

# *March 2013: Faith Habit*

## *Ask for God's Blessing Each Morning*

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My morning prayer life began at a young age. You see, I have been told that I am one of those "annoying morning people". Apparently, I wake up a little too quickly and little too happy by some people's standards! Whether I'm with my mother or my daughter, it has always been to my better advantage to find something quiet to do early in the morning.

As a little girl I would often get to go alone up to the cottage with my grandparents. My grandma, was **not** a morning person either and my grandfather used this time to review legal briefs and formulate his judgments so I was on my own. Sitting in the quiet beauty of the North, looking out through the trees to the lake beyond, it was easy to thank God. In fact, my morning talks with God became a normal part of my routine.

Like many, as I got older, the innocence of my prayer changed to the point that my morning prayer often ended up being a litany of earthly saints and petitions:

"Dear God, please protect/comfort/heal     (Name)    " (20 times or more)

I never really took time however to ask God for blessings. I was brought up not to ask for favors from God for myself. My prayers were those of thanksgiving and for the needs of others. I didn't realize that by asking for God's blessings myself, I was really opening up to trust in God's abundant wisdom and bounty. I began to wonder, was I even really praying or was I just running through a "watch list" with God each morning? I realized that prayer is really an opportunity for us to let God into our lives by not only talking to God but also listening to what God is telling us? It's letting go through God's grace to realize that we are not in control.

Several years ago, Father Bob gave all of the High School students a prayer. It was then as it is now a perfect 'starting point' for my morning prayer. In fact I like it so much that I still have taped onto my bathroom mirror. So each morning, this is how I begin:

*"Lord, help me to remember that nothing is going to happen to me today that you and I together can't handle".* After this I am comfortable to asking for God to bless me with

the gifts that only God can give; patience, understanding, kindness, compassion and time to think, thank and pray.

I also started looking at different morning prayers in an effort to deepen this morning "conversation". What I found was a rich treasury of prayers and devotions. Here is an anonymous one that I found on the internet that I particularly like:

*What does the new day hold in store for me, O Lord?*

*What blessings shall you give me from your ever-open hand?*

*What troubles will confront me, what temptations come my way?*

*What challenges will I be called to face?*

*Without your grace to guide me, Lord, this day will be a wasted opportunity.*

*But with your promised presence to direct me, it can be a wondrous gift-  
not only for me but for all with whom I come in contact in the hours ahead.*

*Lord, speak through my voice today; work through my hands; put your own  
thoughts into my mind and your own loving will be in my heart.*

*So shall these hours be sanctified according to your gracious plan.*

*In your strong name I pray. Amen.*

Funny - after re-praying this, I realize it is a lot like the conversations I had with God all those years ago at Archibald Lake waiting for Grandma to wake up so I could get out in the water and play!

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