

BEING

REFLECTION

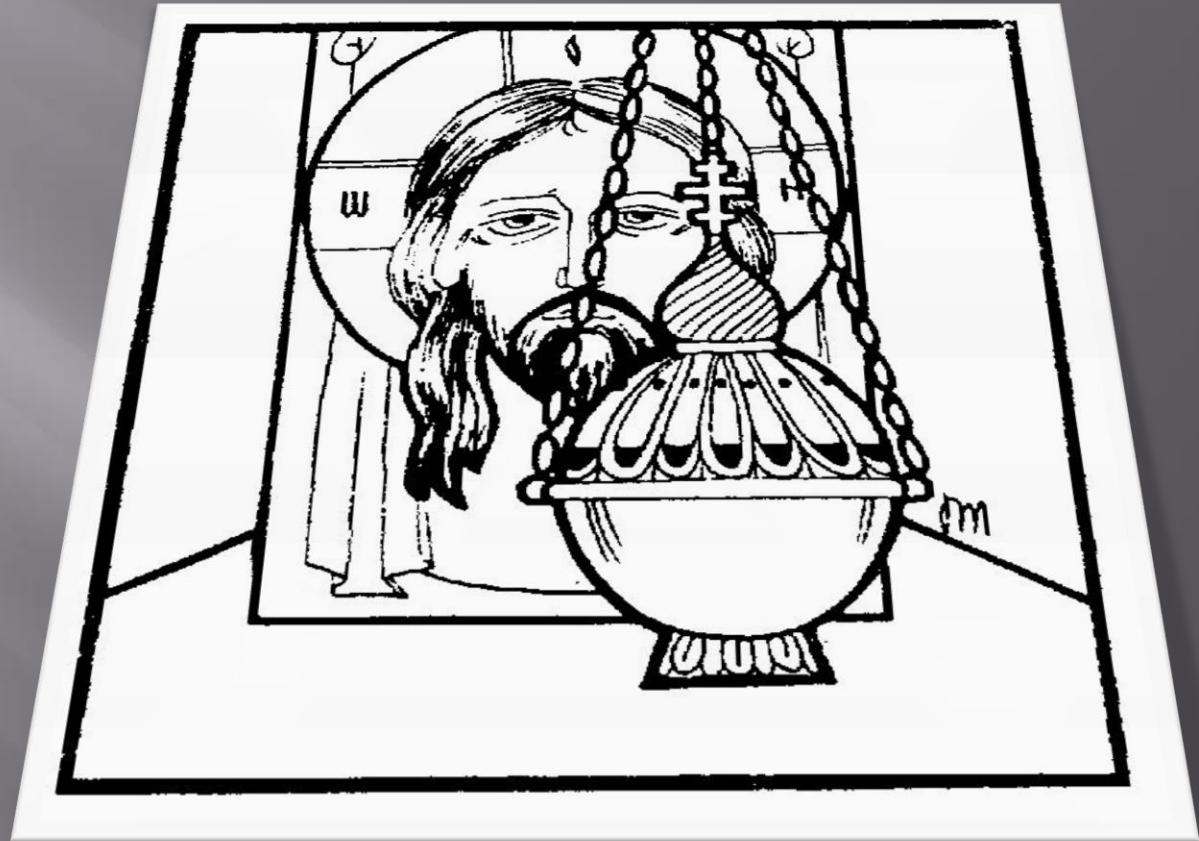




Lord I often stand wondering about the direction my life should take. I face so many choices and decisions and often I am left confused and anxious.

Life is filled with activities, deadlines and demands upon my time and energy.

Sometimes I feel terribly lost and alone.



Lord, I enter into your loving presence. May my thoughts, prayers and hopes rise up to like incense. I open my heart to learn from you. You come to me in my inner heart, I am silent to hear your words for me.....



Sometimes I long to sit and chat with you about your plan for me. I often take your love and care for me as if it didn't matter....yet when I am in need you are the one who reassures me, you are the constant friend, the one who pulls the chair even closer to me.



Lord ,

its easy to praise you on bright summer days when nature fills us with a sense of your closeness and we are left in awe of the beautiful world you have created for us.



Then days with darkness come and we flounder around trying to keep going, days when we are ill or hurt, days when the bleakness of the world around us seems to wrap itself around our hearts and souls.

Help me to reach out in faith and like Simon Peter hold onto your outstretched hand, for you never leave my side even if I fail to see you there.



Even the darkness can reveal your promise to be present and faithful in your love and care Your bow was a reminder to Noah that the floods that surrounded him were never again to overcome him. As I struggle to keep my head above the waters, help me not to get too wrapped up in my own story, help me to be your supporting hand to others around me so that your glory may be revealed and our hearts lifted up.

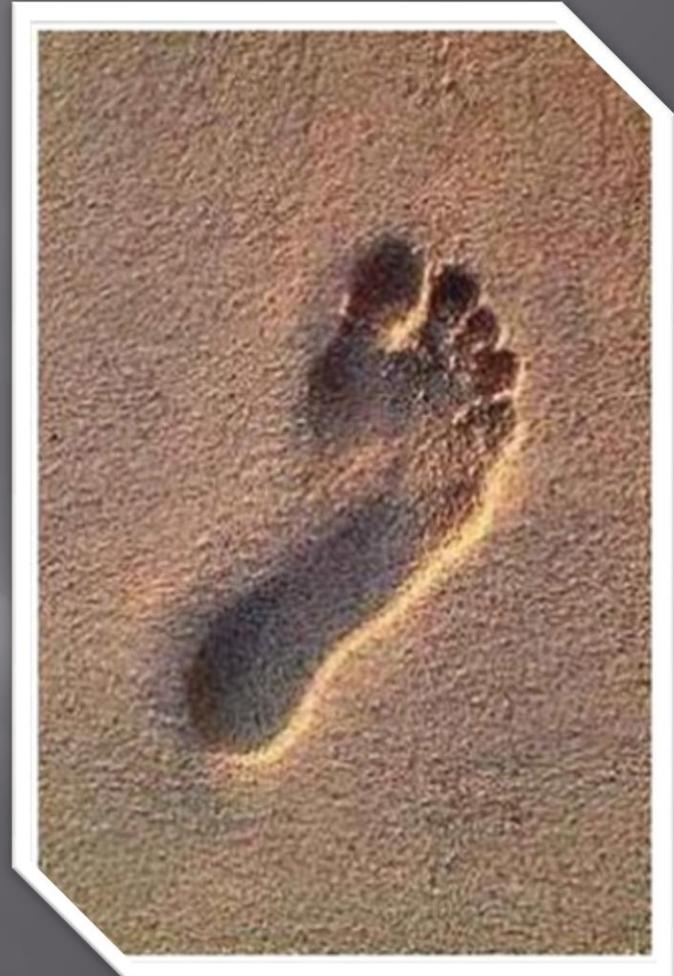


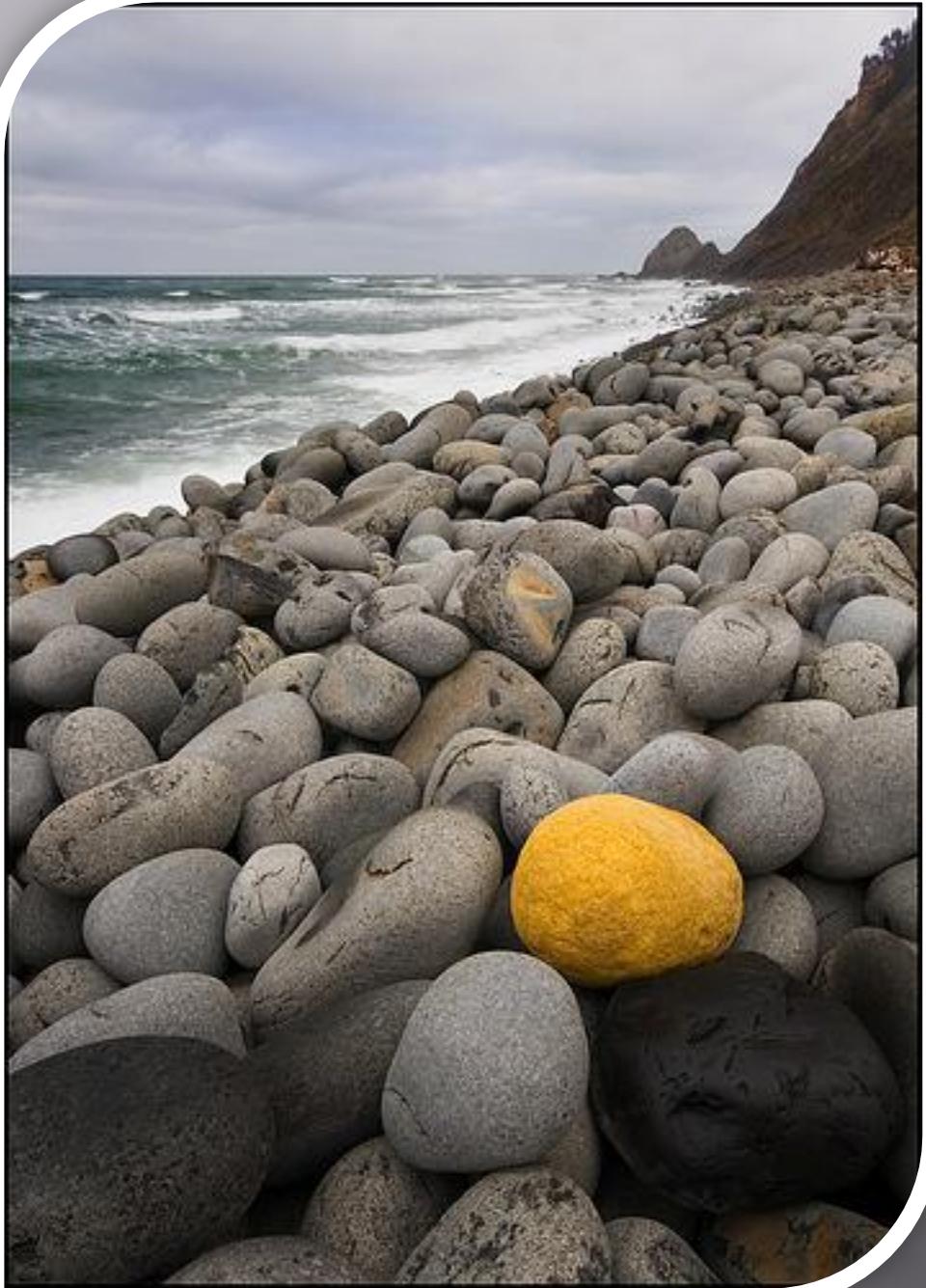
Lord I know you hold me in your hands. I know I am safe there for you will not drop me or let me slip through your fingers. Your love and support is always constant and strong.

Lord, I always get a sensation of a tingling awe when I see my footprint on the sand.

Perhaps I take the wonder of my being here for granted. To see this unique reminder that I am special in your eyes, blows my mind in some strange and wonder-filled way.

Yet it only takes a puff of wind or a single wave to wash this away leaving no trace that I once stood here.





Yet I am unique and special,
for you Lord have loved me
from eternity.....

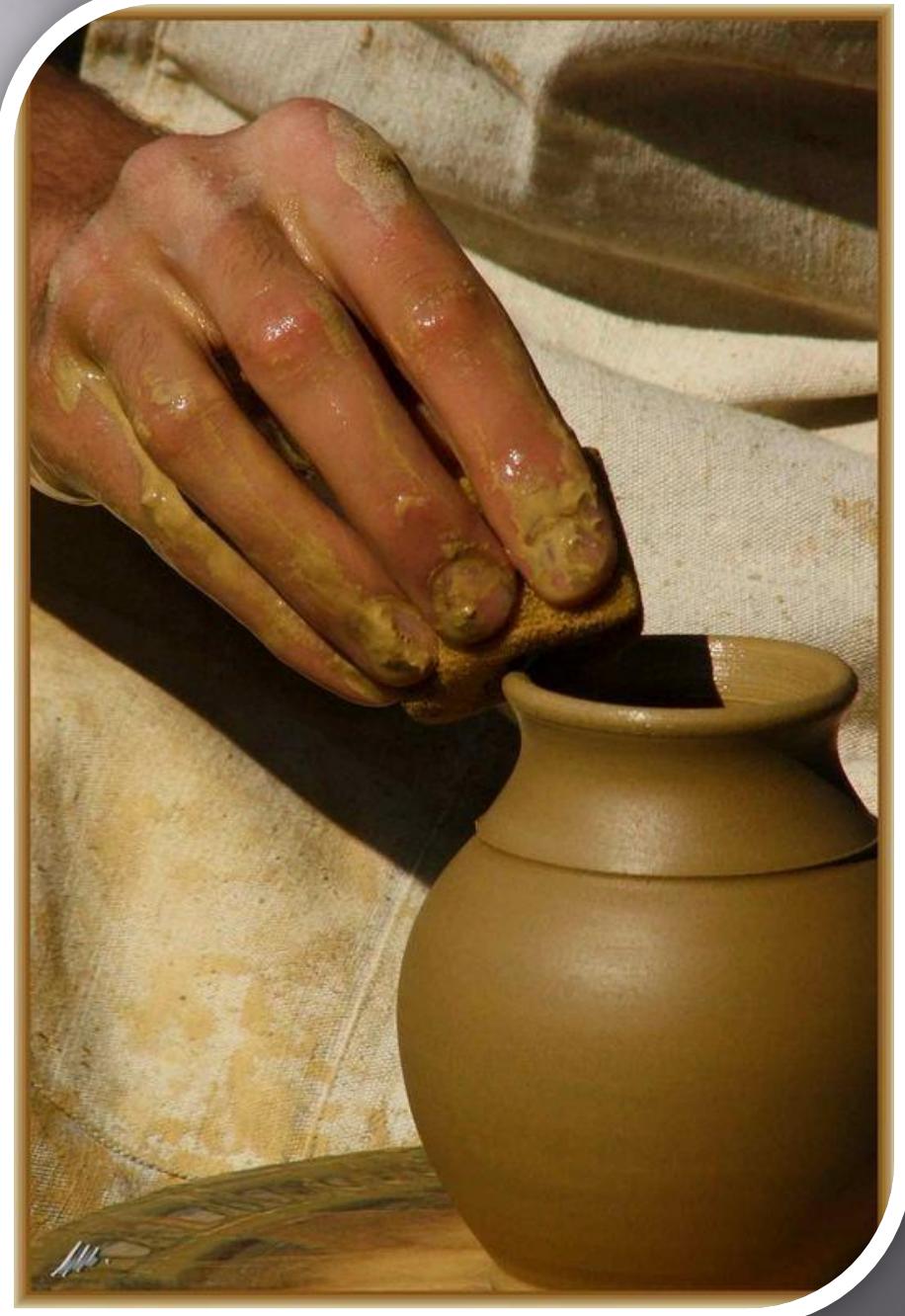
You have given my being life
and existence

Your breath has singled me
out and given me a share of
your divine breath.....

One day I will see you face to
face and in that moment I will
have come home to Those
whose very love I was made
to share forever.



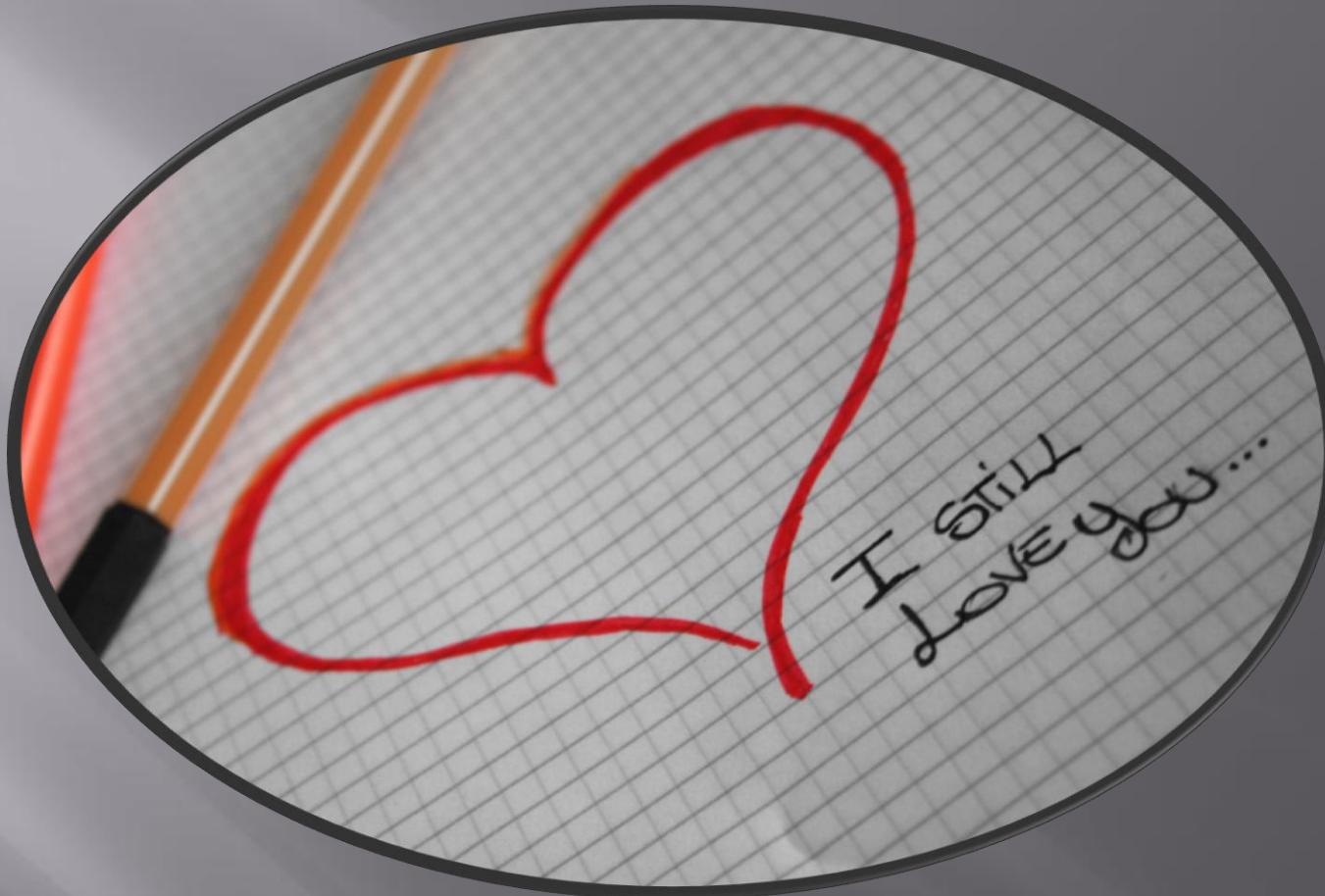
LORD, you are our Father. We are the clay, and you are the potter.
We are all formed by your hand.



Spirit Of The Living God

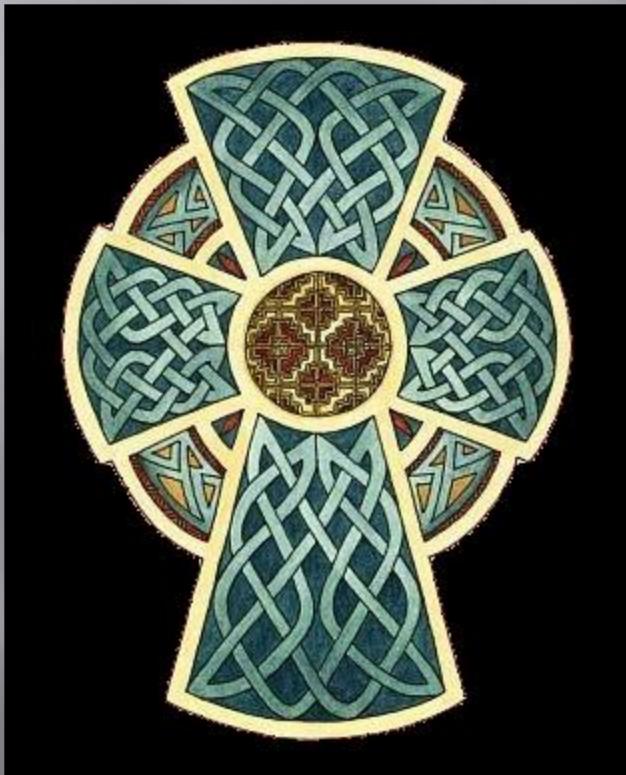
Spirit of the living God, fall
afresh on me
Spirit of the living God, fall
afresh on me
Break me, melt me, mould
me, fill me
Spirit of the living God, fall
afresh on me

Spirit of the living God, fall
afresh on me
Spirit of the living God, fall
afresh on me
Break me, melt me, mould
me, fill me
Spirit of the living God, fall
afresh on me



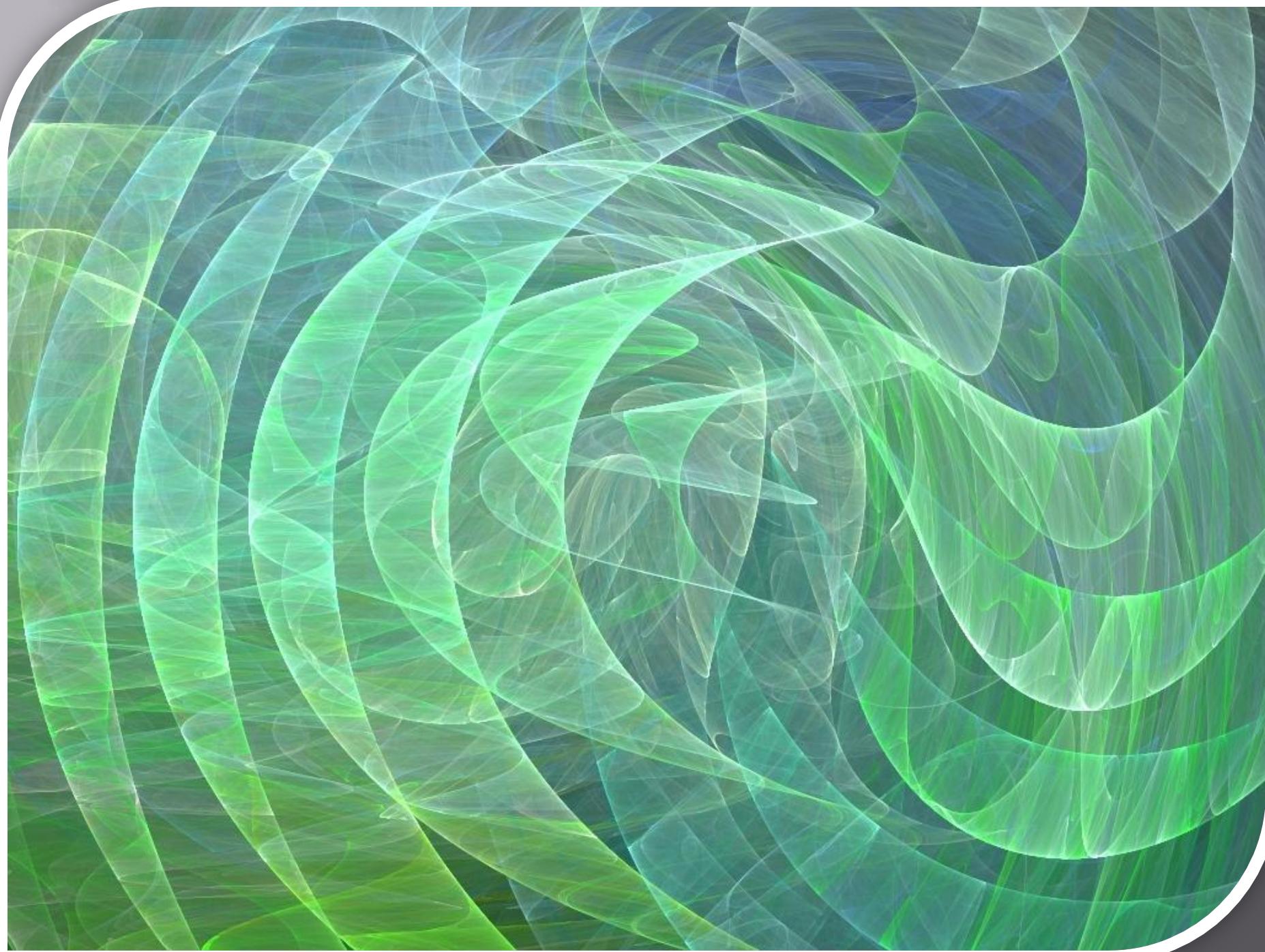
Lord, You know me through and through, you know my rising and my resting, Your love for me surrounds me no matter what I do or feel, I praise you for your fidelity to me in all my fickle and moody ways. I don't deserve You and yet you believe in me no matter what.

I weave a *silence*...



I weave a silence on to my lips,
I weave a silence into my mind,
I weave a silence within my heart.
I close my ears to distractions,
I close my eyes to attractions,
I close my heart to temptations.
Calm me, O Lord, as you stilled the storm.
Still me, O Lord, keep me from harm.
Let all the tumult within me cease.
Enfold me Lord in your peace.

- Anon.





Declan 09