

Prayer of Francis of Assisi

1183-1226

Lord, make me an instrument of your peace.

**Where there is hatred, let me sow love;
Where there is injury, pardon;
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,
Not so much to be understood as to understand,
Not so much 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 awake to eternal life.**

Prayer of Thomas Aquinas

1225-1274

**O Lord, give us steadfast hearts,
So that unworthy thoughts cannot drag us down.**

**O Lord, give us unconquered hearts,
So that hardships cannot wear us out.**

**O Lord, give us upright hearts,
So that unworthy tasks cannot tempt us.**

**Bestow upon us, O Lord our God,
Understanding to know You,
Diligence to seek You,
Wisdom to find You,
And a faithfulness to embrace You.**