

## Selection of Prayers

Collected by  
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### **The First Principle and Foundation**

The goal of my life is to live with God forever.

God, who loves me, gave me life.

My own response of love allows

God's life

to flow into me without limit.

All the things in this world are gifts of God,  
presented to me so that I can know God more easily  
and make a return of love more readily.

As a result, I appreciate and use all these gifts of God  
insofar as they help me develop as a loving person.

But if any of these gifts become the center of my life,  
they displace God  
and so hinder my growth toward my goal.

In everyday life, then, I must hold myself in balance  
before all these created gifts insofar as I have a choice  
and am not bound by some obligation.

I should not fix my desires on health or sickness,  
wealth or poverty, success or failure, a long life or short one.

For everything has the potential of calling forth in me  
a deeper response to my life in God.

My only desire and my one choice should be this:

I want and I choose what better leads

to God's deepening his life in me.

-St. Ignatius as paraphrased by David Fleming, SJ

**Praying with the Jesuits:** p. 9.

### **God in Everything**

You are the source of all life,  
all that is,  
all that will be,  
all that has been.

You are the source of all life,  
all two-legged and four-legged,  
all wings and fins,  
all plants and stones.

You are the source of all life,  
all that is seen and unseen,  
all that is heard and unheard,  
all that moves and all that is still.

You are the source of all life,  
from the raging torrent to the quiet pool,  
from the highest, wildest mountain to the tiniest speck of dust.

All is from you and all returns to you.

You are in all that is, in the core, in the center.

You are in me, in my core, in my center, where I am me before I become me.

You are in me and I am in you. We are one. We are love.

-William Pickett

### **Merton Prayer**

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you never leave me to face my perils alone.

-Thomas Merton

### **Thoughts in Solitude**

### **Nicene Creed**

I believe in one God, the Father Almighty, maker of heaven and earth, and of all things visible and invisible. And in one Lord Jesus Christ, the only begotten Son of God, and born of the Father before all ages. God of God, light of light, true God of true God.

Begotten not made, consubstantial to the Father, by whom all things were made. Who for us and for our salvation came down from heaven. And was incarnate of the Holy Spirit and of the Virgin Mary and was made human; was crucified also for us under Pontius Pilate, suffered and was buried; and the third day rose again according to the Scriptures.

And ascended into heaven, sits at the right hand of the Father, and shall come again with glory to judge the living and the dead, of whose Kingdom there shall be no end.

And I believe in the Holy Spirit, the Lord and Giver of life, who proceeds from the Father and the Son, who together with the Father and the Son is to be adored and glorified, who spoke by the Prophets. And one holy, catholic, and apostolic Church.

I confess one baptism for the remission of sins. And I look for the resurrection of the dead and the life of the world to come. Amen.

### **Prayer for World Peace**

Great God, who has told us "Vengeance is mine," save us from ourselves, save us from the vengeance in our hearts and the acid in our souls.

Save us from our desire to hurt as we have been hurt, to punish as we have been punished, to terrorize as we have been terrorized.

Give us the strength it takes  
to listen rather than to judge,  
to trust rather than to fear,  
to try again and again  
to make peace even when peace  
eludes us.

We ask, O God, for the grace  
to be our best selves.  
We ask for the vision  
to be builders of the human  
community  
rather than its destroyers.  
We ask for the humility as a people  
to understand the fears and hopes of  
other peoples.  
We ask for the love it takes  
to bequeath to the children of the  
world to come  
more than the failures of our own  
making.  
We ask for the heart it takes  
to care for all the peoples  
of Afghanistan and Iraq, of Palestine  
and Israel  
as well as for ourselves.

Give us the depth of soul, O God,  
to constrain our might,  
to resist the  
temptations of power,  
to refuse to attack the attackable,  
to understand  
that vengeance begets violence,  
and to bring peace – not war –  
wherever we go.

For You, O God, have been merciful  
to us.  
For You, O God, have been patient  
with us.  
For You, O God, have been gracious  
to us.

And so may we be merciful  
and patient  
and gracious

and trusting  
with these others who you also love.

This we ask through, Jesus  
the one without vengeance in his  
heart.  
This we ask forever and ever. Amen.  
–Joan Chittister, OSB

### **Purpose and Goal of Life**

You created me to know, love, and  
serve you. There is no other  
purpose for my life, nor need there  
be any other.

All creation is from you and is meant  
to support and help me in living out  
my purpose. Nothing you have  
made is anything else but good, true,  
and beautiful because all is one with  
you and is an expression of your  
unfathomable love. I can use  
creation in ways that are conducive  
to my purpose in life or I can use it to  
retard that purpose. It is my choice  
and it is based on what advances  
your reign and what retards it.

Thus my fundamental stance is one  
of a caring, involved indifference to  
creation so that my choices are ones  
that are based on pursuing the goal  
and purpose of my life.

None of this is possible without your  
life and love welling up within me  
and becoming the foundation of my  
being. I know from my own  
experiences that without you, I do  
not make choices conducive to the  
purpose of my life. Without you, my  
idols are in charge and I remain  
trapped "in the flesh."

I pray for the grace to respond ever  
more deeply to your loving presence

within me so I too can say, "Now, not I live, but Christ lives in me."

-William Pickett

### **Rahner Prayer**

Here is someone who suddenly notices how the tiny trickle of his life wanders through the wilderness of the banality of existence, apparently without aim and with the heartfelt fear of complete exhaustion. And yet he hopes, he knows not how, that this trickle will find the infinite expanse of the ocean, even though it may still be covered by the grey sands which seem to extend for ever before him.

-Karl Rahner: **On Prayer** p. 83

### **Soul of Christ**

Jesus, may all that is you flow into me.  
May your body and blood be my food and drink.  
May your passion and death be my strength and life.  
Jesus, with you by my side enough has been given.  
May the shelter I seek be the shadow of your cross.  
Let me not run from the love which you offer.  
But hold me safe from the forces of evil.  
On each of my dyings shed your light and your love.  
Keep calling to me until that day comes.  
When, with your saints, I may praise you forever. Amen.

-David L. Fleming SJ Paraphrase of *Anima Christi* of St. Ignatius

### **Suscipe**

Accept, O Lord, and treat as your own  
My liberty, my understanding,  
My memory—all of my decisions and  
My freedom to choose.  
All that I am and all that I have  
You gave and give to start;  
Now I turn and return all to you,  
Looking to find your hopes and will in all.  
Keep giving me your holy love,  
Hold on me your life-giving gaze,  
And I neither need nor want anything else.

-St. Ignatius paraphrased by David Fleming, SJ

### **Suscipe**

Take, Lord, and receive all my liberty,  
My memory, my understanding  
And my entire will,  
All 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.

-St. Ignatius