

## **Prevention Prayer**

Lord, today is a new day.  
I want to be new.  
New in less anger.  
New in more patience.  
New in love for others.  
Help me on this journey.  
Help me in the prevention of negative feelings, words, and actions.  
Help me to be you.  
I want to love more.

## **A chaplet of the Sacred Heart of Jesus**

### **Our Father beads:**

Secrets of your heart, open up to me,  
Treasures of your love, gifts of charity,  
Have mercy on us, Lord.

### **Hail Mary beads:**

Sweet Heart of Jesus, burning with love,  
Inflame our hearts with your love.

### **Final prayer (3x):**

Sacred Heart of Jesus, formed by the Holy Spirit,  
In the womb of Mary, united to the Word of God,  
I commit myself to you, I commit myself to you.