

**A Prayer
At the Start of the Day**

Dear Lord, thank you for the night's rest you gave me. I am grateful for the renewed energy and enthusiasm it has brought.

Accept my gratitude for bringing me to the beginning of this new day.

I accept this day as a precious gift from you. May I value each minute.

Guide me in every problem I face and every decision I make this day.

Help me to treat everyone kindly, fairly and thoughtfully.

This is the day the Lord has made; let us rejoice and be glad in it.

Psalm 118:24

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