

# *Prayer for Peace of Mind*

*S*acred Heart of Jesus,  
I place all my trust in you  
knowing that you love me,  
care for me,  
and will never abandon me.

*I* want to be like Mary,  
who, in spite of her sorrows and great pain,  
was able to enjoy peace of mind  
in the midst of her suffering,  
confident that God was at her side  
to give her courage.

*H*elp me to know  
that my suffering and pain too will pass,  
as you guide me along the right path  
and that only goodness and kindness  
will follow me all the days of my life.

*J*esus, heal my heart  
and grant me peace of mind.  
Amen.

Sacred Heart of Jesus, have mercy on us.  
Immaculate Heart of Mary, pray for us.  
St. Joseph our protector, pray for us.

