

PEACE PRAYER OF ST. FRANCIS

By an anonymous Norman c. 1912 A. D. Peace Prayer

Lord,

make me an instrument of Your 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;

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;

it is in dying that we are born again to eternal life.

THE DAILY EXAMEN

IGNATION SPIRITUAL EXERCISE

At the end of your day take just a moment to be quiet and breathe.

Think on your day:

- Activities
- Relationships
- Prayers
- Listening to others

Then answer these two questions during your reflection time:

- ~ What moment today was I closest to God?
- ~ What moment today was I furthest from God?