

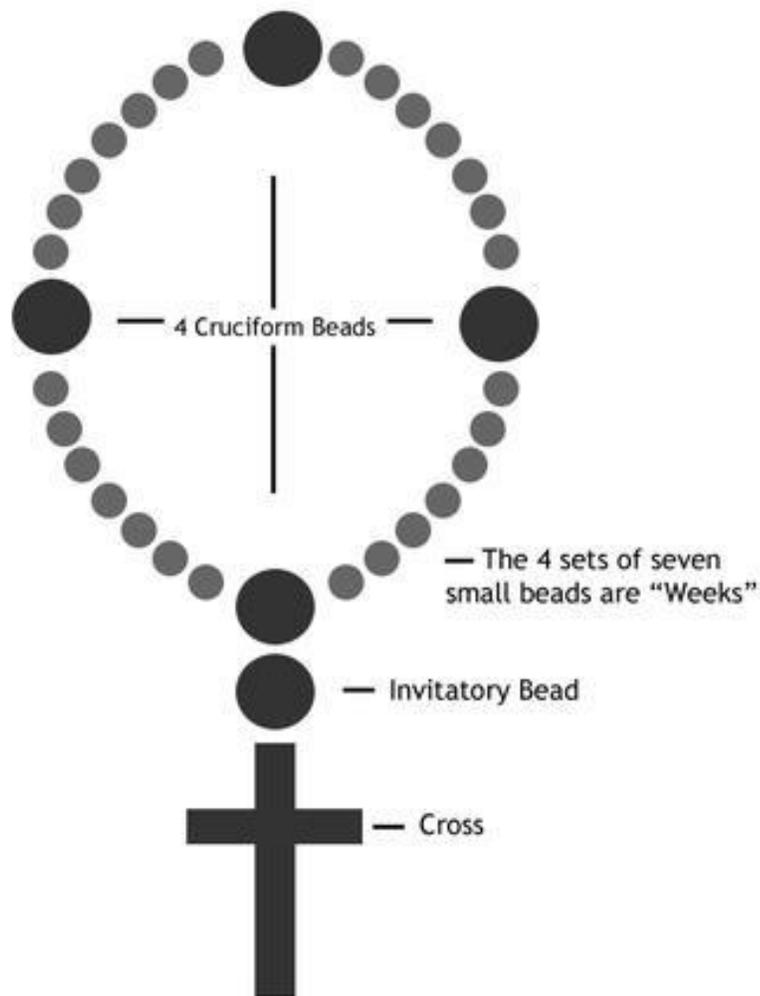


Practicing the Presence of God: Learning to Pray the Anglican Rosary

Workshop #3 – Julian of Norwich. Breathing. Beatitudes.

Then Jesus, calling out with a loud voice, said, "Father, into your hands I commit my spirit!" And having said this he breathed his last. (Luke 23:46 ESV)

When Jesus had received the sour wine, he said, "It is finished," and he bowed his head and gave up his spirit. (John 19:30 ESV)





Practicing the Presence of God: Learning to Pray the Anglican Rosary

Workshop #3 – Julian of Norwich. Breathing. Beatitudes.



Julian of Norwich Prayer

Cross

In the Name of the Father, and of the Son and of the Holy Spirit. Amen.

Invitatory / **Intention**

Pause for silent reflection:

In which area of your life do you most need to hear that 'All shall be well'?

Cruciforms

**God of your goodness, give me yourself, /
for you are enough to me.**

Weeks

**All shall be well, and all shall be well, /
and all manner of things shall be well.**



Practicing the Presence of God: Learning to Pray the Anglican Rosary

Workshop #3 – Julian of Norwich. Breathing. Beatitudes.

Dismissal (on the Invitatory bead)

Most holy God, the ground of our beseeching, who through your servant Julian revealed the wonders of your love: grant that as we are created in your nature and restored by your grace, our wills may be so made one with yours that we may come to see you face to face and gaze on you for ever; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

The Beatitudes (Matthew 5:1-12)

The Beatitudes are a composite picture of those who believe in Jesus and belong to Him. They are a description of what life looks like for followers of Jesus as they try to be faithful to Him and live out the values of God's kingdom in a world that God has not yet fully transformed.

'Blessedness' here refers to the deep and abiding happiness that comes only from receiving God's favour. It is not dependent on favourable life circumstances. To be counted as *blessed* is a state of well-being in relationship to God that belongs to those who respond to Jesus' ministry.

The first and most foundational Beatitude is: *Blessed are the poor in spirit.* In other words, 'happy are those who know their need of God.' We are because God is.



Practicing the Presence of God: Learning to Pray the Anglican Rosary

Workshop #3 – Julian of Norwich. Breathing. Beatitudes.

We are not self-made, independent individuals isolated from the world and others. We are dependent minute-by-minute on what comes into us: our parents and upbringing, our eating and breathing. We are constantly receiving and absorbing. This is how God made us and He sustains us at every moment. We are because God is.

Therefore to be fully ourselves is to grow in awareness of God. This is as basic as taking your next breath. On the contrary, to be proud and self-centered is like trying to hold your breath until you burst, like an angry child. Pride is the refusal to breathe-in and let God be who God is: the heart, energy and focus of our being.

Our own breathing-in and breathing-out only happens because of the deep flowing-in and flowing-out of God's Spirit through us. In the Bible, the words for 'breath' and 'Spirit' are the same. So when we speak of our life in the Holy Spirit, it is like an extra dimension of our breathing, it is some further depth to our lungs and belly that fills us more profoundly. God is the depth within you, seeking to live more fully in you.

The blessedness of those who know their need of God is the blessedness of those who know that underneath their own breathing-in and breathing-out is the very breath of God: the Spirit given up by Jesus on the Cross when He breathed His last, the life-giving Spirit breathed on the disciples by the risen Jesus.



Practicing the Presence of God: Learning to Pray the Anglican Rosary

Workshop #3 – Julian of Norwich. Breathing. Beatitudes.

The Beatitudes Rosary (Matthew 5:2-10)

Cross

In the Name of the Father, and of the Son and of the Holy Spirit. Amen.

Invitatory

O God make speed to save us.

O Lord, make haste to help us.

**Glory be to the Father, and to the Son, and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be,
world without end. Amen.**

Cruciform

And he opened his mouth and taught them, saying:

Week #1

Blessed are the poor in spirit, /
for theirs is the kingdom of heaven. (x7)

Cruciform

And he opened his mouth and taught them, saying:



Practicing the Presence of God: Learning to Pray the Anglican Rosary

Workshop #3 – Julian of Norwich. Breathing. Beatitudes.

Week #2

Blessed are those who mourn, /
for they shall be comforted. (x7)

Cruciform

And he opened his mouth and taught them, saying:

Week #3

Blessed are the meek, /
for they shall inherit the earth. (x7)

Cruciform

And he opened his mouth and taught them, saying:

Week #4

Blessed are those who hunger and thirst for righteousness, /
for they shall be satisfied. (x7)

Cruciform

And he opened his mouth and taught them, saying:



Practicing the Presence of God: Learning to Pray the Anglican Rosary

Workshop #3 – Julian of Norwich. Breathing. Beatitudes.

Week #1

Blessed are the merciful, /
for they shall receive mercy. (x7)

Cruciform

And he opened his mouth and taught them, saying:

Week #2

Blessed are the pure in heart, /
for they shall see God. (x7)

Cruciform

And he opened his mouth and taught them, saying:

Week #3

Blessed are the peacemakers, /
for they shall be called children of God. (x7)

Cruciform

And he opened his mouth and taught them, saying:



Practicing the Presence of God: Learning to Pray the Anglican Rosary

Workshop #3 – Julian of Norwich. Breathing. Beatitudes.

Week #4

Blessed are those who are persecuted for righteousness' sake, /
for theirs is the kingdom of heaven. (x7)

Final Cruciform

And he opened his mouth and taught them, saying:

Dismissal (on the Invitatory bead)

The Lord's Prayer

Cross

Glory be to the Father, and to the Son, and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be,
world without end. Amen.