

Using Other Prayers as Guides

The Serenity Prayer (Reinhold Neibuhr - 1892–1971)

God, grant me the Serenity
To accept the things I cannot change...
Courage to change the things I can.
And Wisdom to know the difference.

Living one day at a time.
Enjoying one moment at a time.
Accepting hardship as the pathway to peace.
Taking, as He did, this sinful world as it is,
Not as I would have it.
Trusting that He will make all things right
if I surrender to His will.
That I may be reasonably happy in this life,
And supremely happy with Him forever in the next.
Amen.

The Prayer of Saint Francis (Francis of Assisi - 1181–1226)

Lord, make me an instrument of Your peace:
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.

O Divine Master,
Grant that I may not so much seek
To be consoled as to console;
To be understood, as to understand;
To be loved, as to love;
For it is in giving that we receive,
It is in pardoning that we are pardoned,
And it is in dying that we are born to Eternal Life.
Amen.

Prayer of Submission (John Wesley - 1703–1791)

To you, O God, Father, Son, and Holy Spirit, my Creator,
Redeemer, and Sanctifier, I give up myself entirely. May I no
longer serve myself, but you, all the days of my life.

I give you my understanding. May it be my only care to know
you, your perfections, your works, and your will. Let all things
else be as dross unto me, for the excellency of this
knowledge, and let me silence all reasonings against
whatsoever you teach me, who can neither deceive nor be
deceived.

I give you my will. May I have no will of my own. Whatsoever
you will, may I will and that only. May I will your glory in all
things, as you do, and make that my end in every thing. May I
ever say with the Psalmist, "Whom have I in heaven but you?
And there is nothing on earth that I desire other than you."
May I delight to do your will, O God, and rejoice to accept it.
Whatever threatens me, let me say, "It is the Lord; let him do
what seems good to him." And whatever befalls me, let me
give thanks, since it is your will concerning me.

I give you my affections. Dispose of them all. Be my love, my
fear, my joy; and may nothing have any share in them, but
with respect to you and for your sake. What you love, may I
love; what you hate, may I hate; and that in such measures as
you are pleased to prescribe for me.

I give you my body. May I glorify you with it, and preserve it
holy, fit for you, O God, to dwell in. May I neither indulge it,
nor use too much rigor toward it; but keep it as far as in me
lies, healthy, vigorous, and active, and fit to do you all manner
of service that you shall call for.

I give you all my worldly goods. May I prize them and use
them only for you. May I faithfully restore to you, in the poor,
all you have entrusted me with, above the necessities of life;
and be content to part with them too, whenever you, my
Lord, shall require them at my hands.

I give you my credit and reputation. May I never value it, but
only in respect of you; nor endeavor to maintain it, but as it
may do the service and advance your honor in the world.

I give you myself and my all. Let me look upon myself to be
nothing, and to have nothing, apart from you. Be the sole
disposer and governor of myself and all; be my portion and
my all.

O my God and my all, when hereafter I shall be tempted to
break this solemn engagement, when I shall be pressed to
conform to the world and to the company and customs that
surround me, may my answer be: "I am not my own, I am not
for myself, not for the world, but for my God. I will give unto
God the things that are God's. God, be merciful to me a
sinner"

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The Lorica of Saint Patrick (Patrick of Ireland – 387–461)

I arise today
Through a mighty strength, the invocation of the Trinity,
Through a belief in the Threeness,
Through confession of the Oneness
Of the Creator of creation.

I arise today
Through the strength of Christ's birth and His baptism,
Through the strength of His crucifixion and His burial,
Through the strength of His resurrection and His ascension,
Through the strength of His descent for the judgment of doom.

I arise today
Through the strength of the love of cherubim,
In obedience of angels,
In service of archangels,
In the hope of resurrection to meet with reward,
In the prayers of patriarchs,
In preachings of the apostles,
In faiths of confessors,
In innocence of virgins,
In deeds of righteous men.

I arise today
Through the strength of heaven:
Light of the sun,
Splendor of fire,
Speed of lightning,
Swiftmess of the wind,
Depth of the sea,
Stability of the earth,
Firmness of the rock.

I arise today
Through God's strength to pilot me:
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me.

God's word to speak for me,
God's hand to guard me,
God's way to lie before me,
God's shield to protect me,
God's hosts to save me
From snares of the devil,
From temptations of vices,
From every one who desires me ill,
Afar and anear,
Alone or in a multitude.

I summon today all these powers between me and evil,
Against every cruel merciless power that opposes my body and soul,
Against incantations of false prophets,
Against black laws of pagandom,
Against false laws of heretics,
Against craft of idolatry,
Against spells of women and smiths and wizards,
Against every knowledge that corrupts man's body and soul,
Christ shield me today
Against poison, against burning,
Against drowning, against wounding,
So that reward may come to me in abundance.

Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down,
Christ in the heart of every man who thinks of me,
Christ in the mouth of every man who speaks of me,
Christ in the eye that sees me,
Christ in the ear that hears me.

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Through a mighty strength, the invocation of the Trinity,
Through a belief in the Threeness,
Through a confession of the Oneness
Of the Creator of creation