

“Take from My Heart All Painful Anxiety”: Catherine’s Courage



[Suggestions: Choose either the contemporary version of this petition or the traditional one, praying it once aloud, then returning to an invocation or a phrase or a word you sit with silently in centering prayer. You may wish to share the word or phrase you sat with and what it suggests about courage in your life. Then end with singing or slowly reciting the *Suscipe*]

FIFTH PETITION *Jesus, make firm my feet upon Life’s way.*

Jesus, make me steadfast in faith, hope and love; direct my feet in the way of your justice.

Jesus, let me never forget that I follow you, my crucified Savior. Through your sufferings, I have been given life and wholeness.

Increase my patience in time of trial, *Jesus*, and fortify my spirit in times of tribulation.

Jesus, let me rely on your providence even in the midst of doubt and discouragement.

Jesus, compassionate one, trusting in your love, I ask that you have mercy on your suffering people.

I ask you, *Jesus*, to strengthen and comfort all those who suffer persecution for your sake.

Jesus, be with them in their night of suffering; give them courage to speak the word of truth.

Jesus, make my heart like yours and use me to witness to others the reality of your saving love.

Jesus, have mercy on all who wander from you. Through your mercy make us sincere lovers of you and faithful followers of your gospel. Transform our sins and failings into virtues and give us joy in loving you. *Jesus*, through your passion, death and resurrection and for the sake of

your name, have mercy on our sisters and brothers who have died and bring them home to dwell with you in glory. O Blessed Trinity, one eternal God, have mercy on us. (9)

Praying in the Spirit of Catherine McAuley: A Collection of Prayers Written or Compiled by the Sisters of Mercy of the Americas, Chicago: Liturgical Training Publications, 1999.

FIFTH PETITION

Jesus! (*repeated ten times*) make me constant in Faith, Hope, and Charity. Grant me perseverance in virtue, and a resolution never to offend thee. May the memory of thy passion, and of those bitter pains thou didst suffer for my sake, fortify my patience and refresh my soul under very tribulation and adversity. Render me a strenuous professor of the Catholic Faith, and a diligent frequenter of my religious duties. Let me not be blinded by the delights of a deceitful world, nor my fortitude [be] shaken by internal frauds or canal temptations. My heart has forever fixed its repose in thee, and resolved to contemn all things for thine eternal rewards.

Have mercy on all sinners, I beseech thee, dear Jesus: turn their vices into virtues, and making them sincere lovers of thee, and observers of thy law, conduct them to bliss in everlasting glory. For the sake of thy glorious name, Jesus, and through the merits of thy bitter passion, have mercy also on the souls in purgatory. O Blessed Trinity, one eternal God, have mercy on me.

Our Father.

“The Lord Jesus Christ for our sakes, became obedient unto death, even the death of the cross.”
Philippians 2:8

Hear these petitions, O most merciful Saviour, and grant me the grace frequently to repeat and consider them, that they may serve as so many easy steps, whereby my soul may ascend to thy knowledge and love, and to a diligent performance of my duty to thee and my neighbor, through the whole course of my life. Amen. Our Father. Hail, Mary. I believe in God.

Traditional Jesus Psalter as found in William A. Gahan, OSA.ed., *The Christian Guide to Heaven*, 1804 in *Praying in the Tradition of Catherine McAuley*, 59-60.

End with a version of the “Suscipe” set to music or with the text below.”

My God, I am yours for time and eternity.
Teach me to cast myself entirely into the arms of Your loving Providence
With the most lively, unlimited confidence in Your compassionate, tender pity
Grant me, O most merciful Redeemer,
That whatever You ordain or permit may be acceptable to me.

Take from my heart all painful anxiety;
Suffer nothing to sadden me but sin, nothing to delight me but the hope
Of coming to the possession of You, my God and my all,
In your everlasting Kingdom. Amen.