

a prayer

as you go about each day

I pray today with my HEAD, Lord, lifting it heavenward in adoration.

I pray today with my EYES, Lord, looking for the things not seen.

I pray today with my ARMS, Lord, raising them in jubilant praise.

I pray today with my HANDS, Lord, using them to do the work you have set in front of me.

I pray today with my KNEES, Lord, bowing in submission and contrition.

I pray today with my FEET, Lord, walking in the path you have marked out before me.*

Christ be with me.

Be after me and before me.

Be at my right and my left.

May everything I do, be for Christ. **

Amen.

Romans 12:1 - "I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship." NRSV

*adapted from Richard Foster's "Prayers From the Heart" p.57

**adapted from the Breastplate Prayer of St. Patrick