

Dear Lord,

Help me today to not add to anyone's burden.
Help me to bring encouragement to others.
Where I can, enable me to provide comfort.
And, when I don't know, help me to admit it.
When I feel sorry and sympathy for someone,
help me to say so. Help me to lift the load of
hurting from them and not to add to their
burden.

In Jesus' Name we pray,

Amen

