

Wellness in Times of Transition
(Reflection and prayer for moving into Fall)

It's Fall. Glorious golden days and crisp nights remind us that Summer has come to an end, and a new season has begun. It's a time of transition and change. There is a letting-go of comfortable routines, and a moving forward into new challenges, priorities and celebrations. God is with us in our transitions, dwelling in our hearts, writing the story of our lives together with us as we move through the tasks of each day. Amid continuous change, the love of God remains constant, trustworthy and true.

O God,
My every breath is Your gift of love.
My every heartbeat, a reminder
Of Your loving Presence
Sustaining me in every season.
I give myself to You this day;
I give You my loved ones,
And all their needs;
Use me as You will.
I will let-go of what is Yours to control,
And allow Your peace and joy
To be my source of wellness today.
I make this prayer to You
In Jesus' name.
Amen.

“The joy of the Lord is your strength.” (Neh 8, 10)