



## 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.