



A morning reflection for working people.

*This has been designed for individual use or within a group. If used for corporate prayer, the words in **bold type** should be used as a collective response. The words in normal type can be read by a leader, or each paragraph can be read by a different person in turn.*

Praise the Lord Oh my Soul

Lord my God, you are very great;
You are clothed with splendour and majesty.

**In everything assigned to me this day, may I work as a servant of
Your Kingdom**

The Lord wraps himself in light as with a garment;
He stretches out the heavens like a tent
He set the earth on its foundations; it can never be moved.

I accept each moment of this day as the gift of your grace

He makes springs pour water into the ravines;
It flows between the mountains.
The land is satisfied by the fruit of his work.
He makes grass grow for the cattle,
And plants for people to cultivate,
Bringing forth food from the earth:
Wine that gladdens human hearts,
Oil to make their faces shine,
And bread that sustains their hearts.

**I pursue the outcomes of this day, that your goodness and provision
might be known in them.**

He made the moon to mark the seasons,

And the sun knows when to go down.
You bring darkness, it becomes night,
The sun rises, then people go out to their work,
To their labour until evening.

**I follow the schedules of this day, sustained by the rhythms of life
that you ordain**

How many are your works, Lord!
In wisdom you made them all;
May the glory of the Lord endure for ever;
May the Lord rejoice in his works

**I engage in the tasks of this day desiring that Christ be glorified in
how I undertake them**

I will sing to the Lord all my life;
I will sing praise to my God as long as I live.

Praise the Lord O my soul

(From Psalm 104)

For those things that are familiar and anticipated
Faithful God, grant strength and peace

For the unknown and unexpected
Eternal God, grant strength and peace

For that which is new and un-tried
Creator God, grant strength and peace

For that which is difficult and daunting
Sovereign God, grant strength and peace

In every task that the day might require
Where God's purpose seems clear, and where it is impossible to see
The earth is the Lord's and everything in it

Where hopelessness prevails and circumstances seem set against His intent
However defiled and seemingly held in the grip of sinfulness

God is reconciling to himself all things through Christ.

Where I walk willingly the pathway that the day places before me
And when I struggle to find the will to take another step

**I offer my body as a living sacrifice, holy and pleasing to God, in true
and proper worship**

EITHER:

God the Creator, bless me in the things that I do today.

God the Spirit, guide me in the things that I think and plan today.

God the Redeemer, forgive and make good the things that I might spoil today.

In all my work may I find you with me,

and look to the day when all things will be made new

in what you have yet to create in your wisdom and boundless love.

AMEN

OR:

God who is maker of all things,

Inspire my thoughts and strengthen my hands

That today your work might be fulfilled through me

Christ, the redeemer of all things

Surround and uphold me with the truth of your Gospel

That today your call might be heard through me

Spirit who breathes life into all things

Dwell deep within my heart and Soul

That today your presence might be known through me

AMEN