The St Francis Prayer

Lord, make me a channel of thy peace; that where there is hatred, I may bring love; that where there is wrong, I may bring the spirit of forgiveness;

that where there is discord, I may bring harmony;

that where there is error, I may bring truth; that where there is doubt, I may bring faith; that where there is despair, I may bring hope; that where there are shadows, I may bring light; that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted;

to understand, than to be understood; to love, than to be loved.

For it is by self-forgetting that one finds.

It is by forgiving that one is forgiven.

It is by dying that one awakens to eternal life.

Amen.