

A prayer - God of Love

God of love,
you knew me before I was born;
my body, my mind, my soul,
I am no secret to you.

Any changes I perceive,
any resentments I feel,
any regrets I may have
or fears that overwhelm me,
are not new, to you.

So, help me to open up
to trust
to say what is painful
not in anger
but in honesty

(silence)

Thank you, God, for my body.
Thank you, God, for my mind.
Thank you for a life in which
the unexpected and unwanted
is part of the deal.

Thank you for those who help
through listening and caring,
And for those who work to preserve my health
and heal my heart.

And thank you
for never giving up on me,
for the love of Jesus meant for me
for the presence of your Spirit within and around me.

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