

I wander around looking for a new day, for this day has not been an easy one. Yet I hope for the light of life to envelop me and show a moment of grace, thus instilling gratitude for this life, this moment, and all the moments that follow. Father almighty, I call on you to provide me with the grace and wisdom to continue each day with gratitude. Amen.

Mother Earth, thank you for sustaining me with such soothing beauty and delectable delights. My eyes wander about the world and question where it came from, just as a babe ponders their own beginnings. We may never know exactly how this gift of life came to be, but we may ponder, in gratitude, the wonder of our own existence and come to bask in the majesty of the miracle that is we, us and I. Humanity may not know what we are, what we might become, but with a little trust and faith we may find peace yet. Amen.

Today I find gratitude for my suffering and find grace in the most important lessons of my life here on this earth. It has not been easy, but I trust in faith and know I am important to God's plan, as is all and everything. He watches us grow like baby flowers, blossoming into the most sensational fruit. The sorrow, the tears, the shame and despair, let it fertilise my life and enrich my world within, for there is no end that is not made up of peace. Amen.

Today I am grateful for my
sorrow, for it led the way home
to my joy. Amen.

I wish to thank the light for my life
and for enabling me to walk,
breathe, and make love. For it is
these experiences that sustain my
world and contribute the most
beauty... To move, to rest and to
share in love are my great treasures.
I thank thee with all that I am.
Amen.

Our father, who art in heaven, please provide your nurturing guidance along my road. I will remember you when I eat, sleep and love. I will recall your gifts in my darkest hours so I may know your love even when the darkness envelops me; for you are by my side in day and in night. I am not alone in this life and I am grateful for the presence of love you have bestowed within me.

Amen.

Father, almighty creator, I thank
you for the beautiful belly of
food I am about to receive and
for the sustaining energy it will
go on to provide. I willingly
accept your presence and grace
with this food. Amen.

Oh Mother Earth, I nurture my
body with your goodness. The
riches of the earth replenish and
revive, and I thank thee, forever,
for providing my material home
full of provisions, safety and light.
With love, Amen.

Dearest Nature, today I am grateful to still be breathing in your marvelous life giving oxygen. I too, am grateful for the trees that purify this air; with our symbiotic connection, I pray to save the trees from our ignorant greed and return to the Eden before it's too late; for perfect was your creation, until the human race decided more was better and required for contentment. I pray to see that I am enough, that I have enough, and promise to share with those who do not. Namaste.

Thank you, Father, for gracing me with the strength to endure what was necessary in order to return to a place of love, compassion and understanding. Thank you for removing the sorrow by designing a clever body that can feel and heal itself by doing so. Thanks to you for reducing my anguish and anger, and leaving me with more room to nurture and grow love. Amen.

Our father, reminding me to be grateful for it all has been your greatest gift bestowed upon me... for the sun and the moon, the rain and the stars; for every breath of fresh air and billowing willow tree; for the buzz of each bee and beauty of every flower. I am grateful for the gifts of each day. Amen.

Our mother, thank you for the multiple offerings you have nourished me with, for the gift of the fruits that have ornamented and sustained my world... I am thankful for each ocean, mountain and fresh pasture. Namaste.