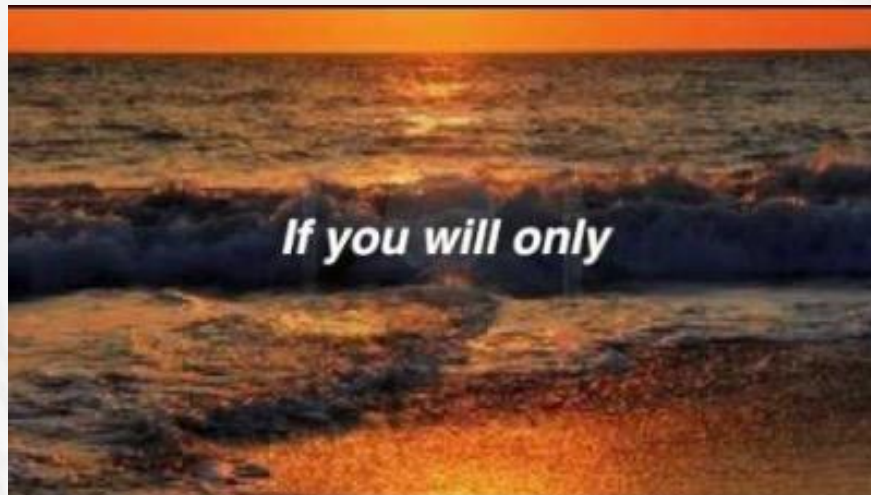


Day 5

Life

Day 5



If you will only

Life



Jim Let's begin our prayer together

Peg In the name of the Father, and of the Son and of the Holy Spirit.

Jim God, come to my assistance.

Peg Lord, make haste to help me.

Jim Glory to the Father, and to the Son, and to the Holy Spirit;

Peg As it was in the beginning, is now, and will be forever.
Amen.

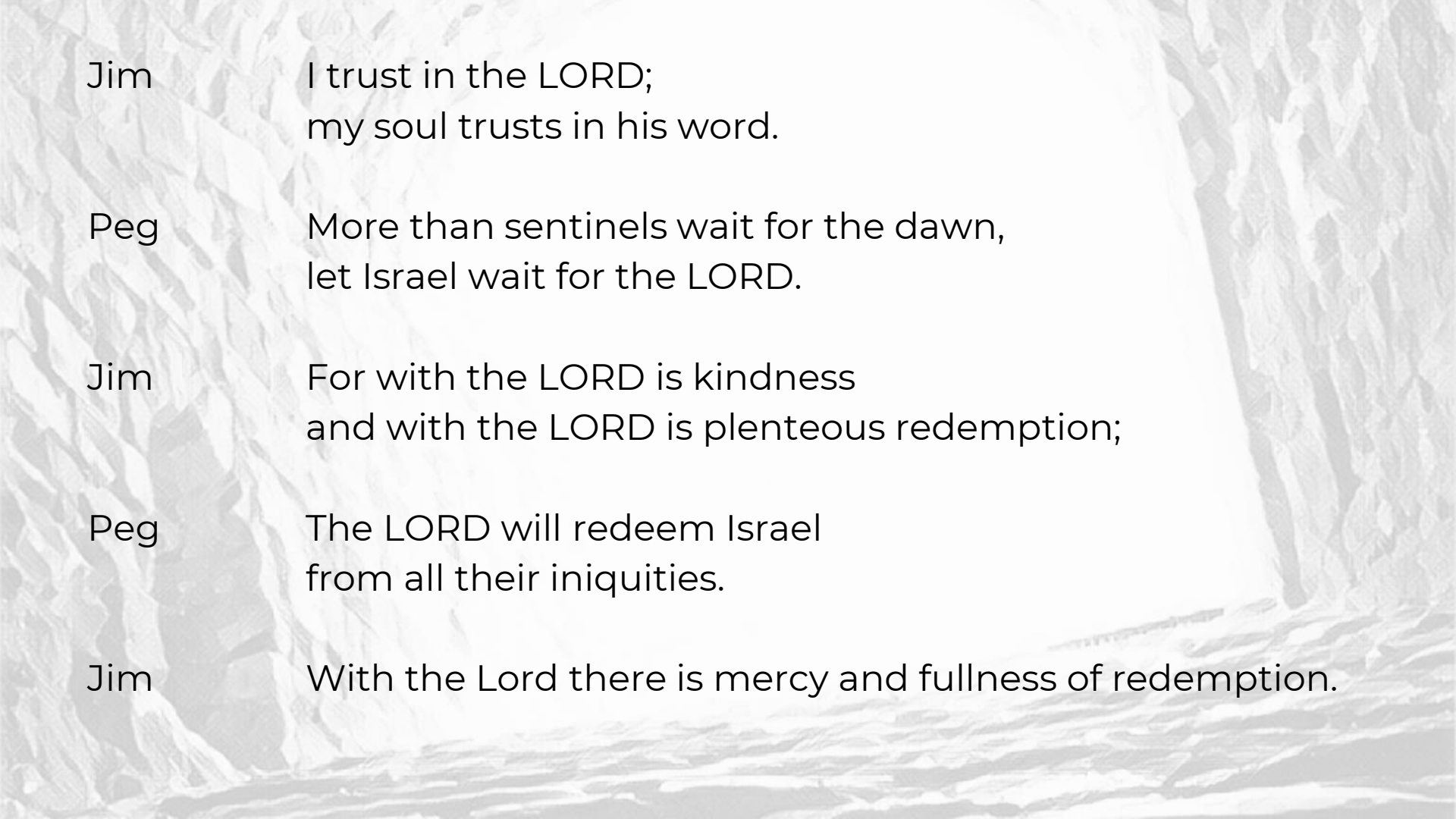
Peg With the Lord there is mercy and fullness of redemption.

Jim Out of the depths I cry to you, O LORD;
LORD, hear my voice!

Peg Let your ears be attentive
to my voice in supplication.

Jim If you, O LORD, mark iniquities,
LORD, who can stand?

Peg But with you is forgiveness,
that you may be revered.



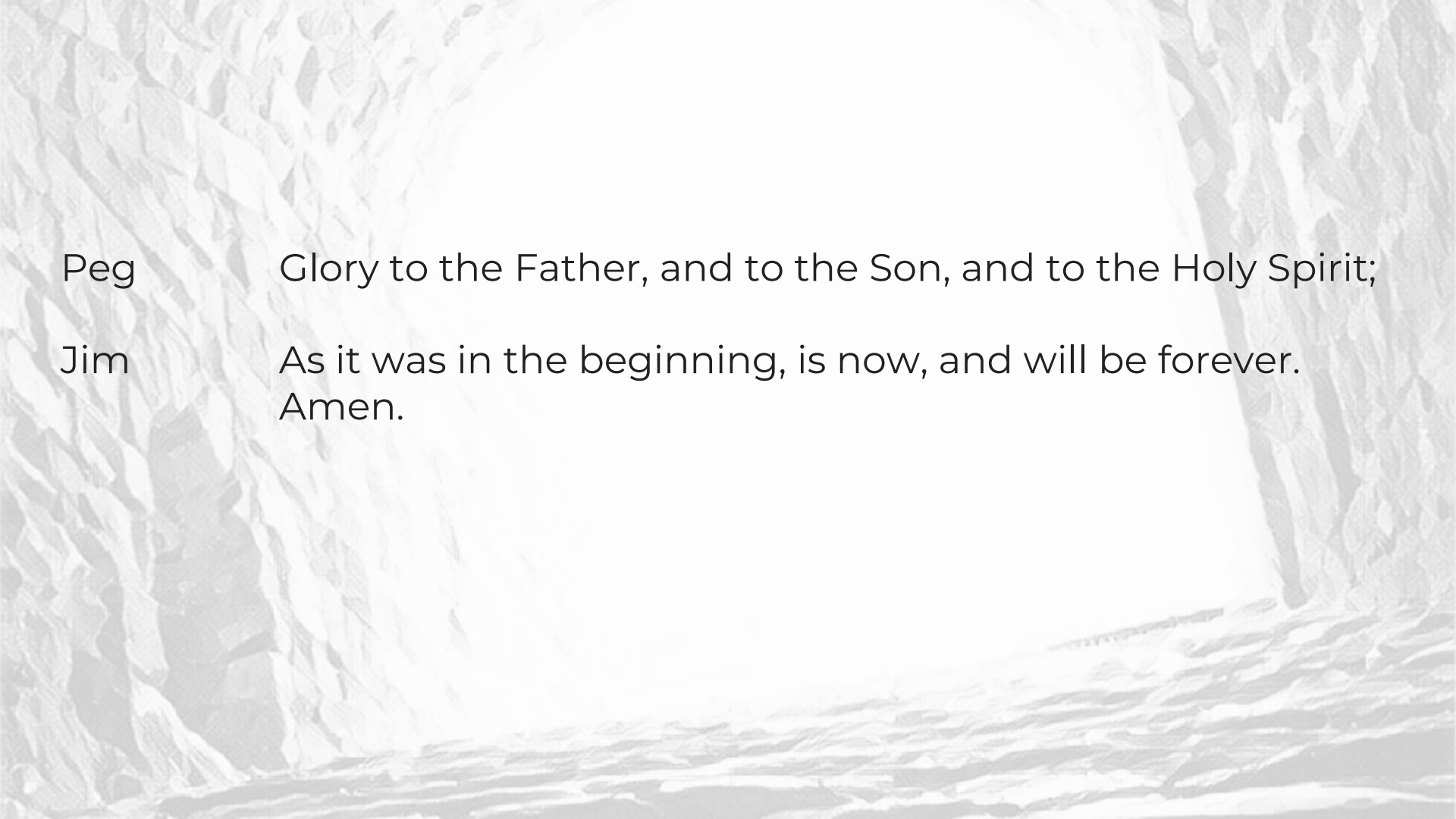
Jim I trust in the LORD;
my soul trusts in his word.

Peg More than sentinels wait for the dawn,
let Israel wait for the LORD.

Jim For with the LORD is kindness
and with the LORD is plenteous redemption;

Peg The LORD will redeem Israel
from all their iniquities.

Jim With the Lord there is mercy and fullness of redemption.



Peg Glory to the Father, and to the Son, and to the Holy Spirit;

Jim As it was in the beginning, is now, and will be forever.
Amen.

Peg

The Lord will guard us, as a shepherd guards his flock.

Jim

Hear the word of the LORD, O nations,
proclaim it on distant isles, and say:

Peg
together,

The LORD who scattered Israel, now gathers them

The LORD guards them as a shepherd his flock.

Jim

The LORD shall ransom Jacob,
The LORD shall redeem him from the hand of his
conqueror.

Peg

Shouting, they shall mount the heights of Zion,
They shall come streaming to the LORD's blessings:

Jim The grain, the wine, and the oil,
the sheep and the oxen.

Peg Then the virgins shall make merry and dance,
and young men and old as well.

Jim I will turn their mourning into joy,
I will console and gladden them after their sorrows.

Peg The Lord will guard us, as a shepherd guards his flock.

Jim Glory to the Father, and to the Son, and to the Holy Spirit;

Peg As it was in the beginning, is now, and will be forever.
Amen.

Jim Let's listen to the Words of God

Peg Thus says the Lord GOD:

Jim O my people,
I will open your graves and have you rise from them, and
bring you back to the land of Israel. Then you shall know that I am the
LORD, when I open your graves and have you rise from them,

Peg O my people!
I will put my spirit in you that you may live, and I will settle you
upon
your land; thus you shall know that I am the LORD.
I have promised, and I will do it, says the LORD.

Observe a moment of silence for individual reflection



Jim

Let us pray

Peg

Soul of Christ,

Jim

Sanctify me.

Peg

Body of Christ,

Jim

Save me.

Peg

Blood of Christ,

Jim

Inebriate me.



Peg

Water from the side of Christ,

Jim

Wash me.

Peg

Passion of Christ,

Jim

Strengthen me.

Peg

O good Jesus,

Jim

Hear me.

Peg

Within your wounds

Jim

Conceal me.



Peg Do not permit me to be parted from you.

Jim From the evil foe protect me.

Peg At the hour of my death,

Jim Call me.

Peg And bid me come to you,

Jim To praise you with all your saints

Peg For ever and ever.

Jim Amen.

GRACE TO ASK FOR

Generosity to stay in the present moment

Courage to stay connected with oneself

To be able to cry, to weep if it is needed

SCRIPTURES

Ezekiel 37: 12 – 14

John 11: 1 - 45

QUESTIONS FOR INDIVIDUAL EXERCISES

1. What are some of the source of distraction that keep me from remaining in the presence? To stay connected with myself and others?
2. When was the last time I cried?