

## **A Morning Prayer to the Trinity**

Most holy and adorable Trinity,  
one God in three Persons,  
I believe that you are here present;  
I adore you with the deepest humility,  
and render to you, with my whole heart,  
the homage which is due to your sovereign majesty.

O my God, I most humbly thank you for all the favors  
you have bestowed upon me to the present moment.  
I give you thanks from the depth of my heart  
that you have created me after your own image and likeness,  
that you have redeemed me by the precious blood of your dear Son,  
and that you have preserved me  
and brought me safe to the beginning of another day.

I offer to you, O Lord, my whole being,  
and in particular all my thoughts,  
words, actions and sufferings of this day.  
I consecrate them all to the glory of your name,  
beseeching you that through the merits of Jesus Christ, my Savior,  
they may all find acceptance in your sight.  
May your divine love animate them,  
and may they all tend to your greater glory.

Adorable Jesus, my Savior and Master, model of all perfection,  
I resolve and will endeavor, this day,  
to imitate your example,  
to be, like you, mild, humble, chaste, zealous, charitable and resigned.  
I will redouble my efforts that I may not fall, this day,  
into any of those sins which I have heretofore committed (especially),  
and which I sincerely desire to forsake.

O my God, you know my poverty and weakness,  
and that I am unable to do anything good without you;  
deny me not, O God, the help of your grace;  
proportion it to my necessities;  
give me strength to avoid everything which you forbid,  
and to practice the good which you have commanded;  
and enable me to bear patiently  
all the trials which it may please you to send me.

Amen.