

AGAINST GLUTTONY

Once again, Lord Jesus Christ, I face the power of gluttony.
Against the torrent of oblivion, I plead the blood of Jesus.
When my stomach aches and my mouth waters, teach me to hunger and thirst for justice.
When my body is tired and my spirit weak, give me grace to hide in Your wounded side.
When I am tempted to turn away from the cross, help me to see the prize set before me.
Deliver me from gluttony, that whether I am fasting or feasting, my body's desire might be for
Your table, where none go hungry but all find bread that satisfies.
Lord Jesus Christ, Son of God, have mercy on me, a sinner.