

GRACIOUS GOD, I ASK YOU TO PLANT A SEED OF
STILLNESS IN MY SOUL.

EVERYTHING IN MY LIFE MOVES EVER MORE
QUICKLY, AND I AM CONTINUALLY EXPECTED TO
FIT MORE THINGS INTO TIME THAT IS ALREADY
BRIMMING WITH ACTIVITY.

EVEN WHEN I HAVE MOMENTS THAT REQUIRE
NOTHING OF ME,
MY MIND RACES AND I SEEM UNABLE TO LOCATE
A SWITCH TO TURN IT OFF.

GIVE ME, EACH DAY, THE DESIRE AND CAPACITY
TO BREATHE IN THE WONDER OF AIR,

TO ENVISION A STILL LAKE ON A WINDLESS
DAWN,

TO DROP DEEP INTO THE WELL OF MY OWN BEING
AND FIND THERE A PEACE OF YOUR PRESENCE.

I ASK THIS FOR THE SAKE OF YOUR LOVE.
AMEN