

GROWING
in *Virtue*
CHAPLET



WITH A CRABBY MYSTIC

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and the Crabby Mystic Series



Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Introductory Prayer

Jesus, sole Way of salvation, you invite me: “Learn of me.” But I resemble you so little! Jesus, you pleased the Father; you are my model. Draw me to yourself and give me the grace to imitate you especially in the virtue I need most.

The Cardinal Virtues

Lord God, I ask you to instruct and strengthen me in the practice of the four natural human virtues of prudence, justice, fortitude, and temperance. These Cardinal virtues are the foundation upon which all other virtues hinge.

The Cardinal Virtue of Prudence

Mary, Mother most Prudent, you pondered what God spoke to you in the depths of your heart. Teach me to be prudent, always aware of what is best, and never to act out of indiscretion or fearfulness.

Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and will be forever. Amen.

Prayer to the Holy Spirit

Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Strengthen me, O Holy Spirit, that I may defend all that is holy. Guard me, O Holy Spirit, that I may always be holy.

Saint Augustine
Excerpt from *Devotions to the Holy Spirit*

The Cardinal Virtue of Justice

Mary, Queen of Justice, you always did what pleased God. I trust in your help to keep me from being unjust or neglectful of my duty toward others. Teach me what is right and just.

Hail Mary. . . , Glory Be. . . , Prayer to the Holy Spirit

The Cardinal Virtue of Fortitude

Mary, Queen of Fortitude, you were always steadfast in carrying out God's will. Help me be strong and decisive, never cowardly or rash.

Hail Mary. . . , Glory Be. . . , Prayer to the Holy Spirit

The Cardinal Virtue of Temperance

Mary, Most Temperate, you offer me a model of human perfection. Teach me to be an honorable and balanced person. Help me not abstain from what I should do, nor be stingy in my effort to do good.

Hail Mary. . . , Glory Be. . . , Prayer to the Holy Spirit

The Christian Virtues

Lord God, immerse me now in the effort to excel in the seven Christian virtues. Practicing these virtues will make me resemble Jesus more.

The Christian Virtue of Diligence

Mary, Most Diligent, you exhibited the maximum attentiveness to the duties of your state in life. Give me the intention and dedication to live a good Christian life. Help me avoid both sloth and rigorism.

Hail Mary. . . , Glory Be. . . , Prayer to the Holy Spirit

The Christian Virtue of Patience

Mary, Queen of Patience, you were always clearheaded and understanding. Teach me to be calm and gentle toward myself and others. Help me to always be on guard against anger and complacency.

Hail Mary. . . , Glory Be. . . , Prayer to the Holy Spirit

The Christian Virtue of Moderation

Mary, Model of Moderation, you lived your life devoid of extremes, always centered in what was the better choice. Teach me equilibrium in all things so that I can appreciate the true, the good, and the beautiful in my life, and avoid gluttony or miserliness.

Hail Mary. . . , Glory Be. . . , Prayer to the Holy Spirit

The Christian Virtue of Kindness

Mary, Most Kind, you were always a woman of sweetness and mercy. Help me avoid being envious of others or insincere toward them. Teach me to be kind, cordial, and compassionate.

Hail Mary. . . , Glory Be. . . , Prayer to the Holy Spirit

The Christian Virtue of Chastity

Mary, Most Chaste Virgin, you lived your total gift of self to God every day. Teach me the true value of chastity, of single-mindedness, and purity of heart. Help me avoid all lust and prudishness.

Hail Mary. . . , Glory Be. . . , Prayer to the Holy Spirit

The Christian Virtue of Generosity

Mary, Mother of Holy Generosity, you kept your mind and heart open to the promptings of the Holy Spirit. Teach me the spirit of gratitude for what I have and responsibility to share with others. Help me avoid the tendency to avarice and unnecessary deprivation.

Hail Mary. . . , Glory Be. . . , Prayer to the Holy Spirit

The Christian Virtue of Humility

Mary, Virgin Most Humble, your whole being always reflected the greatness of God. Teach me true self-knowledge and the spirit of service. Under your mantle I will strive to avoid pride and self-serving flattery.

Hail Mary. . . , Glory Be. . . , Prayer to the Holy Spirit

The Theological Virtues

Lord God, thank you for the three supernatural virtues which you gave me at my baptism. These virtues of faith, hope, and charity bind me more closely to you and lead me more surely to heaven.

The Theological Virtue of Faith

Mary, Our Lady of Faith, you always live in the presence of God. Help me always express my gratitude to the Blessed Trinity for the unparalleled gift of faith. Keep my faith free from disbelief and fanaticism.

Hail Mary. . . , Glory Be. . . , Prayer to the Holy Spirit

The Theological Virtue of Hope

Mary, Model of Hope, in every circumstance you maintained an unwavering trust in God's promise. Teach me to keep my heart centered on the promises of God and the merits of your blessed Son. Save me from the danger of despair and presumption.

Hail Mary. . . , Glory Be. . . , Prayer to the Holy Spirit

The Theological Virtue of Charity

Mary, Mother of Charity, you were the source of God's great gift of love in your son Jesus. Teach me to live always *in* the love of God, *for* this love, *with* this love, that I will resemble Jesus, the heart of God. Keep far from me all manifestations of hatred or apathy.

Hail Mary. . . , Glory Be. . . , Prayer to the Holy Spirit

Closing Prayer

Jesus, you are the Way that I must follow;
the perfect model that I must imitate.

When I come before you at the judgment
I want to be found similar to you.

O divine model of humility and obedience,
make me similar to you.

O perfect example of mortification and purity,
make me similar to you.

O Jesus, poor and patient,
make me similar to you.

O model of charity and ardent zeal,
make me similar to you. Amen.

From Prayers of the Pauline Family

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