

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

(From page 99 of The AA Twelve Steps And Twelve Traditions Book)