

Words of Aspiration and Prayer Based on Words of St. Francis of Assisi

The following aspiration and prayer is built on words by St. Francis of Assisi, who lived about 800 years ago (1182-1226). His timeless words hold true for peoples today.

Each day, wherever you go, may you be an instrument of deep, abiding **calm** and **peace** – may nothing *unsettle* or *unnerve* you. This is a peace that passes all human understanding!

- Where you sense any *ill will, anger, or aggression*, may you sow the seeds (thoughts, words, and actions) of **love** and **compassion**.
- Where you detect there is *hurt, pain, or harm*, in any form, may you sow **grace** and **forgiveness**.
- Where you notice *greed, miserliness, or selfishness*, may you plant seeds of **sharing** and **generosity**.
- Where you discover *pride, arrogance, or jealousy*, may you sow seeds of **humility** and **rejoicing**.
- Where you recognize *doubt, uncertainty, or perplexity*, may you sow seeds of **conviction** and **faith**.
- Where you see *despair, futility, and hopelessness*, may you shed rays of **courage** and **hope**.
- Where you intuit *darkness, confusion, or misperception*, may you radiate **wisdom** and **light**.
- And, where you pick up on *sadness, despondency, or dejection*, may you send forth **happiness** and **joyfulness**.

St. Francis adds:

- May you not so much desire to be consoled, as *always seek to console*.
- If you're not understood, may you *always seek to understand*.
- And, even if others seem not be loving, may you *always seek to love*.

He ends his poem with inspiring words of reassurance:

- 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 light.

Written by Alexander Peck with original inspiration from "The Prayer of St. Francis of Assisi". (September 5th, 2018)