



# Centering Prayer

## ENTER SILENCE

## BREATHE GOD'S NAME

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

## CONTEMPLATE THE CHRIST MYSTERY

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

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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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