

Let us pray  
Loving god  
That's a first for me  
Is a phrase we use so often.  
It can bring us a smile as we achieve  
Or it can bring a frown as we find yet one more  
thing to think about.  
Help us to know you are with us at all times  
Through the smiles  
And the frowns.  
For you are God.  
We worship you,  
Praise you  
and listen to you.  
For we know that through the work of your son a  
Cross  
Although we don't always get things right,

we are forgiven by you when we forget to follow  
your ways.

Help us to learn to trust you more deeply and to  
share that trust with those we met each day.

For in that way we can help you build first's for  
others as they move through life acknowledging you  
through your son Jesus Christ and the hOly Spirit

One God now and fore ever,

Amen