

The Lord's Prayer for a New Age

O Spirit of Love, Creator of the Universe...
Let Your light and love pervade all that is.

Help us to feel nourished, inspired and empowered
by Your love.

Let each of us learn how to still our minds
so that we can perceive the promptings of Spirit
within our hearts.

Give us the courage to act upon inner guidance.

Help us to detach from the fluctuations of the mind.

Let our every action, intention and operation
be fully aligned with Spirit to Your praise and glory.

NOW and in all ways.

AMEN.

by Teeya Scholten

*The dedication and prayer are adapted from Patanjali's Yoga Sutras, Ephesians 3:20 and the Spiritual Exercises of St. Ignatius