

Creator God, thank you that you meet me where life is busy, where wave after wave of task and encounter fill my day. Thank you for the excitement of a busy day, thank you that your Spirit energises and refreshes me, thank you for being with me.



Sustainer God, thank you that you meet me where life is quiet, when the tide of busyness recedes and still pools of silence are left behind with their own calm beauty. Thank you for the peace of a hushed moment, thank you that your Spirit calms me, thank you for being with me.

Amen