

COMMUNION

Contemplative prayer is essentially a matter of being rather than doing, not wanting to achieve anything or experience something. The contemplative is content with waiting, sometimes with patience, often with protest, but leaving the outcome to God. It longs but does not grasp for what is longed for. It hopes but accepts that the fulfillment of hope lies in the mystery of God. We learn trust-filled waiting. So it's not just about learning to wait until what we want comes our way. It is about being so widened in the waiting that it changes our wanting. God is developing in us a living relationship with himself.

REST IN GOD ALONE
REST IN GOD ALONE
O MY SOUL, O MY SOUL

UNION

Real desire is longing for something that doesn't so much satisfy us but expands our capacity for satisfaction. The goal of spiritual desire is to deepen our desire. It is a mystery to be entered into rather than a puzzle to be solved. There is always more, the horizon always expands as we journey.

HOW SWEET THE NAME OF JESUS SOUNDS (insert)

If you would like to receive the Imago Dei email meditations to encourage your life of prayer, you can sign up on the website, or email imago@shaw.ca

Check our website for information about groups meeting locally. Rob Des Cotes' books are available online.

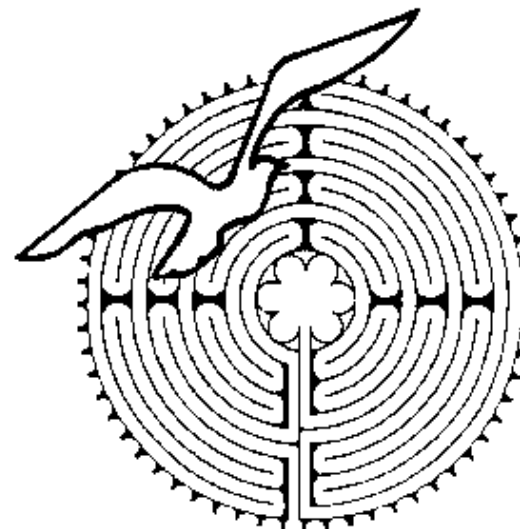
Our next **Contemplative Communion Service** will be **March 8, @ 7 pm.**

Imago Dei Christian Community

www.imagodeicommunity.ca

Contemplative Liturgy

February 8, 2025



The Heart Alone with God
Meditations on Contemplative Prayer from Trevor
Miller of the Northumbrian Community

Contemplative Liturgy

Psalm 63:1-5

AWAKENING

A central truth in the Christian faith is that desire, yearning, longing, hunger – for God, love, fulfillment, happiness, completeness – is the essence of being human. Each of us is born with an innate longing for God in whose image we are made, and who, in turn, longs for our companionship. This is at the heart of the famous saying of Augustine, “*because you made us for yourself, our hearts are restless until they find their rest in you.*”

HOLY SPIRIT TRUTH DIVINE
DAWN UPON THIS HEART OF MINE
WORD OF GOD AND INWARD LIGHT
WAKE MY SPIRIT, CLEAR MY SIGHT

HOLY SPIRIT, LOVE DIVINE
GLOW WITHIN THIS HEART OF MINE
KINDLE EVERY HIGH DESIRE
PERISH SELF IN THY PURE FIRE

HOLY SPIRIT, PEACE DIVINE
STILL THIS RESTLESS HEART OF MINE
SPEAK TO CALM THIS TOSSING SEA
STAYED IN THY TRANQUILITY

HOLY SPIRIT, POWER DIVINE
KING WITHIN MY CONSCIENCE REIGN
BE MY LAW, AND I SHALL BE
FIRMLY BOUND, FOREVER FREE

Contemplative awareness is not just about prayer techniques, nor some mystical experience for an elite few. Rather it is an awareness that God is in all of life now and that we can experience that life through times of stillness and contemplation, even within our working day. We will treat the whole of life as a sacrament, rooted and grounded in God.

I LIVE, NOW NOT I
BUT CHRIST LIVES IN ME (repeat)

VIVO IAM NON EGO
VIVIT VERO IN ME CHRISTUS (repeat)

ILLUMINATION

The root of contemplative prayer is interior silence, stillness and simplicity. Evagrius said, ‘*prayer is the laying aside of thoughts,*’ not absence of thoughts but detachment from them. Prayer is the raising of our mind and heart to God, but it is not we who do the raising, it is the work of the Spirit. *The Spirit helps us with our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us...*(Romans 8:26), offering what we are, who we are to God.

HOLY SACRED SPIRIT
BREATHE YOUR BREATH ON ME
HOLY SACRED SPIRIT
BREATHE YOUR LIFE IN ME

CONFESSION

Contemplative prayer is in fact a way of engaging with the evil of the world at the deepest level, that of the human heart, beginning with our own. It’s acknowledging that the central work of God is in the human heart and we cannot expect to have a part in the work of God in the lives of other people unless we are prepared to allow that work within us. We do this by developing the habit of committing each day to God and being open to the service of others.

Refrain: TO YOU O LORD I LIFT UP MY SOUL
TO YOU I LIFT UP MY SOUL

HOW SWEET THE NAME OF JESUS SOUNDS
IN THE BELIEVER'S EAR
IT SOOTHES OUR SORROW, HEALS OUR WOUNDS
AND DRIVES AWAY OUR FEAR
AND DRIVES AWAY OUR FEAR

IT MAKES THE WOUNDED SPIRIT WHOLE
AND CALMS THE TROUBLED BREAST
TIS MANNA TO THE HUNGRY SOUL
AND TO THE WEARY REST,
AND TO THE WEARY REST

DEAR NAME THE ROCK ON WHICH I BUILD
MY SHIELD AND HIDING PLACE
MY NEVER-FAILING TREASURY FILLED
WITH BOUNDLESS STORES OF GRACE
WITH BOUNDLESS STORES OF GRACE

JESUS MY SHEPHERD, BROTHER, FRIEND
MY PROPHET, PRIEST AND KING
MY LORD, MY LIFE, MY WAY, MY END
ACCEPT THE PRAISE I BRING
ACCEPT THE PRAISE I BRING

WEAK IS THE EFFORT OF MY HEART
AND COLD MY WARMEST THOUGHT
BUT WHEN I SEE THEE AS THOU ART
I'LL PRAISE THEE AS I OUGHT
I'LL PRAISE THEE AS I OUGHT

TILL THEN I WOULD THY LOVE PROCLAIM
WITH EVERY FLEETING BREATH
AND MAY THE MUSIC OF THY NAME
REFRESH MY SOUL IN DEATH
REFRESH MY SOUL IN DEATH

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