



The Power of Morning Prayer

One of the readings from the Gospel of John during this Easter season said: “For God did not send his Son into the world to condemn the world, but in order that the world might be saved through Him. Many times we choose the darkness rather than the light because we do wicked things and do not want our works to be exposed. But whoever lives the truth will come to the light. (John 3:16-21)

Meditating about this passage and how it can be applied to our lives and work at Catholic Charities, I thought about all the people we encounter in our daily lives: our family members, co-workers, guests and program participants. Do we judge and condemn (choose the darkness) or do we forgive and act in truth and love (choose the light)?

Everyday, depending on our choice of thoughts and feelings is how we relate with one another. It shows in our skin. If we are positive, we are welcoming. We smile in the morning and are happy to see each other, starting the day with positive thoughts and plans. If we are critical or we simply feel mad or frustrated, we can be indifferent or judgmental to others.

The church in its wisdom has taught us to begin the day with a prayer, giving thanks to God for all the things that He has done for us, for the beautiful day that is ahead and the opportunity given to us to serve one another. By beginning the day with Christ, we can bring our thoughts, words and actions in accordance to His Will and carry them through in His Love. The power of prayer really does change our lives.

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