

Prayer for Simplicity

Lighten my load, Lord.
Help me to keep in balance the things I desire with those I truly need.
May I give generously to those whose needs for survival
are far more pressing than my own.



Lighten my mind, Lord.
Help me to relinquish my opinions and judgments.
By widening my worldview, may I come to a greater appreciation
of the diversity of your people.



Lighten my heart, Lord.
Help me to release the toxic emotions that constrict my love and limit my compassion.
Let gratitude, kindness, and a delight in life arise in me like the sweetest song.

In imitation of your devoted servant, Francis,
may I come to embrace simplicity as a sacred way to live.

Amen.



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