



## **Prayer to St. Benedict of Nursia**

O Lord, I place myself in your hands and dedicate myself to you. I pledge myself to do your will in all things: To love the Lord God with all my heart, all my soul, all my strength.

Not to kill. Not to steal. Not to covet. Not to bear false witness. To honor all persons. Not to do to another what I would not wish done to myself. To chastise the body. Not to seek after pleasures. To love fasting. To relieve the poor. To clothe the naked. To visit the sick. To bury the dead. To help in trouble. To console the sorrowing. To hold myself aloof from worldly ways. To prefer nothing to the love of Christ.

Not to give way to anger. Not to foster a desire for revenge. Not to entertain deceit in the heart. Not to make a false peace. Not to forsake charity. Not to swear, lest I swear falsely. To speak the truth with heart and tongue. Not to return evil for evil. To do no injury: yea, even to bear patiently any injury done to me. To love my enemies. Not to curse those who curse me, but rather to bless them. To bear persecution for justice's sake.

Not to be proud. Not to be given to intoxicating drink. Not to be an over-eater. Not to be lazy. Not to be slothful. Not to be a murmurer. Not to be a detractor. To put my trust in God.

To refer the good I see in myself to God. To refer any evil in myself to myself. To fear the Day of Judgment. To be in dread of hell. To desire eternal life with spiritual longing. To keep death before my eyes daily. To keep constant watch over my actions. To remember that God sees me everywhere. To call upon Christ for defense against evil thoughts that arises in my heart.

To guard my tongue against wicked speech. To avoid much speaking. To avoid idle talk. To read only what is good to read. To look at only what is good to see. To pray often. To ask forgiveness daily for my sins, and to seek ways to amend my life. To obey my superiors in all things rightful. Not to desire to be thought holy, but to seek holiness.

To fulfill the commandments of God by good works. To love chastity. To hate no one.

Not to be jealous or envious of anyone. Not to love strife. Not to love pride. To honor the aged. To pray for my enemies. To make peace after a quarrel, before the setting of the sun. Never to despair of your mercy, O God of Mercy. Amen.

#### Prayer to St. Benedict

O glorious St. Benedict, sublime model of all virtues, pure vessel of God's grace! Behold me, humbly kneeling at thy feet. I implore thy loving heart to pray for me before the throne of God. To thee I have recourse in all the dangers which daily surround me. Shield me against my enemies, inspire me to imitate thee in all things. May thy blessing be with me always, so that I may shun whatever God forbids and avoid the occasions of sin.

Graciously obtain for me from God those favors and graces of which I stand so much in need, in the trials, miseries and afflictions of life. Thy heart was always so full of love, compassion, and mercy towards those who were afflicted or troubled in any way. Thou didst never dismiss without consolation and assistance any one who had recourse to thee. I therefore invoke thy powerful intercession, in the confident hope that thou wilt hear my prayers and obtain for me the special grace and favor I so earnestly implore (mention it), if it be for the greater glory of God and the welfare of my soul.

Help me, O great St. Benedict, to live and die as a faithful child of God, to be ever submissive to His holy will, and to attain the eternal happiness of heaven. Amen.

#### Prayer to St. Benedict for a Happy Death

O holy Father, St. Benedict, blessed by God both in grace and in name, who, while standing in prayer, with hands raised to heaven, didst most happily yield thy angelic spirit into the hands of thy Creator, and hast promised zealously to defend against all the snares of the enemy in the last struggle of death, those who shall daily remind thee of thy glorious departure and heavenly joys; protect me, I beseech thee, O glorious Father, this day and every day, by thy holy blessings, that I may never be separated from our dear Lord, from the society of thyself, and of all the blessed. Through the same Christ our Lord. Amen.

St. Benedict himself revealed to St. Gertrude - also one of the greatest saints in the history of the Catholic Church, and herself a Benedictine nun - that "whoever reminds me of the extraordinary privilege with which God deigned to glorify my last moments, shall experience my particular assistance in his final combat. I will be a faithful protector against the assaults of the enemy. Fortified by my presence, he will escape the snares of the evil one and safely attain eternal happiness."

#### Short Prayer to St. Benedict

Admirable Saint and Doctor of Humility, you practiced what you taught, assiduously praying for God's glory and lovingly fulfilling all work for God and the benefit of all human beings. You know the many physical dangers that surround us today often caused or occasioned by human inventions. Guard us against poisoning of the body as well as of mind and soul, and thus be truly a "Blessed" one for us. Amen.