

Morning Prayer

From early Christian times, the first hour of the day has been given over to praise. Praise acknowledges that life is given to us. Every moment is given by God.

Opening

You satisfy us in the morning with your steadfast love:
so that we may rejoice and be glad all our days. -Psalm 90:14

Lighting the Candle

Awakening Meditation

Take a few moments to awaken...

to this place and your surroundings
to what you see- colors, shapes, details
to what you hear- sounds, noises, silence
to what you smell, taste, touch
to the ground under your feet supporting you

Take a few moments to awaken to your breath...

to the depth of your inhaling and exhaling
to the way your breath supports your body

Take a few moments to awaken to your body...

to what you are experiencing in your body right now
to your emotions and what you are feeling in this moment
to the thoughts that are coming and going

Whatever you notice, simply welcome it.

Take a few moments to awaken to something more profound and essential here.

God is here in great love and great compassion.

God is here. I am here. We are here.

When you are ready, look around. Awaken to Divine Presence within all.

Response (Zechariah's Song)

In the tender compassion of our God

the dawn from on high shall break upon us,

to shine on those who dwell in darkness and the shadow of death

and to guide our feet into the way of peace.

Morning Body Prayer

Praise- *Arms raised up overhead; posture of praise*

Radiant God, Source of all life, we praise you.

All that we are and all that we have is a gift from you...

Welcome- *Arms out in front; posture of welcome*

We welcome the healing light and gift of this new day...

we stand in your welcome...



Gratitude-Hands over heart; posture of gratitude

We take into our being your sustaining goodness...gifts of healing, renewal, forgiveness, gifts of relationships with one another...

Open-Arms out to sides, posture of openness

We stand before this day, what is and what will be, with an open heart and with an open heart we dwell in possibility...

Bless-Bring hands together touch heart, lips, forehead, then raise arms overhead and release to your sides; posture of blessing

May your light shine in our hearts, upon our lips, through our minds that we may in turn shine on others this day.

Adoration-Bow at the waist; posture of adoration

We bow in adoration of your divine life within all. Amen.

Blessing

May the Living Breath of God
bless you, keep you and sustain you.
Amen.