

## **IN DISTANT TIMES: SPEND AN EVENING IN PRAYER**

### **Pray: *Living with Christ***

*(pause, deep breath in, slow breath out)*

O supreme, eternal Good! What moved you to enlighten me with the light of your truth?

You yourself, the very fire of love, you yourself are the reason.

For it always has been, and always is love that constrains you to create in us your own image and likeness. Amen.

*Saint Catherine of Siena*

### **Praying with poetry: *"Let Yourself Rest"***

*(pause, breathe slowly, slow down)*

If you're exhausted, rest.

If you don't feel the urge to make something new, just rest in the beauty of the old, the familiar, the known.

If you don't feel like talking, stay silent.

If you're fed up with the news, turn it off.

If you want to postpone something until tomorrow, do it.

If you want to do nothing, let yourself do nothing today.

Feel the fullness of the emptiness, the vastness of the silence, the sheer life in your unproductive moments.

Time does not always need to be filled.

You are enough, simply in your being.

*(Jeff Foster, [lifewithoutacentre.com](http://lifewithoutacentre.com), or use other readings)*

### **Praying with scripture: *Luke 24:13-32***

*(read slowly, pause and be still)*

### **Praying with a song: *"Two were bound for Emmaus" (by Bob Hurd)***

*(read or listen, find different versions on YouTube, or use another song)*

1, 5. Two were bound for Emmaus, disheartened and lost;

all their hope for the future had been nailed to a cross.

Love unknown then walked beside them,

come back from the dead,

and they knew he was risen in the breaking of bread.

2. On the Sea of Tiberius, when the night was nearly gone

and their toil seemed so useless, not one fish had they caught,

from the shore the stranger called to them:

"Cast your net, friends, once more."

And they filled it to bursting, but the net was not torn.

3. Then they knew it was Jesus and they hastened in to shore;  
bread and fish for their breakfast from the hands of their Lord.  
"O Peter, if you love me you must care for my sheep;  
if you follow your Shepherd, then a shepherd you'll be."

4. When the road makes us weary, when our labor seems but loss,  
when the fire of faith weakens and too high seems the cost,  
let the Church turn to its risen Lord,  
who for us bore the cross,  
and we'll find our hearts burning at the sound of his voice.

*(pause and reflect)*

***Closing Prayer***

O eternal Good, Jesus walked with the two on the road to Emmaus in our gospel reading. Help us to walk with Jesus in these troubling days. We are living with the uncertainty, and believing we will find hope and joy once again down the road. Help us to realize the gifts and blessings we have with the changes taking place in our country and our world at this time. Help us to live and accept the disappointments we are all facing at this time. Gift us with the grace to continue the journey, as we continue to walk our roads with you, our loving God. Amen.

*(pause and rest)*