

## CHAPTER 14

### THE LAST THREE ACTS OF THE SECOND PART

**283** After the three acts which refer to ourselves  
we make the last three acts, which are:  
    an act of union with Our Lord;  
    an act of petition;  
    and an act of invocation.

#### #1 AN ACT OF UNION WITH OUR LORD

**284** We make an act of union  
    with the Spirit of Our Lord  
    and with the dispositions with which He practiced and  
    taught this virtue.  
We ask Him for a share in this Spirit  
    and in these dispositions,  
begging Him earnestly to give us the grace to take up  
    the practice of this virtue,  
    not only exteriorly  
        and as philosophers and people of the world do,  
        or through merely human motives,  
    but through views of faith  
        and in union with the spirit and attitudes of Our Lord,  
        and by the movement of His grace.

**285** This we can do as follows:

a. I unite myself to Thee, my divine Savior,  
    and to the interior sentiments  
        with which Thou didst practice  
        this holy virtue of humility.  
How totally were Thy mind and heart overcome  
    by the majesty of Thy Father  
    when Thou didst kneel  
    at the feet of Thy Apostles!  
What an ardent desire of making reparation  
    through this enormous humiliation  
    to the honor of God Thy Father,  
    outraged by the pride of the first man  
    and of all his descendants,  
    and of mine in particular.  
O how this reparation  
    was worthy of the divine majesty;  
    capable of appeasing God's anger  
    and of satisfying for my pride!

Jn 13,1-16

b. I earnestly beg Thee, O Lord,  
to give me a share in the sentiments Thou didst entertain  
then.

(Let me, O loving Savior,)  
partake of the same thoughts  
and the same affections that were thine.

I pray Thee unite  
my mind  
and heart with Thine.

May the unction of Thy holy grace  
teach me to be humble of heart  
and to practice humility,

Mt 11,29

not only in an exterior manner,  
as persons of the world  
do out of shrewdness,  
but by views of faith,  
in union with Thy Spirit,  
in conformity with Thy dispositions,  
and in imitation of Thee.

c. Incline and lead my heart to the love and practice of  
humiliations and abjection.

May I love to remain unknown, despised and abased,  
so that I may be more like Thee in Thy humiliations,  
and so share in Thy glory.

cf Ph 3,10

## #2 ACT OF PETITION

**286** The act that follows is the act of petition,  
by which we humbly beg God the Father  
to grant us the grace to embrace the practice of this  
virtue in union with Our Lord,  
in whom alone and by whose Spirit  
we feel confident enough to ask this  
and to hope to obtain it.

cf. Eph 3,12; Lk 11,3  
Jn 15,6;16,21,26

**287** We may make this act in the following manner:

a. My God, I most humbly beg Thee  
to deign to grant me Thy grace  
so as to walk in the path of humility,  
following the example of Thy Son, Our Lord.

1 Pt 2,21

I ardently desire and eagerly long  
to acquire this virtue,  
in order to be more agreeable in Thy sight,

and to draw down upon me thy holy Spirit,  
who visits and takes His rest  
only in humble hearts,  
as Thou Thyself didst say  
by the prophet Isaiah.

cf Is 11,2;57,15;66,2

b. Help me, O my God,  
for Thou knowest my weakness and my helplessness  
for doing good.  
By Thy grace,  
may I love and desire  
humiliations and contempt;  
may I make good use  
of all the occasions  
which Thou wilt permit me to encounter,  
since these are the necessary means  
for becoming humble.  
In imitation of Thy beloved Son  
may I learn to abase myself before all and below all  
may I take pleasure in serving others,  
considering them all as my masters.

cf Jn 13,12-15; Ph 2,3-4

c. I beg Thee to give me this grace,  
O heavenly Father,  
**through Our Lord Jesus Christ, in union with  
whom,  
and in whose spirit alone  
I feel confident enough to ask this grace,  
with the hope of obtaining it  
of Thy infinite  
goodness.**

cf Eph 3,12; Lk 11,3;  
Jn 15,16;16,24-26

### #3 ACT OF INVOCATION OF THE SAINTS

**288** The last act of this second part  
refers to the saints to whom we have a special devotion.  
This act is made  
by earnestly imploring them,  
(especially those who most excelled in the practice of  
the virtue on which we are making mental prayer)  
to intercede for us before God,  
and to beg Him to give us the grace to practice this  
virtue;  
thus showing how great a confidence we have in their  
intercession.

**289** This can be done as follows:

Invocation of the Most Blessed Virgin

- a. Most blessed Virgin, Mother of God,  
thou art the noblest,  
the holiest,  
the most perfect  
and the most excellent of creatures,  
and yet thou wert the humblest of all,  
for by thy humility thou didst abase thyself  
below all things.

cf. Lk 1,46-55

In return,  
thou wert raised to the dignity of Mother of God.

- I beg thee  
by thy holy humility  
and by thy love for this virtue,  
to be good enough  
to obtain for me from thy adorable Son  
the love and the practice of this virtue,  
which was always do dear to thee,  
and which brought thee  
such an exalted state of glory.

- b. I know that all thou wilt ask for me  
will be infallibly granted,  
because thou hast all power over thy beloved Son.

**290** Invocation of Saint Joseph

- a. Great St. Joseph,  
descendant of the royal family of David,  
thou didst willingly, however,  
embrace a profession, poor abject and laborious,  
for the love of God,  
so as to live hidden and unknown by the world.

cf Lk. 1,27

cf Mt 13,55

By the greatness of thy humility  
thou didst deserve to be raised to the dignity  
of spouse of the Mother of God  
and to be considered as the father  
of the Son of God made man.

cf Lk. 1,27

cf Lk 3,23;4,22

- b. For God's honor I beg thee to please,  
together with thy holy spouse  
ask God to grant the grace  
to acquire this virtue  
by constant fidelity to its practice.

291 Invocation of St. Michael, the Guardian Angel and the Saints in heaven

- a. It was by thy deep humility,  
O great St. Michael,  
that thou didst merit  
to become the prince over all the choirs of angels,  
and to be raised to the great glory  
which you enjoy.
- b. I beg thee to help me by thy holy intercession  
to obtain from God  
the grace to acquire this virtue.
- c. My loving Guardian Angel,  
and all ye blessed spirits  
who by your humility merited  
to be confirmed in grace and in glory;
- d. all you saints, my glorious patrons,  
St. John the Baptist,  
St. Peter, St. Paul...etc...  
(favorite Saints N. etc...)  
who were so pleasing to God  
and merited His favor  
and the glory where you reign with Him,  
by the practice of all the virtues,  
but mainly of humility,  
I have the greatest confidence in your intercession.
- e. Grant me, that, I beg of you,  
so that with your assistance I may become humble,  
for God's greater glory  
and to obtain my own salvation.