

## **A 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 turn 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.**

**And follow you more nearly, day by day.**

**Amen.**