Prayer of St. Francis of Assisi

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.

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 experience new life.

*Lord, make me a channel of disturbance.*

*Where there is apathy, let me provoke;*

*Where there is compliance, let me bring questioning;*

*Where there is silence, may I be a voice.*

*Where there is too much comfort and too little action, grant disruption;*

*Where there are doors closed and hearts locked,*  
*Grant the willingness to listen.*

*When laws dictate and pain is overlooked…*  
*When tradition speaks louder than need…*

*Grant that I may seek rather to DO justice than to talk about it;*  
*Disturb us, O Creator,*

*To be with, as well as for, the alienated;*  
*To love the unlovable as well as the lovely;*  
*Lord, make me a channel of disturbance.*

Author Unknown.