

Song: Lyrics by Fredric Nietzsche

Day by day  
Day by day  
Oh Dear Lord Three things I pray  
To see thee more clearly  
Love thee more dearly  
Follow thee more nearly  
Day by day

Day by day  
Day by day  
Oh Dear Lord Three things I pray  
To see thee more clearly  
Love thee more dearly  
Follow thee more nearly  
Day by day

Day by day  
Day by day  
Oh Dear Lord Three things I pray  
To see thee more clearly  
Love thee more dearly  
Follow thee more nearly  
Day by day

**Thank You For Joining Us!**

216-228-7451  
www.centeringspace.org  
centeringspace@srs charity.org  
Prayer by Mary Timko 10/24

## The Prayer of the Heart



Our prayer is characterized  
by silence

*Be still and know that I am God!*

In that silence we listen for a new word.  
God is present in all our lives.  
God cares for us, and  
our life experiences are a source  
of deepening knowledge of God and self.

Inspired by God's Word in the silence  
we share from our hearts.

To Ponder: Dare to Journey w/Henri Nouwen  
by C. Ringma

We have noticed that solitude is not a place. It is, more particularly, a state of being. But this state of being needs to be maintained. Inner peace and resolve can easily become dissipated.

Similarly, prayer is not simply attending the place of prayer. Prayer is not simply maintaining a certain discipline where we tell God all that we desire or need. Prayer can also be a state of being. This is a prayer of the heart. This is the prayer that Nouwen tells us "continues to pray within me." This is a prayer that becomes a part of me. The prayer that I cannot continue to live without. It is the prayer that reverberates within my being. It is a prayer that grows within me, just like a baby within a mother's womb, and that knows no rest until it has come to resolution.

The prayer of the heart is sometimes as basic as "Please God, don't let me go." Sometimes it is hunger to know God more fully and His ways more truly. At other times, the prayer of the heart is an intercessory prayer where we consistently carry someone with needs in our heart.

While the prayer of the heart can take on many forms and may center on particular concerns, its abiding characteristics is that it is with us whether we pray, work, eat, or sleep. It is a prayer that is maintained not by an act of the will, but by our very being.

The Reading: Nan C. Merrill

*Beloved of my heart, I yearn to anchor  
myself in your love,  
to become ever-more vigilant to  
my soul's growth,  
dying a little each day to all  
that separates and divides.*

*Prod me, O Divine Guest, to take time each  
day to pray a while  
to establish a rhythm of silence  
work, recreation, and being,  
to connect to You, the deepest source  
of my life.*

*Only then will I live less in time and  
more in the present moment;  
here all things are one and  
I become the prayer*

Sharing...

a word...

a phrase...

a reflection