



Prayers Suggested for Spiritual Fitness Workouts

Saint Michael the Archangel

Saint Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

Prayer to the Holy Spirit

Oh, Holy Spirit, beloved of my soul. I adore You. Enlighten me, guide me, strengthen me, console me. Tell me what to do. Direct my every choice. I promise to submit myself to all that You desire of me and to accept all that You permit to happen to me. Let me only know Your will. - *Cardinal Mercier*

The Universal Prayer

Lord, I believe in you: increase my faith.
I trust in you: strengthen my trust.
I love you: let me love you more and more.
I am sorry for my sins: deepen my sorrow.

I worship you as my first beginning,
I long for you as my last end,
I praise you as my constant helper,
And call on you as my loving protector.

Guide me by your wisdom,
Correct me with your justice,
Comfort me with your mercy,
Protect me with your power.

I offer you, Lord, my thoughts: to be fixed on you;
My words: to have you for their theme;
My actions: to reflect my love for you;
My sufferings: to be endured for your greater glory.

I want to do what you ask of me:
In the way you ask,
For as long as you ask,
Because you ask it.

Lord, enlighten my understanding,
Strengthen my will,
Purify my heart,
and make me holy.

Help me to repent of my past sins
And to resist temptation in the future.
Help me to rise above my human weaknesses
And to grow stronger as a Christian.

Let me love you, my Lord and my God,
And see myself as I really am:
A pilgrim in this world,
A Christian called to respect and love
All whose lives I touch,
Those under my authority,
My friends and my enemies.
Help me to conquer anger with gentleness,
Greed by generosity,
Apathy by fervor.
Help me to forget myself
And reach out toward others.

Make me prudent in planning,
Courageous in taking risks.
Make me patient in suffering, unassuming in prosperity.

Keep me, Lord, attentive at prayer,
Temperate in food and drink,
Diligent in my work,
Firm in my good intentions.

Let my conscience be clear,
My conduct without fault,
My speech blameless,
My life well-ordered.
Put me on guard against my human weaknesses.
Let me cherish your love for me,
Keep your law,
And come at last to your salvation.

Teach me to realize that this world is passing,
That my true future is the happiness of heaven,
That life on earth is short,
And the life to come eternal.

Help me to prepare for death
With a proper fear of judgment,
But a greater trust in your goodness.
Lead me safely through death
To the endless joy of heaven.
Grant this through Christ our Lord. Amen.

- Attributed to Pope Clement XI

Memorare

Remember,
O most gracious Virgin Mary,
that never was it known that anyone who fled to thy protection,
implored thy help or sought thy intercession,
was left unaided.
Inspired with this confidence,
I fly unto thee,
O Virgin of virgins my Mother;
to thee do I come,
before thee I stand,
sinful and sorrowful;
O Mother of thy Word Incarnate,
despise not my petitions,
but in thy clemency hear and answer me.
Amen.

Come, Holy Spirit (Veni Creator)

Come, Holy Spirit, Creator blest,
and in our souls take up Thy rest;
come with Thy grace and heavenly aid
to fill the hearts which Thou hast made.
O comforter, to Thee we cry,
O heavenly gift of God Most High,
O fount of life and fire of love,
and sweet anointing from above.

Thou in Thy sevenfold gifts are known;
Thou, finger of God's hand we own;
Thou, promise of the Father, Thou
Who dost the tongue with power imbue.

Kindle our sense from above,
and make our hearts o'erflow with love;
with patience firm and virtue high
the weakness of our flesh supply.

Far from us drive the foe we dread,
and grant us Thy peace instead;
so shall we not, with Thee for guide,
turn from the path of life aside.

Oh, may Thy grace on us bestow
the Father and the Son to know;
and Thee, through endless times confessed,
of both the eternal Spirit blest.

Now to the Father and the Son,
Who rose from death, be glory given,
with Thou, O Holy Comforter,
henceforth by all in earth and heaven. Amen.

Commitment Prayer

Father, I believe that you know me and love me. I have not always chosen to love you, and have broken my relationship with you through my sins. Thank you for sending your Son Jesus who proved your love for me on the cross. Lord Jesus, I open the door of my heart and I invite you to be at the center of my life — to be my Saviour and my Lord. Direct me by your Holy Spirit and help me to live the Gospel with my whole life. Amen