

Prayer to St. Francis de Sales and St. Jane de Chantal

St. Francis de Sales and St. Jane de Chantal, you excelled in a life of virtue, especially in the love of God and neighbor. I earnestly ask you to take me under your compassionate care and protection. Obtain for me conversion of mind, heart and spirit.

Teach me to fix my eyes on the things of heaven even as I walk each day with my feet planted firmly on the earth. Help me, through a life of virtue and devotion, to follow the example of Christ and to be a loving instrument of the Holy Spirit. With your inspiration and grace, help me to more fully realize my sacred dignity so as to experience the promise of my sacred destiny: eternal life with God.

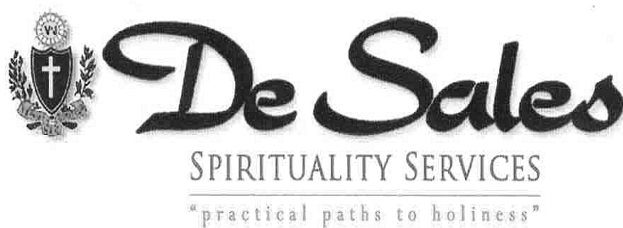
Grant that (*names of those whom you wish to include*) may experience the depth of God's healing, strength and love.

(Pause)

I also raise to you this particular intention, need or concern for which I now pray. (*mention your particular need*).

(pause)

Loving God, for the salvation of all, you willed that St. Francis de Sales and St. Jane de Chantal should befriend many along the road to salvation. Encouraged by their prayers and example, help us to embody the humility and gentleness of their charity. Encouraged and challenged by their pursuit of practical holiness, may we experience the courage to serve you and others more diligently. We ask this through Christ our Lord. Amen.



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SALESIAN PERSPECTIVES

In Sickness And In Suffering

**De Sales
spirituality
Services**



Thoughts from
St. Francis de Sales
and
St. Jane de Chantal



“Make sickness itself a prayer.”

“God never permits anything to happen to us as a trial or test without desiring that we should somehow profit from it.”

“If it be God’s will that the remedies overcome the sickness, thank God with humility. If it is God’s will that the sickness overcome the remedies, bless God with patience.”

“Long illnesses are good schools of mercy for those who tend the sick; they are good schools of loving patience for those who suffer.”

“Take care of your health, that it may help you to serve God and others.”

“Keep an eye on others’ health. Without being a nag, do tell them frankly what they should do to stay well.”

“Do you know what I am going to promise you? To take better care of my health.”

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“So long as we continue to raise our eyes and hearts to see God’s Providence, suffering cannot overwhelm us.”

“Take the trouble to visit hospitals, to comfort the sick, and to have compassion for their infirmities, letting these touch your heart: pray for the sick even as you give them whatever help you can.”

“I can prepare myself to suffer death patiently—which can happen to me but once—but I fail to prepare myself to put up with the inconveniences I encounter from the various moods of those whom I encounter. This is what makes me imperfect.”

“Load your spindle with the everyday virtues that you can practice: humility, patience, abjection, gentleness of heart, resignation, simplicity, charity to the sick and forbearance with difficult persons or circumstances.”

“I hope that God will strengthen you more and more. If you become afraid that your present attention and fervor may not last, respond once and for all to that thought, or rather to that temptation to sadness, that those who trust in God will never be ashamed.”

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“When you are experiencing some physical pain or a sorrowful heart, try to endure it before God, recalling as much as you can that God is watching you at this time of affliction, especially in physical illness when the heart very often is weary and unable to pray.”

“Suffering borne in the will quietly and patiently is a continual, very powerful prayer before God, regardless of the complaints and anxieties that come from other parts of the soul...”

“One ounce of patient suffering is worth far more than a pound of action.”

“If done lovingly, there is no danger in complaining, nor in begging to be cured from your illness. Just strive to do this as lovingly as possible.”

“Desire to grow well, so that you may serve God. Do not refuse to continue to be sick, that you may obey God. Dispose yourself to death, if it be God’s pleasure, that you may praise God.”

“To accept sufferings and afflictions lovingly for the love of God is the supreme point of charity, for there is nothing to be gained other than embracing the will of God.”

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