

Daily "Time Out" in the Prayer Chair

Week 4: "Living Light"

Settle into the chair and breathe deeply.

For striving for material things just to fill a void... forgive us.
For the times when our unburdening burdens the earth... forgive us.
Help us lay down the "shoulds" that dominate our lives, O God.
Help us let go of any unhealthy drive to succeed
and seek the journey of true fulfillment.
Help us to seek your kin-dom by focusing on
that which sustains love and justice, for this is the real treasure of this world.

In this moment we hear your promise:
"I, God, know your every need.
You can let go of so much worry about the future."

You do not ask us to suffer without the things we need,
just to be mindful to live simply so that others may simply live.
We are your children, siblings to one another.

I bring my petitions to you this day, O God.
Here are the people and things I am worried about ...

Holy God, who holds me close as a Loving Parent does,
I honor this life you have given me and this moment to remember what's important.
I pray that your love will reign in all the earth and in my heart.
Give me what I need to get through the next 24 hours. No more. No less.
Open me to give and receive forgiveness when and if that's needed
so that serenity will return.
Your world is precious. This moment will never pass again.
With this breath I offer my deepest thanks.

Put any worries in your God Box, if you have one, and pray the Serenity Prayer that is printed on the Box. As an "amen," take a deep breath before you leave the chair.