



O Sacred Heart of Jesus

*I come to you in need of healing.
My spirit is drained
by the pressures of my life.
I have allowed certain persons
and experiences
to threaten me
and cause worry to rise within my person.*

*Please – heal my spirit
with uplifting hope
of your presence to me.
Ease my apprehension
with the conviction
that you are ever awaiting me
in the next experience –
waiting to show me through it,
to help my person be confident
and joyful
as I continue to encounter life.*

*Sacred Heart of Jesus –
draw me into a trusting experience with you!*