

Be Still

Prayers & Reflections for Lent

Let us pray:

Lord, you are in our midst and we are called by your name.
Touch our minds and hearts and ask your Holy Spirit to pray in us.

Prayer

In this holy season, help me to give time to pray as you did so often:
before a major decision, at the end of a long day of coming and going,
especially in this time of trial.

Help me to spend time with you every day, to set aside my relentless
thoughts, and abide in you in silence and trust. **Amen.**

Reflection—*St Teresa of Avila*

Let nothing disturb you,
Let nothing frighten you.
All things are passing away:
God never changes.
Patience obtains all things.
Whoever has God lacks nothing;
God alone suffices.

Prayer

Lord, in your presence we have nothing to say,
nothing to bring, nothing that will make you love us more,
or convince you of our worth, nothing to prove.
Nothing.

We will never be able to capture in words your abundance,
Your steadfast love, your forgiveness,
but only catch a glimpse, perhaps,
like the kingfisher's wing flashing past us.

We can only bring our poverty, our confession that we are sinners,
our open, wounded hearts, our silence.
And in the silence make room for you, let you come alive in us,
Hear our name spoken, and know that we are loved and called. **Amen.**

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Bible Reading: *Luke 18:13-14*

But the tax-collector, standing far off, would not even look up to heaven, but was beating his breast and saying, ‘God be merciful to me, a sinner!’ I tell you, this man went down to his home justified rather than the other; for all who exalt themselves will be humbled, but all who humble themselves will be exalted.

Reflection—*Ronald Rolheiser, Prayer*

Contemplation is not, first and foremost, a technique for prayer. Sometimes prayer, especially centering prayer, can help us find it, but contemplation is something more. It’s a way of being present to what’s really inside our own experience. We are in solitude, in contemplation, in prayer, when we feel the warmth of a blanket, taste the flavour of coffee, share love and friendship, and perform the everyday tasks of our lives so as to perceive in them that our lives aren’t little or anonymous or unimportant, but that’s what timeless and eternal is in the ordinary of our lives.

For personal reflection: *Is it time to rethink Lent and be more imaginative about prayer, fasting and giving to people in need?*

Do I give any time to prayer?

Do I make any space to listen to the prompting of the Spirit in my conscience?

Do I take any time to lose myself in the wonder of creation?

What do I treasure? Where is my heart? Where does it need to be?

Prayer

Lord, help me to examine my life with honesty, knowing that I have nothing to hide from you, knowing that you are not judging me, knowing that you know me, better than I know myself. **Amen.**

Reflection—*Attributed to various people, including Ralph Waldo Emerson & Mahatma Gandhi*

Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.

Blessing—May the Lord bless us and enable us to grow strong in him. **Amen.**

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