

3. Deus Meus (My God)

Composed by Irish monk
Máel Ísu Ua Brolcháin, in 1086)
(Trad/Arr. T. O’Riordan)

In every encounter with Christ and his grace there is a struggle because the world appears to oppose his offer of freedom, as it offers seductive distractions away from true freedom. St Augustine recognised this conflict when he famously said, “Convert me Lord, but not today”.

Our turning towards God each day is what is meant by taking up our cross daily. Our embracing of the cross is made easier the more we love Him.

“My God, help me. Give me love of you”.

When we are invited to face the cross in our own lives, when called to stand up for what is right, to speak the truth of the Gospel, or to reject the temptation to sin, we are ever strengthened the more we love God.



Deus meus adiuva me
Tabhair dom do shearc, a Mhic ghil Dé
Tabhair dom do shearc, a Mhic ghil Dé
Deus meus adiuva me.

Domine da quod peto a te,
Tabhair dom go dian a ghrian ghlan ghlé,
Tabhair dom go dian a ghrian ghlan ghlé,
Domine da quod peto a te.

Tuum amorem, sicut vis,
Tabhair dom go tréan, a déarfad arís;
Tabhair dom go tréan, a déarfad arís,
Tuum amorem, sicut vis.

Domine, Domine, exaudi me,
M’anam bheith lán de d’ghrá, a Dhé,
M’anam bheith lán de d’ghrá, a Dhé,
Domine, Domine exaudi me.

My God, help me. Give me love of thee,
O Son of my God. Give me love of thee,
O son of my God. My God, help me.

Lord, give what I ask of thee -- give, give
intensely, O bright and gleaming sun - give,
give intensely, O bright and gleaming sun -
Lord, give what I ask of thee.

Love of thee, as thou wishest, give me in
thy might (I will say it again). Give me in thy
might (I will say it again) love of thee,
as thou wishest.

My Lord, hear me. May my soul, O God,
be full of love for thee. May my soul, O God,
be full of love for thee. My God, Hear me.