

THOUGHT FOR THE DAY: Wednesday 28th June 2023

By Revd Kit Gunasekera

The path of life



This spring, we cut a winding path through part of our garden. The the summer has worn on so has the path, but as I was walking it yesterday some thoughts and prayers came to mind.

As I walk along the path - Lord, be my path today, lead me on my way.

As I make my first turn - Lord, help me to navigate the twists and turns that may come unexpectedly today, thank you that nothing will be a surprise to you.

As I see some new plants flowering - Lord, thank you for the new things your are birthing in me today, may I not miss them.

As I tread on a sunken bit of the path - Lord, keep me steady today, may I not fall into sin. If I do fall, I pray I will get up and keep going.

As I feel the warmth of the sun on my back - Lord, thank you for the warmth of you love, lighting up my way, thank you that you are with me.

As I almost step on some mess - Lord, help me not to put my foot in it today, help me when life feels crap.

As I pass by some beautiful flowers - Lord, thank you for the beauty of your creation, for the birds that sing, the breeze that soothe. May I be an advocate for its healing.

As I almost step on a snail - Lord, help me tread carefully, may I be a loving

and safe presence and may I not hurt anyone through my words or actions today

As I come to the end of the path - Lord, help me finish the day well, and feel like I have accomplished something good.