

**A MORNING PRAYER OF  
THANKFULNESS**

**I thank you Lord Jesus, for holding my life together. From my inmost being to my daily actions, my life is hidden with you, Jesus.**

**You created me and I was buried with you in baptism. You also raised me up through faith in my Father's powerful work. My hope is now laid up for me in heaven. From this hope springs my love and my faith.**

**Our Father rescued me from the domain of darkness. I am transferred to live in your kingdom. You have forgiven me all my sins. All my debts are cancelled and nailed to your cross.**

**Today I invite your Holy Spirit to help when I am tempted to doubt or to be afraid. May the Spirit help me to put on my new self.**

**I know you Jesus are working in me to declare your gospel message of hope to all. And whatever I do in word or in deed, I do everything with thanksgiving in your Name to our Father in Heaven. Amen.**

**(Ideas taken from St. Paul's letter to Colossians)**

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