

Prayer to overcome a temptation

in this life or another, because I am responsible for my acts and free to decide.

20. Introduction. A bad thought could have two sources: the soul's own imperfection or a sinister influence that acts upon it. In both instances there is a moral weakness that welcomes temptation. So, anyone who has morally failed is responsible for their wrong because all the evil agents, no matter how powerful they might look, only drive us to fall into temptation if we allow it.

We are free to yield or resist our bad trends. On its part, our guardian angel fights gloomy influence on us and awaits our decision. Hesitation towards misconduct indicates that our conscience's voice is making itself heard.

A thought is evil when it deviates us from charity, which is the basis of all moral. An idea is noxious when it comes from pride, vanity or selfishness; when its accomplishment may disturb another person's peace; or when it entices us to do to others that which we would reject them to do to us.¹

21. Prayer. My God! Help me to overcome the temptation that attracts me to error. Good spirits that watch over me! Assist me to replace this sick idea with a charitable practice. Strengthen my willpower, so as I discard this ill suggestion and do the good! If I yield temptation I will have to atone my wrong,

1 - See chapter 28 item 15 and chapter 15 item 10.