

Movement One – Connecting With God

Almighty God, to you my heart is open.

You know my desires and from you I can keep no secret.

I ask that you would cleanse the thoughts of my heart
by the inspiration of your Holy Spirit.

Holy Spirit, I welcome you,
as I prepare for the day ahead of me.

I pray for the coming twenty-four hours.
I do not know what they will bring,
So please help me to be ready for whatever may come.

What are your hopes for the coming day? What are the things you need to get done? Who are the people you will see? Are there things that you need to make right from yesterday? Speak your thoughts to Jesus. Ask that you might have his heart, and eyes, and wisdom as you move through the day.

Movement Two—Acknowledging Anticipation and Anxiety

God, thank you for your steadfast presence and embrace.

Help me to stay connected to you, this day,
as I navigate the things that will bring life to me,
as well as the things that will work to steal life from me.

God, help me to pay attention to, and work to understand
the emotions I will experience during the day.

Thank you for the pieces of the day I feel excitement for.

I ask for your peace and comfort for the pieces of the day I feel
anxious over.

God, thank you for your steadfast presence and embrace.

What about the coming day makes you feel excited? What about the coming day is creating anxiety? What are the things you need help with? Are there things or people you are avoiding? Speak your thoughts to Jesus. Ask that you might have his heart, and eyes, and wisdom as you move through the day.

Movement Three—Working Towards Trust

God, may I truly feel the possibility of the day
that lies ahead of me.

Grant me the ability to cooperate with others
according to the way Jesus taught us to live.

May your Spirit inspire me
as I move through the day,
interacting, making choices,
and taking in what's around me.

No matter how the day unfolds,
may I seek connection to you throughout.
May I choose trust in you,
even in the places that raise doubts, or
are disappointing, or are painful.

And at the end of the day may I look back
and recognize your presence in my life.

What places do you see possibility for the coming day? What places hinder your ability to see possibility for the day? What are the places you have the hardest time trusting God with? What are things that you can do during the day that will help you stay connected to God's presence? Speak your thoughts to Jesus. Ask that you might have his heart, and eyes, and wisdom as you move through the day.