

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.

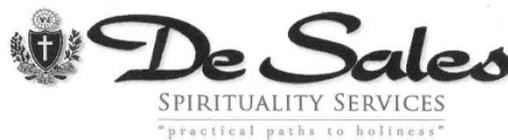
Encouraged by your prayers and example, help me to live fully my sacred dignity with the hope experiencing my sacred destiny: eternal life with God. Receive also this particular need or concern that I now lift up in prayer (*mention your particular need*).

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.

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

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 ”



www.oblates.org/dss
dss@oblates.org

SALESIAN PERSPECTIVES

Choosing Devotion

One of a
Series of Meditations
based upon the

Introduction to the Devout Life

by

St. Francis de Sales

De Sales
spirituality
Services



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Doing What is Right



Preparation

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

Considerations

Imagine yourself again standing in an open field alone with your guardian angel. Imagine that you see Satan to your left, seated on a throne, attended by hellish spirits of every kind, surrounded by a great band of followers who worship him by committing one kind of sin or another.

Imagine the pitiful condition of those who worship Satan. Some are wild with hatred and rage; some are consumed with envy or anxiety; some are pursuing vain things; some wallow in self-pity and self-contempt.

Consider that there is no order, no rest, no charity, no decency among them. Consider how they hate and despise one another. Simply said, behold a wretched and bankrupt commonwealth ruled by so miserable a tyrant.

Be moved to compassion for those whose life choices have led to such eternal tragedy.

Imagine that to your right stands Jesus Christ crucified. With heartfelt

love he prays for these poor enslaved people that they might be freed from the sway of this tyrant and be drawn to live with God.

Imagine the countless band of devout souls who surround Jesus. Contemplate the beauty of this kingdom of devotion. Oh, what a sight!

See this vast troop of holy men, women and children full of humility and gentleness. See countless ranks of people living with mutual respect and dignity. Behold how these devout souls care for the place that has become their eternal home. See how these devout souls truly care for one another.

Consider them all together and you will see in them a holy, sweet and lovely order, attending on the Lord, whom each of the citizens of this city willingly place at the centers of their hearts. They love one another with a love that is absolutely selfless and pure.

Consider that you have already turned your back on Satan and his miserable troop of forlorn souls. It is now time for you to enroll yourself under the standard of Jesus Christ, your Savior and Lord. It is now time to join Christ's commonwealth of devout souls, those who struggle on earth, those who are at peace in heaven.

Choose what is right and holy!

Affections and Resolutions

Renounce all the lies and empty promises of evil. Renounce the selfishness, pain and injury of sin.

Turn to the Lord Jesus Christ. Pledge to follow more faithfully the will of God in your life. Pledge to pursue more faithfully the gifts and inspirations of the Holy Spirit.

Resolve that everything you do may enable you to "Live Jesus." May Jesus live in you. Walk in the company of Jesus each day as you live a life of devotion, that is, doing what is right and good in the eyes of God precisely in the state and stage of life in which you find yourself.

Resolve to be who you are in the eyes of God, and to be that well.

Conclusion

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.

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, that serve others and that lead to everlasting joy and peace.

Pray to God. Ask for the grace to be faithful to this wonderful choice. Walk in the ways of devotion.