By Pat Haggerty

Years ago I started writing in a prayer journal. It all started when I was reading *The Cup of Our Life* by Joyce Rupp. The reader was encouraged to keep a journal and write reflections on questions from the text. So, I did! That was the beginning of what has turned into my own little book of reflections and prayers.

I moved on from the book by Joyce Rupp to works of Henri Nouwen, Joan Chittister, Kathleen Norris, and others. I read these speak-to-the-heart books and respond in my little journal. I sometimes write little prayers based on my reflections. On occasion, I'll even include a prayer that I find (from a church bulletin or a prayer card) that really touches me.

This little prayer journal has become my daily companion. I start my day off by reading some of my previous reflections, focusing on a few prayers, and then offering up some new thoughts for my day. I love greeting the Lord with each new day in this manner. It has set a tone for me and provides a necessary rhythm to my life.

Today is Veterans' Day. How can I honor those veterans who have given so much? Well, the best way would be to pray my prayer for vets and share it with you:

Dearest Lord,

Give strength to those veterans who gave of their efforts so selflessly. Watch over those who have returned from battle scarred and broken. Some endure continued mental stresses and anguish. Please help them find internal peace in place of the external peace they fought for.

Heal their brokenness and calm their current fears. Give their families the strength, compassion, and love they will need to help their returning vets.

Welcome into your embrace those who have fallen during wars and conflicts. Provide them a seat in Your Kingdom. Amen.

If you're wondering about my prayer journal, I am still expanding on it. In fact, I have to get a new book. This one is full!