

*Please pray slowly, allowing each word or phrase to touch your heart
Let your heart soar with delight and swell with awe as you pray*

Preparation of the Heart for Prayer

Good morning, my dear companion, my love.
I open my heart to you on this Sunday morning
O Holy & Gracious Mystery,
and I behold you with awe (*pause*),
reverence (*pause*),
and gratitude (*pause*).

O Holy Mystery in Love:
the Author of our being,
—indeed, of all that has come into existence.
Source of all love.
Origin and energy of life itself.

Holy Mystery Incarnate:
Jesus, the Anointed and Beloved one,
—in whom the fullness of God does dwell.
Our teacher,
healer,
and friend.

Holy Mystery Indwelling:
the wellspring of holiness
& source of all wisdom
—our companion, helper, and guide.

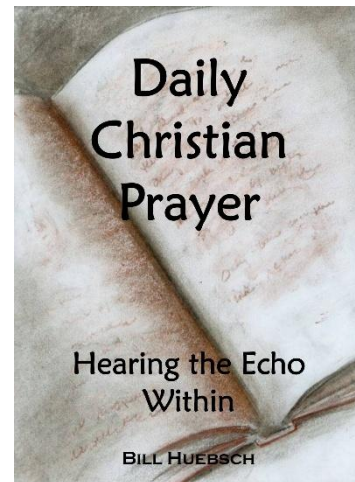
I bow to your Presence in all creation—
in the rising of the sun,
in the turning of the earth,
in the beating of every heart.

I open myself to your Presence within me,
as I humbly begin my morning prayer.

The night has passed,
and this Sunday lies open before me.
I begin this day conscious of divine light
and open to the power of sacred love.

Glory Be!

Awe and reverence are yours,
O Holy Mystery of Love:
Incarnate and Indwelling.
All love and holiness
begin and end with you
now and forever. Amen.



Prayer of Jesus in Matthew 6

O *Holy Mystery*, Source of all Love
you bring together heaven and earth
and your very name is Holy!
May your reign be established among us
as we follow your way of life.
May we see that you give us enough bread
to sustain ourselves
and feed the world.
May we know forgiveness and grace
as we pardon those who offend us.
May we not fail when facing temptation
and be safe when facing evil.
For the kingdom of love,
the power of healing,
and the glory of mercy
begin and end with you! Amen.

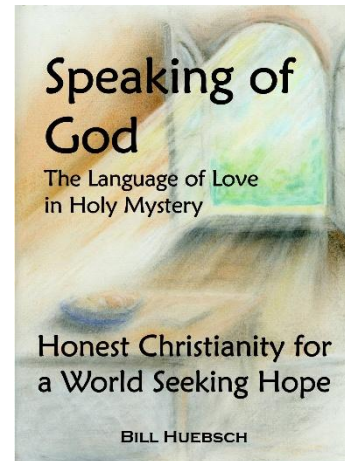
An example of how the Gloria might sound:

Glory to God in the highest,
and peace to God's people on earth.
O God, the Holy One,
Creator of heaven and earth,
we praise you, we bless you,
we worship you, we glorify you,
we give you thanks for your boundless love.

Jesus Christ, Word made flesh,
Beloved of the Father,
you reveal the mercy of God.
You heal the brokenness of the world.
You reconcile us in love.

O Christ, risen and living among us,
have mercy on us.
You are seated in glory with *Holy Mystery*.
You pour out the Spirit of life.
You draw us into communion with your Body.

Receive our prayer.
For you alone are the Holy One,
you alone are the Sacred Mystery,
you alone are Holy & Gracious Mystery,
Jesus Christ, with the Holy Spirit,
in the glory of God, the Author of all that exists. Amen.



An example of the Creed that might eventually be acceptable

We believe in one God
who is *Holy & Gracious Mystery*,
source of life and ground of being,
whose love is revealed in all creation:
Holy Mystery in Love.

We believe in Jesus Christ,
Holy Mystery Incarnate,
the face of God turned toward us,
the one who is filled with the fullness of God.
He lived among us with mercy and justice,
was crucified by the powers of this world,
died in faithfulness,
and yet is raised up by God to new life,
that love might never be defeated.

We believe in the Holy Spirit,
Holy Mystery Indwelling,
breathing within and among us,
calling us to faith, hope, and compassion.
This Spirit awakens faith,
builds community,
and renews the face of the earth.

We believe the church is called,
in all its diversity:
Holy Mystery in the People of God,
the Body of Christ.
We are sent to proclaim the good news,
serve with compassion,
seek justice,
and live in hope.

We believe that life is stronger than death,
love is greater than fear,
and the promise of God endures forever.

We are called to be a face of God to others,
to live as witnesses of grace,
to serve with humility and joy,
until all things are made new in God. Amen.