Litany for the Anxious Worker

The opening of this litany could be crafted and led by voices of all ages. Consider asking some children in your congregation to come up with their own version of the opening paragraph and share it as a declaration of God's goodness in creation.

You created sun and moon
With Your hands
You created oceans and lands
With Your hands
You created trees and flowers
With Your hands
You created flocks and herds
With Your hands
And You created us
With Your hands

You promise
To calm our anxiety over deadlines
Steady our hands

You promise
To rest our minds when thoughts of work keep us awake
Give rest to our hands

You promise
An inner peace when we lose control of our work or our temper
Free our hands

You promise
All will be well when our work falls apart
Strengthen our hands

You promise
To give long-term rewards and not just short-term gains
We lay down the work of our hands

Oh Lord,
Every day Your hands are working at tasks far greater than any job we could ever do. And yet, like a parent, you delight in each one of our accomplishments. When we open our hands and our hearts to you, we do so as an offering of gratitude and praise. For we are the very good work of your hands, and in all that we do may we bring you honor and glory. We entrust to you the work of our hands - into your skilled and loving hands. Amen.

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