



Living from the Heart

A Lenten Series
For the Territory of the People

Session 2 Reflection Questions

Prayer

These reflection materials can be done as individuals, or in a group. If done in a group, please follow the guidelines for heart sharing and trust building:

- Listen respectfully.
- There are no “right answers, or wrong answers” – all answers/responses are true. Let differences be.
- Respect the depth of information/feelings/experiences shared – keep them within the circle of your group.
- Pray for one another.

Reflection Questions:

1. **Share** with one another how you pray when you pray by yourself.
2. **What name(s)** best capture your heart’s voice when you refer to God? For example: Father, Love Eternal, Lord, etc..
3. **What** new (or recovered) prayer practice will you try this week in your “room”.
4. **What** are the things that prevent you from keeping your private prayer practices and commitment to pray? What will you do to change this?

Readings and “homework”:

Rewrite the Lord’s Prayer in your own words.

Memorize a psalm or other beloved prayer (some options below), and pray it every day.

READ the section on Daily Prayer in the Book of Alternative Services (pgs 36-44). This gives a short history and context for how daily prayer has developed in our tradition.

See next page for some suggested prayers:

God be in my head, and in my understanding.
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at my end and at my departing.

~ From the Sarum Primer

Eternal Light, shine in our hearts; eternal goodness, deliver us from evil;
eternal power, be our support;
eternal wisdom, scatter the darkness of our ignorance;
eternal pity, have mercy on us.
That with all our heat and mind and soul and strength,
we may seek thy face and be brought, through thine infinite mercy,
to thy holy presence;
through Jesus Christ our Lord. Amen.

~ Alcuin of York, 8th Century

Gentle me, Holy One,
into an unclenched moment, a deep breath,
a letting go of heavy experiences,
shriveling anxieties, of dead certainties,
that, softened by the silence, surrounded by the light
and open to the mystery,
I may be found by wholeness
upheld by the unfathomable,
entranced by the simple
and filled with the joy
that is you.
Amen.

~ Ted Loder

NEXT WEEK: Fasting