



*Lord,*

**Help me today to not add to anyone's burden.**

**Help me to bring encouragement to others.**

**Where I can, enable me to provide comfort.**

**And, when I don't know, help me to admit it.**

**When I feel sorry and sympathy for someone,**

**help me to say so. Help me to lift the load**

**of hurting from them and not**

**add to their burden.**

*Amen*