



About the Morning Prayer

This prayer is the first part of what is typically called the Daily Office. It usually has morning, afternoon and evening prayers. We'll provide the morning prayer. It is the perfect means of beginning a day, presenting ourselves to God before the string of choices we must make begins.

Find a quiet, peaceful place of solitude. Take as much time as you are able, but there is no time restriction or requirement. A bruised reed He won't break, so any time is accepted.

- *Prayer:

**One thing I have asked of you Lord
This one thing I seek. That I may live in Your house
All the days of my life.
To behold Your beauty, and to seek you in Your temple.
Let me live as one of Your family members today. Let me show
the family resemblance. This day, let me be your temple.
This day, I commit myself totally to You.**

***I commit my whole heart to You Lord,
My affections and desires.
I commit my soul to you Lord,
My personality, my will, my identity. All that makes me human.
I commit my mind to you Lord,
My inner life. Guard my thoughts, let them be pure.
I commit my strength to you
All that I set my hand to do, let it be to Your glory.***

**Christ as a light, show me the way to go today
Christ as a shield, overshadow me.
Christ under me, Christ over me, Christ beside me
On my left and on my right.
Be in the heart of everyone I talk to.
Be in the mouth of all who talk to me.
This day, be inside of me and outside of me,
Lowly and meek, yet all powerful.
Christ as a light, Christ as a shield,
Christ beside me, on my left and on my right.**

If time allows, practice the Lectio Divina after this prayer.

*Adapted from "Celtic Daily Prayer: Prayers and Readings From the Northumbria Community"