

St. Ignatius of Loyola is well known for his *Spiritual Exercises*, which are utilized in what are known as “Thirty Day Silent Retreats.” The *Exercises* take many forms which are not as radical as a month of prayer.

At the end of the *Exercises*, St. Ignatius included additional materials for contemplation to attain a deeper love of God. In this material is the prayer known as *The Suscipe* in Latin. In English it is:

*Take, Lord, and receive all my liberty,  
my memory, my understanding and my entire will.  
All I have and call my own,  
You have given to me; to you, Lord, I return it.  
Everything is yours; do with it what you will.  
Give me only your love and your grace.  
That is enough for me.*

In today’s first reading, St. Paul tells us:

*We, though many, are one Body in Christ  
and individually parts of one another.  
Since we have gifts that differ according to the grace given to us,  
let us exercise them:  
if prophecy, in proportion to the faith;  
if ministry, in ministering;  
if one is a teacher, in teaching; ...*

and goes on with a list of various gifts.

I believe the bottom line is this: do what you are able to do, and offer the rest to God.

It is important that we move more and more into a loving reliance on God and His grace - as opposed to a reliance on our own means or abilities or cleverness. No matter how talented we are, there are areas where we are lacking. In these areas, we need to rely on others ... and when there appears to be no immediate *person* for us to rely on, the *Person* we need to go to is God.

And so, as we approach this altar to receive the sacred Body, Blood, Soul, and Divinity of Jesus Christ, our Lord and Savior - let us make the words of St. Ignatius our own ... give to God the things with which we struggle, and let God take over.

In other words, if God is your co-pilot ... move over and let Him drive.

And then we can say with St. Ignatius:

*Take, Lord, and receive ...  
Everything ...  
Give me only your love and your grace.  
That is enough for me.*