

Closing Prayer

Thank you **God** for the courage to change. Show me how to open my heart, eyes, and whole being to your unconditional love, and teach me how to love myself unconditionally. Out of the overflow of your love, wisdom, comfort, kindness, gentleness, compassion, and patience, teach me how to love myself and others in a healthy, nourishing, and unconditional way. Touch my heart so that I can see both them and me with fresh eyes and a loving heart. *Raniece*