

## *Prayer of Gratitude - Morning Prayer*

*As I awaken to greet this day,*

*I give thanks for the gift of life that I can enjoy today and every day to the full.*

*I give thanks for the gift of hearing that I may appreciate the words of others.*

*I give thanks for the gift of sight that I can admire the beauty of creation.*

*I give thanks for the gift of touch that I can feel both sunshine and rain.*

*I give thanks for the gift of speech, help me to use it to spread kindness and positivity.*

*I give thanks for the food that nourishes me today and every day.*

*I give thanks for the roof over my head and floor under my feet as I wake to greet a new day.*

*I give thanks for the talents with which I have been gifted, may I be confident in using them today.*

*I give thanks for second chances and opportunities to make amends to those who I have hurt.*

*I give thanks for the love shown to me by those around me. I am truly grateful for all that I have.*

*Lord, help me to appreciate all that I have and not to get distracted in chasing the things that I don't.*

*I am blessed, Amen.*

*- Elaine O'Sullivan*

*Psalm 107 - 'Give thanks to the Lord, for he is good; his love endures forever'*