Lord, I want to love you, yet I’m not sure.  
I want to trust you, yet I’m afraid of being taken in.  
I know I need you, yet I’m ashamed of the need.  
I want to pray, yet I’m afraid of being a hypocrite.  
I need my independence, yet I fear to be alone.  
I want to belong, yet I must be myself.  
Take me, Lord, yet leave me alone.  
Lord, I believe; help thou my unbelief.

O Lord, if you are there, you do understand, don’t you?  
Give me what I need but leave me free to choose.  
Help me work it out my own way, but don’t let me go.  
Let me understand myself, but don’t let me despair.  
Come unto me, O Lord - I want you there.  
Lighten my darkness - but don’t dazzle me.  
Help me to see what I need to do and give me strength to do it.  
O Lord, I believe; help thou my unbelief.

– Brother Bernard, SSF