

# NOON PRAYER

Lord, we pause at noon from work and activity  
To remember the many gifts  
that come from Your heart.

Thank You for food and meaningful work.  
Thank You for the beauty and rhythm of each day.  
Thank You that You lovingly accept us as we are  
And invite us to rest in the intimacy of that love.

Guard us, Lord, from seeking to find our identity  
In performance or professions.  
Keep us awake to Your sustaining love  
the remainder of this day.  
Grant us the courage to delight in the life that is ours  
And may the peace you have given to us  
Make its way to those You bring across our path.

Amen

From: <https://soulstream.org/daily-prayers/>