

- 1 Although they know that sleep is very important, some Christians get up a little earlier than they need to, so that they can pray. They see their relationship with God to be even more important than sleep.
- 2 Although nourishment from food is very important, some Christians delay eating for a few seconds so that they can pray, giving thanks for the food before them. It is a way of reminding themselves that their relationship with God is even more important. It is also a reminder to give thanks for all good things that have come to them.
- 3 Albert Schweitzer was a missionary doctor. In Africa he set up a hospital and a leper-colony for the very poor. Before sitting down to eat a meal, Albert Schweitzer was always heard to quote from one of the psalms of the Bible:  
*"We thank the Lord for he is good, and his loving kindness lasts forever."*
- 4 **Let's pause to express thanks for the good things in our lives:**
  - **for people who have given us love and friendship, encouragement and support...**
  - 5 - **for our talents and health, and for the opportunities that come to us...**
  - 6 - **for the beauty that we see, and the inspiration we receive...**
- 7 Albert Schweitzer died on this day in 1965.

*"We thank the Lord for he is good, and his loving kindness lasts forever."*

*Ps (135) 136'*

This is an excerpt from the page of this date in  
*'Praying Each Day of the Year'*,  
a 3-volume book  
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine  
to research this topic further.

This material is part of  
the prayer and education website  
of the De La Salle Brothers  
in Great Britain:

[www.prayingeachday.org](http://www.prayingeachday.org)