

A Dedication to Love

This is a prayerful dedication of one's life to a life of love. I adapted it from the prayer of St. Francis of Assisi. You can use it to set an intention at the beginning of each day to live a life of love—to love yourself and others in all you say and do each day.

This is a great prayer to meditate upon by memorizing it and reciting it silently over and over.

You can also say this prayer to yourself at the beginning of your day. Use it to set an intention at the beginning of each day to live a life of love—to love yourself and others in all you say and do each day. Notice how over time it shapes your attitudes and actions as your day unfolds.

If you want, let this meditation prayer inspire you to write your own personal life dedication!

May I be a channel of love
May I heal hatred with love
Harm with forgiveness
Doubt with faith
Despair with hope
Darkness with light
Sadness with joy.
May I seek more
To console than to be consoled
To understand than to be understood
To love than to be loved.
For I know that in giving, we receive,
In forgiving, we are forgiven,
And in transcending self, we realize our greatest joy.

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