

## ***A Franciscan Blessing***

May God bless us with a ***restless discomfort*** ~  
at easy answers, half-truths, and superficial relationships,  
so that we may live deep within our hearts.

May God bless us with ***compassionate tears*** ~  
to shed for those who suffer  
pain, rejection, hunger, and war,  
so that we may reach out our hands to comfort them,  
and help turn their pain into joy.

May God bless us with a ***sacred anger*** ~  
at injustice, oppression, and exploitation of people,  
so that we may work for justice, freedom, and peace.

And may God bless us with enough ***holy foolishness*** ~  
to believe that we can make a difference in this world,  
to restore justice for the poor,  
to offer kindness to all our children,  
and to heal the earth.

*origins unknown;  
found in many different versions on multiple websites;  
current adaptation: Andrew Twiddy, CompanionSSF*