

# Psalm for the Health and Well Being of God's People, In Mission to the World.

- 1 Blessed art thou O Lord our God, King of the Universe\*  
You have seamlessly knit together your love in us, mind, body, and spirit.
- 2 We give thanks to you O Lord, for the gift of life\*  
You made us in Your image and we are your gift to the world.
- 3 You sustain and nurture us as we change and grow\*  
You help us remember who we are.
- 4 You made us unique in the awesome diversity of your creation\*  
You bring us together in community as we live in the spirit of mutual support.
- 5 You blessed us with the Great Land and show us your grace with its beauty\*  
You feed our being and strengthen us for mission to church, community, and world
- 6 Like climbing a mountain, we will rise up to you\*  
Together, as one, as those before us.
- 7 We give thanks to you O Lord, for the gift of life\*  
You made us in Your image and we are your gift to the world.
  
- 8 We spoil Your gift when we don't take care of ourselves, we suffer dis-ease\*  
Awake in us Your healing power and we will be at-ease.
- 9 When we fail to care for our body, mind, and spirit, we distort your creation\*  
Help us to take care of what we have been given so we can live at peace.
- 10 When we focus on worldly things, we break away from Your vision\*  
Help us to know that health is using our gifts to serve Christ and Christ's people.
- 11 When we only remember the bad, we become stuck in our woundedness\*  
Help us to connect with good memories and remember the joyful things.
- 12 Lord, lift us up from the valley floor and make us whole\*  
So that we can continue to serve your purpose.
- 13 We spoil Your gift when we don't take care of ourselves, we suffer dis-ease\*  
Awake in us Your healing power and we will be at-ease.
  
- 14 Lord, in our health and wellness we serve You in faithful mission and stewardship\*  
We will proclaim the Good News of Your Kingdom.
- 15 Lord, in our health and wellness we serve You in faithful mission and stewardship\*  
We will teach, baptize, and nurture new believers.
- 16 Lord, in our health and wellness we serve You in faithful mission and stewardship\*  
We will respond to human need by loving service.
- 17 Lord, in our health and wellness we serve You in faithful mission and stewardship\*  
We will seek to transform unjust structures of society.
- 18 Lord, in our health and wellness we serve You in faithful mission and stewardship\*  
We will strive to safeguard the integrity of creation and sustain and renew the life of the earth.
  
- 19 We give thanks to you O Lord, for the gift of life\*  
You made us in Your image and we are your gift to the world.
- 20 We spoil Your gift when we don't take care of ourselves, we suffer dis-ease\*  
Awake in us Your healing power and we will be at-ease.
- 21 Lord, in our health and wellness we serve You in faithful mission and stewardship\*  
We will live our baptismal covenant, proclaiming Your kingdom in this moment and evermore.

*Based on Bishop Mark Lattime's Address to the 2013 Convention  
of the Episcopal Diocese of Alaska, October 4<sup>th</sup>, 2013*