



## **The First Principle and Foundation**

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

God who loves us, gave us life.  
Our own response of love allows God's life to flow into us without limit.

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

As a result, we appreciate and use all of these gifts of God  
insofar as they help us develop as loving persons.

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

In everyday life, then, we must hold ourselves in balance  
before all of these created gifts insofar as we have a choice  
and are not bound by some obligation.  
We should not fix our 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 us  
a deeper response to our life in God.

Our only desire and our one choice should be this:

I want and I choose what better leads to the deepening of God's life in me.

St. Ignatius Loyola, from the beginning of the *Spiritual Exercises*

## **Suscipe Domine**

Take, O Lord, and receive my entire liberty, my memory, my understanding, and my whole will. All that I am, all that I have, Thou hast given me, and I give it back again to Thee, to be disposed of according to Thy good pleasure. Give me only Thy love and Thy grace; with these I am rich enough, and I desire nothing more.

## **Suscipe Domine (in Latin)**

Suscipe, Domine, universam meam libertatem. Accipe memoriam, intellectum, atque voluntatem omnem. Quidquid habeo vel possideo mihi largitus es; id tibi totum restituo, ac tuae prorsus voluntati trado gubernandum. Amorem tui solum cum gratia tua mihi dones, et dives sum satis, hec aliud quidquam ultra posco.

## **Suscipe Domine (English alternative)**

Receive, O Lord, all my liberty. Take my memory, my understanding, and my entire will. Whatsoever I have or possess Thou hast bestowed upon me; I give it all back to Thee and surrender it wholly to be governed by Thy Will. Give me



love for Thee alone along with Thy  
grace, and I am rich enough and ask for  
nothing more.

### **Prayer for Generosity**

Eternal Word, only begotten son of  
God,

Teach me true generosity.  
Teach me to serve you as you deserve.  
To give without counting the cost.  
To fight heedless of the wounds.  
To labour without seeking rest.  
To sacrifice myself without thought of  
any reward  
Save the knowledge that I have done  
your will. Amen

St. Ignatius Loyola

### **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 Thy wounds, hide me;  
Suffer me not to be separated from  
Thee;  
From the evil enemy defend me;  
In the hour of my death call me,  
And bid me come unto Thee,  
That with all Thy saints I may praise  
Thee  
For all eternity. Amen.

### **God's Grandeur**

THE world is charged with the grandeur  
of God.

It will flame out, like shining from  
shook foil;

It gathers to a greatness, like the ooze  
of oil  
Crushed. Why do men then now not reck  
his rod?

Generations have trod, have trod, have  
trod;

And all is seared with trade; bleared,  
smeared with toil;

And wears man's smudge and shares  
man's smell: the soil  
Is bare now, nor can foot feel, being  
shod.

And for all this, nature is never spent;

There lives the dearest freshness deep  
down things;

And though the last lights off the black  
West went

Oh, morning, at the brown brink  
eastward, springs --

Because the Holy Ghost over the bent  
World broods with warm breast and  
with ah! bright wings.

Gerard Manley Hopkins, S.J.

### **O Deus Ego Amo Te - O God I Love You**

#### **Saint Francis Xavier**

O God, I love Thee, I love thee-  
Not our of hope of heaven for me  
Nor fearing not to love and be  
In the everlasting burning.

## **Jesuit Prayers**



Thou, Thou, my Jesus, after me  
Didst reach Thine arms our dying,  
For my sake suffered nails and lance,  
Mocked and marred countenance,  
Sorrows passing number,  
Sweat and care and cumber,  
Yea and death, and this for me,  
And Though couldst see me sinning;  
Then I, why should not I love Thee,  
Jesus, so much in love with me?

Not for heaven's sake; not to be  
Our of hell by loving Thee;  
Not for any gains I see;  
But just the way that Thou didst me  
I do love and I will love Thee:  
What must I love Thee, Lord, for then?  
For being my king and God.  
Amen

Translated by Gerard Manley Hopkins,  
S.J.

*In honour of*  
**St. Alphonsus Rodriguez**  
*Lay brother of the Society of Jesus*

HONOUR is flashed off exploit, so we  
say;  
And those strokes once that gashed flesh  
or galled shield  
Should tongue that time now, trumpet  
now that field,  
And, on the fighter, forge his glorious  
day.  
On Christ they do and on the martyr  
may;  
But be the war within, the brand we  
wield  
Unseen, the heroic breast not outward-

steeled,  
Earth hears no hurtle then from fiercest  
fray.  
Yet God (that hews mountain and  
continent,  
Earth, all, out; who, with trickling  
increment,  
Veins violets and tall trees makes more  
and more)  
Could crowd career with conquest while  
there went  
Those years and years by of world  
without event  
That in Majorca Alfonso watched the  
door.  
Gerard Manley Hopkins, S.J.

### **As Kingfishers Catch Fire**

AS kingfishers catch fire, dragonflies  
draw flame;  
As tumbled over rim in roundy wells  
Stones ring; like each tucked string tells,  
each hung bell's  
Bow swung finds tongue to fling out  
broad its name;  
Each mortal thing does one thing and the  
same:  
Deals out that being indoors each one  
dwells;  
Selves -- goes itself; myself it speaks  
and spells,  
Crying What I do is me: for that I came.  
I say more: the just man justices;  
Keeps grace: that keeps all his goings  
graces;  
Acts in God's eye what in God's eye he  
is --  
Christ -- for Christ plays in ten thousand  
places,

## **Jesuit Prayers**



Lovely in limbs, and lovely in eyes not  
his  
To the Father through the features of  
men's faces.  
Gerard Manley Hopkins, S.J.

### **My Lord and My God**

Glorious Lord Christ:  
The divine influence secretly diffused  
and active in the depths of matter,  
And the dazzling center where all the  
innumerable fibres of the manifold  
meet;  
Power as implacable as the world and as  
warm as life;  
You whose forehead is of the whiteness  
of snow,  
Whose eyes are of fire,  
And whose feet are brighter than molten  
gold;  
You whose hands imprison the stars;  
You who are the first and the last,  
The living and the dead and the risen  
again;  
You who gather into your exuberant  
unity every mode of existence;  
It is you to whom my being cries out  
with a desire as vast as the universe:  
“In truth you are my Lord and my God.”

Pierre Teilhard de Chardin, S.J.

### **For Mary's Guidance**

Holy Mary, Mother of God,  
you have given the world its true light,  
Jesus, your Son--the Son of God.  
You abandoned yourself completely  
to God's call  
and thus became a wellspring  
of the goodness which flows forth from  
him.  
Show us Jesus. Lead us to him.  
Teach us to know and love him,  
so that we too can become  
capable of true love  
and be fountains of living water  
in the midst of a thirsting world.

*Deus Caritas Est*  
Pope Benedict XVI, 2005

### **Only in Love**

Only in love can I find You, my God. In  
love the gates of my soul spring open,  
allowing me to breath a new air of  
freedom and forget my own petty self. In  
love my whole being streams forth out  
of the rigid confines of narrowness and  
anxious self-assertion, which make me a  
prisoner of my own poverty and  
emptiness. In love all the powers of my  
soul flow out toward You, wanting never  
more to return, but to lose themselves  
completely in You, since by Your love  
You are the inmost center of my heart,  
closer to me than I am to myself.  
Karl Rahner, SJ, from *Encounters with  
Silence*



## **I Desire, I Accept**

My God, I do not know what must come to me today.

But I am certain that nothing can happen to me

that you have not foreseen, decreed, and ordained from all eternity.

That is sufficient for me.

I adore your impenetrable and eternal designs,

to which I submit with all my heart.

I desire, I accept them all, and I unite my sacrifice

to that of Jesus Christ, my divine Savior.

I ask in his name and through his infinite merits,

patience in my trials, and perfect and entire submission

to all that comes to me by your good pleasure.

Amen.

St Joseph Pignatelli, SJ

## **Prayer for Humility**

Let me have too deep a sense of humor ever to be proud.

Let me know my absurdity before I act absurdly.

Let me realize that when I am humble I am most human,

most truthful, and most worthy of your consideration.

Daniel A. Lord, S.J.

## **Prayer of Reconciliation**

Lord Christ, help us to see what it is that joins us together, not what separates us.

For when we see only what it is that makes us different,

we too often become aware of what is wrong with others.

We see only their faults and weaknesses, interpreting their actions as flowing from malice or hatred rather than fear.

Even when confronted with evil, Lord, you forgave and sacrificed yourself

rather than sought revenge.

Teach us to do the same by the power of your Spirit.

William Breault, SJ

## **Prayer for Detachment**

I beg of you, my Lord, to remove anything which separates me from you, and you from me.

Remove anything that makes me unworthy of your sight, your control, your reprehension; of your speech and conversation, of your benevolence and love.

Cast from me every evil that stands in the way of my seeing you, hearing, tasting, savouring, and touching you; fearing and being mindful of you; knowing, trusting, loving, and possessing you; being conscious of your presence and, as far as may be, enjoying you.



This is what I ask for myself and earnestly desire from you.  
Amen.

Blessed Peter Faber, S.J.

### **In celebration of God's love**

Nothing is more practical  
than finding God,  
that is,  
than falling in love  
in a quite absolute,  
final way.  
What you are in love with,  
what seizes your imagination,  
will affect everything.  
It will decide  
what will get you out of  
bed in the morning,  
what you will do  
with your evenings,  
how you spend  
your weekend,  
what you read,  
what you know,  
what breaks your heart,  
and what amazes you  
with joy and gratitude.  
Fall in love,  
stay in love,  
and it will decide everything.

Fr. Pedro Arrupe, S.J.,  
Superior General of the Society of Jesus,  
1965-1983

### **For understanding**

It helps, now and then, to step back and take a long view.

The kingdom is not only beyond our efforts, it is even beyond our vision. We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God's work. Nothing we do is complete, which is a way of saying that the Kingdom always lies beyond us.

No statement says all that could be said. No prayer fully expresses our faith. No confession brings perfection. No pastoral visit brings wholeness. No program accomplishes the Church's mission.

No set of goals and objectives includes everything.

This is what we are about.

We plant the seeds that one day will grow.

We water seeds already planted, knowing that they hold future promise.

We lay foundations that will need further development.

We provide yeast that produces far beyond our capabilities.

We cannot do everything, and there is a sense of liberation in realizing that.

This enables us to do something, and to do it very well.

It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and do the rest.

We may never see the end results, but that is the difference between the master builder and the worker.

We are workers, not master builders;



ministers, not messiahs.  
We are prophets of a future not our own.

Oscar A. Romero  
Archbishop of San Salvador, who was  
assassinated in 1980

### **Litany of Jesuit saints and holy men**

Ignatius Loyola, our holy founder, man  
of great desires and perfect humility,  
pray for us.

Francis Xavier, courageous warrior ever  
seeking new souls for Christ, pray for us.

Peter Faber, first companion of Ignatius  
and cherished friend of all, pray for us.

Stanislaus Kostka, of ready heart and  
single mind, pray for us.

Francis Borgia, nobleman of poverty,  
model of indifference, pray for us.

Edmund Campion, fearless orator and  
source of courage to the persecuted,  
pray for us.

Aloysius Gonzaga, consolation and care  
for the sick and the dying, pray for us.

Robert Southwell, prisoner-poet of  
comfort and strength, pray for us.

Peter Canisius, scholar, builder, and  
teacher of little children, pray for us.

Nicholas Owen, clever carpenter,  
companion loyal to the death, pray for  
us.

Alphonsus Rodriguez, mystical friend,  
model of hospitality, pray for us.

Robert Bellarmine, rich of mind yet poor  
of spirit, pray for us.

John Berchmans, single-hearted student,  
model of simplicity, pray for us.

John Francis Regis, compassionate  
confessor, rekindler of burnt-out faith,  
pray for us.

Isaac Jogues, trusting missionary,  
obedient unto death, pray for us.

John de Brebeuf, lover of the cross and  
the name of Jesus, pray for us.

Peter Claver, tireless lover of the poor  
and the powerless, pray for us.

Alberto Hurtado, advocate of the poor  
and social activist, pray for us.

Claude La Colombiere, faithful servant  
and perfect friend of the loving heart of  
Christ, pray for us.

Gerard Manley Hopkins, catcher of fire  
and crafter of words, pray for us.

Pierre Teilhard de Chardin, mystical  
lover of all that is and all that is to be,  
pray for us.

## **Jesuit Prayers**



Rutilio Grande, devoted pastor of the poor and the oppressed, pray for us.

Karl Rahner, professor of prayer and loyal servant of the church, pray for us.

Ignacio Ellacuria and companions, fearless and faithful proclaimers of the Good News in the face of persecution, pray for us.

Pedro Arrupe, grace-filled leader of renewal and rededication, pray for us.

#### *Concluding Prayer*

Almighty and ever-watchful God, Lord of the heavens above and the earth below.

Your Divine Goodness created us in love from every part of the world. Your Divine Wisdom placed us in the chaos and darkness of the twentieth century as: poets and singers, engineers and schoolmasters, scholars and pastors, tailors and gardeners, builders and administrators, artists and friends. Your Divine Providence called us into the company of your son Jesus, therefore, we devote all our energies to your Divine Majesty to bring order into our world, to make it fertile, and to bless it. We pledge you the hours of our lives and the use of our deaths through our Mother, the Lady Mary, and through our King and Good Brother, Jesus.  
Amen.

Composed by Louis J. McCabe, SJ and Philip G. Steele, SJ

## **Putting Love into Practice**

Love consists in sharing what one has and what one is with those one loves.

Love ought to show itself in deeds more than in words.

I ask the Father to give me an intimate knowledge of the many gifts I have received, that filled with gratitude for all, I may in all things love and serve the Divine Majesty.

Spiritual Exercises of St. Ignatius

## **Way, Truth, Life**

You are the way, the truth, the life  
Without the way there is no going  
Without the truth there is no knowing  
Without the life there is no growing.

Show us the way, that we may go  
Teach us the truth, that we may know  
Grant us the life, that we may grow  
Eternally.

Theodore J. (Ted) Tracy, S.J.

## **I Am Not Worthy to Have You Come Under My Roof**

Lord Christ,  
I wish I could offer You a reasonably clean and swept house to dwell in, but I can't.





I can say—and know the meaning of—  
"I am not worthy to have You come  
under my roof . . ."

But You are already there!  
Living among the once-flourishing idols.  
The floor is dirty  
and at times the room is airless—  
even for me!

I am ashamed of Your presence there,  
yet You slept in a cave  
and on a donkey's back at night  
under the desert stars.

So, if I can't change Your  
accommodations,  
let me rejoice all the same  
that You are present.  
I must believe strongly, Lord,  
that I can't question this:  
that You are at home with sinners—  
and my greatest sin, Lord Christ,  
is that I don't want to be a sinner!

Nor do I easily accept it—still,  
the evidence is overwhelming.  
But hope is like a green shoot  
in the midst of an airless, disordered  
world.

And that hope comes from Your Spirit.  
I rest in that hope, Lord.

William Breault, S.J.

### **Fall in Love**

Nothing is more practical than  
finding God, than

falling in Love  
in a quite absolute, final way.

What you are in love with,  
what seizes your imagination,  
will affect everything.

It will decide  
what will get you out of bed in the  
morning,  
what you do with your evenings,  
how you spend your weekends,  
what you read,  
whom you know,  
what breaks your heart,  
and what amazes you with joy and  
gratitude.

Fall in Love,  
stay in love,  
and it will decide everything.

Attributed to Pedro Arrupe, S.J.

### **A Colloquy With Jesus**

I turn to Jesus Christ, hanging on His  
cross, and I talk with Him.

I ask how it can be that the Lord and  
Creator should have come from the  
infinite reaches of eternity to this death  
here on earth, so that He could die for  
our sins.

And then I reflect upon myself, and ask:

What have I done for Christ?

## **Jesuit Prayers**



What am I doing for Christ?  
What ought I do for Christ?

And I talk with Jesus like a friend.

From the *Spiritual Exercises*,  
paraphrased by Joseph Tetlow, S.J.

### **The Memorare**

Remember, O most gracious Virgin  
Mary, that never was it known  
that anyone who fled to your protection,  
implored your help or sought your  
intercession, was left unaided.  
Inspired by this confidence,  
we fly unto you, O Virgin of virgins, our  
Mother!

To you we come, before you we stand,  
sinful and sorrowful. O Mother of the  
Word Incarnate, despise not our  
petitions, but in your mercy hear and  
answer us. *Amen.*

### **Magnificat of Mary**

My soul magnifies the Lord,  
and my spirit rejoices in God my Savior;  
because He has regarded the lowliness of  
His handmaid;  
for behold, henceforth all generations  
shall call me blessed;  
because He who is mighty has done  
great things for me, and Holy is His  
Name; and His mercy is from generation  
to generation on those who fear Him.

He has shown might with His arm,  
He has scattered the proud in the conceit  
of their heart.  
He has put down the mighty from their  
thrones, and has exalted the lowly.

He has filled the hungry with good  
things, and the rich he has sent away  
empty.

He has given help to Israel, His servant,  
mindful of His mercy -  
Even as He spoke to our fathers -  
to Abraham and to his posterity forever.

(Luke 1:46-55)