

Christian spirituality involves a transformation of the self that occurs only when God and self are both deeply known. Both, therefore, have an important place in Christian spirituality. There is no deep knowing of God without a deep knowing of self, and no deep knowing of self without a deep knowing of God.

COMMUNION

O GOD MY HEART IS OPEN TO YOU
YOU PERCEIVE ALL MY DESIRES
NOTHING CAN I HIDE FROM YOU
YOUR TRUE LIGHT IS MY DESIRE
PURIFY THE THOUGHTS OF MY HEART
THAT I MAY LOVE YOU
WITH THE LOVE YOU DESERVE

UNION

The Christian God comes to us as love, in love, for love. The Christian God woos us with love and works our transformation through love.....There is nothing more important in life than learning to love and be loved. Jesus elevated love as the goal of spiritual transformation

JESUS IN MY HEART I LOVE YOU
I BELIEVE IN YOUR LOVE FOR ME
(RPT)
I BELIEVE IN YOUR LOVE FOR ME
(RPT)

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 idchristiancommunity@gmail.com

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

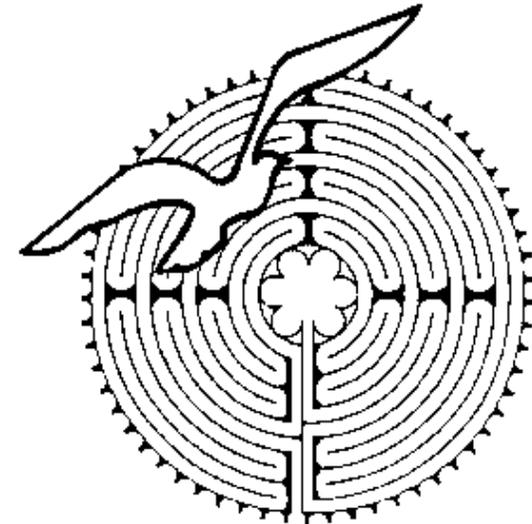
Our next **Contemplative Communion Service** will be **March 14 @ 7 pm.**

Imago Dei Christian Community

www.imagodeicommunity.ca

Contemplative Liturgy

February 14, 2026



with meditations on *Love*
from David Benner's *'Surrender to Love'*

"*There is nothing more important in life than learning to love and be loved. Jesus elevated love as the goal of spiritual transformation.*"

Contemplative Liturgy

AWAKENING

Meditating on God's love has done more to increase my love than decades of effort to try to be more loving. Allowing myself to deeply experience his love - taking time to soak in it and allow it to infuse me - has begun to effect changes that I had given up hope of ever experiencing. Coming back to God in my failures at love, throwing myself into his arms and asking him to remind me of how much he loves me as I am - here I begin to experience new levels of love to give to others.

HOW GENTLY AND LOVINGLY YOU AWAKEN MY HEART
WHERE IN SECRET YOU DWELL WITH ME
(RPT)

AND IN YOUR SWEET BREATH
FILLED WITH GOOD AND GLORY
HOW TENDERLY YOU FILL MY HEART WITH LOVE

ILLUMINATION

The English word surrender carries the implication of putting one's full weight on someone or something. It involves letting go—a release of effort, tension and fear. And it involves trust. One cannot let go of self-dependence and transfer dependence to someone else without trust. Floating is a good illustration of this, because you cannot float until you let go.

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

Gravity may hold planets in orbit and nuclear force may hold the atom together, but only love has the power to transform persons. Only love can soften a hard heart. Only love can renew trust after it has been shattered. Only love can inspire acts of genuine self-sacrifice. Only love can free us from the tyrannizing effects of fear. There is nothing more important in life than learning to love and be loved.

O LOVE THAT WILL NOT LET ME GO (see insert)

Love reconnects us to life. The truth of Christ's life is that life is love and love is life. There is no genuine life without love. Self-interest suffocates life. Life implodes when self-interest is at the core. This is why the kingdom of self is based on death. Ultimately, taking care of Number One takes care of no one. For the only way to truly care for myself is to give myself in love of others. There I will find my truest and deepest fulfillment.

(REFRAIN) MY PRAYERS RISE LIKE INCENSE,
MY HANDS LIKE THE EVENING SACRIFICE

CONFESSION

Our failures to live up to even our own expectations and ideals are massive. Our failures to live up to God's expectations are profound. Jesus knew this. This is why his call to leave everything, follow him and experience true life is so striking. It puts us in touch with the reality of our inner world, and it makes us aware of the depth of our longing for real change.

CHRIST, LOVE OF ALL LOVING
FIRE THAT BURNS WITHIN ME
MY HEART LIVES ONCE MORE
HALLELUJAH, HALLELUJAH

MY PRAYERS RISE LIKE INCENSE

(REFRAIN) MY PRAYERS RISE LIKE INCENSE
MY HANDS LIKE THE EVENING SACRIFICE

**I CALL TO YOU O GOD; COME TO ME QUICKLY
HEAR MY VOICE WHEN I CRY TO YOU
LET MY PRAYER RISE BEFORE YOU AS INCENSE,
THE LIFTING UP OF MY HANDS AS AN EVENING SACRIFICE**

REFRAIN

**KEEP GUARD OVER MY MOUTH O LORD
WATCH THE DOOR OF MY LIPS;
KEEP MY HEART FROM EVIL.
LET ME NOT BE HURTFUL IN MY ACTIONS**

REFRAIN

**MY EYES ARE EVER TURNED TOWARD YOU,
FOR YOU ARE MY GOD;
IN YOU I TAKE REFUGE; KEEP ME IN YOUR LIFE
KEEP US FROM THE SNARES THAT ARE SET BEFORE US;
LET THEM NOT TRAP US, BUT GOD, GRANT US RELEASE**

O LOVE THAT WILL NOT LET ME GO

O LOVE THAT WILL NOT LET ME GO
I REST MY WEARY SOUL IN THEE
I GIVE THEE BACK THE LIFE I OWE
THAT IN THINE OCEAN DEPTHS ITS FLOW
MAY RICHER, FULLER BE
THAT IN THINE OCEAN DEPTHS ITS FLOW
MAY RICHER, FULLER BE

O LIGHT THAT FOLLOWS ALL MY WAY
I YIELD MY FADING TORCH TO THEE
MY HEART RESTORES ITS BORROWED RAY
THAT IN THY SUNSHINE BLAZE ITS DAY
MAY BRIGHTER, FAIRER BE
THAT IN THY SUNSHINE BLAZE ITS DAY
MAY BRIGHTER, FAIRER BE

O CROSS THAT HELPS ME LIFT MY HEAD
I DARE NOT WANDER FAR FROM THEE
FOR THOUGH I LAY IN GLORY DEAD
YET FROM THE GROUND IN BLOSSOMS RED
LIFE SHALL NEVER END
YET FROM THE GROUND IN BLOSSOMS RED
LIFE SHALL NEVER END

O JOY THAT SEES ME THROUGH THE PAIN
I CANNOT CLOSE MY HEART TO THEE
I TRACE THE RAINBOW THROUGH THE RAIN
AND FEEL THE PROMISE IS NOT VAIN
THAT MORN SHALL TEARLESS BE
I FEEL THE PROMISE IS NOT VAIN
THAT MORN SHALL TEARLESS BE