

Prayer to Focus

What is really important?

God, help me to focus on what is really important.

Help me to focus on what will give life.

Help me to focus on what promotes justice and peace.

Help me to let go of all the little things that don't matter.

Help me to let go of any legalism that blocks Your spirit.

God, You are my Mother, my Father; You love me.

Help me to trust in Your plan for life.

Your plan for the fullness of life for everyone.

God, You are the Spirit of Life for the whole world.

Remove violence from my life.

Remove violence from our world.

Teach us how to speak up for justice with out violence.

Teach us how to learn from the poor.

Teach us how to drop our religious intolerance and to learn from each other.

God, help us to focus on what is really important.

Help us to focus on what will give life.

Help me to focus on what promotes justice and peace.

Amen.

Source: Unknown