

## A Prayer for a Stressful Morning

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We so often forget,  
In our own stress and struggles,  
That children, too,  
Find their brains and bodies  
Flooded with the pulsing  
Rush of worry.

Help us embrace our children  
With a sense of compassion,  
Of understanding,  
Of patience,  
And of peace,  
Just as You do with us.

In times when we  
Don't understand  
And even express anger at  
A son's shout  
Or a daughter's refusal,  
We acknowledge our lack.  
We recognize our need  
For help.

We thank You for the rush  
Of a busy morning,  
For that means we have  
The gift of community  
Woven into our very home.

With the spilled oatmeal and  
A half-eaten banana,  
Remind us of our abundance  
Of food purchased, food transported.  
We think of the cashier at the  
grocery store  
And the field worker who picked  
the banana,  
And we thank You for the hands  
that touched  
What fills our cupboards,  
Knowing many, too, are parents,  
Waking at dawn,  
Feeding children,  
And doing their best.

We acknowledge the privilege  
Of getting frustrated  
At a child losing her left shoe  
In a sea of sandals and boots,  
For we don't even know who made the  
Many shoes we wear.  
We don't even know how many  
Parents ache to give their children  
Just a sliver of our abundance.

Thank You for the good gift  
Of mounting dirty dishes,  
For we have clean water  
And hands to rinse them.

Thank You for the good gift  
Of a pouting child,

And a sulking teenager,  
For they have emotions,  
And emotions tell us how we feel.

Thank You for the good gift  
Of a ticking clock,  
For You have given us time,  
And we are living out memories together.

We marvel at the growing  
Hearts and minds  
And bodies and souls  
We care for,  
And we give this morning  
Back to You.

Thank You for Your mercy  
And unfailing love  
In this seemingly mundane  
And muddled morning.

We sense Your Spirit  
Even now,  
In the hive of activity,  
In the exhaustion of a day  
That has barely begun.

Be with us as we stay  
And as we go.  
You are with us in the  
Backpacks and hats;  
You are with us in the  
Packed lunches and  
Travel coffee mugs.

Give us eyes to see You  
In everyone we will meet today,  
And bring us home  
With joy in our steps,  
Marveling at Your wonder  
And care for Your children.  
Amen.

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*James 3:17-18; 1 Thessalonians 5:16-18; Lamentations 3:22-23*