

Day 11—Saturday 24 February

Scripture for Prayer

Stilling: Take a few minutes to become still.

God is Present: God is with you. Ask God to inspire your prayer time.

Ask for what you desire. What gift, what grace do you want right now?

- **Read** the passage slowly.
- **Savour** words and phrases
- **Talk** to God in your own words
- **Stay** in silent meditation

If you get distracted, move back to the scripture passage and continue the cycle.

Matthew 5: 43-48 (NRSVA)

‘You have heard that it was said,
“You shall love your neighbour and hate your enemy.” But I say to you,
Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous.

For if you love those who love you,
what reward do you have?
Do not even the tax-collectors do the same?
And if you greet only your brothers and sisters,
what more are you doing than others?
Do not even the Gentiles do the same?

Be perfect, therefore,
as your heavenly Father is perfect.

A Prayer: End with a formal prayer, such as the Lord’s Prayer/Our Father

Review of Prayer

At the end of your prayer you can look back and ask: Does it have something to say to you?
How does it make you feel?

Today’s Meditation



I am Your Creator

I created you to praise, reverence and serve me.
Do not ever be afraid of me
Even if you sin monstrously,
Because
I do good to those who do not do good,
Even to those who hate me.
I bless those who curse me;
I love those who do not love me;
And I am kind to the ungrateful and the wicked.
If you were my enemy, I would still love you.
Were you to steal from me,
I wouldn't ask for it back.
I am merciful;
I don't judge;
I don't condemn;
And I forgive, O yes I forgive,
Even if you come back to me to be forgiven
Seventy time seven every day.
Now are you beginning to understand
Why so many people do not believe I exist?
They can't believe in such goodness.

Patrick Purnell SJ