

St. Timothy Centering Prayer Advent 2 Dec 4

- Opening bell signals our intention to be present with God
- Gathering Prayer

*O Lord Most High, you welcome us to rest every day in your great presence, yet we turn from you to embrace false teachings, false truths and false selves. Reveal to us in your great mercy and goodness the divine truth that is the source of all that is within you, Jesus Christ. We thank you for these peaceful moments spent with you in your house. We are weary from our earthly burdens, Lord, and we humbly ask you to grant us rest and peace as we breathe deeply your sweet essence in prayer. In Jesus' name, **Amen.***

Lectio divina: *Isaiah 2:2-4:* ² In days to come the mountain of the Lord's house shall be established as the highest of the mountains, and shall be raised above the hills; all the nations shall stream to it. ³ Many peoples shall come and say, 'Come, let us go up to the mountain of the Lord, to the house of the God of Jacob; that he may teach us his ways and that we may walk in his paths.' For out of Zion shall go forth instruction, and the word of the Lord from Jerusalem. ⁴ He shall judge between the nations, and shall arbitrate for many peoples; they shall beat their swords into ploughshares, and their spears into pruning-hooks; nation shall not lift up sword against nation, neither shall they learn war any more.

Bell tolls to begin and end our meditation time (20 min)

- Celebration of Eucharist
- Poem: St Catherine of Siena, *Rest in Prayer*

The sun hears the fields talking about effort
And the sun smiles, and whispers to me,
"Why don't the fields just rest, for
I am willing to do everything to
Help them grow?"
Rest my dears, in prayer.

- Silent Dismissal