MORNING PRAYER

Infinite Existence, Creator of all, God of my life, I welcome this new day, it is your gift to me – the first day of the rest of my life. I thank you for the gift of being alive this morning. I thank you for the sleep that has refreshed me. I thank you for the chance to begin my life again.

I am sorry that I am so ungrateful for your many blessings. I am sorry for all of my sins.

Lord, this day is full of promise and opportunity; Help me to waste none of it. This day is full of mystery and the unknown, help me to face it without fear or anxiety.

This day contains beauty and adventure; help me to be fully alive in it. During this day, may I become:

- A more loving and generous person

- A more prayerful person, aware of your presence and providence

- A more thoughtful person, living in the present and not in the past or future

Help me not to be focused on myself, but to be more sensitive and helpful to others. Let me do nothing today to hurt others, but let me help, at least a little, to make life more pleasant for those who I meet.

When night comes, may I look back on this day without regrets and may nobody be unhappy with anything I may have done or failed to do.

Father, thank you for blessing this day for all of us. Make it a day in which we grow more like your son, our Lord Jesus Christ!