

Prayers Against the Seven Deadly Sins

Against Pride

O Lord Jesus Christ, Pattern of humility, Who didst empty Thyself of Thy glory, and take upon Thee the form of a servant: root out of us all pride and conceit of heart, that, owing ourselves miserable and guilty sinners, we may willingly bear contempt and reproaches for Thy sake, and, glorying in nothing but Thee, may esteem ourselves lowly in Thy sight. Not unto us, O Lord, but to Thy name be the praise, for Thy loving mercy and for Thy truth's sake. Amen.

Against Covetousness

O Lord Jesus Christ, Who though Thou wast rich yet for our sakes didst become poor, grant that all over-eagerness and covetousness of earthly goods may die in us, and the desire of heavenly things may live and grow in us: keep us from all idle and vain expenditures, that we may always have to give to him that needeth, and that giving not grudgingly nor of necessity, but cheerfully, we may be loved of Thee, and be made through Thy merits partakers of the riches of Thy heavenly treasure. Amen.

Against Lust

O Lord Jesus Christ, Guardian of chaste souls, and lover of purity, Who wast pleased to take our nature and to be born of an immaculate Virgin: mercifully look upon my infirmity. Create in me a clean heart, O God: and renew a right spirit within me; help me to drive away all evil thoughts, to conquer every sinful desire, and so pierce my flesh with the fear of Thee that, this worst enemy being overcome, I may serve Thee with a chaste body and please Thee with a pure heart. Amen.

Against Anger

O most meek Jesus, Prince of Peace, who when Thou wast reviled, didst not revile, and on the Cross didst pray for Thy murderers: implant in our hearts the virtues of gentleness and patience, that, restraining the fierceness of anger, impatience, and resentment, we may overcome evil with good, for Thy sake love our enemies, and as children of our heavenly Father seek Thy peace and evermore rejoice in Thy love. Amen.

Against Gluttony

O Lord Jesus Christ, Mirror of abstinence, Who, to teach us the virtue of abstinence, didst fast forty days and forty nights, grant that, serving Thee and not our own appetites, we may live soberly and piously with contentment, without greediness, gluttony, or drunkenness, that Thy will being our meat and drink,

we may hunger and thirst after justice, and finally obtain from Thee that food which endureth unto life eternal. Amen.

Against Envy

O most loving Jesus, Pattern of charity, Who makest all the commandments of the law to consist in love towards God and towards man, grant to us so to love Thee with all our heart, with all our mind, and all our soul, and our neighbor for Thy sake, that the grace of charity and brotherly love may dwell in us, and all envy, harshness, and ill-will may die in us; and fill our hearts with love, kindness, and compassion, so that by constantly rejoicing in the happiness and success of others, by sympathizing with them in their sorrows, and putting away all harsh judgements and envious thoughts, we may follow Thee, who art Thyself the true and perfect love. Amen.

Against Sloth

O Lord Jesus, eternal Love, Who in the garden didst pray so long and so fervently that Thy sweat was, as it were, drops of blood falling down to the ground: put away from us, we beseech Thee, all sloth and inactivity both of body and mind; kindle within us the fire of Thy love; strengthen our weakness, that whatsoever our hand is able to do we may do earnestly, and that, striving heartily to please Thee in this life, we may have Thee hereafter as our reward exceedingly great.