Thank You for a New Morning

Let Us Pray

For this new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends.
For everything Thy goodness sends,
We thank Thee, dearest Lord. Amen.

Traditional prayer: Little Folded Hands, no. 8

What This Prayer Means

A new morning gives us another day to love, learn, and help. This prayer thanks God for ordinary gifts: a place to rest, food to eat, and people who care for us. We can begin our day by noticing those gifts. Even when a morning feels difficult, we can tell God how we feel and ask Him to stay near.

Talk About It

What can you thank God for this morning?

How could you help someone have a good start today?

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