

## Prayer to St. Francis de Sales

O blessed Francis de Sales, who on earth did excel in a life of virtue, especially in the love of God and neighbor, I earnestly entreat you to take me under your compassionate care and protection. Obtain for me conversion of mind and heart. Grant that all people, especially (*names of those whom you wish to include*) may experience the depth of God's redeeming and healing love.

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 the practice of virtue and the pursuit of devotion, to avoid anything that would otherwise cause me to stumble in my attempt to follow Christ and to be an instrument of the Holy Spirit.

Encouraged by your prayers and example, help me to live fully my sacred dignity with the hope experiencing my sacred destiny: eternal life with God. Receive also this particular need or concern that I now lift up in prayer (*mention your particular need*).

O God, for the salvation of all, you desired that St. Francis de Sales—preacher, missionary, confessor, bishop and founder—should befriend many along the road to salvation. Mercifully grant that we, infused with the humility and gentleness of his charity, guided by his wisdom and sharing in his spirit may experience eternal life. We ask this through Christ our Lord. Amen.

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NIHIL OBSTAT—J.D. Sweeney, V.G.  
IMPRIMATUR—Edmond J. Fitzmaurice, D.D.  
*Bishop of Wilmington*  
October 11, 1949

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## A Direction of Intention

“My God,  
I give you this action.  
Please give me the grace to  
conduct myself during it  
in a manner most pleasing to you.  
In advance I offer to you  
all the good I may do and accept  
any difficulty that I may meet  
therein ”

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## SALESIAN PERSPECTIVES

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### **Your Dignity**

**One of a  
Series of Meditations  
based upon the**

**Introduction to the Devout Life**

**by**

**St. Francis de Sales**



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# God's Great Gift to You



## *Preparation*

1. Remind yourself of God's presence.
2. Open your mind and heart to God.

## *Considerations*

Consider that there was a time that you did not exist. The world had been around for a very long time before you ever appeared.

The Divine has drawn you out of nothing and made you something: a son or daughter of the living God.

Consider the nature God has given you. Your nature is the greatest in this visible world, capable of eternal life and of being perfectly united to God who is the source of all life.

## *Affections and Resolutions*

Consider that God has brought you out of nothingness. God has gifted you with the possibilities of life in this world and the promise of eternal life in the world to come.

Give praise and thanks to God for the gift of your life. Ask yourself: "How can I express thanks to God for such generosity? How can I demonstrate my gratitude for the gift of life that God has given me?"

Consider how well you have used the gift of your life. Do you take it for granted? Do you use it in the ways that God intends? In what ways have you strayed from the path of life that God calls you to walk each day? How have you misused the gift of your life? What sins or weaknesses prevent you from being more of who God calls you to be?

Remind yourself of your God-given nature. God has made you to grow in love on this earth. God has made you to live in love forever in heaven. Remember: you are God's work of art.

Be mindful of your fundamental goodness. Be honest about your sinfulness. Resolve to change your life. Recommit yourself to doing what is right, just and virtuous in the eyes of God. Resolve to do good readily, frequently and cheerfully.

Resolve to know and follow God's will for you. Be faithful to the responsibilities of the state or stage of life in which you presently find yourself.

Finally, as God has been so generous and gracious to you, ask for the strength, the grace and the courage to be as generous and gracious to others.

## *Conclusion*

Give thanks to God. Bless God. Let all that is within you bless and

honor God's holy name. Let all that is within you bless and honor God's creative, redeeming and sustaining love for you.

God has brought you out of nothingness and given you the promise of God's fullness. Recognize that God has created out of nothingness all those whom you encounter each day. Resolve to treat others with profound care and respect.

Dedicate and consecrate to God all of who you are and all that you have. Ask for the grace to use your time, talent and treasure in ways that give glory to God and that serve the needs of others.

Pray to God. Ask for the strength to put your affections and resolutions into practice. Ask for the grace to put your change of mind and heart into action.

Pray that others with whom you live, love, work, play and pray may likewise claim and honor the gift of life. Ask God to likewise help them to be fully who God calls them to be. Pray that they may place their lives at the service of others.

Pray the Lord's Prayer (and/or other prayers) to which you may feel drawn. After completing your prayer, create a "bumper sticker" - a word or a simple phrase - that will remind you of how, with God's help, you plan to live this day.