

St. Gregory of Nazianzus writes:

***We must begin by purifying ourselves before purifying others; we must be instructed to be able to instruct, become light to illuminate, draw close to God to bring him close to others, be sanctified to sanctify, lead by the hand and counsel prudently. I know whose ministers we are, where we find ourselves and to where we strive. I know God's greatness and man's weakness, but also his potential"*** (Catechism of the Catholic Church # 1589).

### **Pray and Personalize Scripture:**

Psalm 147:1, 3 - "Praise the Lord for he is good; ...He heals the brokenhearted and binds up their wounds."

Psalm 34:19-20- "The Lord is close to the broken-hearted; and those who are crushed in spirit he saves. Many are the troubles of the just man, but out of them all the Lord delivers him." (34: 5, 10) - "I sought the Lord, and he answered me and delivered me from all my fears....Fear the Lord, you his holy ones, for nothing is lacking to those who fear him." (34: 9) "Taste and see how good the Lord is; happy the man who takes refuge in him."

Psalm 144:1, 2 - "Blessed be the Lord, my rock,...My refuge and my fortress, my stronghold, my deliverer, my shield in whom I trust."

Psalm 27: 1, 9-10, 14 - "The Lord is my light and my salvation; whom should I fear? The Lord is my life's refuge; of whom should I be afraid?...You are my helper: Cast me not off, forsake me not, O God my savior. Though my father and mother forsake me, yet will the Lord receive me....Wait for the Lord with courage; be stouthearted, and wait for the Lord.

Matt 11: 28-30 - "Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble of heart; and you will find rest for yourselves. For my yoke is *easy*, and my burden *light*."

Rom 5: 3-5 - "We even boast of our sufferings, knowing that suffering produces endurance, and endurance, tested virtue (proven character), and tested virtue produces, hope, and hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit who has been given to us."

Phil 4: 4, 8, 13 - "*Rejoice* in the Lord always. I shall say it again, *rejoice!*...Whatever is *true*, whatever is *honorable*, whatever is *just*, whatever is *pure*, whatever is *lovely*, whatever is *gracious*, if there is any *excellence*, and if there is anything *worthy of praise*, think about these things.... I have the strength for everything through him who empowers me."

2 Cor 12: 9 - "[The Lord] said to me 'My grace is sufficient for you, for power is made perfect in weakness.' I will rather boast most gladly of my weakness, in order that the power of Christ may dwell with me."

***Lord Jesus Christ, Wonderful Counselor, and Healer of Body, Soul, Mind and Heart. Grant me the humility to accept what I cannot do, or ought not do, the courage to do what I can and ought to do, and the wisdom to know the difference. Help me learn to live one day at a time, take one step at a time, enjoy each moment at a time, and embrace any necessary or unavoidable suffering as my path to your peace. Help me learn to let go of the good that I once had, or that I want to have, and to accept the good that You are offering me here and now. Help me learn to love, as You do, each person and myself as we are, and as You call us to be. And help me learn to trust that You will make all things work together for our good, if I keep trying to do Your will. May I experience a measure of Your peace and joy in this life, and the fullness of Your love, when I am finally at home, with You, forever. AMEN***

(Based on the *Serenity Prayer* by Reinhold Niebuhr, adapted by Philip M. Sutton: [SuttonPhilip@gmail.com](mailto:SuttonPhilip@gmail.com))