



## A Prayer to Begin Your Retreat

### *Suscipe*

*Take, Lord, and receive  
all my liberty, my memory,  
my understanding, my entire will.*

*All that I have and call my own,  
you have given it all to me.*

*To you, Lord, I return it.  
It is yours; do with it what you will.  
Give me only your love and your grace.  
That is enough for me.*

*-St. Ignatius of Loyola*