



Of course I don't know how you are feeling with how life is at the moment, but if you're not quite feeling yourself, then maybe this prayer will help.

A prayer for today...

Not a good day

I know you are angry, says God.
Your silence screams.
So get real,
be your hidden self with me;
the one that is not nice, not nice at all.

Don't be embarrassed, bawl if you want to.
Rage.
Sulk.
Kick and pout like a child;
I like children.
Yes, tantrums and all.

So when someone says, 'Let us pray...'
Knot your arms and mutter,
'shan't!'
If it helps, its where you are just now.
And where you are is exactly where I want to be too,
With you.

Words by Frances Copsey