

Patience

Welcome to this time of Quiet Reflection. Take your time reading to yourself (or out loud) some or all of these bible passages, and then pausing for a few minutes after any that you wish to reflect on.

The Taizé chants between readings can be sung in your head as often as you like, or out loud, or listened to from these links, pausing as you wish:

Ubi caritas - <https://www.youtube.com/watch?v=GX7tAZIAWbE>

Nothing can trouble - https://www.youtube.com/watch?v=aRsxU_3-fpk

O Lord hear my prayer - <https://www.youtube.com/watch?v=2nCy2j07ECM>

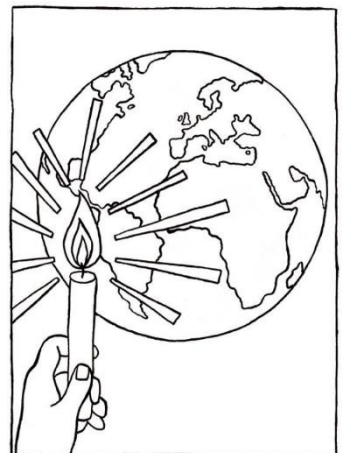
Beginning

*Nothing can trouble,
nothing can frighten.
Those who seek God
shall never go wanting.
Nothing can trouble,
nothing can frighten.
God alone fills us.*

Psalm 37

Trust in the Lord, and do good;
so you will live in the land, and enjoy security.
Take delight in the Lord,
and he will give you the desires of your heart.

Commit your way to the Lord;
trust in him, and he will act.
He will make your vindication shine like the light,
and the justice of your cause like the noonday.



Be still before the Lord, and wait patiently for him;
do not fret over those who prosper in their way,
over those who carry out evil devices.

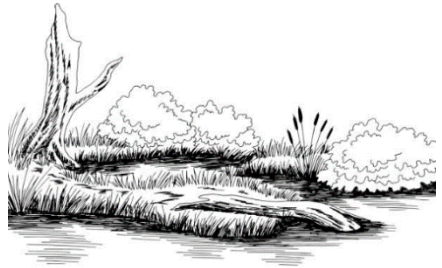
Refrain from anger, and forsake wrath.
Do not fret—it leads only to evil.

*Nothing can trouble,
nothing can frighten.
Those who seek God
shall never go wanting.
Nothing can trouble,
nothing can frighten.
God alone fills us.*

Psalm 40

I waited patiently for the Lord;
he inclined to me and heard my cry.
He drew me up from the desolate pit,
out of the miry bog,
and set my feet upon a rock,
making my steps secure.
He put a new song in my mouth,
a song of praise to our God.
Many will see and fear,
and put their trust in the Lord.

Happy are those who make
the Lord their trust,
who do not turn to the proud,
to those who go astray after false gods.
You have multiplied, O Lord my God,
your wondrous deeds and your thoughts towards us;
none can compare with you.
Were I to proclaim and tell of them,
they would be more than can be counted.



Sacrifice and offering you do not desire,
but you have given me an open ear.
Burnt-offering and sin-offering
you have not required.
Then I said, 'Here I am;
in the scroll of the book it is written of me.
I delight to do your will, O my God;
your law is within my heart.'

May all who seek you
rejoice and be glad in you;
may those who love your salvation
say continually, 'Great is the Lord!'
As for me, I am poor and needy,
but the Lord takes thought for me.
You are my help and my deliverer;
do not delay, O my God.

Ecclesiastes 7

Better is the end of a thing than its beginning;
the patient in spirit are better than the proud in spirit.
Who is wise and understanding among you? Show by your good life that
your works are done with gentleness born of wisdom. The wisdom from
above is first pure, then peaceable, gentle, willing to yield, full of mercy
and good fruits, without a trace of partiality or hypocrisy. And a harvest of
righteousness is sown in peace for those who make peace.

*Nothing can trouble,
nothing can frighten.
Those who seek God
shall never go wanting.
Nothing can trouble,
nothing can frighten.
God alone fills us.*

Job 3

Then Eliphaz the Temanite answered Job:

'If one ventures a word with you, will you be offended?

But who can keep from speaking?

See, you have instructed many;

you have strengthened the weak hands.

Your words have supported those who were stumbling,

and you have made firm the feeble knees.

But now it has come to you, and you are impatient;

it touches you, and you are dismayed.

Is not your fear of God your confidence,

and the integrity of your ways your hope?'

Ubi caritas (Where there is charity and love, there is God)

Ubi caritas et amor.

Ubi caritas

Deus ibi est.

Luke 8:15

But as for the seed in the good soil, these are the ones who, when they hear the word, hold it fast in an honest and good heart, and bear fruit with patient endurance.



Romans 8:25

If we hope for what we do not see, we wait for it with patience.

Ubi caritas et amor.

Ubi caritas

Deus ibi est.

Romans 12:9-12

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

Ubi caritas et amor.

Ubi caritas

Deus ibi est.

Galatians 5

The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things.

Ubi caritas et amor.

Ubi caritas

Deus ibi est.

Passage to be read slowly – imagine being there....

1 Kings 19:6-16

After the death of the prophets of Baal, Elijah was afraid;

He got up and fled for his life, and came to Beer-sheba, which belongs to Judah; he left his servant there.

But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree.

He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.'

Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.'

He looked, and there at his head was a cake baked on hot stones, and a jar of water.

He ate and drank, and lay down again.

The angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.'

He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.

At that place he came to a cave, and spent the night there.

Then the word of the Lord came to him, saying, 'What are you doing here, Elijah?'

He answered, 'I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.'

He said, 'Go out and stand on the mountain before the Lord, for the Lord is about to pass by.'

Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind;

And after the wind an earthquake, but the Lord was not in the earthquake;

And after the earthquake a fire, but the Lord was not in the fire;

And after the fire a sound of sheer silence.

When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave.

Then there came a voice to him that said, 'What are you doing here, Elijah?'

He answered, 'I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.'

Then the Lord said to him, 'Go, return on your way to the wilderness of Damascus;

'When you arrive, you shall anoint Hazael as king over Aram. Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place.'

Time for Silent Prayer

O Lord hear my prayer.

O Lord hear my prayer.

When I call, answer me.

O Lord hear my prayer.

O Lord hear my prayer.

Come and listen to me.

O Lord hear my prayer.

O Lord hear my prayer.

When I call, answer me.

O Lord hear my prayer.

O Lord hear my prayer.

Come and listen to me.

Ending Prayer

Heavenly Father,
give us patient faith in times of darkness,
and strength to meet any troubles in the days to come.
May we may ever draw closer to you,
and find strength within the shelter of your love.
Amen.