Consecration to the Two Trinities

by Jean-Pierre Médaille, SJ, as found in the Maxims of Perfection

Consecrate yourself often to the holy and uncreated Trinity of God, Father, Son and Holy Spirit. To the created one of Jesus, Mary and Joseph, and to all the saints of heaven. Together with this consecration make the following firm protestations :

Declare firmly in honor of God the Father that you will practice what, according to your knowledge, is the more perfect; what you believe corresponds to his greater glory and to the greater contentment of his sovereign Majesty.

Declare firmly in honor of God the Son, that you will try to imitate his total self-emptying and totally empty yourself of self.

Declare firmly in honor of God the Holy Spirit, that you will free your heart from the love of every created being in order to fill it with the pure and perfect love of God and to do everything in the constant practice of this holy love.

Declare firmly in honor of the Savior Jesus that you will put aside your old self so that you can put on the new, namely Christ Jesus himself, living, insofar as you can, by his life and in the perfect imitation of his virtues.

Declare firmly in honor of the Blessed Virgin who was full of grace and used that grace so well that, in imitation of her, you will be perfectly faithful to every grace of the Holy Spirit.

Declare firmly in honor of the glorious St. Joseph, that you will serve and love Jesus and Mary wholeheartedly as he served and loved them, and that when you serve the neighbor, you will do so in Joseph's spirit of humility, gentleness and charity.

Finally, in honor of the angels and saints, declare firmly that you will try to model yourself on the example of their holy life and never do anything that contradicts the seeking after the great virtue.

In particular declare firmly that, like them, you will have a tender, strong and constant affection for

- peace and intimate union with God,
- cordial charity towards and forbearance of the neighbor,
- humility profound and totally emptied of self,
- the simplicity, gentleness and moderation of the Gospel,

- childlike obedience that does not line up its arguments in advance,
- poverty perfectly stripped,
- mortification discreet and generous,
- above all, very innocent purity of heart which is the foundation for all these beautiful virtues.

Conclude these devout protestations with a Veni Creator in order to ask the Holy Spirit for grace to keep them exactly and to take advantage of them in such a way that, having lived on earth as the saints did, you may share in their glory forever and ever. Amen. God be blessed.