Preparing for Action: Morning Prayer
Adapted from Faithful Families, by Traci Smith

Sometimes we wearily open our eyes and find that we are in need of energy, or courage. There are other days when we wake up with anxiety or nervousness and find we are in need of peace and calm. On still other days, we are in need of joy or self-control, or something else. For this simple tradition, take a moment as individuals or a family at breakfast and reflect on what the day might bring. Each person identifies the thing they most needs for the day ahead, choosing the appropriate card and putting it in a pocket to use as a prayer and hope for the day. This helps strengthen us as we prepare for action in this season of Easter.

Materials
1. Empty box
2. Index cards, cut in half
3. Markers
4. Scissors
5. Clear contact paper or laminating machine (very optional)

Time Investment
30 minute initial investment to make the box, and then 10 minutes daily whenever the tradition is practiced.

How To
2. Leave several cards blank, as well.
3. Send a picture of your box to Pastor Sean at pastor@lyonsvillechurch.org or 708-813-1590.
4. Laminate the cards with either a laminating machine or using clear contact paper (optional).

For the Tradition
1. In the morning, sit down and reflect on your own or with others on the day ahead. What significant things are happening in the day? What do you need for the day?
2. Pick what you need out of the box and carry it with you for the day in your purse, backpack, or pocket. You can use the blank cards for something not already represented.
3. Return cards to the box at the end of the day so that it might be taken again another day.

Notes
• Encourage others to share as little or as much as they feel comfortable sharing. The focus of the tradition is to be quiet before God and to reflect on the day ahead.
• It will be necessary, from time to time, to reevaluate the box and replenish it because the cards may get lost in pockets, shoved into bags, etc.