

## **A prayer of Cardinal Mercier**

“I am going to reveal to you a secret of sanctity and happiness. Every day, for five minutes, restrain your imagination and close your eyes and ears to all earthly impressions, so as to be able to withdraw into the sanctity of your baptized soul, which is the temple of the Holy Spirit. Then address the Holy Spirit in these terms:

**O Holy Spirit, soul of my soul, I adore thee. Enlighten, guide, strengthen and console me. Tell me what I ought to do and command me to do it.**

**I promise to be submissive in all that thou shalt ask of me, and to accept all that thou permittest to happen to me: only show me thy will. Amen.**

If you do this, your life will flow along happily, serenely, and full of consolation, even in the midst of trials. Grace will be proportioned to the trial, giving you strength to carry it, and you will arrive at the Gate of Paradise laden with merit. This submission to the Holy Spirit is the secret of sanctity.”

Désiré-Joseph Cardinal Mercier 1851-1926