

## SLOW ME DOWN, LORD

*Slow me down, Lord  
Ease the pounding of my heart  
By the quieting of my mind  
Steady my harried pace  
With a vision of the eternal reach of time.*

*Give me,  
Amidst the confusions of my day,  
The calmness of the everlasting hills  
Break the tensions of my nerves  
With the soothing music of the sighing streams  
That live in my memory.*

*Help me to know  
The magical restoring power of sleep.  
Teach me the art  
Of taking minute vacations of slowing down to look at a flower;  
To chat with an old friend or to make a new one;  
To pat a stray dog;  
To watch a spider build a web;  
To smile at a child;  
Or to read a few lines from a good book.*

*Remind me each day  
That the race is not always to the swift;  
That there is more to life than increasing its speed.  
Let me look upward  
Into the branches of the towering oak  
And know that it grew slowly and well.*

*Slow me down, Lord,  
And inspire me to send my roots deep  
Into the soil of life's enduring values  
That I may grow toward the start  
Of my greater destiny.*

*Amen.*