



Morning Prayer for the Season after Pentecost 2

*As we begin the day, we focus on our calling to live faithfully,
for who knows what today holds?*

Opening

We are called in the morning
to turn our hearts to you.

Prayer

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Living one day at a time; enjoying one moment at a time; accepting hardships as the pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting, O God, that you will make all things right if I surrender to your will; that I may be reasonably happy in this life and supremely happy with you for ever in the next. **Amen.**

Morning Psalm

verses from Psalm 51

Open my lips, O God, and my mouth shall proclaim your praise.

Create in me a clean heart, O God, and renew a right spirit within me.

**Case me not away from your presence
and take not your holy Spirit from me.**

**Give me the joy of your saving help again
and sustain me with your bountiful Spirit.**

**Glory to God, Source of all being, Incarnate Word, and Holy Spirit, as it
was in the beginning, is now and will be forever. Amen.**

Scripture

One or two readings of the day will be read. The reader will end:

Hear what the Spirit is saying to God's People
Thanks be to God.

Meditation

The final fruitfulness of work is actually found by choosing and living its exact opposite — the cessation of work — or the Sabbath rest. Unless approximately one-seventh of life is also ceasing from work, putting spaces, paragraphs, and parentheses around my efforts, work always becomes compulsive, addictive, driven, unconscious, and actually counter-productive for the self and for those around us. We also need not to work. *Richard Rohr*

Today, how will we cease from work?

Affirmation

**We believe in God, who loves us and wants us to love each other.
This is our God.**

**We believe in Jesus, who cared for children and held them in his arms.
He wanted a world where everyone could live together in peace.
This is Jesus Christ.**

**We believe in the Holy Spirit, who keeps working
with us until everything is good and true.
This is the Holy Spirit.**

**We can be the church, which reminds people of God
because we love each other.
This we believe. Amen.**

Prayers

As we begin our day,
Give us your peace.

As we pause this morning,
Give us your peace.

As we do the work you have given us to do,
Give us your peace.

For all places of need in this world,

Give us your peace.

In trusting you, O God, to care for your children,

Give us your peace.

As we seek wholeness,

Give us your peace.

Here, the people may add particular intercessions or thanksgivings.

As we reflect on your presence,

Let us be peace for others.

Lord's Prayer

Our loving God in heaven,

Holy is your name,

May your reign come,

On earth as it is in heaven.

Give us today Our daily bread

Forgive us our sins

As we forgive those who sin against us.

Save us from the time of trial

And deliver us from evil.

For the Kingdom, the Power, and the glory is yours.

Now and forever. Amen.

~St. Helena Breviary

Closing Prayer

Holy One, we are too often blinded by trivial matters.

Lord, may our attention be diverted now from these things,

and may we become as little children, trusting

and seeking with love to cross bridges that we have not crossed in the past.

Amen.

Going Out

We are called in the morning

To turn our hearts to you.

Consider
Lilies the
of the how
field. they
Grow:
they neither
Toil nor
Spin
Matthew
6:25

