Prayer for Balance in our Lives

O Harmonious God, who in perfect Unity of the Trinity, Father, Son, and Holy Spirit, love us infinitely,

We thank You for all the help You have given us in living our lives in balance, those people You have put in our lives who helps us maintain our balance, and for being with us in our work, relaxation, and prayer.

We ask you to show us the proper balance in our lives and in each area of our lives, to keep us from overdoing anything, and properly care of ourselves and those for whom we are responsible.

We ask you to guide us in our work, that our work may be the best we can do without overdoing it, and reflect well on Your glory. We ask You to help us balance our works that we will find them invigorating and meaningful.

We ask you to guide us in our rest and relaxation, that our rest and relaxation may keep healthy in mind and body and that our rest and relaxation may always be oriented towards You and Your will.

We ask you to guide us in our prayer, that our prayer may satisfy our spiritual needs and be fulfilling. We ask you to help select the forms of prayer and meditation that we need when we need it and allow ourselves to change forms when we need to.

We also ask you to help those around us live in a healthy balance as well.

Amen.

by Thomas A. Stobie, S.F.O.