

## today I pray for:

he/she ...

they...

I LIKE

I LOVE

I FEEL NEUTRAL

I SUFFER

1. Lord, bring peace, joy, and lightness to my body and spirit.
2. Lord, keep me free from injury and let me live in safety.
3. Lord, keep me from fear, anxiety, and worry.
4. Lord, teach me to see myself with your eyes of understanding and love.
5. Lord, teach me to recognize and touch the seeds of joy in my soul.
6. Lord, teach me to identify and see the sources of anger, craving, and delusion in myself.
7. Lord, teach me to water the seeds of joy in my soul today.
8. Lord, help me to live fresh, solid, and free.
9. Lord, keep me free from both grasping and disgust, but do not let me become indifferent.

## Nine Prayers



The goal of praying the Nine Prayers is to develop a spirit of love and compassion for all of God's creatures.

To pray the Nine Prayers, read one of the following passages from the Bible:

Genesis 22:17-18  
Isaiah 55:1-9  
Matthew 5:43-48  
Luke 14:15-24  
Romans 12:14-21  
1 Timothy 2:1-6  
Revelation 21:1-3, 22-27

Now think of a person you like, a person you love, a person about whom you have no strong feelings, and a person who causes suffering when you think about them. Fill in their names in the 'he/she' column at the top of the card.

Do the same for groups of people (families, nations, religions, etc.) and fill in the 'they' column.

Now pray each prayer nine times: once for yourself, once for each person in the 'he/she' column, and once for each group in the 'they' column.

Pray through the full list, and try to really mean each prayer with your heart as you pray it.

Finish by saying The Lord's Prayer.

(Matthew 6:9-13)