IMMERSION INTO SILENCE
IGNATIAN PRAYERS, MEDITATIONS and REFLECTIONS

EXPERIENCE REFLECT ACT
PRAYER

Prayer is a gift from God. It does not create God’s presence or make God any more loving or available. It simply helps one to become aware of the various creative ways that God is already present and active in one’s life. It consists not so much on what we do, but how much we allow God to do, to act in and through us, to “gift” us. In short, prayer is an awareness of God’s constant and loving presence and action. Using this definition, prayer can appear to be very risky and powerful, a mysterious challenge that always asks us to transcend ourselves. It is a profound call and personal invitation to growth and fidelity, to transformation and freedom, to becoming a new creation – that, a new person in God. It involves giving God the power to possess us while allowing ourselves the freedom to enter more generously into His divine presence.

Prayer has been called a radical response to life. It is a growing interaction with one’s own life, an interaction that is a response, because the God of life takes the initiative and sustains the reality of the prayer relationship. During this time one is invited only to be receptive, to respond to the movements that occur in and through life. It is not merely a matter of saying prayers but rather an openness to God in every way. Prayer is God’s revelation in the joys, pains, moods, and day-to-day ordinary events of life. All this and more forms the “stuff” and substance of prayer. No part of our faith life, our experience, or our vision excludes or escapes the loving presence of God.

Prayer, therefore, is not just a part of life, but all of life. It is not a part of our thoughts, emotions, images, feelings, memories, actions, and reactions; it is all of them. To pray is to think and to feel and to live constantly in response to God. One must let God be in life and experience. This does not imply that one cannot take the time to pray and be alone with God. It only means that prayer should in no way be divorced from life. Everything in one’s life is part of God’s concern for us. God is not indifferent to any part of our lives.

Prayer heightens and deepens the importance of letting God love us as we are. We need not prove anything to God; we could not do so, even if was it needed. We cannot coerce, negotiate, or purchase the love of God. It already exists, for God is love. All we need to do is to be open and available to the undeserved and unreserved love that God has for us. It makes no sense to compare one’s personal prayer with the prayer of someone else. Perhaps some value may come in hearing others speak of their prayer, but we each pray as no one else does. Rather, what is needed is nurturing and relishing the wonderful uniqueness of one’s own gift of prayer.

- Frank J. Houdek, S.J.
CONSCIOUSNESS EXAMEN

Background
This particular reflection on our every day has the potential to become truly a prayer of our humanly shared and uniquely experience lives. We seekers begin by acknowledging our own gifts and exploring the implication of them. In this process, we also come to discover the negative consequences of our choices. Rather than emphasizing areas of failure, however, we generally profit more from reflecting on areas of giftedness, graces, breakthroughs, and successes, recognizing how God has brought fruit into all dimensions of life. We often need time to acknowledge our gifts and to take responsibility for our own lives, since we may not habitually do so. We may need to get in touch with our own initiative and responsibility in response to an initiating, enlivening, and loving God. The daily practice of such an examination fosters this internalization.

The Examen also fosters the realization that the present moment, ordinary as it may be, is the fruit of our past choices and leads to future ones. It moves from a superficial survey of what happened in a day to a deeper sense of patterns in our life. This first step, noticing, needs to be followed by analysis, judgment, and choosing – for as one sees, one judges and acts. The practice of Examen can evolve from exterior norms to interior movements, from a specific list of daily practices to a discerning way of life, from externally imposed norms to a sense of personal co-responsibility with God.

Self-knowledge plays a role in every great religious tradition, yet we can never become totally aware of everything about ourselves. Sooner or later, the particular Examen leads to the unconscious. The process of integration requires bringing to light aspects of our self kept out of consciousness, so as to use them in service of our ultimate goal.

By definition, we have no awareness of what is unconscious. How do we notice what we do not notice? Clues do exist: in dreams, slips of the tongue, resistance and desires and projections, both positive and negative. Pertinent questions reveal pivotal insights.

What are my “musts” in my life? Where do they come from? What if I disregard one of them?

What do I really dislike in others? How is this quality present in me?

What do I really desire, and how does it differ from what I have deemed an “acceptable” desire?

What is going on when my response is out of proportion to the situation?

When the Examen reaches this depth, it becomes par excellence a prayer of on-going conversion.

The Examen can raise particular difficulties for some of us. We may come to this prayer with a stronger sense of being sinned against than of having sinned. The important move then becomes the transition from being a victim to being a self-directed agent of our own life, a shift that may take weeks, months, even years. “Why is this taking so long? Why can’t I just forgive and get on with it?” we may ask. Sensitive conversation with a friend and/or a spiritual companion will help us continue patiently through the process. And we find ourselves rejoicing at each new degree of freedom.

- Quoted and adapted from Dyckman et al. The Spiritual Exercises Reclaimed (2001).
THE AWARENESS EXAMEN
http://www.stalloysius.org/Myrtle/RE/s34/mod3_2/awareness_examen.htm

This is a prayer which helps us to become more aware of God's presence in our day. During it we reflect upon our experiences of the day, and ask for the Grace to be able to recognize God in them. This prayer can become a central element in the life of a busy person, helping us to find God in our ordinary activities. It has FIVE points or areas for reflection.

Thanksgiving
At each moment of our day, our God is giving us gifts. As we look over the day we seek to appreciate all the good things that have happened to us and to thank God for these. We recall the joyful moments, the beauty of creation, and pray to see all these as gifts from God. We may simply take one special event of our day and remember the happy feelings we had and express our thanks to God.

Asking for Insight
We now pray for the gift of the Holy Spirit to help us understand ourselves better. We ask for the wisdom to see ourselves more clearly. Why do we act the way we do? Is it from selfishness? Pride? Fear? Confusion? Tiredness? Frustration? Love? Generosity? A deep desire to be helpful to others? How have we felt today? What is the source of those feelings?

Looking at My Day
Today and each day, God is calling us to share peace and love with others. We now ask ourselves how we have spent our day. As we ponder our behavior today, we begin to see patterns and connections, which open our eyes to our own weakness and self-centeredness. Looking back over our day, we come to realize the contrast between His goodness and our failures in love.

We Ask Forgiveness
Seeing the inadequacy of our response to God, we now turn to Christ on the Cross, we admit our sinfulness and ask forgiveness. Whilst this is a moment of sorrow, it is also one of wonder and gratitude at His love, and of desire to do something for Him.

Looking at Tomorrow
Finally, as we look to tomorrow, we ask for God's grace and help. We ask to touch particularly those areas, which have come into focus during our prayer. Are there some attitudes in us that we would like Him to change? Are there some decisions we need to make? Would we like to be more sensitive to God's presence in our day? Ask for what you need. The Awareness Examen is a prayer. It seeks to make us more aware of God's presence in our lives.

The five points given above are only guidelines to help us; we may do them in a different order, or we may on occasion spend more time on one point (e.g. Thanksgiving). The important thing is to spend some time each day reflecting on our experience so that we may "see" the Lord in our lives.

- Gerald Coleman, S.J.
Ignatian Discernment
From the Spiritual Exercises of St. Ignatius of Loyola

*Take, Lord*
*and receive all my liberty,*
*my memory, my understanding and my entire will,*
*and all that I have and possess.*

*You have given all to me to you, Lord, and I return it.*

*All is yours;*
*do with it what you will.*

*Give me only your love and your grace,*
*that is enough for me.*

Discernment is at the heart of Ignatian Spirituality. Ignatius never perceived discernment to be a perplexing or complex skill. Rather, Ignatius insisted that every faithful person possessed the capacity to see clearly what one must do. In other words, a person must develop the habit of seeking out that which shows the way to God – and that which may lead astray.

Following his own admonition to “find God in all things,” Ignatius maintained that the practical skill of discernment was to be carried out in the midst of the world and not in retreat from it. However, discernment was not to be confused with ordinary common sense, even enlightened by faith. Rather, Ignatius calls us to make efforts daily that will instill love, truth, and service into our concrete lives. – *text from Tom Powers, SJ*
Discernment:
The Art of Finding God’s Call in Daily Life
Adapted from Sr. Elizabeth Liebert, SNJM

Forming the Discernment Question
- Enter into the silence around you
- Renew your desire to be in relationship with God
- Notice the life issue that emerges as you listen to your heart
- Write out concisely what your discernment question/issue is

Steps For Discernment

Reasoning
- Reflect on your decision
- Make a list of the reasons for it (pros) and against it (cons)
- Notice how these reasons change the way you see the issue
- Make a tentative decision and speak with God about it

Intuition
- Renew your desire for God
- Let images float freely as you are open to your conscious depths
- Notice if one image fits your decision
- Does it have a freshness, creativity, energy?

Imagination
- Return to your deep silence
- Imagine yourself choosing the option to which your intuition leads
- Now imagine taking up a different path
- Which path flows more freely? Excites you the most?

Affections
- Become aware of God’s presence and love
- Return to your tentative decision
- Does it produce consolation? (an increase in faith, hope, joy, love, and peace; closeness, gratitude, tranquility, calm, centeredness)
- Does it produce desolation? (restlessness, discouragement, doubt, heaviness, turmoil, cynicism, isolation)

Testing Over Time
- Does the decision continue to sit well?
- Does the consolation maintain?
- Do you find energy and courage?

Ignatius believed God not only created us but also continues to move in our life. However, that movement of God’s spirit is not always easy to see. Sometimes we can mistake something else for God’s spirit.

Ignatius was convinced that God’s spirit would inevitably produce consolation (an increase in faith, hope, joy, love and peace; closeness, gratitude, tranquility, calm, centeredness). If a spirit was not of God, it would produce desolation (restlessness, discouragement, doubt, heaviness, turmoil, cynicism, isolation).

As you sit with the tentative decision over time, does it produce consolation or desolation?
Nothing is more practical than
Finding God, that is, than
Falling in love
In a quite absolute way.
What you are in love with,
What seized your imagination,
Will affect everything.
It will decide
What will get you out of bed
In the morning,
What you read, who you know,
What breaks your heart,
And what amazes you with
Joy and gratitude.
Fall in love, stay in love,
And it will decide everything.

- Fr. Pedro Arrupe, SJ.

To the Holy Spirit
Help me find a place
Where my love
And my energy
And enthusiasm
And joy
Will at last be embraced.
A place where
I will no longer
Have to hide them
Or be ashamed
Of them.
A place where
My special gifts
Entrusted by You
Will be part
Of a glorious celebration.
Help me find that place.

- Christine Rodgers
Psalm 39
Unnamable, unthinkable God,
Lord of the dead and the living,
Teach us how transient we are
And how fragile is everything we love.
For all of us flash into being,
As substantial as a breath.
Our lives are a fleeting shadow;
Then we vanish into the night.
And now, Lord, what do I wait for?
My only trust is in you.
Help me to give up my desires
And to let go of who I am.
You have granted me this brief existence,
Which is almost nothing in your sight:
May I receive it gratefully
And gratefully give it back.
Turn toward me, touch my spirit;
Stay beside me, until
The moment when I must step out
Into your final darkness.

Psalm 40
I trusted you, Lord, and waited,
And you came to answer my plea.
You lifted me from the pit,
You pulled me out of the mire,
You set my feet on firm ground,
You make my steps unshakable.
You put a new song in my mouth
And gave me the power to praise you.
You opened me to the truth;
Suddenly my eyes could see it.
And I knew you don’t care about rituals
And the mummeries of religion.
The only thing you want
Is our whole being, at every moment.

Hold me in your embrace, Lord;
Make me transparent in your light.
Grant me awareness; keep
My gratitude fresh each day.
Let my song give blessing and insight
   To those who can’t see for themselves
And let your compassion always
   Shine forth from the depths of my heart.
   -  *Adapted from the Hebrew by Stephen Mitchell*

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**It Is Time**
   -  *Joyce Rupp*

It is time for me to see the flaws of myself
And stop being alarmed

It is time for me to halt my drive
For perfection and to accept
My blemishes

It is time for me to receive slowly evolving growth
The kind that comes in god’s own good time
And pays no heed to my panicky pushing

It is time for me to embrace my humanness
To love my incompleteness

It is time for me to cherish the unwanted
To welcome the unknown
To treasure the unfulfilled

If I wait to be perfect before I love myself
I will always be unsatisfied and ungrateful

If I wait until all the flaws, chips, and cracks disappear
I will be the cup that stands on the shelf
And is never used

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Thou hast made me endless, such is thy pleasure. This frail vessel thou emptiest again and again, and fillest it ever with fresh life.
This little flute of a reed thou hast carried over hills and dales, and hast breathed through its melodies eternally new.
And the immortal touch of thy hands my little heart loses its limits in joy and gives birth to utterance ineffable.
Thy infinite gifts come to me only on these very small hands of mine. Ages pass, and still thou pourest, and still there is room to fill.

- From *Gitanjali* by Rabindranath Tagore

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Catch only what you've thrown yourself, all is
Mere skill and little gain;
But when you're suddenly the catcher of a ball
Thrown by an eternal partner
With accurate and measured swing
Towards you, to your center, in an arch
From the great bridge building of God:
Why catching then becomes a power –
Not yours, a world’s.
- *Rainer Maria Rilke*

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This is what we are about:
We water seeds already planted, knowing that they hold future promise.
We lay down foundations that will need further development.
We provide yeast that produces effects beyond our capabilities.
We cannot do everything
and there is a sense of liberation in realizing that.
This enables us to do something,
and to do it very well.
It may be incomplete, but it is a beginning, a step along the way,
an opportunity for God’s grace to enter and do the rest.
We may never see the end results,
but that is the difference between the master builder and the worker.
We are workers, not master builders,
Ministers, not messiahs.
We are prophets of a future not our own.
- *Archbishop Oscar Arnulfo Romero*
God, I beg you, keep nudging me until I know at every level of my being that You are my rock, my refuge, my strength, and my joy. — Gerald Hughes, S.J.

The Gift
I wanted to thank the mockingbird for the vigor of his song.
Everyday he sang from the rim of the field, while I picked blueberries or just idled in the sun.
Everyday he came fluttering by to show me, and why not, the white blossoms of his wings.
And one day I went there with a machine, and played some songs of Mahler.
The mockingbird stopped singing, he came close and seemed to listen.
Now when I go down to the field, a little spills through the sputters of his song.
How happy I am, lounging in the light, listening as the music floats by!
And I give thanks also for my mind, that thought of giving a gift.
And mostly I’ve grateful that I take this world so seriously.

— Mary Oliver

Logos
Why wonder about the loaves and the fishes?
If you say the right words, the wine expands
If you say them with love
And the left ferocity of that love,
The fish explode into many.
Imagine him, speaking,
And don’t worry about what is reality,
Or what is plain, or what is mysterious.
If you were there, it was all those things.
If you can imagine, it is all those things.
Eat, drink, be happy.
Accept the miracle.
Accept, too, each spoken word
Spoken with love

— Mary Oliver
Peace Prayer of St Francis

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.

O Divine Master,
grant that I may not so much seek to be consoled,
as to console;
to be understood, as to understand;
to be loved, as to love.
For it is in giving that we receive.
It is in pardoning that we are pardoned,
and it is in dying that we are born to Eternal Life.

Amen.

St Francis Hymn

Make me a channel of your peace,
Where there is hatred let me bring your love,
Where there is injury your pardon Lord,
And where there's doubt true faith in you.

Make me a channel of your peace,
Where there's despair in life, let me bring hope,
Where there is darkness, only light,
And where there's sadness, ever joy.

O Master grant that I may never seek,
So much to be consoled as to console,
To be understood as to understand,
To be loved as to love with all my soul.

Make me a channel of your peace,
It is in pardoning that we are pardoned,
In giving to all people that we receive
And in dying that we are born to eternal life.
Annotation #53 (St. Ignatius of Loyola)

What have I done for Christ?

What I am doing for Christ?

What ought I to do for Christ?

Anima Christi (St. Ignatius of Loyola)

Soul of Christ, sanctify me
Body of Christ, save me
Water from the side of Christ, wash me
Passion of Christ, strengthen me
Good Jesus, hear me
Within the wounds, shelter me from turning away, keep me
From the evil one, protect me
At the hour of my death, call me
Into your presence lead me to praise you with all your saints
Forever and ever
Amen

Prayer for Generosity (St. Ignatius of Loyola)

Lord, teach me to be generous.
Teach me to serve you as you deserve;
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labor and not to ask for reward,
save that of knowing that I do your will.
The First Principle and Foundation
(St. Ignatius of Loyola, as paraphrased by David L. Fleming, S.J.)

St. Ignatius begins his *Spiritual Exercises* with *The First Principle and Foundation*. While not typically thought of as a prayer, it still contains much that is worth reflecting on.

The Goal of our life is to live with God forever.
God, who loves us, gave us life.
Our own response of love allows God's life
to flow into us without limit.

All the things in this world are gifts from God,
Presented to us so that we can know God more easily
and make a return of love more readily.
As a result, we appreciate and use all these gifts of God
Insofar as they help us to develop as loving persons.
But if any of these gifts become the center of our lives,
They displace God
And so hinder our growth toward our goal.

In everyday life, then, we must hold ourselves in balance
Before all of these created gifts insofar as we have a choice
And are not bound by some obligation.
We should not fix our desires on health or sickness,
Wealth or poverty, success or failure, a long life or a short one.
For everything has the potential of calling forth in us
A deeper response to our life in God.

Our only desire and our one choice should be this:
I want and I choose what better leads
To God's deepening his life in me.
PSALM 139
For the leader. A psalm of David.

I
LORD, you have probed me, you know me:
2 you know when I sit and stand;
you understand my thoughts from afar.
3 You sift through my travels and my rest;
with all my ways you are familiar.
4 Even before a word is on my tongue,
LORD, you know it all.
5 Behind and before you encircle me
and rest your hand upon me.
6 Such knowledge is too wonderful for me,
far too lofty for me to reach.
7 Where can I go from your spirit?
From your presence, where can I flee?
8 If I ascend to the heavens, you are there;
if I lie down in Sheol, there you are.
9 If I take the wings of dawn
and dwell beyond the sea,
10 Even there your hand guides me,
your right hand holds me fast.
11 If I say, “Surely darkness shall hide me,
and night shall be my light”
12 Darkness is not dark for you,
and night shines as the day.
Darkness and light are but one.

II
13 You formed my inmost being;
you knit me in my mother’s womb.
14 I praise you, because I am wonderfully made;
wonderful are your works!
My very self you know.
15 My bones are not hidden from you,
When I was being made in secret,
fashioned in the depths of the earth.
16 Your eyes saw me unformed;
in your book all are written down;
my days were shaped, before one came to be.

III
17 How precious to me are your designs, O God;
how vast the sum of them!
18 Were I to count them, they would outnumber the sands;
when I complete them, still you are with me.
19 When you would destroy the wicked, O God, 
the bloodthirsty depart from me!
20 Your foes who conspire a plot against you
are exalted in vain.

IV
21 Do I not hate, LORD, those who hate you?
Those who rise against you, do I not loathe?
22 With fierce hatred I hate them,
enemies I count as my own.
23 Probe me, God, know my heart;
try me, know my thoughts.
24 See if there is a wicked path in me;
lead me along an ancient path

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**Spiritual Freedom**

Spiritual freedom exists in those moments
when I am grasped so completely by the love of Christ Jesus
that all the desires of my heart and the actions, affects, thoughts and decisions
that flow from these desires are oriented to my loving God.
In those moments I desire to return love for love
through my service and praise made manifest
in cooperating with God's desires for our planet.

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**A Prayer for Spiritual Freedom**

O Spirit of God we ask you to help orient
all our actions by your inspirations,
and carry them on by your gracious assistance,
that every prayer and work of ours may always begin from you
and through you be happily ended.

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TEACH ME TO LISTEN

Teach me to listen, O God,  
to those nearest me,  
my family, my friends, my co-workers.  
Help me to be aware that  
no matter what words I hear,  
the message is,  
"Accept the person I am. Listen to me."

Teach me to listen, My Caring God,  
to those far from me -  
the whisper of the hopeless,  
the plea of the forgotten,  
the cry of the anguished.

Teach me to listen, O God my Mother,  
to myself.  
Help me to be less afraid,  
to trust the voice inside,  
in the deepest part of me.

Teach me to listen, Holy Spirit,  
for your voice -  
in busyness and in boredom,  
in certainty and in doubt,  
in noise and in silence.

Teach me, O God, to listen.
THE SERENITY PRAYER

O God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.

Help me to live one day at a time, to enjoy one moment at a time, to accept hardships as the pathway to peace. May I learn from Jesus to take this broken world as it is and not as I would have it.

Give me the grace to trust that you will make all things right, if I embrace your desires for myself and my sisters and brothers.

May I be reasonably happy in this life and supremely happy with you forever in the next. Amen.

-- adapted from the prayer of Reinhold Niebuhr

MUSINGS ON THE MAGNIFICAT

My soul glorifies you my God, My spirit rejoices in you my Savior! For you have blessed me lavishly and make me ready to respond. You shatter my little world and let me be poor before you. You take from me all my plans and give me more than I can hope for or ask. You give me opportunities and the ability to become free and to burst through my boundaries. You give the strength to be daring, to build on you alone, for you show yourself as the ever greater One in my life. You have made known to me this: It is in my being servant that it becomes possible For your realm to break through here and now.

-- adapted from Olga Worenski, IBVM
In Relationship

God - you are the mother some of us have ...  
the mother who embraces because the child is cold  
the mother who feeds because the child is hungry  
the mother who constantly affirms, because  
the child is afraid.

God - you are the father that some of us have ...  
the father who listens, because the child speaks  
the father who knows his gentleness,  
because the child reaches up,  
the father who guides and answers, because  
the child asks and seeks.

God - you are the friend some of us have ...  
the friend who is always there, even when we shove them away,  
the friend who believes in us, even when we don't believe in ourselves  
the friend who stands face to face, even when we turn away.

God - you are the brother or sister some of us have ...  
the brother who teases, when we take ourselves too seriously  
the sister who sings, when we have lost the song  
the brother, the sister who comes, when crisis comes  
and we know we are not alone ...

God - you are all this and more.

You take the image of that one ...  
that relationship that loves us into living ... and say,  
Here I am  
Thank God - you will not be limited by us.  
You come again and again!

--- written by Karen Toole-Mitchell
Letting Go
To a dear one about whom I have been concerned.

I behold the Christ in you.
I place you lovingly in the care of the All Caring One.
I release you from my anxiety and concern.
I let go of my possessive hold on you.
I am willing to free you to follow the dictates of the indwelling Spirit.
I am willing to free you to live your life according to your best light and understanding.
Husband, wife, child, friend,
I no longer try to force my ideas on you, my ways on you.
I lift my thoughts above you, above the personal level.
I see you as God sees you, a spiritual being, created in God's image, endowed with qualities and abilities that make you needed and important not only to me but to God and God's larger perspective.
I do not bind you.
I no longer believe that you do not have the understanding you need in order to meet life.
I bless you
I have faith in you,
I behold Jesus in you.

-- from the late Herve Marcoux, OMI
Act of Hope and Confidence in God

My God, I believe most firmly
that you watch over all who hope in you,
and that we can want for nothing
when we rely upon you in all things.
Therefore I am resolved for the future ... to cast all my cares upon you
People may deprive me of possessions and status.
Sickness may take my strength from me. I may even jeopardize our
relationship by sin; but my trust shall never leave me.
I will preserve it to the last moment of my life,
and the powers of hell shall seek in vain to grab it from me.
Let others seek happiness in their wealth and in their talents.
Let them trust in the purity of their lives,
in the number of their activities, in the intensity of their prayer;
as for me, my confidence in you fills me with hope.
You are my divine protector. In you alone do I hope.
I am assured, therefore, of my eternal happiness,
for I firmly hope in it and all my hope is in you.
"In you, O Loving God, have I hoped: let me never be confounded."
I know too well that I am weak and changeable.
I know the power of temptation against the strongest virtue.
I have seen stars fall and foundations of my world crack.
These things do not alarm me.
While I hope in you, I am sheltered from all misfortune,
and I am sure that my trust shall endure,
for I rely upon you to sustain this unfailing hope.
Finally, I know that my confidence cannot exceed your generosity,
and that I shall never receive less than I have hoped for from you.
Therefore I hope that you will sustain me against the ways
in which I deceive myself.
I hope that you will protect me against the deceitful attacks
of the evil one. I hope you will cause my weakness
to triumph over every hostile force.
I hope that you will never cease to love me
and that I shall love you unceasingly.
"In you, O God, I have hoped, let me never be confounded."

-- adapted from the prayer of Claude de la Colombiere
CANTICLE OF THE CREATURES
- St. Francis of Assisi

Most High, all-powerful, good Lord,
all praise is yours, all glory, all honor,
and all blessing.
To you, alone, Most High, do they belong.
No mortal lips are worthy to pronounce your name.
All praise be yours, my Lord,
through all you have made,
and first my lord Brother Sun, who brings the day;
and through whom you give us light.
How beautiful is he, how radiant in all his splendor;
Of you, Most High, he bears the likeness.
All Praise be yours, my Lord, through Sister Moon
and the stars; in the heavens you have made them,
bright, and precious, and fair.
All praise be yours, my Lord,
through Brothers wind and air, and fair and stormy,
al the weather's moods,
by which you cherish all that you have made.
All praise be yours, my Lord, through Sister Water,
so useful, humble, precious and pure.
All praise be yours, my Lord, through Brother Fire,
through whom you brighten up the night.
How beautiful is he, how cheerful!
Full of power and strength.
All praise be yours, my Lord, through our Sister
Mother Earth, who sustains us and governs us,
and produces various fruits with colored flowers
and herbs.
All praise be yours, my Lord,
through those who grant pardon for love of you;
through those who endure sickness and trial.
Happy are those who endure in peace,
By You, Most High, they will be crowned.
All praise be yours, my Lord, through Sister Death,
From whose embrace no mortal can escape.
Woe to those who die in mortal sin!
Happy those she finds doing your will!
The second death can do them no harm.
Praise and bless my Lord, and give him thanks
And serve him with great humility.