Beginnings

Awake.

From sunrise to sunset, God you are with us and are doing good in us and around us.

As the morning light shines your goodness God, awaken our souls to wonder, awaken our ears to hear your voice, awaken our eyes to notice your presence with us, and help us to appreciate and know your lavish love and grace.

Aware.

Reading (choose a book from your Youth Bible and read your way through it piece by piece, little by little over a few of days or weeks. Allow it to lead you, shape you and teach you more about God).

Pause.

Breathe in and out.
Slowly.
Listen to your mind and your body.
Ask the Spirit of God to direct your thoughts and notice what your brain is led to.
How do you feel today? (Anxious, excited, happy, energetic, worried, sad, tired…?)
What really matters to you today?

Ask.

Ask God to provide what you need today.
Pray for yourself, those you love, your community, your school/college and the world around you and anything else that comes to mind.

Accompany.

God please help me follow you today. Please give me patience for those who frustrate me, humility towards those who surround me, empathy with those who hurt or are struggling. Please give me energy to make the best of today, peace over anxiety, wisdom for decisions and courage to walk your way God, which leads to life in all it's fullness.

Thanks God for a fresh start today, please help me to seize opportunities today to trust you more. Help me to remember that you'll be with me all day long and please give me the confidence to be the best version of me and to spread hope and joy everywhere I go today.

Amen

Recall.

From sunrise to sunset, God you are with us and are doing good in us and around us.

Pause to reflect on your day.
How does your body feel?
How does your mind feel?
How are your relationships with friends and family?
Where can you spot the presence and activity of Jesus in your day?

Rejoice.

Psalm 100 (Good News Translation)

Sing to the Lord, all the world!
Worship the Lord with joy; come before him with happy songs!
Acknowledge that the Lord is God.
He made us, and we belong to him; we are his people, we are his flock.
Enter the Temple gates with thanksgiving; go into its courts with praise.
Give thanks to him and praise him.
The Lord is good; his love is eternal. and his faithfulness lasts forever.

Release.

As I prepare for bed, I release to you all that was done today.
Some I wish could be undone, some is unfinished, some which makes me glad.

God help me to let go of the things I could have done better.
God help me to be grateful of all the things that went well today.
God help me to be thankful for all the great things you've given me.
God I give to you all the people who I love. While I sleep I trust you to keep them safe.
God I give to you all the worries in my mind the stresses in my body and the fears in my heart.

Bless me with peace as I sleep.
Help my mind to be calm.
May your spirit fill my dreams with hope.
Help me to have a restful sleep.
Recharge my whole being as I rest.
Refresh my faith, hope and love.

Retire.

And now.
May the grace of the Lord Jesus Christ,
the love of God, and the fellowship of
the Holy Spirit be with us all.
For ever more.

Amen.

Endings