Morning Prayer

God of my life, I welcome this new day. it is your gift to me, a new creation, a promise of resurrection.

I thank you for the grace of being alive this morning. I thank you for the sleep that has refreshed me. I thank you for this chance to make a new beginning.

This day Lord is full of promise and opportunity; let me waste none of it. This day is full of mystery and the unknown; help me to face it without fear or anxiety. This day is blessed with beauty and adventure: make me fully alive to it all.

During this day keep me thoughtful, prayerful and kind. May I be courteous and helpful to others, and not turned in on myself. Keep me from any word that would hurt, or belittle, or destroy; and may the thoughts of my mind be pleasing in your sight.

When night comes again, may I look back on this day with no grievance or bitterness in my heart; and may nobody be unhappy because of anything I have done or anything I have failed to do.

Lord, bless this day for me and for everyone. Make it a day in which we grow to have the mind of Christ, your Son.

Lord Jesus Christ, friend and brother, may we know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.

(Source: Come, Lord Jesus: Redemptorist Mission and Novena Book)