

All About My 'Morning Prayer'

An inspired Spiritual Practice by Rev. Lloyd Strom

What we do in the morning sets the tone for our day, and the most effective way to start our day is to set our morning mood on a 'high note' through the practice of Prayer. This is because Prayer has the power to *'tell our feelings how to feel.'* Consequently, to get into the habit of starting each day with a Prayer, will bring untold blessings into our lives over time.

Following, is a simple little prayer that can radically change the day-to-day experience of our Life if it is performed on an ongoing daily basis. It should be emphasized that there is nothing magical about the exact wording of this Prayer. Consequently, it can be used as is, or it can be modified to find expression in your own words. What is important is that we keep it simple so that we can sustain the practice over time.

It should also be noted that the effectiveness of this Prayer can be enhanced by preceding it with some form of Worship or Meditative practice. This will effectively raise our consciousness so that we begin to pray from God, as opposed to praying to God.

~ My Morning Prayer ~

"The God I Am is here, and there, and everywhere. The God I am is even within the events of this day, and it is there that I declare that these events have now organized themselves in such a fashion that this day shall be peaceful, pleasant, productive, and prosperous as well. And I give thanks in knowing that this is so. I am grateful God is gracious. ...Amen!"

Commentary

The principle of productivity is the application of knowledge to whatever it is that we are doing. A Spiritual Practice is no exception to this principle. Consequently, the more deeply we understand a practice the more productive it will be. On the surface, the Morning Prayer presented above might seem to be a bunch of nice words assembled into a simple Prayer. However, there is much more to this Prayer than the casual observer might be aware of. Consequently, it behooves us to explore the deeper meaning and principles embodied in this Prayer.

The beginning of this Morning Prayer recognizes the Omnipresence of God, which is *'here, and there, and everywhere within the known Universe.'* It further recognizes the functional name of God, as given to Moses on Mount Sinai as *'I Am that I am.'* (Ex. 3:13-14) In other words, whenever we say *"I am,"* God says *"I Am that I am."* For example, if we were to say *"I am rich,"* then God will silently say *"I Am that I am that is rich."* The Divine will then proceed to inspire us with new thoughts, beliefs, ideas, and attitudes, which if acted upon, will produce greater riches in our lives. Furthermore, those riches can only be made manifest to the degree that we can believe that they will. So, if we have spent our whole life affirming that *"I am poor,"* it may take some time and considerable effort to overcome our former way of thinking so that the blessings of God can be made manifest in our lives.

The next element in the Prayer involves a *'personal declaration,'* whereby we qualify and direct the Divine creative power that we have identified ourselves with in the opening of the Prayer. The authority for us to do this is revealed in the Bible by the prophet Isaiah, whereby the Lord spoke to him and said:

"Concerning the work of My hands, command ye Me." (Isa. 45:11) In other words, God said unto Isaiah, *"Tell Me what you want Me to do."*

The next step in this Morning Prayer is to direct the Hand of God to create experiences in our daily life that are consistent with the essential nature of the Divine. In general, it is a good idea to not be overly specific regarding the desired outcomes of our prayers. Instead, we should pray for the qualities of God to be expressed into whatever situation we are praying about. It is true that *"all things are possible with God."* (Mat. 19:26) However, a highly specific outcome simply might not be possible at that particular time when we are praying. Furthermore, the Divine cannot respond to prayers that defy its own nature, and might be harmful to others. Fortunately, a day that is simply *"peaceful, pleasant, and productive"* is good for everyone, including ourselves.

We conclude our Morning Prayer with a gesture of Gratitude. In modern metaphysics the practice of giving thanks before our prayers are answered is a process known as *'placing the reaper in front of the sower.'* In other words, we mentally harvest the fruit of our prayers as we are planting the seed in the Mind of God that will bear the fruit we are praying for. By doing this we effectively remove the element of time from the content of our Prayer. This is the means by which

we can create a miracle, for a miracle is simply something that should take time, but doesn't. The best example of this practice is the fact that Jesus always gave thanks to the Father before He performed a miracle.

It is also important to keep in mind that the universal Law of Gratitude states that, *'whatever we are grateful for will increase.'* Consequently, by being deeply grateful and giving thanks each day, the blessings of this prayer practice will increase in both quality and quantity in our experience of Life. Therefore, we should always keep in mind the words of the great 14th century Christian mystic Meister Eckhart, *"If the only prayer you ever spoke was 'Thank You,' that would be sufficient."*

In conclusion, we should also be aware of what is known as the *'paradox of prayer.'* This is a nasty little habit that most of us seem to develop concerning the practice of Prayer. The paradox is essentially this: *'When Things are going good we feel like we don't need to pray. However, when things start going badly we feel that prayer is not going to help, and this is because we do not pray every day even when things are going good.'*

*"Pray everyday,
whether you need to, or not."*

Rev. Lloyd Strom
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Following are two versions of '*My Morning Prayer*' written in large type to serve as a script for learning to speak this Prayer aloud, by heart. The '*Simple Version*' of this Prayer is a repetition of the version given on the previous page. The '*Alternative Version*' is an authoritative version that embraces the name of Jesus Christ. In the Bible it is written that Jesus always spoke as one with authority. (Mat. 7:29) As a result, the world conformed itself to His Words. The authoritative version of My Morning Prayer exudes the authority of the Lord by including the name of Jesus Christ. However, we must also keep in mind that if we wish to use His authority, we must also be willing to live our lives according to His Words, as given in the Gospels. It is recommended that you adopt the version of the Morning Prayer that you feel most comfortable praying.

≈ **My Simple Morning Prayer** ≈

"The God I Am is here, and there, and everywhere. The God I am is even within the events of this day, and it is there that I declare that these events have now organized themselves in such a fashion that this day shall be peaceful, pleasant, productive, and prosperous as well. And I give thanks in knowing that this is so. I am grateful God is gracious. Amen !"

≈ **My Authoritative Morning Prayer** ≈

"God I Am, the living Christ in me, is here and there and everywhere. The God I am is even within the events of this day, and it is there that I command the God I Am to organize these events in such a fashion that this day shall be peaceful, pleasant, productive, and prosperous as well. And I give thanks in knowing that this is so, according to Jesus Christ, the eternal living Principle of manifest God I Am. I am grateful God is Gracious. Amen!"