

## **I. Lord, make me a channel of Thy peace;**

### **• Where there is hatred, I brought love:**

- Example 1: This week, when a colleague was upset with me, I responded with kindness and empathy, diffusing the situation and replacing hatred with love.
- Example 2: I encountered a stranger in distress, and instead of ignoring them, I offered help and support, showing love to someone in need.

### **• Where there is wrong, I brought the spirit of forgiveness:**

- Example 1: A friend unintentionally damaged my property, and I forgave them, choosing to repair the item together rather than harboring resentment.
- Example 2: I forgave a family member for a hurtful comment they made, recognizing that we all make mistakes, and it strengthened our relationship.

### **• Where there is discord, I brought harmony:**

- Example 1: During a heated discussion in a community meeting, I played a role in finding common ground and facilitating a compromise, bringing harmony to the group.
- Example 2: In a disagreement between friends, I acted as a mediator, helping them see each other's perspectives and resolving the issue amicably.

### **• Where there is error, I brought truth:**

- Example 1: A coworker was spreading false information about a project, and I corrected them with accurate data, promoting truth and clarity in the workplace.
- Example 2: I noticed a factual inaccuracy in a news article, and I contacted the author to point out the error, contributing to the dissemination of truthful information.

- **Where there is doubt, I brought faith:**

- Example 1: A friend was doubting their ability to achieve a personal goal, and I offered unwavering support and encouragement, instilling faith in their potential.
- Example 2: I shared stories of people who overcame similar challenges, giving my friend faith that they could overcome their doubts.

- **Where there is despair, I brought hope:**

- Example 1: I volunteered at a local shelter, providing food, clothing, and a listening ear to those in despair, offering a glimmer of hope in their lives.
- Example 2: A neighbor was facing financial difficulties, and I helped them create a budget and find resources to bring hope to their financial situation.

- **Where there are shadows, I brought light:**

- Example 1: I organized a community cleanup event, removing litter and graffiti from a neglected park, bringing light to a previously dark and unwelcoming space.
- Example 2: I visited a nursing home and spent time with elderly residents, brightening their day with companionship and conversation.

- **Where there is sadness, I brought joy:**

- Example 1: I surprised a friend with a small party to celebrate their achievements, bringing joy to their heart and spreading positivity.
- Example 2: I volunteered at a children's hospital, engaging the young patients in fun activities and games, momentarily replacing their sadness with joy.

## II. Lord, grant that I may seek rather to:

### • **Comfort than to be comforted:**

- Example 1: A colleague was going through a tough time, and I offered a shoulder to lean on and a listening ear, providing comfort without seeking it in return.
- Example 2: I supported a friend who was grieving a loss, being there for them and providing comfort, even when I was dealing with my own challenges.

### • **Understand than to be understood:**

- Example 1: My partner was upset, and instead of defending myself, I focused on understanding their perspective and feelings, leading to a more productive conversation.
- Example 2: I listened attentively to a coworker's concerns, seeking to understand their point of view before expressing my own, resulting in better workplace relationships.

### • **Love than to be loved:**

- Example 1: I expressed love and appreciation for my family members, even when I wasn't receiving love in return, emphasizing the importance of giving without expectations.
- Example 2: I helped a neighbor with household chores and grocery shopping without expecting anything in return, showcasing love through selfless actions.

### III. For it is by:

- Self-forgetting, that one finds:

- Example 1: I volunteered at a local charity, devoting my time and energy to helping others, forgetting my own worries, and finding fulfillment in giving.
- Example 2: I immersed myself in a creative project, losing track of time and self-concern, leading to a sense of accomplishment and self-discovery.

- Forgiving, that one is forgiven:

- Example 1: I forgave a friend for betraying my trust, which allowed our friendship to heal and grow stronger, demonstrating that forgiveness leads to personal growth.
- Example 2: I let go of past grudges and forgave people who had wronged me, leading to a sense of liberation and a lighter heart.

- Dying, that one awakens to Eternal Life:

- Example 1: I faced a fear of public speaking by giving a presentation, embracing the discomfort, and ultimately growing in confidence and self-assurance.
- Example 2: I let go of my attachment to material possessions, donating belongings to those in need, and experienced a sense of spiritual awakening and freedom.