

Day 5—First Sunday of Lent

Scripture for Prayer

Stilling: Take a few minutes to become still using one of the ways suggested in 'Today's Meditation'.

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?

Go through the passage below a word at a time. Stay with the words or phrases that say something to you.

Genesis 9:8-15 (NRSVA)

Then God said to Noah and to his sons with him, “Behold, I establish my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the cattle, and every beast of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.”

And God said, “This is the sign of the covenant which I make between me and you and every living creature that is with you, for all future generations: I set my bow in the cloud, and it shall be a sign of the covenant between me and the earth.

When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant which is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh.

Conversation: When you come towards the end of your time of prayer, talk to God or to Mary about what has come up for you.

Imagine how God might reply.

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

The Spirit

Dusk is the season
When people make vespers
and calculate their day
The Spirit does not come to make demands,
Nor crush the bruised soul,
Nor drag the sinner down.
The Spirit does not quell the silent sob
Nor overwhelm the heart at bay,
But sighs within the sighing poor
And yearns within their yearning
For what they cannot name.

The Spirit is the joy a woman feels
Holding the one she loves;
The Spirit is the love a married man
Takes with him to his bed;
The sleep a child has,
The dream a young girl dreams,
The anguish of a growing youth,
The patience of the old and weak.
She is the guest that chances by,
The sudden gift from where, we do not know,
The refuge into which we curl,
The rest we steal from work,
The consolation in our tears.

The Spirit stands on the lip of time
And beckons us to leave our past
And seek the future that's within
The groaning and the longing,
The desiring and the yearning
Of our immortal nature.

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