

**Prayer for the Three Theological Virtues
and the Seven Gifts of the Holy Spirit**

O Lord Jesus Christ, Who, before ascending into Heaven, did promise to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples, please grant the same Holy Spirit to me, to perfect in my soul the work of Your grace and Your love. Grant me the supernatural **Gift of Faith**, that I may truly believe in God and make my response by developing a relationship with Him.

The **Gift of Hope**, that I may trust in God through difficult circumstances and know that He loves me infinitely.

The **Gift of Charity**, that I may receive God's love and give God's love.

The **Gift of Knowledge**, that I may understand that there is a space reserved within me solely for the Holy Spirit. No thing or person can fill this space. God created me for Himself alone.

The **Gift of Piety**, that I know and love God as a son or daughter truly would. As members of the Family of God, we are brothers and sisters in Christ and therefore we must treat each other with deep respect.

The **Gift of Fortitude**, that I may have the courage and strength to overcome the obstacles that would harm my relationship with Jesus.

The **Gift of Understanding**, that I may realize that sin separates me from my friendship with Jesus. My heart is led to respond by repenting of my sin and receiving forgiveness in the Sacrament of Confession.

The **Gift of Wisdom**, that I may be inspired to worship God and to love Him as my Heavenly Father: His love leads me to want to know and do what is right and good.

The **Gift of Fear of the Lord**, that I may be filled with a loving reverence towards God and may avoid anything that may displease Him.

The **Gift of Right Counsel**, that I may be able to make correct decisions about God's will for my life. Mark us dear Lord, with the sign of Your true disciples, and animate us in all things with Your Holy Spirit. *Amen.*

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The Memorare

(In Latin, memorare means to remember)

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

Prayer to St. Joseph

Oh, St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, you who are the most chaste spouse of the Blessed Virgin Mary, help me to guard my senses in what I hear, see, taste, smell and how I touch so that my mind and heart will be kept pure. Remind me that when I guard my senses, I am protecting my ability to choose in accordance with the order God has set for my happiness. In protecting my purity, I am able to remain chaste – my mind and my will are capable of exercising proper control over my body. Thank you for your intercession. St. Joseph, model of purity, pray for me. *Amen.*

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