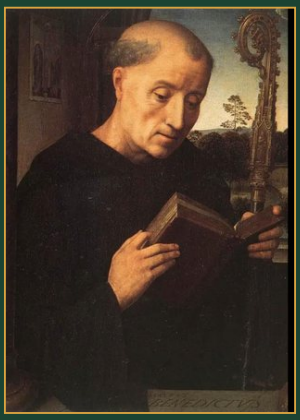


St. Benedict Prayer

The verses associated with the medal of St. Benedict, asking that the Cross of Christ be our light as we refuse what leads to sin.

Traditional Prayer for Protection

The Holy Cross be my light;
Let not the dragon be my guide.

Begone, Satan,
do not suggest to me thy vanities—
evil are the things thou profferest,
drink thou thy own poison.

In Latin

Crux sacra sit mihi lux,
Non draco sit mihi dux.

Vade retro Satana,
Nunquam suade mihi vana;
Sunt mala quae libas,
Ipse venena bibas.

The Letters on the Medal

C S S M L — Crux sacra sit mihi lux: The Holy Cross be my light.

N D S M D — Non draco sit mihi dux: Let not the dragon be my guide.

V R S N S M V — the words rejecting Satan and his empty suggestions.

S M Q L I V B — the words refusing the evil he offers.

C S P B — Crux Sancti Patris Benedicti: the Cross of the Holy Father Benedict.

These verses are associated with the medal; they are not known to have been composed by St. Benedict himself. A blessed medal is a sacramental, not a charm.

Saint Benedict, pray for us.