

Day 30—Thursday 15 March

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.

Psalm 29 (NRSVA)

Ascribe to the Lord, O heavenly beings,
ascribe to the Lord glory and strength.
Ascribe to the Lord the glory of his name;
worship the Lord in holy splendour.
The voice of the Lord is over the waters;
the God of glory thunders,
the Lord, over mighty waters.
The voice of the Lord is powerful;
the voice of the Lord is full of majesty.
The voice of the Lord breaks the cedars;
the Lord breaks the cedars of Lebanon.
He makes Lebanon skip like a calf,
and Sirion like a young wild ox.
The voice of the Lord flashes forth flames of fire.
The voice of the Lord shakes the wilderness;
the Lord shakes the wilderness of Kadesh.
The voice of the Lord causes the oaks to whirl,
and strips the forest bare;
and in his temple all say, 'Glory!'
The Lord sits enthroned over the flood;
the Lord sits enthroned as king for ever.
May the Lord give strength to his people!
May the Lord bless his people with peace!

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

“LAUDATO SI’, mi’ Signore” - Praise to you my Lord

“Praise be to you, my Lord”.

In the words of this beautiful canticle, Saint Francis of Assisi reminds us that our common home is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us.

“Praise be to you, my Lord, through our Sister, Mother Earth, who sustains and governs us, and who produces various fruit with coloured flowers and herbs”.

This sister now cries out to us because of the harm we have inflicted on her by our irresponsible use and abuse of the goods with which God has endowed her.

We have come to see ourselves as her lords and masters, entitled to plunder her at will.

The violence present in our hearts, wounded by sin, is also reflected in the symptoms of sickness evident in the soil, in the water, in the air and in all forms of life.

This is why the earth herself, burdened and laid waste, is among the most abandoned and maltreated of our poor; she “groans in travail” (Rom 8:22). We have forgotten that we ourselves are dust of the earth (cf. Gen 2:7); our very bodies are made up of her elements, we breathe her air and we receive life and refreshment from her waters. (1-2)...

Once we start to think about the kind of world we are leaving to future generations, we look at things differently;

we realise that the world is a gift which we have freely received and must share with others.

Since the world has been given to us, we can no longer view reality in a purely utilitarian way, in which efficiency and productivity are entirely geared to our individual benefit.

Intergenerational solidarity is not optional, but rather a basic question of justice, since the world we have received also belongs to those who will follow us. (159)

Pope Francis