

Centering Prayer

ENTER SILENCE

BREATHE GOD'S NAME

Breathe God's Name YHWH: "Yah" (inhale), "Weh" (exhale)

CONTEMPLATE THE CHRIST MYSTERY

Christ in me	(inhale)	Christ in me	(inhale)
Me in Christ	(exhale)	Me in Christ	(exhale)
Christ in all	(inhale)	Christ in all	(inhale)
All is well	(exhale)	All is Christ	(exhale)
Christ in me	(inhale)	All is Christ	(inhale)
Me in Christ	(exhale)	All is One	(exhale)
Christ in all	(inhale)	All is Well	(inhale)
All is one	(exhale)	In Christ	(exhale)

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GIVE THANKS

Give thanks for the presence of Christ in all things

WELCOME THE SPIRIT

Come, Holy Spirit, wild and free. Do as you please. Shine your light on me that I might see things as they are, not as I am. Free me to act in your name with courage, creativity, and compassion.

SUSCIPE (TAKE AND RECEIVE – IGNATIAN PRAYER)

"Take Lord and receive all my liberty, my memory, my understanding and my entire will, all that I have and call my own. You have given all to me. To you Lord I return it. Everything is yours; do with it what you will. I ask only for your love and your grace. That is enough."

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