

Benediction adapted from a [traditional Franciscan prayer](#)

May God bless you with **discomfort:**

at easy answers, at half-truths,

and superficial relationships

– so that you may live deep within your heart.

May God bless you with **anger:**

at injustice, oppression, and exploitation of people,

so that you may work for justice, freedom, and peace.

May God bless you with **tears to shed:**

for those who suffer from pain, rejection, starvation, and war,

so that you may reach out your hand

to comfort them and to turn their pain into joy.

And may God bless you with enough **foolishness**

to believe that you can make a difference in this world,

so that you can do what others claim cannot be done. Amen.