

*I lift up my eyes to the hills
From where does my help come?
My help comes from the Lord
Who made heaven and earth".* Psalm121

Dear Lord and Creator God, your creation continues to flow in your universe, in us, and in all of creation.

We want to be alert and expectant, grateful and alive to your son, Jesus.

Our daily lives are touched by fear, sadness and unhappiness in different forms, in our homes, our communities and in the world. We are scared, we are scarred and wonder what tomorrow will bring.

Yet, your promise is of regeneration, consistently, of body, mind and spirit and in those real moments of hope, happiness and newness, we can and do experience your living Spirit. That Spirit of truth that fosters faith, encourages hope and espouses amazing love.

O divine being our source of everything. All that we have, that we are, that we can be. Help us to find the ways and means to focus on you, God. Help us to be bold in our faith, to be bold in our faithfulness.

As we start a new week, today, this morning, in fellowship, empower our prayers. Make our prayers, our prayer lives, to be that real part of our presence with your presence. May that be the foundation of our relationship with you. To love you God. To be in conversation, Seeking, finding, hoping, happening with you, our God. And may that deepening nearness help us to pursue meaningful ways of being present to others.

Yes, Lord we prayer for this newness, through Christ filled love, to to enable us to be coworkers in restoring your goodness in the many 'worlds" we live in. Let us co-create deliberate acts of kindness and goodness each day.

Help us to challenge and call out that which tarnishes your Spirit God across all of humankind, but always knowing the splinter in our own eye.

Create a new spirit within us, for each heartbeat for the rest of this day. And for all our heartbeats to come.

*The Lord will keep
your going out, and your coming in
from this time forth and forevermore.* Psalm121

Amen.