

EXPLANATION OF THE THIRD PART OF THE METHOD OF MENTAL PRAYER WHICH CONTAINS THREE ACTS

- 332** The first is a review of what we have done in mental prayer;
the second is an act of thanksgiving;
and the third is an act of offering.
All these should take up only a little time.

ACT OF REVIEW

- 333** We make this review
by reviewing in our mind
the principal things we have accomplished in mental
prayer,
the sentiments God gave us during that time,
and which seem to be the most practical and
useful,
of the benefits which we can draw from them.

- 334** We may make this act as follows:

a. My God, what have I done during my mental prayer?

b. I began by putting myself in Thy holy presence,
considering Thee, for example,
as being within me as in Thy Kingdom.
I paid my homage to God by an act of adoration...etc.

c. I applied myself to such or such a subject,
for instance, to the maxim:
What will it profit a man...etc.

d. I awakened such or such good sentiments,
for instance, that if I lose my soul
I lose everything;
that I must never prefer anything to my salvation.
These sentiments can surely be
very useful and advantageous to me in my state.

cf Mt 16,16

e. I took such or such resolutions...
If we had omitted to take any,
now would be the time to do so.

ACT OF THANKSGIVING

- 335** We make this act
by thanking God

for the graces received from Him during mental prayer,
for the good sentiments He has given me
and the affections He awakened in us
for the good of our soul
and for our advancement in virtue.

336 This act may be made as follows:

- a. My God, I thank Thee with all my heart
for the graces which I have received from Thy divine
bounty
during this mental prayer,
for the sentiments which Thou didst inspire me with,
for the affections
which Thou wert good enough to infuse in me,
especially for...
and for the resolutions that I adopted
for the good of my soul
and my advancement
in virtue and perfection.

ACT OF OFFERING

337 Finally, we make this last act of all
by offering to God our mental prayer,
the resolutions we made in the course of it,
and the dispositions in which we are to accomplish
them.

We also offer ourselves to God
with all our actions
and in all that I shall do
during this day.

cf Rom 12,2

338 This may be done as follows:

- a. My God, I offer Thee my mental prayer,
the resolutions
which Thou gavest me the grace to take,
and the dispositions in which I am
of accomplishing them.

- b. I very humbly beg Thee
to deign to bless them
and to give me the grace to be faithful
in putting them into practice.

- c. I offer myself also to Thee, my God,

cf Rom 12,2

with all my actions and all that I shall do
during this day.

- d. Accept, I beg Thee, my God, the desire I have
of pleasing Thee alone,
of glorifying Thee perfectly
and by accomplishing unceasingly
Thy holy will.

INVOCATION OF THE MOST BLESSED VIRGIN

339 We conclude our mental prayer by placing all that we have done,
thought of and resolved under the protection of the Most Blessed
Virgin,

so that she may offer it to her beloved Son,
and so that by this means we may obtain from Him the
graces we need
(to practice the virtue or the maxim on
which we have made mental prayer.)

340 We can do this in the following manner:

- a. Most holy Virgin, most worthy Mother of God,
who art also my loving mother and my advocate,
my refuge and my protectress,
I come to thee with deep humility
as to her in whom, after God,
I place all my trust,
begging thee to receive under thy protection
my mental prayer, my resolutions
and all that I have done here.

- b. I very humbly beg Thee
to give it your Holy Blessing
and to obtain that of thy beloved Son,
offering it all to Him
and begging Him to grant me, out of consideration
for Thee,
the graces I need
to accomplish my resolutions,
to practice the virtue (or the maxim)
on which I made mental prayer,
for the greater glory of God, thy honor, and my
salvation.

Sub tuum.... or O domina mea.