

Additional Translations of the *Principle and Foundation*
of
St. Ignatius Loyola

Lord my God, when your love spilled over into creation you thought of me.

I am from love, of love, for love. Let my heart, O God, always recognize, cherish and enjoy your goodness in all of creation.

Direct all that is me toward your praise. Teach me reverence for every person, all things. Energize me in your service.

Lord God, may nothing ever distract me from your love; neither health nor sickness, wealth nor poverty, honor nor dishonor, long life nor short life.

May I never seek nor choose to be other than what you intend or wish.

St. Ignatius Loyola, First Principle & Foundation, trans. Bergan & Schwan, 1985.

God created human beings to praise, reverence, and serve God, and by doing this, to save their souls.

God created all other things on the face of the earth to help fulfill this purpose.

From this it follows that we are to use the things of this world only to the extent that they help us to this end, and we ought to rid ourselves of the things of this world to the extent that they get in the way of this end.

For this it is necessary to make ourselves indifferent to all created things as much as we are able, so that we do not necessarily want health rather than sickness, riches rather than poverty, honor rather than dishonor, a long rather than a short life, and so in all the rest, so that we ultimately desire and choose only what is most conducive for us to the end for which God created us.

THE FIRST PRINCIPLE AND FOUNDATION From the Spiritual Exercises [23] of Ignatius of Loyola A LITERAL TRANSLATION by Elder Mullan, SJ and edited by Rick Rossi, March 2015