

St. Timothy Lutheran Church Centering Prayer: February 5, 2012

Gathering Prayer: Hear us, O God, from your heavens and hear the prayers of our hearts as we rest in your presence for a few moments of quiet and comfort. We are troubled, and you know the troubles that plague us. We are ill, and you know the diseases that afflict us. We are hard of heart, and only your Holy Spirit can penetrate our walls and move us to transformation. Hear us, O God, and bless us with your peace, that we may walk with you in joy and service all the days of our lives. In Jesus' name we humbly pray, *Amen*.

Lectio Divina: Psalm 90: 13-17 Relent, LORD! How long will it be? Have compassion on your servants. Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days. Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble. May your deeds be shown to your servants, your splendor to their children. May the favor of the Lord our God rest on us; establish the work of our hands for us—yes, establish the work of our hands.

Silent Meditation

Eucharist

Poem: Just Sit There Right Now by Hafiz, 14th century Persian mystic

*Just sit there right now.
Don't do a thing. Just rest.
For your separation from God
Is the hardest work in the world.
Let me bring you trays of food and
Something that you like to drink.
You can use my soft words as a
Cushion for your head.*

Benediction & Sending