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# PRAYER OF A MID-LIFER



Almighty God, beyond all images, stages and ages, enable us to surrender to the mystery of You that new imageries may surface to give hope and sustain to the interior transformation. We wish to live a life with the ability to function at a high intellectual, emotional, spiritual and physical level. Thus, we can be active and richly abundant in our being and doing. We know that during this stage of our life we can become a catalyst to new and exciting era in our life and to answer the wake-up calls to experience improved health, spiritual fulfillment and long-lasting relationships that will enrich and lengthen our days.

With unwavering faith in God, your grace will sustain us to go ahead in life. May we have the grace to embrace midlife as simple as that in the scheme of God's plan irrespective of the enormous changes that take place in our entire being, physically, emotionally, psychologically and spiritually. Gift us with the grace to embrace these changes as part of growing up to another phase of life. More and more may we be able to listen to your voice, "Peace I leave with you, my peace I give to you, not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid". May we know what your love can bring us- comfort and peace- when our youth seems to cease and memories of younger days ring repeatedly.

God, we trust that you have a plan for all of us to be wiser, bolder and be ourselves to proclaim you as our Lord and Master. In your generosity, continue to inspire us, initiate us and teach us to move forward with more conviction, contentment, energy, enthusiasm, love and inner peace. Amen

Sr. Lissy Jose SSPS