

**Good morning, God.
Today I am going to feel.
Today I am going to feel joy.
And when I want to add a “but” or an “if” or feel like I’m unworthy to have joy,
I’m going to stop and breath and say, “I am worthy of feeling joy.”**

**Today I am going to feel pain.
I realize life hurts, love hurts.
Instead of distracting the pain with numbing behaviors,
I’m deciding to feel it.
Not wallow in it,
to feel it and live.
You are with me in the pain.**

**Today I am going to feel.
Because you are with me, my expectation is your presence.
I get to live beyond human limitations
Because you are with me.
I will trust you in today’s sunshine.
I will trust you in today’s rain.
Today is going to be an adventure.**



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Amen.

