

Resentment Prayer

God:

Please help me show them the same tolerance, pity and patience that I would cheerfully grant a sick friend. Help me to see that this is a sick person. Show me how to be helpful to them.

God save me from being angry. Help me to avoid retaliation or argument. I know I cannot be helpful to all people, but at least show me how to take a kindly and tolerant view of each and every one. Thy will be done.

Amen