

## A Prayer For Today

Mother Teresa said many times that: *"Peace begins with a smile"*. Peace takes so little to put into motion, and from even the simplest act, such as smiling, it can begin to grow beyond our greatest expectations. Peace does not require amazing feats of epic proportion, it starts with a smile and it grows to the love that is experienced and expressed in the simplest and small of actions. Peace though it may take time to grow, has the capability and power to withstand the greatest indifferences and strongest hatreds.

Peace begins in your heart. From your heart it is born into our world. From your heart God seeks to reach out to caress and comfort, to heal and protect, to love with all the mercy and power of His infiniteness.

*"Only for today..."*

*I will seek to live the livelong day positively without wishing to solve the problems of my life all at once.*

*Only for today...*

*I will dress modestly; I will not raise my voice;*

*I will be courteous in my behavior;*

*I will not criticize anyone;*

*I will not claim to improve or to discipline anyone except myself.*

*Only for today...*

*I will be happy in the certainty that I was created to be happy, not only in the other world but also in this one.*

*Only for today...*

*I will adapt to circumstances, without requiring all circumstances to be adapted to my own wishes.*

*Only for today...*

*I will devote ten minutes to some good reading, for good reading is necessary to the life of the soul.*

*Only for today...*

*I will do one good deed and not tell anyone about it.*

*Only for today...*

*I will do at least one thing I do not like doing; and if my feelings are hurt, I will make sure that no one notices.*

*Only for today...*

*I will make a plan for myself: I may not follow it to the letter, but I will make it. And I will be on guard against two evils: hastiness and indecision.*

*Only for today...*

*I will firmly believe, despite appearances, that the good providence of God cares for me as no one else who exists in this world.*

*Only for today...*

*I will have no fears. In particular, I will not be afraid to enjoy what is beautiful and to believe in goodness."*

*St. Pope John XXIII*