

O Seed of faith that lies within me,
make your way through the mud, break through to the sunlight,
grow within me, helping me to embrace the joy of change in my life.

O Seed of promise and blessing, help me to live boldly,
not be the strength of my hand but by the freedom of your Spirit in my life.

O Spirit of strength within me,
Be free
Help me to let go of my need to hold on, to push back, to bog down.
Allow me to stretch for the limitless sky of possibility and hope.