



Companioning One

Companioning One,
when fears rise
and the pressures push me
toward that cursed corner –
the dark and crushing space
saying, “It all depends on me”
– help me rise.

Lift me out and above
this swirl of deceptions, Compassionate One,
and remind me I am not alone,
or expected to know or be or provide everything.

My eyes just need to be in the right place.

Reground my understanding
that while I am called to faithfulness
with what I have,
where I am,
the make-or-break power of my days
is beyond my skill.

I commit today’s work to you,
and thank you for what you’ll
make of it.

AMEN.

Give me one reminder this week, Holy
One,
of your presence in the details –
just enough to shake me from
this stupor of self-reliance.