



New Year Prayer of Fastening

(Joyce Rupp)

Fasten my heart to you, Love of all Loves,
that all I am and do finds its motivation in you.

Fasten my mind to you, Inner Peace,
that whatever stirs within leads to tranquility.

Fasten my days to you, Divine Presence,
that in each happening I remain united with you.

Fasten my nights to you, Keeper of Dreams,
that I find restoration in your embracing care.

Fasten my joys to you, Delight of My Soul,
that these memories comfort me in times of trouble.

Fasten my sorrows to you, Compassionate One,
that I experience solace in your kindheartedness.

Fasten my concerns to you, Faithful Companion,
that I withdraw from my fears and anxieties.

Fasten my responsibilities to you, Source of Love,
that my daily efforts evolve from a generous spirit.

Fasten my relationships to you, Friend of My Heart,
that your profuse love nurtures and sustains them.

Fasten my anguished world to you, Holder of Hope,
that my dreams for peace may become a reality.

Fasten my prayer to you, Eternal Mystery,
that I might give myself ever more fully to you.