

FORTIETH DAY

In the Morning

O God, grant that all through to-day I may never find any request for help a nuisance.

Help me never to find a child a nuisance,
when he wants me to help him with his lessons,
or play with him in his games.

Help me never to find a sick person a nuisance,
if he would like me to spend some time with him,
or do some service for him.

Help me never to find someone who is old a nuisance,
even if he is critical of youth,
settled immovably in his ways,
demanding of attention.

Help me never to find a nuisance anyone who asks me,
To show him how to do things;
To help him in his work;
To listen to his troubles.

Grant, O God, that I may neither be too immersed in work or too fond of my own pleasure, that I may never be too busy and never too tired, to help those who need help, even if they are the kind of people who get on my nerves and whom I instinctively dislike.

Help me to help, not only when it is pleasant to help, but when help is difficult and when I don't want to give it: through Jesus Christ my Lord. AMEN.

In the Evening

O God, the thing that hurts me most to remember at night is how I hurt others through the day.

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FORTIETH DAY

Forgive me

For cruelly and mercilessly criticising others;
For laughing at people;
For thinking people fools, and for letting them see that I thought they were.

Forgive me

For any request that I refused;
For any sympathy that I did not give;
For any disloyalty which brought pain to the heart of a friend.

O God, I know that so often I have not treated others as I would wish them to treat me; I have treated them as I would hate to be treated.

Forgive me and help me to be kinder to-morrow: through Jesus Christ my Lord. AMEN.

Daily Reading

PHILIPPIANS 2: 5-11

Let this mind be in you, which was also in Christ Jesus; who, being in the form of God, thought it not robbery to be equal with God: but made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men; and being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross. Wherefore God also hath highly exalted him, and given him a name which is above every name: that at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth; and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

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