



## **Prayers for Virtues**

***"I live, now not I; but Christ lives in me." Gal. 2:20***

Please choose one or more of these prayers to pray daily with your students throughout Vocation Awareness Week and the rest of the year. Many saintly men and women are represented below and the wisdom in their words should be praised and pronounced every day of our lives. May you be empowered by their words.

### **Prayer of St. Thomas Aquinas for Virtue**

Grant that I may not fail or swerve either in prosperity or adversity; that I be not lifted up by the one, and cast down by the other. Let me thank Thee in prosperity, and preserve my patience in adversity.

Let me joy in nothing but what leads to Thee, nor grieve for anything but what leads away from Thee; let me neither seek to please, nor fear to displease any but Thee alone. May all transitory things grow vile in my eyes, O God, and may all that is Thine be dear to me for Thy sake, and Thou, O my God, are above them all.

May all joy be irksome to me that is without Thee, nor may I desire anything that is apart from Thee. May all labour and toil delight me, which is for Thee, and all rest be weariness, which is not in Thee. Grant me, O God, continually to lift up my heart towards Thee, and to bring sorrowfully to my mind my many shortcomings, with full purpose of amendment.

Make me, O God, obedient without demur, poor without repining, chaste without stain, patient without murmur, humble without pretence, joyous without frivolity, fearful without abjectness, truthful without disguise, given to good works without presumption, faithful to rebuke my neighbor without arrogance, and ever ready to edify him by word and example without pretension.

Give me, O God, an ever watchful heart, which no subtle speculation may lure from Thee. Give me a noble heart, which no unworthy affection can draw downwards to the earth. Give me an upright heart, which no insincere intention can warp. Give me a firm heart, which no tribulation can crush or quell. Give me a free heart, which no perverted or impetuous affection can claim for its own.

### **Prayer for Holiness**

Breathe in me,  
O Holy Spirit,  
that my thoughts may all be holy.

Act in me,  
O Holy Spirit,  
that my work, too, may be holy.

Draw my heart,  
O Holy Spirit,  
that I love only what is holy.

Strengthen me,  
O Holy Spirit,  
to defend all that is holy.

Guard me so,  
O Holy Spirit,  
that I may always be holy. Amen

### **Prayer for the Virtue of Faith**

Jesus, Your faith was in the Heavenly Father, Your steadfastness being my living model! Kindly grant me the richness of such faith, To embrace Your Father as my true Provider, having staunch belief in His eminent powers and to remain loyal to Him until my last day. If my faith shifts as temporary waves, rush to my rescue without any hesitation, protecting others from my fleeting frailty. May Your presence always be lively enjoyed, enabling me to shine as a flame of faith. my faith loyally reaches out to You! Amen.

### **Act of Hope**

O my God, relying on your infinite goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

### **Prayer for God's Guidance**

Father in Heaven,  
You made me Your child  
and called me to walk in the Light of Christ.  
Free me from darkness  
and keep me in the Light of Your Truth.  
The Light of Jesus has scattered  
the darkness of hatred and sin.  
Called to that Light,  
I ask for Your guidance.  
Form my life in Your Truth,  
my heart in Your Love.  
Through the Holy Eucharist,  
give me the power of Your Grace  
that I may walk in the Light of Jesus  
and serve Him faithfully. Amen.

### **Prayer to St. Joan of Arc**

Valiant St. Joan, Maid of Orleans, to you I offer this prayer in hope that you may guide me in the virtues of courage, patience, leadership, and trust in God's will.

Inspire me from this hour forth to accept God's will unquestioningly, just as you did when obeying the saintly voices of His messengers in the fields of Domremy.

Pray for me to be compassionate, serving God by serving those who are downtrodden and poor in spirit. Obtain for me the strength and courage to defend God's mission of love and justice and to lead by the example of piety, truth, forgiveness, and faith unwavering.

Come to my aid as I pray ardently for God's mercy, remembering to forgive others, even in times of persecution. Dauntless Warrior Saint, beseech our Heavenly Father, in honor of His Holy Passion, to grant me the courage to speak truth in the face of adversity and the initiative to step forth in spiritual battle for Him.

O chaste and steadfast Maid, galvanize my spirit that I may strive in each moment to be placed in God's grace. And may I recall that like you in battle, I am to be a soldier for the Lord in this life, for it is He who shall give victory. Amen.

## **A Devotion in Honor of the Sorrowful Heart of Mary**

V. Incline unto my aid, O Lord.

R. O Lord, make haste to help me.

### ***Glory Be...***

I compassionate Thee,  
sorrowing Mary,  
for that affliction which thy tender  
heart suffered  
at the time of the prophecy of the  
holy old man Simeon.  
O dear Mother,  
by thy heart thus afflicted,  
obtain for me the virtue of humility,  
and the gift of the fear of God.

### ***Hail Mary...***

I compassionate thee,  
sorrowing Mary,  
for those bitter pangs  
which thy most feeling heart  
suffered  
in thy flight and sojourn in Egypt.  
O dear Mother,  
by thy heart immersed in so great  
sorrows,  
obtain for me the virtue of liberality,  
especially towards the poor,  
and the gift of piety.

### ***Hail Mary...***

I compassionate thee,  
sorrowing Mary,  
for those griefs  
which thy solicitous heart  
experienced  
in the loss of thy beloved Son.  
O dear Mother,  
by thy heart filled with maternal  
anxieties,  
obtain for me the virtue of chastity  
and the gift of knowledge.

### ***Hail Mary...***

I compassionate thee,  
sorrowing Mary,  
for that sorrow which oppressed thy  
maternal heart,  
in meeting Jesus carrying His Cross.  
O dear Mother,  
by thy most loving heart,

so much afflicted,  
obtain for me the virtue of patience,  
and the gift of fortitude.

### ***Hail Mary...***

I compassionate thee,  
sorrowing Mary,  
for that martyrdom which thy generous  
heart sustained,  
in being present with thine agonizing Jesus.  
O dear Mother, by thy heart undergoing so  
severe a martyrdom,  
obtain for me the virtue of temperance,  
and the gift of counsel.

### ***Hail Mary...***

I compassionate thee,  
sorrowing Mary,  
for those pangs which thine afflicted heart  
endured,  
when the lance pierced the side of Jesus,  
and wounded His most amiable Heart.  
O dear Mother, by thy heart transfixed,  
obtain for me the virtue of fraternal charity,  
and the gift of understanding.

### ***Hail Mary...***

I compassionate thee,  
sorrowing Mary,  
for that anguish which thy loving heart  
experienced in the burial of Jesus.  
O dear Mother,  
by thy sacred heart,  
thus steeped in bitter grief,  
obtain for me the virtue of diligence,  
and the gift of wisdom.

### ***Hail Mary...***

V. Pray for us, O most sorrowful Virgin,  
R. That we may be made worthy of the  
promises of Christ.

### ***Let Us Pray:***

We beseech Thee,  
O Lord Jesus Christ,  
that the Blessed Virgin Mary  
whose heart at the time of Thy passion  
was pierced through with the sword of  
sorrow,  
may intercede for us before the throne of  
mercy,

now and at the hour of our death;  
who, with the Father and the Holy Ghost,

lives and reigns, one God, world without  
end. Amen.

### **Act of Faith**

O my God, I firmly believe that Thou art one God in Three Divine Persons, Father, Son and Holy Ghost. I believe that Thy Divine Son became Man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because Thou hast revealed them, Who can neither deceive nor be deceived.

### **Act of Love**

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured. Amen.

### **Prayer to Love God Above All Things**

God, my Father, may I love You in all things and above all things. May I reach the joy which you have prepared for me in Heaven. Nothing is good that is against Your Will, and all that is good comes from Your Hand. Place in my heart a desire to please You and fill my mind with thoughts of Your Love, so that I may grow in Your Wisdom and enjoy Your Peace. Amen.

### **St. Teresa of Avila Prayer (St. Alphonsus Marie de Liguori)**

O Saint Teresa, seraphic Virgin, beloved spouse of thy crucified Lord, thou who on earth didst burn with a love so intense toward thy God and my god, and now doest glow with a brighter and purer flame in paradise: obtain for me also, I beseech thee, a spark of that same holy fire which shall cause me to forget the world, all things created and even myself; for thou didst ever avidly desire to see Him loved by all men. Grant that my every thought and desire and affection may be continually directed to doing the will of God, the Supreme Good, whether I am in joy or in pain, for He is worthy to be loved and obeyed forever. Obtain for me this grace, thou who art so powerful with God; may I be all on fire, like thee, with the holy love of God. Amen.

### **Youth's Prayer for Fortitude**

O Holy Spirit who descended upon the twelve as they stood in anxiety, come unto me in my youthful endeavors. Banish from my heart all timidity and false pride; strengthen my soul to avoid all sin, to practice virtue, and to prefer ridicule to the denial of my Lord and Saviour Jesus Christ. Let not the goodness of purity, obedience and charity be obscured in the face of adversity. Instill in me the virtue of Fortitude so that I may courageously profess and practice my holy Catholic faith. Open my eyes, O Holy Spirit, that I may recognize my state in life. Give me the confidence to embrace it and strength to live it as a son of God. I pray that Your guidance, protection and consolation may be with me now and throughout my life. Amen.

### **Prayer for Fortitude**

Dear Jesus, lay your Wounded Hand upon my weary head,  
And teach me to have courage in the paths that I must tread.  
Bless me, and bless those whom I love, and give us grace to see  
These crosses bravely borne by us will keep us close to thee.  
And if at times a shadow falls in unexpected ways,  
Put your gentle hand in mine and guide me through the days.  
So bless my people, one and all, with Thy protecting grace,  
And impart to them Thy wisdom ere they meet Thee face to face. Amen.

### **Prayer for the Virtue of Temperance**

Lord Jesus Christ, I have the tendency to over-do almost anything. When I am involved in something I plunge into it so that I am oblivious of everything else. Give me a spirit of temperance to maintain my balance in all things – whether it be sleeping, thinking, or working, playing, visiting, or partying. Let me realize that whatever I do, I should do for you – and I should do it in moderation. Amen.

### **Prayer to St. Dymphna for Prudence**

You were marked in life, St. Dymphna, by a high degree of prudence. You sought and followed the advice of your confessor and spiritual guide. You fled from temptation even when it meant exile and poverty. In your last extremity you chose to die rather than offend God. Please help us now by your merits not only to know what is right, but procure for us also the strength to do it. Amen.

### **Prayer for the Virtue of Justice**

Lord, inspire me to give of my best  
and make use of the talents you have given me.  
Show me how to be positive in attitude,  
appreciating and valuing others,  
Always being ready to encourage and give praise.  
sometimes I draw conclusions about people  
In terms of what I think is meant by “success” and “failure,”  
but the “failure” of one person  
might count as a great “success” of someone with other talents.  
Lead me never to judge people but to accept others as they are,  
knowing that it is together, each with our own differences,  
that we build up Your Kingdom. Amen.

### **A Rosary for Vocations**

#### ***1st Joyful Mystery: The Annunciation***

Mary answers “Yes” to God’s call. Even though it was unexpected and the Archangel gives her only the details she needs to know at the present moment, she responds generously. Let us offer this decade for those who are being called to the priesthood or religious life that they, like Mary, may have the grace to respond whole-heartedly.

#### ***2nd Joyful Mystery: The Visitation***

Mary wastes no time in acting upon the grace of her vocation. Through her cooperation the plan of salvation is already unfolding. Let us offer this decade for those who have been called but are hesitating. May God’s grace hurry them forward to answer the call and thus begin to labor for the harvest.

#### ***3rd Joyful Mystery: The Nativity***

Our Savior comes to us in the midst of a family. How crucial is the role of the family! Let us offer this decade for all parents that they may provide an atmosphere of love and faith in the home. May parents thus help foster their children’s vocations.

#### ***4th Joyful Mystery: The Presentation***

Joseph and Mary presented Jesus in the Temple and dedicated Him to Almighty God. They knew their Son was a gift from God to be given back to Him. Let us offer this

decade for the grace parents need to recognize the gift of their children and thus offer them to the divine plan of God. May His will determine every moment of their lives.

*5th Joyful Mystery: The Finding of Jesus in the Temple*

This mystery tells of a very unplanned event in the life of Joseph and Mary. For days their hearts ached with sorrow until they found their Son. Let us offer this decade for

those parents who find it difficult to understand and thus support their child's vocation as a priest or religious. May they be graced with the faith to support God's will for their children and, like Joseph and Mary, to hold the mysterious ways of God in their hearts.

**1st Luminous Mystery: The Baptism of Jesus**

The mystery of our Lord's Baptism is the mystery of Jesus taking upon Himself the mission of the Messiah. Thus begins His public ministry. Let us offer this decade for those called to the priesthood and religious life but are afraid to answer because of what others may say or think. Grant them courage, O Lord, to accept the mission You are giving them.

*2nd Luminous Mystery: The Wedding Feast of Cana*

Through the intercession of Mary, Jesus transforms ordinary water into extraordinary wine. What incredible things God's grace can do in our lives! Let us offer this decade for those who are being called but doubt that they have much to offer. May they trust in the power of God to bring all things into completion and say "Yes" to His call.

*3rd Luminous Mystery: The Proclamation of the Kingdom*

Our Lord begins His public ministry by announcing the arrival of the Kingdom of God. What joyous news this is for all humanity to hear! Let us offer this decade for an increase in vocations that there might be many more priests and religious who will proclaim this truth and bear witness to it with their lives.

*4th Luminous Mystery: The Transfiguration*

Jesus strengthened the faith of His Apostles by allowing His divinity to be momentarily perceived. He wished them to gain a supernatural perspective on His forthcoming Passion and Death. Let us offer this decade for all those who are being called as priests and religious that they may have the grace to recognize God's call in the midst of life and courageously accept carrying the Cross.

*5th Luminous Mystery: The Institution of the Holy Eucharist*

The gift of the Most Holy Eucharist is a mystery going beyond our ability to fully comprehend. Our Lord's abiding Presence in the Blessed Sacrament, the saving mystery of the Holy Sacrifice of the Mass -- the world would suffer a great loss without these miracles. Jesus gives Himself in the Holy Eucharist through the ministry of His priests. Let us offer this decade for more priests for our Archdiocese. May God call many more men to share in the Priesthood and may they respond generously.

**1st Sorrowful Mystery: The Agony in the Garden**

Jesus asked His Apostles to pray so that they "might not enter into temptation." Our Lord knew they needed to pray in order to endure what would soon happen. Let us offer this decade for those men and women whom God is calling to be priests and religious, that they might have a deep and abiding life of prayer. Through the strength given to them through their spiritual life may they respond courageously to God's call.

*2nd Sorrowful Mystery: The Scourging at the Pillar*

Our Lord's suffering during the scourging was excruciating. For our sake Jesus offered Himself to obtain our salvation. Let us offer this decade for the grace that many young people might feel the desire in their hearts to offer themselves to God as priests and religious.

**3rd Sorrowful Mystery: *The Crowning with Thorns***

Jesus endured the terrible ridicule and mockery of the soldiers even to the point of accepting the painful crown of thorns. Let us offer this decade for those who have a calling to the priesthood or religious life but find it difficult to say “yes” because of painful obstacles in their lives. May concern for human respect never stand in their way of following God’s will.

**4th Sorrowful Mystery: *The Carrying of the Cross***

On the way to Calvary, our Lord found comfort and assistance from a number of people: Simon of Cyrene, the women of Jerusalem, His Mother, and Veronica. How much those acts of love must have meant to Jesus! Let us offer this decade for the grace to always support, with our prayers and sacrifices, those whom God is calling to become priests and religious. May God find us seriously engaged in this very important apostolate!

**5th Sorrowful Mystery: *The Crucifixion and Death of Jesus***

At the foot of the Cross, there came into existence a new type of family. Before Jesus died He entrusted to the maternal care of Mary all of humanity, represented in the person of the “beloved disciple.” Through the New Covenant the notion of family is greatly enlarged, it takes on a different dimension. Let us offer this decade for those who are being called but are hesitant because of fears of not being able to have a family and living a lonely life. Help them, O Lord, to see that in serving You as a priest or religious, their desires for family will indeed be completely fulfilled.

**1st Glorious Mystery: *The Resurrection***

Our Lord’s Resurrection brought tremendous joy to His sorrowful followers. Never were their lives to be the same again. Let us offer this decade for an increase in grace in the hearts of those who are being called to be priests and religious. May they experience the immense joy of giving God their entire lives and saying “yes” to His call. Help them to realize that their unselfish response to God will change their lives forever.

**2nd Glorious Mystery: *The Ascension***

Jesus ascended into Heaven, not to abandon us, but to be our hope. He continually intercedes for us before the throne of the Father and prepares a place for His faithful followers in the heavenly Kingdom. Let us offer this decade for an increase in the number of priests and religious to help us strive faithfully to attain heavenly homeland. May these men and women always recognize the irreplaceable mission they have in the plan of our salvation.

**3rd Glorious Mystery: *The Descent of the Holy Spirit***

The coming of the Holy Spirit transformed the timid Apostles into bold witnesses for the Gospel. The Church was sent forth with courage and zeal! Let us offer this decade for the power of the Holy Spirit to come upon all He has chosen to labor as priests and religious. May they respond boldly to the invitation to lay down their lives for Christ and His Church.

**4th Glorious Mystery: *The Assumption of Mary***

The Second Vatican Council reminded us that Mary’s role in salvation history did not end with her Assumption into Heaven. She continually intercedes for all of us, her children, as we journey through life. Let us offer this decade asking Mary’s intercession. Through her prayers may the Church be granted an abundance of vocations to the priesthood and religious life.

**5th Glorious Mystery: *The Coronation of Mary***

This mystery brings before us the beauty of the faithfulness of Mary, the first disciple of the Lord. She who referred to herself as the “handmaid of the Lord” is now exalted far

above even the Angels. The one who said “yes” to God in all things is now the Queen of heaven and earth. Let us offer this decade for those who have been called that they may always have the grace to understand that to serve God is to reign with Him. Whatever sacrifices need to be made in order to live the mission God gives us will pale in comparison to the glory He has reserved for His faithful servants.

Thanks to the Archdiocese of Cincinnati for producing these documents.