

## Dear Lord, help me keep my eye on you



Dear Lord, help me keep my eyes on you.  
You are the incarnation of divine love,  
you are the expression of God's infinite compassion,  
you are the visible manifestation of the Father's holiness.  
You are beauty, goodness, gentleness, forgiveness, and mercy.  
In you all can be found. Outside of you nothing can be found.  
Why should I look elsewhere or go elsewhere?  
You have the words of eternal life, you are food and drink,  
you are the Way, the Truth, and the Life.  
You are the light that shines in the darkness,  
the lamp on the lampstand, the house on the hilltop.  
You are the perfect icon of God.  
In and through you I can see and find my way to the Heavenly Father.  
O Holy One, Beautiful One, Glorious One,  
be my Lord, my Saviour, my Redeemer, my Guide,  
my Consoler, my Comforter, my Hope, my Joy, and my Peace.  
To you I want to give all that I am.  
Let me be generous, not stingy or hesitant.  
Let me give you all – all I have, think, do, and feel.  
It is yours, O Lord. Please accept it and make it fully your own.

Henri Nouwen (1932-1996)