

## St. Timothy Centering Prayer August 23, 2015 – Inner Peace

- **The Gathering Bell** signals our intention to Silence & Stillness as we rest in God's presence.
- **Call to Prayer:** Fortify me with the grace of Your Holy Spirit and give Your peace to my soul that I may be free from all needless anxiety, solicitude and worry. Help me to desire always that which is pleasing and acceptable to You so that Your will may be my will. AMEN (Saint Francis Xavier Cabrini)

### LECTIO DIVINA

- **Scripture: Romans 15:13:** May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

- **Silence and Stillness**

- **Reflections:**

“Have little, need less:

This is the way to inner peace.

Surrender is a journey

From the outer turmoil to the inner peace.

Peace is in inner awakening,

And this inner awakening

We must share with the rest of the world.”

“It is only through meditation that we can get lasting peace, divine peace. If we meditate soulfully in the morning and receive peace for only one minute, that one minute of peace will permeate our whole day. And when we have a meditation of the highest order, then we really get abiding peace, light and delight. We need meditation because we want to grow in light and fulfill ourselves in light. If this is our aspiration, if this is our thirst, then meditation is the only way.”

~Sri Chinmoy, author of *The Wings of Joy: Finding Your Path to Inner Peace*

- **Sending Prayer:** Farewell, ghostly friend, in God's blessing and mine! And I beseech Almighty God, that true peace, holy counsel, and ghostly comfort in God with abundance of grace, evermore be with thee and all God's lovers in earth. Amen. (Final prayer from *The Cloud of Unknowing*)

### GO IN PEACE