

The Seven Steps of Morning (or Afternoon!)*

If praying alone, one can do this walking around any room or out of doors, taking small, contemplative steps. If praying with a group, all form a circle and face clockwise, moving in that direction. The leader invites the group to take one small step for each of the seven words as each word is announced and its text read. The leader will quietly repeat the word—*gratitude*, *love*, or some other—several times. Pause after each word for one or two minutes. Then invite the group to take the next step, announce the word and its text, and repeat until all seven steps are completed.

My (our) first step is that of **gratitude . . . gratitude** for the gift of another fresh day of life, for sacred space, for this time together. **Gratitude**

My (our) second step is that of **love . . . love** for the Holy One, for all we hold dear, for the ways we reach out to all. **Love**

My (our) third step is that of **hope . . . hope** for the possibility of growth in each moment, for the possibilities of those things unseen. **Hope**

My (our) fourth step is that of **compassion . . . compassion** for all of creation and our deep connection, to all people, to all living things, we are one. **Compassion**

My (our) fifth step is that of **openness . . . openness** for what I may give, for what I may receive, may I truly be open to this day. **Openness**

My (our) sixth step is that of **laughter . . . laughter** for the joys that will refresh our hearts and restore our souls. **Laughter**

My (our) seventh step is that of **faith . . . faith** for difficult challenges that may arise, for the gift of God's faithfulness through all of life. **Faith**

Prayer: Giver of Life, awaken my (our) entire being so that I (we) can enter this day (afternoon) with the eagerness of one who sees beauty and truth strewn through every part of life. Deepen my (our) bond with you and strengthen my (our) peace. Amen

NOTE: Other qualities that might be inserted in place of these seven include: trust, nonjudgment, recovery, strength, kindness, generosity, healing, etc.