

## Litany to Begin Again

(Compiled from the words of Venerable Bruno Lanteri, OMV)

Good Jesus,  
through the intercession of your mother, Mary,  
grant ...

That I may begin immediately,  
That I may never fail to begin again,  
That I may begin even without devotion,

That I may begin each day,  
That I may begin every day,  
That I may begin every hour of the day,  
That I may say with boldness, "Now I begin,"

That I may begin humbly and with full confidence,  
That I may begin with holy tenacity,  
That I may begin with faith,  
That I may begin with gentleness,  
That I may begin with peace,

That I may decide always to begin,  
That I may begin again, firmly convinced that God forgives me,  
That I may rise immediately and begin again,  
That I may always, and in every moment, begin again,

That I may begin again to trust,  
That I may begin again to hope,  
That I may begin again to love,

Venerable Bruno, pray for me. Amen.

*(Composed by Kirsten Butera, February 9, 2020,  
St. Clement Eucharistic Shrine, Boston)*

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## Begin Again

1. "Say then with boldness, 'Now I begin,' and go forward constantly in God's service. Do not look back so often, because one who looks back cannot run. And do not be content to begin only for this year. Begin every day, because it is for every day, even for every hour of the day, that the Lord taught us to say in the Our Father, 'Forgive us our trespasses,' and, 'Give us this day our daily bread.' "

74. "Do not be surprised at your lack of energy, listlessness and boredom in spiritual things; this is caused by age and physical issues. God does not exempt you from these, because ultimately, it is he himself who procures this for you, and he would be asking something impossible of you. **He asks only that you be patient with yourself, that you always begin with a holy tenacity to be faithful in your spiritual practices.**"

58. "Let him walk at the pace that God wishes in all his spiritual practices, however holy they may be, and neither hurry ahead nor hold back from this rate of progress."

59. "I would like to take the opportunity of the departure from Turin of your son for some profit, but I do not know what I should say: Should I praise you for your fidelity to God? Ought I chide you? I do not know at all. **So I will take a sure part and that is to urge you to begin each day, leaving the past to the mercy of the Lord and the future to his Divine Providence. In the meantime, consider every day that the good God has entrusted you with a mission.** In regard to temporal matters, never let anything trouble you, and the same with respect to your faults, taking care to counter them immediately by an act of love of God. Be attentive to practice the virtues of patience and gentleness; you can make a special examination on this in the evening and at midday."

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8. "If I should fall a thousand times a day, a thousand times a day I will begin again, with new awareness of my weakness, promising God, with a peaceful heart, to amend my life. I will never think of God as if he were of our condition and grows weary of our wavering, weakness, and negligence. Rather, I will think of what is truly characteristic of him and what he prizes most highly, that is, his goodness and mercy, knowing that he is a loving Father who understands our weakness, is patient with us, and forgives us."

100. "Be persistent in constantly renewing, even daily, and several times a day, your proposals, even if they are always the same and even if you fulfill them very poorly, because in this way you exclude at least the will to continue in your failings; it is precisely this that the Lord desires of you and in which the holiness of which we are capable in this life consists. **This holiness consists not in no longer failing, but in not persevering in the will to fail.** On the contrary, this very persistence in always beginning has something heroic about it."

### Pray and offer sacrifices

49. "I will be faithful in making fifteen minutes of meditation every day and fifteen minutes of spiritual reading and the examination of conscience in the evening. I will also attend Mass if I can. It is very right that I give an hour of the day to God when the obligations of my state of life permits it."

53. "Every day a chapter of the Gospel of Jesus Christ for reading, and buy a small edition of the New Testament for myself. A great means, easy and powerful for resisting temptation, is to use the Word of God, which is so holy, efficacious, and powerful, as we see in the example of Jesus Christ."

### Romans 15:4-6

For whatever was written previously was written for our instruction, that by endurance and by the encouragement of the scriptures we might have hope. May the God of endurance and encouragement grant you to think in harmony with one another, in keeping with Christ Jesus, that with one accord you may with one voice glorify the God and Father of our Lord Jesus Christ.

### 2 Corinthians 1:3-7

Blessed be the God and Father of our Lord Jesus Christ, the Father of compassion and God of all encouragement, who encourages us in our every affliction, so that we may be able to encourage those who are in any affliction with the encouragement with which we ourselves are encouraged by God. For as Christ's sufferings overflow to us, so through Christ does our encouragement also overflow. If we are afflicted, it is for your encouragement and salvation; if we are encouraged, it is for your encouragement, which enables you to endure the same sufferings that we suffer. Our hope for you is firm, for we know that as you share in the sufferings, you also share in the encouragement.

#### Repetition:

You may choose to pray on one of the Scripture passages assigned for a second time.

#### After the prayer:

- What word in Scripture most spoke to my heart?
- What touched my heart in this time of prayer?  
What did my heart feel as I prayed?
- What did I sense the Lord saying to me?

## Sirach 34:14-20

Living is the spirit of those who fear the Lord,  
for their hope is in their savior.

Whoever fear the Lord are afraid of nothing  
and are never discouraged, for he is their hope.

Happy the soul that fears the Lord!

In whom does he trust, and who is his support?

The eyes of the Lord are upon those who love him;  
he is their mighty shield and strong support,  
A shelter from the heat, a shade from the noonday sun,  
a guard against stumbling, a help against falling.  
He lifts up spirits, brings a sparkle to the eyes,  
gives health and life and blessing.

## 1 Maccabees 12:9a

Though we have no need of these things,  
since we have for our encouragement the holy books  
that are in our possession.

## Zephaniah 3:16-18

On that day, it shall be said to Jerusalem:  
Do not fear, Zion,  
do not be discouraged!  
The Lord, your God, is in your midst,  
a mighty savior,  
Who will rejoice over you with gladness,  
and renew you in his love,  
Who will sing joyfully because of you,  
as on festival days.

## 1 Thessalonians 5:11

Therefore, encourage one another and build one another up,  
as indeed you do.

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14. "Do not be concerned if prayer does not go as you would wish; it is enough that it be as God wishes. And this is not difficult; you need only avoid voluntary negligence."

30. "Make acts of mortification, especially interior ones; for you, this means the effort to live each moment with a gentle and joyful spirit."

## Mary and the Sacraments

98. "I desire to have a tender love for the Virgin Mary, and a confidence in her as a son toward his mother, to such a degree that it appear impossible to me that she could permit me to be overcome and that I be lost in the battle."

Want a deeper appreciation for Mass? Foster these sentiments:

40. "... at the Consecration those of Christ ..."

43. "... at Communion those of one in love ..."

## What we should strive for ...

"**Spiritual joy** is a joyous affection of heart produced through sufficient thought about present spiritual goods."

"What are these goods? Participation in the divine nature (as children of God), union with Jesus Christ, being in the bosom of the Church as her sons, God's special protection, the gifts of theological virtues [faith, hope, love], the sacraments, the communion of saints, grace, friendship with God, the merits of our actions, the glory of heaven that is already ours because of the firm hope we have, as a son already possesses the heritage that awaits him from his father."

"[To those who say I cannot be joyful because of my] temperament. I respond that we are not speaking here about a *sensible* joyfulness, but rather of its substance that consists in ridding ourselves of voluntary thoughts of sadness and of

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distrust. **Think well of God, esteem spiritual goods, something that everyone can do ...**"

### **Encourage others and be encouraged by them**

4. "We should always keep in our hearts this saying of the Holy Spirit: *Sentite de Deo in bonitate* [Think of God in a spirit of goodness: Wis. 1:1]. And so we should seek sentiments worthy of God first in ourselves so as then to inspire them in others, and attain the goal of loving him and bringing all to love him."

57. God has placed me in this state of life; in this and no other I must serve him and be saved. **All the circumstances and events in my state of life, such as the different characters of the persons with whom I interact, the events that take place, the times and places in which these occur, reveal the order of Providence through which the Lord has willed to work my salvation.** I must adapt myself to all these things and not think that I can force them to adapt themselves to me. And so, I will try always to adapt to these with peace and joy of heart, confident that God knows better than what is best for me."

99. Therefore, be of good courage. Let your heart be joyful, give yourself as completely as you can to God, banish any doubts, and tell God that you never wish consciously to do anything that would displease him. For the rest, do not be troubled. God is with you and will help you and will not let you fall."

113. "Above all, I have asked the Lord to give you great courage and firm hope in God, so that by this virtue, overcoming all discouragement and striving not to lose that precious time the Lord gives us, you may attain greater good for yourself and for others, especially the Lord has given you so many means for this and the desire to accomplish it."

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### **Meditation (Pick 1 to 3 passages):**

As I begin, I become aware of the Lord present to me, looking upon me with love, desirous of speaking to my heart...

Prayerfully, read....

### **John 20:11-18**

But Mary stayed outside the tomb weeping. And as she wept, she bent over into the tomb and saw two angels in white sitting there, one at the head and one at the feet where the body of Jesus had been.

And they said to her, "Woman, why are you weeping?" She said to them, "They have taken my Lord, and I don't know where they laid him."

When she had said this, she turned around and saw Jesus there, but did not know it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom are you looking for?"

She thought it was the gardener and said to him, "Sir, if you carried him away, tell me where you laid him, and I will take him." Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni," which means Teacher.

Jesus said to her, "Stop holding on to me, for I have not yet ascended to the Father. But go to my brothers and tell them, 'I am going to my Father and your Father, to my God and your God.' " Mary of Magdala went and announced to the disciples, "I have seen the Lord," and what he told her.

### **2 Chronicles 16:9a**

The eyes of the Lord roam over the whole earth, to encourage those who are devoted to him wholeheartedly.

### **Sirach 17:24**

But to the penitent he provides a way back and encourages those who are losing hope!

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