



*Prayers*  
*For*  
*Grace Lutheran*  
*Church Members*

*Compiled By Pastor Heidi Borkenhagen*  
*September 2012*

A Poem about Prayer by C.S. Lewis

Master they say that when I seem  
To be in speech with you,  
Since you make no replies, it's all a dream  
- One talker aping two.

They are half right, but not as they  
imagine; rather, I  
Seek in myself the things I meant to say,  
And lo! The wells are dry.

Then, seeing me empty, you forsake  
The listener's role, and through  
My dead lips breathe and into utterance wake  
The thoughts I never knew.

And thus you neither need reply  
Nor can; thus while we seem  
Two talking, thou art One forever, and I  
No dreamer, but thy dream.

- C.S. Lewis

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## Acknowledgements

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**From 'Prayers for the Domestic Church – A handbook for worship in the home' by Edward Hays, – © 1979, 2007 by Edward M. Hays & Forest of Peace, Ave Maria Press**

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**From 'For You, O God – a book of prayers' – © 1998 Loyola University Chicago**

# I Prayers of Celebration, Thanks and Blessing

## *Morning Blessing*

God the Father, Son, and Holy Spirit  
Watch over me. Amen.

I give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have protected me through the night from all harm and danger.

I ask that you would also protect me today from sin and all evil, so that my life and actions may please you.

Into your hands I commend myself:  
my body, my soul, and all that is mine.

Let your holy angel be with me, so that the wicked foe may have no power over me.

Amen.

~Luther's Small Catechism

## *Evening Blessing*

I give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have graciously protected me today.

I ask you to forgive me all my sins, where I have done wrong, and graciously to protect me tonight. Into your hands I commend myself: my body, my soul, and all that is mine.

Let your holy angel be with me, so that the wicked foe may have no power over me. Amen.

~Luther's Small Catechism

## *A Prayer of Thanks*

Such friendships the Lord has sent us in this life. God is good. We can't thank Him enough. Thank you, thank you, Lord, for everything, but friendships especially. We are not alone.

~Dorothy Day, (1897-1980)

## *Evening Meal Blessing*

We have come to the last meal of this day,  
to our supper meal.

Let us be mindful of how our Lord, at such a meal as this,  
washed His friends' feet in an act of holy service.

As this food is about to serve us as nourishment,  
may we also serve one another.

May the seal of God's love rest upon this food  
and upon this day now drawing to a close.

May we and our gifts of food  
be under the tent of God's peace.

Amen.

## *Evening Meal Blessing*

This day is coming to a close,  
and, like the disciples on the road to Emmaus,  
we pause to break bread together.

May our eyes be opened,  
and, in this act of common sharing,  
may we see the risen Lord in one another.

May we see the Lord of Life in our food,  
our conversation and lives shared in common.

May the blessing of God,  
His peace and love,  
rest upon our table.

Amen.

## ***Hawaiian Prayer***

Bless our home, Father,  
That we cherish the bread before there is none,  
Discover each other before we leave,  
And enjoy each other for what we are,  
While we have time.

## ***Birthday Blessing - Prayer for a Child***

Lord our God,  
not only (*name*) but each of us  
rejoices in this birthday  
because birthdays are among the best  
of all our family feasts.  
Today we celebrate that (*name*)  
has been Your gift to all of us,  
a gift that grows more valuable in our hearts  
with each passing day.  
Bless her/him on this her/his (*number*) birthday  
with blessings of good health,  
of laughter and happiness.  
On this birthday, may her/his heart overflow  
with good things and beautiful dreams.  
Lord, Holy Creator of Fun and Song,  
come and join us now as we wish (*name*)  
a happy birthday and sing:

ALL SING: *Happy Birthday*

## ***Birthday Blessing Prayer***

Holy Creator of the Gift of Life,  
we are joyful as we gather here  
to celebrate the birthday of *(name)*.

May all heaven join us as we feast and sing –  
saints and angels helping us to announce  
that *(date)* is a very special day.

*addressing the birthday person:*

May the real gifts of this birthday  
be the blessing of a long life and good health,  
the feasting and fun of our coming together  
and the love we all have for you.

Happy birthday, *(name)*  
and may God bless you today  
and all the days of your life.

Amen

## ***A Prayer of Gratitude***

You have made me so rich, oh God, please let me share out Your beauty with open hands. My life has become an uninterrupted dialogue with You, oh God, one great dialogue. Sometimes when I stand in some corner of the camp, my feet planted on Your earth, my eyes raised toward Your Heaven, tears sometimes run down my face, tears of deep emotion and gratitude. At night, too, when I lie in bed and rest in You, oh God, tears of gratitude run down my face, and that is my prayer.

~Etty Hillesum died in Auschwitz  
on November 30, 1943.

## ***Blessing Prayer for Mother's Day***

*This blessing could be given by the eldest child or by the father of the family.*

God of Love,

listen to this prayer.

God of Holy People,

of Sarah, Ruth, and Rebekah; God of holy Elizabeth,

mother of John, of Holy Mary, Mother of Jesus,

bend down Your ear to this request

and bless the mother of our family.

Bless her with the strength of Your spirit,

she who has taught her child/children

how to stand and how to walk.

Bless her with the melody of Your love,

she who has shared how to speak, how to sing

and how to pray to You.

Bless her with a place at Your eternal dinner table,

she who has fed and nurtured

the life that was formed within her

while still helpless but embraced in her love.

Bless her today,

now, in this lifetime, with good things, with health.

Bless her with joy, love, laughter,

and pride in her child/children

and surround her with many good friends.

May she who carried life in her womb

be carried one day to Your divine embrace:

there, for all eternity, to rejoice with her family and friends.

This blessing and all graces, we pray,

descend upon the mother of our family:

in the name of the Father,

and of the Son

and of the Holy Spirit.

Amen

## ***Blessing Prayer for Father's Day***

*This blessing could be given by the eldest child or by the mother of the family.*

Blessed are You, Lord and Father of All Life,  
who has given to us the gift of the father of our family.

Today, we honor him,  
and we thank You for the numerous good things  
that are ours because of him.

His love for us  
has been a sign of Your divine affection  
and a sharing in Your holy love.

His continuous concern for our needs and welfare  
is a mirror of Your holy providence.

And so, as we honor him,  
we praise You, Father of All peoples.

Bless him this day  
with Your strength and holy power  
that he may continue to be a sign of You, our God,  
and a priestly parent to our family.

May we who have the honor of bearing his family name  
do so with great pride.

May we, the members of his family,  
assist him in his holy duties as a parent  
with our respect, our obedience and our deep affection.

Bless him, Lord,  
with happiness and good health,  
with peace and with good fortune,  
so that he who has shared of his very life  
may live forever with You, his God and heavenly Father.

This blessing and all graces, we pray,  
descend upon the father of our family:  
in the name of the Father, and of the Son  
and of the Holy Spirit.

Amen

## *A Prayer of Thanks For Healing*

Lord of Life,

we are grateful for the wholesomeness of life  
and for the gift of good health.

Aware of the unity of body and spirit,

we affirm our constant need for their harmony  
if we are to enjoy true health.

We are grateful for the marvels of medicine,

for doctors and nurses, for all those who possess a healing touch  
and practice the art of healing.

We are thankful for the way in which

our own bodies work to constantly heal themselves,  
restoring us to the state of health.

We acknowledge that we have been healed

of depression and gloom by laughter and affection,  
healed of inner-injury by the medicine of forgiveness;  
and for these times we are grateful as well.

We thank You for the ways

that beautiful music and silence heal our ears,  
for the ways that color and form heal our eyes  
and for how the magic medicine of make-believe  
binds up the woulds of our broken dreams.

As we rejoice in Your gift of health,

may we be ever-mindful of those who are steeped in Your gift  
of sickness as part of the divine mystery of salvation.

We thank You for the presence in our lives

of Your Son, Jesus,  
who moved among us as both teacher and healer.

In the ancient tradition of the prophets,

He heralded and also healed –  
both body and spirit – in Your Sacred Name.

Blessed are You, Lord our God,

who heals us and restores us to life.

Amen

## *A Prayer of Thanks For Sun and Light*

We sing praises this day, Lord and Creator,  
for the day star, our sun,  
which turns the frozen night of space  
into life for all that share this earth.

The light of the sun heats our planet,  
gives energy to plants and animals  
and delights us with yellow waves of light and warmth.

Down through time,  
holy men and women have become children of the sun  
by warming with love all that was around them,  
and thus did they become symbols of Your light.

We are grateful for these persons of light,  
for Moses, Isaiah, Ruth and Rebekah,  
for Francis of Assisi (and *patron saint*),  
for Joan of Arc and Teresa of Avila,  
as well as for holy Mary, the Mother of our Lord.

For these persons  
and for all those who, by their lives,  
have led us from darkness to the light, we give thanks.

Most of all, we are grateful for Your Son, Jesus,  
who continuously calls us to *be* light  
to each other and to the world.

He, who challenged the darkness of death upon a cross  
and was victorious in the sunrise of His resurrection,  
calls us, today, to follow His journey of light.

May the sun dance upon our roof this day;  
may we rejoice in the sacrament of sunny splendor  
and feel Your divine warmth.

Blessed are You, Lord our God,  
who daily gifts us with the rising sun.

Amen

## ***Bless the Lord***

May you be blessed forever, Lord, for not abandoning me  
When I abandoned you.

May you be blessed forever, Lord,  
for offering your hand of love in my darkest, most lonely moment.

May you be blessed forever, Lord, for putting up with  
such a stubborn soul as mine.

May you be blessed forever, Lord, for loving me  
more than I love myself.

May you be blessed forever, Lord, for continuing to pour out  
Your blessings upon me, even though I respond so poorly.

May you be blessed forever, Lord,  
for drawing out the goodness in all people, even including me.

May you be blessed forever, Lord, for repaying our sin  
with your love.

May you be blessed forever, Lord, for being constant  
and unchanging, amidst all the changes of the world.

May you be blessed forever, Lord, for your countless blessings  
on me and on all your creatures.

~Teresa of Avila, Spain

## ***An Athlete's Prayer***

Lord, we thank you for the gift of this day,  
The gift of companionship and the gift of team.

May our efforts this day bless and praise you.

Please let this game be an experience

Which helps us grow together as a team.

Help us to face its challenges with courage and hope.

May its lessons inspire us to find strength in you.

Bless us as we praise you now, our Lord and God. Amen.

P.S. A win would be nice!

~Hobie Murnane, S.J.

### *Three Irish Blessings*

May the road rise up to meet you,  
May the wind be always at your back;  
May the sun shine warm upon your face,  
And rains fall soft upon your fields.  
And until we meet again,  
May God hold you in the palm of His hand.

Deep peace of the running wave to you.  
Deep peace of the flowing air to you.  
Deep peace of the quiet earth to you.  
Deep peace of the shining stars to you.  
Moon and stars pour their beaming light on you.  
Deep peace of Christ, the light of the world to you.  
Amen.

~Old Gaelic Rune

Christ be with me, Christ before me, Christ behind me.  
Christ in me, Christ beneath me, Christ above me,  
Christ on my right, Christ on my left,  
Christ where I lie, Christ where I sit, Christ where I arise,  
Christ in the heart of every one who thinks of me,  
Christ in the mouth of every one who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.  
Salvation is of the Lord, salvation is of the Christ.  
May Your salvation, O Lord, be ever with us.

~The breastplate of St. Patrick

## II Prayers of Trust and Belief in God

### *Traditional Celtic Prayer*

God to enfold me,  
God to surround me,  
God in my speaking,  
God in my thinking.

God in my sleeping,  
God in my waking,  
God in my watching,  
God in my hoping.

### *Brazilian Hymn*

I believe, although everything hides you from my faith.  
I believe, although everything shouts No! to me...  
I believe, although everything may seem to die.  
I believe, although I no longer would wish to live,  
Because I have founded my life  
On a sincere word,  
On the word of a Friend,  
On the word of God.

I believe, although I feel alone in pain.  
I believe, although I see people hating.  
I believe, although I see children weep,  
Because I have learnt with certainty  
That he comes to meet us  
In the hardest hours,  
With his love and his light.  
I believe, but increase my faith.

## *A Prayer to God Who Never Abandons Us*

Although I have often abandoned you, O Lord, you have never abandoned me. Your hand of love is always outstretched towards me, even when I stubbornly look the other way. And your gentle voice constantly calls me, even when I obstinately refuse to listen.

~Teresa of Avila, Spain (1515-1582)

## *A Prayer of Trust in God's Presence*

There are times when I feel isolated and lonely. I sometimes feel that You don't hear me when I call, or that You have abandoned me because I have failed You so often. But Your words speak clearly to me. You are with me. You will never leave me. You are close to me now. I need Your strength to support me and give me courage. I do believe, Lord, that You love me, even though I find it difficult to love myself. Nothing can separate me from Your love.

### III

## Prayers for Guidance, Support and Perspective

### *Prayer of a Single Parent*

My Lord and Holy Companion,

I am alone in the awesome task of making a home.

I ask Your holy help

to show me how to take on the responsibilities  
of both mother and father.

Direct my heart

so that I may dispense the qualities of both parents,  
of gentle compassion on one hand,  
of firm discipline on the other;  
may I transmit true tenderness coupled with true strength.

These twin talents of the masculine and feminine

are both within me but it is difficult, Lord,  
to balance their daily expression in our home.

The days are long and the nights lonely,

yet, with Your divine support,  
the impossible will unfold as possible,  
and our home will be more than a house.

My efforts to be two persons

find my time directed to a great degree toward the needs of others;  
yet I, as well, am in need of comfort and love.

Let my prayer,

my Lord and Secret One,  
renew my energy and remind me that I am not alone.

For You, my Lord, are with me!

The pathway of tomorrow is hidden from me;

perhaps it is just as well.

May the unknown future

only cast me into deeper trust and love of You  
and fill my heart with love enough for two.

Amen

## *A Prayer for Forgiveness*

Holy God, we have left undone those things  
Which we ought to have done,  
And we have done those things  
Which we ought not to have done.

Yet, by your grace, there is health in us!

In your mystery, carry us on.  
As we bring unity and joy, humble us.  
As we bring division and pain, forgive us.  
In our struggling, strengthen us.  
In our stumbling, lift us.  
When we weep, comfort us.  
When we laugh, enjoy us. Amen.

~Carter Heyward

## *A Prayer for Courage*

O Lord God, who has called us your servants  
To ventures of which we cannot see the ending,  
By paths as yet untrodden  
And through perils unknown:  
Give us faith to go out with good courage,  
Not knowing where we go,  
But only that your hand is leading us  
And your love supporting us,  
Through Jesus Christ our Lord. Amen.

~Lutheran Book of Worship

## *Tell Me Who I Am*

O Merciful One, I come to you  
As the Samaritan woman came to Jacob's well,  
Seeking to quench her thirst.  
Tell me who I am.

I have looked for you outside myself,  
Seeing you in the streams of other lives.  
In the visions of other's dreams.  
Yet my thirst remains.  
Tell me who I am.

Speak to me from the wells of your mercy and love.  
Reveal to me my inner waters of healing and renewal.  
Tell me who I am.

Release the waters of compassion and caring,  
Healing and hope that flow within my body.  
Let these waters flow through my life  
And overflow into the lives of others.  
Tell me who I am.

~Nancy Murzyn

## *The Serenity Prayer*

God grant me  
Serenity to accept the things I cannot change,  
Courage to change the things I can,  
And Wisdom to know the difference.

### *A Prayer to the 'Great Questioner'*

It seems to me Lord  
That we search much too desperately for answers,  
When a good question holds as much grace as an answer.  
Jesus,  
You are the Great Questioner.  
Keep our questions alive,  
That we may always be seekers rather than settlers.  
Guard us well from the sin of settling in  
With our answers hugged to our breasts.  
Make of us a wondering, far-sighted, questioning, restless people  
And give us the feet of pilgrims on this journey unfinished.  
~Macrina Wiederkehr

### *A Prayer for Courage*

Dear God, it is so hard for us not to be anxious,  
We worry about work and money,  
About food and health,  
About weather and crops,  
About war and politics,  
About loving and being loved.  
Show us how perfect love casts out fear.  
~Monica Furlong, England

### *God Be In My Head*

God be in my head and in my understanding.  
God be in my eyes and in my looking.  
God be in my mouth and in my speaking.  
God be in my heart and in my thinking.  
God be at my end and at my departing.  
~Sarum Primer, 1527

## *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.  
And where there is sadness, joy.  
Lord, 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.

~St. Francis of Assisi

## *A Prayer for Greatness of Heart*

Keep us, O God, from all pettiness;  
let us be large in thought, in word, in deed.  
Let us be done with fault finding and leave off all self seeking.  
May we put away all pretense and meet each other  
face to face, without self-pity and without prejudice.  
May we never be hasty in judgment and always be generous.  
Let us take time for all things, and make us to grow  
calm, serene, and gentle.  
Teach us to put into action our better impulses,  
straightforward and unafraid.  
Grant that we may realize that it is the little things of life  
that create differences, that in the big things of life, we are as one.  
And, O Lord God, let us not forget to be kind!

~Mary Stuart, Queen of Scotland

### *A Prayer to Open Our Eyes*

God of endless possibility, we confess that we do not always perceive the opportunities you place before us. Caught up in our own hopes, plans and fantasies, and crushed when they disappoint us, we are slow to see the open pathways you set before us. Open our eyes, that we may accept the new life you offer us, and thus show forth the resurrection of Jesus Christ. Amen.

~Ruth C. Duck

### *A Prayer for Insight*

May the Lord Jesus touch our eyes, as he did those of the blind. Then we shall begin to see in visible things those which are invisible.

May he open our eyes to gaze, not on present realities, but on blessings to come.

May he open the eyes of our heart to contemplate God in Spirit, through Christ Jesus the Lord, to whom belongs power and glory through all eternity.

~Origen, 300 A.D.

### *A Prayer for those in the Education Professions*

Jesus Christ, Lord of all learning, You sat in the midst of the teachers and doctors, hearing their words and questioning their conclusions.

Encourage all of us who teach Your people.

Help us to understand our place as mentors and figures of authority.

May we stand tall as teachers of human dignity and purpose.

Give us grace to fill the emptiness we often experience and the endurance to serve what may seem to be futile. Let us enjoy with You the reward of a person made whole, made wise through Your lasting intercession and love. Amen.

## *Ministers to the Future*

It helps, now and then, to step back and take the long view.  
The Kingdom is not only beyond our efforts;  
it is beyond our vision.

We accomplish in our lifetime only a tiny fraction  
of the magnificent enterprise that is the Lord's work...

Nothing we do is complete, which is another way of saying  
that the Kingdom always lies beyond us.

No sermon says all that should be said.

No prayer fully expresses our faith.

No confession brings perfection.

No pastoral visit brings wholeness.

No program accomplishes the Church's mission.

No set of goals and objectives includes everything.

That is what we are about.

We plant the seeds that one day will grow,

We water seeds already planted

knowing they hold future promise.

We lay foundations that will need further development.

We provide yeast that affects far beyond our capabilities...

We cannot do everything and there is a sense of liberation  
in realizing that.

This enables us to do something, and to do it very, very well.

It may be incomplete, but it is a beginning, a step along the way,  
an opportunity for the Lord's grace to enter and do the rest.

We may never see the end results,

but that is the difference between the Master Builder  
and the worker.

We are workers, but not master builders...

ministers, not messiahs.

We are prophets of a future that is not our own. Amen.

~Archbishop Oscar Romero

## *A Prayer for Support and Assurance*

Heavenly Father, You have blessed us with bodies that are wonderfully made, with souls that are immortal, and with minds that have understanding. Yet, O Lord, at times life can be so complex. Help me to appreciate Your love in giving Your Son to be my Savior. It is through Him we see and know that with You all things are possible. Since You are concerned about each sparrow that falls to the earth, You are surely concerned about me. Enable me to walk the path each day knowing that, although it is unfamiliar, You are there to lead the way, lighten the burden, and bring me through safely. Let Your everlasting arms support me, and Your Holy Spirit surround me with the assurance of Your presence and love. Amen.

## *A Prayer for Help with a Decision*

O Lord, I want to reach out and take Your hand; to feel Your presence in the midst of the confusion and chaos of my life. As I wrestle with the decision I must make, help me to relax and trust in You; to know that You are here to guide and direct me to find peace in the decision I must make; to recognize Your movement and presence in the events and people who fill my days here; to realize that You may be at work on a different level than I am; to remember that “nothing’s going to happen today that You and I can’t handle together.”

I thank You for the knowledge of past times, for the times I could see You so clearly, for the times of darkness when I didn’t feel Your presence and could only hope that You were handling it for me. Be with me in this decision now, so that I may rest in Your consolation and that I may be filled with Your life. Thank You for Your promise to be with me always.

Amen.

## IV Prayers in Times of Need

### *A Prayer in Times of Darkness*

God of Light, hear my prayers. Listen to me and guide me in this deep darkness which is so predominant in my life. I feel as though an enemy is hounding me, trying to crush me. It presses against me until all of my world feels black and empty. You have been a source of light to me so many times in the past. I remember this with gratitude and I turn now to your light.

~Joyce Rupp

### *A Prayer for Mercy*

O God we pray this day:  
For all who have a song they cannot sing,  
For all who have a burden they cannot bear,  
For all who live in chains they cannot break,  
For all who wander homeless and cannot return,  
For those who are sick and for those who tend them,  
For those who wait for loved ones and wait in vain,  
For those who live in hunger  
And for those who will not share their bread,  
For those who are misunderstood,  
And for those who misunderstand,  
For those who are captives and for those who are captors,  
For those whose words of love are locked within their hearts  
And for those who yearn to hear those words.  
Have mercy upon these, O God.  
Have mercy upon us all.

~Ann Weems

## *The Samaritan Prayer*

Lord my God,

You may have missed me today,  
since I did not have time to kneel and pray.

I did pray, my Lord,

but not the usual prayer of my day.

Instead, I prayed the prayer of the Samaritan.

You see, my Lord, my neighbor was in need:

I saw the trouble, heard the cry for help.

In my neighbor's need, I saw You in need.

In my neighbor's plea for help,

I heard a call to prayer and could not pass by.

May this helping-prayer

truly be my prayer this day.

For in the midst of the difficulty,

I felt Your Sacred Presence.

I tasted the flavor of communion

in all that happened between us.

So my Lord,

while absent from formal prayer,

I was present to You and to my neighbor,

in this my Samaritan prayer.

While I was unable to say my prayers,

I thank You for the gift of *being* prayer.

May all the spoken prayers of my life

prepare me to be always ready to pray the helping-prayer

And provide me with the grace to be the Emmanuel prayer.

Blessed are You, Lord our God,

who gifts us with the opportunities

to pray the Samaritan prayer

of compassionate concern.

Amen

## *A Prayer for God to Take Over*

Living Christ, I'm in over my head. This situation is getting beyond me. Take over; take over all the way. Fill this room, this place, and all of us who are in it with your empowered presence. I give all of this to you. I thank you that you are here and that your light and love are enfolding us at this very moment. In your name, in your word, in your power. Amen.

~Flora Slosson Wuellner

## *Prayer In Times of Anger and Separation*

Lord, You who expressed Your divine anger  
in fire, brimstone and lightning,  
look down with understanding upon my anger.

I am in pain;  
a wound in my heart caused by another  
is the source of this suffering.

That heart of mine, Lord of Hearts, is filled with anger  
so that I am unable to be loving and caring.

I feel a need to return injury for injury, pain for pain,  
and so cannot truly desire to forgive the other.

Lord, You and I both know that such an attitude is wrong;  
yet it is very real, and its pain overflows into the rest of my life.

Before I can come to the point of wanting to forgive-  
and to be forgiven if that is necessary-

I must find an antidote for the poison of this attitude.

Lord, I need Your help, for my feelings are confused,  
and I so need to find some order among them.

I need to see how this separation has come about  
and how I can take some steps  
toward mending my broken communion.

I pause now to exchange places  
and to look at the cause of the separation  
through they eyes of the other who has injured me.

*pause for silent examination*

Lord, You who are a God of compassion as well as holy anger, may I  
see how that which angers me in the other  
is also a part of my person which I repel.

Help me to own that part of me  
and thus begin to know my oneness with the other.

May this Passover of mine to the other's side  
make me ready for a solution to this division,  
and may my desire for communion  
soak up the poison in my heart.

Lead me, Forgiving Lord, to the graces of reconciliation  
so that this relationship which is dead  
may be resurrected to fuller life  
through Your holy and healing power.

Amen