

Sometimes we are at a loss to put our needs and our joys into words and we look for words from others to express our deepest emotions.

If you would like us to join you in prayer, send us [your prayer request](#). Other resources you can visit to strengthen your prayer life are the [Pray As You Go](#) site and [Sacred Space](#)

The Lord's Prayer

Matthew 6:9-13

Our Father, who art in heaven, hallowed by thy name.
Thy kingdom come, thy will be done, on earth as it is in heaven.
Give us today our daily bread and forgive our trespasses, as we forgive our trespassers.
Lead us not into temptation, but deliver us from evil.
For thine is the kingdom, the power and the glory, forever and ever. Amen

Serenity Prayer

~ Reinhold Niebuhr

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.
Amen.

Prayer of St. Francis

~ Francis of Assisi

Lord, make me an instrument of Thy peace;
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.
O Divine Master,
grant that I may not so much seek to be consoled as to console;
to be understood, as to understand;
to be loved, as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to Eternal Life.
Amen.

Christ has no body

~Teresa of Ávila (attributed)

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world.
Christ has no body now on earth but yours.

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