

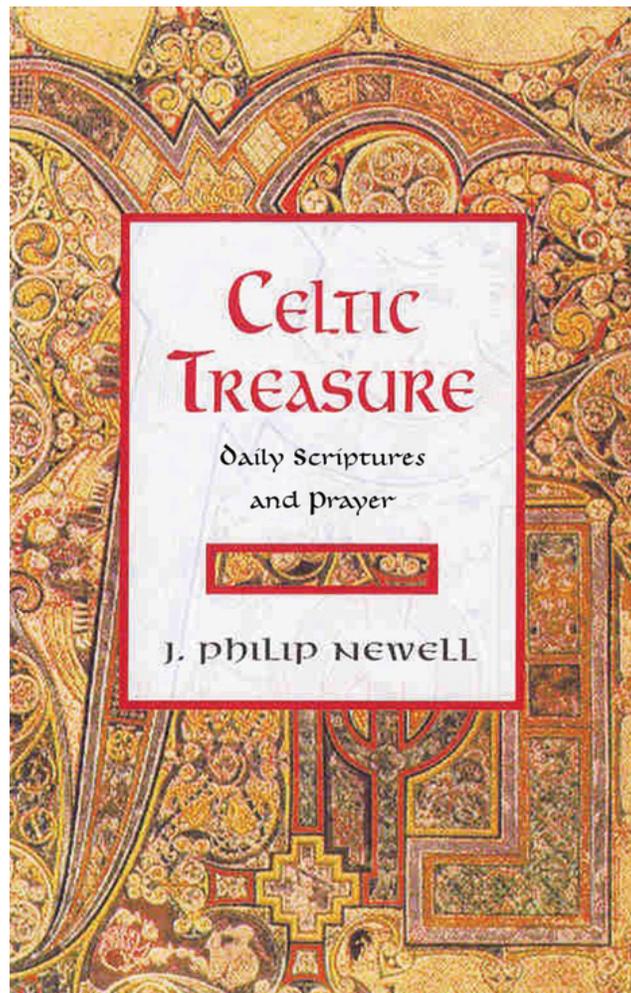
Anam Cara Sojourners Lenten Morning Prayer - 2023

From *Celtic Treasure*

Book Seven: Letters of Love

by J. Philip Newell

with *Jesus, Friend of My Soul* by Joyce Rupp



Prayer 1

Be still and aware of God's presence within and all around.

Opening Words

You are within us and among us, O Christ,
as the one who is alive for ever.
In the sorrows and sufferings of our lives you are with us
as the one who holds the keys of new beginnings.
There is no ending in the world,
there is no fear in our lives,
there is no despair in our hearts,
that your living presence cannot unlock.
You are within us and among us, O Christ,
as the one who is alive for ever.

Scripture, Meditation & Music

Intercessions Beginning with the Prayer of the Day

In the silence of our hearts or in spoken words
let us give thanks for the gift of this day
and pray for the life of the world . . .

Pray for the coming day

Blessing

The blessings of heaven,
the blessings of earth,
the blessings of sea and of sky.
On those we love this day
and on every human family
the gifts of heaven,
the gifts of earth,
the gifts of sea and of sky.

Prayer 2

Be still and aware of God's presence within and all around.

Opening Words

You have shown us love, O Christ.
You have shown us God.
Show us also our true face
and the true face of every human being.
Show us the desire for love and the strength to give
ourselves in love
that are woven into the fabric of our being.
For we are made in the image of love, O Christ.
We are made in the image of God.

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Prayer 3

Be still and aware of God's presence within and all around.

Opening Words

You have taught us, O Christ, to love our neighbour as our self.

You have taught us to see our neighbour as part of our self.

Let us see ourselves in those who are hungry.

Let us see ourselves in those who are frightened.

Let us see ourselves in one another and in every creature.

For you have taught us, O Christ, that we are one body.

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Prayer 4

Be still and aware of God's presence within and all around.

Opening Words

O Christ, who died in the flesh but was made alive in the spirit
and who suffered hatred in showing us love,
let us find our deepest longings in you,
the desire for peace that is deeper than strife,
the yearning for unity that is deeper than division.
Set free these longings in our hearts, O Christ.
Set free the true longings of our hearts.

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Prayer 5

Be still and aware of God's presence within and all around.

Opening Words

In you, O Christ, we find that we are one,
whether east or west,
whether parent or child,
whether human or creature.
Renew us in life's unity.
Release in us again the mighty flow of the one river.
And set us free, O Christ, to love.

Scripture, Meditation & Music

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Prayer 6

Be still and aware of God's presence within and all around.

Opening Words

O Christ, in whom the fullness of God dwells,
you are deep within our lives and all life,
you are deep within this place and every place.
In this place and this time and in the depths of our own souls
we draw from the inner well of your love
that we too might be filled with the fullness of God
and that you might do within us and in our world
far more than we could ever ask or imagine.

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Prayer 7

Be still and aware of God's presence within and all around.

Opening Words

O Christ, who is the leader of our faith,
show us the Way.

O Christ, who suffered for the sake of love,
show us the Truth.

O Christ, who has gone ahead of us into the heart of God,
show us the Life,
the Life that creates life,
the Life that saves life,
the Life that loves life.

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