

1. A regular part of my childhood was visiting my aunt, a Sister of St Joseph. At the beginning and end of every visit, my family and I were ushered into the chapel for a visit to the Blessed Sacrament. There my aunt taught me to say this prayer and I still say it several times a day.

“Jesus, I love you. Grant that I may love you always, and then do with me what you will.”

2. When I was a young sister making a directed retreat, my director told me to write a prayer to begin every prayer time. I did it, but the next day he never even asked me what I wrote. To this day I use it to start my prayer.

“Jesus, in this time of prayer tell me again that you love me, and let that love free to respond, and let my response lead me to the cross and resurrection in my life for the good of your whole, holy church; and your whole, holy creation.”

The last phrase was added more recently.

3. Another prayer that I try to say almost daily and try to mean it is the Suscipe of Ignatius Loyola.

“Take, Lord, receive all my liberty, my memory, my understanding, and my entire will. All that I have and own comes from you. To you Lord, I return it. Everything is yours, do with it what you will. Give me only your love and your grace. That is enough for me.”

4. Many years ago I read a quote from someone. It could be Julian of Norwich: “If the only prayer one ever says is ‘Thank You’, that is sufficient.” Also many moments of every day I find reasons to thank the Lord.

Sr. Anne Marvin