



**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**;  
where there is **sadness, joy**;

**O Divine Master**, 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**.

Prayer of St Francis of Assisi