

ONE CLEAR PRAYER

In the morning

My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.

PSALM 5:3

Good morning, Lord.
Before the phone, before the list,
before the first thing goes wrong,
I'm here with you.

Thank you for the night behind me
and the breath in me now.
Go ahead of me into this day.
Be with the people I love,
and the ones I'll find hard.
Whatever comes, bring me back to you.

Amen.

FOLD



ONE CLEAR PRAYER

At night

I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

PSALM 4:8

Lord, the day is over.
Thank you for what was good in it,
even the small things.

Forgive me where I got it wrong,
and help me forgive the ones who hurt me.
What's still undone, I leave with you.
Keep watch over the people I love.
Quiet my mind,
and give me rest.

Amen.