

DAY ONE

MY DAY BEGINS

A whole lifetime is short,
and sometimes very short indeed.
How do we know that ours may not be so short
as to end an hour,
or even a minute after
we have determined to give ourselves wholly to God?
It is quite possible,
for we cannot depend on anything
that passes away,
much less on life,
on which we must not reckon
for even a single day.
We may be among those who,
worldly as we still are,
have some deep desire
to do what is right.
At times, rare as they may be,
we commend ourselves to God's care.
We think about our souls every now and then.

Busy as we are,
we pray a few times a month,
even though our minds are filled
with a thousand other matters.
“Where your treasure is, there also is your heart.”
We need, therefore, from time to time
to cast aside our daily concerns.
We need to reflect upon the state of our soul,
and to realize
that we will never reach our goal
by the road we are following.
We need to withdraw from time to time
from all unnecessary cares and business.

ALL THROUGH THE DAY

A whole lifetime is short.
I cannot depend on anything that passes away.

MY DAY IS ENDING

Let nothing, O Lord,
disturb the silence of this night.
Let nothing make me afraid.
For even though life is short,

even though it could end before I wake,
if I put all my trust in you,
and not in passing things,
I need not be concerned.

Let me now,
in the dying moments of this day,
cast aside my concerns
and reflect upon the state of my soul.

Worldly as I still am,
I harbor a deep desire
to do what is right
and to commend myself
wholly to your care.
For if I have you, God,
I will want for nothing.
You alone suffice.