Monday, April 21, 2008 -- (Meditation: Psalm 34:15-18) God, when the mail comes I throw away the bulk of it -- the junk mail. It seems like everybody is trying to sell me something. But how wonderful it is to get a personal letter. It stands out. I recognize the handwriting. I recognize the return address. I know it comes from someone who knows me and cares about me. God, are my prayers more like junk mail than personal letters? Do I take time to be with You alone because You are important to me, or do I just try to sell You on something I want? Forgive my charades, and lead me into a deep and trusting relationship with You. Through Jesus Christ, my Lord. Amen.

Tuesday, April 22, 2008 -- (Meditation: John 14:1) God, why do I have so much anxiety about my work? Is it caused by a fear of failure? Is it caused by wondering if I can use others to pursue my agenda? Is it caused from fear that good things won't keep happening? God, my anxiety refuses to trust that my future rests securely in You. My anxiety makes You the means, and not the end. O God, forgive me and help me to pour all my anxiety into the great sea of Your love and Your providence. Through Jesus Christ, my Lord. Amen.

Wednesday, April 23, 2008 -- (Meditation: I Peter 4:9-10) God, on Administrative Professionals Day, we recognize those whose work is invaluable but often unheralded. We give You thanks for those who make our appointments, and for those who are the first to greet us when we walk in. God, there are a myriad of different things that Administrative Assistants have to deal with, and there are constant interruptions. Thank You for their patience, their sense of humor and their graciousness. Give them the joy of knowing what an important contribution they make to our organization, to the customers we serve, and to each of us. In Jesus' name. Amen.

Thursday, April 24, 2008 -- (Meditation: Ephesians 4:31-32) God, sometimes I brood on negative feelings . . . feelings of anger at those who have mistreated me . . . feelings of envy toward those who have more than I do . . . feelings of self pity when I'm not included . . . feelings of guilt because of my sins. God, why do I cling to negative feelings? If I let them go, would they be only temporary thoughts that float by, like scudding clouds? I'm glad that having an angry thought doesn't mean I have to be an angry person. God, help me to live in the positive light of Your love. In Jesus' name. Amen.

Friday, April 25, 2008 -- (Meditation: Psalm 104:34) God, when I meditate on the Cross, or on a passage of scripture, or on the essence of love -- it is by faith. Your presence is not perceived physically, only spiritually. Your still small voice can be missed by inattention and distraction. God, I am grateful that You call me to be still, to be aware, to meditate, and to commune with You. Through Jesus Christ, my Lord. Amen.

How to use Prayers At Work:
Read through the prayer for the day.
Let your spirit quietly enter into the prayer and make it your own.
Pray your prayer to God.
Sit in quiet meditation and wait for God's leading.