

# St. Gabriel Possenti's 41 resolutions

I will keep my rule, even the smallest thing.

I will not neglect any of my spiritual exercises.

I will shun idleness.

I will be punctual.

I will obey the sound of the bell as though it were the voice of God.

I will receive all things from the hand of God, as being sent by Him for my own personal benefit.

I will profit by every occasion for mortification that may occur.

I will fulfill exactly my ordinary duties, mortifying self in whatever would prove an obstacle to perfect obedience.

I will mortify my eyes and my tongue.

I will not leave my cell without necessity.

I will not inquire after anything through curiosity.

I will check my desire to talk.

I will increase the number of such like acts daily.

I will not take any food outside of mealtime.

I am poor and I should act accordingly.

I should be willing to put up with any inconvenience gladly.

I will not eat with avidity, but rather with reserve and with modesty, subjecting my appetite to reason.

I will mortify myself in ordinary things and whatever I feel inclined to do, saying in my heart: "O my God, I will not do this thing through mere inclination, but because it is thy will".

I will be reserved toward those to whom I feel most inclined, prudently avoiding their presence and conversation.

I will not utter a word that might, in the least, turn to my praise.

I will not take pleasure in any praise bestowed upon me.

I will never excuse myself when I am blamed or corrected, nor even resent it interiorly, much less put the blame upon others.

I will never speak of the faults of others, even though they may be public, nor will I ever show want of esteem for others, whether in their presence or in their absence.

I will not judge ill of anyone.

I will show the good opinion I have of each one by covering up his faults.

I will consider everyone my superior, treating all with humility and reverence. I will rejoice at the good done by others.

I will not permit myself to become interested in vain and useless things. I will rejoice at the success of others.

I will practice charity and kindness, assisting, serving and pleasing all.

I will shun particular friendships, so as to offend no one.

Every morning and evening I will practice some act of humility, and gradually increase the number.

I will close my heart against disquiet of any kind.

I will suppress immediately all emotions of impetuosity and all affections that might cloud my mind, even lightly.

I will obey the voice of the Superior as if it were the voice of God himself.

In my obedience I will neither examine the why nor the wherefore.

I will conform my judgment to that of my Superior.

I will not employ time in conversing about purely worldly matters.

"Faithfulness in little things" is the motto I will always follow in my efforts to reach holiness.

I will try to reproduce in myself whatever I see edifying and virtuous in the conduct of others.

I will give to God the best that I have — the entire affection of my heart.

# Give me the Grace, Good Lord

by St. Thomas More (when imprisoned in the Tower of London)

Give me the grace, Good Lord:

To set the world at naught.

To set the mind firmly on You and not to hang upon the words of men's mouths.

To be content to be solitary.

Not to long for worldly pleasures.

Little by little utterly to cast off the world and rid my mind of all its business.

Not to long to hear of earthly things, but that the hearing of worldly fancies may be displeasing to me.

Gladly to be thinking of God, piteously to call for His help.

To lean into the comfort of God.

Busily to labor to love Him.

To know my own vileness and wretchedness.

To humble myself under the mighty hand of God.

To bewail my sins and, for the purging of them, patiently to suffer adversity.

Gladly to bear my purgatory here.

To be joyful in tribulations.

To walk the narrow way that leads to life.

To have the last thing in remembrance.

To have ever before my eyes my death that is ever at hand.

To make death no stranger to me.

To foresee and consider the everlasting fire of Hell.

To pray for pardon before the judge comes.

To have continually in mind the passion that Christ suffered for me.

For His benefits unceasingly to give Him thanks.

To buy the time again that I have lost.

To abstain from vain conversations.

To shun foolish mirth and gladness.

To cut off unnecessary recreations.

Of worldly substance, friends, liberty, life and all, to set the loss at naught, for the winning of Christ.

To think my worst enemies my best friends, for the brethren of Joseph could never have done him so much good with their love and favor as they did him with their malice and hatred.

These minds are more to be desired of every man than all the treasures of all the princes and kings, Christian and heathen, were it gathered and laid together all in one heap. Amen.