




## Monday

**T**oday I pray for my family. Loving God, thank you for my family—parents, children, cousins, aunts—everyone. They are my roots in the world. Their faces were my first vision of you. Bless these particular family members today 


*Hold them in your love.*

I ask for the gift of UNDERSTANDING the members of my family. I will especially try to put myself in the shoes of:

*Holy Spirit of understanding, come visit me today.*



## Saturday


**T**oday I pray for the courage to follow your will for me. You are the God of constant surprises. Perhaps you have a new path for me I have never considered or long ignored. I will try to listen to your voice today by stopping to be silent at these times and places 

*Hold me in your hands. Set me down on the path to you.*

I ask for the gift of LOVE. Loving God, make me generous. Give me the grace to say yes to small things so that I might be ready for anything big you ask of me. *Holy Spirit of love, show me where I am needed today. Push me to get there.*



## Tuesday

**T**oday I pray for peace in our country and in our world. Loving God, bless our leaders, those in the armed services, those who work tirelessly to negotiate peaceful solutions to conflicts. Bless these particular countries and leaders today 


*Hold them in your vision of peace.*

I ask for the gift of REVERENCE for people whose religion and culture challenge me. I will especially try to find something I appreciate and value about these neighbors in our world:

*Holy Spirit of awe for all God has made, come visit me today.*



## Friday


**T**oday I pray for all who suffer: For the unemployed and the working poor. For the ill and those who have lost loved ones. For the elderly and refugees. My heart is especially touched by 

*Hold them in your compassion.*

I ask for the gift of HOPE. Loving God, may I embrace my own suffering and realize I am part of the suffering world. *Holy Spirit, you who live in the family of the Trinity, help me recognize I have family all over the earth.*



## Wednesday

**T**oday I pray in thanks for the beauty around me. My heart swells with joy at the sight of flowers and sky, of caring adults and happy children. Loving God, the beauty of your creation overwhelms my senses and my heart. Today I thank you especially for 


*Hold all creation in your sheltering embrace.*

I ask for a heart full of THANKFULNESS. Today I will thank you, Creator God, for at least 10 beautiful things and people I see.

*Holy Creator Spirit, come be with me in this place.*



## Thursday

**T**oday I pray for the gift of an open heart. Loving God, let me not drift into rash judgments and criticisms. Give me your long view of life. Let me rejoice in the good and hope for change in the less good. Today I will practice an open heart towards these beloved children of yours 

*Hold them in your love.*

I ask for the gift of PATIENCE with people who annoy me. Let me shut my mouth when I am with them and open my ears. Let me hear their pain and offer healing. *Holy Spirit of wisdom, help me see with the eyes of my heart.*