

Waking well being prayer

This is a reflective prayer for waking in the day. You will need a ring and ability to listen to this audio. We will be using the Sobriety prayer which is listed below. Also if you have a ring please take it off now.

But first get into a prayerful posture, as you come to worship God who is mystically present to you now.

God says, you are of value because I love you.

I came into the world because you need to know one thing. That to me you are the most precious person. Whatever happens to you today, nothing will change this love I have for you, you will never be alone.

Freedom comes when we are concerned only about the opinion of the one who watches us who truly matters.

Living in anxiety, fear, our job, our salary, our reputation, our popularity, our credibility, our wealth, our attraction our control we cannot be truly free

Only a person who is secure against the loss of all these can truly be free.

Pause

Now if you have a ring place it back on your finger – as a ritual sign that today you are committing to following God and being true and valuing to yourself. The real you in service of the real God today.

Now explore how you are feeling. Name the emotion, for example fear, and offer it back to God. Say to yourself – I am X for example I am afraid I am overwhelmed – face that emotion now, and asking God to help you to have the courage of facing your feeling.

Pause

Be encouraged by these words of scripture – sit with these texts, and allow them to integrate with how you are feeling to gain peace.

Proverbs 3, 5-6

Isaiah 41

Isaiah 43

And now I invite you to consider how you are going to be committed to your wellbeing and to God this day.

Knowing that each of us – our selves – are a mixture of Child, Adult, Adolescent, consider how you are going to do something practical today to address these needs that are all part of you.

What does your child need today

What does your adult need today?

What does your adolescent need today?

And finally – name a commitment that you mean to make to God the Holy Trinity today?

So let us now say together the Sobriety Prayer of Reinhart Neibur.

And finally – in a moment of silence – acknowledge your love of God, and of your commitment to God.

May God bless and nourish you this day, and may you meet Jesus in unexpected places, may your inner being be strengthened by the presence of the Holy Spirit, and may you learn to love yourself, as Abba God the Father does. Flourish this day.

Amen