



Dear Lord,
Amidst the world's tumult,
I long to follow you.

Help me to live simply,
Not so that life will be diminished
But so that I may have
More time to focus on you,
And more capacity to share with others.

Help me to treasure your gifts,
Not clinging to them
But valuing and giving thanks for
The good all around me.

Help me to act justly and show kindness
To neighbours near and far
And to be mindful
Of how my choices affect others.

I ask this, trusting in your mercy -
You who emptied yourself and became human
To redeem the world you love.