

# A Prayer for a Quiet Heart

By Jan Bentham, OCSB

Virtue Link: Faith, Love  
Catholic Character Themes: Discipleship

Lord, within me beats a heart.  
Deep inside of my being is the silence of Your love.  
Let my heart be still in the knowledge that my life and being rests in You.  
May all of my energies be directed to living life to the fullest in the calmed assurance  
of Your everlasting love.  
Let today take care of itself, as You care for me.  
Let the stresses and worries of this life be controlled by the strong anchor of my faith  
and the knowledge that I live by Your love.  
The world will make demands, and with Your help, I will strive to be the best that I  
can be and meet whatever task is rightfully asked of me.  
Throughout all of this –stress and calm--- let me always live in the beauty of Your  
love.  
Amen

