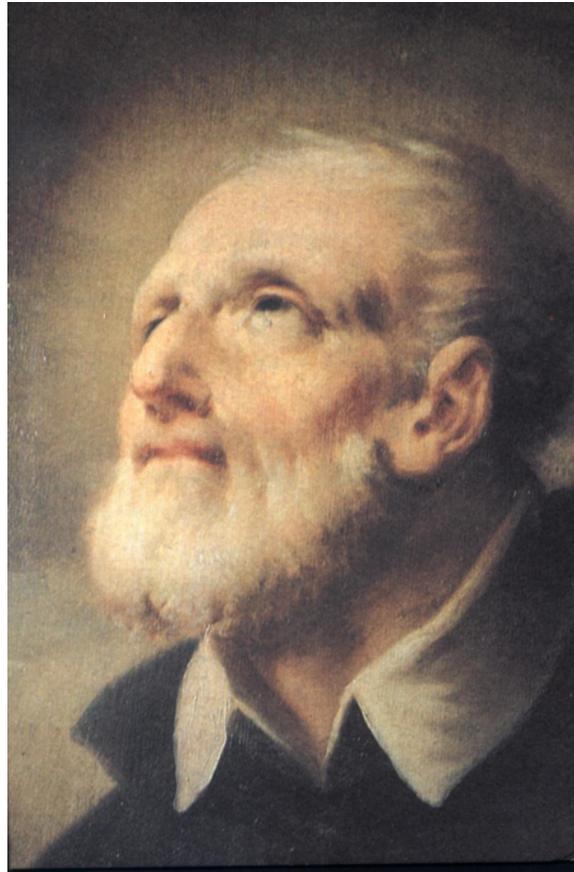


Exercises for Purity



Saint Philip Neri

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Why pray through St. Philip's Intercession?

St. Philip Neri (1515-1595) is a saint uniquely fitted to lead us toward greater purity. Leaving his native Florence he came to Rome by divine guidance, and after a period of discernment set about ministering to people of every state and circumstance. Eventually he would be ordained a priest. Armed with the sacraments and his own attractive personality Philip led people to experience the Love of God their Father. Using all the instruments of culture to bring others close to Christ, Philip and his companions brought about numerous ongoing conversions through Confession and frequent reception of the Eucharist. **At the heart of Philip's evangelization was a childlike purity.** He saw the world as God sees it... and so he loved the world as God loves it. This unadulterated love of the good things God created allowed Philip to live chastity throughout his life, but also gave him an unwavering confidence in miracles large and small. The personal development of his followers was always his greatest joy, but there were other extraordinary events: uncountable cures, the suppression of earthquakes, visions, his ability to read souls, and even the raising of the dead, to name a few. Two lines from 19th-century hymns to St. Philip give us good reason to befriend him:

If you seek miracles you will surely find them, if there is no sin in your heart.

*Love is his bond, he knows no other fetter,
Asks not our all, but takes whate'er we spare him,
Willing to draw us on from good to better,
As we can bear him.*

Contents

Prayers and Inspirational Phrases of St. Philip

Examen

Night Prayer from the Little Office of St. Philip

Prayers for Purity and for a Good Death

Sonnets by St. Philip on the Beauty of Divine Love

A Reflection on Divine Love

The Litany of St. Philip Neri (Bl. JH Newman)

The Litany of the Love of God (Pius VI)

Prayers and Inspirational Phrases of St. Philip

E poi?

St. Philip was known for bringing people to conversion. One of the easiest tools he used in this effort was this simple phrase, “*E poi?*” (“*and then...?*”). It was a gentle reminder that all our actions have consequences and that death waits for all of us... and what then?

Preferisco paradiso. - I prefer paradise.

FOR PURITY

Deus in adiutorium meum intende
Domine ad adjuvandum me
festina

O God come to my assistance
Lord make haste to help me

Virgin Mary, Mother of God, pray to Jesus thy Son for me a sinner.
Virgin and Mother
(*to be prayed 63 times in the form of a rosary*)

PRAYER FOR THE HOLY SPIRIT’S GRACES

Deus qui omne cor patet, et omnis
voluntas loquitur, et quem nullum
latet secretum: purifica per
infusionem Sancti Spiritus
cogitationes cordis nostri; ut te
perfecte diligere et digne laudare
mereamur.

O God before whom all hearts are
open, all desires known, and from
whom no secrets are hid: cleanse
the thoughts of our hearts by the
infusion of the Holy Spirit; that
we may perfectly love and
magnify you.

Examen

Like his good friend and colleague, St. Ignatius Loyola, St. Philip counseled a regular examination of conscience and frequent confession to prepare for the ultimate help in pursuing virtue: offering our sacrifices at mass and receiving Holy Communion. Many examinations of conscience exist, but one of the most simple and effective is a regular meditation on the Beatitudes and the Commandments each night before bed.

The Beatitudes (Mt. 5:1-11, cf Knox)

Jesus, when he saw how great was their number, went up on to the mountain-side; there he sat down, and his disciples came about him. And he began speaking to them; this was the teaching he gave.

Blessed are the poor in spirit; the kingdom of heaven is theirs.

Blessed are the patient; they shall inherit the land.

Blessed are those who mourn; they shall be comforted.

Blessed are those who hunger and thirst for holiness; they shall have their fill.

Blessed are the merciful; they shall obtain mercy.

Blessed are the clean of heart; they shall see God.

Blessed are the peace-makers; they shall be counted the children of God.

Blessed are those who suffer persecution in the cause of right; the kingdom of heaven is theirs. Blessed are you, when men revile you, and persecute you, and speak all manner of evil against you falsely, because of me.

The Commandments
(Ex. 20 1-17, cf Knox)

And now God spoke all these words which follow.

I, the Lord, am thy God (he said); I, who rescued thee from the land of Egypt, where thou didst dwell in slavery.

Thou shalt not defy me by making other gods thy own.

Thou shalt not carve images, or fashion the likeness of anything in heaven above, or on earth beneath, or in the waters under the earth, to bow down and worship it. I, thy God, the Lord Almighty, am jealous in my love; be my enemy, and thy children, to the third and fourth generation, for thy guilt shall make amends; love me, keep my commandments, and mercy shall be thine a thousandfold.

Thou shalt not take the name of the Lord thy God lightly on thy lips; if a man uses that name lightly, the Lord will not acquit him of sin.

Remember to keep the sabbath day holy. Six days for drudgery, for doing all the work thou hast to do; when the seventh day comes, it is a day of rest, consecrated to the Lord thy God. That day, all work shall be at an end, for thee and every son and daughter of thine, thy servants and serving-women, thy beasts, too, and the aliens that live within thy gates. It was six days the Lord spent in making heaven and earth and sea and all that is in them; on the seventh day he rested, and that is why the Lord has blessed the sabbath day, and hallowed it.

Honour thy father and thy mother; so thou shalt live long to enjoy the land which the Lord thy God means to give thee.

Thou shalt do no murder.

Thou shalt not commit adultery.

Thou shalt not steal.

Thou shalt not bear false witness against thy neighbour.

Thou shalt not covet thy neighbour's house, or set thy heart upon thy neighbour's wife, or servant or hand-maid or ox or ass or anything else that is his.

Ad Completorium - Night Prayer

*From the Little Office of St. Philip
(for private use only)*

Introit

V. Converte nos, Deus salutaris
noster.

R. Et averte iram tuam a nobis.

V. Deus, in adjutorium &c.

Hymnum

Te lucis ante terminum,
rerum Creator, poscimus,
ut solita clementia,
sis praesul ad custodiam.
Procul recedant somnia,
et noctium phantasmata:
hostemque nostrum comprime,
ne polluantur corpora.
Praesta, Pater omnipotens,
per Iesum Christum Dominum,
qui tecum in perpetuum
regnat cum Sancto Spiritu.
Amen.

Introduction

V. Bring us to conversion, O God
of our salvation.

R. And turn away thine anger
from us.

V. O God, come to my assistance,
& c.

Hymn

To Thee before the close of day,
Creator of the world, we pray
That, with thy wonted favour,
thou wouldst be our guard and
keeper now.
From all ill dreams defend our
sight,
From fears and terrors of the
night;
Withhold from us our ghostly foe,
That spot of sin we may not know.
O Father, that we ask be done,
Through Jesus Christ, thine only
Son, Who, with the Holy Ghost
and Thee, Doth live and reign
eternally. Amen.

Antiphona.

Sancte Pater Philippe, preces nostras suscipe; et, ut viam sanctitatis teneamus, tua nos intercessione nos adjuva: coelestem gloriam impetra; a terraemotus libera; atque ab omni malo Romanam Ecclesiam defende.

Antiphon (to be repeated at the concl. of the psalm.)

Holy Father Philip, receive our prayer; and that we might hold to the way of holiness, help us now by your intercession: obtain for us the glory of heaven; free us from earthquakes; and defend the Roman Church from all evil.

De Profundis

(Ps. 130)

*De profundis clamavi ad te,
Domine;
Domine, exaudi vocem meam.
Fiant aures tuæ intendentes in
vocem deprecationis meæ.
Si iniquitates observaveris,
Domine, Domine, quis sustinebit?
Quia apud te propitiatio est;
et propter legem tuam
sustinui te, Domine.
Sustinuit anima mea in verbo
ejus:
speravit anima mea in Domino.
A custodia matutina usque ad
noctem,
speret Israël in Domino.
Quia apud Dominum
misericordia, et copiosa apud eum
redemptio.
Et ipse redimet Israël
ex omnibus iniquitatibus ejus.*

Out of the depths I cry to thee, O Lord;
Master, listen to my voice; let but thy ears be attentive to the voice that calls on thee for pardon.
If thou, Lord, wilt keep record of our iniquities, Master, who has strength to bear it?
Ah, but with thee there is forgiveness; be thy name ever revered.
I wait for the Lord, for his word of promise my soul waits;
patient my soul waits, as ever watchman that looked for the day.
Patient as watchman at dawn, for the Lord Israel waits, the Lord with whom there is mercy, with whom is abundant power to ransom.
He it is that will ransom Israel from all his iniquities.

Responsory

V. Fungens Sacerdotio, quotidie
hostiam obtulit Deo.

R. Porrexit manum suam in
libatione; et libavit de sanguine
Salvatoris cum ingenti gaudio.

V. The priesthood is a sacrifice
offered to God every day.

R. He stretched out his hand in
sacrifice; with great joy he offered
of the blood of the Savior

Collect

Oremus...

Precibus et meritis Beati Philippi
ab omni nos, Domine Deus Pater
omnipotens, adversitate custodi;
atque ante diem exitus nostri, per
veram poenitentiam, puramque
confessionem peccatorum,
remissione percepta, gloriosi
Corporis Jesu Christi Filii tui
Sacramentum nos digne sumere,
et de morte ad vitam feliciter
pervenire concede. Per eundem
Dominum nostrum &c.

Let us pray...

We offer you, God the Father
Almighty, the prayers and merits
of Blessed Philip, that before the
day of our passing, by true
repentance and confession of our
sins, having worthily received the
most Blessed Sacrament we may
be ready to pass from death to
the life of bliss. Through Our
Lord...

Prayer for Purity

Bl. John Henry Newman

St. Philip, who didst always preserve the white lily of thy purity unsullied, with such great honour to thyself that the brightness of this fair virtue dwelt in thine eyes, shone forth from thy hands, and cast its fragrance over thy whole body, causing it to emit so sweet a perfume that it gave consolation, fervour, and devotion to all who conversed with thee; obtain me from the Holy Spirit of God so true a love for that virtue, that neither the words nor bad examples of sinners may ever make any impression upon my soul. Never permit me in any way to lose that lovely virtue; and since avoidance of occasions, prayer, labour, humility, frequent use of the Sacraments, were the arms with which thou didst conquer the flesh, which is our worst enemy, so do thou obtain for me grace to use the same arms to vanquish the same foe. Take not away thy help from me; but be as zealous for me as thou wast during thy life for thy penitents, keeping them far removed from all sensual infection. Do this for me, my holy Patron; and be ever my protector in respect of this fair virtue.

Say one Our Father, Hail Mary and Glory Be.

Prayer for a Good Death

O glorious St. Philip, faithful helper of thy dying children, be thou my father and protector in the hour of my death. Let not the devil overcome me; let not temptation oppress me, nor fear overwhelm me in that hour; but grant through thy intercession that, fortified by faith, hope and charity, I may bear all things with patience and perseverance, and may happily die the death of the just. Amen.

Sonnets by St. Philip

I.

The soul derives from God her being high,
In one keen instant out of nothing brought,
Not painfully through second causes wrought;
How should she, then, submit to things that die?
To hope, desire, to joy, to enmity;
To her confusion by these guides mistaught,
Of One confronting her she knoweth naught,
One glimpse of Whom would lift her to the sky.
How should the baser nature dare rebel
Against the higher, nor, as meet, consent
To do its bidding, but essay to quell?
Why prison bars the aspiring soul prevent
From leaving earth, above the stars to dwell,
To die to self, to live to God, intent.

II.

I love, and loving must love ceaselessly,
So whole a conquest in me love hath won;
My love to Thee, Thy love to me doth run,
In Thee I live, and Thou dost live in me.
Surely the day is nigh when I may flee
From this dark gaol, for ever to have done
With vanity and blind oblivion,
Where, exiled from myself, I used to be.
Earth laughs and sky, green branches and soft air,
The winds are quiet, and the water still,
No sun before has shed so bright a day;
The gay birds sing, love's joy is everywhere;
My heart alone has no responsive thrill,
My powers flag and shrink from joy away.

A Reflection on Divine Love

Father Buonsignore Cacciaguerra - Friend of St. Philip

In the eyes of the world, and among people who are weak and of little fervor, inspirations, colloquies and experiences of the soul pass for a myth and a deceit. But one who is truly enlightened realizes their truth within himself. There is a spiritual fire which is first felt in the heart and which sometimes, like an indescribable stream, inflames the breast and the face. There is a supreme prayer which surpasses all human experience and which does not take the form of words, but in which the spirit, illuminated by celestial light, is raised to God in a complete union of all the senses, and the prayer flows on like a copious stream. In these brief moments it says things so exalted that when it has returned to itself, it can no longer express them nor conceive them. O blessed spirit of God! How completely it fills, consoles, and makes itself silently felt in the interior of the soul, which it causes to languish utterly with love; how, in a moment, it teaches and impresses on the well-beloved all that it pleases and wills...so that, melted by these delights, the human soul is raised and elevated to a height of love so great that it forgets its carnal nature, and utters words that seem like blasphemy, as is related of Moses and St. Paul... Sometimes the beloved yields herself so completely to her spouse, and so freely, that, in her supreme ardor and amazement, unable to bear it any longer, she beseeches him to leave her. Then the spouse, in order to kindle yet greater fires, and to make her languish the more and transfix her with his virginal love, shows his reluctance to leave her, so that the beloved is forced to cry out in secret, "I can bear it no more, I can bear no more; leave me now, for I am dying, I am dying." Then the soul suffers violence and makes efforts as though to leave the body and takes flight to the bosom of her spouse, who at that moment withdraws his sensible presence, but not his grace; and the body is left

inert, her limbs all bruised, inebriated and scorched with love, her power of speech gone from her. Yet she can find no rest because of the absence of her spouse, and desires him the more; then, as it were, mad with love she seeks him day and night, and finds him not, though oft-times he is hidden within her, though she knows it not, to increase within her a yet greater love of him and infinite desire. At last he allows her to discover him in diverse ways: sometimes in groaning and great fervor of heart; oft-times when the soul abases and humbles herself and realizes she is not worthy of him, and never has been worthy of him; often too, in frequent prayer ; but much more often when she receives the Blessed Sacrament... Oh! What ineffable joy the beloved experiences when, without expecting him, he makes his presence felt! What a sacred visitation that is! What holy colloquies ensue, wounding the heart with love, when the beloved is all absorbed in him, and attentive to the smallest sign! All that she does and feels... becomes insupportable to her. It is with great violence and repugnance that she nourishes her miserable body, with the one thought that it may be sustained and made to serve the spirit.

Useful Litanies for Purity

(Responses to petitions in each section are in *bold italics*)

Litany of St. Philip of Bl. John Henry Newman

Lord, have mercy.

Lord, have mercy.

Christ, have mercy.

Christ, have mercy.

Lord, have mercy.

Lord, have mercy.

Christ, hear us.

Christ, graciously hear us.

God the Father of heaven, ***Have mercy on us.***

God the Son, Redeemer of the world

God the Holy Ghost

Holy Trinity, one God

Holy Mary, ***Pray for us.***

Holy Mother of God,

Holy Virgin of Virgins,

St. Philip,

Vessel of the Holy Ghost,

Child of Mary,

Apostle of Rome,

Counsellor of Popes,

Voice of Prophecy,

Man of primitive times,

Winning Saint,

Hidden hero,

Sweetest of Fathers,

Flower of purity,

Martyr of charity,

Heart of fire,

Discerner of spirits,

Choicest of priests,

Mirror of the divine life,

Pattern of humility,

Example of simplicity,

Light of holy joy,

Image of childhood,

Picture of old age,

Director of souls,

Gentle guide of youth,

Patron of thy own,

Who didst observe chastity in thy youth, *pray for us.*
Who didst seek Rome by divine guidance,
Who didst hide so long in the Catacombs,
Who didst receive the Holy Ghost into thy heart,
Who didst experience such wonderful ecstasies,
Who didst so lovingly serve the little ones,
Who didst wash the feet of pilgrims,
Who didst ardently thirst after martyrdom,
Who didst distribute the daily word of God,
Who didst turn so many hearts to God,
Who didst converse so sweetly with Mary,
Who didst raise the dead,
Who didst set up thy houses in all lands,

Lamb of God, who takest away the sins of the world, *Spare us, O Lord.*

Lamb of God, who takest away the sins of the world, *Graciously hear us, O Lord.*

Lamb of God, who takest away the sins of the world, *Have mercy on us.*
Christ, hear us. *Christ, graciously hear us.*

V. Remember thy Congregation.

R. Which thou hast possessed from the beginning.

Let us pray.

O God, who hast exalted blessed Philip, Thy Confessor, in the glory of Thy saints, grant that, as we rejoice in his commemoration, so we may profit by the example of his virtues, through Christ our Lord. Amen.

The Litany of the Love of God
Pope Pius VI - (for private use only)

Lord, have mercy.

Christ, have mercy.

Christ, hear us.

Christ graciously hear us.

God, the Father of heaven, *Have mercy on us.*

God the Son, Redeemer of the world.

God, the Holy Ghost.

Holy Trinity, one God.

Thou Who art Infinite Love.

Thou Who didst first love me.

Thou Who commandest me to love Thee.

With all my heart,

R. I Love Thee, O My God

With all my soul,

With all my mind,

With all my strength,

Above all possessions and honors,

Above all pleasures and enjoyments,

More than myself, and everything belonging to me,

More than all my relatives and friends,

More than all men and angels,

Above all created things in heaven or on earth,

Only for Thyself,

Because Thou art the sovereign Good,

Because Thou art infinitely worthy of being loved,

Because Thou art infinitely perfect,

Even hadst Thou not promised me heaven,

Even hadst Thou not menaced me with hell,

Even shouldst Thou try me by want and misfortune,

In wealth and in poverty,

In prosperity and in adversity,
In health and in sickness,
In life and in death,
In time and in eternity,
In union with that love wherewith all the saints and all the angels love
 Thee in heaven,
In union with that love wherewith the Blessed Virgin Mary loveth Thee,
In union with that infinite love wherewith Thou lovest Thyself eternally,

Prayer

My God, Who dost possess in incomprehensible abundance all that is perfect and worthy of love, annihilate in me all guilty, sensual, and undue love for creatures. Kindle in my heart the pure fire of Thy love, so that I may love nothing but Thee or in Thee, until being so entirely consumed by holy love of Thee, I may go to love Thee eternally with the elect in heaven, the country of pure love. Amen.