

## COMMUNION

IN REPENTANCE AND REST IS MY SALVATION  
AND THE QUIET OF TRUST WILL BE MY STRENGTH (repeat)

THE FRUIT OF SILENCE IS PRAYER  
THE FRUIT OF PRAYER IS FAITH  
THE FRUIT OF FAITH IS LOVE  
THE FRUIT OF LOVE IS PEACE

## UNION

I belong to him. Because I belong to him, he must be free to use me. I must surrender completely. I must let Jesus use me without consulting me. We must 'Give whatever he takes and take whatever he gives.'

MAY THE LOVE OF THE FATHER  
THE LOVE OF THE SON  
THE SPIRIT OF LIFE, THE BREATH OF THE LORD  
MAY GOD'S PRESENCE FILL YOUR HEART  
ABIDING IN YOU AS YOUR LIGHT AND LIFE  
ABIDING IN YOU AS YOUR LIGHT

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](mailto:imago@shaw.ca)

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

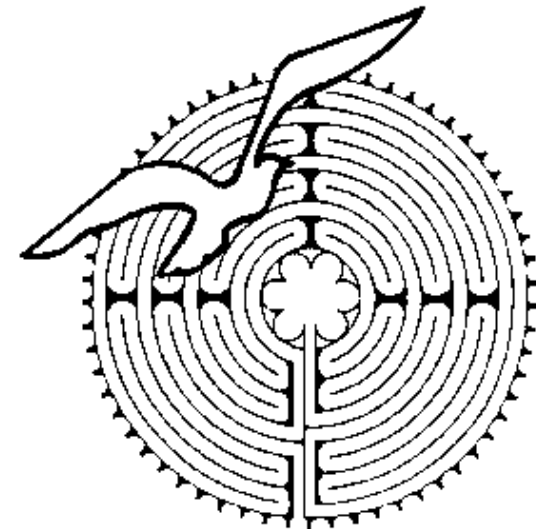
Our next **Contemplative Communion Service** will be **April 12 @ 7 pm.**

Imago Dei Christian Community

[www.imagodeicommunity.ca](http://www.imagodeicommunity.ca)

# *Contemplative Liturgy*

## *March 8, 2025*



*with meditations by Mother Teresa*

*"To possess God, we must allow him to possess our souls"\**

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*\*all quotes are from Mother Teresa's Total Surrender,*

# *Contemplative Liturgy*

## **AWAKENING**

God calls all men and women to this disposition of heart – to pray always. Let the love of God take entire and absolute possession of your heart; let it become to your heart like a second nature; let your heart suffer nothing contrary to enter; let it apply itself continually to increase your love of God by seeking to please him in all things and refusing him nothing; let it accept as from his hand everything that happens to it.

IN THE CLEFT OF THE ROCK, IN THE HIDING PLACE  
SHOW ME YOUR FACE  
IN THE WHISPER OF THE WIND, IN THE SILENCE OF PRAYER,  
LET ME HEAR YOUR VOICE

FOR YOUR VOICE IS SWEET AND YOUR FACE IS LOVELY  
I WILL SEARCH FOR THE ONE MY HEART LOVES  
YOUR VOICE IS SWEET AND YOUR FACE IS LOVELY  
I WILL SEARCH FOR THE ONE I LOVE

## **ILLUMINATION**

The first step 'to becoming' is to will it. St. Thomas says that "sanctity consists in nothing else than a firm resolution, the heroic act of a soul abandoning herself to God." To resolve to be a saint' means I will despoil myself of all that is not God. I will strip my heart and empty it of all created things.

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

Our human nature stays with us from beginning to end. We must work hard every day to conquer ourselves. We must learn to be meek and humble of heart. Let us try to give everything to Jesus: every word, every moment. Jesus, use my eyes, my ears, my feet!

(refrain) TO YOU, O GOD, I LIFT UP MY SOUL  
TO YOU I LIFT UP MY SOUL

## **CONFESSION**

One thing is necessary for us – confession. Confession is nothing but humility in action. It is a place where I allow Jesus to take away from me everything that divides, that destroys. It is our humble recognition and acceptance of our sinfulness, helplessness, and utter nothingness, and the acknowledgement of our neediness before him, which expresses itself as hope in him, as an openness to receive all things from him as from our Father. Only in confession can we come as sinners with sin, and leave as sinners without sin.

LORD I AM NOT WORTHY YOU SHOULD ENTER MY HOUSE  
SAY BUT THE WORD AND MY SOUL WILL BE HEALED

LORD I AM NOT WORTHY YOU SHOULD CALL ME YOUR OWN  
SAY BUT THE WORD AND MY SOUL WILL BE HEALED

One thing Jesus asks of me: that I lean on him; that in him and only in him I put complete trust; that I surrender myself to him unreservedly. Even when all goes wrong and I feel as if I am a ship without a compass, I must give myself completely to him. I must not attempt to control God's action; I must not count the stages in the journey he would have me make. I must not desire a clear perception of my advance upon the road, must not know precisely where I am upon the way of holiness.