

# St Bride's

Creative / Progressive / Inclusive

Festival Wednesday Morning Prayer (JPJ)

## Sacred Longings



### Opening thought

*Within us are sacred longings that are born of the Spirit of God. When we consent to these longings and allow our lives to be shaped by them we fulfil the dream of God for our lives, for the world and for all creation. The spiritual path is not one that binds, constricts or limits our unfolding; it is to awaken us to the freedom to grow, to develop and to change – ever responsive to the creative voice of longing within us that draws us into the future and creates a new reality.*

## **Poem** *(Rainer Maria Rilke)*

**God speaks to each of us as he forms us,  
then walks with us silently out of the night.**

**These are the words we dimly hear:**

**“You, sent out beyond your recall,  
go to the limits of your longing.**

**Embody me.**

**Flare up like a flame and make big shadows I can move in.**

**Let everything happen to you: beauty and terror.**

**Just keep going.**

**No feeling is final.**

**Don't let yourself lose me.**

**Nearby is the country they call life.**

**You will know it by its seriousness.**

**Give me your hand.”**

## **Shared Silence**

*Be still and aware of God's Presence within, among and all around.*



## Readings

### **Luke 13:18-20**

Jesus said, "What is God's kingdom like? What can I compare it with? It is like what happens when someone plants a mustard seed in a garden. The seed grows as big as a tree, and birds nest in its branches."

### **Gospel of Thomas saying 96**

Jesus said, "The Father's kingdom resembles a woman who takes a small amount of leaven, hides it in the dough, and produces huge loaves of bread. Whoever has ears should listen!"

### **Matt 13:45-46**

The kingdom of heaven is like treasure hidden in a field, which someone found and hid; then in his joy he goes and sells all that he has and buys that field.

Again, the kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it.



*reflect on the Scripture and remember  
that the life of heaven and earth are interwoven*



## **A Time for Prayers**

*Light a candle, say a prayer – silent or spoken*



## **A contemporary beatitude**

**Blessed are those who can't always be strong in the face of difficulty.**

**Blessed are those who sometimes run out of energy or resolve.**

**Blessed are those who ache because of the state of the world.**

**Blessed are those who seem to stumble and fall time and time again.**

**Blessed are those who have dark days of despair.**

**Blessed are you, for God is with you and in you and meets you where you are.**

**Blessed are you who wake up to the sacred longings in your heart,  
for they shall be fulfilled.**

## **Prayer of the heart**

**May all beings dwell in the heart**

**May all beings be free from suffering**

**May all beings be happy and at peace**

**May all beings fulfil their sacred longings.**

