

Prayer to St. Benedict to be Filled with the Spirit's Power

Admirable Saint and Doctor of Humility, you practiced what you taught, assiduously praying for God's glory and lovingly fulfilling all work for God and the benefit of all human beings. You know the many physical dangers that surround us today often caused or occasioned by human inventions. Guard us against poisoning of the body as well as of mind and soul, and thus be truly a "Blessed" one for us. Amen.

Dear St. Benedict, you are a "blessing" indeed, as your name indicates. Practicing what you preached, you founded the monastic tradition of the West by joining prayer to labor for God---both liturgical and private prayer. Help all religious to follow their Rule and be true to their vocation. May they labor and pray for the world to the greater glory of God. Amen.

Glorious St. Benedict, sublime model of virtue, pure vessel of God's grace! Behold me humbly kneeling at your feet. I implore you in your loving kindness to pray for me before the throne of God. To you I have recourse in the dangers that daily surround me. Shield me against my selfishness and my indifference to God and to my neighbor. Inspire me to imitate you in all things. May your blessing be with me always, so that I may see and serve Christ in others and work for His kingdom.

Graciously obtain for me from God those favors and graces which I need so much in the trials, miseries, and afflictions of life. Your heart was always full of love, compassion, and mercy toward those who were afflicted or troubled in any way. You never dismissed without consolation and assistance anyone who had recourse to you. I therefore invoke your powerful intercession, confident in the hope that you will hear my prayers and obtain for me the special grace and favor I earnestly implore (mention your favor).

Help me, great St. Benedict, to live and die as a faithful child of God, to run in the sweetness of His loving will, and to attain the eternal happiness of heaven. Amen.