

## PRAYER

Look for the beauty today.  
Draw beauty from every flower and butterfly.  
From everything that is new  
and fresh and growing.  
Listen for the joy in the song of the birds.  
Find it in those around you,  
especially in the children.  
Look at a flower until its beauty  
becomes part of your very soul.  
In the end, you will return that beauty  
To the world in the form of  
A smile, a loving word, a kind thought,  
a prayer, or even a tear.

Listen to a bird.  
Take the song it sings as a message  
from God, our Father.  
Let it sink into your soul.  
That, too, you will return to the world.

Watch a butterfly.  
Its struggle to emerge from its cocoon  
As given strength and  
beauty to its beautiful wings.  
That struggle will be given back  
To the world in the form of color  
beyond the imagination.