

DAY ONE

MY DAY BEGINS

The heavens proclaim the glory of God;
and the firmament discloses the divine handiwork.

Day to day they pour forth speech,
and night to night speak knowledge.

There is no speech, nor are there words;
their voice is not heard;

yet their voice goes out through all the earth,
and their words to the end of the world.

In them God has set a tent for the sun,
which comes forth like a bridegroom from
his chamber,

and like a strong man runs its course with joy.

Its rising is from the end of the heavens,
and its circuit to the end of them;
there is nothing hidden from its heat.

The Law of the Lord is perfect;
it restores the soul.

The testimony of the Lord is sure;
it makes simple people wise.

The ordinances of the Lord are true

and altogether right.
More to be desired are they than gold,
even much fine gold,
sweeter also than honey
and drippings of the honeycomb.
Let the words of my mouth
and the meditation of my heart
be acceptable in your sight,
O Lord, my rock and my redeemer.

ALL THROUGH THE DAY

The heavens proclaim the glory of God.

MY DAY IS ENDING

Take a few minutes to relax
and look back over your day.

Where did you discover God's glory
in creation today?

Spend some time remembering
how you experienced nature today.

NIGHT PRAYER

Wondrous Lord,
let me thank you
for this beautiful earth.
I see you in the heavens,
in the plants and animals,
and in other people.
Let me acknowledge
and greet you in all these things.