

Prime: A Celtic-Inclusive Morning Prayer

(Begin in stillness. You may light a candle or simply breathe deeply to mark the beginning.)

Opening Invocation

Leader or All:

Blessed be this day, the gift of the Holy One.

Blessed be the breath in our lungs,
the strength in our limbs,
and the light that wakens us.

All:

From the rising of the sun
to its setting in the west,
may peace rise with us
and love guide our steps.

Prayer of Gratitude for the Morning

I give thanks for the morning light,
For the winds that move through tree and sky,
For the waters that cleanse and refresh,
For the earth beneath my feet — steady and strong.

May this day be a blessing.

May my hands do no harm.

May my words mend, not wound.

May I walk with compassion and courage.

Psalm or Poem (choose one)

Option 1: Psalm 19:1-4 (Inclusive Celtic Paraphrase)

The heavens sing out Your glory,
The skies whisper of Your handiwork.
Day speaks to day, and night teaches night,

Without a voice, without a sound —
Yet their message travels the world.

Option 2: A Celtic-Inspired Morning Poem

O Spirit of the Dawn,
wrap me in Your cloak of light.
Guard me from despair,
kindle the spark of joy,
and lead me on paths of kindness.

Meditation / Silence (1–5 minutes)

Let us enter a moment of stillness,
listening for the voice of the Sacred
in the rustling of leaves,
in the stirrings of our hearts,
in the breath that joins us all.

(Silence)

Prayer for the Day Ahead

May I meet each being with respect.
May I tend to justice with care and courage.
May I see the Divine in all faces.
May I walk this day in the rhythm of grace.

Blessed be the path under our feet,
The sky above us,
The love around us,
And the fire within.

Closing Blessing

Leader or All:

The peace of the wild wind be with you.
The peace of the still earth stay with you.

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The peace of the rising sun warm you.
And the peace of the Eternal Spirit
go before you, behind you, beside you, and within you.

All:

So may it be. Amen.

