

A Prayer For Someone In Recovery

*B*lessed art Thou, O Lord
every day
Because every day is precious
Every day is a lifetime
mirroring all life itself.

Thank you for the morning
when I feel fresh and young
And wake to the beauty
all around me.

Thank you for the afternoon
when the sun is high
Suspended in triumph
above a work-a-day world.

Thank you for the evening
when the shadows cast a sheltering palm
above the universe
Permitting it to pause ready for dark.

Thank you for the night
with the ever-present stars
To remind me that darkness
is never absolute.

Thank you for the calm
that is restorative
Not a mindless obliteration
of reality.

Thank you for the sleep
that heals and strengthens
And fills my heart with hope
for a new tomorrow.

