



Morning Prayer for the Season after Pentecost

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

Opening

Holy God, you are always with us.

Open our eyes to your presence.

Prayer

God of faithful surprises, throughout the ages you have made known your love and power in unexpected ways and places: May we daily perceive the joy and wonder of your abiding presence and offer our lives in gratitude for our redemption. **Amen.**

Morning Psalm *Psalms 131*

O God, I am not proud;*

I have no haughty looks.

I do not occupy myself with great matters,*

or with things that are too hard for me.

But I still my soul and make it quiet, like a child upon its mother's breast;

my soul is quieted within me.

O Israel, wait upon God,*

from this time forth for evermore.

~St. Helena Psalter

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

People say that walking on water is a miracle, but to me,
walking peacefully on the earth is the real miracle.

~Thich Nhat Hanh

How will we walk in peace today?

Affirmation

We believe in God, the creator of all life and beauty, who blesses our journey.

We believe in Jesus Christ, who lived as a friend and savior to all he met as he traveled, and who ate and laughed, wept and celebrated with them in love.

We believe in the Holy Spirit, who rides on the gentle breeze, who strengthens our bindings, and who offers hope eternal.

We believe in the church, which stands open to all travelers, and bears witness to the everlasting love of God.

Prayers

As we turn to the tasks before us this day,

Fill us, gracious Lord.

In making faithful choices, great and small,

Guide us, gracious Lord.

As we seek to notice and serve those in need,

Teach us, gracious Lord.

Here, the people may add particular intercessions or thanksgivings.

As we offer our lives to you,

Hear us, gracious Lord.

With our hearts ready to serve,

Accompany us, gracious Lord.

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

Open our eyes that we may see. Incline our hearts that we may desire. Order our steps that we may follow the way of your commandments. **Amen.**

Going Out

Holy God, you are always with us.
Open our eyes to your presence.

