

A Litany based on the four aspects of prayer:  
Praise, Thanksgiving, Sorrow, Petition

I give You praise, God of my journey,  
for the power of love,  
    the discovery of friends,  
    the truth of beauty;  
for the wonder of growth,  
    the kindling of fidelity,  
    the taste of transformation,  
for the miracle of life,  
    the seed of my soul,  
    the gift of "becoming",  
for the taste of the little dyings,  
    which have strengthened me for this moment:  
for the mystery of the journey,  
    the bends in the road,  
    the pauses that refresh:  
for the faith that lies deep enough  
    to permeate discouragement and anxiety.

I give You thanks, God of my journey,  
for all I have learned of the life of Jesus  
    of how to say goodbye:  
for those who have always stood near me  
    and given me spiritual energy:  
for Your strength, on which I can lean  
    and Your grace, by which I can grow:  
for the desire to continue on:  
for believing that Your power works through me;  
for being able to love so deeply,  
    so tenderly, so truly:  
for feeling my poorness,  
    my emptiness, my powerlessness:  
for believing that You will care for me  
    in my vulnerability

I ask forgiveness, God of my journey,  
for holding on so tightly,  
for refusing to be open to new life;  
for fighting off the dying that is  
    essential for growing:  
for insisting that I must be secure and serene:  
for ignoring Your voice  
    when You urged me to let go:  
for taking in all goodness  
    but being reluctant to share it:  
for doubting my inner beauty:  
for resisting the truth of  
    my journey home to You.

I beg assistance, God of my journey,  
to accept that all life is only on loan to me:  
to believe beyond this moment;  
to accept Your courage when mine fails:  
to recognise the pilgrim part of my heart:  
to hold all of life in open hands:  
to treasure all that is gift and blessing:  
to look at the painful parts of my life  
and grow through them:  
to allow Your love to embrace me  
on empty and lonely days:  
to receive the truth of Your presence:  
to trust in the place of "forever hello"