



October 2016



Let us focus our attention on the imagery of gratitude for GOD's mercy

PRAYER

Lord of life, we are grateful for the wholesomeness of life and for the gift of good health.

Aware of the unity of body and spirit,
we affirm our constant need for their harmony if we are to enjoy true health.

We thank You for the presence in our lives of Your Son, Jesus, who moved among us as both teacher and healer.
He heralded and also healed-- both body and spirit—in your Sacred Name.

Blessed are You, Lord our God, who heals us and restores us to life.

Lord God, we give you thanks for all the blessings we have received. Give us the spirit of gratitude we need to never take these blessings for granted. Keep us attentive that we may recognize that all is your gift to us; our lives, the people who are present to us who help, heal and love us. May we always be grateful for the created universe and all that it holds and sustains us. We ask these things through the gift of your Son and in the Spirit who lives and reigns with you forever and ever. Amen



*Let us set aside ten minutes each day for reflection and prayer.
Make a gratitude list by jotting down things for which you are grateful.*

PRAYER

O, Lord, in seeking you we often need to take risks, opening ourselves up to the scrutiny and judgement of others, fair or unfair, warranted or not. Give us the courage to be open and the courage to speak and follow the truth on our path to you. Make us ever mindful of just what others might experience as they follow this same path. Let us be among those who encourage rather than discourage such seeking. By your Spirit, we pray.
Amen

If Jesus met you in the street and said, "Today I must stay at your house," What would you do next?

What would you hope for? What would you fear?

O, Lord and Master of my life, give me not the spirit of indifference, meddling, lust for power and idle talk. But, grant unto me, Your servant, a spirit of integrity, humility, patience and love.
O Lord, and King, grant me to see mine own fault and not to judge my brother or sister.
For blessed are you unto the ages of ages. Amen

Adapted from a Prayer of Saint Ephraim 373 A.D.