Dear Friends,

May this day be filled with blessings and may we pray in praise and thanksgiving to God for the gift of Creation. Take some time to go outside and see how beautiful the sky is with less pollution. Listen to the birds singing. Enjoy the warmth of the sun today. Celebrate life, even if it is now with a mask on in public!

May this following prayer fill us with the love of the Lord, giving us comfort and peace.

**Prayer for Guidance in the Day Ahead**

*Good morning, Lord! Today’s a new day, a chance for a new start. Yesterday is gone and with it any regrets, mistakes, or failures I may have experienced. It’s a good day to be glad and give thanks, and we do, Lord. Thank you for today, a new opportunity to love, give, and be all that you want us to be.*

*Today we want to start the day with you on our minds and in my heart. As we dress, let us wear the armor you’ve provided daily: the helmet of salvation, the breastplate of righteousness, the shield of faith, the belt of truth, the shoes of peace, and the sword of the spirit—with prayer on our tongues: praise for you and petitions for those around us and those we reach out to.*

* Feed us today with your daily bread. As the Bread of Life, your food, like manna, will sustain us throughout any trials and hungers. Help us to set our thoughts on things above and to speak only what will help and encourage others. Keep us from putting our foot in our mouth, and help us guard the affections of our hearts today, Lord. Make whatever work we do be marked with excellence rather than perfectionism, as we seek not to make a name, but to make a difference. Help us to treat each person we encounter as you would, with respect and love, forgiving others and asking for forgiveness ourselves when needed.*

*As we started this day, help us remember that we belong to you, and our desire is to act accordingly. Keep our feet from stumbling and our minds from wandering into distractions that could steal precious time and energy from the most important things you have designed for us. We are proud to be your children, Lord. And so grateful that you died for us—rising again on your own new morning—so that every day could be filled with the wonder of your love, the freedom of your Spirit, and the joy of knowing you.*

*We know earthly life is short and fleeting, Lord. But we want to live today as if it were the first or the last day of our lives, giving thanks for every good and perfect gift you choose to give. Today, and every day, we want to live our lives for you, Jesus. In your precious name, Amen.*

Father Fred