

Theme: Knowledge of Self

Prayers, exams, reflection, acts of renouncement of our own will, of contrition for our sins, of contempt of self, all performed at the feet of Mary, for it is from her that we hope for light to know ourselves. It is near her, that we shall be able to measure the abyss of our miseries without despairing. We should employ all our pious actions in asking for a knowledge of ourselves and contrition of our sins: and we should do this in a spirit of piety. During this period, we shall consider not so much the opposition that exists between the spirit of Jesus and ours, as the miserable and humiliating state to which our sins have reduced us. Moreover, the True Devotion being an easy, short, sure and perfect way to arrive at that union with our Lord, which is Christlike perfection, we shall enter seriously upon this way, strongly convinced of our misery and helplessness. But, how attain this without a knowledge of ourselves?

### **Prayers to be recited during these next 7 days**

#### ***Litany of the Holy Ghost***

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.

Father, all powerful, have mercy on us.  
Jesus, Eternal Son of the Father, Redeemer of the world, save us.  
Spirit of the Father and the Son, boundless life of both, sanctify us.

Holy Trinity, hear us.  
Holy Ghost, Who proceedest from the Father and the Son, enter our hearts.  
Holy Ghost, Who are equal to the Father and the Son, enter our hearts.

Promise of God the Father, have mercy on us.  
Ray of heavenly light, have mercy on us.  
Author of all good, have mercy on us.  
Source of heavenly water, have mercy on us.  
Consuming fire, have mercy on us.  
Ardent Charity, have mercy on us.

Spiritual unction, have mercy on us.  
Spirit of love and truth, have mercy on us.  
Spirit of wisdom and understanding, have mercy on us.  
Spirit of counsel and fortitude, have mercy on us.  
Spirit of knowledge and piety, have mercy on us.  
Spirit of the the fear of the Lord, have mercy on us.  
Spirit of grace and prayer, have mercy on us.  
Spirit of peace and meekness, have mercy on us.  
Spirit of modesty and innocence, have mercy on us.

Holy Ghost, the Comforter, have mercy on us.  
Holy Ghost, the Sanctifier, have mercy on us.  
Holy Ghost, Who governs the Church, have mercy on us.  
Gift of God, the Most High, have mercy on us.  
Spirit Who fills the universe, have mercy on us.  
Spirit of the adoption of the children of God, have mercy on us.

Holy Ghost, inspire us with the horror of sin.  
Holy Ghost, come and renew the face of the earth.  
Holy Ghost, shed Thy light in our souls.  
Holy Ghost, engrave Thy law in our hearts.  
Holy Ghost, inflame us with the flame of Thy love.  
Holy Ghost, open to us the treasures of Thy graces.  
Holy Ghost, teach us to pray well.  
Holy Ghost, enlighten us with Thy heavenly inspirations.  
Holy Ghost, lead us in the way of salvation.  
Holy Ghost, grant us the only necessary knowledge.  
Holy Ghost, inspire in us the practice of the good.  
Holy Ghost, grant us the merits of all virtues.  
Holy Ghost, make us persevere in justice.  
Holy Ghost, be Thou our everlasting reward.

Lamb of God, Who takest away the sins of the world, send us Thy Holy Ghost.  
Lamb of God, Who takest away the sins of the world, pour down into our souls the gifts of the Holy Ghost.  
Lamb of God, Who takest away the sins of the world, grant us the Spirit of wisdom and piety.

Come, Holy Ghost! Fill the hearts of Thy faithful.  
And enkindle in them the fire of Thy Love.

Let us pray,  
Grant, O merciful Father, that Thy Divine Spirit enlighten, inflame and purify us, that He may penetrate us with His heavenly dew and make us fruitful in good works; through our Lord Jesus Christ, Thy Son, Who with Thee, in the unity of the Spirit, liveth and reigneth forever and ever. Amen.

### ***Litany of the Blessed Virgin***

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.  
Christ, hear us.  
Christ, graciously hear us.  
God the Father of heaven, have mercy on us.  
God the Son, Redeemer of the world, have mercy on us.  
God the Holy Ghost, have mercy on us.  
Holy Trinity, one God, have mercy on us.

Holy Mary, pray for us.  
Holy Mother of God, pray for us.  
Holy Virgin of virgins, pray for us.  
Mother of Christ, pray for us.  
Mother of divine grace, pray for us.  
Mother most pure, pray for us.  
Mother most chaste, pray for us.  
Mother inviolate, pray for us.  
Mother undefiled, pray for us.  
Mother most amiable, pray for us.  
Mother most admirable, pray for us.  
Mother of good counsel, pray for us.  
Mother of Creator, pray for us.  
Mother of our Redeemer, pray for us.  
Virgin most prudent, pray for us.  
Virgin most venerable, pray for us.  
Virgin most renowned, pray for us.  
Virgin most powerful, pray for us.  
Virgin most merciful, pray for us.  
Virgin most faithful, pray for us.  
Mirror of justice, pray for us.  
Seat of wisdom, pray for us.  
Cause of our joy, pray for us.  
Spiritual vessel, pray for us.  
Vessel of honor, pray for us.  
Singular vessel of devotion, pray for us.  
Mystical rose, pray for us.  
Tower of David, pray for us.

Tower of Ivory, pray for us.  
House of gold, pray for us.  
Ark of the covenant, pray for us.  
Gate of heaven, pray for us.  
Morning star, pray for us.  
Health of the sick, pray for us.  
Refuge of sinners, pray for us.  
Comforter of the afflicted, pray for us.  
Help of Christians, pray for us.  
Queen of Angels, pray for us.  
Queen of Patriarchs, pray for us.  
Queen of Prophets, pray for us.  
Queen of Apostles, pray for us.  
Queen of Martyrs, pray for us.  
Queen of Confessors, pray for us.  
Queen of Virgins, pray for us.  
Queen of all Saints, pray for us.  
Queen conceived without original sin, pray for us.  
Queen assumed into heaven, pray for us.  
Queen of the most holy Rosary, pray for us.  
Queen of Peace, pray for us.

Lamb of God, Who takest away the sins of the world, spare us, O Lord.  
Lamb of God, Who takest away the sins of the world, graciously hear us, O Lord.  
Lamb of God, Who takest away the sins of the world, have mercy on us.

Pray for us, O holy Mother of God.  
That we may be made worthy of the promises of Christ.

Let us pray, Grant unto us, Thy servants, we beseech Thee, O Lord God, at all times to enjoy health of soul and body; and by the glorious intercession of Blessed Mary, ever virgin, when freed from the sorrows of this present life, to enter into that joy which hath no end. Through Christ our Lord. Amen.

### ***Ave Maris Stella***

Hail, bright star of ocean,  
God's own mother blest,  
Ever sinless Virgin,  
Gate of heavenly rest.

Taking that sweet Ave  
Which from Gabriel came,  
Peace confirm within us,  
Changing Eva's name.

Break the captives' fetters,  
Light on blindness pour,  
All our ills expelling,  
Every bliss implore.

Show thyself a Mother;  
May the Word Divine,  
Born for us thy Infant,  
Hear our prayers through thine.

Virgin all excelling,  
Mildest of the mild,  
Freed from guilt, preserve us,  
Pure and undefiled.

Keep our life all spotless,  
Make our way secure,  
Till we find in Jesus  
Joy forevermore.

Through the highest Heaven  
To the Almighty Three,  
Father, Son and Spirit,  
One same glory be. Amen.

*These 3 prayers are to be said after the reading  
for each day.*

**Thirteenth Day** (Sun July 25<sup>th</sup>)

Gospel of Luke, Ch. 11, verses 1-11

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**Fourteenth Day** (Mon July 26<sup>th</sup>)

Imitation Book 3, Ch 13

**Of the obedience of a humble heart; after the  
example of Jesus Christ**

Son, he who strives to withdraw himself  
from obedience, withdraws himself from grace, and  
he that seeks particular privileges loses such as are  
in common, He who does not freely and willingly

submit himself to his superior shows that his flesh  
is not as yet perfectly obedient, but instead is often  
rebellious. Learn then to submit yourself readily to  
your superior, if you desire to subdue your own  
flesh. For sooner is the exterior enemy overcome,  
if the inward man be not laid waste; there is not a  
more troublesome or worrisome enemy to the soul  
than yourself when you are not agreeing with the  
spirit. You must in earnest conceive a true  
contempt of yourself, if you will prevail against  
flesh and blood, because as of yet, you love  
yourself too inordinately; therefore do you fear to  
resign yourself entirely to the will of others. But  
what great matter is this, if you who are but dust  
and a mere nothing, submit yourself to man for  
God's sake, when I the Almighty, and the Most  
High, Who created all things out of nothing for thy  
sake, humbly subjected Myself to man.

I became the most humble and the most  
object of all men, that you might overcome your  
pride. Learn O dust, to obey; learn to humble  
yourself, and how to bow under the feet of all.  
Learn to break your own will, and yield yourself up  
to all subjection.

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**Fifteenth Day** (Tues July 27<sup>th</sup>)

Gospel of Luke, Ch 13, verses 1-5

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True Devotion No. 81, 82

**We need Mary in order to die to ourselves**

In order to rid ourselves of self, we must die  
to ourselves daily. This is to say, we must  
renounce the operation of the powers of our soul,  
and the senses of our body. We must see as if we  
saw not, understand as if we understood not and  
make use of all the things of this world, as if we  
made no use of them at all. This is what St. Paul  
calls dying daily: "Unless the grain of wheat  
falling in the ground die, itself remaineth alone, and  
bringeth forth no good fruit." If we do not die to  
ourselves, and if the holiest devotions do not  
incline us to the necessary and useful death, we

shall bring forth no fruit worth anything, and our devotion will become useless.

We must choose, therefore, among all the devotions to the Blessed Virgin, the one which draws us most toward this death to ourselves, inasmuch as it will be the best and most sanctifying.

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### Sixteenth Day (Wed. July 28<sup>th</sup>)

True Devotion: No 228 & Imitation Book 2, Ch 5

#### Preparatory Exercises

During the first week, we should offer up all our prayers and pious actions to ask for a knowledge of ourselves and contrition for our sins: and we should do this in a spirit of humility. For that end, we can, if we choose, meditate on our inward corruption, as explained before. We can look upon ourselves, during these days, as snails, crawling things, toads, swine, serpents, and unclean animals; or we can reflect on the three considerations of St. Bernard: the vileness of our origin, the dishonors of our present state, and our ending as food for worms. We should pray our Lord and the Holy Ghost to enlighten us, and for that we might use the ejaculation, "Lord, that I may see!" or "May I know myself" or "Come Holy Ghost," together with the Litany of the Holy Ghost. We should have recourse to the Blessed Virgin and ask her to grant this immense grace, which must be the foundation of all others, for this end we should say daily: Ave Maris Stella, and the Litany of the Blessed Virgin.

#### Imitation Of self-consideration

We may not trust too much to ourselves; for grace and understanding are often wanting in us; there is but little light and this we may soon lose by negligence. Oftentimes we are quite unconscious how blind we are. We often do amiss, and do worse in excusing ourselves. Sometimes we are moved by passion, and think it zeal. We blame little things in others and overlook great things in ourselves. We are quick enough in perceiving and

weighing what we bear from others; but we think little of what others have to bear with us. He that should well and justly weigh his own doings would find little cause to judge harshly of another.

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### Seventeenth Day (Thur July 29<sup>th</sup>)

Gospel of Luke, Ch 16, verses 1-8  
&  
Imitation Book 1, Ch 24

In all things look to the end and how you will stand before the strict judge, from Whom there is nothing hid, Who takes no bribes, receives no excuses, but will judge that which is just. O miserable sinner, O foolish sinner, what will you answer to God, Who knows all your evil deeds—you who are sometimes afraid of an angry man? Why don't you provide for yourself against the day of judgment? When no man can be excused or defended by another, but each one will have enough to answer for himself?

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### Eighteenth Day (Fri July 30<sup>th</sup>)

Gospel of Luke, Ch. 17 verses 1-10  
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Imitation: Book 3, Ch. 47

#### **That all grievous things are to be endured for life everlasting**

Son, let not your labors which you have undertaken for My sake crush you, neither let tribulations, from whatever source, cast you down, but in every occurrence let My promise strengthen and console you. I am sufficient in recompense to you beyond all bounds and measures. It is not long you have to labor here, nor will you always be oppressed with sorrows. Wait a little while and you shall see a speedy end of suffering.

**Nineteenth Day (Sat July 31<sup>st</sup>)**

Gospel of Luke, Ch. 18: 15-30

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You have completed the “Knowledge of Self” week.