(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