

## Prayer for the Gift of Gentleness

O Most Gentle & Loving God,

You treat us with loving gentleness all the time. You, who know us better than we know ourselves, are patient with us, loving and kind always, slow to anger and rich in compassion. Thank You, Dear Lord, for being so gentle with us.

Grant us the gift of Gentleness. Help us to treat all people and things with loving gentleness, recognizing that abruptness, loudness, excessive force, impatience, and carelessness can hurt those around us and damage things. Let our actions reflect You in all that we do.

Thank You, Lord, for the gentle people in our lives, treating us with respect and love, those whom we know and the strangers we do not. Bless them, Lord, for their gentleness.

Help us to see You, Lord, in everyone around us and to see all property as belonging to You and deserving to be kept in good condition for the next person whom You want to use it.

When we chose to be Gentle, we are choosing to live in imitation of You, Dear God. Grant that we may grow in love and gentleness each day.

Amen.