

(See also 1st June and 1st September)

- 1 Helen Keller was blind and deaf. Only when she was aged six did she learn to speak. Slowly, with the help of others, she transformed what was negative in her life, and lived more fully than many people. Helen Keller said:
- 2 *"I thank God for my handicaps because, through them, I have found myself, my work, and my God."*
- 3 *Let us pray:*

**Lord our God,
 you have made me
 in your own likeness
 and you love all that you have made.**

**I thank you
 for all that has been positive
 in my life.**

**I ask that I may live in such a way
 that I may learn
 from whatever I may find
 is negative or hurtful in my life.**

**May my disabilities and weaknesses
 teach me
 how to be sensitive to individuals,
 that I may grow
 more caring and compassionate
 with others who experience difficulties.**

**May I grow in strength of character
 through all that happens to me,
 living fully each day.**

Amen.

*"I thank God for my handicaps
 because, through them,
 I have found myself,
 my work, and my God."*

This is an excerpt from the page of this date in
'Praying Each Day of the Year',
a 3-volume book
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine
to research this topic further.

This material is part of
the prayer and education website
of the De La Salle Brothers
in Great Britain:

www.prayingeachday.org