

ONE DAY AT A TIME

GROWING OLD PRAYER

LORD, AS I GROW OLD AND FORGETFUL, HELP ME TO BE ALWAYS AS MINDFUL OF YOU, AS YOU ARE OF ME. HELP ME REMEMBER THE THINGS THAT ARE TRULY IMPORTANT.

NEVER LET ME FORGET THE GOODNESS AND KINDNESS, THE MERCY AND COMPASSION, YOU HAVE SHOWN ME ALL MY LIFE.

HELP ME TO BE FAITHFUL IN GIVING YOU PRAISE AND THANKS, FOR THE GIFTS OF YOUR SON AND THE HOLY SPIRIT, FOR THE GRACES OF REDEMPTION AND RECONCILIATION.

MAY EACH COMMUNION SERVICE BE A CELEBRATION AND RENEWING OF OUR COVENANT OF LOVE THROUGH YOUR SON, AND A TIME TO REACH OUT IN LOVE, TO ALL YOU HAVE GIVEN ME AS COMPANIONS ON LIFE'S WAY.

DO NOT LET ME FORGET THE POOR, THE SICK AND SUFFERING, THOSE WHO NEED A CHEERFUL & ENCOURAGING WORD FROM ME

HELP ME TO BE GRATEFUL TO MY FAMILY AND FRIENDS AND TO ALL WHO MIRROR YOUR LOVE TO ME. GRANT THAT I MAY REMEMBER TO SAY THANK YOU.

HELP ME TO WALK IN YOUR WAYS TO THE END OF MY LIFE. AND MAY MY LAST THOUGHT BE OF YOU, AND THE JOY THAT AWAITS US ALL IN YOUR ETERNAL KINGDOM.

NEVER LET THE ABUNDANCE OF GOD'S GIFTS CAUSE YOU TO FORGET THE GIVER. GOD WANTS OUR PRECIOUS TIME—NOT R SPARE TIME. WE ARE OFTEN MORE CONCERNED ABOUT WHAT OTHERS ARE NOT DOING THAN ABOUT WHAT WE SHOULD BE DOING!

PRACTICE AND UNDERSTAND THE POWER BEHIND FOCUS.