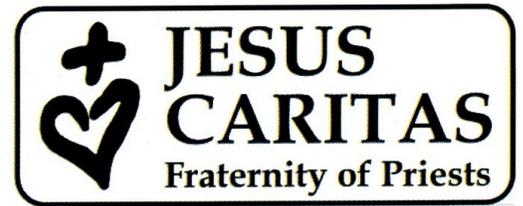


0. Prayer of Abandonment



Charles deFoucauld was a man of deep prayer and the Prayer of Abandonment, composed by him, is the summit of a long spiritual journey. Express your spiritual maturity: let God be God in your life. It is, therefore, one of the keys to enter into his spirituality and our spirituality as a Priestly Fraternity "IESUS CARITAS".

**Father,
I abandon myself into your hands;
do with me what you will.
Whatever you may do, I thank you.
I am ready for all, I accept all.
Let only Your will be done in me (and
in all your creatures).
I wish no more than this, O Lord.
Into your hands, I commend my soul;
I offer it to you with all the love of my
heart,
for I love you, Lord,
and so need to give myself,
to surrender myself into your hands
without reserve,
and with boundless confidence, for
You are my Father.**

One of our tasks is to learn to pray, to enter into its rhythm, and its structure so that it becomes an authentic expression of our love for God and our willingness to receive the life that He gives us.

This prayer does not mention Christ at any time. When Charles de Foucauld writes it, it is the prayer that Christ makes by placing himself in the Father's hands (Lk23:46). When we pray it, we unite ourselves to Christ, we enter into his inner world, helped by the Spirit, and we give ourselves as He does.

COMPONENTS

"Father"

Is experience of the kindness, mercy and patience of God in our lives. Sometimes the suspicion that God does not love us settles within us. Negative experiences in relationship with others and our own sin, make us distrustful. However, the recognition of the loving and liberating presence of God in our lives makes us regain confidence.

We have to constantly ask God for the grace to feel deeply loved by Him. This makes our lives off center. Not feeling loved makes us super active so that people can praise us, consider us, take care of us. The Father knows better than we do what is best for us. The more ungrateful and rebellious, blind and crippled we are, the more interested he is, and the more he seeks us to share his gifts. He is always the Good Shepherd who goes in search of the lost sheep.

"I abandon myself to you into Your hands"

It is the response of love to God's love: "*Whoever loves me will keep my word, and my Father will love him, and we will come to him and make our dwelling with him.*" (Jn 14:23). Express the desire to correspond to the love of the Father, always seeking and doing his will. This is to be and become a child of God; like Christ, we are children of God through baptism, but we must grow as children of God every day, abandoning ourselves to the will of the Father, until we are able to say with truth: "I always do what is pleasing to him." (Jn 8:29), like Jesus.

We would like to give ourselves without reserve to God and to others, but we have to recognize that

there are areas of our being that we do not surrender yet, areas that we do not confidently abandon at the hands of God.

From there the supplication of Brother Charles:

"My God, give me that continuous feeling of your Presence, of your Presence in me and around me! And, at the same time, that fearful love that is felt in the presence of someone who loves himself passionately and who makes us stand in front of the beloved without being able to take his eyes away, with the desire and willingness to do everything that pleases him, everything that is beneficial to him, and the fear of doing, saying or thinking something that disgusts or hurts him. In you, with you and for you, Amen".
(Retreat of Nazareth, 1887).

"Do with me what You will.... Whatever you may do, I thank you; I am ready for all, I accept all. Let only your will be done in me and in all your creatures. I wish no more than this, O Lord."

This total availability to God is a gift of his that we should ask for. It demands a heart purified of disorderly attachments that allows us to recover the freedom of the children of God. Freedom is the mark of the disciple of Jesus since it is the only way to be constantly docile to the love of God, docile to his Spirit that is "wind that blows where it wants, you do not know where it comes from or where it goes" (Jn 3:8)

We must listen to the will of God, to discern it in the events, desires and demands that are the signs that He gives us. Freedom is a task, a goal to be achieved by each person and by all humanity and it is human to conquer it. This is what gives energy, value and taste to our life.

"Into your hands I commend my soul.

I offer it to You with all the love of my heart."

Feeling loved by the Father and available to his will, I place all my life, all that I am and all that I do in his hands. This total generosity is also a grace of God that we must implore. Only Christ and Mary were from the beginning pure gift, pure surrender of self to God and to others, to the end on the Cross. We gradually become a gift as of bread placed in God's hands. Hence the importance of the Eucharist to identify us with Christ's-gift, Bread broken for the life of the world, Blood shed for the salvation of all.

The whole life of Bro. Charles, from his conversion on, was transformed into a bread that he offered until his total surrender on the day of his martyrdom:

"The oblation of the divine sacrifice, prayer, penance, practice of the evangelical virtues, charity, a fraternal and universal charity that breaks every last bit of bread with every poor person, every guest, all

unknown, and receives all human like a beloved brother " (June 23 of 1901)

- **"I surrender myself into your hands without reserve, and with boundless confidence."**

Trust brings us out of ourselves, decentralizes us, sets us on the path. It gives us the audacity of faith and resembles Abraham, Moses, Jeremiah, the disciples, and all the saints.

The whole struggle of the spiritual life is to come to trust in God and allow ourselves to be molded by Him, surpassing self-sufficiency. It is to have a childlike heart that allows itself to be supported and guided by the Father. We already know that "The kingdom of God belongs to those who are like children" Mk 10:13-15.

As we journey through our history of salvation, we recognize that we are more loved by our Father God than we believed. This realization gives us back our confidence. If so far, the Lord has always been with me, why not be in the future?

Make your Personal Prayer that of Charles deFoucauld:

You are here, Lord Jesus.

How close you are, my God, my Savior, my Jesus, my Brother, my Spouse, my Beloved. It would be foolish to believe that there is a better way to achieve this glory than to be at his feet.

Let us love him as much as possible, that is all we need for eternity. When we love, we feel that none of the time spent with our beloved is lost.

It is a time most well spent, except when the will and the well-being of our Beloved calls us elsewhere.

(DP 81-83) p. 74

**Taken from GUIDELINES FOR THE
REALIZATION OF THE MONTH OF
NAZARETH p.6-7**

for More Information:

Jesus Caritas Fraternity of Priests

<www.jesus Caritas usa.org>