Dear God,

Help me:

- ★ Be Brave in small things
  - Just a Touch
  - A word
  - A smile
  - Food
  - Clothing
  - Service to others
- ★ See You in all things
  - Inside our lives
  - Outside in nature
  - In the community
  - In conversation with others
- ★ Relax In Your Grace
  - We are not responsible for everything
  - Its ok to rest
  - You love us
  - I am worthy
    - In all things
    - To all people
    - everywhere

Thank you for all you give us.
You are Wondrous and Mighty
AMEN

This is something that you can add to. Feel free to share. Christine Schmitt

The Church I grew up in, St. John Buck Creek rural Sumner, has a tradition that I have not found in other churches. They stand around the altar making “tables” for communion. (there is no rail)
After communion they return to their pews and stand in their spot for a few seconds in silence. Some pray, some just go through the motions. I do this still, take a moment to breathe and reflect. In August of 2026 I returned to my pew and prayed. Dear God Help Me… Relax in your Grace.
The words blew my mind.. I went home and wrote this.

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- ★ Be Brave in small things
  - Just a Touch, A word, A smile, Food, Clothing, Service to others
- ★ See You in all things
  - Inside our lives, Outside in nature, In the community, In conversation with others
- ★ Relax In Your Grace
  - We are not responsible for everything, Its ok to rest, You love us, I am worthy
    - In all things, To all people, everywhere

Thank you for all you give us. You are Wondrous and Mighty

AMEN

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