

Praiseworthy Lord God, like many persons I seek total satisfaction and a complete life. While family and friends offer some degree of fulfillment, can they answer life's most basic questions, such as why am I here? I look for a satisfying life from my work, but at the end has anyone said, "I should have spent more time at the office?" At best recreational activities provide some minimal relief from the humdrum of life. Sports? Not any better. Investments? Can the Dow Jones or S&P 500 fulfill a person's life? Lord, save me from this nonsense and help me understand that fullness of life comes from praising your holy Name. Raising a voice in praise puts life into perspective. Lord, defend me against the charms and distractions that try to displace you. Teach me that the First Commandment clarifies life's mission as honoring you as Lord above all. This honoring lightens burdens, gives life meaning and brings fullness of joy. God of mercy, fill me with your fullness and satisfaction and I will sing your praise until breathing ends. In Jesus' name I pray. Amen

