

## Spiritual Life Prayers

**O My God, My Life, My Love, My Sole Desire.** My Soul Longs For Your Tender Embrace. From This Day On, I Surrender Myself To A Life Of Suffering And To A Total Annihilation Of Self. For This I Rise Early To Forestall You With Prayer And Sacrifice Myself To You In The Early Hours Of The Morning. I Knock At The Door Of Your Mercy And Beg Your Forgiveness For All My Failings.

Close My Heart **Lord**, So That No Human Affection May Enter There. Please Grant That I May Not See, Or Feel, Or Taste Anything In This World, And That No Human Being May Ever Attach Itself To Me Again To The Detriment Of Your Pure Love, For **You Alone, My Infinite Good**, Can Fulfill All My Desires And Satisfy This Hunger Which Tortures Me.

**O Good Jesus, Tender Shepherd, My Sweet Master, King Of Eternal Glory,** Help Me To Truly Hate All That Is Of This Earth For Your Love, To Detach Myself From All Things And To Have No Will Of My Own, To No Longer Seek Myself In Anything, To Have No Views Of My Own, To Hold All My Actions In A State Of Holy Indifference, And To Abandon Myself Without Reserve To Your Most Holy Will.

**My Lord And Savior,** I Wish To Conform My Life To Yours; To Die, To Decrease, And To Deny Myself Daily More And More, In Order That You May Grow And Be Exalted In Me. I Set My Joy In Everything That Can Humble Me, Immolate Me, And Destroy Self In Me, For I Want You To Come Live In Me. I No Longer Wish To Live My Own Life, But To Be Transformed In You.

**O Holy Spirit,** Let The Living Flame Of Your Love Destroy And Consume All My Soul's Imperfections. Let This Darkness Envelop Me So My Soul Can See And Feel Its Own Faults And Miseries, Conceive A Horror For Them, Detest Them, Humble Itself For Them And Be Sorry For Them. Purify My Soul Lord Of All Residue Of Self-Love And Pride, And Plunge Me Into A Profound Abyss Of Humility. Humble Me Under Your Mighty Hand O God, And Divest Me Of Every Trace Of Secret Self-Esteem.

**O God,** I Choose That Narrow Road Of Life, The Way Of The Cross, And Not The Broad Road Of My Own Consolation. I Abandon Myself To Your Most Holy And Divine Will In All Things. **Father,** May Your Will Be Done, Not Mine. Plunge Me Into This Night Full Of Thick Shadows And Dark Desolation. I Know That You Will Never Abandon Me, For You Always Make Decisions That Are In The Best Interest Of My Soul. Lay Waste To My Soul Lord And Purify It.

Teach Me **O God** To Suffer In Peace The Trials And Afflictions You Send Me.

**Lord,** Help Me Not To Rebel And Complain, Or Be Upset And Retaliate When I Am Treated Unjustly, But To Humbly Accept This Suffering As Coming From Your Hand For My Spiritual Progress.

**Jesus, Mary,** I Love You! Save Souls! Amen.

## Abandonment Prayers

**O Holy Spirit, Divine Fire Of Love, O Spirit Of Truth,** Wound My Soul, Destroy And Consume All The Imperfections Of Its Bad Habits. Help Me To Embrace The Cross Of Christ By Accepting Everything Hard And Painful That Comes To Me In My Daily Life. Make Me Conformable To Jesus As "Another Christ", By Giving Me His Virtues, Especially His Patience, Humility And Obedience.

**O Consuming Fire, Divine Love In Person,** Purify Me, Inflame Me, Burn Me, Consume Me, Destroy All Self-Love In Me, Transform Me Entirely Into Love, And Bring Me To The "Nothing" So I May Possess The "All". Bring Me To The Summit Of The Mountain Where Dwells Only The Honor And Glory Of God, Where All Is Peace And Joy In You, O Holy Spirit. Bring Me To The Most Intimate Union With The Blessed Trinity.

**O Jesus, My Lord,** Your Whole Life Was But A Cross And Martyrdom, How Can I Ask For Anything Less? Please Help Me To Understand And Love The Cross. May The Cross And Its Thorns Be My Only Adornment As The Spouse Of A Crucified King. **Jesus,** Teach Me To Suffer, To Be Immolated, To Drink Of Your Chalice, The Chalice Of Sadness, Of Anguish, And Of Sorrow. I Wish To Abandon Myself To You, And To Die On The Cross With You!

**O Jesus,** Help Me To Dwell On Your Divine Mysteries Of Suffering; The Ingratitude Of Unrepentant Sinners, Your Brutal Torture, The Humiliations And Disgrace You Suffered, The 6,666 Blows And The 1,000 Wounds Your Body Received, The 28,430 Drops Of Blood You Shed, The 110 Wounds From The Crown Of Thorns In Your Head (3 Of Them Being Mortal Wounds), The 150 Blows To The Head, The 180 Spits In The Face, Along With All The Abuse, Insults, Ridicule, And Scorn You Received.

**O My Jesus,** I Honor The Love With Which You Embraced And Kissed Your Cross, Your Sacrificial Altar, Your 3 Wounds From Being Nailed To The Cross, The Spear That Pierced Your Side And Heart, And All The Sufferings Of Your Cruel And Ignominious Death.

**Lord,** Place Into My Heart A Burning Zeal For Souls Who Are Perishing. Please Allow Me To Help Continue Your Sacrifice, To Assist In Your Work Of Redemption. I Am The Victim And You My Jesus, Are The Sacrificing Priest. Teach Me To Suffer Without Any Consolation, Without The Least Alleviation, To Suffer For Love Alone.

**O Lord,** Teach Me To Remain Hidden, Unknown, And Despised, To Give You, O My Jesus, Some Consolation And To Gain Souls For You. I Wish To Forget Myself, To Renounce Myself, To Immolate Myself. My Nature Hates Suffering, As You Well Know And It Revolts In The Presence Of Affliction, But In My Heart, I Am Content To Suffer Anything For Love Of You.

**Father, Son, And Holy Spirit,** Hear My Prayer, But Only Allow Your Most Holy Will To Be Done In Me. Transform Me So Wholly In Your Love That, In You, All My Imperfection Will Be Reduced To Nothingness, And I Shall Have No Life Outside Of You. Give Me The Hearts Of All Who Do Not Love You O Lord, And I Will Consecrate Them All To Your Pure Love. Amen.