

PRINCIPLE AND FOUNDATION

Helps for Reflection and Prayer

WHO AM I?

I. I AM A CREATURE OF GOD

Made to do his bidding
Of myself clearly nothing.
I am a tool of God
Made for him to use.
I am a servant of God

II. I AM A SON OF GOD

Adopted in his household
I am a brother of Jesus Christ
A co-heir with him.
I am a member of his body
Living by his life.

III. I AM AN INTIMATE OF GOD

‘I have called you friends’
I am a dwelling place of the Holy Spirit,
Of the Blessed Trinity.
I am a partaker of the Divine Nature
‘Called to be saints’

IV. WHAT RETURN SHALL I MAKE TO GOD/

FOR ALL HE HAS GIVEN ME?

MY LIFE, NOW AND FOR EVER.

THE WHY, THE GOAL OF MAN’S EXISTENCE

This beautiful, interesting world
This painful, fascinating world

This craving, hungry world
 This disappointed, disappointing world
 This ever- hopeful, ever- hoping world.

It seems of itself to be enough
 It tells us that it is enough
 Till we yield and find that it is not
 It fails when we are most in need
 It proves to us that there is more.

Man, beautiful, interesting, noble
 Painful, fascinating, lovable
 Craving, hungry, never satisfied
 Disappointed, disappointing, pitiful
 Hopeful, hoping, ever striving,
 For a goal beyond his reach,
 A sense of something amiss,

Seeking for he knows not what,
 A possession, and it is not enough
 Knowledge and it gives me no content,
 A satisfaction and it fails to satisfy
 Seeking for self-fulfillment,
 Seeking for right order,
 In liberty unchained,
 Seeking for peace at last,
 Outside himself, and it is not there,
 Inside himself, and he fails yet more
 "Peace, peace, and there is no peace!"

In God alone will he find peace!
 In God the beginning,
 In God the end,
 In God the all-in –all
 The maker of all,
 The life of all,
 For his own ends,
 With his own means.
 This is the goal of man. (*A. Goodier*)

SPRITIUAL UNDERSTANDING

Dear Lord,
Make me see things as you see them
 Their value in themselves
 Their value in relation to this life
 Their value in relation to me

Their value in relation to the will and plan of God
All therefore a means to an end

Dear Lord,

Make me feel about things as you feel about them

Their loveableness in themselves

Their reflection of God that is in them

Their desirableness as means to get God

Their desirableness as means to serve Him

However lovable, however undesirable, all is

Proportioned, subjected, to the loving will of God.

Dear Lord,

Make me be what you would have me be

Just a tool in your hand

With no will of my own but to discover yours

Just a child at your feet

With no choice of my own but blind trust in you

Just a lover

With no object in life but the love of the beloved.

Dear Lord,

Make me do what you would have me do

Always a life of service

Seeking nothing for myself

Always a life of duty

Not counting the cost to myself

Always a life of love

Forgetting that there is a self to be considered.

(A. Goodier)

SELF OBLATION TO JESUS

To Jesus my Lord

Who is from the beginning

Who is to the end.

Who rules from end to end mightily

And disposes all things sweetly

In whom, for whom all things are lovable

Who is love

Who out of love created me

That which I am

In these circumstances

With these powers

And my limitations

Consulting His Beloved's interests

Knowing it was best for me

My Saviour when I fall
 My Sanctifier when I rise
 My Way, my Truth, my Life
 My Light, my Love
 I dedicate myself to you
 All I have. All I am. All I do
 All I may endure Amen (Goodier)

PRAYER OFERING OF RICHARD ROLLE

LORD, THOU MADE ME OUT OF NOTHING

Grant me O Lord, the grace to serve you
 with all my heart, with all my might, with all my strength,
 with all my knowledge, with all my understanding,
 with all the power of my soul, with all my thought,
 with all my speech, with all my wits, with all my works,
 with all my occupations, with all my labour, with all my rest.

LORD, YOU MADE ME LIKE YOU

I beg of you to give me grace to love you with all my soul,
 with all my love, with all my will, with all my desire, with all my
 liking,
 with all my mind, with all my wish, with all my devotion,
 with persevering goodness, with contrition and confession to you
 and penance for my sins.

LORD, YOU MADE ME AND ALL MY LIMBS.

I ask you ,O Lord, the grace to serve you with every bone in my
 body,
 to be occupied in your service and bowing to your biddings
 ever ready to work or rest at your will, ever lame to deeds of sin,
 and ever fresh and ready at your commands.

LORD, YOU MAD ME AND HAVE GIVEN ME MANY GIFTS

Body, mind and soul
 I pray to you to give me the grace to use them all in your service,
 and for the end you gave them to me
 that I may ever worship you in your gifts.
 Give me the grace to keep myself meek in your gifts,
 to be content with them,
 and never be presumptuous or proud of them ,
 but for ever knowledge that I am a sinful wretch.