

Prayer against Temptation

St. Alphonsus Liguori.

Behold me, O my God, at Thy feet! I do not deserve mercy, but O my Redeemer, the blood which Thou hast shed for me encourages me and obliges me to hope for it. How often have I offended Thee, repented, and yet have I again fallen into the same sin!

O my God, I wish to amend; and in order to be faithful to Thee, I will place all my confidence in Thee. I will, whenever I am tempted, instantly have recourse to Thee.

Before, I have trusted in my own promises and resolutions, and have neglected to recommend myself to Thee in my temptations. This has been the cause of my repeated failures. From this day forward, be Thou, O Lord, my strength; and thus shall I be able to do all things, for “I can do all things through Him who strengthens me.” Amen.