

Silence and Centering

Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few.

Ecclesiastes 5:2

Silence 3 minutes

1st Reading

- ¹The heavens are telling of the glory of God;
And their expanse is declaring the work of His hands.
²Day to day pours forth speech,
And night to night reveals knowledge.
³There is no speech, nor are there words;
Their voice is not heard.
⁴Their line has gone out through all the earth,
And their utterances to the end of the world
In them He has placed a tent for the sun,
⁵Which is as a bridegroom coming out of his chamber;
It rejoices as a strong man to run his course.
⁶Its rising is from one end of the heavens,
And its circuit to the other end of them;
And there is nothing hidden from its heat.
⁷The law of the LORD is perfect, restoring the soul;
The testimony of the LORD is sure, making wise the simple.

Psalm 19:1-7

2nd Reading

- ⁹The fear of the LORD is clean, enduring forever;
The judgments of the LORD are true; they are righteous
altogether.
¹⁰They are more desirable than gold, yes, than much fine gold;
Sweeter also than honey and the drippings of the honeycomb.
¹¹Moreover, by them Your servant is warned;
In keeping them there is great reward.
¹²Who can discern his errors? Acquit me of hidden faults.
¹³Also keep back Your servant from presumptuous sins;
Let them not rule over me;
Then I will be blameless,
And I shall be acquitted of great transgression.
¹⁴Let the words of my mouth and the meditation of my heart
Be acceptable in Your sight,
O LORD, my rock and my Redeemer.

Psalm 19:9-14

New Testament reading

¹⁰When the apostles returned, they reported to Jesus what they had done. Then he took them with him and they withdrew by themselves to a town called Bethsaida, ¹¹but the crowds learned about it and followed him. He welcomed them and spoke to them about the kingdom of God, and healed those who needed healing. Luke 9:10-12

²⁰Once, having been asked by the Pharisees when the kingdom of God would come, Jesus replied, "The kingdom of God does not come with your careful observation, ²¹nor will people say, 'Here it is,' or 'There it is,' because the kingdom of God is within you." Luke 17:20

Devotional reading

One of the Desert Fathers, Macarius the Great, says, "The chief task of the athlete [that is, the monk] is to enter into his heart." This does not mean that the monk should try to fill his prayer with feeling, but that he should let his *prayer remodel the whole of his person*. The most profound insight of the Desert Fathers is that entering into the heart is entering into the kingdom of God. In other words, the way to God is through the heart. Isaac the Syrian writes: "Try to enter the treasure chamber...that is within you and then you will discover the treasure chamber of heaven. If you succeed in entering one, you will see both.

**From The Way of the Heart
Henri Nouwen**

5 minutes of waiting in God

The Our Father

Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done on earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from the evil one.

Closing prayer

"¹⁶May the grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen."

Galatians 6:18

