

This 'Prayer of St Francis' is very well known - but probably not written by St Francis! This song version is by Sebastian Temple.

***Make me a channel of your peace
Where there is hatred,
let me bring your love
Where there is injury, your pardon Lord
And where there's doubt, true faith in you.***

***Make me a channel of your peace
Where there's despair in life,
let me bring hope
Where there is darkness, only light
And where there's sadness, ever joy.***

***Oh Master, grant that I may never seek
So much to be consoled as to console
To be understood as to understand
To be loved as to love with all my soul.***

***Make me a channel of your peace
It is pardoning that we are pardoned
In giving to all men that we receive
And in dying that we're born to eternal
life.***

(Sebastian Temple)

The Hebrew word for peace is 'shalom' which is used by Jews as a welcoming greeting. Shalom, or peace, means many things including completeness, success, fulfilment, wholeness, harmony, security and wellbeing. We are used to hearing about 'world peace', the end of wars and fighting, symbols of the dove or United Nations and attempts at creating peace. The Nobel Peace Prize is given to those who work for peace in the world.

It is important that we have peace in our lives, peace in our homes and peace in our hearts. We may not be able to give world peace, but we can make space for peace in our lives. Spending time on our wellbeing is more important than ever during these times. Finding time to do the things that make us happy and calm is different for everyone. It may be time to read, time to pray, time to listen to our favourite music or TV show, time to paint, time to play a game, time to bake, time to exercise...

The last three lines of the first verse remind us of God's unfailing love for each of us. However difficult things may be, we always have hope and light. However sad we may feel, we will feel happiness and joy again. Many people love the words to this song. They say that it is ok to feel sad or worried and that is a normal feeling. But they also remind us that hope, light and joy will always come through in the end!

What could you do to reflect on this prayer?

- You might like to write a prayer or a poem about how you find peace.
- Read the lyric or listen to a version of the hymn.
- Talk about the meaning of the words, e.g. *console, pardon, channel...*
- What words stand out to you? Explore the meaning of these words with family or friends.
- Draw or paint a picture of your peaceful place or what peace means to you.
- Find some time for your wellbeing today.

Lord of Peace,

We pray that we will find peace inside ourselves and show this to others in the things that we do. Grant us hope, light and joy that we may share in this together and that each of us can find time for ourselves.

Amen.