

3/19/21

Rrrrring!!!! Says the alarm clock ...  
and my mind automatically jumps into  
"GET-READY" mode! What's on the  
"list" for today? – and what's FIRST?

Contrast that morning scene to ancient  
Celtic Christians who rose with a  
morning prayer:



"I arise today through the strength of heaven...  
Thanks to Thee for raising me from the darkness of last night the kindly  
light of this day"

As I stumble downstairs toward breakfast, I mentally add a few more things to my to-do list.



The Celts prayed:

" Bless to me, O God, each thing mine eye sees and each  
sound mine ear hears..."

I send a quick text and then open the refrigerator for milk.

As the Celts got their milk they said ...

"Bless, O Lord, my little cow  
Bless Thou the milking of my hands –  
and each drop that goes into my pitcher."

THEIR INTENTION??? Purely to honor God with every task, no matter how small –  
and to accept their role as partner with God in doing the work of the world. There were  
prayers for washing up, for sweeping the floor, for weaving, for stirring the soup, for  
planting, for sheep-herding – you name it!!

How would OUR hearts and minds be different if we sat down at the computer and  
intentionally blessed the work of our hands and minds for the honor and glory of God?  
Or when we text/speak on our cellphones to commit the words to God's care? Maybe  
that's what St. Paul meant when he said to "pray without ceasing..." – just inviting  
God into our day and honoring God with each thing that we do.

The ancient and beloved Celtic hymn “BE THOU MY VISION” (contemporary translation) suggests a great text to begin our own days! ([Click here](#) for a stunning version sung by over 300 churches across the U.K.)

“ Be now my vision, O God of my heart  
Nothing surpasses the love you impart  
You my best thought, by day or by night,  
Waking or sleeping, your presence my light.”



Amen.