

A scenic view of a rocky coastline. In the foreground, there are green grasses and white daisies with yellow centers. The middle ground shows a sandy beach curving along the shore, with a large, craggy rock formation extending into the blue sea. The background features a clear blue sky and the horizon line of the ocean.

Dear God,  
Help us to act kindly to everyone we meet today,  
Help us to speak nicely and spread good news,  
Help us to listen carefully when people talk to us,  
Help us to move calmly wherever we go,  
Thank you, for all your help and our blessings,  
Amen.