

O Jesus, Model of humility, divest me of all pride and arrogance. Let me acknowledge my weakness and sinfulness, so that I may bear mockery and contempt for Your sake and esteem myself as lowly in your sight.

O Jesus, Teacher of abstinence, help me to serve You rather than our appetites. Keep me from gluttony - the inordinate love of food and drink and let me hunger and thirst for Your justice.

O Jesus, Lover of purity, remove all lust from my heart, so that I may serve You with a pure mind and a chaste body.

O Jesus, Father of the poor, help me to avoid all covetousness for earthly goods and give me a love for heavenly things. Inspire me to give to the needy, just as You gave Your life, that I might inherit eternal treasures.

O Jesus, Exemplar of love, keep me from all envy and ill-will. Let the grace of Your love dwell in me that I may rejoice in the happiness of others and bewail their adversities.

O Jesus, zealous Lover of souls, keep me from all sloth of mind or body. Inspire me with zeal for your glory, so that I may do all things for You and in You.

O Jesus, my Merciful Redeemer, my Loving Savior, my Divine Healer, all this I humbly pray and ask in confidence, and filled with faith, hope and trust, in Your Holy and Mighty name, Amen.