

AGAINST SADNESS

Once again, Lord Jesus Christ, I face the power of sadness.

Against the torrent of oblivion, I plead the blood of Jesus.

When I do not get what I want, even when I think it is what You want give me grace to accept what is given and faith to trust that You can sustain me.

When I remember the joys of times gone by, help me to thank You for Your mercy, which has brought me to the present.

When I am frustrated by the people who are closest to me, open my eyes to see how they are gifts from You, given to guide me into all truth.

Deliver me from sadness, that I might always hope in You and receive even my suffering as an opportunity to share Your redeeming love for a broken world.

Lord Jesus Christ, have mercy on me, a sinner.