



The Lord is my Pacesetter

The Lord is my Pacesetter, I shall not rush,

He makes me stop and rest for quiet intervals,

He provides me with images of stillness, which restore my serenity.

He leads me in ways of efficiency, through calmness of mind; and his guidance is peace.

Even though I have a great many things to accomplish each day, I will not fret. For His presence is here. His timelessness,

His all-importance will keep me in balance.

He prepares refreshment and renewal in the midst of my activity, by anointing my head with His oils of tranquility.

My cup of joyous energy overflows. Surely harmony and effectiveness shall be the fruit of my hours, for I shall walk in the pace of my Lord, and dwell in his house for ever.

Amen.

