

Many Christians observe the “Divine Office” or the Hours of Prayer. That is, a few times throughout the day they pause from their activity and offer a prayer, read a psalm, sit quietly or meditate.

Pausing to pray reminds us that God is as near as your heart. We notice that God is not distant or confined to special places and times, but God is present at all times and in all places.

Pausing to pray reminds us that we are not the centre of everything. A Spirit flows through our work, our relationships, our efforts and intentions. In prayer, we connect with the Source of Life and enjoin ourselves to what God is on about in our world.

You might want to explore weaving prayer into your day. What do you notice? What gifts do you receive?

There must be a time of day when those who make plans forget their plans, and act as if they had no plans at all.

There must be a time of day when those who have to speak fall very silent, and their mind forms no propositions, and they ask themselves: Did they have a meaning?

There must be a time when people of prayer go to prayer as if it were the first time they had ever prayed, when people of resolutions put their resolutions aside as if they had all been broken, and they learn a different wisdom:

distinguishing the sun from the moon,  
the stars from the darkness,  
the sea from the dry land,  
and the night sky  
from the shoulder of a hill.

—Thomas Merton

If you desire a companion to walk with you along your spiritual journey:

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## Praying through the Day



Rejoice always,  
pray without ceasing,  
give thanks  
in all circumstances.

—1 Thess. 5:16–18

Seven times a day  
I praise you.

—Psalm 119:164

## IN THE MORNING...

Dear God, thank you for the gift of this new day, and for bringing me safely to its beginning. Grant me the grace I need to walk in your love and your truth.

Above all, give me the gift of a joyful heart that in all things I may see your hand at work and give myself over to what you want of me this day. Amen.

—Justin DuVall, OSB



O Light of God:

Anointed by your morning light I lift my spirit to receive the gift of this new day. Open my eyes to the beauty that surrounds me that I may walk through this day with the kind of awareness that calls forth grateful living. In all of creation let me see the brightness of your face. Shine in my heart and on my life, filling me with joy, creativity, hope and laughter. Draw me into the radiant glory of your presence and into the small lights of those with whom I live and work. Inspire me to take time for those who are discouraged. May I live with the kind of presence that enables others to feel at home. Great dawn of God, hear my prayer.

—Macrina Wiederkehr, OSB

## IN THE DAYTIME...

O God, who is the way, the truth and the life, I want your guidance in all that I do. Let your wisdom counsel me, your hand lead me, your arm support me.

Breathe into my soul holy desires, and make me like Jesus, that in some measure I may live here on earth as he lived, and do in all things as he would have done. Amen.

—Evelyn Underhill

My soul waits for you, O God;  
for you are my help and shield.  
My heart is glad in you,  
because I trust in your holy name.  
Let your steadfast love be upon me,  
even as I hope in you.

—verses from Psalm 33

### A Reflective and Prayerful Pause

Pause and bring to mind all that has been in your day so far...

...the work accomplished  
...conversations you've had  
...beauty and grace

Think about what is still to come...  
what remains to be done...

When you are ready...  
For all that has been: Thank you.  
For all that will be: Yes.

## IN THE EVENING...

O Searcher of Hearts:

As the shadows lengthen, search my heart for any traces of bitterness. Reveal to me all that keeps me from living with a free and unburdened heart. Empty me of all that is false and binding. Let me walk into the twilight hour of this day with gratitude. May I be liberated from all resentments. As this day dies I, too, shall die. I offer the work of my hands as a bouquet of life for the good of all.

O searcher of hearts, at the end of this day present me as a gift for the entire world. May it be so. Amen.

—Macrina Wiederkehr, OSB

An Ignatian Examen Prayer

1. Ask God for light—*I want to look at my day with God's eyes*
2. Review the day—*I carefully look back on the day just completed*
3. Give thanks—*The day I have just lived is a gift from God*
4. Face your shortcomings—*I face up to what is disordered in my life and in me*
5. Look toward the day to come—*I invite God to be with me*

