



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 Thy wounds hide me.
Suffer me not to be separated from Thee.
From the wicked enemy defend me.
In the hour of my death call me.
And bid me come unto Thee,
That with all Thy saints,
I may praise Thee
Forever and ever.
Amen.

—St. Ignatius of Loyola



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The First Principle and Foundation

The goal of our life is to live with God forever.

God who loves us, gave us life.

Our own response of love allows God's life to flow into us without limit. All the things in this world are gifts of God, presented to us so that we can know God more easily and make a return of love more readily.

As a result, we appreciate and use all these gifts of God insofar as they help us develop as loving persons.

But if any of these gifts become the center of our lives, they displace God and so hinder our growth toward our goal.

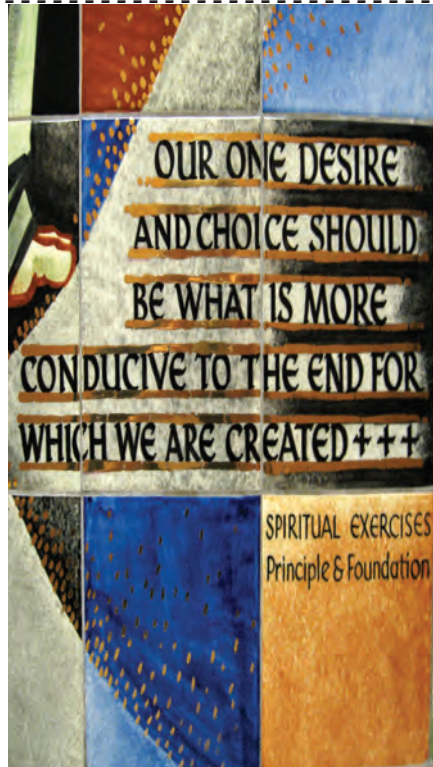
In everyday life, then, we must hold ourselves in balance before all of these created gifts insofar as we have a choice and are not bound by some obligation.

We should not fix our desires on health or sickness, wealth or poverty, success or failure, a long life or short one. For everything has the potential of calling forth in us a deeper response to our life in God. **Our only desire and our one choice should be this: I want and I choose what better leads to the deepening of God's life in me.**

—St. Ignatius as paraphrased by David L. Fleming, S.J.
from the beginning of the *Spiritual Exercises*



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Prayer for Generosity

Lord Jesus,
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 seek reward,
except that of knowing that
I do your will.

Amen.

—St. Ignatius of Loyola



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Litany of Jesuit Saints

Ignatius Loyola,
our holy founder, man of great desires and
perfect humility,
Pray for us

Francis Xavier,
courageous warrior ever seeking new souls
for Christ

Peter Faber, first companion of Ignatius and
cherished friend of all

Edmund Campion, fearless orator and
source of courage to the persecuted

Aloysius Gonzaga, consolation and care for
the sick and the dying

Robert Bellarmine, rich of mind yet poor
of spirit and all the Saints of the Society of Jesus,

Pray for us.

*—Excerpted from "Litany of Jesuit Saints," by
Louis McCabe, SJ, and Philip Steele, SJ*



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Prayer of St. Ignatius
(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 grace,
that is enough for me.

—St. Ignatius of Loyola



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