

# The Life of the Spirit

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## THE PASSION

(from the Welsh of Siôn Cent, fl. 1400-1430).

Look on thy Lord: O loss;  
Christ's body on the Cross:  
His breast, His whole heart pleading,  
O fairest body bleeding;  
His weary feet, o woe's dominion;  
His holy hands in death's cold pinion.  
Here, o man, thy dwelling, here thy gain:  
For thy proud sin He clasped this pain. I.E.

## PRAYER TO A GUARDIAN ANGEL

By

SAINT ANSELM.

*I entreat thee, Angel Spirit, to whose care I have been committed by God, to keep and protect me unceasingly, to visit and defend me from every assault of the devil, both while I wake and while I sleep. By night and by day, every day and every hour do thou cherish me, and wherever I go, do thou be with me. Drive away from me every temptation, and, because my merits do not avail, do thou by thy prayers win from our Lord and most merciful judge, who has given thee to me as my guardian and commended me to thee, that no taint of what is contrary to goodness may find place in me. When thou seest me wander through the rough places of sin, do thou work to bring me back through paths of righteousness to my Redeemer: and in whatsoever difficult places thou seest me, may I, by thy availing, feel the help of Almighty God to be about me. I pray thee then, if it may be, that thou make me know my end, and when I leave this body, let not evil spirits terrify or mock me, or bring me into the pit of despair. Do thou never leave me, until thou bringest me to a vision of my Maker where I may by thy help be counted worthy to rejoice for ever with the saints in the presence of our Lord Jesus Christ.*