

Tuesday, May 2, 2023

INVITATION:

“Look, the Lamb of God, who takes away the sin of the world!” (John 1:29)

Pause and slow your breath before entering into prayer.

BIBLE SONG: Psalm 22:1-5, 23b-24, 26

My God, my God, why have you forsaken me?
Why are you so far from saving me,
so far from my cries of anguish?
My God, I cry out by day, but you do not answer,
by night, but I find no rest.

Yet you are enthroned as the Holy One;
you are the one Israel praises.
In you our ancestors put their trust;
they trusted and you delivered them.
To you they cried out and were saved;
in you they trusted and were not put to shame...

Revere him, all you descendants of Israel!
For he has not despised or scorned
the suffering of the afflicted one;
he has not hidden his face from him
but has listened to his cry for help....

The poor will eat and be satisfied;
those who seek the Lord will praise him—
may your hearts live forever!

PRAYER:

Lord, give me humility in which alone is rest, and deliver me from pride which is the heaviest of burdens. Possess my whole heart and soul with the simplicity of love. Occupy my whole life with the one thought and the one desire of love, that I may love not for the sake of merit, not for the sake of perfection, not for the sake of virtue, not for the sake of sanctity, but for you alone. Amen (Thomas Merton)

Pause and listen for what God is saying to you.

INTERCESSION:

*for those in our community struggling to find good employment

*for volunteers of the Pregnancy Health Center

*For churches in Asia

What else do you want to talk to God about?

How is God inviting you to respond?

BLESSING:

May your day be blessed

by moments of quietness,

light in your darkness,

strength in your weakness,

grace in your meekness,

joy in your gladness,

peace in your stillness.

May your day be blessed. Amen.⁵