

## TO ACQUIRE THE VIRTUES

O God,  
all powerful and all-knowing,  
without beginning and without end.  
You Who are  
the source,  
the sustainer,  
and the rewarder of all virtues,

Grant that I may  
abide on the firm ground of faith,  
be sheltered by an impregnable shield of hope,  
and be adorned in bridal garment of charity

Grant that I may  
through justice  
be subject to You,  
through prudence  
avoid the beguilements of the devil,  
through temperance  
exercise restraint,  
and through fortitude  
endure adversity with patience.

Grant that  
whatever good things I have,  
I may share generously  
with those who have not

and that  
whatever good things I do not have,  
I may request humbly  
from those who do.

Grant that I may  
judge rightly  
the evil of the wrongs I have done  
and bear calmly  
the punishments  
I have brought upon myself,

and that I may  
never envy my neighbor's possessions  
and ever give thanks for Your good things.

Grant that I may always observe modesty

in the way I dress,  
the way I walk,  
and the gestures I use,  
restrain my tongue from frivolous talk,  
prevent my feet from leading me astray,  
keep my eyes from wandering glances,  
shelter my ears from rumors,  
lower my gaze in humility,  
lift my mind to thoughts of heaven,  
contemn all that will pass away,  
and love You only

Grant that I may subdue my flesh  
and cleanse my conscience,  
honor the saints and praise You worthily,  
advance in goodness,  
and end a life of good works with a holy death.

Plant deep in me, Lord, all the virtues,  
that I might be  
devout in divine matters,  
discerning in human affairs,  
and burdensome to no one  
in fulfilling my own bodily needs.

Grant to me, Lord,  
fervent contrition,  
pure confession,  
and complete reparation.

Order me inwardly through a good life,  
that I might do  
what is right  
and what will be  
meritorious for me  
and a good example for others.

Grant that I may  
never crave to do things impulsively,  
nor disdain to do what is burdensome,

Lest I begin things before I should  
or abandon them before finishing.

Amen

*Thomas Aquinas*