



Planting Peace

Week Three: A Prayer for Planting Peace

There is a beautiful, timeless prayer attributed to St. Francis of Assisi: "Lord, Make Me An Instrument Of Your Peace." We were inspired to adapt this prayer as we reflected on the mental health challenges present in our contexts and communities.

Watch Video

Hear Daniel Whitehead share a prayer for planting peace. [Click here to watch.](#)

Prayer

A Prayer for Planting Peace

(in the style of the Prayer of St. Francis of Assisi)

By Lizzy Ojo Martens

Lord, as I reflect on the mental health challenges present within my community,
as well as my own lived experience,

I ask that you would make me an instrument of your peace.

Where there is division, let me sow unity;

where there is stigma, belonging;

where there is unfamiliarity, awareness;

where there is sorrow, joy;

where there is silence or shame, light;

where there is isolation, inclusion and companionship;

where there is hopelessness, hope.

O divine Counselor grant that I may not so much seek

to be comforted as to comfort others,

and to speak as to listen.

For it is in giving that we receive,

And it is in your presence that we find peace.

Amen.

Continued

Questions

1. Read or listen through the prayer once more. Are there any lines of this prayer that particularly resonated with you? Why do you think they stood out to you today?
2. Is there anything else you would like to pray in addition to this? Are there any particular people, situations, or challenges that are on your heart this season?
3. Do you have any other prayers, rhythms, or practices that you would like to turn to as you think of cultivating peace this Christmas?
4. Consider if there is anyone you could share this prayer with to encourage them.