

A PRAYER AS I PUT ON MY MASK

God, Our Father, as I prepare to go out 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.

Jesus, Our Lord, 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 a shield and banner, and each breath that it holds, be filled with you love.

In your Name and in that love, I pray.



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