



A Prayer for God's Help in Establishing Rhythms of Self-care

Inhale

God, thank you for making me in your image.

Exhale

For in you, I am enough.

Inhale

Thank you for loving and cherishing me

Exhale

Simply because of this, I am worthy of care

Inhale

Lord, I invite your presence into my daily rhythms

Exhale

Whether my cup is full, empty, or overflowing.

Inhale

Help me to find ways to function well, sustainably.

Exhale

Show me how I can honour you and myself with rest.

Inhale

Thank you for caring for me Lord

Exhale

May I reflect the grace you show to me not only to others
but towards myself.

Amen.

