

A Litany for Troubled Times

Our Lady of Peace, **pray for us who have recourse to thee!**

From the Violence of war, **deliver us, O Jesus**

From the Violence of terrorism...

From the Violence of abortion and other sins against innocent human life...

From the Violence of racism...

From the Violence of self-harm...

From the Violence of pornography...

From Violence in our politics...

From Violence against people of faith...

From Violence in our streets....

From Violence against the sick at the end of life...

From Violence in the home...

From Violence against women and children...

From Violence in our media and social media...

From Violence perpetrated against people's good names...

Lord, make me an instrument of your peace, **grant me the grace to desire it.**

That I might love those who are seemingly unlovable...

That I might love my enemies in obedience to you...

That I might forgive those who have trespassed against me...

That I may put an end to gossip and calumny...

That I might build bonds of friendship...

That I might soothe the hearts of the lonely and pained...

That I might strive to be more aware of suffering and hardships...

That I might pursue justice, the foundation of true peace...

That I might live simply so that others might simply live...

That I might encourage instead of tear down....

That I might be a person of faith, hope, and love...

Lamb of God, Prince of Peace, you take away the sins of the world, **spare us, O Lord.**

Lamb of God, Prince of Peace, you take away the sins of the world, **graciously hear us, O Lord.**

Lamb of God, Prince of Peace, you take away the sins of the world, **have mercy on us!**

Pray for us, most holy Mother of Peace, **that we may be made worthy of the promises of Christ.**

Loving God,

We call you Father, and you call us to be one human family. Inspire us to build a world of justice and peace.

May we follow our Lord's example by laying down our lives to defend the sanctity of human life.

Let me love you all the more by loving my neighbor! We ask this through Christ, our Lord. Amen.