

Prayer for Peace of Mind

Sacred Heart of Jesus,
I place all my trust in you
knowing that you love me,
care for me,
and will never abandon me.

I want to be like Mary,
who, in spite of her sorrows and great pain,
was able to enjoy peace of mind
in the midst of her suffering,
confident that God was at her side
to give her courage.

Help me to know
that my suffering and pain too will pass,
as you guide me along the right path
and that only goodness and kindness
will follow me all the days of my life.

Jesus, heal my heart
and grant me peace of mind.
Amen.

Sacred Heart of Jesus, have mercy on us.
Immaculate Heart of Mary, pray for us.
St. Joseph our protector, pray for us.

