

The Prayer of Saint Anselm

O Lord my God,

Teach my heart where and how to seek you,

where and how to find you.

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Lord, you are my Lord and my God,

and I have never seen you.

You have created and re-created me,

all the good I have comes from you,

and still I do not know you.

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I have not yet accomplished that for which I was made.

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Teach me to seek you,

and as I seek you, show yourself to me,

for I cannot seek you unless you show me how.

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Let me seek you by desiring you,

and desire you by seeking you;

Let me find you by loving you,

and love you in finding you.

(This prayer is from *The Prayers and Meditations of Saint Anselm with the Proslogion*, translated with an introduction by Sr. Benedicta Ward, with a foreword by R. W. Southern [London: Penguin Books, 1973], pages 239–240 and 243. Copyright © 1973 by Benedicta Ward, foreword copyright © 1973 by R. W. Southern. Used with permission of Penguin Books, UK.)

