



*Learn from
the ants, you
lazybones.
They store up
their food
during the
summer for
the hungry
months of
winter.*

From
Proverbs 6:6–8

Rising



I rise from my bed
and turn away from idleness.

I wash in clear water
and resolve to keep my hands clean of wrongdoing.

I choose fresh clothes
and make myself ready for whatever tasks are mine.

I put on my shoes
and set my feet on the path of goodness and kindness.

I wake
I wash
I dress
I say:
“Thank you
God
for this
new day.”

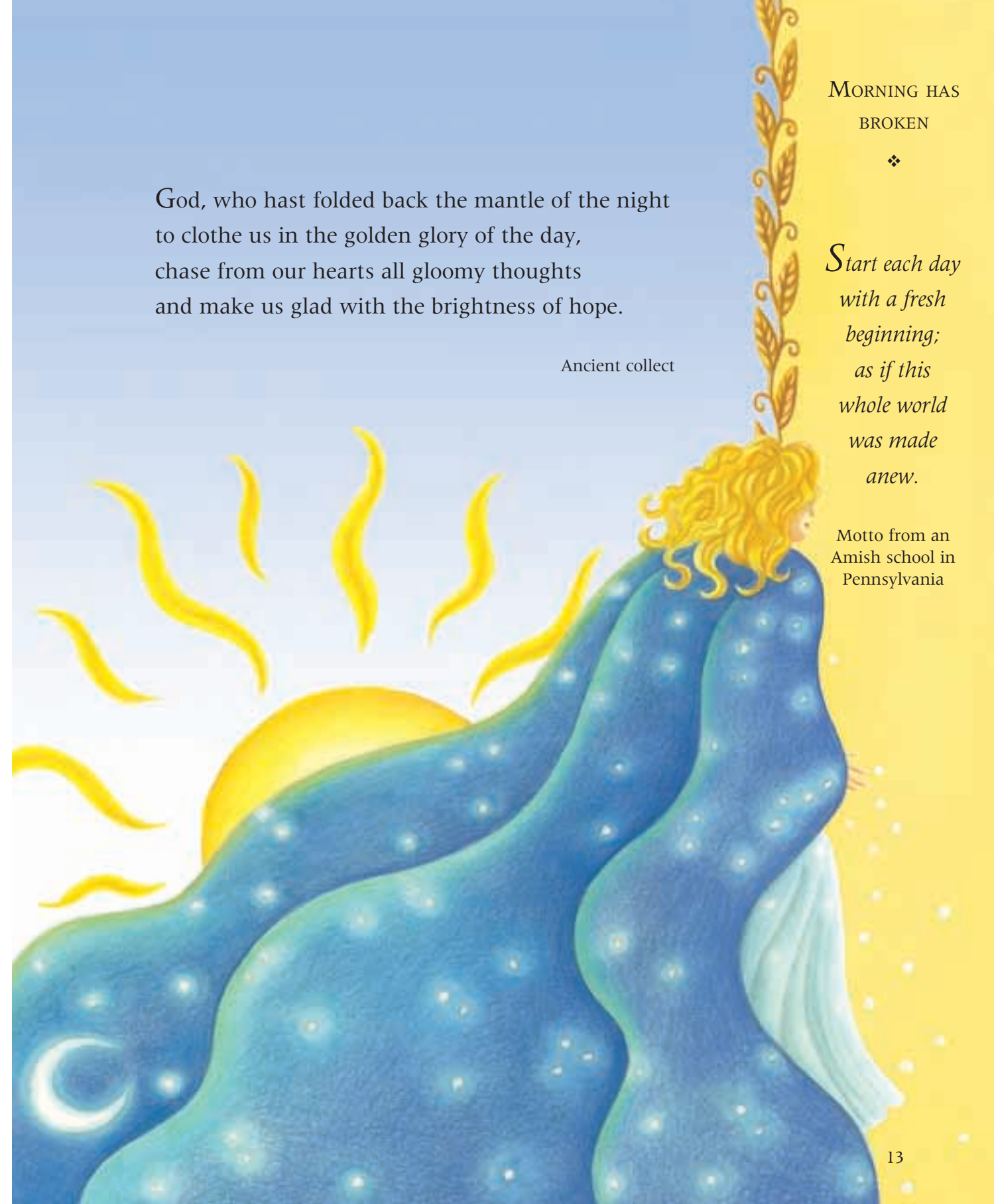


*Start each day
with a fresh
beginning;
as if this
whole world
was made
anew.*

Motto from an
Amish school in
Pennsylvania

God, who hast folded back the mantle of the night
to clothe us in the golden glory of the day,
chase from our hearts all gloomy thoughts
and make us glad with the brightness of hope.

Ancient collect





*I will keep
my solemn
promise to
obey God's just
instructions.*

From
Psalm 119:106

Morning resolutions



Do not follow the advice of the wicked,
but obey every word of God.

For the wicked are nothing more than wisps of straw in the autumn gale; but the righteous are like trees that grow by the lifegiving river, bearing leaves and fruit in their season.

From Psalm 1

O God,
There is so much to do today.
Help me to deal with each task, one by one.



*Dear God,
Help me to
brighten this
day with
kindliness and
cheerfulness.*

O God,
May there be nothing in this day's work of which we shall be ashamed when the sun has set, nor in the eventide of our life when our task is done and we go to our long home to meet you face to face. Amen.

Walter Rauschenbusch (1861–1918)

