



In my weakness, may I learn
humility and obedience.
In my strength, may I use
it well.

In my sickness, may I learn
acceptance and prayerful
reflection.
In health, may I do good to
others.

If I'm given poverty, let me
pray for grace.

If I'm given plenty, may I
learn how to share generously.

In being given life, may I
honour, preserve, and be
thankful for the wonders of
all else that is given to me.



Catholic Archdiocese of Durban
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Dear Lord, when times are tough, help me to find joy, and endure the trials to this world with happiness.

Give me a new beginning,
and comfort me with your
presence.

Help me to forgive completely
and earnestly, to manage my
anger and strengthen my self-
control through the power of
the Holy Spirit.

Give me strength this day to
persevere and give myself to
prayer and selfless devotion,
to honour you with my life.

Dear Lord, I recognise today
my desperate need for your
love, wisdom and grace.
Thank you for your promise of
mercy, pardon, and eternal life.
Amen