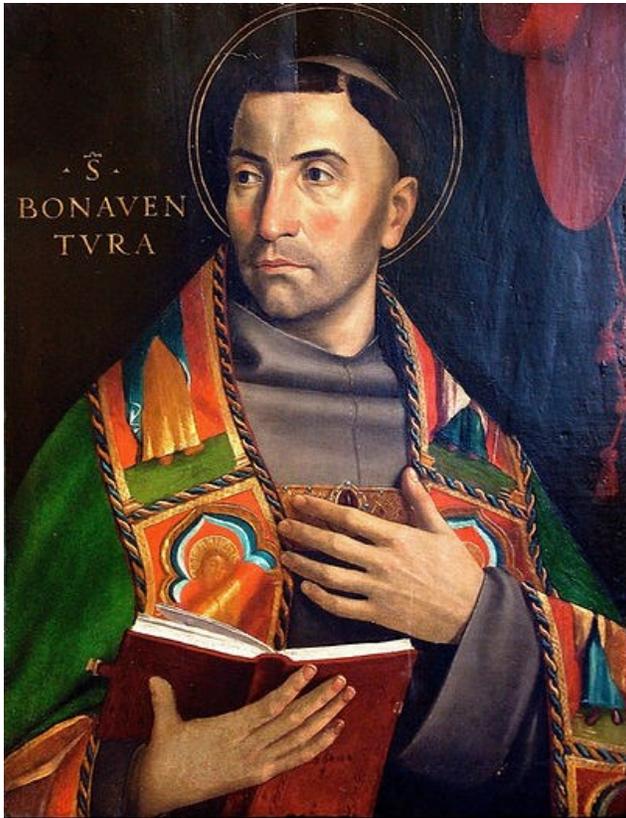


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J.M.J.

PRAYERS OF SAINT BONAVENTURE



Prayer After Holy Communion

O sweetest Lord Jesus Christ, I implore Thee, pierce the very marrow of my soul with the delightful, health-giving dart of Thy love, with true, tranquil, holy, apostolic charity, so that my whole soul may ever languish and faint for love of Thee and for desire of Thee alone.

May it long and pine for Thy courts; may it ever desire to be dissolved and to be with Thee. Grant that my soul may hunger for Thee, Who art the bread of angels, the comforting nourishment of all holy souls, our daily and most delectable bread, our supersubstantial bread, in which is found every sweet delight.

May my heart ever hunger for Thee, on Whom the angels lovingly gaze; may it feed on Thee; and may the innermost depths of my being be filled with the sweetness which comes from having tasted Thee.

May my soul ever thirst for Thee, Who art the source of life, the fount of wisdom and knowledge, the brightness of everlasting light, the flood of all

true happiness, the riches of the house of God.

May I at all times think of Thee; may I ever seek Thee and ever find Thee; may I always follow Thee and reach Thee; may Thy Holy Name be in my heart and on my lips; and to Thy praise and glory may every work of mine be done. Humble and discreet, loving and happy, ever ready and cheerful in Thy service, may I persevere, by Thy grace, even unto the end.

Be Thou alone and evermore my hope; be Thou all my trust; be Thou my wealth, my delight, my joy, my consolation, my rest, my endless peace.

Be Thou to me as a goodly taste, as a pleasant perfume, as a soothing sweetness.

Be Thou my food and my refreshment; my refuge and my help; my wisdom; my portion, my own possession and my treasure.

In Thee, O Lord, may my mind and my heart remain fixed and firm, and rooted immovably for evermore. Amen.

A Man of Prayer

*"If you would suffer with patience the adversities and miseries of this life,
be a man of prayer.*

*If you would obtain courage and strength to conquer the temptations of the enemy,
be a man of prayer.*

*If you would mortify your own will with all its inclinations and appetites,
be a man of prayer.*

*If you would know the wiles of Satan and unmask his deceits,
be a man of prayer.*

*If you would live in joy and walk pleasantly in the ways of penance,
be a man of prayer.*

*If you would banish from you soul the troublesome flies of vain thoughts and cares,
be a man of prayer.*

*If you would nourish your soul with the very sap of devotion, and keep it always full of good thoughts and good desires,
be a man of prayer.*

*If you would strengthen and keep up your courage in the ways of God,
be a man of prayer.*

*In fine, if you would uproot all vices from your soul and plant all virtues in their place, **be a man of prayer.***

It is in prayer that we receive the unction and grace of the Holy Ghost, who teaches all things."

Prayer to Our Lady of Sorrows

O most holy virgin, mother of our Lord Jesus Christ: by the overwhelming grief you experienced when you witnessed the martyrdom, the crucifixion, and the death of your divine Son, look upon me with eyes of compassion and awaken in my heart a tender commiseration for those sufferings, as well as a sincere detestation of my sins, in order that, being disengaged from all undue affections for the passing joys of this earth, I may long for the eternal Jerusalem, and that henceforth all my thoughts and all my actions may be directed toward this one most desirable object.

Honor, glory, and love to our divine Lord Jesus, and to the holy and immaculate Mother of God. Amen.



Another Prayer of Saint Bonaventure

Almighty, Everlasting God,

Lord Jesus Christ,

be merciful to my sins,

I pray Thee,

by this reception

of thy Body and Blood.

For Thou hast said:

"He that eateth My Flesh and drinketh my Blood, remaineth in Me, and I in him."

I therefore humbly

beseech Thee

to create in me a new heart,

and renew a right spirit

within me;

and that Thou wouldest

strengthen me with Thy Spirit,

and cleanse me

from all snares and vices,

that I may be found worthy

to be a partaker

in heavenly joys.

Who livest and reigneth

for ever and ever. Amen.