Litany of Promise and Trust

Lord of Our Work and our Rest,
God of our Leisure and our Labors,
You tell us that in this life, we will have trouble.
You promise, "I have overcome the world."
We are burdened by dirty diapers, piles of paperwork, unrelenting inboxes, and jam-packed schedules.
In our weariness you whisper, "My yoke is easy, and my burden is light."
We groan in our distress, and struggle to give voice to our burdens.
Your Spirit prays within us with sighs too deep for words.
In our work and in our rest, in our leisure and in our labors,
make us aware of your unfailing presence.
Set our feet upon the rock. Make our hearts steadfast and strong.
For our hope is in the name of the Lord, maker of heaven and earth. Amen!

Written for the Worship for Workers Project of Fuller Seminary by Tommy Grimm from Bloomington, Indiana