

My Lord God,

I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so.

But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire.

And I know that if I do this, you will lead me by the right road though I may know nothing about it.

Therefore I will trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

~Thomas Merton "Thoughts in Solitude"

Anxiety: Spirit Pace

Go easy. You may have to push forward, but you don't have to push so hard.

Go in gentleness, go in peace.

Do not be in so much of a hurry.

At no day, no hour, no time are you required to do more than you can do in peace.

Frantic behaviors and urgency are not the foundation for our new way of life.

Do not be in too much of a hurry to begin.

Begin, but do not force the beginning if it is not time.

Beginnings will arrive soon enough.

Enjoy and relish middles, the heart of the matter.

Do not be in too much of a hurry to finish.

You may be almost done, but enjoy the final moments. Give yourself fully to those moments so that you may give and get all there is.

Let the pace flow naturally. Move forward. Start. Keep moving forward. Do it gently, though.

Do it in peace. Cherish each moment.

Today, God, help me focus on a peaceful path rather than a harried one. I will keep moving forward gently, not frantically. Help me let go of my need to be anxious, upset, and harried. Help me replace it with a need to be at peace and in harmony.

Amen.

~Workaholics Anonymous