

My Lord God, I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself,
and the fact that I think I am following your will
does not mean that I am actually doing so.

But I believe that the desire to please you
does in fact please you.

I hope that I will never do anything apart
from that desire.
And I know that if I do this you will lead me,
though I may know nothing about it.

Therefore I will trust you always
though I may seem to be lost
and in the shadow of death.
I will not fear, for you are ever with me,
and you will never leave me
to face my perils alone.

Thomas Merton

Psalm 46

- ¹ God is our refuge and strength,
an ever-present help in trouble.
- ² Therefore we will not fear, though the earth
give way and the mountains fall into the heart
of the sea,
- ³ though its waters roar and foam
and the mountains quake with their surging.
- ⁴ There is a river whose streams make glad the
city of God, the holy place where the
Most High dwells.
- ⁵ God is within her, she will not fall;
God will help her at break of day.
- ⁶ Nations are in uproar, kingdoms fall;
God lifts God's voice, the earth melts.
- ⁷ The LORD Almighty is with us;
the God of Jacob is our fortress.
- ⁸ Come and see what the LORD has done,
the desolations God has brought on the earth.
- ⁹ He makes wars cease
to the ends of the earth.
God breaks the bow and shatters the spear;
God burns the shields with fire.
- ¹⁰ God says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."
- ¹¹ The LORD Almighty is with us;
the God of Jacob is our fortress.

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 week 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 week?
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?

Ask that you might have the heart, eyes, and wisdom of Jesus as you move through the week.

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 week 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 week makes you feel excited?
What about the coming week is creating anxiety?
What are the things you need help with?
Are there things or people you are avoiding?

Ask that you might have the heart, eyes, and wisdom of Jesus as you move through the week.

Movement Three—Working Towards Trust

God, may I truly feel the possibility of the week 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 week,
interacting, making choices, and taking in what's around me.

No matter how the week 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 week may I look back and recognize your presence in my life.

What places do you see possibility for the coming week?

What places hinder your ability to see possibility for the week?

What are the places you have the hardest time trusting God with?

What are things that you can do during the week to help stay connected to God's presence?

Ask that you might have the heart, eyes, and wisdom of Jesus as you move through the week.

O God, when I think of the coming week I do not know what it will bring,
so please help me to be ready for whatever may come.

If I am to stand up,
help me to stand bravely.

If I am to sit still,
help me to sit quietly.

If I am to lie low,
help me to do it patiently.

If I am to do nothing,
let me do it gallantly.

I pray for the coming week—
for the ability to cooperate with others according to the way Jesus taught us to live...

“Your kingdom come, your will be done on earth as it is in heaven.”

May these words that he taught us become more than words.

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

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

Amen.

John Veltri