

ENTER SILENCE

BREATHE GOD'S NAME

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

CONTEMPLATE THE CHRIST MYSTERY

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

BE STILL (Psalm 46:10)

Be still and know that I am God.
Be still and know that I am
Be still and know
Be still
Be

BREATHE GOD'S NAME

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

GIVE THANKS

Give thanks for the presence of Christ in all things, calling life into being.

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."

BREATHE GOD'S NAME

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