

Christian Prayer: July

Suscipe

The Suscipe, as in the first text below, is a prayer popularised by St Ignatius of Loyola. It is a prayer in which we make an offering of ourselves to God who first gives us the gift of ourselves.

The two alternative Suscipes below come from other Christians of great influence. The second was composed by Romano Guardini, an influential spiritual writer of the early and middle years of the 20th Century.

The third was composed by Catherine McAuley, the founder - in 1831- of the religious congregation, Sisters of Mercy.

Each version of the prayer comes from a generous heart, looking for perfection in a life lived for love of God and neighbour. We may not always have the same generosity in our hearts - but it is good to pray for it!

Receive, Lord, my entire freedom.
Accept the whole of my memory,
my intellect and my will.
Whatever I have or possess, it was you who gave it to me;
I restore it to you in full,
and I surrender it completely to the guidance of your will.
Give me only your love together with your grace,
and I am rich enough,
nor do I ask for anything more.

St Ignatius of Loyola

Unceasingly, I receive myself from your hands.
This is my truth and my joy.
Unceasingly, your eye rests upon me,
and I live by your gaze,
O my Creator and my Salvation.
Teach me, in the silence of your presence,
to understand the mystery that I am.
And the fact that I am
through you and before you and for you. Amen.

Romano Guardini

My God, I am yours for time and eternity.
Teach me to cast myself entirely
into the arms of your loving Providence
with a lively, unlimited confidence
in your compassionate, tender pity.
Grant, O most merciful Redeemer,
that whatever you ordain or permit
may be acceptable to me.
Take from my heart all painful anxiety;
let nothing sadden me but sin,
nothing delight me but the hope
of coming to the possession of You,
my God and my all,
in your everlasting kingdom. Amen.

Catherine McAuley

