



**BLESSED ARE YOU, LORD OUR GOD,  
WHO GIVES SPICE TO LIFE WITH CHANGE**

**We begin our prayer in the silent presence of our God and this faith community. We call to mind the people, situations, and blessings that call us to prayer. After a moment, the prayer leader will invite you to share aloud your intention(s).**

- All** Lord and Source of All Gifts,  
we rejoice in the fullness of Your holy generosity.  
we thank You especially now  
for the gift of change,  
that gift of newness  
that open doors closed by habit and routine.
1. We bless You and thank You as well  
for that which is stable and unchanging,  
for the ancient and traditional  
which give meaning to the new and different.
  2. We thank You, O God,  
for the capacity for change in our lives,  
for without change  
there can be no real growth  
and no true life.
  3. We are grateful, in this prayer, for those persons  
who, through their gifts of excitement and adventure,  
have taught us not to fear change,  
not to resist the new.
  4. We are thankful for Your Son, Your Sacred Word,  
who spoke to us of new wine for new wine skins  
and who calls us daily  
to a new kingdom  
and to a new covenant.
- All:** May our hearts be ever-changing,  
ever in growth,  
as we journey to You, our Mysterious Source,  
You who are forever fresh and new  
yet forever the same.

Blessed are You, Lord our God,  
who gives spice to life with change.

**Amen**