

Christ, who is close to the brokenhearted,
restores my lost innocence.

Christ, who walked before me,
shares my every burden.

Christ, who has walked before me,
will help me resolve every crisis.

Christ, who walked before me,
knows my every hope.

Christ, who has walked before me,
knows everything I suffer.

Christ, who has walked before me,
will always lead me home to safety.



I will strive to curb temptations
to react to people and events.

I will ask myself what causes my anger and
irritation at people and events.

I will seek to identify the source of my
anger and irritation.

I will give thanks for what angers and
upsets me for identifying their source
will help to set me free.

I will strive to listen, watch and pray; listen,
watch and pray. I will listen, watch and pray!



I alone control Christ's ability to transform my
life into a Sacred Story.

The process begins when I ask for the grace
to honestly name my sins and addictions. The
process continues when I invite Christ to
illuminate my narcissism.

Only God's grace and mercy can write my
Sacred Story.



The path to my Sacred Story is Creation,
Presence, Memory, Mercy, and Eternity.

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SACRED STORY PRAYER

CREATION

I believe God created everything in love and for love; I ask for heart-felt knowledge of God's love for me, and for gratitude for the general and particular graces of this day.

PRESENCE

I believe God is present in each moment and event of my life, and I ask for the grace to awaken, see and feel where and how, especially in this present moment.

MEMORY

I believe every violation of love committed by me and against me is in my memory and I ask God to reveal them to me, especially those that have manifested themselves today so I can be healed.

MERCY

I believe that forgiveness is the only path to healing and illumination. I beg for the grace of forgiveness and the grace to forgive especially for the general and particular failures of this day, and from my past.

ETERNITY

I believe the grace of forgiveness opens my heart making my every thought, word and deed bear fruit that endures to eternity. I ask that everything in my life serve Christ's Great Work of Reconciliation.



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Your ways, O Lord, make known to me;
teach me your paths. Guide me in your
truth and teach me, for you are God my
savior, and for you I wait all the day.

Good and upright is the Lord; thus he
shows sinners the way. He guides the
humble to justice, and teaches the
humble his way.

All the paths of the Lord are kindness and
constancy toward those who keep his
covenant and his decrees.

The friendship of the Lord
is with those who fear him,
and his covenant, for their instruction.

(Ps 25; 4-5, 8-9, 10, 14)



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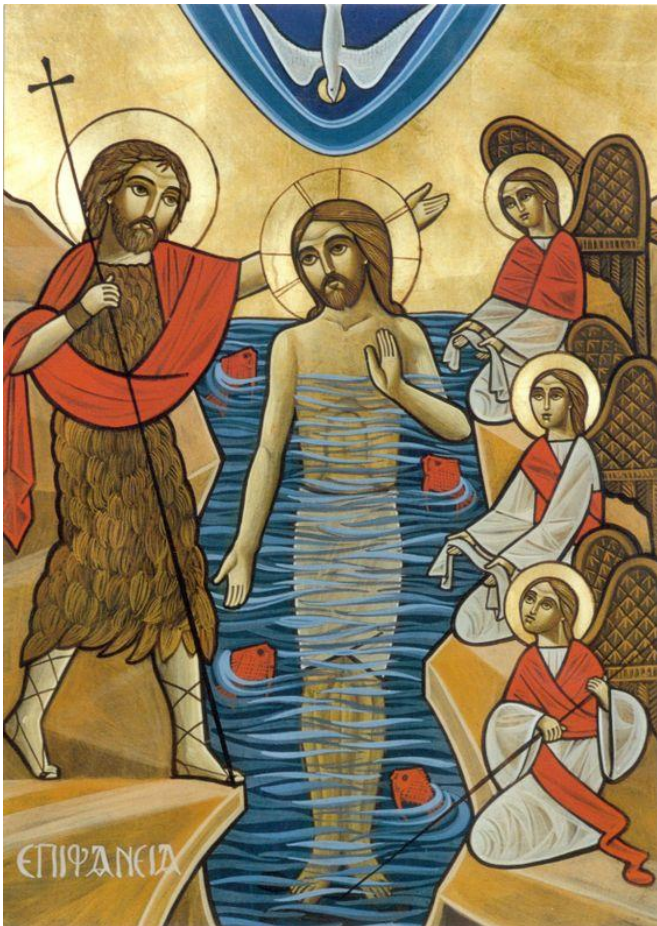
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Suscipe



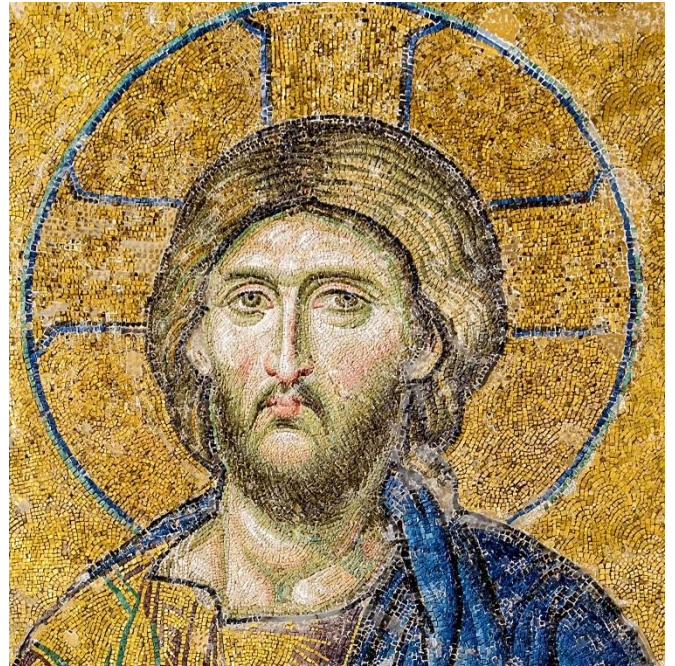
*Take, Lord, and receive all my liberty,
My memory, my understanding
And my entire will,
All I have and call my own.*

*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.*



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 the wounds, shelter me-
From turning away, keep me-
From the evil one, protect me- At
the hour of my death, call me-
Into your presence lead me-
To praise you with all your
saints Forever and ever.
Amen!*



Prayer for Generosity



Ghislaine Howard ~ The Washing of the Feet

*Lord, teach me to be generous.
Teach me to serve you as you
deserve; to give and not to
count the cost,
to fight and not to heed the
wounds, to toil and not to
seek for rest,
to labor and not to ask for
reward, save that of knowing
that do your will.*

St. Ignatius
Loyola

Foundations Prayer

A paraphrase by William Watson, S.J.



*For and through whom everything was made,
is Christ Jesus. I live because he loves me. To
praise and serve him alone
with all my mind, heart, and strength is my freedom
– my only freedom.*



*I shall not prejudice any path in following him:
for I can praise him equally
in my health and sickness.
I can distinguish myself in service to his Kingdom
with great wealth, modest means, or having nothing
at all to call my own.*



*He is the anchor of my joy and peace
Whether I am disgraced or lauded.
In his all-embracing love I taste eternity,
whether my days are numbered great or small.*



*Christ Jesus alone is the treasure of my heart.
I shall ever listen for his call,
And follow unreservedly.
For in everything I can love and praise him,
And find my eternal joy.*

Amen.

