

TEACH US TO LIVE WELL

BASED ON PSALM 90

God, you have always been here.
Before time began, you were already
strong. You see everything, even
when we feel invisible. Help us
remember you in the middle of our
busy days.

Life feels short and fast. We try to do
too much and still feel behind.

Remind us what really matters.
Teach us to slow down and be with
you.

We mess up. We get distracted,
angry, and lazy. But you are kind and
patient. Please forgive us and help us
start again.

Bless the work we do each day.
School, chores, sports, jobs, and
friends. Help us do these things with
love. Let them bring joy to others.

Stay with us through every season.
When we feel lost, guide us. When
we are tired, give us strength. You
are our shelter. You are always near.

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