

Day 32—St Patrick’s Day

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.

Acts 13:45-49 (NRSVA)

The next sabbath almost the whole city gathered to hear the word of the Lord. But when the Jews saw the crowds, they were filled with jealousy; and blaspheming, they contradicted what was spoken by Paul. Then both Paul and Barnabas spoke out boldly, saying, ‘It was necessary that the word of God should be spoken first to you. Since you reject it and judge yourselves to be unworthy of eternal life, we are now turning to the Gentiles. For so the Lord has commanded us, saying,

“I have set you to be a light for the Gentiles, so that you may bring salvation to the ends of the earth.””

When the Gentiles heard this, they were glad and praised the word of the Lord; and as many as had been destined for eternal life became believers. Thus the word of the Lord spread throughout the region.

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

St Patrick's Breastplate

I bind to myself today
The strong virtue of the Invocation of the Trinity:
I believe the Trinity in the Unity
The Creator of the Universe.

I bind to myself today
The virtue of the Incarnation of Christ with His
Baptism,
The virtue of His crucifixion with His burial,
The virtue of His Resurrection with His Ascension,
The virtue of His coming on the Judgement Day.

I bind to myself today
The virtue of the love of seraphim,
In the obedience of angels,
In the hope of resurrection unto reward,
In prayers of Patriarchs,
In predictions of Prophets,
In preaching of Apostles,
In faith of Confessors,
In purity of holy Virgins,
In deeds of righteous men.

I bind to myself today
The power of Heaven,
The light of the sun,
The brightness of the moon,
The splendour of fire,
The flashing of lightning,
The swiftness of wind,
The depth of sea,
The stability of earth,
The compactness of rocks.

I bind to myself today
God's Power to guide me,
God's Might to uphold me,
God's Wisdom to teach me,
God's Eye to watch over me,
God's Ear to hear me,
God's Word to give me speech,
God's Hand to guide me,
God's Way to lie before me,
God's Shield to shelter me,
God's Host to secure me