

THE MORNING RESOLVE

I will try this day to live a simple, sincere and serene life, repelling promptly every thought of discontent, anxiety, discouragement, impurity and self-seeking; cultivating cheerfulness, magnanimity, charity and the habit of holy silence; exercising economy in expenditure, generosity in giving, carefulness in conversation, diligence in appointed service, fidelity to every trust, and a childlike faith in God.

In particular I will try to be faithful in those habits of prayer, work, study, physical exercise, caring and sleep which I believe the Holy Spirit has shown me to be right.

And, as I cannot in my own strength do this, nor even with a hope of success attempt it. I look to thee, O Lord God my Father, in Jesus my Savior, and ask for the gift of the Holy Spirit.