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

Suscepi 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.

Suscepi Domine (in Latin)


Suscepi Domine (English alternative)

Receive, O Lord, all my liberty. Take my memory, my understanding, and my entire will. Whateover 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

Jesuit Prayers
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.

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**Jesuit Prayers**
Thou, Thou, my Jesus, after me
Didst reach Thine arms our dying,
For my sake suferedst 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 Teihard 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 breathe 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

Jesuit Prayers
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
dained 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 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 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 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.

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.

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.


Jesuit Prayers
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 Rodríguez, 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,
et 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?
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)