

Litany of St. Benedict

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.

Light of prayer,
Pray for us.

Christ, hear us.
Christ, graciously hear us.

Light of contemplation,
Pray for us.

God the Father of Heaven,
Have mercy on us.

Star of the world,
Pray for us.

God the Son, Redeemer of the world,
Have mercy on us.

Best master of an austere life,
Pray for us.

God the Holy Spirit,
Have mercy on us.

Leader of the holy warfare,
Pray for us.

Holy Trinity, One God,
Have mercy on us.

Leader and chief of monks,
Pray for us.

Holy Mary,
Pray for us.

Master of those who die to the world,
Pray for us.

Holy Mother of God,
Pray for us.

Protector of those who cry to thee,
Pray for us.

Holy Virgin of virgins,
Pray for us.

Wonderful worker of miracles,
Pray for us.

Holy Father, Saint Benedict,
Pray for us.

Revealer of the secrets of the human heart,
Pray for us.

Father most reverend,
Pray for us.

Master of spiritual discipline,
Pray for us.

Father most renowned,
Pray for us.

Companion of the patriarchs,
Pray for us.

Father most compassionate,
Pray for us.

Equal of the prophets,
Pray for us.

Man of great fortitude,
Pray for us.

Follower of the Apostles,
Pray for us.

Man of venerable life,
Pray for us.

Teacher of martyrs,
Pray for us.

Man of the most holy conversation,
Pray for us.

Father of many pontiffs,
Pray for us.

True servant of God,
Pray for us.

Gem of abbots,
Pray for us.

Light of devotion,
Pray for us.

Glory of confessors,
Pray for us.

Imitator of anchorites,
Pray for us.

Associate of virgins,
Pray for us.

Colleague of all the saints,
Pray for us.

Lamb of God, Who takest away the sins of the world,
Spare us, O Lord.

Lamb of God, Who takest away the sins of the world,
Graciously hear us, O Lord.

Lamb of God, Who takest away the sins of the world,
Have mercy on us.

V. Intercede for us, O holy father Saint Benedict,
R. *That we may be made worthy of the promises of Christ.*

Let Us Pray

O God, Who hast called us from the vanity of the world, and Who dost incite us to the reward of a heavenly vocation under the guidance of our holy patriarch and founder, Saint Benedict, inspire and purify our hearts and pour forth on us Thy grace, whereby we may persevere in Thee. Through Jesus Christ, Our Lord. Amen

Want to turn your life around? Pray this prayer of St. Benedict

This prayer declares your intention to follow after Christ and renounce your old ways of life.

Sometimes we can get stuck in a bad place. Particular sins consume us and we have difficulty breaking the cycle and starting on the path of life.

Renouncing your old ways of doing things is never easy to do and can often take a lifetime to fully accomplish. Yet, we should never grow discouraged when we fall, or give up our desire to draw closer to Christ. He is there every step of the way, guiding us back to him.

Here is a lengthy but powerful prayer attributed to St. Benedict. It summarizes a person's desire to be a good person and openly renounces any sins that might rule their life. While it's not a magic formula, it is a good starting place for someone who wants to change their life and embrace God's will.

O Lord, I place myself in your hands and dedicate myself to you. I pledge myself to do your will in all things: To love the Lord God with all my heart, all my soul, all my strength. Not to kill. Not to steal. Not to covet. Not to bear false witness. To honor all persons. Not to do to another what I would not wish done to myself. To chastise the body. Not to seek after pleasures. To love fasting. To relieve the poor.



To clothe the naked. To visit the sick. To bury the dead. To help in trouble. To console the sorrowing. To hold myself aloof from worldly ways. To prefer nothing to the love of Christ. Not to give way to anger. Not to foster a desire for revenge. Not to entertain deceit in the heart. Not to make a false peace. Not to forsake charity. Not to swear, lest I swear falsely. To speak the truth with heart and tongue. Not to return evil for evil. To do no injury: yea, even to bear patiently any injury done to me. To love my enemies. Not to curse those who curse me, but rather to bless them. To bear persecution for justice' sake. Not to be proud. Not to be given to intoxicating drink. Not to be an over-eater. Not to be lazy. Not to be slothful. Not to be a murmurer. Not to be a detractor. To put my trust in God. To refer the good I see in myself to God. To refer any evil in myself to myself. To fear the Day of Judgment. To be in dread of hell. To desire eternal life with spiritual longing. To keep death before my eyes daily. To keep constant watch over my actions. To remember that God sees me everywhere. To call upon Christ for defense against evil thoughts that arises in my heart. To guard my tongue against wicked speech. To avoid much speaking. To avoid idle talk. To read only what is good to read. To look at only what is good to see. To pray often. To ask forgiveness daily for my sins, and to seek ways to amend my life. To obey my superiors in all things rightful. Not to desire to be thought holy, but to seek holiness. To fulfill the commandments of God by good works. To love chastity. To hate no one. Not to be jealous or envious of anyone. Not to love strife. Not to love pride. To honor the aged. To pray for my enemies. To make peace after a quarrel, before the setting of the sun. Never to despair of your mercy, O God of Mercy. Amen