



WHEN HOPE FEELS FAR AWAY

Jesus, meet me here.

Jesus Christ, meet me in this difficult hour. Help me tell the truth without losing hope. Where I have sinned, lead me to repentance. Where I have been hurt, help me receive care. Give me courage to ask for help, to return to you, and to take the next faithful step. Keep me near your mercy. Amen.

An original Lux Fidei prayer
LUX FIDEI | PRIVATE REVIEW



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One small step.

You do not have to explain everything before asking someone to stay with you.

Ask for company

Could you sit with me, call me, or pray with me?

If you want to return

Ask a Catholic priest: I have been away. Will you help me begin?

Need support now? In the US, call or text 988.
Elsewhere: findahelpline.com. Immediate danger: call local emergency services.

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