Threefold prayer for the Grace to live Jesus’ values.

*St. Ignatius suggests making such a prayer at the end of certain key meditations during the Second part of the Spiritual Exercises.*

## 1.

* Ask our Lady to beg Jesus for these gifts for you:

To be received under His standard,

and to have the courage to buy into Jesus’ value system wholeheartedly.

* Ask, if you can, that if God wants it,

you will live a poor and obscure life, the way Jesus did,

--thought little of by the rich and powerful as he was thought little of.

(In all of this of course, you would yourself want to do nothing to offend God,

and you would want no one else to do anything that would offend God.)

* End with the “Hail Mary.”

## 2.

* + - Then ask Jesus himself for the privilege of standing with him under his standard.
    - End by repeating the “Jesus Prayer” for a while.

The ”Jesus Prayer” is simply the words “Lord Jesus Christ, have mercy on me, a sinner” repeated over and over.

## 3.

* Lastly, turn to the Father and ask for these gifts.
* End with an Our Father.

-Joseph Tetlow, SJ