



Prayer of Saint Francis

Lord, make me an instrument of your peace;

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is error, the truth;

Where there is doubt, the 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.

Prayer contributed by: *Sister Paula Saeki, Province of Japan*

Being an Instrument of Peace

Peace is love, forgiveness, truth, faith, hope, light and joy.

We are called to serve others before ourselves, to be open and understanding, and to love.

In becoming instruments of peace, we strive for the transformation of our hearts. True peace begins in our hearts and in our spirit. We address past life hurts, failures, events and people that keep us in turmoil. We then move outwards, to seek to create inclusive conversations and community spaces that affirm everyone's dignity and equal participation in society. Seeking justice in this way also affirms our relationship with God.

May we be open to our deepest yearning for a world alive with justice and truth, may we dream of a society where all are treated with respect and may we take steps to bring this about.

Let us meditate on each line of the first stanza of the Prayer of Saint Francis:

- Where is there hatred/injury/error/doubt/despair/darkness/sadness in our hearts? In the world?
- How can we transform our hearts to be more loving/forgiving/truth-seeking/faithful/hopeful/light/joyful? Our communities?

Let us learn from one another the ways of being fully alive.

Let us be at peace with ourselves and with those around us.

Let us have the courage to transform those parts of ourselves and our world that separate and create enmity.

Let us take steps to stop the cycle of violence in our communities and in our world.

Meditation contributed by: *Cecilie Kern, GSIJP Office*