

Ignatian Prayers

Suscipe

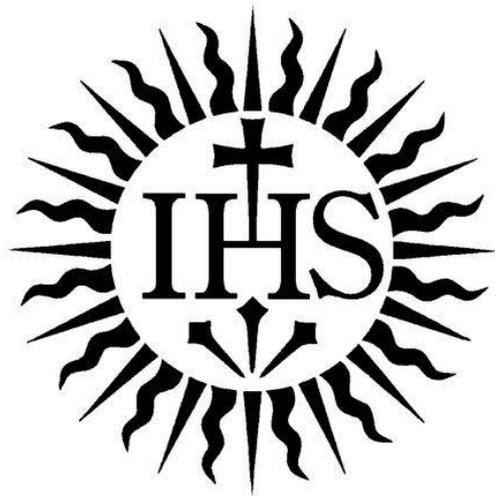
Take, Lord, and receive all my liberty,
my memory, my understanding, and my entire will,
all that I have and call my own.

You have given all to me.
To you, Lord, I return it.

Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within your wounds, shelter me.
From turning away, keep me.
From the evil one, protect me.
At the hour of my death, call me.
Into your presence lead me,
to praise you with all your saints,
forever and ever. Amen.



Prayer for Generosity

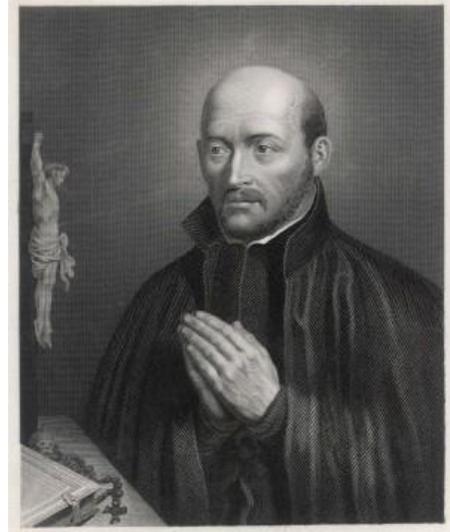
Lord, teach me to be generous.
Teach me to serve you as you deserve;
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labor and not to ask for reward,
save that of knowing that I do your will.
Amen.

A Prayer of St. Ignatius

O Christ Jesus, when all is darkness
and we feel so weak and helpless,
give us the sense of your presence,
your love, and your strength.

Help us to have perfect trust
in your protecting love
and strengthening power.

May nothing frighten or worry us,
for, by living close to you,
we shall see your hand, your purpose,
and your will through all things. Amen.



Prayer adapted from the First Principle and Foundation

(David Fleming, S.J., adapted by David C. Robinson, S.J.)

The goal of our life is to live with you forever,
the God who loves us, and who gave us life.
Our own response of love allows your life
to flow into us without limit.

All things of this world are your gifts,
presented to us so that we can know you more easily
and more readily make a return of love to you.

As a result, we appreciate and use all your gifts
insofar as they help us to develop as loving persons.
But if any of these gifts become the center of our lives,
they displace you and so hinder our growth toward our goal.

In everyday life, then, help us hold ourselves in balance
before all of these created gifts insofar as we have a choice,
and are not bound by some obligation.

May we not fix our desires on health or sickness,
wealth or poverty, success or failure, a long life or a short one.
For everything has the potential of calling forth in us
a deeper response to our life in you.

May our only desire and our one choice be this:
to want and to choose what better leads
to the deepening of your life in us. Amen.