7 AMENS BEFORE DAWN · DAY 6 OF 7

Sixth Amen

The Prayer for Peace

HOW TO PRAY THIS AMEN

- Time: between four and seven in the morning.
- Length: about 8 to 10 minutes, much of it in silence.
- This is the quietest day of the seven. No rush at all.
- Choose a quiet place where you can be alone, without interruptions.

Important: If you're being treated for anxiety, insomnia, or depression, keep going with your treatment. This prayer is a time to rest. It doesn't replace your treatment.

BEFORE YOU BEGIN

Close your eyes, if you can. Take three deep breaths, with no hurry at all. You don't have to resolve anything right now. Just rest.

THE PRAYER

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Lord, calm the waters within me.

Where my mind is crowded with thoughts, bring silence.
Where I'm on edge, bring rest.

I let go, into Your hands,
of everything I can't resolve today.

Tonight, I rest.
Tomorrow, You take care of things.

Amen.

AFTER YOU PRAY

Stay here a moment longer in silence, just breathing. If a thought keeps coming back, let it pass. Don't fight it.

TODAY'S WORDS OF FAITH

"Today, I can rest."

Tomorrow: Seventh Amen — The Covenant Prayer.

DON'T SKIP DAYS. DON'T CHANGE THE ORDER. DON'T PRAY MORE THAN ONE PRAYER A DAY.