

Wednesday, November 3
Prayer for the End of the Day
The Suscipe

Suscipe Prayer. Suscipe in Latin means 'receive'. It is a prayer of Saint Ignatius where he is offering all he is back to God. He sees everything in his life as a gift that he now invites God to receive back as a gift. It is a mutual giving and receiving between the creator and the created which includes the past (memory), present (understanding), and future (entire will). Read through it slowly a couple times then answer the questions below.

The Suscipe

A Prayer of Surrender

Take Lord and Receive all my liberty
My memory, my understanding, and my entire will
All I am and all I have you have allowed for me.

I return it all to you Lord to be disposed of according to your will.
Grant that I may receive only your love and your grace
For with these I am rich enough.

Journal Reflection Questions

- What of your past do you need to surrender to God?
- What of your present do you need to surrender to God?
- What of your future do you need to surrender to God?