



Agape Life
Community

Love in action.
Compassion without condition.

The Loving Kindness Prayer

A sacred gift from Agape Life Community. Begin by settling into stillness. Let your breath soften. Bring each group gently into your heart and offer these words slowly, with presence.

Someone You Love

- May you be safe.
- May you be happy.
- May you be healthy.
- May you live in peace.

Yourself

- May I be safe.
- May I be happy.
- May I be healthy.
- May I live in peace.

A Neutral Person

- May you be safe.
- May you be happy.
- May you be healthy.
- May you live in peace.

A Difficult Person

- May you be safe.
- May you be happy.
- May you be healthy.
- May you live in peace.

All Beings Everywhere

- May all beings be safe.
- May all beings be happy.
- May all beings be healthy.
- May all beings live in peace.

Journal Prompts for Reflection

- Who came to mind when you thought of someone you love
- What feelings arose when you prayed for yourself
- How did you feel when blessing a neutral person
- What shifted when you prayed for someone you find difficult
- How did your heart respond when extending loving kindness to all beings
- What blessing do you want to carry into your day

May this practice root you in Agape, sacred love expressed as unconditional compassion for yourself, for those you love, for those unknown to you, for those who challenge you, and for all beings everywhere.

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