

# beginnings

## **Awake.**

From the rising of the sun to the place where it sets,  
the name of the Lord is to be praised.

As the morning light dawns on your renewed mercy,  
awaken our souls to wonder,  
our ears to your voice  
our eyes to your presence,  
and our whole selves to your lavish grace.

Pause

## **Aware.**

*Reading*      *(chose a book form the Bible and read your way through it  
piece by piece over a series of days or weeks. Allow it to lead  
you and shape you).*

Breathe.  
Slowly.  
Listen to your mind and your body.  
Ask the Spirit of God to direct your thoughts and notice where you are led.

## **Ask.**

Pray for yourself, those you love, your neighbours and the world around you.

## **Accompany.**

Lead me along your way today Jesus.  
Bless me with patience for those who frustrate me,  
humility towards those who surround me,  
empathy with those who hurt,  
energy to run the whole race,  
peace over anxiety,  
wisdom for decisions and  
courage to walk the narrow road which leads to life.

And may the words of my mouth, and the thoughts of my heart  
be pleasing in your sight O Lord.

## **Amen.**