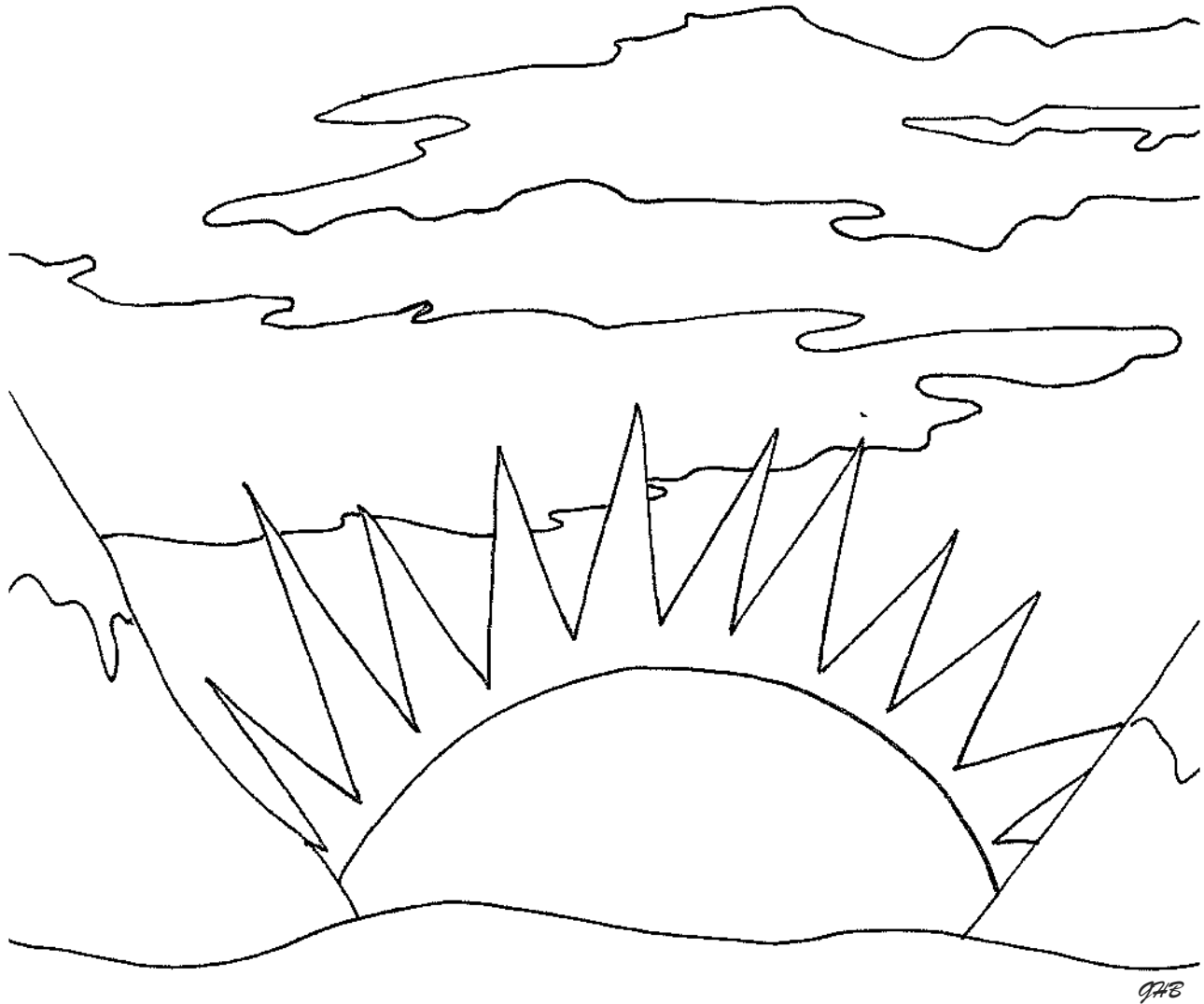


7

SATURDAY

Welcome the Morning



JTB

"God's mercies never come to an end; they are new every morning" (Lamentations 3:23)

FOR TODAY: Each morning offers a fresh start, no matter what yesterday held. You don't have to leap out of bed or feel instantly energized - simply acknowledging the new day is enough. Each morning brings its own gifts of renewal.

→ **Gentle suggestion:** When you first wake up, take three slow breaths before starting your day. Whether you are up earlier or later, watch the sky as it lightens and darkens.

SACRED MOMENTS: The writer of Lamentations, even in deep grief, recognized that Divine mercy renews itself with each dawn. God offers us fresh beginnings with every morning light. Today, let's welcome whatever this new day brings, trusting that God's Love meets us in each moment of new beginning.

→ **Simple practice:** When you first see morning light, whisper "Thank you for new mercies."