

# PRINCIPLE AND FOUNDATION

## Helps for Reflection and Prayer

### WHO AM I?

#### I. I AM A CREATURE OF GOD

Made to do his bidding  
Of myself clearly nothing.  
I am a tool of God  
Made for him to use.  
I am a servant of God

#### II. I AM A SON OF GOD

Adopted in his household  
I am a brother of Jesus Christ  
A co-heir with him.  
I am a member of his body  
Living by his life.

#### III. I AM AN INTIMATE OF GOD

‘I have called you friends’  
I am a dwelling place of the Holy Spirit,  
Of the Blessed Trinity.  
I am a partaker of the Divine Nature  
‘Called to be saints’

#### IV. WHAT RETURN SHALL I MAKE TO GOD/

FOR ALL HE HAS GIVEN ME?

*MY LIFE, NOW AND FOR EVER.*

## THE WHY, THE GOAL OF MAN’S EXISTENCE

This beautiful, interesting world  
This painful, fascinating world

This craving, hungry world  
 This disappointed, disappointing world  
 This ever- hopeful, ever- hoping world.

It seems of itself to be enough  
 It tells us that it is enough  
 Till we yield and find that it is not  
 It fails when we are most in need  
 It proves to us that there is more.

Man, beautiful, interesting, noble  
 Painful, fascinating, lovable  
 Craving, hungry, never satisfied  
 Disappointed, disappointing, pitiful  
 Hopeful, hoping, ever striving,  
 For a goal beyond his reach,  
 A sense of something amiss,

Seeking for he knows not what,  
 A possession, and it is not enough  
 Knowledge and it gives me no content,  
 A satisfaction and it fails to satisfy  
 Seeking for self-fulfillment,  
 Seeking for right order,  
 In liberty unchained,  
 Seeking for peace at last,  
 Outside himself, and it is not there,  
 Inside himself, and he fails yet more  
 "Peace, peace, and there is no peace!"

In God alone will he find peace!  
 In God the beginning,  
 In God the end,  
 In God the all-in –all  
 The maker of all,  
 The life of all,  
 For his own ends,  
 With his own means.  
 This is the goal of man. (*A. Goodier*)

## **SPRITUAL UNDERSTANDING**

**Dear Lord,**  
**Make me see things as you see them**  
 Their value in themselves  
 Their value in relation to this life  
 Their value in relation to me

Their value in relation to the will and plan of God  
**All therefore a means to an end**

**Dear Lord,**

**Make me feel about things as you feel about them**

Their loveableness in themselves

Their reflection of God that is in them

Their desirableness as means to get God

Their desirableness as means to serve Him

However lovable, however undesirable, all is

**Proportioned, subjected, to the loving will of God.**

**Dear Lord,**

**Make me be what you would have me be**

Just a tool in your hand

With no will of my own but to discover yours

Just a child at your feet

With no choice of my own but blind trust in you

Just a lover

**With no object in life but the love of the beloved.**

**Dear Lord,**

**Make me do what you would have me do**

Always a life of service

Seeking nothing for myself

Always a life of duty

Not counting the cost to myself

Always a life of love

**Forgetting that there is a self to be considered.**

*(A. Goodier)*

## **SELF OBLATION TO JESUS**

To Jesus my Lord

Who is from the beginning

Who is to the end.

Who rules from end to end mightily

And disposes all things sweetly

In whom, for whom all things are lovable

Who is love

Who out of love created me

That which I am

In these circumstances

With these powers

And my limitations

Consulting His Beloved's interests

Knowing it was best for me

My Saviour when I fall  
 My Sanctifier when I rise  
 My Way, my Truth, my Life  
 My Light, my Love  
 I dedicate myself to you  
 All I have. All I am. All I do  
 All I may endure Amen (Goodier)

## **PRAYER OFERING OF RICHARD ROLLE**

### **LORD, THOU MADE ME OUT OF NOTHING**

Grant me O Lord, the grace to serve you  
 with all my heart, with all my might, with all my strength,  
 with all my knowledge, with all my understanding,  
 with all the power of my soul, with all my thought,  
 with all my speech, with all my wits, with all my works,  
 with all my occupations, with all my labour, with all my rest.

### **LORD, YOU MADE ME LIKE YOU**

I beg of you to give me grace to love you with all my soul,  
 with all my love, with all my will, with all my desire, with all my  
 liking,  
 with all my mind, with all my wish, with all my devotion,  
 with persevering goodness, with contrition and confession to you  
 and penance for my sins.

### **LORD, YOU MADE ME AND ALL MY LIMBS.**

I ask you ,O Lord, the grace to serve you with every bone in my  
 body,  
 to be occupied in your service and bowing to your biddings  
 ever ready to work or rest at your will, ever lame to deeds of sin,  
 and ever fresh and ready at your commands.

### **LORD, YOU MAD ME AND HAVE GIVEN ME MANY GIFTS**

Body, mind and soul  
 I pray to you to give me the grace to use them all in your service,  
 and for the end you gave them to me  
 that I may ever worship you in your gifts.  
 Give me the grace to keep myself meek in your gifts,  
 to be content with them,  
 and never be presumptuous or proud of them ,  
 but for ever knowledge that I am a sinful wretch.