

PRAISE AND THANKSGIVING



O MY GOD,

Thou fairest, greatest, first of all objects,
my heart admires, adores, loves thee,
for my little vessel is as full as it can be,
and I would pour out all that fullness before thee
in ceaseless flow.

When I think upon and converse with thee
ten thousand delightful thoughts spring up,
ten thousand sources of pleasure are unsealed,
ten thousand refreshing joys spread over my heart,
crowding into every moment of happiness.

I bless thee for the soul thou hast created,
for adorning it, sanctifying it,
though it is fixed in barren soil;
for the body thou hast given me,
for preserving its strength and vigour,
for providing senses to enjoy delights,
for the ease and freedom of my limbs,

for hands, eyes, ears that do thy bidding;
for thy royal bounty providing my daily support,
for a full table and overflowing cup,
for appetite, taste, sweetness,
for social joys of relatives and friends,
for ability to serve others,
for a heart that feels sorrows and necessities,
for a mind to care for my fellow-men,
for opportunities of spreading happiness around,
for loved ones in the joys of heaven,
for my own expectation of seeing thee clearly.
I love thee above the powers of language
to express,
for what thou art to thy creatures.

Increase my love, O my God, through time
and eternity.

