

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.*