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ONLY FOR THYSELF, I LOVE THEE, O MY GOD

Mary O'Regan

3–4 minutes



Litany of the Love of God

Lord have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

God the Father in heaven,

Have mercy on us.

God the Son, Redeemer of the world,

Have mercy on us.

God, the Holy Ghost,

Have mercy on us.

Holy Trinity, one God,

Have mercy on us.

Thou Who art Infinite Love,

I love Thee, O my God

Thou Who didst first love me,

I love Thee, O my God

Thou Who commandest me to love Thee, I love Thee, O my God

With all my heart, I love Thee, O my God

With all my soul, I love Thee, O my God

With all my mind, I love Thee, O my God

With all my strength, I love Thee, O my God

Above all possessions and honors, I love Thee, O my God

Above all pleasures and enjoyments, I love Thee, O my God

*More than myself and all that belongs to me, I love Thee, O my
God*

More than all my relatives and friends, I love Thee, O my God

More than all men and angels, I love Thee, O my God

*Above all created things in heaven or on earth, I love Thee, O my
God*

Only for Thyself, I love Thee, O my God

Because Thou art the sovereign Good, I love Thee, O my God

Because Thou art infinitely worthy of being loved, I love Thee, O my

God

*Because Thou art infinitely perfect, I love Thee, O my God
Even hadst Thou not promised me heaven, I love Thee, O my God
Even hadst Thou not menaced me with hell, I love Thee, O my God
Even shouldst Thou try me by want and misfortune, I love Thee, O
my God*

*In wealth and in poverty, I love Thee, O my God
In prosperity and in adversity, I love Thee, O my God
In health and in sickness, I love Thee, O my God
In life and in death, I love Thee, O my God
In time and in eternity, I love Thee, O my God
In union with that love wherewith all the Saints and all the Angels
love Thee in heaven, I love Thee, O my God
In union with that love wherewith the Blessed Virgin Mary loveth
Thee, I love Thee, O my God
In union with that infinite love wherewith Thou lovest Thyself
eternally, I love Thee, O my God*

Let us pray:

My God, Who dost possess in incomprehensible abundance all that is perfect and worthy of love, annihilate in me all guilty, sensual, and undue love for creatures: kindle in my heart the pure flame of Thy love, so that I may love nothing but Thee or in Thee, until, being entirely consumed by holy love of Thee, I may go to love Thee eternally with the elect in Heaven, the country of pure love. Amen.

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This litany was composed by Pope Pius VI, and I think it is the perfect way to celebrate St Valentine's Day. Valentine was a priest who was martyred rather than denounce his belief in Christ. On this day romantic love is celebrated more than anything, the love that man and woman have for each other, yet we need orientate ourselves in the love that Valentine had for God alone that led him to being a priest consecrated to Him. Offering this litany is exactly what Valentine would have us do. May I wish you and yours a most happy feast of St Valentine.

The classic painting of The Holy Trinity was executed by Miguel Cabrera.