

Just for Today Prayer

Today...I will live in peace with God, my neighbor and myself. I will bring peace to my patch of this earth.

Today...I will believe that world peace is possible. I will remember that hope is the most important gift I can give my world.

Today...I will not be a party to pessimism nor join the indifferent.

Today...I will love my enemies. I will pray for them. I will try to see our differences from their point of view.

Today...I will disarm myself of rage by extending my hand in help and forgiveness.

Today...I will know that peace is the child of justice – that peace is more than the absence of war.

Today...I will plant a seed of justice in this global village, in my city, in my neighborhood, in my family and in my heart.

Today...I will pray for peace for all those with whom I come into contact. Today...I will test my love of peace by doing one act for peace.

God, give me the grace and courage to live a life of nonviolence. Help me to be an instrument of your peace; to respond with love and not retaliate with violence; to resist death and to choose life for all your children. Guide me along the way of nonviolence. Disarm my heart and I shall be your instrument to disarm other hearts. Lead me, God of nonviolence, into your reign of love and peace, where there is no fear and no violence.

