

CENTERING

Prayers to help me remember who I am and whose I am;
Prayers to refresh and restore my mind and heart.

O God, keep me safe, for I have come to you for refuge. Every good thing I have comes from you. ...I know you are always with me. I will not be shaken, for you are right beside me. No wonder my heart is glad and I rejoice. (Psalm 16:1, 2b, 8, 9a NLT)

“Lead me in the right path, O Lord...Make your way plain for me to follow.”
(Psalm 5: 8a, 8cNLT) “Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.” (Psalm 139:23-24 NLT)

Lord, you have told me what is good and what you require of me: to do what is right, to love mercy, and to walk humbly with you. (Micah 6:8 NLT) Help me to fix my attention on you, God, that you might change me from the inside out. Help me to readily recognize what you want from me, and to quickly respond to it. (Romans 12:2 Message)

Lord, you have commanded me to love my neighbor as myself. (Leviticus 19:18) Help me to trust steadily in you, hope unswervingly, and love extravagantly. (I Corinthians 13:13 Message)

This I pray in Jesus' holy name, Amen.

Lead me, Lord, lead me in thy righteousness; make thy way plain before my face.
For it is thou, Lord, thou, Lord only, that makest me dwell in safety.
Hymn 473, Psalms 5:8, 4:8

Prayer of Saint Francis of Assisi

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.
O Divine Master, grant that I may not so much seek
to be consoled as to console;
to be understood as to understand;
to be loved as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life. Amen

Holy Lord,

Thank you for the power of your word; in it I find salvation, encouragement, refreshment and restoration. “You have shown me the path to life, and you make me glad by being near to me.” (Psalm 16:11a CEV) “You are present and your miracles confirm that.” (Psalm 75:1b God’s Word Translation)

Thank you, Lord, for giving me strength to do your work. You considered me trustworthy and appointed me to serve you. (1Timothy 1:12)

“God, my shepherd! I don’t need a thing. You have bedded me down in lush meadows. You find me quiet pools to drink from. True to your word, you let me catch my breath and send me in the right direction. Even when the way goes through Death Valley, I’m not afraid when you walk at my side. Your trusty shepherd’s crook makes me feel secure.

You serve me a six-course dinner right in front of my enemies. You revive my drooping head; my cup brims with blessing.

Your beauty and love chase after me every day of my life. I’m back home in the house of God for the rest of my life.” (Psalm 23, Message)

In your precious name I pray, Amen.