



The Three Step Prayer

(Adapted from Sr. Jose Hobday and from the Native American Tradition of the Tribes of the Southern United States)

Ideally, you will do this prayer outside facing East and the light of the new day.

Opening:

Loving God, we come before you as a new day dawns with gratitude and trust to accept all that You have to offer us. Send your Holy Spirit to be a vibrant presence with us, as we step into this new day. Help us to grow more fully into the people you want us to be and let us live peacefully in the holiness and mystery of life you offer. We ask all of this through Jesus, who leads us to you. Amen.

Step 1 – Stepping into the Day

Prayer: "O Great Spirit, you have given us this day as a special gift, In taking this step into the day, we accept everything it will bring, whether it is part of our plan or not. Teach us to accept every gift that comes our way today. Help us to use each gift wisely, to love our brothers and sisters and to care for our Mother, the Earth."

Step II – Stepping into Ourselves

Prayer: “Great Spirit, you have created us as we are. In taking this step, we accept ourselves as we are now, as have been in the past, and as we will be in the future. We ask that today, we will be true to the way you have made us. Help us to walk respectfully on our Mother the earth, so none of her plants will be crushed. Help us to walk into people’s lives in the same way today, so none of them will be bruised.”

Step III – Stepping into Mystery

Prayer: “O Great Spirit, you have created us and everything around with a sense of mystery. We now step into that mystery and put our arms around it. Help us to accept the things of this day that we do not, and cannot understand. Grant that our encounter with these elements of mystery will bring us nearer to you and closer to living a holy life.”

Closing:

Loving God, thank you for helping us to accept all that you have to offer us today. Guide us to live this day fully and with great love, so that, we can offer all these great blessing back to you. In doing so, we know we will be of service to our brothers and sisters and a gift to our world.

Amen.

