

Prayer of St. Francis

Eleventh Step 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.

As beginners in meditation, we might now reread this prayer several times very slowly, savoring each word and trying to take in the deep meaning of each phrase and idea. It will help if we can drop all resistance to what our friend says. For in meditation, debate has no place. We rest quietly with the thoughts of someone who knows, so that we may experience and learn.

As though lying upon a sunlit beach, let us relax and breathe deeply of the spiritual atmosphere with which the grace of this prayer surrounds us. Let us become willing to partake and be strengthened and lifted up by the sheer spiritual power, beauty, and love of which these magnificent words are the carriers. Let us look now upon the sea and ponder what its mystery is; and let us lift our eyes to the far horizon, beyond which we shall seek all those wonders still unseen.