

St. Timothy Centering Prayer 8.30.15 14th Week After Pentecost

“The Holy Spirit preaches here, and one word of the Spirit’s sermon is far better than a thousand of our prayers.”

- **Gathering Bell** signals our intention to Silence & Stillness as we rest in God’s presence.
- **Call to Prayer:** Come Holy Spirit,
fill the hearts of your faithful,
kindle in them the fire of your love. Send forth Your Spirit and they shall be created.
You are renewing the face of the earth. Guide us in our prayers, and flow thru us into the world. AMEN
- **Reflection on Abundance: Come to the Table by Rob Morrell of Contemplative Outreach Mid-TN**

Come to the Table of Life, groaning under its bounty, and partake of the feast laid out for you; Come to the Table of Life and lay down your illusions of scarcity. The feast is ever present, ready to replenish your plate and refill your goblet. The Table of Life requires no remittance, no expression of thanks, though there is a longing to witness the unique gifts you may be willing to share with all.

Come to the Table of Life and peel off your armor, piece by piece. Let your pace slow and your heart soften. There is nothing to protect, nothing to defend; your seat at the table cannot be earned or taken away. Join the company of prodigal sons and daughters as they enter the banquet hall and marvel, speechless, at the utter grace in all that lies before them.

- **Lectio Divina: John 1:16- Read three times with one minute between**

For out of His fullness and abundance we have all received one grace after another, and spiritual blessing upon spiritual blessing and even favor upon favor.

- **Silence and Stillness-20 minutes**
- **Sending Prayer: Father, *From The Light of You that We Are.***

From The Love of You that We Are.

From The Power of You that We Are.

From The Heart of You that We Are. We live in the midst of Your infinite

Abundance. We are truly humbled and thankful. AMEN GO IN PEACE