

Seeking Spirituality...

To pray, I think, does not mean to think about God in contrast to thinking about other things, or spend time with God instead of spending time with other people. Rather, it means to think and live in the presence of God. All our actions must have their origin in prayer. Praying is not an isolated activity; it takes place in the midst of all things and affairs that keep us active. In prayer, a 'self-centred monologue' becomes a 'God-centred dialogue'.

Ronald Rolheiser, *Seeking Spirituality* (London: Hodder & Stoughton, pp. 202)

The Breath of Life in Us



We gather in spirit to pray, believing that God, Source, Empowerer, Breath, Enlivener and Energiser prays in us.

We pray, aware that God at work in vastness of this universe for billions of years comes to visible and audible expression in our words of appreciation.

We rejoice in the Breath breathing life and vitality into our world, into our lives and into each of us, connecting us at the deepest level with all that exists.

We rejoice in the wonder of who we are, bearers of the Breath of Life, privileged in our awareness of this, and challenged by our privilege to allow the Breath of Life full expression in our living and loving.

We call to mind Jesus of Nazareth, who opened minds and hearts to this awareness and to this challenge.

The Breath of Life move so freely and openly in his life the people recognised the relationship at the deepest level of being between God and a human person.

In Jesus we have come to see the truth of who we are and we give thanks for his life, his teaching, and the courage with which he faced death and the mystery of relationship with the Breath of Life beyond death.

May we allow the Breath of Life to be evident in our words and actions, in our homes, in our workplaces, in all our relationships, and in our world. Amen.

Michael Morwood, *Praying a New Story* (Melbourne: Spectrum Publications, 2003)