



I stand at my window and watch
one by one the stars all leave me
I am having tea with the dawn
the first ray of sun descending
into my teacup
into my heart
The steam of my tea ascending
to the heavens
into God's heart
The yearning in my heart
streaming
to the heavens
into God's heart
And God, standing in the
heavens
watching the sun rise in my
heart
leans down to breathe in
the first rays of my yearning
and names it morning prayer.

by Macrina Wiederkehr
from Seasons of Your Heart ❤️

Prayer of the Teacup

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