

I came across this Franciscan blessing/benediction, and the words just spoke to my heart as an encouragement of what I want and should be praying for, seeking, and desiring in my own life. I so much want to follow God's heart for justice, live for Him, and live out what this blessing speaks about. I hope you too will be encouraged by the words of this blessing . . .

May God bless you with a restless **discomfort**
about easy answers, half-truths, and superficial relationships,
so that you may seek truth boldly and love deep within your heart.
May God bless you with holy **anger**
at injustice, oppression, and exploitation of people,
so that you may tirelessly work for justice, freedom, and peace among all people.
May God bless you with the gift of **tears**
to shed for those who suffer from pain, rejection, starvation, or the loss of all that they cherish,
so that you may reach out your hand to comfort them and transform their pain into joy.
May God bless you with enough **foolishness**
to believe that you really can make a difference in this world,
so that you are able, with God's grace, to do what others claim cannot be done.

Here is a slightly different version of the blessing . . .

May God bless us with **discomfort** at easy answers, half-truths, and superficial relationships, so that we may live deep within our hearts.
May God bless us with **anger** at injustice, oppression, and exploitation of people, so that we may work for justice, freedom, and peace.
May God bless us with **tears** to shed for those who suffer from pain, rejection, hunger, and war, so that we may reach out our hands to comfort them and turn their pain into joy.
And may God bless us with enough **foolishness** to believe that we can make a difference in this world, so that we can do what others claim cannot be done, to bring justice and kindness to all our children and the poor.

“He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?” Micah 6:8