

# St. Francis

## of Assisi



### THE PRAYER OF ST. FRANCIS

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

# St. Francis of Assisi

## THE SERENITY PRAYER

**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.**

**Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace;  
Taking, as He did, this sinful world  
As it is, not as I would have it;  
Trusting that He will make all things right  
If I surrender to His Will;  
So that I may be reasonably happy in this life  
And supremely happy with Him  
Forever and ever in the next.  
Amen.**

Preach the Gospel at all times and when necessary use words.

While you are proclaiming peace with your lips, be careful to have it even more fully in your heart.

True progress quietly and persistently moves along without notice.

If you have men who will exclude any of God's creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men.

I have been all things unholy. If God can work through me, he can work through anyone.

It is no use walking anywhere to preach unless our walking is our preaching.

Where there is charity and wisdom, there is neither fear nor ignorance.

Above all the grace and the gifts that Christ gives to his beloved is that of overcoming self.

No one is to be called an enemy, all are your benefactors, and no one does you harm. You have no enemy except yourselves.

It is not fitting, when one is in God's service, to have a gloomy face or a chilling look.

Grant me the treasure of sublime poverty: permit the distinctive sign of our order to be that it does not possess anything of its own beneath the sun, for the glory of your name, and that it have no other patrimony than begging.

# St. Francis of Assisi

All the darkness in the world cannot extinguish the light of a single candle.

The deeds you do may be the only sermon some persons will hear today

If you have men who will exclude any of God's creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men.

We have been called to heal wounds, to unite what has fallen apart, and to bring home those who have lost their way.

Blessed is the servant who loves his brother as much when he is sick and useless as when he is well and be of service to him. And blessed is he who loves his brother as well when he is afar off as when he is by his side, and who would say nothing behind his back he might not, in love, say before his face.

And St. Francis said: 'My dear son, be patient, because the weaknesses of the body are given to us in this world by God for the salvation of the soul. So they are of great merit when they are borne patiently.'

We should seek not so much to pray but to become prayer.

I have sinned against my brother the ass.

You learn to speak by speaking, to study by studying, to run by running, to work by working; and just so, you learn to love by loving. All those who think to learn in any other way deceive themselves.

Every day He humbles Himself just as He did when from from His heavenly throne into the Virgin's womb; every day He comes to us and lets us see Him in lowliness, when He descends from the bosom of the Father into the hands of the priest at the altar.

Such was the will of the Father that his Son, blessed and glorious, whom he gave to us, and who was born for us, should by his own blood, sacrifice, and oblation, offer himself on the altar of the cross, not for himself, by whom "all things were made," but for our sins, leaving us an example that we should follow his steps.

And St. Francis added: 'My dear and beloved Brother, the treasure of blessed poverty is so very precious and divine that we are not worthy to possess it in our vile bodies. For poverty is that heavenly virtue by which all earthy and transitory things are trodden under foot, and by which every obstacle is removed from the soul so that it may freely enter into union with the eternal Lord God. It is also the virtue which makes the soul, while still here on earth, converse with the angels in Heaven. It is she who accompanied Christ on the Cross, was buried with Christ in the Tomb, and with Christ was raised and ascended into Heaven, for even in this life she gives to souls who love her the ability to fly to Heaven, and she alone guards the armor of true humility and charity.'

# St. Francis of Assisi

**Where there is charity and wisdom... there is neither fear nor ignorance.  
Where there is patience and humility... there is neither anger nor vexation.  
Where there is poverty and joy... there is neither greed nor avarice.  
Where there is peace and meditation... there is neither anxiety nor doubt.**

Not to hurt our humble brethren is our first duty to them, but to stop there is not enough. We have a higher mission - to be of service to them wherever they require it.

The Lord called me by the way of simplicity and humility, and this way He hath shown me in truth for me and those who will believe and imitate me.

It is no use walking anywhere to preach unless our walking is our preaching.

If you have men who will exclude any of God's creatures from the shelter of compassion and pity, you will have men who deal likewise with their fellow men.

St. Francis of Assisi was hoeing his garden when someone asked what he would do if he were suddenly to learn that he would die before sunset that very day. "I would finish hoeing my garden," he replied.

Alms are an inheritance and a justice which is due to the poor and which Jesus has levied upon us.

Jesus is happy to come with us, as truth is happy to be spoken, as life to be lived, as light to be lit, as love is to be loved, as joy to be given, as peace to be spread.

But as for me, I desire this privilege from the Lord, that never may I have any privilege from man, except to do reverence to all, and to convert the world by obedience to the Holy Rule rather by example than by word.

If we endure things patiently and with gladness thinking on the sufferings of our blessed Lord, and bearing all for the love of Him: herein is perfect joy.

True progress quietly and persistently moves along without notice.

A single sunbeam is enough to drive away many shadows.

Sanctify yourself and you will sanctify society.

Nor did demons crucify Him; it is you who have crucified Him and crucify Him still, when you delight in your vices and sins.

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

# St. Francis of Assisi

## CANTICLE OF THE SUN

Most high, all powerful, all 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. Praise be to God.

Be praised, my Lord, through all your creatures, especially through my lord Brother Sun, who brings the day; and you give light through him. And he is beautiful and radiant in all his splendor! Of you, Most High, he bears the likeness.

Be praised, my Lord, through Sister Moon and the stars; in the heavens you have made them, precious and beautiful.

Be praised, my Lord, through Brothers Wind and Air, and clouds and storms, and all the weather, through which you give your creatures sustenance.

Be praised, My Lord, through Sister Water; she is very useful, and humble, and precious, and pure.

Be praised, my Lord, through Brother Fire, through whom you brighten the night. He is beautiful and cheerful, and powerful and strong.

Be praised, my Lord, through our sister Mother Earth, who feeds us and rules us, and produces various fruits with colored flowers and herbs.

Be praised, my Lord, through those who forgive for love of you; through those who endure sickness and trial. Happy those who endure in peace, for by you, Most High, they will be crowned.

Be praised, my Lord, through our Sister Bodily Death, from whose embrace no living person can escape. Woe to those who die in mortal sin! Happy those she finds doing your most holy will. The second death can do no harm to them.

Praise and bless my Lord, and give thanks, and serve him with great humility. Amen.

## THE PRAISES OF GOD AND THE BLESSING

Who does wonderful things.

You are strong. You are great. You are the most high.

You are the almighty king. You holy Father,  
King of heaven and earth.

You are three and one, the Lord God of gods;

You are the good, all good, the highest good,

Lord God living and true...

# St. Francis of Assisi

## WE ADORE YOU

We adore You, Lord Jesus Christ,  
in all Your churches throughout the world  
and we bless You because  
by Your holy cross  
You have redeemed the world.

## BLESSING TO BROTHER LEO

May the Lord  
bless you and keep you.  
May He show His face to you  
and be merciful to you.  
May He turn His countenance to you  
and give you peace.

## A SALUTATION OF THE VIRTUES

Hail, Queen Wisdom! May the Lord protect You, with Your Sister, holy pure Simplicity!  
Lady holy Poverty, may the Lord protect You, with Your Sister, holy Humility!  
Lady holy Charity, may the Lord protect You, with Your Sister, holy Obedience.

Most holy Virtues, may the Lord protect all of You from Whom You come and proceed.  
There is surely no one in the whole world who can possess any one of You without dying first.

Whoever possesses one and does not offend the others possesses all.  
Whoever offends one does not possess any and offends all.  
And each one confounds vice and sin.

Holy Wisdom confounds Satan and all his cunning.

Holy Simplicity confounds all the wisdom of this world and the wisdom of the body.

Holy Poverty confounds the desire for riches, greed, and the cares of this world.

Holy Humility confounds pride, all people who are in the world and all that is in the world.

Holy Charity confounds every diabolical and carnal temptation and every carnal year.

Holy Obedience confounds every corporal and carnal wish, binds its mortified body to obedience of the Spirit and obedience to one's brother, so that it is subject and submissive to everyone in the world, not only to people but to every beast and wild animal as well that they may do whatever they want with it insofar as it has been given to them from above by the Lord.

# St. Francis of Assisi

## **THE PRAYER BEFORE THE CRUCIFIX AT SAN DAMIANO**

Most High, glorious God,  
enlighten the darkness of my heart  
and give me true faith,  
certain hope and perfect charity,  
sense and knowledge, Lord,  
that I may carry out  
Your holy and true command.

## **THE PRAISES TO BE SAID AT ALL THE HOURS**

All-powerful, most holy,  
most high, supreme God:  
all good, supreme good, totally good,  
You Who alone are good,  
may we give You all praise,  
all glory, all thanks,  
all honour, all blessing, and all good.  
So be it! So be it!  
Amen.

## **A SALUTATION OF THE BLESSED VIRGIN MARY**

Mary, holy Mother of God,  
Who are the Virgin made Church,  
chosen by the most Holy Father in heaven  
whom he consecrated with His most holy beloved Son  
and with the Holy Spirit the Paraclete,  
in whom there was and is  
all fullness of grace and every good.  
Hail His Palace!  
Hail His Tabernacle!  
Hail His Dwelling!  
Hail His Robe!  
Hail His Servant!  
Hail His Mother!  
And hail all You holy virtues  
which are poured into the hearts of the faithful  
through the grace and  
enlightenment of the Holy Spirit,  
that from being unbelievers,  
You may make them faithful to God.

# St. Francis of Assisi

## THE CANTICLE OF CREATURES

Most High, all-powerful, good Lord,  
Yours are the praises, the glory,  
and the honour and all blessing.  
To You alone, Most High, do they belong  
and no human is worthy  
to mention Your name.  
Praised be you, my Lord,  
with all Your creatures,  
especially Sir Brother Sun,  
who is the day,  
and through whom You give us light.  
And he is beautiful  
and radiant with great splendour;  
and bears a likeness of You, Most High one.

## EXHORTATION TO THE PRAISE OF GOD

Let every spirit praise the Lord.  
Praise the Lord because He is good;  
All you who read this, bless the Lord.  
All you creatures, bless the Lord.  
All you birds of heaven, praise the Lord.  
All you children, praise the Lord.  
Young men and virgins, praise the Lord.  
Worthy is the Lamb Who was slain  
to receive praise, glory, and honour.  
Blessed be the Holy Trinity and Undivided Unity.  
Saint Michael the Archangel, defend us in battle.

## BLESSED IS HE WHO LOVES THE LORD

In the Name of the Lord! All those who love the Lord with their whole heart, with their whole soul and mind, with their whole strength and love their neighbours as themselves, who hate their bodies with their vices and sins, who receive the Body and Blood of our Lord Jesus Christ, and who produce worthy fruits of penance. O how happy and blessed are these men and women while they do such things and persevere in doing them, because the Spirit of the Lord will rest upon them and make Its home and dwelling place among them, and they are children of the heavenly Father Whose works they do, and they are spouses, brothers, and mothers of our Lord Jesus Christ.

# St. Francis of Assisi

## **A PRAYER INSPIRED BY THE OUR FATHER**

O *Our Father* most holy:

Our Creator, Redeemer, Consoler, and Saviour:

*Your kingdom come:* That You may rule in us through Your grace and enable us to come to Your kingdom where there is clear vision of You, perfect love of You, blessed companionship with You, eternal enjoyment of You.

## **PRAYER TO THE TRINITY**

Fear and honour, praise and bless, give thanks and adore the Lord God Almighty in Trinity and in Unity, Father, Son and Holy Spirit, the Creator of all. The invitation to restore all goods to the Lord. Let us refer all good to the Lord, God Almighty and Most High, acknowledge that every good is His, and thank Him, from Whom all good comes, for everything. May He, The Almighty and Most High, The only true God, Have, be given, and receive All honour and respect, All praise and blessing, All thanks and glory, To Whom all good belongs, He Who alone is good.

## **PRAYER AND THANKSGIVING**

Wherever we are, in every place, at every hour, at every time of the day, every day and continually, let all of us truly and humbly believe, hold in our heart and love, honour, adore, serve, praise and bless, glorify and exalt, magnify and give thanks to the Most High and Supreme Eternal God Trinity and Unity, Father, Son and Holy Spirit, Creator of all, Saviour of all Who believe and hope in Him, and love Him, Who, without beginning and end, is unchangeable, invisible, indescribable, ineffable, incomprehensible, unfathomable, blessed, praiseworthy, glorious, exalted, sublime, most high, gentle, lovable, delightful, and totally desirable above all else for ever.

## **THE OFFICE OF THE PASSION OF THE LORD**

All you nations clap your hands shout to God with a voice of gladness. For the Lord, the Most High the Awesome, is the Great King over all the earth. For the Most Holy Father of heaven, our King before all ages sent His Beloved Son from on high and has brought salvation in the midst of the earth. Let the heavens rejoice and the earth exult let the sea and all that is in it be move let the fields and all that is in them be glad. Sing a new song to Him Sing to the Lord all the earth. Because the Lord is great and highly to be praised awesome beyond all gods. Give to the Lord, you families of nations, Give to the Lord glory and honour Give to the Lord the glory due His name. Take up your bodies and carry His holy cross and follow His most holy commands even to the end. Let the whole earth tremble before His face tell among the nations that the Lord has ruled from a tree. He ascended into heaven and is seated at the right hand of the most holy Father in heaven O God, be exalted above the heavens+ and above all the earth be your glory. We know that He is coming that He will come to judge justice.

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Remember that when you leave this earth, you can take with you nothing that have received—only what you have given.