



Prayer of Hope

On [November 19, 2023](#), Saint Joseph said:

"I will teach you a prayer for the times of chaos, a prayer I said when I no longer could feel hope, when I perceived humanity in wars, and deep pain touched My Heart. I would look to Heaven and say to God:

Lord,
when I do not find hope,
show me that my hope lies in You.

Lord,
when I do not find love,
show me that Love comes from You.

Lord,
when I do not find sense in being on Earth,
show me that the Purpose dwells in You.

Lord,
when my soul seems to be just miseries and flaws,
show me that Your Mercy dwells in me.

Lord,
when I feel far from You,
show me that I am part of You,
that Your Essence dwells in me
and that You have never left me
since the beginning of Creation
and that until my last breath,
and after it, You will always be with Me and I in You.

Lord,
live in me and through me.

Amen.

May you have this prayer always with you, and may you say it, feeling the peace that I bring to you today. May you look at Heaven for an instant, and leave aside what happens on the surface of the planet, so that you may feel the Kingdom within yourselves, and even if it is for just an instant, may this Kingdom touch the planet."