

晨禱

我生命的天主，我歡迎這新的一天。
它是祢給我的禮物——我餘生的首日。

今天早上，我依然活著，為此我感謝祢。
一夜的睡眠，使我充滿活力，為此我感謝祢。
我有展開新生的機會，為此我感謝祢。

今天充滿希望與機遇，請扶助我，勿令我糟蹋。

今天充滿奧祕與未知之事，
請扶助我，使我面對時，能無憂無懼。

今天充滿奇遇與美妙之事，
請扶助我，使我能盡情欣賞體會。

在這一天內，願我成為一個更關心別人的人，
一個更虔敬的人，一個更慷慨，更友善的人。

請扶助我，勿讓我只顧自己，
而讓我善解人意，樂於助人。

讓我今天不做任何一件害人的事。
讓我至少略盡綿力，使遇見我的人活得更加愉快。

願我在晚上回顧這一天時，不會感到遺憾。
願沒有人會因任何我所做過，或應做而沒有做的事，
而感到不悅。

主，請為我和大家，祝福這一天，
使我們今天越來越肖似祢的聖子耶穌，
成為祢的活肖像吧。

主耶穌基督，我的朋友，我的長兄，
願我們日復一日，更清楚地認識祢，
更熱切地愛祢，更緊緊地追隨祢。

亞孟。

MORNING PRAYER

God of my life, I welcome this new day.

**It is your gift to me—
the first day of the rest of my life.**

I thank you for the gift of being alive this morning.

I thank you for the sleep which has refreshed me.

**I thank you for the chance
to begin life all over again.**

**Lord, this day is full of promise and opportunity;
help me to waste none of it.**

**This day is full of mystery and of the unknown;
help me to face it without fear or anxiety.**

**This day is full of beauty and adventure;
help me to be fully alive to it all.**

**During this day,
may I become a more thoughtful person,
a more prayerful person,
a more generous and kindly person.**

**Help me not to be turned in on myself,
but to be sensitive and helpful to others.**

Let me do nothing today that will harm anyone.

**Let me help, at least a little,
to make life more pleasant for those I meet.**

**When night comes,
may I look back on this day without regrets.**

**May nobody be unhappy
because of anything I have done
or anything I have failed to do.**

**Lord, bless this day
for me and for all of us.
Make it a day in which
we grow more like your Son,
a living image of Jesus.**

**Lord Jesus Christ, friend and brother,
may we know you more clearly,
love you more dearly
and follow you more nearly day by day.**

Amen.