

CREATOR OF THE SABBATH,
YOU ARE THE CREATOR AND
EXAMPLE OF REST. FORGIVE ME
FOR TIMES I HAVE THOUGHT
MYSELF BETTER THAN YOU AND
NOT TRUSTED YOUR PLAN FOR REST
IN MY LIFE.

RECREATE ME TO HAVE A
BEAUTIFUL RHYTHM OF RUNNING
AND REST IN MY LIFE, AS I RUN
WITH ENDURANCE THE RACE YOU
HAVE SET BEFORE ME, UNTIL I JOIN
YOU IN ETERNAL LIFE BECAUSE OF
JESUS.

STRENGTHEN ME THIS DAY TO LIVE
FOR YOU.
AMEN.