


Prayer for inner Tranquility



Jesus the true spirit of serenity tranquility and hope, I come to you with folded hands and bended knees before your presence. You are my light and strength who illumine the darkness that envelops me and ignite my surroundings. Come into my whole being and help me find the fire deep within to burst bright into flames of love, peace joy and contentment. Come with your mighty power to those areas of my life like fire that glows and burns within to experience your companionship ever deeper that I may be able to spread your radiant presence around me. Help me replace my anxious thoughts with your love. Help me believe when others distrust, to care when others disregard, to give when others overlook, to forgive when others denounce, to smile when others object, to praise when others condemn, to build when others destroy, to risk when others vacillate, to serve when others insist, to persist when others give up and to believe that you take control of everything. Knowing all of these and trusting in your providence may my life be a beacon of hope that bathes in a golden hue and help others to soar high above their weaknesses. Amen.

Sr. Lissy Jose SSpS
