



Day Twelve

Awakening to God's Presence

Jesus taught us to pray:

“Give us, today, our daily bread.”

It is a simple enough request to make,
but it is complex in its meaning.

Bread is basic, uncomplicated, necessary,
replenishing our energy after work,
fulfilling fundamental human needs.

Bread helps us to focus.

We come across many distractions
along the byways of our journey.

They can delay us and divert us
from the directions we should take.

We need not clutter our prayer with them.

We ask for bread, for what will sustain life
and help us to continue to grow.

We ask for God's grace
since we cannot provide for ourselves.

If we ask from the heart, God will respond.

We ask for all this today and every day
to remind us that we need not be anxious
about tomorrow and our future.

God's providence will care for us.

The providence that strengthens us today
will give us the good we need every day.

Let us learn what to ask for,
this day, and in the time to come.

Let us learn to know the bread
and the blessings promised to us.

We must accept the bread that is given,
offered by grace, recognized through prayer.

Let us pray—and live—
as Jesus taught us.

Living by God's Grace

Seek the bread that God gives today.

Acknowledging God's Gifts

May this night's rest
be nourishment and refreshment
for my body and my heart.
May it give me strength and stamina
for the days to come.
God, take the day now past
and let me be blessed
by the possibilities it had.
Keep alive the promises it held,
even if I missed or ignored them.
Tomorrow will be a new day,
bringing yet more bread.
Give me another opportunity,
granting me a share in your life,
guiding me closer to you.
I want to taste and see the bread that God provides.
For this day, thank you.
Bless this night.
May tomorrow be a fresh beginning.

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