

Father,  
as I prepare to go into the world,  
help me to see the sacrament  
in the wearing of this cloth—  
let it be "an outward sign of an inward grace"—  
a tangible and visible way of living  
love for my neighbors, as I love myself.

Lord Jesus Christ, since my lips will be covered,  
uncover my heart,  
that people would see my smile  
in the crinkles around my eyes.  
Since my voice may be muffled,  
help me to speak clearly,  
not only with my words,  
but with my actions.

Holy Spirit,  
As the elastic touches my ears,  
remind me to listen carefully—and full of care—  
to all those I meet.  
May this simple piece of cloth be  
shield and banner,  
and each breath that it holds,  
be filled with your love.

In your Name and  
in that love,  
I pray.

Amen.