

†
J.M.J.

PRAYERS OF SAINT GERTRUDE THE GREAT



HOW PLEASING IT IS TO
OUR LORD TO PRAY
WITH HANDS OUTSTRETCHED
IN FORM OF THE CROSS.

*St. Gertrude said to our Lord:
Teach me, O Thou best Teacher, some
one way at least in which we may
most specially set forth the memory
of Thy holy Passion.*

Our Lord answered her thus:

*When you pray, spread forth your
hands so as to represent to God
the Father the memory of My
Passion, in union with that love
with which I stretched out My
hands on the cross; and if you do
this habitually, without fear of
ridicule or reproach, you will pay
Me an honour as great as is
shown to a king when he is
solemnly enthroned.*

WHEN THE CLOCK STRIKES.

O Most sweet Jesus, I commend
to Thy Divine Heart all that I
have done in the hour that is
gone, to be cleansed and purified,
and offered to God the Father for
His eternal praise.

And whatsoever I shall do in the
hour that is beginning, I resolve
to do simply and purely for the

glory of God and for the salvation
of all mankind, in union with Thy
Passion. Amen.

BEFORE WORK.

*Our Lord directed St. Gertrude to
tell a certain person to form the
following intention before beginning
any work:*

O Lord Jesus, in union with Thy
most perfect actions I commend
to Thee this my work, to be
directed according to Thy
adorable Will, for the salvation of
all mankind. Amen.

AFTER WORK.

O Lord Jesus, in union with Thy
most perfect actions I offer Thee
this my work, to be amended and
cleansed, and presented as is fit to
God the Father, to His eternal
praise. Amen.

BEFORE EATING.

*Our Lord said to St. Gertrude:
He who takes care to eat and
drink, &c. with the intention
expressed in the following prayer,
holds as it were a buckler before
Me, to defend Me from the insults
and injuries of the worldly.*

O Lord Jesus, I take this food in that same love wherewith Thou hast sanctified it, when in Thy most holy Humanity Thou didst deign to eat and to drink to the glory of God the Father, and for the salvation of the whole human race; beseeching Thee that, in union with Thy divine Love, it may tend to the increase of glory, and salvation of all Thine elect in heaven, on earth, or in purgatory.

WHILE EATING.

St. Gertrude was accustomed to say frequently while eating:

MAY the virtue of Thy divine Love incorporate me wholly into Thee, O my most loving Jesus!

And while drinking:

O MOST loving Jesus, pour into my heart and preserve within me the energy of Thine own most glowing charity; may it pervade all my substance, and flow evermore through every faculty of my body and soul, to Thine eternal praise and glory! Amen.

She asked our Lord whether He would accept a like devotion from all who might offer it to Him and

received this reply:

Whenever any one eats or drinks with this intention and devotion, I will acknowledge in presence of My Father that I have eaten with him, and that he has given Me to drink; and I will show to him in due time the utmost tenderness of My Love.

AFTER FALLING INTO SIN.

St Gertrude said to our Lord: Teach me, O best of Teachers, how to efface the stains of sin which I contract from time to time. She received this answer:

Never allow these stains to remain upon thy conscience; but as soon as thou feelest thyself defiled by any fault, say to Me with a devout heart:

O Christ Jesus, my only Salvation and Hope, grant that all my transgressions may be blotted out by Thy most efficacious death. Amen.

INTENTION BEFORE SLEEP.

Taught to St. Gertrude by our Lord.
O LORD JESUS, I accept this sleep in the love with which Thou

didst sanctify it when Thou didst deign to sleep in Thy most sacred Humanity, to the glory of God the Father, and for the salvation of all the whole human race; beseeching Thee that, in union with Thy divine Son, it may tend to the increase in grace and glory of all Thine elect, in heaven, on earth, and in purgatory. Amen

PRAYER FOR SLEEP.

On one occasion when St. Gertrude could not sleep, she learned this prayer from Christ Himself.

By Thine own eternal and unruffled repose in the bosom of God the Father, by Thy most peaceful rest in the womb of the Blessed Virgin, by the most ecstatic rapture with which Thou didst ever take Thy delight in the hearts of those who love Thee, I beseech Thee, O most loving Lord, deign to grant me needful sleep, not for my pleasure or advantage, but that the weary members of my body may be refreshed to labour for Thy eternal praise and glory. Amen.