



POUR IT OUT

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For Expanded Ministry

Thank you for spending time in silent prayer

God of Life, in you we live and move and have our being. All that we have is yours. You show no partiality to any of your children, looking with favor upon us all. Help us to see one another as you see us. Send forth your Holy Spirit to guide us, open our hearing of one another, soothe us with peace, and help us speak truth in love with the awareness that others have a different angle of vision that may expand our own. Hold us all within your vision of the possibility of *shalom* for all people, and help us to work toward the common good in all things, to your glory in Jesus Christ we pray.

Gracious and Loving God, You have called us together to the work of Your church. Be present with us; guide us that we make decisions in faith, hope and love. Create within us open minds and hearts so that we will not fear conflict nor run from it, but see it as an opportunity to grow in our faith as we seek to more fully understand You and more fully understand one another. Help us to listen, to share our thoughts in love, and to do all we can to maintain the unity of your church. In Christ's name we pray.

Holy Spirit, we come to You seeking Your preference in our lives. Fill us with Your spirit of quiet listening, faith-filled freedom, and generous response. Touch our minds and hearts so that we may have eyes to see and ears to hear what You ask of us in our ministry. Heal us that we may heal each other through Your compassionate love and mercy. This we ask in the name of Your son, Jesus, and the Holy Spirit. Amen.
(Benedictine Sisters, Benet Hill Priory, Colorado Springs)

Christ, as a light illumine and guide me.
Christ, as a shield overshadow me.
Christ under me; Christ over me;
Christ beside me on my left and my right.
This day be within and without me,
lowly and meek, yet all-powerful.
Be in the heart of each to whom I speak;
in the mouth of each who speaks unto me.
This day be within and without me,
lowly and meek, yet all-powerful.
Christ as a light; Christ as a shield;
Christ beside me on my left and my right.

May the peace of the Lord Christ go with us,
wherever He may send us.
May He guide us through the wilderness,
protect us through the storm.
May He bring us home rejoicing at the wonders
He has shown us.
May He bring us home rejoicing once again into our doors.
In the name of the Father, and of the Son,
and of the Holy Spirit. Amen

Go peaceful in gentleness through the violence of these days.
Give freely. Show tenderness in all your ways.

Through darkness, in troubled times let holiness be your aim.
Seek wisdom. Let faithfulness burn like a flame.

God speed you! God lead you, and keep you wrapped around
His heart! May you be known by love.

Be righteous. Speak truthfully in a world of greed and lies.
Show kindness. See everyone through heaven's eyes.

God hold you, enfold you, and keep you wrapped around His
heart. May you be known by love. *Paul Field*