

Thank You, God, for Your ever-present sanctuary of love and joy and peace within my heart. My only need is to savor Your sweet presence in my life. I trust – truly trust – that I am in Your care and all is well. Thank You, God.

Thank You, God, for Your living truth as it speaks to me in unmistakable ways. I still my body, I still my mind. I relax completely. I surrender myself to

You, God. Fill me with Your presence as I listen in the silence.

Holy Presence within me, I am willing to release all feelings of hurt, anger, fear and resentment. Help me know true forgiveness and see each person as part of

You. Let my words and my actions serve only to glorify You. May they heal and comfort and harmonize my life and the lives of those around me. Thank You, God.

Great Spirit of this universe, how glorious are Your Ways. My human mind cannot fully grasp the magnitude of all You are, yet I know I am Yours. Thank You for the safety of Your guiding presence – wherever I am, whatever I do.

Thank You, God, for the growing awareness of who I am. You have created me to express You. I make the commitment today to be Your hands, Your voice, Your heart. Live Your life through me – fully and completely. The cells of my body shout for joy as they resurrect into new life! Thank You, God, for Your powerful healing presence as it touches every atom of my body, calling forth a radiant wholeness.

I choose this day to serve You, God – to let my love radiate to all people and to be an inspiration to help lift others. My only prayer is to know You. Aware of Your sacred presence within me, I am a blessing to all whose lives I touch.

Gentle Spirit, I have heard Your call. I feel You drawing me closer to the realization of Your presence in my life. I hunger to know You more. I want to love You more and serve You more. I am willing to let You take charge of my life. Show me Your way God, for I am ready.