

Morning Prayer – Monday, May 25, 2020

*Celtic Daily Prayer – The Northumbria Community \*modifications made for inclusive language.*

**Opening Words (*as candle is lit*)**

O God, you are my God, eagerly I seek you.

As a new day begins

breathe your peace into my soul, and

call out in me again a willingness to love and serve.

**Psalm 37:1-12 – St. Helena Psalter**

Do not fret yourself because of evildoers; \*

do not be jealous of those who do wrong.

For they shall soon wither like the grass, \*

and like the green grass fade away.

Put your trust in God and do good; \*

dwell in the land and feed on its riches.

Take delight in God, \*

who shall give you your heart's desire.

Commit your way to the Holy One and put your trust in God,

who will bring it to pass,

So that your righteousness may be clear as the light \*

and your just dealing as the noonday.

Be still before God; \*

for God wait patiently.

Do not fret yourself over the one who prospers,

the one who succeeds in evil schemes.

Refrain from anger, leave rage alone; \*

do not fret yourself; it leads only to evil.

For evildoers shall be cut off, \*

but those who wait upon God shall possess the land.

In a little while the wicked shall be no more; \*

you shall search out their place, but they will not be there.

But the lowly shall possess the land; \*

they will delight in abundance of peace.

*(A moment of silence to reflect on the reading)*

**Canticle**

In peace and in truth I put on Christ this day;

I will walk with Christ and Christ will walk with me.

Whatever joys or sorrows the day may bring

Christ will bear all things with me.

Whatever joys or sorrows the day may bring

Christ will guide me through

## 2 Thessalonians 3:1-5 (CEV)

Finally, our friends, please pray for us. This will help the message about the Lord to spread quickly, and others will respect it, just as you do. Pray that we may be kept safe from worthless and evil people. After all, not everyone has faith. But the Lord can be trusted to make you strong and protect you from harm. He has made us sure that you are obeying what we taught you and that you will keep on obeying. I pray that the Lord will guide you to be as loving as God and as patient as Christ.

*(A moment of silence to reflect on the reading)*

## Poem – “Trust” by Susan Kingsolving

Trust that there is a tiger, muscular  
Tasmanian, and sly, which has never been  
seen and never will be seen by any human  
eye. Trust that thirty thousand sword-  
fish will never near a ship, that far  
from cameras or cars elephant herds live  
long elephant lives. Believe that bees  
by the billions find unidentified flowers  
on unmapped marshes and mountains. Safe  
in caves of contentment, bears sleep.  
Through vast canyons, horses run while slowly  
snakes stretch beyond their skins in the sun.  
I must trust all this to be true, though  
the few birds at my feeder watch the window  
with small flutters of fear, so like my own.

## *PRAYERS FOR OTHERS, THE WORLD, AND ONESELF*

### Closing Prayer

*(after which candle is extinguished)*

We stretch out our hand and throw,  
and many, many seeds we sow.  
In truth we do not know  
where they will go,  
which will take root  
or when the unlikeliest ground  
will return glimpses of gold.

Sowing at times in tears,  
persisting through the years,  
blessed again and again  
by your harvest of love.

Let us embody your ready kindness  
this day  
for things will not be  
as they were before.  
But whatever may be  
May we walk in your way of love.

**Spiritual Exercises:**

- 1) What has helped to restore your faith when you are feeling lost or afraid?
- 2) Make collage of what it means to you to trust.

**Sources:**

Prayers and Buechner reading are from: *Celtic Daily Prayer: Book Two, Farther Up and Farther In* Northumbria Community, London: William Collins Books, 2015.

Poem: "Trust" by Susan Kinsolving Source: *Poetry* (May 2003)