

# A Prayer for the 2 AM Feed

IN THE QUIET OF THE NIGHT

Lord Jesus, the house is still and the world is asleep, but You are here with me in this small, holy hour.

As I nourish my baby, nourish my soul. When my eyes are heavy, be my strength. When I feel alone, remind me that this hidden work is seen by You and treasured in Heaven.

Bless this milk, this warmth, this closeness. Let my baby rest in Your peace, and let me find rest in Your presence.

Mary, who held Jesus through the night, hold me now. Teach me to find joy in these quiet moments that pass too quickly.

Through Christ our Lord. Amen.