

## *A Prayer of Love*

In this week when the focus is on love, my wife, Lola, suggested that I should share with you this *Valentine's Day Prayer* that she had discovered. Even though Valentine's Day was Tuesday, this prayer could – and should – be repeated often throughout the year. It is written by Holley Gerth, writer and creative manager with DaySpring Cards, and is based on I Corinthians 13 (often referred to as the love chapter), verses 4-7 specifically:

Lord,

***Because love is patient ... Help me to be slow to judge, but quick to listen. Hesitant to criticize, but eager to encourage, remembering your endless patience with me.***

***Because love is kind ... Help my words to be gentle and my actions to be thoughtful. Remind me to smile and to say "Please" and "Thank you." Because those little things still mean so much.***

***Because love does not envy or boast, and it is not proud ... Help me have a heart that is humble and sees the good in others. May I celebrate and appreciate all that I have and all that I am, as well as doing the same for those around me.***

***Because love is not rude or self-seeking ... Help me to speak words that are easy on the ear and on the heart. When I'm tempted to get wrapped up in my own little world, remind me there's a great big world out there full of needs and hurts.***

***Because love is not easily angered and keeps no record of wrongs ... Help me to forgive others as you have forgiven me. When I want to hold onto a grudge, gently help me release it so I can reach out with a hand of love instead.***

***Because love does not delight in evil but rejoices with the truth ... Help me stand up for what is right and good. May I defend the defenseless, and help the helpless. Show me how I can make a difference.***

***Because love always protects and always trusts ... Help me to be a refuge for those around me. When the world outside is harsh and cold, may my heart be a place of acceptance and warmth.***

***Finally, because love always perseveres ... Help my heart continually beat with love for You and others. Thank you for this day when we celebrate love, and for showing us what that word really means. Amen.***

(more)

If we can live up to the precepts of this prayer, we will shower those around us with love. At the same time, the tide of love that washes over us in return will be amazing.

Thankfully, we have associates in Life Care, American Lifestyles and Life Care at Home who daily put this prayer into action.

--Beecher Hunter