

DAY ONE

MY DAY BEGINS

I shall take heed, says the devout soul,
and I shall hear what my Lord Jesus shall speak in me.
Blessed are they that hear Jesus speaking in their soul,
and who take from his mouth
some word of comfort.

Blessed be those ears that hear
the secret whisperings of Jesus
and heed not the deceitful whisperings of this world;
and blessed be the good plain ears
that heed not the world's wisdom,
but rather take heed
to what God speaks and teaches in the soul.

Blessed be those eyes that are closed to
outward vanities,
and that take heed to the inward movings of God.

Blessed be they also that grow in virtue
and daily perform
the corporal and spiritual works of mercy.

They shall receive daily more and more
the secret inspirations and inward teachings of God.
And blessed be they who commit themselves wholly
to serve God, and for his service
put away all hindrances of the world.

O you my soul!
Take heed to that which has been said before
and shut the door of your soul to the world
that you may hear spiritually what our Lord Jesus
speaks fully in your soul.

Thus says my Beloved:
“I am your health, I am your peace. I am your life.
Keep me at your side and you shall find peace in me;
forsake the love of transitory things
and seek things that are everlasting” (3:1).

ALL THROUGH THE DAY

You are my health, my peace,
and my life.

MY DAY IS ENDING

O Lord,
you have been with me all through the day.

Now evening has come.
The shadows have lengthened into darkness.
Let my busy world now grow quiet,
the feverish concerns of this day be stilled,
my work put away.
Grant me a night of silence with you.
I have sought all through the day
to hear your whisperings in my soul
and to close my ears to the clear call of the world.
Let me abandon all that passes with the day.
Let me choose you.
Stay by my side and speak to my spirit
as I seek what will last forever.
Be my health. Be my peace. Be my life.
And as my day ends
keep me in your embrace through the night,
give me quiet rest and your peace,
now and forever.
Amen.