



A Prayer of Creation and Redemption

All that is spectacular, and all that is plain
have their origin in you;

All that is lovely, all who are loving point to
you as their fulfillment.

And grateful as we are for the world we
know and the universe beyond our
understanding,

we particularly praise you, whom eternity
cannot contain, for coming to earth and
entering time in Jesus.

For his life which informs our living, for his
compassion which changes our hearts,

for his clear speaking which contradicts our
harmless generalities, for his enduring
presence, his innocent suffering, his fearless
dying, his rising to life breathing forgiveness,
we praise you and worship him.

Here, too, our gratitude rises for the promise
of the Holy Spirit, who even yet, even now,
confronts us with your claims and attracts us
to your goodness.

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Prayers for the Deck & Dock 2015

A Prayer of Longing

O Lord, who has mercy on all, take away
from me my sins, and mercifully kindle in me
the fire of your Holy Spirit. Take away from
me the heart of stone, and give me a heart
of flesh, a heart to love and adore you, a
heart to delight in you, to follow and enjoy
you, for Christ's sake. (Ambrose: c.339-97)

A Prayer for the journey

May Jesus who walked on wounded feet
Walk with me to the end of my road.
May Jesus who served with wounded hands
Teach me to serve others.
May Jesus who loved with a wounded heart
Be my love forever.
May I see the face of Jesus in everyone I
meet and
May every one I meet see the face of Jesus in
me.
And God will bless us
In the name of the Father, Son and Holy
Spirit, Amen

Transformational Prayer

Marshall McLuhan, Canada's great media visionary said, "You become what you behold". He was worried about the hold that ever-expanding media influence would have on us as humans.

This influence has increased exponentially since McLuhan's statement. Here is a prayer pattern that many of us have found refreshing in response to the incessant demands for our attention. Taking time to "behold" Jesus in Gospel stories can transform our deepest longings.

Select a story from Jesus' life and follow these four steps for praying this way;

1. Gaze - A way to begin prayer. The start of our activities and thoughts is Christ and His working within us. This way of praying is about letting our creative energy engage with God in ways that will change us.

"To rest in the Lord and to gaze upon his loveliness is truly a feast and full of delight and peacefulness" - St. Ambrose

Enter your quiet space and then "gaze" at a story from the life of Jesus. Look, see and experience what is happening.

2. Consider - Think of Jesus in the different scenes of His life and consider what they mean and what they mean for us. See the character and love of God in Jesus Christ.

How are you drawn to his ways? What do you notice about Jesus in this story?

In considering the life of Jesus in a gospel story we connect with his life and his life connects with ours. Where do you notice the presence of Jesus in the brokenness of the world you serve?

3. Contemplate - Enter into a conversation with Jesus. Ask Him to reveal himself more to you. Where does this story connect with your life now?

Consider His humble and sacrificial love. How are you challenged? How are you encouraged?

As we internalize our experience of Jesus' life and work we may look back on a day or week and notice subtle changes in our own life and work. Keep your eyes open to see this.

4. Imitate - The models we choose to imitate shape the trajectory of our lives. Today after Gazing, Considering, and Contemplating rest gently with Imitating. Where does your desire to grow and change connect with Jesus' example?

Jesus, by the Spirit, resides in even the darkest places of our lives, assuring us of love, forgiveness and redemption. Our hope and discovery is the mystery of God's presence in all of life..