

MORNING PRAYER

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

+ Lord, open my senses

+ Lord, open my lips, so that my mouth may proclaim your praise.

+ Lord, open my eyes, so that I may see your works and human needs.

+ Lord, open my ears, so that I may hear your word and the cry of the poor.

+ Lord, open my nose, so that I can distinguish what is alive from what is dead.

+ Lord, open my understanding, so that I may understand you and your word.

+ Lord, open my heart, so that I may make room for you and seek and find you in all things.

+ Lord, open my hands, so that I may receive from you and cheerfully give to people.

Amen.