



Day One

Awakening to God's Presence

Live a balanced life,
for neither
discouragement nor pride
serves us well.
And neither
truly reflects who we are.
God is more gentle with us
than we are with ourselves.
God balances
ups and downs,
the good times
with the not-so-good times.
We could become
too proud
if all those around us
were admirers.
And disheartening
would be our lot
if all were critics.
We need
a discerning ear,
a listening heart,
a sense of balance
and humor.
We should not
expect only good times
and eschew the bad.
The important point
is to do everything
and accept everything
in conformity
to God's will.

Living by God's Grace

Be gentle as God is gentle.

Acknowledging God's Gifts

May this night's rest
be filled
with the peace and quiet
that will refresh
my efforts for tomorrow.
Accept this day, God,
and all it held for me.
Make holy tomorrow
and whatever it may bring.
Help me to live
the grace of balance,
seeing and celebrating
your will
ever around me,
guiding me,
beckoning me.
I want to live that grace.
For this day, thank you.
Bless this night.
May tomorrow be a fresh beginning.

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