

The Universal Prayer

by Pope Clement XI

Lord, I believe in You: increase my faith.
I trust in You: strengthen my trust.
I love You: let me love You more and more.
I am sorry for my sins: deepen my sorrow.

I worship You as my first beginning,
I long for You as my last end,
I praise You as my constant helper,
And call on You as my loving protector.

Guide me by Your wisdom,
Correct me with Your justice,
Comfort me with Your mercy,
Protect me with Your power.

I offer You, Lord, my thoughts: to be fixed on You;
My words: to have You for their theme;
My actions: to reflect my love for You;
My sufferings: to be endured for Your greater glory.

I want to do what You ask of me:
In the way You ask,
For as long as You ask,
Because You ask it.

Lord, enlighten my understanding,
Strengthen my will,
Purify my heart,
and make me holy.

Help me to repent of my past sins
And to resist temptation in the future.
Help me to rise above my human weaknesses
And to grow stronger as a Christian.

Let me love you, my Lord and my God,
And see myself as I really am:
A pilgrim in this world,
A Christian called to respect and love
All whose lives I touch,
Those under my authority,
My friends and my enemies.

Help me to conquer anger with gentleness,
Greed by generosity,
Apathy by fervor.
Help me to forget myself
And reach out toward others.

Make me prudent in planning,
Courageous in taking risks.
Make me patient in suffering,
Unassuming in prosperity.

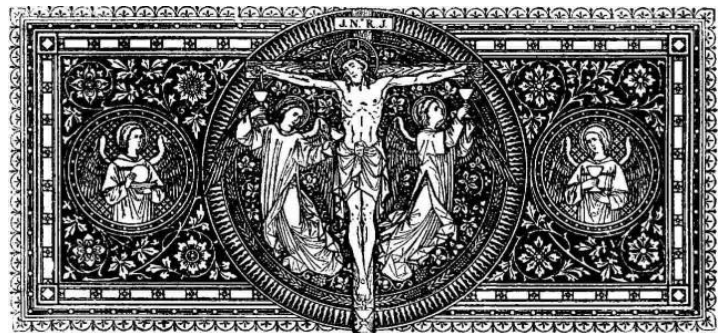
Keep me, Lord, attentive at prayer,
Temperate in food and drink,
Diligent in my work,
Firm in my good intentions.

Let my conscience be clear,
My conduct without fault,
My speech blameless,
My life well-ordered.
Put me on guard against my human weaknesses.
Let me cherish Your love for me,
Keep Your law,
And come at last to Your salvation.

Teach me to realize that this world is dangerous,
That my true future is the happiness of heaven,
That life on earth is short,
And the life to come eternal.

Help me to prepare for death
With a proper fear of judgment,
But a greater trust in your goodness.
Lead me safely through death
To the endless joy of heaven.

Grant this through Christ our Lord. Amen.



How to Better Prepare for the Grace of Confession & Reconciliation:

Confession is a Place of Victory: <https://bit.ly/PlaceOfVictory> (<https://bit.ly/ConfessToAPriest>)

Homily (video) on Confession: <http://bit.ly/ConfessionHomily>

- (1) Examine; (2) Confess; (3) Name the Virtue; (4) Visualize; (5) Make Concrete and Simple Commitments; (6) Repeat.

Various Thorough Examinations of Conscience <http://bit.ly/ConfessionAid1> or
<http://bit.ly/ConfessionalAid2> or <http://bit.ly/ConfessionalAid3>
or (advanced -->) <http://bit.ly/ConfessionForEachMonth>

- Mortal vs Venial Sin: <http://bit.ly/MortalVsVenialSin>
- Things not to Confess: <http://bit.ly/ThingsNotToConfess>
- Tips for a Good Confession: <http://bit.ly/GoodConfessionTips> & <https://bit.ly/BadConfession>
- Books to Help in Confessional: <https://bit.ly/ConfessionBook1> & <https://bit.ly/FrequentConfession>
- Little to Confess? <https://bit.ly/SanctityInKindness> & [Rooting Out Faults: https://a.co/d/h9pV8Bn](https://a.co/d/h9pV8Bn)

Aids for the Spiritual Life:

ARRR Prayer - <http://bit.ly/HowToPray-ARRR>
(Acknowledge; Relate; Receive; Resolve/Respond)
& <http://bit.ly/ARRR-Prayer2>

Why is Prayer so Hard? <http://bit.ly/PrayerIsHard>
& <http://bit.ly/BattlingDryness>

What is Sin?: <http://bit.ly/WhatIsSin> &
<http://bit.ly/HeartOfSin>

Your True Identity: <http://bit.ly/YourTrueIdentity>

Same Sins Over & Over: <http://bit.ly/SameSins>

Easy Way to Become a Saint:
<http://bit.ly/EasyRoadToSanctity>

Sanctity Checklist: <http://bit.ly/SanctityChecklist>

What's Stopping You from Becoming a Saint? -
<http://bit.ly/BeASaintToday>

Build A Prayer Life: <http://bit.ly/YearPrayerGoal>

The Holy Hour: <http://bit.ly/TheHolyHour>

Advanced (i.e. do all else first): Homily - Striving for
the Contrary Virtue: <http://bit.ly/OppositeVirtue>

(For More Resources, Email Fr. David – frdavid@ap.church)

Spiritual Reading for Growth in Holiness:
<https://bit.ly/SpiritualReadingPlan3>

Devotional Journey Into The Mass:
<http://bit.ly/JourneyIntoMass>

More about Mass: <http://bit.ly/ElementsOfTheMass>

Spiritual Warfare:

- Battle Plan: <https://bit.ly/BattleSin>
- For Men: <https://bit.ly/SpiritualWarfareMen>
- For Women: <https://bit.ly/AntiMaryExposed>
- Generally: <https://bit.ly/SpProtection>
- For Parents: <https://bit.ly/ParentingPitfalls>

Tons More on Our Faith: <https://formed.org/signup>

Freedom from Porn:

- Freedom is Possible:
<http://bit.ly/PornFreedom>
- Practical Steps:
<http://bit.ly/PornFreedomBasics>
- How to Quit: <http://bit.ly/Quit-Porn>
- Covenant Eyes: <http://bit.ly/Covenant-Eyes>
- Fortify Program: <http://bit.ly/Fortify-Program> (Free)
- Strive: <https://www.strive21.com> (Free)
- Magdala: (for women) (Free)
<https://www.magdalaministries.org/>

St. Ignatius' 14 Rules: An Antidote to Spiritual Chaos

1. When a person lives a life of serious sin, the enemy fills the imagination with images of sensual pleasures; the good spirit stings and bites in the person's conscience, God's loving action, calling the person back.
2. When a person tries to avoid sin and to love God, this reverses: now the enemy tries to bite, discourage, and sadden; the good spirit gives courage and strength, inspirations, easing the path forward.
3. When your heart finds joy in God, a sense of God's closeness and love, you are experiencing spiritual consolation. Open your heart to God's gift!
4. When your heart is discouraged, you have little energy for spiritual things, and God feels far away, you are experiencing spiritual desolation. Resist and reject this tactic of enemy!
5. "In time of desolation, never make a change!" When you are in spiritual desolation, never change anything in your spiritual life... e.g. never lessen your prayer which you've committed to when in consolation.
6. When you are in spiritual desolation, use these four means: prayer (ask God's help!), meditation (think of Bible verses, truths about God's faithful love, memories of God's fidelity to you in the past), examination (ask, What am I feeling? How did this start?), and suitable penance (don't just give in and immerse yourself in social media, music, movies . . .), stand your ground in suitable ways!
7. When you are in spiritual desolation, think of this truth: God is giving me all the grace I need to get safely through this desolation.
8. When you are in spiritual desolation, be patient, stay the course, and remember that consolation will return much sooner than the desolation is telling you.
9. Why does a God who loves us allow us to experience spiritual desolation? To help us see changes we need to make; to strengthen us in our resistance to desolation; and to help us not get complacent in the spiritual life.
10. When you are in spiritual consolation, remember that desolation will return at some point, and prepare for it.
11. The mature person of discernment is neither carelessly high in consolation nor despairingly low in desolation, but rather humble in consolation and trusting in desolation.
12. Resist the enemy's temptations right at their very beginning. This is when it is easiest.
13. When you find burdens on your heart in your spiritual life, temptations, confusion, discouragement, find a wise, competent spiritual person, and talk about it.
(Fr. David addition: While this person should be another living human person, the Saints and their writings can be of great benefit here. Remember, the Saints are the most fully alive and they show us the way to Life.)
14. Identify that area of your life where you are most vulnerable to the enemy's temptations and discouraging lies, and strengthen it.

(St. Ignatius' literal, non-abridged rules: <http://bit.ly/14RulesForDiscernment>)